

GOYT VALLEY STRIDERS



NEWSLETTER July 2008

INTRODUCTION

Welcome to the early summer edition of the Goyt Valley Striders newsletter. I must apologise for the lateness in the 'early summer' edition. There have been various reasons for the delay, none more so than the lack of articles (until recently) which meant there has been nothing to publish! All that has changed now and with so much happening at the moment there is plenty to read about on the following pages.

The Club Championship, Ladies Championship and the Summer Fell Series are all being hotly contested and once again we are experiencing some high finishes in local races. Well done to Jon Robinson who recently won the overall Hayfield Four Days in May series. The juniors we have are also performing very well; Alistair Watts won the Castleton junior Fell Race, in what I understand was a very impressive performance.

I'd like to extend a warm welcome to all our new members. The club continues to grow and membership now stands at 79.

Finally, a big thank you to those that did write the articles.

Mark

Whaley Waltz

It's what everyone has been talking about! The Whaley Waltz was the new Fell Race that The Striders organised this year on was held on the same day as the Whaley Bridge Rose Queen. The event could not have gone better. The course was perfect, the weather was great, the prizes were unbelievable and there were 102 entries as well.

The organization of the event has been taking place for several months. Philomena Smith was the race manager and she gave a tremendous amount of time, effort and commitment to make sure it was a success. She secured permission from land owners; the Town Council; the FRA and numerous others to make sure the event could go ahead. She then persuaded the Traders of Whaley Bridge to part with a huge array of prizes including, a bike, Walsh fell shoes and a DVD player.

We mustn't forget Karl in all this; the trusty second who escorted Philomena on her mission to produce a classic fell race.

Oh, I forgot to say, did anybody mention the bathing facilities at the end?

I have a feeling next year will be bigger and better



Bob Graham

Congratulations to Paul Hunt, Clare Griffin and Will Meredith who all complete the Bob Graham Round back in June. It's an event they have been training for over 12-months for and have thoroughly deserved their success. I'm sure they can be persuaded to share their experience with us in a future edition.

The front cover shows them at the start prior to their attempt.

Eccles Pike

The Eccles Pike Fell Race is organised by The Striders and this year's takes place on Wednesday 13 August. Kevin Day is once again the organizer and is keen to hear from those who can help out with marshalling on the night. He would also like to see a few GVS running as well!

FRA Relay's

Kevin is also team manager for the FRA Relays. Last year saw our best finish yet and this year we aim to do even better. If you're interested in taking part then please contact Kevin Day 0161 368 9391 as soon as possible. If there is enough interest then we can consider applying for two teams.

Details:

The 20th UKA British Fell and Hill Relay 2008 Sunday 19th
October 2008
Clydwain Hills
Wales

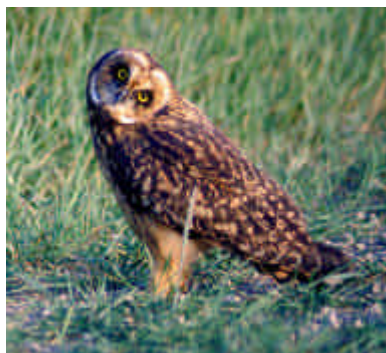
Does Bird Watching Mix With Running?

On Sunday 18 May 2008, fired up with enthusiasm, I arose at 4.45am. My mission – to photograph the short eared owls which fly around at the top of the Goyt Valley. After eating a hearty but quick breakfast and preparing flask and sandwiches, I proceeded to pack telescope, tripod, waterproofs and digital camera into my rucksack. With binoculars round neck I strode off. I left the house at 5.10am not paying too much attention to the birds seen in the lower valley as I wanted to be up past Derbyshire Bridge as early as possible.

It was a lovely morning and even though it was still early, I was beginning to sweat. As I neared the top end of Fernilee Reservoir, something caught my eye and I glanced out into the water. To my surprise there was, 15 yards from the bank, a diver in full frogman suit! Weird!! My first thought was that it might be a police search and rescue but on closer inspection I saw his clothes had been concealed under some bushes, so I ruled out officialdom.

After passing 3 or 4 tents of people illegally camping, I strode out past the reservoir on towards Derbyshire Bridge. On reaching the car park I turned left along the rough track which is the finish of the Goyt's Moss Fell Race. 300 yards along this track, I decided to sit down to merge with my surroundings and wait for the owls to appear. After about 20 minutes nothing had happened, I had only seen a couple of curlews and was beginning to think that I would not see anything today, when from right to left, a Short Eared Owl came quartering low over the moor. It landed about 150 yards away, nearer the car park. Excitedly I assembled the telescope and tripod.

Within 30 seconds I was gazing into the orange eyes of the owl. I then decided to creep along the track to get a better view and better chance of a good photo. Having reduced the distance to about 90 yards I peered over a grassy bank, there was the owl lying down on the grass, bathed in sunshine. This was my chance. Re-setting the scope and fitting the digiscoping adaptor to it I prepared to take my shot. Then.....on this quiet.....moor.....at 7.15am.....I heard.....tap, tap, tapping. What could this be? I turned and saw a runner approaching. I was crouched down in the grass in camouflage clothes and this runner was approaching in a red top. I knew that if he came much closer the owl would be gone. I crept towards where he was heading and asked, "Can you just stop for a moment while I take this picture?" He pushed past and carried on. 5 seconds later the owl took flight. It was the last I saw of the owl that day. I had walked 6 miles to get there and now faced a 6 mile walk back.....No!!! Bird watching and running do NOT mix.



