

CHRISTMAS 1989 NEWSLETTER

GOYT VALLEY STRIDERS 1990 RACE SERIES

The format for this years race series has changed slightly from 1989. Races have been divided into a road section and a fell section and at the end of the year there will be a winner in each category as well as an overall Club Champion. Club members can do as many races as they like from each section with their best five results in each category to count.

Sunday 25th March 1990	Fell Race	Edale Skyline (AL)	21miles/4500ft
Saturday 28th April 1990	Fell Race	Shining Tor (AS)	6miles/1900ft
Sunday 29th April 1990	Road Race	Cock &Pheasant	10 K
Tuesday 1st May 1990	Road Race	Chinley Hard Labour	10 K
Saturday 26th May 1990	Road Race	Wirksworth	4 Miles
Sunday 17th June 1990	Road Race	Otter t Marathon	13.2 Miles
Wednesday 27th June 1990	Fell Race	Boar's Head (BM)	8 Miles/1200ft
Monday 9th July 1990	Fell Race	Hathersage (BS)	3 Miles/380ft
Sunday 15th July 1990	Fell Race	Peak Forest (CS)	6 Miles/650ft
Saturday 14th July 1990	Road Race	Donna Five	5 Miles
Thursday 23rd Aug. 1990	Fell Race	Werneth Low	5 Miles
Sunday 16th Sep. 1990	Road Race	Bollington nine	9 Miles
Sunday 21st Oct. 1990	Road Race	Autumn Leaves ½M	13.2 Miles
Saturday 3rd Nov. 1990	Road Race	Langley Seven	7 Miles
Sunday 18th Nov. 1990	Fell Race	Roaches Race (AL)	15 Miles/3700ft
Sunday 16th Dec. 1990	Fell Race	Christmas Cracker	10 K

There are of course many other local races which no doubt the club will be supporting on an unofficial basis. The following is a list of local fell races advertised in the F.R.A. Fixtures list.

18th Feb.	Tigger T'Higger Tor	9½M.	8th Jul.	Peaker's Stroll	25M
11th Mar.	Cloud Nine	8¾M.	18th Jul	Bamford	3¾M.
22nd Apr.	Kinder Downfall	10M.	4th Aug.	Tegg's Nose	6tM.
14th Jun.	Grindleford	4M.	8th Aug.	Bradwell	4½M.
17th Jun.	Kinder Trog	14M.	15th Aug	Up the Nab	4½M.
24th Jun.	Mount Famine	5M.	5th Sep.	Combs	3M.
3rd Jul.	Hope	4M.	15th Sep	Lantern Pike	5M.

Please note that the dates for all the races are accurate as far as we know at the moment. Any changes to the above list will be printed in future editions of the Newsletter.

A NOVICES VIEW OF THE STRIDERS

As I read Chairman Russell's account of his year so far it struck me how similar my own thoughts were as the year began and yet how different my conclusions!

I too decided to have certain aims for 189; not for me, however, the exalted heights of 'Gold I but rather the more down to earth hope that I may achieve the Certificate standard in some distances or, if I was lucky, Bronze. As for managing three distances to a good standard well that was something to be worked at too.

I might add here that I have, for the moment, one advantage over Martin (or is it a disadvantage?) and that is that I'm already classed as a Veteran and therefore do not have quite such impossible times to aim at.

To return to Chairman Russell's thoughts; I noted with awe his decision to run in all Club Championship races. My study of the list resulted in ,a rather more negative analysis. It was soon obvious which Club races I would not run in, approximately 50%!! However I resolved to do my best to take part in (and hopefully finish) those races which were left.

The first Club race on my list was the Heaton's 10K at the end of April. Before this day arrived I had to increase my training mileage to at least something approaching 6 miles - not a problem faced by Mr.Russell I guess. To this end, I got out the map and tried to find 6 local miles which did not involve too many hills! In the end I chose the some what boring main road route to Chapel; 3 miles slow uphill and 3 miles down again, though someone recently remarked "Why not come back over Eccles? which I chose to ignore since it came from a non-runner. Anyway, when race day finally arrived, I had managed just 2 training runs of about 6 miles both taking almost 50 minutes and my aim was to complete the 6.2 miles in less than this. This was my first experience of "a race" apart from a 3 mile fun run and I was decidedly nervous as we lined up. Would I finish? Would I get lost? I was, in fact, delighted to finish in a much better time than I'd ever expected. My children, of course, wanted to know "where I came2, which I tried to explain was irrelevant to me, but to them 213th didn't sound too good!