News from the Forum

Advanced notice has been placed on the forum that a Curry night will take place on Thursday 24th July, 8:30pm, Saffron, Disley. This will follow the usual Thursday night training session. Just turn up.

An Island Race

Lying 28 miles off the south west tip of Cornwall are the idyllic isles of Scilly, a group of about 50 small islets but with only 5 of them inhabited; The main island is St Mary's (6.29 km.sq) with a population of 1,600, followed by Tresco (2.97 km.sq), with a population of 180.

Tresco with only 4 miles of concrete road is the home to the world's smallest marathon, the race is run over 7 ½ laps of a 3 ½ mile circuit, with a total of 30 small hills adding up to around 3,000 ft of ascent and 2 Striders went to check it out

Friday 11th April

The time is around 3.30pm and Steve and I arrive at Penzance Heliport. We are booked onto the 4.15pm flight to St Marys. While waiting for our flight we meet some other people that are going over to the Islands for the race; one group we got talking to included a nice lady in her sixties called Jenny (at this point I must admit I couldn't spot a celebrity if I was next to one) who was going over just to watch the race, as she had done on quite a few of the previous years. Our helicopter was on time for the 20 minute flight to St Mary's and we had a nice journey across to the island. While waiting for our bags Steve said he thought the woman at Penzance was Jenny Agutter of The Railway Children film fame, it was later confirmed that it was indeed her.

We caught the bus into Hugh Town and then walked up to the campsite where we were staying. Once we had set up base we went down to the town to get some provisions for the duration of our stay.

Steve stayed in the town and decided to check out the pubs whilst I took the shopping back to the tent. On my return we went off to one of the three pubs for some food and beer, this was followed by visiting the other two pubs for beer tasting research purposes until kicking out time, which I stress, isn't late on the islands, we then returned to camp for the night.

Saturday 12th April

We awoke to blue skies and sunshine. After breakfast we made our way into town, we had a walk around and checked out the boat times to Tresco and decided we would catch the 2.00pm boat across. We did a little more walking before we went for a lunchtime snack at a lovely little café I knew called Dibble & Grub overlooking the beach on the opposite side of town to the harbour, the distance between the harbour and the beach side of town is about 400 metres.

After lunch we made our way over to the quay to catch the boat over to Tresco, the crossing takes about 25 minutes in the little boat and although the sea was rather calm the boat still pitched and rolled quite a bit.

We arrived at New Grimsby quay, the return boat that night had been set for 22.45pm, a little late we thought but we wanted to go to the evening festivities. Once we had docked we got off and checked out a map of the island to see the layout of the area, we had decided to visit the famous Abbey Gardens, we walked down to the gardens which were a gentle 20 minute walk, taking in one of the course's 4 hills, we didn't think much of the hill and saw no problems for the next day.

Our trip to the Abbey Gardens was well worth visiting even for someone who doesn't know one flower from the next!

After we left we walked up the other side of the island along the beach and coastal path to the Island Hotel at old Grimsby, we sat and had a coffee and chilled for a while, this was the venue for the finish and it was going to be a wonderful setting for the end of the race. After our rest we walked over the race's 3rd hill to the New Inn at old Grimsby, the hill looked like another easy one.

We spent the evening in the New Inn and had some lovely food with a glass of wine, and managed to get a boat back to St Mary's at 9.00pm so we got back to camp at around 9.45pm.

Sunday 13th April

The alarm clock went at 6am; race day had arrived. The boat to Tresco was picking us up at 7.30am so at 7.00am we made our way down to the harbour to board the boat along with all the other runners staying on St Mary's. The boat departed on time and we headed across to Tresco. When we got close to the Island instead of heading for the quay at New Grimsby, we headed for the end of the island nearest the race start at the Abbey Gardens.

The boat landed on the shoreline and a plank was put into the water for us to disembark, so we all took off our shoes and rolled up our trousers and walked down into the water and up the sandy beach. Once we had got off the beach we cleaned the sand off our feet and put our shoes back on and made our way to the Start area to pick up our race numbers and our T-shirts.

The start area was buzzing with activity with many of us having a coffee before getting ready for the race.

As the start time got closer the heavens decided to open for about 15 minutes, after that it brightened up for the rest of the day. While getting ready Bill Bryson the author came over for a chat and to wish me luck.

The race started at 9.30am. I didn't really have a race plan except I had planned not to go too fast on the first lap. I set off and started at an easy pace and as I got halfway up the first hill, another runner came up alongside and introduced himself as Ben, after about two miles I worked out this was the TV presenter Ben Shephard, though I have to say I had never seen him on TV before. We ran together for about 4 miles until he decided to slow down, the course is a figure of eight loop over 4 hills. I completed the first lap and the following 4 in around 25.30 mins a lap, I completed lap five in around 26 mins and lap 7 in about 31 mins I crossed the finishing line in 3.23.32 in sixth place.

Once I had finished I waited for Steve to finish, he crossed the line in 3.51.30 in 35th place, and all 125 runners finished the race. After Steve had finished I went for a shower and massage, after then Steve and I went for a drink at the hotel before we went to the community centre for the buffet and the prize presentation. When we arrived at the Community Centre we were given a glass of Champagne to get started with and the buffet was top class.

We caught the boat back to St Mary's at about 8.30 and once we got back to Hugh Town we went for a drink before heading back to camp for the night.

Monday 14th April

We got up at around 7.30am and had breakfast before breaking camp.

I had heard on the radio that the helicopter was running late so we were not surprised when we got to the airport that our flight was going to be 2 hours late. We left the Island around 1pm for the 20 minute flight back to Penzance and then the long journey back home in the car. Steve and I raised £750 for the Cystic Fibrosis Trust between us. Thanks again to everyone in the Striders who supported us in our fundraising efforts.

By Kevin Day.

London Marathon 3:30 or bust!

After a personal worst attempt at the London Marathon last year, I decided to have another go at breaking the 3:30 target which I keep missing.

This year though, things would be different as I planned to follow a training plan and keep a log of my miles rather than the ad-hoc training plan I had taken over my previous attempts. What I couldn't find though was a training plan which incorporated a Bad Lad's Army session on a Saturday afternoon (for some reason, marathon plans don't have a 'Lantern Puke' session) or would fit in the mid-week sessions with the club.

The best approach was to find a plan and use it as a 'very loose' basis for the training. I downloaded the Runner's World sub 3:30 plan and saw to my horror that by March it said that I should be capable of a sub 1:37

half marathon. My pb over this distance was 1:40. Knocking 3 minutes off this seemed like an enormous task and one that I wasn't sure if I could manage

The problem with not following a training plan properly is that I missed the need for a gradual build up to the longer runs. My first 20 miler in January involved a 1 hour session with Alistair and Joe running the hill off Dolly Lane before finding that we were in Chinley 25 minutes before the 9am Sunday morning meet at Whaley Bridge. A fast paced run along the canal was needed to get to the football club just in time to hear that Mark wanted to run up South Head that morning! On the way back from South Head, I didn't have the energy to argue when Mark (again) suggested that the quickest way home was to go over Chinley Churn. Big Stone isn't a friendly hill at the start of a run never mind at mile 17 of your first 20 of the season when the weather has turned to howling gales and rain.

By the end of February, after a few more 20 milers, I was ready for the first real test of whether the training was going to plan...the Blackpool half marathon. The course is flat and boring but good for maintaining a steady pace. I felt good throughout the race and came in comfortably at 1:37:07. The training plan target was matched and the chance of a 3:30 at London seemed possible. Two weeks later came the Stafford 20. Again, not the most interesting of courses (3 laps with a hill at the start of each) but a good test for a marathon paced run. Apart from getting bored and slowing down at the 14 mile mark, I managed to finish this one within the target time of 2:40 and so was well on track for London. Nothing could stop me now!

The week leading up to Easter was a holiday in Cornwall where I planned to have an easy week of coastal path running. However, this was not to be. I started with a chest infection soon into the holiday and didn't run all the time I was away. A trip to the doctor's when I returned resulted in a course of anti-biotics which lasted until 2 weeks before the marathon.

My taper consisted of reducing the mileage from around 45 miles per week to less than 30 miles in total during the 3 weeks leading up to the marathon.

On the day, I felt good and although I knew I didn't have the endurance strength for the target time, I decided to give it a go anyway. I stuck with the Runner's World pacer for the first 18 miles but kept drifting behind and so resorted to plan B; get to the finish - forget the time! It was only when Gordon Ramsay caught me at the 20 mile mark that I upped the pace again. I beat him last year and there was no way I was going to let him beat me this time.

I came in at a time of 3:40:55. A personal best by over 4 minutes and another great day in the capital.

Peter Davis

Goyt Valley Strollers

The Strollers have been a busy bunch; we have enough 'runners' to have two groups at training sessions... the **Intermediates** and the good old **Beginners**.

Several members have participated in a variety of races, Jackie completed her 5k run in Belfast, some have entered the 'Race for Life' events in various locations and some of the Intermediates have completed some 10k

races. Well done to Claire and Helen at the first Helen's Trust Race at Chatsworth, it had a good field of 400 competitors and raised a lot of money for this local Derbyshire Charity. Some of the Striders may fancy it next year. Also, 'well done' to Julie for completing her goal to do the Manchester 10k despite struggling with injury. And Melanie Watts has competed in the races at Shutlingsloe, won a trout at Wincle and up for more.

I hope that our **group goal** is to have more of our regular runners to subscribe to being full club members as an individual or as a family and get more of us in **Club Shirts and Vests** for race events and for photos for the newsletter!

Goyt Valley Junior Striders

We are delighted to see the start of junior members running for the club. They are taking the training and races in '**their stride**'.

Young Emma has competed in the FRA national count races in Cumbria and Cheshire finishing 4th and 3rd. She hopes to enter in Derbyshire and Yorkshire to win her 'T' shirt. She also finished 2nd in the junior races in Hayfield. Stephanie Watts has looked fantastic competing in her **Strider Club Shirt** and also completed several U14 races and is also in line for a national counter shirt.

Alistair Watts is only 14 but is entered as a young U16 competitor at national level. He has performed with great potential and **won** the junior fell race at Castleton last week. Well done to all of you budding athletes and keep it up.

Orienteering at Lyme Park

Lots of us turned out for the MDOC orienteering events, many with budding juniors of the future in tow. The evenings were really enjoyable and would highly recommend entering again next time. It is a while since I have done any and I was quite impressed how it has become hi-tech. Thanks for those who organised them.