Flushed by this success, I set my sights at the next Club race a mere three days away. Stretching myself to the absolute limit I decided to try the 8 mile Tame Valley Trail race. I must say my recall of the event was not quite so detailed as Chris Nelson's account. My main concern was putting one foot in front of the other for 8 miles. I remember very little of what we passed, though I confess that I do remember the steps, especially the ones going up. Those eight miles seemed to go on forever and I was extremely glad ~to see the road again finally. My time was pleasing and my position (149th) though still, of course,

irrelevant was relatively worse than the Heatons but no doubt sounded better to my kids!

So now, not being blessed with the stamina of our Chairman, who seems to pack races in by the dozen, my next target is a Cheshire Chase race at the beginning of June. My feelings at this point are ambivalent; I look forward, as an old hand, to another 10K race - it is no longer new territory - but I now have a standard to maintain and a PS to better and this creates pressure of a different kind.

I am ever optimistic that I will improve, meanwhile can I appeal to those members of the Club who charge around the courses setting "PB'S" left right and centre, to spare a thought for those lesser mortals struggling in behind. It is nice to be welcomed home by some familiar faces (my thanks to Martin and Chris for doing just that at Tame Valley).

By the time this gets into print I may have a few more races under my belt, but I guess by other members standards I will remain a novice for sometime yet.

Sue Stafford

Important Date: Important Date: Important Date: Important Date:

Goyt Valley Striders Annual General Meeting and Presentation Evening

Friday February 2nd, 1990
Joddrell Arms Hotel, Whaley Bridge

AGM will start promptly at 7.00pm
Presentation of Club Trophies, Certificates etc will begin at about 8.00pm

This is a social evening for all members and supporters of the Club and it is important that as many people as possible attend and help make the decisions which will govern how the Club is run for the next twelve months.

CLUB MEDALS, BADGES, CERTIFICATES AND STANDARDS

Medals

Record your achievements this year with a Club Medal. Medals will be available to those who would like one, as mentioned in an earlier Newsletter. The name of the Club will appear on the front in the format generally used by other Athletic Clubs. The medal will cost about £1.50 and will be engraved on the back with your name and the year. The colour of the medal will reflect the level of your attainment, i.e. gold, silver or bronze.

It is intended that we present the medals at our AGM early in the New Year. This may still seem a long way off, but please let me know as soon as possible if you think you qualify and would like one (Tel. Whaley Bridge 734153). Remember, Christmas is just around the corner and engraving cannot always be done as quickly as one would like. So "Book early to avoid disappointment".

Badges

Cloth badges for track suits etc. are available now from Chris Nelson (Tel. Whaley Bridge 733792) at £1.00 each. They are good quality and very attractive. If you've achieved Gold, Silver or Bronze standard this year why not get one? Remember, if you've achieved Gold standard you're perfectly entitled to buy a bronze and silver badge as well or, indeed, more than one badge to go on more than one tracksuit.

Certificates

An attractive two-colour design has been submitted to the printers and the Certificates will be presented at the AGM. These will not be "cheap and cheerful" but will provide a very nice memento of your success at the 'standard.' road race distances and fell races. There's still the opportunity to do one or two more races this year, so I'll be happy to hear of any results you record right up to December 31st. (and perhaps beyond if you don't receive results of races run in December until January). Don't forget - attend the AGM/Presentation evening and get your certificate.

Standards

A table or list of members and their respective accomplishments this year will shortly appear in this Newsletter, but Standards achieved thus far reflect not only a very successful year for the Club generally but some evidence that your Committee established "realistic goals". Some fine tuning, however, may be necessary by the new Committee in light of the first twelve months experiences.

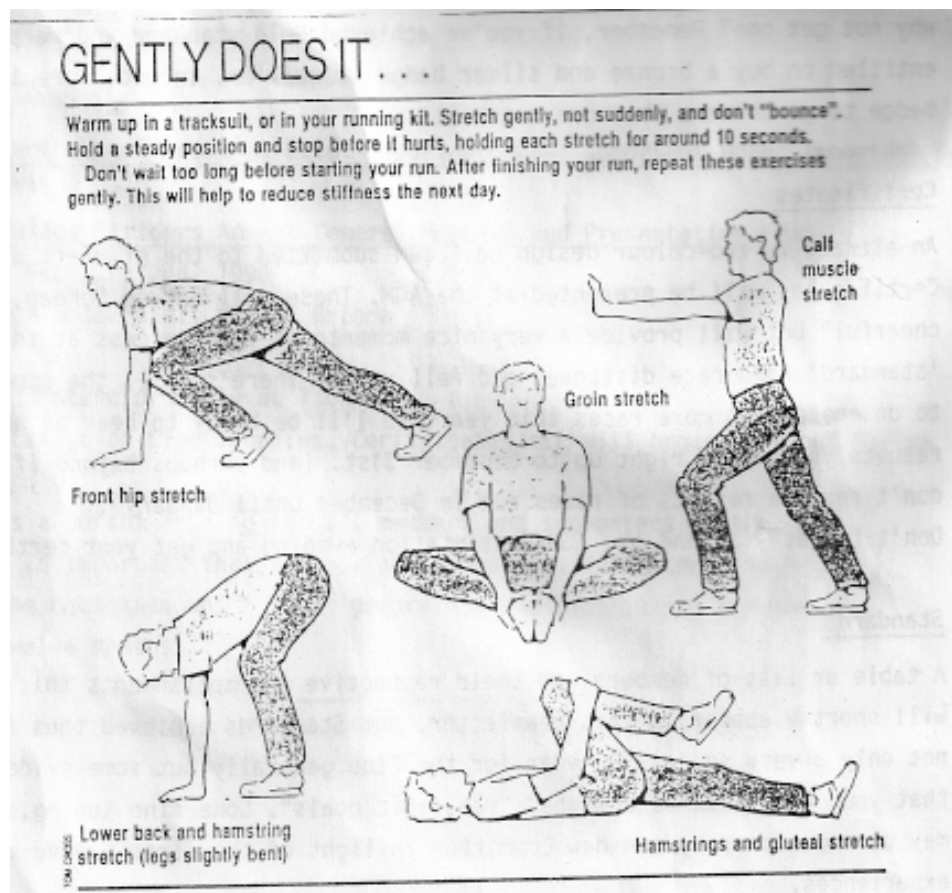
In total, 18 members have, between them, got 12 Golds, 19 Silvers and 10 Bronzes, as well as 5 Club standards. Four members have hit Gold in two or more events. No one (yet) has qualified in all 6 disciplines, but 4 members have qualified in 4 and Ralph "show me a race and I'll run it" Longden in 5 events.

The table shows the distribution and comparative popularity of the events.

	5K	10K	10M	½Mar.	Mar.	Fell
Gold	2	1	4	2	2	1
Silver	-	8	1	5	-	5
Bronze	-	3	-	3	-	4
Club	-	2	-	-	1	2
Total	2	14	5	10	3	12

Here's wishing us all a very happy, healthy, injury-free and successful 1990.

Mick Connell



A DAY OUT IN DERBYSHIRE - THE OTTER 40

The prospect of walking 40 miles is a daunting one. To attempt to run the distance is, for most of us, a complete shot in the dark. Even the marathon road runner is facing a very different set of obstacles to those posed by a 40 mile cross country - what pace to run? when to eat? what gear to carry? what to wear? and biggest of all can I do it? All those thoughts and a dozen more were passing through my mind as about three hundred of us lined up in Buxton to take up the Otter High Peak Challenge.

Leg 1 Buxton to Bonsall Incline - 3.1 miles

Off down Fountain Street at a steady trot and through the Pavilion Gardens heading for Bishop's Lane the race has the same feel as any other with everyone running and the usual bunching problems. Crossing the moor via Beet Wood meant queuing for the stile. A glorious run down the moors and along the disused railway to the first checkpoint had the field stretched out. A quick stop for a drink and away.

Steve Hennessey: 26minutes 47th place

Ralph Longden & Chris Nelson: 29minutes 104th place

Leg 2 Bonsall Incline to Taxal layby - 3.4 miles

This leg, through the heart of Goyt Valley Strider country, was one of the fastest of the day. Predominantly downhill and still feeling fresh the whole field seemed to be flying along. With the dry, cool weather the lower Goyt was unusually firm under foot. Taxal brew had most of us down to a walk and so through the second checkpoint in the layby. Took care to down at least three cups of orange juice.

Steve Hennessey: 26 minutes 45th place

Ralph Longden & Chris Nelson: 29 minutes 100th place.

Leg 3 Taxal to Digleach Farm - 2.7 miles

Before tackling this race I had decided to walk the steep hills to conserve energy for running on the flat and downhill sections. Sticking to this policy led to a slow leg on this short hilly section through Cadster and over Eccles Pike. With over 9 miles done the legs already felt like they'd been for a run. It doesn't do to think there's another 30 miles to go - just concentrate on the next leg. This is the first main feeding station on the course so time for a quick bite and the obligatory three cups of orange Juice.

Steve Hennessey: 24 minutes 38th place

Ralph Longden & Chris Nelson: 33 minutes 114th place.