Gail Hull

CLUB CHAMPIONSHIP TABLE 2008

Name	1	2	3	4	5	6	7	8	9	Total
P Hunt	24	29	21	24	28	21	22	26	-	195
M Hudson	30	30	-	-	30	25	27	-	-	142
P Smith	23	26	-	-	27	19	16	24	-	135
J Miles	-	26	18	-	29	22	23	-	-	118
S Berry	-	-	14	22	23	17	18	23	-	117
G Lawton	29	-	-	25	-	-	25	28	-	107
J Brown	-	-	18	28	-	27	26	-	-	99
C Griffin	-	26	22	-	-	23	24	-	-	95
K Smith	22	22	-	23	24	-	-	-	-	91
A Pead	-	-	30	-	-	29	30	-	-	89
J Robinson	-	-	28	30	-	28	-	-	-	86
A Butler	-	-	27	29	-	-	28	-	-	84
P Davis	26	-	-	-	-	-	-	29	29	84
J Hull	-	-	24	-	-	26	29	-	-	79
P Hill	25	-	12	-	-	18	19	-	-	74
E Glen	-	-	-	21	22	-	-	-	27	70
R Clark	-	23	12	-	-	16	17	-	-	68
C Kemper	-	-	16	-	26	-	20	-	-	62
Kevin Day								30	30	60
M Whelan	27	28	-	-	-	-	-	-	-	55
A Fitzgerald	-	-	26	27	-	-	-	-	-	53
D Guy	-	-	23	-	-	-	-	27	-	50
S Coram	-	-	25	-	-	24	-	-	-	49
R Glen								21	28	49
S Sanders	-	-	-	-	-	20	22	-	-	42
L Cook	-	-	15	-	25	-	-	-	-	40
M Richards	-	-	-	-	-	30	-	-	-	30
A Whyte	-	-	-	-	-	15	15	-	-	30

N Cook	-	-	29	-	-	-	-	-	-	29
J Webb	28	-	-	-	-	-	-	-	-	28
W Meredith	-	27	-	-	-	-	-	-	-	27
M Vernon	-	-	-	26	-	-	-	-	-	26
T Potts								25		25
R Burton								22		22
M Watts	-	21	-	-	-	-	-	-	-	21
J Harbord	-	-	20	-	-	-	-	-	-	20
I Lee	-	-	19	-	-	-	-	-	-	19
H Parry	-	-	-	-	-	-	14	-	-	14

Club Championship 2008

Reminder of the rules:

1. 16 races make up the event
2. Individuals will be allocated points depending on their finishing position within the race. The highest placed Goyt Valley runner will get 30 points, the second 29 points and so on.
3. An individual's best 10 races will count towards their total score. For example, if they complete 12 races, their worst two scores will be discarded.

The remaining races are:

- 10 **WED. AUG. 6. CRACKEN EDGE (R). BM. 7.30pm** Fell
7m/1450' from the Kinder MRT HQ, behind George Hotel, Hayfield (GR SK036869). £4. Teams Free. PM. Over 18. Records: 40.30 L. Taggart 2006; f. 49.05 J Lee 2007. Details: Alison Brentnall, 8 Leygate View, New Mills, High PEAK, sk22 3ef. Tel: 01663 746476. Email: Alison.brentnall:btinternet.com Website: cs.man.ac.uk/~temples/hc
- 11 **SAT. SEP 20. LANTERN PIKE (R). BS. 2.00pm.** Fell
5m/1050' from Spray House Farm, Little Hayfield (GR Sk035886). Pay £5.50 (approx) entry to show. PM. Over 16. Records: 29.12 R.Wilde 1977; f. 34.50 C Haigh 1984. Details: Jim Trueman, Ivy Farm, Slack Lane, Little hayfield, High Peak, Sk22 2NQ. Tel: 01663 743179. Email: jtrueman@cisco.com Website: cs.man.ac.uk/~temples/hc/

- 12 **SUN. SEP 21. ASHBOURNE HALF MARATHON.** 14th Road
September 2008.
<http://www.ashbournedistrict.lions105e.org.uk/events.htm>
- 13 **SUN. OCT 26. PASSING CLOUDS (R). BM. 11.00am.** Fell
9m/1800' from Winking Man Pub on A53 Buxton to Leek road (GR SK026637). £4. Teams (3) free. LK/NS/PM.
Over 18. Records 65.12 D Neil 1997; f 81.12c T.
Greenway 2002. Details: John Amies, Home Farm, Hilme, Walfield, Congleton, CW12 2JJ. Tel: 01260 277472. Email: jhamies@gmail.com Website: www.congleton-harriers.co.uk
- 14 **LANGLEY 7** Further details as soon as they are Road
available (expected to be 1st November)
- 15 **SUN. NOV 9. ROACHES (R). BL. 10.30am 15m/3700'** Fell
from the Village Hall, Meerbrook, near Leek (GR 987608). Teams free. ER/PM. Over 18. Records: 1.50.10 J. Taylor 1991; f 2.20.40 K. Parker 1992. Parking and toilets at Tittesworth Reservoir, 15 mins walk to start. Details: Andrew Addis, 10 Wooliscroft Avenue, Newcastle Under Lyme, ST5 0NR. Tel 01782 612838. Email: Andrew_addis@lineone.net
- 16 **STOCKPORT 10** Further details as soon as they are Road
available (Race expected to be early December)

Ladies Club Championship

The same 16 races count for the Ladies Championship as for the Main Championship. The only difference is that your best 8 races count towards your final score and a minimum of 6 have to be completed to qualify.

Name	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	Total
P Smith	30	30	-	-	29	28	26	29	-	172
J Miles	-	30	29	-	30	29	29	-	-	147
C Griffin	-	30	30	-	-	30	30	-	-	120
R Clark	-	27	26	-	-	27	27	-	-	107
E Glen	-	-	-	30	26	-	-	-	29	85
C Kemper	-	-	28	-	28	-	28	-	-	84
R Glen								27	30	57
L Cook	-	-	27	-	27	-	-	-	-	54

A Whyte	-	-	-	-	-	26	25	-	-	51
T Potts								30		30
R Burton								28		28
M Watts	-	26	-	-	-	-	-	-	-	26
H Barry	-	-	-	-	-	-	24	-	-	24

Summer Series Fell Championship

Reminder of the rules:

1. 7 races make up the events
2. Individuals will be allocated points depending on their finishing position in each race. The highest placed Goyt Valley runner will get 30 points, the second 29 points and so on.
3. An individual's best 5 races will count towards their total score.

Name	1	2	3	4	5	6	Total
Jon Robinson	30	30	28	-	29	-	117
Mike Hudson	-	28	25	27	-	30	110
Andy Butler	29	29	-	28	-	-	86
Steve Berry	22	-	17	18	25	-	82
Julian Brown	28	-	27	26	-	-	81
Geoff Lawton	25	-	-	25	28	-	78
Jo Miles	-	-	22	23	26	-	71
Stephen Sanders	-	-	20	22	27	-	69
Paul Hunt	24	-	21	22	-	-	67
Mark Richards	-	-	30	-	30	-	60
Andy Pead	-	-	29	30	-	-	59
Rebecca Clark	-	-	16	17	24	-	57
Jonathan Hull	-	-	26	29	-	-	55
Karl Smith	23	25	-	-	-	-	48
Clare Griffin	-	-	23	24	-	-	47
Emma Glen	21	23	-	-	-	-	44
Peter Hill	-	-	18	19	-	-	37
Philomena Smith	-	-	19	16	-	-	35
Alex Whyte	-	-	15	15	-	-	30
Alistair Fitzgerald	27	-	-	-	-	-	27
Peter Davis	-	27	-	-	-	-	27
Michael Vernon	26	-	-	-	-	-	26
Jim Harbord	-	26	-	-	-	-	26
Lissa Cook	-	24	-	-	-	-	24
Jim Harbord	-	-	24	-	-	-	24

Melanie Watts					23		23
Ciska Kemper	-	-	-	20	-	-	20
Helen Barry	-	-	-	14	-	-	14

The final race is the Cracken Edge (see Club Championship details)

Club Away Days

A couple of dates for your calendar. If there is enough interest then it is proposed to hold the following two away days over the coming months. There will be one in the Derbyshire Dales and another in Sedbergh, North Yorkshire.

Sunday August 10th Meet at 8:00am

The route will take in Lathkill Dale and Beresford Dale and will be about 12 miles. The terrain is all runnable and should be enjoyable to all. Meet at the club at 8:00am

Sedbergh August 17th Meet at 7:30am

The idea of this away day is to take part in the Sedbergh Hills Fell Race. It's a tough one at 14m and 6,000ft but should be a real experience for all. There are two options. You can race as normal on your own or you can run as a group as we would normally do on a Sunday morning. We'll meet at the club for a prompt 7:30am start for this one. Please let Pete or Mark know if you wish to take part as we need to co-ordinate transport etc.

Other races for your Diary

Road

Gawsworth 10 and 5k Fun Run, Macclesfield. Sunday, 14th September 2008 at 10:30am. Details at www.gawsworth.com

Fell

WED.JUL 23. SHINING TOR (R). AS. 7.30 p.m. 5.9m/1600' from Errwood Sailing Club, Goyt Valley (GR 017756 on OL24 White Peak). £4. Teams free. PM/LK/ER. Over 18. Details: Alistair Fitzgerald, 52 Hollinwood Road, Disley, SK12 2EB. Tel: 01663 762969. Email: asvy45@dsl.pipex.com Website: fellraces.co.uk

TUE.JUL 29. ROBIN HOOD "MONUMENTAL" (R). BS. 7.30 p.m. 5m/875' from the Robin Hood Inn, Chesterfield Road, Baslow, Derbyshire (GR 280721). £3. Over 16. Details: Robert Middleton, Cupola Cottage, Sheffield Road, Baslow, Bakewell, DE45 1PR. Tel: 01246 583555. Email: bob@cupola.freemove.co.uk

THU.JUL 31. STONEY MIDDLETON (R). BS. 7.30 p.m. 5.2m/650' from Stoney Middleton playing field (GR 236752). £3. PM. Over 16. Details: David Thorpe, South View, The Dale, Stoney Middleton, Hope Valley, S32 4TF. Tel: 01433 631113. Email: thorpe257@btinternet.com

SAT.AUG 9. TEGGS NOSE (R). BM. 2.30 p.m. 7.5m/1600' from the Trials Field, Bullock Lane, Sutton, nr Macclesfield (GR 923716). £3 entry to field, race included. Teams free. PM. Over 18. Non-FRA junior race round trials field. Held in conjunction with sheepdog trials. Details: John Bunyan, Old Barn Cottage, Berristall Lane, Rainow, Macclesfield, SK10 5TY. Tel: 01625 424564. Email: john@thebunyans.plus.com Website: macclesfield-harriers.co.uk

THU.AUG 21. PILSLEY (CHATSWORTH) (R). BS. 7.00 p.m. 5.5m/675' from the Devonshire Arms, Pilsley (GR SK241711). £3.50. PM. Over 16. Please park at Chatsworth Farm Shop or "Reitburg & Penrose" Interior Design. Details: Zoe Wareham, 1 South View, Pilsley, Bakewell, DE45 1UG. Tel: 01246 583432. Email: zoe.wareham@btinternet.com

TUE.AUG 26. EYAM (R). BM. 6.30 p.m. 6m/1000' from Hawkhill Road car park, Eyam (GR 216767). £3.50 pre-entry on form from website/organiser or £4 on day. PM. Over 18. Records: 38.51 L. Taggart 2007; f. 45.47 J. Lee 2007. Sponsored by the Barrel Inn. Details: Archie Hartwright, Croft House, Tideswell Lane, Eyam, Hope Valley, S32 5RD. Tel: 01433 631474. Email: archiehartwright@tiscali.co.uk

Osmotherley Phoenix 05/07/2008

The Osmotherley Phoenix is a 33m run with about 4,000ft of ascent and has been counted as one of the Vasque (previously Montrail) series for 2008. I think it was included in past years too. Osmotherley is in North Yorkshire; pretty much parallel with Whitby: Ordnance survey OL26. I'd never run this area, and although still a bit stiff from our BG two weeks before, I was looking forward to a plod round.

It meant an early start and I collected Bex (Rebecca) on the way up to arrive just after 8am. Clare (Griffin) was already there and we decided to leave the laid-on minibus and walk the 300 yards to the registration in Osmotherley village. Osmotherley is a nice place. Small and nice. Quaint even, in pleasant weather. Or so it seemed that morning as we milled around the village hall.

At registration we recognised various regulars of the Vasque ultra series. A few from Macclesfield Harriers who'd paced our BG were there together with several people I recognised from the 'Fellsman' earlier in the year. I also met up with Dom Fletcher; a very decent chap we'd met on the Bullock Smithy in 2007, who's joined us on quite a few runs since.

Dom and I have entered the Ridgeway Challenge 85 miler together later this year, which Mark Richards wrote about in a previous newsletter. Bex had seemed slightly nervous on the way up, yet she appeared to relax before the off; chatting away with Clare while we joined the throng in the main street shortly before 9am. It reminded me what an intimidating experience it can be to increase the distance a bit.

I remember feeling like I was approaching 'unchartered water' on many occasions, and still feel nervous at times. On this occasion however, I felt fine and was sure Bex would cope.

Personally, I'd resolved myself to just getting round. I would walk if necessary; as all I wanted to do was get the race done to make up my fourth in the Vasque series; and qualify for the 2008 rankings. Hopefully having a good day out in the process: See some of Yorkshire.

We did the usual staring over the heads of the runners in front, while a man called Jerry mouthed a few words no one could hear ('...mad Bull?', '...electric fence where?'). Then we surged forward as one, before the pack slowly began to disperse, and I followed Bex as she wound her way past walkers and the slower plodders out of Osmotherley.

Weaving 'in and out' of, and getting woven *around* and *in* by other runners, as one generally does at the start of these events; I found Dom and we plodded on up a lane and along a grassy wooded ridge before reaching a 'bucket drop'. Here we placed a small wooden tag that we'd been given at the start into a pail.

We'd all been spaced out in single file along the track by this point and Clare and Bex had slotted in a bit further back - sadly we didn't see each other again till the end.

I have to say that the trails over this section were great. Spongy, well worn wooded tracks that undulated around lush, dappled scenery. Very relaxing, and I felt glad I'd opted to come along.

After the first checkpoint at about 5m in, and a few Jaffa cakes washed down with blackcurrant, we loped off, at a 'steady but continuous' pace, towards Cringle Moor. We contoured around the edge of the plateau on very runnable tracks, progressing through wooded valleys and over heathery, windswept moors; ticking off subsequent checkpoints every few miles.

The day had been glorious, without a sign of the prophesised deluge, and I had just mentioned as much at around mid-day; when the heavens truly opened. The sky had begun to bruise: 'Come lads; we must make for home lest we be forced to camp...'

I decided I'd rather be soaked in sweat and warm(ish) than hypothermic and rained on; so I put on my coat (well, it's only July!) and tried to keep up with Dom as he began to increase the pace and disappeared through the gathering murk which had decided to enhance our day. I remember feeling this added a rather different, and not unwelcome aspect to the race. Wooded springy trails had given way to open moorland, and the 'springy' underfoot scampering material had revealed its 'spongy' properties by turning quickly to a glutinous, begrudging, grasping quagmire; 'why should you have all the fun?'.

To be honest. I quite like the rain on some occasions, and on others I quite like the mud and the mist too; and this was one of them. For quite a while I had a great time sloshing through the clag after the wraith-like shapes of the three or four runners weaving in front. Every so often we even managed to overtake a few stragglers (next time I'll pull them out, I promise).

However, when you're wearing just a pair of skimpy shorts, t-shirt, and a supposedly 'Goretex' jacket that should've been advertised as a 'freezing cold sweat bath'; the novelty does eventually wear off. It also dawned on me I had no idea where I was. I'd been relying on Dominics' navigation (being too lazy to get my own map out. Yes, Yes, I know...!) and following the line of runners in front. It began to occur to me that if I was left behind I'd have to waste time mucking about with my map and written directions to find where I was (maps take all the fun out of fell running in my opinion). I'd get cold too while doing it, so I pushed on. There was myself, Dom, Angela Leonard (Macc Harriers), a guy who turned out to live just down the road from me, and an off road novice - who kept telling us he was an off road novice, and was clearly enjoying himself, having a good old adventure with his border collie for company.

There are two types of people in this world: leaders and followers! I moved to the front of the pack; squinting, steely eyed through the murky deluge. After a while someone said 'do you know where you're going?' and I realised I'd been following the dog! Luckily; the dog was a born leader *head of sixth form* type, and had obviously recce'd the route previously (swot!). We self clipped at a checkpoint (somewhere wet, muddy, cold, heathery, and murky in Yorkshire) before dropping down after several wet and windy miles to a roadside check with flapjack, rice crispy cakes, cordial (but not *that* cordial) and (unbridled hedonism) ...toilets.

After a certain amount of prolonging the respite we struck off again. Myself, Dom and Angela followed a lane up round a bend and onto a steep hill that led, with a few minor navigational tweaks... (Honestly! You can't find anyone reliable to follow these days - I thought Paul Hunt

was bad! I'm going to have to start carrying full body cover at this rate.)

...up and over yet another bleak and windswept moor where we were joined by Simon Moorhouse from Buxton ac. Simon was typically genial, yet appeared quite focused; and proceeded to make a bit of headway, disappearing from view into the clag after a short time.

By this time it really was a bit damp and chilly. The wind was still blowing and the rain just seemed relentless. *Head down, keep with the pack*; and eventually another descent from the moor led us through a traversing section of relatively sheltered wooded fields. Dripping and verdant tunnels opened into shimmering expanses of lush clearing: We passed ruined farmhouses and tiptoed round gate enclosed cowpat mud-baths. Then sloshed through gate enclosed cowpat mud-baths after the tiptoeing became sliding and wading. At least it wasn't as cold. And I'm a country boy. But country boy or not, my legs were beginning to feel it - or rather to feel the revenge of the BG.

Despite the sore pins my spirits picked up a bit on this section and I think we all enjoyed the banter as we trundled along. In retrospect; its possible we all presumed we were a little closer to the finish than was the case. Or perhaps being out of the wind had simply lifted our spirits as we chatted quite comfortably in that easy going way that you find on meeting new people, and finding that you have much in common. I'm glad to say I've met many friendly people on these events and this was no exception. We had been joined again by *guy from down the road (sorry can't remember name)*, off road novice (never knew name), and Angela and Dom were on fine form.

Dom had been hoping to get in under 6.15 hrs which was his previous years time. When we arrived at the 7th check to find we had much further (8ml) left to go than we'd thought, with much less time;

I urged him to press on without me: "Oh no, I couldn't possibly..." he replied, before powering off with unfettered gladiatorial ferocity into the murk.

I decided to stick with Angela. She's better looking than Dom, and I didn't want to be left out alone on the Yorkshire moors. A young, attractive, vulnerable chap like myself - lord knows what could happen! "Just go on without me if I hold you back" said Angela as she bounded past me, uphill toward the clag. I used the old trick of initiating conversation just as we'd come to a steep bit; in a vain attempt to slow her down (It doesn't work with Clare either).

Eventually we joined the Cleveland Way. I thought it was reminiscent of Stanage Edge at this point. (So if you want to save a bit of petrol money...). The 7 or so miles passed relatively quickly although I was beginning to feel drained.

The Cleveland Way was great underfoot, and as we trundled along Angela spoke about her entry to the impending 60ml Alpine race; the 'CCC', and of watching exhausted, emotional finishers at the notorious Tour du Mont Blanc. It's good to know there's plenty of things beyond the BG and it reminded me of what AI had cajoled me into for 2010. (I blame Leffe. Never drink Leffe. ...especially not with AI!)

But also, I was just enjoying the *moment*, and felt briefly; as though the BG goal of the previous few months had in some ways detracted from the sheer elemental pleasure of moving along on the hills just for the sake of it. And also; of just taking part in the culture of our sport: Of getting up early. Of going to an event where you don't really know what to expect. Getting tired and wet. Meeting friendly, interesting people while moving through fantastic scenery.

For a while, I couldn't have cared less about completing far away goals like the BG, the PBR, the TDMB, or anything else, ...other than the simplicity of just trundling along in the *moment*.

Soon the path dropped out of the clag to reveal the earthy-brown rooftops of Osmotherley nestled in the distance. My knees let me know what they thought of my 'enjoyable day out' in no uncertain terms, as we descended to pass two small reservoirs before approaching the final self clip check on the outskirts of the village.

For a couple of miles I'd been feeling increasingly light-headed and I knew from my previous wimpy experiences; that I was about to succumb to the effects of low blood sugar. I was aware I'd not eaten for the previous few hours and had hoped I'd just sit it out, and get some nosh at the end. Not so. Right before we descended to the final check I started to get the telltale 'blue flashes' - like when you look too long at a light bulb. I don't know anyone else who gets this - but I do; and its hard to run down a rocky slope when all you can see are pulsating blue lights. So I mentioned as much to Angela. Luckily I was able to scrounge some sweets which did me the power of good,

enabling visual restoration in glorious 'will-o-vision', and I trundled in to finish a minute after Angela at 7hrs 21.

I collected my cup of tea token and joined Dom to pat my empty pockets and salivate before the overpriced cake in the village hall.

Clare and Bex came in shortly afterwards at around 7hrs 35. Bex and Clare looked great, without any outward signs of extreme knackeredness.

Bex had done really well by all accounts, and seemed rightly pleased with her result. She'd done the Striders proud.

After a few cups of tea we said our goodbyes, and made our way back through Osmotherley towards the car park. The 'Osmotherley games' were still going. We gratefully scoffed hotdogs whilst watching a large crowd of beer sodden welly-wangers in the high street. A roaring crescendo erupted as a rubber boot hurtled aloft; before an "oooooooooh!", as it landed with a heavy thud; inches away from a toddlers head. Strange idea of sport, some people...

Will Meredith.

Trying for a sub 4 again

Just like Pete I also ran the London marathon last year, my aim was to do a Sub 4 hr. Not sure how I would do as I had never run that distance before. Well most of you know the story; I failed, 4hrs 8mins and it was my own fault entirely. The weekend before I washed my trainers; well I couldn't go to London with dirty trainers! To dry them I left them in the sun for almost a week. The first

time I put them on was 6:00am marathon day. It was really hot by 8:00am. 3 miles in to the race my feet were burning, my feet had swollen with the heat, not to mention that the trainers had also shrunk in the sun drying off the week before. My feet were red raw afterwards and I said I was never doing that again - running a marathon that is.

It didn't take me long to change my mind; just like having a baby you forget the pain you go through! Just like Pete I decided to follow a training Plan. Paul was my virtual coach, every week he would email me my program, I would swap it around to fit in with the club runs and the Bad Lads Army on a Saturday.

One Saturday Joe Webb rang me offering to be my personal trainer for a tenner, he wanted to start the next day with a road run of about 10 miles. I was ready to do 18 that day, but agreed to meet to do 10 together and then I would do the final 8 by myself. My request was a flat slow run and he agreed; "don't worry Phil leave it to me" he said.

We met at the canal and then ran to New Mills and onto Disley. The terrain then changed. By the end my request for flat and slow turned into hilly and fast. One of the miles was covered in 7 minutes; in the end we ran together for 11-12 miles. I sacked him after that. I decided to stick with my virtual coach Paul, and the Bad Lads Army.

The distance training went well. I decided to stick to the canal for long distance runs; I had developed what I thought was shin splints which affected the weekly mileage. I was getting 20-30 miles in a week whereas last year I was doing 50 miles and sometimes more. It did

make me believe that a sub 4 was not possible. Anyway the shin splints - they were persistent up to the marathon then they went, I think it was all in my head, my body's way of not allowing me to over do it.

My last race and long run before my taper was the Wilmslow half. This turned out to be a PB for me in 1hr 46, by my calculations, if I doubled it and added 20mins, I was heading for over 4hrs; it was too late to get anymore mileage in now.

On the day of the race I felt fit, yet nervous. I met Pete at the train station and we made our way to the start. The sun was shining with a few grey clouds in the distance. I was hoping it was not going to be as hot this year.

As we lined up to start, Pete was looking for the 8min mile pacer, I had mad thoughts, maybe I could stick with him for a few miles; another voice in my head kept saying no! I had promised Pete and Tom (a friend running the marathon with us) that I would not go off too quick and that I would pace myself. I tried to pace myself with my Garmin and tried to stay over 8:30 min miles, a few times I looked at my watch and it was saying 7:30 min miles so I slowed down. The crowd were amazing. I was starting to get a bit worried around mile 8 as it was very warm. At mile 11 the rain clouds opened and we had torrential rain for about 5 miles; it was fantastic. Just what I needed. I didn't have to take my trainers off once this year and there was no sitting in Bus Stops elevating my feet to get the circulation back!

In 2007 Karl positioned himself at Tower Bridge and at mile 22 with Janet, Peter's wife. I didn't see them and they didn't see me. This year was different and it was great to see them at Tower Bridge and unexpectedly at

mile 22; I was in trouble because I waved and kept on running whereas Pete and Tom stopped for a chat!

At Mile 22 I thought I was on target for over 3hrs 50 so I decided to pick up the pace to do 3:50. My fastest mile was mile 23 at 7:15. When I got into The Mall and approached the finish line I could see the marathon clock 3:42 and could not believe it. I threw my hand in the air and smiled with emotion as I had practiced, (last years over the line pictures were not very good). As I approached the line all the camera men who were on the scaffolding bridge were saying Gordon Ramsey is coming and weren't interested in my picture, all that practice for nothing, no picture of me crossing the line.

3hrs 43 and 8 seconds was my official time. 25 min off last year and I have earned a good for age place next year!

Application Form

If you want to join The Striders or know anybody who wishes to join then complete the attached form and send it to the secretary.

GOYT VALLEY STRIDERS MEMBERSHIP APPLICATION FORM

SURNAME															SEX					
<input type="text"/>															<input type="text"/>					
FIRST NAME										DATE OF BIRTH										
<input type="text"/>										<input type="text"/>										
POSTAL ADDRESS															Day		Month		Year	
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TOWN																				
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COUNTY										POSTAL CODE				ESSENTIAL						
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DAYTIME TELEPHONE (STD ESSENTIAL)										HOME TELEPHONE (STD ESSENTIAL)										
<input type="text"/>										<input type="text"/>										

I fully understand that I shall train and race with Goyt Valley Striders running club entirely at my own risk, and that the organisers of Goyt Valley Striders running club are in no way responsible for any injury, illness or loss that I may suffer or any injury that I may cause during any activity connected with the club.

SIGNED:

DATED:

If under 16, signature of parent or guardian

Useful Addresses And Telephone Numbers

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