Leg 4 Digleach Farm to South Head - 2.9 Miles

A pleasant and speedy descent Digleach Farm before the long climb from New Smithy up towards South Head. Mainly a runnable section as you settle into the sort of pace you hope to keep up for the rest of the day.

Steve Hennessey: 30 minutes 40th place

Ralph Longden & Chris Nelson 30 minutes 100th place

Leg 5 South Head to Rushup Edge - 2.3 Miles

Nice, short section involving a rapid descent into Roych Clough and a climb, steep at first, to Rushup Edge. The field now beginning to thin out a bit as some people reduce to little more than a walk. Ralph begins to pick up his pace and forge ahead. Not to be seen again until the end of the race. Stop briefly to take on food at the checkpoint.

Steve Hennessey: 22 min 41st place

Ralph Longden: 23 minutes 90th place

Chris Nelson: 24 minutes 95th place

Leg 6 Rushup Edge to Hollins Cross - 3.7 Miles

Manage to run most of this leg and begin to pick up a few places. Most of the Otter runners easily moving quicker than the Mountain Bikers on the track up to Lords Seat. Steep pull up on to Mam Tor then a welcome descent to Hollins Cross. Pass Dave Goulding who is beginning to suffer badly. Notice the first drop out at the checkpoint.

Steve Hennessey: 37 minutes 38th place

Ralph Longden: 36 minutes 53rd place

Chris Nelson: 39 minutes 84th place

Leg 7 Hollins Cross to Busby Heath - 5 Miles

A long and arduous leg through Castleton, up Cave Dale and over Bradwell Moor to Bushy Heath. The field now well spaced out and at times you find yourself running alone. Pass quite a few people in Cave Dale which is encouraging. Almost lose the path at the top of the Dale which is unusual on a course which is well marked throughout. Chat to a guy going over Bradwell Moor who stresses the importance of keeping going in this part of the race and not reducing to a walk. Pull away from him a few minutes later as he starts walking on a gentle climb!

Steve Hennessey: 49 minutes 35th place

Ralph Longden: 45 minutes 55th place

Chris Nelson: 49 minutes 63rd place

Leg 8 Bushy Heath to Tideswell Dale - 3.1 miles

A short leg, entirely on the road and mainly downhill. Manage to run the entire section but notice a number of people struggling to keep going. Puzzled expressions from the Saturday strollers in Tideswell as runners in one's and two's stagger by. Come across Mick Turnock at the checkpoint relaxing in his deck chair. Despite shingles he has managed to run a marathon in making it to Tideswell but, wisely, has decided to retire. Take food and drink on board and some wonderful boiled sweets.

Steve Hennessey: 36 minutes 42nd Place

Ralph Longden: 29 minutes 48th Place

Chris Nelson: 26 minutes 57th Place

Leg 9 Tideswell Dale to Upper Dale - 3 Miles

One of the most scenic sections on the course running alongside the idyllic River Wye. Fairly flat, too, but with the weather down in the Dale decidedly warm running is hard work. Still passing a few people, though, some of whom look to be on their last legs (do

I look like that?). Manage, with difficulty, to resist the temptation of a paddle in the river.

Steve Hennessey: 30 minutes 41st Place

Ralph Longden: 27 minutes 44th Place

Chris Nelson: 28 minutes 53rd Place

Leg 10 Upper Dale to High Low - 3 Miles

Another short leg but to my mind the crux of the whole course.

After a superb, flat mile through Monsal Dale you're faced with a rough, arduous two mile climb up Deep Dale which has all but the strongest down to a walk. In Monsal Dale the dreaded cramp strikes. Swallow some crampex tablets and press on hoping this will do the trick. Feel OK in Deep Dale and am elated to reach High Low as I'm sure now that I'm going to finish. Change my vest and dump my bum bag with Steve's brother and am amazed to hear that Steve's not too far ahead.

Ralph Longden: 37 minutes 39th Place

Steve Hennessey: 43 minutes 43rd Place

Chris Nelson: 41 minutes 51st Place

Leg 11 High Low to King Sterndale - 5 Miles

This leg seems to go on forever with the first five miles or so all on the tarmac and gently uphill. Cramp returns almost immediately and is beginning to be a real problem. Develop a system of running a few hundred yards then reducing to a brisk walk as the pain strikes. Despite these antics I'm still passing people but, for the first time in ages, am aware of being overtaken by other runners. The last mile to King Sterndale is a real killer. You have to cross a second Deep Dale which means negotiating about a dozen narrow stiles in the space of half a mile (no joke when you're trying not to bend your legs) followed by a horribly steep drop into the Dale itself and an equally tough climb up the other side. Everyone seems to be struggling here.

Ralph Longden: 53 minutes 35th Place

Steve Hennessey: 59 minutes 42nd Place

Chris Nelson: 57 minutes 49th Place

Leg 12 King Sterndale to Otters Canteen - 2.8 Miles

This last leg passes in a dream as you realise the race really is almost over. Through Staden Farm and then suddenly you're looking down on Buxton. Passing under the viaduct above Duke's Drive I spot Steve running with a group of others about a quarter of a mile ahead. The legs won't respond, however, and I can't close the gap. In truth, I don't care - this is a race you run against yourself, not others. Through the backstreets of Buxton and one last climb and then it's all over. Waves of relief mixed with waves of elation and perhaps even a little tear in the eye.

Ralph Longden: 30min 50 secs. 33rd Place (Total 6Hrs 41Min 50Sec)

Steve Hennessey: 34min 44th Place (Total 6Hrs 56Min 08Sec)

Chris Nelson: 32min 50th Place (Total 6Hrs 51Min 35Sec) I

Goyt Valley Striders finished 7th in the team competition

Some Personal Conclusions

This is the best organised and most enjoyable race I've ever done with outstanding support from the Otter's people.

Don't worry about route finding - the course is well marked.

Do drink lots of fluid and keep eating.

Don't set off too fast but do try to keep going.

If you're looking for a reasonable time then don't hang about at the check points - better to walk and eat for example.

Concentrate on one leg at a time and your longest race in the day Will only be 5 miles.

Prepare well and put some long slow miles in - it pays dividends on the day. But most of all, have a go!

CHRIS NELSON

RESULTS OF THE 1989 RACING LEAGUE

1st Overall: Martin Russell

Wilmslow Half Marathon	1st Place	20 points
Tame Valley Trail Race	1st Place	20 points
Bollington Nine	1st Place	20 points
Cheshire Chase 10 KM	1st Place	20 points
Dorma 5	1st Place	20 points
Fairhouse	1st Place	20 points
Shining Tor Fell Race	1st Place	20 points
Hathersage Fell Race	2nd Place	20 points
Christmas Cracker Fell Race	4th Place	20 points
TOTAL		<u>176 Points</u>

2nd Overall: Lou Lomas

Wilmslow Half Marathon	3rd Place	18 points
Tame Valley Trail Race	2nd Place	19 points
Bollington Nine	3rd Place	18 points
Four Heaton's 10K	4th Place	17 Points
Cheshire Chase	2nd Place	19 points
Fairhouse 5	3rd Place	18 points
Shining Tor Fell Race	2nd Place	19 points
Hathersage Fell Race	4th Place	17 points
Christmas Cracker Fell Race	3rd Place	18 points
TOTAL		<u>163 Points</u>

1st Woman: Sue Stafford

Tame Valley Trail Race	5th Place	16 points
Bollington Nine	8th Place	13 points
Langley 7	5th Place	16 Points
Four Heaton's 10K	9th Place	12 points
Cheshire Chase 10K	7th Place	14 points
Fairhouse Five	7th Place	14 points
TOTAL		<u>85 Points</u>

1st Veteran: Ralph Longden

Tame Valley Trail Race	4th Place	17 points
Bollington Nine	2nd Place	19 points
Langley 7	3rd Place	18 Points
Cheshire Chase 10 KM	3rd Place	18 points
Dorma 5	3rd Place	17 points
Fairhouse Five	4th Place	17 points
Shining Tor Fell Race	4th Place	16 points
Hathersage	5th Place	16 points
<u>TOTAL</u>		<u>139 Points</u>

3rd Overall: Steve Hennessey

Wilmslow Half Marathon	2nd Place	19 points
Langley 7	2nd Place	19 Points
Four Heatons 10K	3rd Place	18 points
Dorma 5	2nd Place	19 points
Fairhouse Five	2nd Place	19 points
Kinder Downfall Fell Race	3rd Place	18 points
Hathersage Fell Race	3rd Place	18 points
Christmas Cracker Fell Race	1st Place	20 points
TOTAL		150 Points

REMEMBER: REMEMBER: REMEMBER: REMEMBER: REMEMBER: REMEMBER:

Festive Club Run

Friday 29th December, 1989

10.00am Whaley Bridge Youth Centre

Last chance to run with the Striders this decade

Long run and shorter run, so suitable for all levels of hangover!

Followed by a social drink at the Joddrell Arms from ,12.00pm

REMEMBER: REMEMBER: REMEMBER: REMEMBER: REMEMBER: REMEMBER: