

# The Strider



July  
2011

Newsletter of the Goyt Valley Striders

**News and Reports,  
including:  
Running The Pennine  
Way  
The Old County Tops  
Club Championships  
Plus much more!**

Picture courtesy of:  
Brian Dale  
[www.racephotos.org.uk](http://www.racephotos.org.uk)





## Editor's Waffle

Thanks once again to all contributors who make my life much easier by providing good quality articles and info, I hope you all enjoy reading about your fellow runner's exploits in this months Newsletter.

An extra big thank you to Steve Hennessey who has provided an epic tale of his epic journey along the Pennine Way. A tremendous feat, entirely unsupported - except in spirit. We were thinking of you Steve!

Of course, there are now so many members with so much going on it is nigh on impossible to have a Newsletter that is entirely up to date. Indeed, as I write this bit of waffle, we have Striders slogging it out in the Lake District - Mark Richards, Mick Wren, Paul Hunt and Peter Davis all attempting the Lakeland 100, while Will Meredith is having a crack at the Lakeland 50. Good luck to them all - it looks like it'll be a scorcher . . .

I must say how much I have enjoyed the "Away Days" over the last 3 months. A big success I would say, judging by comments heard on the night(s). Hope you can join myself and Kaye (a.k.a. Elder Berry and Sloe Berry) in Hayfield on August 30th for our Away Day. In fact, these days are so popular that Will has stepped up to the mark to offer his services for a September 27th Away Day in Edale. Nice one Will! Any more takers?

Looking forward to Goyt's Moss replacement race - and one of my favourite races of the year - on Wednesday, Cracken Edge. See you there.

**Steve B**

## Fancy doing a Marathon?

The Manchester Marathon is returning after 10 years. 5,000 runners are expected to take to the road on April 29th 2012.

Over 10 Striders have already entered, many have never done a marathon before, so if you fancy having a go at a marathon this could be the one for you; it's local and with so many of us doing this one the training should be fun.

[www.manchestermarathon.com](http://www.manchestermarathon.com)

## Event Tent

For the last two years Mark, the club secretary, has tried everything to persuade the committee we need a club tent, I must say that I always supported the secretary in his quest.

Every now and again he would show us a picture of one he had seen and thought it was suitable only to be told by another member that "someone had one of those at the relays last year and it blew up a tree" or there would be a grunt in the background.

Eventually he came up with the event tent and at a very good price (half price actually). Everyone voted in favour and the Event Tent was purchased.

The tent had its first outing in my back garden, as you can see opposite, with an over-excited Mark and a drunk Karl trying to erect it together while I looked-on. It only took them 7 minutes to erect.

I have to say so far it looks like a good purchase. It was used at the BBQ and the feedback from everyone was very positive. Now we will have cover for the many events that GVS organise.

## Bullock Smithy Pasta Party

Well the training has started, This year there are a couple of newbies to this race and one or two others who have a time to beat.

Everyone who has done it before wants to knock an hour or two off, me - just 4min 1 sec to get under that 12 hours.

Above all it is a challenge just completing this 56-mile race.

The race is on Saturday 3rd September, starting in Hazel Grove at midday. If you're not doing anything that weekend it would be fantastic to see some friendly faces on route supporting us.

Depending on where you are the time of day, we may not be able to look up and smile at you but we will appreciate it.

As usual I will be having a pasta party the night before. You know where I live.

**Phil**



## Officers

**The Chairman:** Peter Hill  
127 Buxton Road  
Whaley Bridge  
High Peak  
Tel. 01663 734756

**The Secretary:** Mark Whelan  
11 Shallcross Mill Road  
Whaley Bridge  
High Peak  
SK23 7JQ  
Tel. 01663 733930

**The Treasurer:** Steve Hennessey  
6 Alderdale Drive  
High Lane  
Stockport  
SK6 8BX  
Tel. 01663 765840

**Enquiries to:**  
[enquires@goytvalleystriders.org.uk](mailto:enquires@goytvalleystriders.org.uk)

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## Keep those stories coming!

Your contributions to the newsletter are vital.  
Please email your race reports, articles, photos,  
recipes, etc to the Editor

**[steve@steveberry.co.uk](mailto:steve@steveberry.co.uk)**

**Subject: GVS Newsletter**

# The Old County Tops 2011

## (or 'Clare Gets a Beasting Round The Lake District')

**I** hate 5am alarm clocks. 5am itself I quite like, in an “admiring the new day and enjoying the birdsong from bed” sort of way but 5am alarms, in my experience, mean either work or Big Scary Fell Runs. This one was the latter.

The Old County Tops is a 37 mile 10,000ft Lake District race for teams of two, taking in the highest points in the old counties of Westmorland, Cumberland and Lancashire - Helvellyn, Scafell Pike and the Old Man of Conistone.

I'd originally been talked into it by Will Meredith but his ongoing viral illness meant he was unable to take part so my friend Kirsty from Macc Harriers (even though she lives in Oxford) stepped up to be my partner.

Baysbrown Campsite in Chapel Stile (which I recommend highly) was coming alive despite the hour; nervous looking people were wandering about wearing that tell-tale pre-race outfit of lycra shorts and wellies and we exchanged pleasantries and worries about kit (shorts or tights, it could be cold on the tops; does my bag feel too heavy - the usual). A big fat stratus cloud was sitting cheerfully on the Langdale Pikes, looking as if it had brought a packed

lunch and was settling in for the day but the valley was precipitation-free, if a bit damp.

Race HQ was at the New Dungeon Ghyll Hotel, and, after an admirably quick check-in procedure, we were off, running along a mile of track then the road to the first climb up the low fells to Grasmere.

This early section was easy going, a stiff but short climb brought us in sight of Grasmere, still sleepy before the tea shops opened for business, with Helvellyn beyond.

Kirsty and I chatted with some friends as we trotted up the Tongue Gill path to Grisedale Hause, up the turfy slopes of Dollywagon Pike and onto Helvellyn. The stratus cloud, or one of its mates, began to rain on us as we climbed but we knew this bit of the route well as it is the reverse of an early section of the Bob Graham round (painful memories always stick well in my mind).

Kirsty is a much better climber than me and the trek up to Helvellyn gave me my first sight of what was to become my main view of the rest of the day - her back, with a cheerful face every few minutes as she turned around to chat.

The old border of Westmorland and Cumberland lies along the Helvellyn Ridge and we ticked off the first of our summits before scamperring down the slithery Whelpside Gill (with only one buttock/grass interface) and running to the checkpoint by Thirlmere for restorative jam sandwiches. A mile of woody tracks and a dart across the main road and we were soon beginning the slow slog up the Wyth-





burn Valley. I don't know this bit (and in my usual well-prepared way, hadn't recced it) but it was straightforward and we climbed to the boggy top, enjoying the tricks played by those innocuous looking swathes of green moss that hide thigh-deep pools underneath.

Ronald Turnbull, author of the great book *"Lakeland Mountain Challenges"*, describes this area as "a fine place to get lost in, and often used for that purpose by walkers on Wainwright's coast-to-coast path". Today we navigated it ok (helped by my previous experience of being lost there on the coast-to-coast, but also by the hordes of other lycra-clad trotters ahead and behind) and got safely across the tussocky few miles of High Raise and beyond to Angle Tarn.

As we ran, we chatted with a couple running with their two dogs. They said that the advantage of four-leg-drive-assisted uphill was balanced out by being constantly dragged off course after interesting smells or to roll in unsavoury things.

At Angle Tarn I experienced the beginnings of a growing sense of unease about the day. We'd been

warned of a strictly enforced 3pm cut-off at Cockley Beck and, anticipating running with Will, who shares my views on what constitutes a comfortable pace, I'd entertained fond thoughts of being timed out there and being able to saunter back to Great Langdale the short way. A 1:30 arrival at Angle Tarn is considered to be the latest possible time to give any hope of meeting the cut-off. I checked my watch - 12:45. Damn, it appeared that I might have to do the whole thing.

Again we rejoined the Bob Graham route at Esk Hause, which is also the tourist highway to Scafell Pike. Stuck behind a large slow-moving group of rather inappropriately clad Pikebaggers I couldn't resist mentioning loudly to Kirsty that the weather had been much nicer on Helvellyn earlier.

Scafell Pike was its usual self - one day I might see it in clear weather but today wasn't going to be that day. I know three ways off the mountain but the race route doesn't take any of them, in fact the route I would prefer, via Mickledore, is expressly out of bounds, with warnings of disqualification for anyone seen going that way. We'd planned to take a safe but slow route down, which involved backtracking a little but avoids any risk of plummeting. However we were lucky enough to meet Ross and Catherine, two more Macc friends, who generously allowed us to benefit from their recceing, and descended via a steep zig-zag path to the river Esk. I am sorry to say that my 'granny with a zimmer frame' descending technique meant I was by far the slowest of the group, despite Ross having one finger sticking up at a jaunty angle, the result of a



slip in a stream some hours earlier (he said it didn't feel broken but it didn't look at all pleasant!).

I had the first of several 'flat spots' as we crossed the Great Moss then followed the Mosedale valley, and Catherine and Ross soon forged ahead. However, Kirsty saw through my dawdling ruse and

with her encouragement we made reasonable time to Cockley Beck, arriving well within the cut off (double damn).

Cockley Beck is one of my favourite places in Lakeland as my late mum loved it, but today there was no time to stand and admire the view - we were on a schedule. The weather closed in as we began to climb Grey Friar and soon we were in one of those classic Lakes early summer days of strong winds and horizontal blatter.

Throughout the day we'd been passing and being passed by another friend Gerry (a girl) and her friend Steve (now also our friend, I love meeting great new people on the fells). We were now also joined by Gerry's lovely fell-running Staffordshire Bull Terrier Lily. The five of us plodded uphill, feeling distinctly weary, into a grey-out that made navigation tricky

and necessitated full waterproofs. This was probably a good thing as Steve had torn his shorts coming off Scafell Pike and had been treating us to cheeky glimpses of what I at first assumed to be pink underpants with a sort of leopard print freckle pattern. It was a pleasant bum to follow and certainly took our minds off the pain of the day's final big climb.

Gerry, who'd recced the route some weeks previously, navigated us confidently through the murk to the traversing path along Swirl How, assisted by Lily, who was on scouting duty.

The final approach to Coniston Old Man is an out-and-back section and other runners loomed at us out of the mist as we scurried along, heads down. Eventually, the summit came and we turned our backs to the wind, finally heading for home. I had another attack of the feebs on the way down (or perhaps I'm just a rubbish descender) but a gel soon sorted that out and I felt ok by the time we reached the final checkpoint at Three Shires Stone.

A trot along the road was hard going in Inov8s but we soon turned off and, joy of joys, sighted Blea Tarn which I know for a fact (courtesy of a run with Paul Hunt and Will) is only a few short miles from Great Langdale.

This bit was heaven: I may pretend to be a fell runner but it was so nice to be on a stony track. I felt a new surge of energy as we ran through a lovely woodland alongside the tarn to the Little Langdale col and saw the finish ahead, twinkling in some watery sunshine. A few gently sloping fields later we were there and enjoying fab hot soup with Steve and Gerry who'd got in three or four minutes ahead of us (Steve reported that Gerry had put in a fast last few miles when she got a sniff of the Langdale tea pot).

Our time, 10 hours 19 minutes, was not record-breaking by any means (we were 54th of 70 finishing teams) but it was good enough to claim this year's ladies team prize (not to be confused with being the actual first ladies which we definitely weren't - not by miles!) So we'll have to go back next year to hand the trophy back and have another go. It won't be a hardship as this was a great race and really well organised by the Achille Ratti club. And I'll know what I'm getting myself into next time.

Clare Griffin

## A Word from The Secretary . . .

AN extract from the FRA Disciplinary Committee which was published in the Spring edition of The Fellrunner was brought to the attention of the GVS committee by a member of the club.

The article referred to an incident in January this year where a runner ran in a pre-entry only race as another runner. The pre-entered runner could not run on the day and a substitute (fellow club runner) took his place despite this being in contravention of the event and therefore FRA rules. The runner signed a register on race day purporting to be that of the pre-entered runner.

After being brought to the attention of the FRA and following an investigation the two runners were found to be in contravention of FRA rules and were both issued with 3 months bans from competition.

At the June meeting of the GVS committee on Thursday 9th June 2011 consideration was given as to how the club should react to this. It was noted that there have been a number of well-publicised substitutions that have taken place from within this club. The following are the decision of the committee:

1. Members should be made aware of the report by the FRA Disciplinary Committee, which can be found on page 13 of the Spring 2011 edition of the Fellrunner.
2. Members are advised not to compete in races purporting to be a person other than themselves and should abide by UK Athletics and FRA rules.
3. Members competing in GVS Championship races who have been found to be running under another competitors name will not be awarded championship points.
4. This ruling will not be backdated to those races which have already taken place in this years championships.

I do hope members will appreciate why the club have taken such a hard line on this issue and will understand the need to protect the club from any potential negativity that could arise should we turn a blind eye.



## Training - a consultation

THERE has been some debate recently about the Thursday and Sunday training sessions as numbers have dwindled. Everybody seems to have a theory on why this has happened but the important thing is that we put something in place that suits the majority and will help boost numbers.

As a reminder this is what the format currently is:

### Thursday

1. Outside the summer racing season i.e. late September until early April the Bad Lads session led by Andy and Shaun has been the main Thursday activity.

2. From early April the Thursday session has reverted back to a 'normal' run, although many see it as an elite session.

3. Last month at the request of some members, an additional 7:30pm start was introduced on Thursday for those struggling to make 7:00pm. This does not seem to have worked.

The question is what should the Thursday session look like so it attracts more runners? One suggestion is that the Bad Lads takes place on another night; say Wednesday, and the Thursday nights stays as a 'normal' training session like Tuesday. Of course this would be subject to Andy and Shaun agreeing.

### Sunday

1. There is an 8:am run from the football field. This has been poorly attended over recent months, but it should be the main long training session for the club. This run can last up to 3hrs.

2. A session takes place at 9:00am from the car park in Whaley Bridge and is led by a member from the intermediate group. I'm informed this can be a run up to 2 hours.

3. A session takes place at 9:30am from the car park in Whaley Bridge and is led by a member from the beginner/intermediate group. I'm informed this can be a run up to 1 hour.

A number of people have suggested that the 8:am start is too early, although this was introduced in April for the summer period up to the end of September at the request of members. Some would like it at 9:am.

There has also been a suggestion that all three groups should meet at the same time and place on a Sunday, like Tuesday, and this should be 9:am from the car park in Whaley Bridge. This would provide some consistency and make Sunday more inclusive.

We want your views. We would like to hear your views and suggestions. Maybe you think they're ok as they are, maybe you think they need radical change; whatever your views please let us know by:

1. Posting your comments on the forum
2. Emailing us at [www.goytvalleystriders.org.uk/pages/generalcontact.html](http://www.goytvalleystriders.org.uk/pages/generalcontact.html)
3. Or speak direct to a member of the committee

The consultation will run until the 6th August 2011.

The Secretary

## Festive Party Night

Saturday, 10th December at 7p.m.

### Moorside Grange Hotel

Enjoy a 3-course meal served at your table followed by an evening of dancing.

Book a room or walk home over Whaley Moor.

**It's filling up! Be quick! See the forum for more details**

### Starters

Tomato and basil soup with golden croutons

Classic prawn cocktail on a bed of lettuce with Marie Rose sauce and served with buttered wholemeal bread

### Main courses

Breast of chicken wrapped in bacon with stuffing

served with red wine sauce

Roast vegetable tart topped with grilled goats cheese on roasted red pepper coulis

### Desserts

Traditional Christmas pudding with lashings of brandy sauce

White and dark chocolate torte served with rich chocolate sauce



## 2010 Resuscitation Guidelines

I have been on one too many runs this year where, sadly, there has been the

misfortune of a runner with a nasty sprained ankle or fractured ankle, including Tony and James.

I have been fortunate never to be on a run where a participant has suffered a heart attack. They usually have had a first aider / medic with them.

More and more people are taking up running, applying to do the Race For Life 10k then think they can do the London Marathon and get in on their first application. I don't know if it is just me but fell running has it's fair share of older runners and I have the utmost respect for them. But I am aware at some point I may have to deal with a runner or spectator having a cardiac arrest. It *does* happen!

Many of you have probably done first aid courses and feel confident with basic life support, however guidelines have recently changed to make the process much simpler for the lay-person.

I do hope you never have to perform this!

### Changes:

No longer check for a pulse/circulation as this is unreliable and time consuming when attempted by the non-health care professional.

Studies have shown checking for a breath is also prone to error as gasps can be misdiagnosed as normal breathing.

2010 Guidelines states the absence of normal breathing continues to be the main sign of cardiac arrest in the unresponsive casualty.

The following changes in BLS guidelines have been made to reflect the importance placed on chest compressions, particularly good quality compressions and to reduce the number and duration of pauses in chest compression:

### So What's Changed?

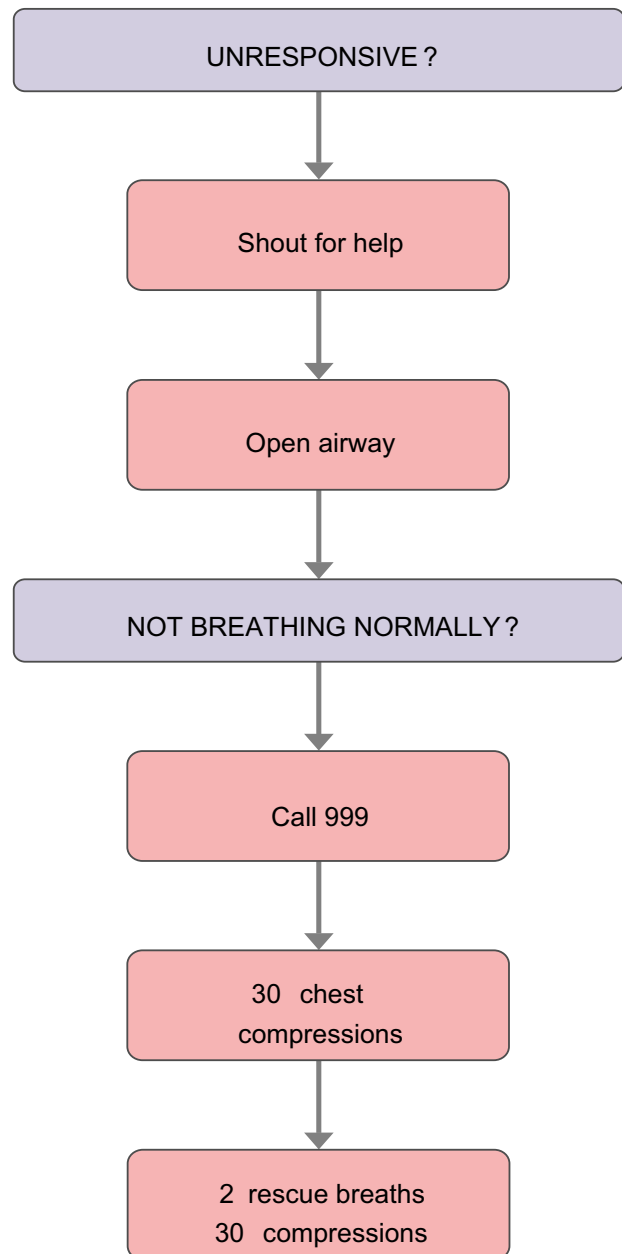
Compress the chest to a depth of 5-6cm and at a rate of 100-120 min.

Give each rescue breath over 1 sec rather than 2 sec.

Do not stop to check the casualty or discontinue CPR unless the casualty starts to show signs of regaining consciousness, such as coughing, opening eyes, speaking, or moving purposefully AND starts to breath normally.

So to help us understand this here is an algorithm:

### Adult Basic Life Support



If the casualty is a drowned victim do 1 min of CPR before leaving them and going for help. The safety to the casualty and rescuer is paramount.

There are few incidents of rescuers suffering adverse effects from undertaking CPR with only isolated reports of infections such as TB. Transmission of HIV has never been reported.

Philomena



# 2011 Championship Races

## Main Championship

There are 16 races in the main Championship. Of these, the best 10 races count towards your total score. Individuals are allocated points depending on their finishing position within the club in the race. The highest placed Goyt Valley runner will get 60 points, the second 59 points and so on.

## Ladies Championship

There are 16 races in the Ladies Championship. The best 10 races will count towards your total score. Individuals are allocated points depending on their finishing position within the club in that particular race. The highest placed Goyt Valley runner will get 60 points, the second 59 points and so on.

## Summer Fell Series

The Summer Fell Championship is made up of 7 races. Individuals will be allocated points depending on their finishing position within the race. The highest placed Goyt Valley runner will get 60 points, the second 59 points and so on. An individual's best 5 races count towards their final total.

## Main and Ladies Championship (dates for guidance only):

1	<b>Lamb's Leg</b>	January 9	Fell
2	<b>Meltham 10k</b>	January 30	Road
3	<b>Mickledon Straddle</b>	February 6	Fell
4	<b>Cloud 9</b>	March 6	Fell
5	<b>Grindleford Gallop</b>	March 12	Trail
6	<b>Errwood Trail</b>	April 28	Trail
7	<b>Crowdon Horseshoe</b>	May 1	Fell
8	<b>Eyam Half</b>	May 15	Road
9	<b>Wincle Trout</b>	June 4	Fell
10	<b>Kinder Trog</b>	June 19	Fell
11	<b>Peakers Stroll</b>	July 3	Fell
12	<b>Tracks To Trig</b>	July 16	Fell
13	<b>High Peak 40</b>	September 17	Trail
14	<b>Holmfirth 15</b>	October 30	Road
15	<b>Clowne Half</b>	November 27	Road
16	<b>Xmas Cracker</b>	December 17	Trail

## Summer Series (dates for guidance only):

1	<b>Herod Farm</b>	April 13	Fell
2	<b>Rainow</b>	May 11	Fell
3	<b>Tideswell</b>	June 24	Fell
4	<b>Sheldon</b>	July 21	Fell
5	<b>Cracken Edge</b>	August 3	Fell
6	<b>Teggs Nose</b>	August 6	Fell
7	<b>Chunal</b>	August 24	Fell

**RED** - Pre-entry only

**Blue** - Pre-entry advised

**Black** - Entries on the day

		RACES																
Pos.	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Total
1	Carolyn Whittle	54	59	54	51	51	28	-	54	-	54	57	54	-	-	-	-	516
2	Katy Thornhill	55	60	56	53	57	37	-	57	-	-	-	55	-	-	-	-	430
3	Neil Pettie	60	-	-	60	-	59	-	60	60	-	-	60	-	-	-	-	359
4	Mary Jones	52	57	-	-	42	33	-	55	-	-	52	51	-	-	-	-	342
5	Tracy Vernon	-	54	-	47	46	26	-	52	-	50	53	-	-	-	-	-	328
6	Karl Smith	-	-	-	48	47	18	-	51	-	51	53	-	-	-	-	-	268
7	Claire Elsworth	-	53	-	46	43	23	-	50	-	-	-	50	-	-	-	-	265
8	Paul Hunt	-	58	53	-	54	35	59	-	-	-	-	-	-	-	-	-	259
9	Philomena Smith	-	-	-	49	52	31	-	-	-	63	56	-	-	-	-	-	251
10	Julian Brown	-	-	-	-	-	56	-	-	59	59	60	-	-	-	-	-	234
11	Alistair Fitzgerald	-	-	60	-	60	55	-	-	-	-	-	58	-	-	-	-	233
12	Lee Grant	59	-	57	57	-	-	-	-	-	57	-	-	-	-	-	-	230
13	Chris Harding	-	-	-	59	-	51	60	-	58	-	-	-	-	-	-	-	228
14	James Hobson	-	-	-	-	-	44	-	-	57	-	59	59	-	-	-	-	219
15	Sarah Bull	-	-	-	50	53	32	-	-	-	-	56	-	-	-	-	-	191
16	Stephen Bull	-	-	-	-	-	52	-	59	-	58	-	-	-	-	-	-	169
17	Trevor Hindle	57	-	-	58	-	53	-	-	-	-	-	-	-	-	-	-	168
18	Peter Davis	-	-	-	-	58	50	-	-	-	60	-	-	-	-	-	-	168
19	Brian Holland	-	-	58	-	-	54	-	-	-	-	-	52	-	-	-	-	164
20	Kelly Dyson	-	-	-	-	-	49	-	58	-	56	-	-	-	-	-	-	163
21	Wayne Grant	53	-	-	52	-	-	-	-	55	-	-	-	-	-	-	-	160
22	Ian Wadell	-	-	-	54	56	42	-	-	-	-	-	-	-	-	-	-	152
23	Jo Miles	-	-	-	-	-	43	-	-	52	55	-	-	-	-	-	-	150
24	Mark Whelan	-	-	-	-	50	39	-	-	-	-	-	57	-	-	-	-	146
25	Pete Woodhead	-	-	-	-	-	58	-	-	-	-	-	56	-	-	-	-	114
26	Matthew Day	58	-	55	-	-	-	-	-	-	-	-	-	-	-	-	-	113
27	Clare Griffin	-	-	-	-	55	-	-	-	56	-	-	-	-	-	-	-	111
28	Mick Wren	-	-	-	-	59	48	-	-	-	-	-	-	-	-	-	-	107
29	Kevin Day	-	-	-	55	-	47	-	-	-	-	-	-	-	-	-	-	102
30	Sally Smith	-	-	-	-	48	-	-	-	-	52	-	-	-	-	-	-	100
31	Will Meredith	-	-	-	-	-	41	-	-	-	-	58	-	-	-	-	-	99
32	Steve Berry	-	-	-	-	-	36	-	-	-	50	-	-	-	-	-	-	86
33	Stephen Sanders	-	-	-	-	44	38	-	-	-	-	-	-	-	-	-	-	82
34	Sally Mitchell	-	-	-	-	-	29	-	-	51	-	-	-	-	-	-	-	80
35	Lesley Sutton	-	55	-	-	-	21	-	-	-	-	-	-	-	-	-	-	76
36	Andy Lees	-	56	-	-	-	17	-	-	-	-	-	-	-	-	-	-	73
37	Helen Gray	-	52	-	-	-	16	-	-	-	-	-	-	-	-	-	-	68
38	Tony Whittle	-	51	-	-	-	13	-	-	-	-	-	-	-	-	-	-	64
39	Andy Pead	-	-	-	-	-	60	-	-	-	-	-	-	-	-	-	-	60
40	Stephen Day	-	-	59	-	-	-	-	-	-	-	-	-	-	-	-	-	59
41	Lee Blotzan	-	-	-	-	-	57	-	-	-	-	-	-	-	-	-	-	57

## 2011 CHAMPIONSHIP STANDINGS (continued)

Pos.	Name	RACES																Total
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
42	Jim Harbord	56	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	56
43	James Dean	-	-	-	56	-	-	-	-	-	-	-	-	-	-	-	-	56
44	Kate Cartwright	-	-	-	-	-	-	-	56	-	-	-	-	-	-	-	-	56
45	Matthew Simon	-	-	-	-	-	-	-	-	54	-	-	-	-	-	-	-	54
46	Emma Jane Eaton	-	-	-	-	-	-	-	53	-	-	-	-	-	-	-	-	53
47	Rik Griffin	-	-	-	-	-	-	-	-	53	-	-	-	-	-	-	-	53
48	Clare Barstow	-	-	-	-	-	-	-	-	-	-	-	53	-	-	-	-	53
49	Melanie Watts	-	-	-	-	41	10	-	-	-	-	-	-	-	-	-	-	51
50	Stuart Shaw	-	-	-	-	49	-	-	-	-	-	-	-	-	-	-	-	49
51	John Brough	-	-	-	-	-	46	-	-	-	-	-	-	-	-	-	-	46
52	Rebecca Clark	-	-	-	-	45	-	-	-	-	-	-	-	-	-	-	-	45
53	Shaun Coram	-	-	-	-	-	45	-	-	-	-	-	-	-	-	-	-	45
54	Russ Evans	-	-	-	-	-	40	-	-	-	-	-	-	-	-	-	-	40
55	Richard Fletcher	-	-	-	-	-	34	-	-	-	-	-	-	-	-	-	-	34
56	Sue Holland	-	-	-	-	-	30	-	-	-	-	-	-	-	-	-	-	30
57	Andrew Dobson	-	-	-	-	-	27	-	-	-	-	-	-	-	-	-	-	27
58	Chloe Fletcher	-	-	-	-	-	25	-	-	-	-	-	-	-	-	-	-	25
59	Jonathan Storey	-	-	-	-	-	24	-	-	-	-	-	-	-	-	-	-	24
60	Rebecca Glen	-	-	-	-	-	22	-	-	-	-	-	-	-	-	-	-	22
61	Carole Hill	-	-	-	-	-	20	-	-	-	-	-	-	-	-	-	-	20
62	Nicholas Hurrell	-	-	-	-	-	19	-	-	-	-	-	-	-	-	-	-	19
63	Helen Smith	-	-	-	-	-	15	-	-	-	-	-	-	-	-	-	-	15
64	Rebecca Sullivan	-	-	-	-	-	14	-	-	-	-	-	-	-	-	-	-	14
65	Robert Whittle	-	-	-	-	-	12	-	-	-	-	-	-	-	-	-	-	12
66	Stephanie Watts	-	-	-	-	-	11	-	-	-	-	-	-	-	-	-	-	11
67	Sam Goodwin	-	-	-	-	-	9	-	-	-	-	-	-	-	-	-	-	9

## Back on the chain gang!

OK, so your legs can cover the miles, you have calf muscles to die for and a lung capacity that would be the envy of Pavarotti. But how about a full body work out – while showing how much we love the Peak District?

The Peak Park Conservation Volunteers are out every week-end, rain or shine, putting right some of the damage done by outdoor enthusiasts or nature herself.

On Sunday October 2 we have an opportunity to spend a day working on the Pennine Way overseen by someone from the Peak Park. The more that join in, the more we get done, and the greater the sense of achievement in the pub afterwards. Suggestions for award categories welcome (e.g. most leaning on a spade, most convincing convict – judged by reaction of passing walkers).

All equipment is provided, we just need to show up and get stuck in. I'll put a thread on the message board. Let me know if you'd like to join in. If it looks like we have enough to do a good job, I'll confirm with PPCV and let you know the details.

Strollin Sal



## 2011 LADIES CHAMPIONSHIP STANDINGS

Pos.	Name	RACES																Total
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
1	Carolyn Whittle	59	59	59	59	56	53	-	57	-	59	60	59	-	-	-	-	580
2	Katy Thornhill	60	60	60	60	60	59	-	60	-	-	-	60	-	-	-	-	479
3	Mary Jones	58	58	-	-	53	58	-	58	-	-	56	57	-	-	-	-	398
4	Tracy Vernon	-	56	-	56	56	52	-	55	-	56	57	-	-	-	-	-	388
5	Claire Elsworth	-	55	-	55	54	50	-	54	-	-	-	56	-	-	-	-	324
6	Philomena Smith	-	-	-	57	57	56	-	-	-	58	59	-	-	-	-	-	287
7	Sarah Bull	-	-	-	58	58	57	-	-	-	-	59	-	-	-	-	-	232
8	Jo Miles	-	-	-	-	-	60	-	-	59	60	-	-	-	-	-	-	179
9	Clare Griffin	-	-	-	-	59	-	-	-	60	-	-	-	-	-	-	-	119
10	Sally Smith	-	-	-	-	57	-	-	-	-	57	-	-	-	-	-	-	114
11	Sally Mitchell	-	-	-	-	-	54	-	-	58	-	-	-	-	-	-	-	112
12	Lesley Sutton	-	57	-	-	-	48	-	-	-	-	-	-	-	-	-	-	105
13	Helen Gray	-	54	-	-	-	46	-	-	-	-	-	-	-	-	-	-	100
14	Melanie Watts	-	-	-	-	52	42	-	-	-	-	-	-	-	-	-	-	94
15	Kate Cartwright	-	-	-	-	-	-	-	59	-	-	-	-	-	-	-	-	59
16	Clare Barstow	-	-	-	-	-	-	-	-	-	-	-	58	-	-	-	-	58
17	Emma Jane Eaton	-	-	-	-	-	-	-	56	-	-	-	-	-	-	-	-	56
18	Rrebecca Clark	-	-	-	-	55	-	-	-	-	-	-	-	-	-	-	-	55
19	Sue Holland	-	-	-	-	-	55	-	-	-	-	-	-	-	-	-	-	55
20	Chloe Fletcher	-	-	-	-	-	51	-	-	-	-	-	-	-	-	-	-	51
21	Rebeca Glaen	-	-	-	-	-	49	-	-	-	-	-	-	-	-	-	-	49
22	Carole Hill	-	-	-	-	-	47	-	-	-	-	-	-	-	-	-	-	47
23	Helen Smith	-	-	-	-	-	45	-	-	-	-	-	-	-	-	-	-	45
24	Rebecca Sullivan	-	-	-	-	-	44	-	-	-	-	-	-	-	-	-	-	44
25	Stephanie Watts	-	-	-	-	-	43	-	-	-	-	-	-	-	-	-	-	43
26	Sam Goodwin	-	-	-	-	-	41	-	-	-	-	-	-	-	-	-	-	41

### Notes from The Silent Runner . . .

**FRA Relays 2011 - Saturday 15th October**

Kettlewell, Yorkshire Dales.

Anyone interested in taking part please let Kev know ASAP.

Tel: 07791573254, Email: [marathonmankev@btinternet.com](mailto:marathonmankev@btinternet.com)

#### **Eccles Pike**

Wednesday 17th August 7.30pm from Navigation Inn Buxworth

Help required email: [ecclespike@gmail.com](mailto:ecclespike@gmail.com) or Tel: 07791573254

#### **Product recall!**

Anyone who has a club marshals bib in their possession could they please return it to me.

Email: [buxworth5@gmail.com](mailto:buxworth5@gmail.com) or Tel: 07791573254

**Kev**

## 2011 SUMMER FELL SERIES STANDINGS

Pos.	Name	RACES							
		1	2	3	4	5	6	7	Total
1	Wayne Grant	55	53	57	-	-	-	-	165
2	James Hobson	57	48	58	-	-	-	-	163
3	Lee Grant	59	-	60	-	-	-	-	119
4	Brian Holland	-	56	59	-	-	-	-	115
5	Jim Harbord	56	-	56	-	-	-	-	112
6	Kevin Day	54	55	-	-	-	-	-	109
7	Mike Hudson	-	51	55	-	-	-	-	106
8	Andy Pead	60	-	-	-	-	-	-	60
9	Mark Richards	-	60	-	-	-	-	-	60
10	Neil Pettie	-	59	-	-	-	-	-	59
11	Peter Davis	58	-	-	-	-	-	-	58
12	Pete Woodhead	-	58	-	-	-	-	-	58
13	Jonathan Hull	-	57	-	-	-	-	-	57
14	John Brough	-	54	-	-	-	-	-	54
15	Tracy Vernon	53	-	-	-	-	-	-	53
16	Matthew Day	-	52	-	-	-	-	-	52
17	Clare Griffin	-	50	-	-	-	-	-	50
18	Stephen Sanders	-	49	-	-	-	-	-	49
19	Mathew Simon	-	47	-	-	-	-	-	47
20	Sally Mitchell	-	46	-	-	-	-	-	46
21	Steve Berry	-	45	-	-	-	-	-	45
22	Sue Holland	-	44	-	-	-	-	-	44
23	Emma-Jane Eaton	-	43	-	-	-	-	-	43

## Honey and peanut butter booster bars

By Claire Elsworth

These energy bars kept me going on the Grindleford Gallop (or did they weigh down my backpack & make me run slower...?)

### Makes 16

125g unsalted butter  
150g soft brown sugar or light muscovado sugar  
125g no added sugar crunchy peanut butter  
75g honey plus a drop more to finish  
finely grated zest of 1 orange  
finely grated zest of 1 lemon  
200g porridge oats  
150g dried fruit  
150g mixed seeds



Preheat oven to 160 °C/Gas Mark 3.

1. Grease & line a baking tin about 20cm square.
2. Put butter, sugar, peanut butter, honey and grated zests in a saucepan. Melt over a very low heat stirring from time to time.
3. Stir in oats, dried fruit, three quarters of the seeds & mix until combined.
4. Spread mixture evenly in the baking tin and smooth the top. Scatter remaining seeds on top & drizzle with a little more honey.
5. Bake for 30 mins until golden in centre & golden brown at edges.  
Leave to cool in tin as cuts better when cold.  
Turn out & cut into squares.  
Keeps for 7 days in airtight tin.

# Whaley Water Weekend

The water weekend started for us on the Friday evening, we set up the Gazebo ready for the GVS music Festival.

Friday night was acoustic night and about 25 of us turned up at around 7pm. We brought our own beer and topped up at the Goyt pub as they were doing carry-outs and the 'Mary Rose' canal boat was also selling beer from her galley.

As soon as we arrived many of us were ready to eat so off we trotted to the



different take-aways in the village. Karl and I had a curry, the rest had fish and chips. It wasn't a late night for me as I was up early to set up the tombolla stall the following morning. First thing in the morning Mark was my assistant and he put out all the prizes in order. Mark, if you are ever made unemployed a retail job in window dressing would be the career choice for you.

The stall was not due to open until 11am. However, as Mark was leaving at around 9.30am customers started to arrive and he sold the first few tickets then walked away. He then spotted more customers arriving and ran back to the stall. "This is dead exciting!", he was heard to say gleefully.

Throughout the day Striders and Strollers came to help so at no point was I left alone. Most started out shy but within ten minutes I had them out on the canal shouting "Roll up, roll up!" bringing in the customers who all left with either a prize or a consolation prize.

Thanks to everyone in the club and my work colleagues we had the best tombolla stall I have ever seen. I don't know what it is about tombolla that the public loves so much but you could hear many shouts of "Look, Tombolla!" Maybe it's the thought of winning a prize for just a pound. Even the Lord Mayor and Lady Mayoress couldn't resist; they won a lettuce plant! You can see how delighted they are from the picture above . . .

The day went really quickly and we sold out of nearly everything by 4pm, which meant we didn't have to run the stall on Sunday which was excellent as it rained all day.

It was a great day for the club; we had lots of interest in the club itself and running generally. We also had a few entries for the Whaley Waltz.

On Saturday night a few of us went down to the canal and had a kebab while we listened to the local bands and an excellent night was had by all.

So, will I do it again next year? I think so, so please keep those unwanted gifts for me, also let's have a GVS music festival every year.

We raised £205.00 which has bought our new club-events tent which put a smile on Mark's face.

Thank you to everyone who donated and gave up their time to help out.

Philomena



# A Week on The Moors

## (a bit of a ramble)

"So, what's it like, the Pennine Way?"  
"Squelchy."  
"And when it's not squelchy?"  
"Hard!"

**I**t started off as an idea, in part inspired by Mike Cudahy's "Wild Trails to far Horizons", of course I could never do it in 3 days non-stop, but perhaps I could do it in about a week, solo/unsupported? So grew the idea of running the Pennine Way.

Chatting about it on club runs Mark Whelan showed a keen interest in joining me. It would alter my approach to the run but the company would be welcome, so we decided to do it together. Thus we embarked on a training programme to get us the 270 miles from Edale to Kirk Yetholm. Unfortunately Mark developed achilles tendon problems during his training, this ruled out any serious attempt for him and it was back to a solo attempt.

Months of training ensued, over a thousand miles and long days spent on the hills, including a Bullock Smithy route training run and a weekend recce of the first section to Hebden

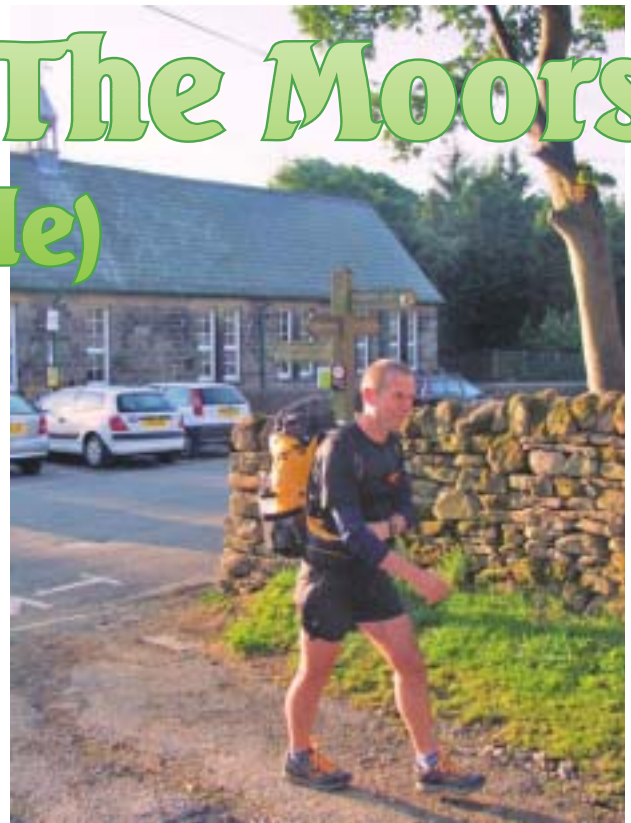
Bridge and back to try out the gear. Finally I felt I was fit enough, the date was set and I was ready to go.



Sat. 11-06-11.

**Day 1.** Edale to Heptonstall Moor. 43 miles.  
Start 6.00 am - Finish 9.00pm. 15 hours.

A cool, bright morning - perfect running conditions and friends and family had come to the start to see me off and wish me well. An hour



or so later and I'm at Kinder Trig, puffing and panting after Jacobs Ladder and already sweating. It shouldn't feel this hard after only an hour's running and there's such a long way to go! In truth the back pack, though comfortable enough, took its toll on the uphill sections and was to do so for the whole of the journey.

Anyway, onwards and upwards (and there was plenty of upwards) over the familiar territory of Kinder Edge, for once clear as far as the eye could see and with magnificent views over Hayfield and beyond. Over Mill Hill and on to the peat-black majesty of Bleaklow Head, this the first of many peat moorland trails that would seep into my soul (my shoes, my socks, my feet and just about everywhere else!) Then down Torside Clough to Crowden and on to Laddow Rocks, carefully over here, the Laddow path is not a place you want to lose your footing.

By Black Hill (and you could've put money on it) the clouds came in and the heavens opened. However, this was to be the only rain of the day and good progress was made over Wessenden (manfully running past the tea van at Wessenden Head), Standedge, White Hill and Blackstone Edge to Warland reservoirs and Stoodley Pike.

Sat pouring over my map I was startled by loud barking coming from the tower, closely followed by one very excited Alsatian dog who

fortunately reached the end of his tether before me. In turn closely followed by two giggling girls, one who I noticed as I ran down the hill five minutes later, was still hanging on to the lead as she was dragged prostrate across the field by said dog in hot pursuit of yours truly. Luckily for me she didn't let go!

The day finished on Heptonstall Moor in pleasant evening sun feeling tired but pleased with the days run. Tent was soon erected and the first of many dried pasta/noodle meals was on the go. I found the dried food did the job but by the end of the trip I was really glad I didn't have to eat another packet of Super Noodles!

**Day2. Heptonstall Moor to Malham Tarn. 34 miles. Start 7.15 am - Finish 9.00 pm. 13.45 hours.**

The day starts bright and sunny and once warmed up the running comes easily. One of my main concerns in preparation was how my body would stand up to continuous days running. Would I get stiff, ache and cramp up? Would the constant effort of running get the better of me and force me to retire? As it turned out I felt stronger as the days progressed, this aspect of the run was not to be a problem. However, my feet were beginning to blister and while as yet were feeling just a bit uncomfortable I was blissfully unaware of the problems this would cause.

The path passes through beautiful countryside over to Graining Waters where the hard track and the heat of the morning forced me to pull over and apply the first of many blister pads to sore feet. Undaunted, I push on over Haworth Moor, past the cottage that supposedly inspired Emily Bronte's "Wuthering Heights" (to the tune of Kate Bush's "Wuthering Heights" playing annoyingly on a loop in my head), when on the path down to Ponden I am startled by a runner flashing past at top speed. A blue and white hooped vest with the legend Bingley Harriers indicates there is a Sunday morning race on; turns out I was temporarily in the lead of the Millennium Relay!

As the day progresses the weather deteriorates and by Gargrave the rain is heavy and in for the day. I take refuge in a church porch where I refuel on a mars bar and don my waterproofs for the first time. Running through

the village I can't help but look in enviously through the misted-up cafe windows. However, resolve is held and onwards I trot.

The next section is easy going along canal and river until I reach the outskirts of Kirby Malham. By early evening I am passing through Malham where I stop for another mars bar injection. It feels a bit surreal watching the early evening tourists in their smart evening clothes packing into the pubs and restaurants as I sit there in my by now wet and scruffy running gear. So up I get and on to Malham Cove. In the evening rain I have the Cove to myself, the natural amphitheatre provides protection from the worst of the wind, a temporary haven, the calm before the storm. A steep climb up the side and to the head of the cove brings me on to the path to Malham Tarn where I had decided to make my camp for the night.

The beauty of a wind and rain swept Tarn apart, this was to be one of the low points on the journey. Trying to pitch a parachute sail that purports to be a tent, in near freezing rain is not the best way to spend a Sunday evening. By the time I am in the shelter everything feels wet and stays that way until a similarly wet and windy morning finds me reversing the tent erecting process, donning wet shoes and socks and heading for the gloom of Fountains Fell.

**Day 3. Malham Tarn to Hardraw. 30 miles. Start 8.45 am. - Finish 9.00 pm. 12.15 hours.**

A wet night brings a late start. As I jog past Malham House the students are packing their van for the day. They look nice and dry and have no doubt got a warm breakfast inside them. Hmm, you can tell by now I am feeling a little sorry for myself. Anyway, the run up Fountains Fell soon gets the blood flowing and by the summit I am warmed up and back in the groove. Whatever I hoped to see from here, in near zero visibility I can't, so I picked my way gingerly down the loose path on the other side to the road crossing and Pen-Y-Ghent.

As I run to the base of the big lump there is still no sign of it, however the wind has picked up and, on cue, blows a hole in the clouds to reveal the steep south face. It looks impressive. Thus begins the climb which eventually becomes a scramble, with the wind doing its best to pull me off the rock face as I disappear into the clouds. Summit claimed and it is too cold

and windy to hang about so begins the long trek down the stony path to Horton. As I lose height the rain stops and the wind abates, by the time I get to Horton the weather is almost pleasant. This is a bit of a milestone, I am using the Harvey walkers map which divides the Way, on three separate maps, into a weeks walk each map. I can now consign the first map to the bin.

After a quick stop at Horton's award-winning loo's its back on the path and in improving weather cross Cam Fell and onto the old Roman road where I meet a girl who is also running the PW, albeit supported by her husband in a camper van, meeting her every few hours to feed and water her. With a warm, dry bed each night and fresh water as you need it, this seems an ideal way to do the run. I can't help feeling a little envious as she trots on ahead to Hawes to meet hubby and hot food. Our paths don't cross again and I wonder how she got on.

I carry on up the Roman road alongside Dodd Fell and the drop into Hawes. This is a hard, unforgiving path and in increasingly warm weather the effect on blistered feet is quiet spectacular. By Hawes the shoes are unshod and feet dangling in the cool stream, bliss! Re-shod and plastered I push on through Hardraw and on to the moors where camp for the night is made on Little Fell. Next is Great Shunner Fell and I decide this is best left until morning with fresh legs.

**Day 4. Hardraw to Middleton-in-Teesdale. 33 miles. Start 7.00 am. - Finish 8.45 pm. 13.45 hours.**

The weather dawns fine to bring a bright, sunny morning and Great Shunner Fell is crossed in warm sunshine, the view clear and expansive. Great Shunner has a reputation for being a broody and at times foreboding place,

however today it's lovely, the air is fresh and the going is good, if a bit swampy.

The path drops gently down Thwaite Beck to Thwaite itself, a picture postcard village with a very tempting tea shop on route. I steel myself, try to ignore it and push on over the nadgery clints of Kisdon Side, which do nothing to ease the fire of, by now, burning feet and on to Kisdon Force where the smell of wild garlic is overwhelming. This is a lovely spot for a break and tired feet are once again soaked in the cooling stream, water bottle refilled and loins girded for the climb over to Tan Hill.

The Tan Hill pub is reached by lunch time and I amuse myself for five minutes as I sit on a rock on the edge of Sleightholme Moor and watch the ducks attack a wild campers tent with a persistence that suggests there is something in the tent the ducks cannot resist or he has inadvertently camped on their patch.

The next section turns out to be very boggy and this, combined with the heat of the day, takes its toll. I catch up with an American chap at Clough Head, turns out he is doing the walk as a 65th birthday present to him-

self, as he said: "At my age some people buy themselves a sports car for their birthday", anyway he seemed to be getting his monies worth.

From Trough Head I take the original route over Gods Bridge to Balderstone (avoiding the Bowes Loop) and crossing Cotherstone Moor I spot a shooting cabin which promises respite from the hot, afternoon sun. Opening the door I am met by a blast of hot air, rather like sticking your head in an oven. Despite wedging the door open I can only take five minutes of it before the heat drives me out and back on the path.

So, on to Baldersdale and a stop at Blackton Reservoir, by now feeling a bit dizzy and sick (I





am not good in the heat). A drink and a sandwich later and the sting has gone out of the day's heat and a cool, sunny evening restores my faculties as steady progress is made over Hunderthwaite Moor to Grassholme Reservoir and on to Harter Fell which is to be camp for the night. These evening runs, in planning expected to be tough going, turn out to be the best part of the run. Conditions are ideal, legs feel invigorated and there is a feeling of peace and quiet on the hills, the extra miles covered at the end of the day are an added bonus.

**Day 5. Middleton-in-Teesdale to Garrigill. 30 miles. Start 7.30 - Finish 9.00pm. 13.30 hours.**

Woke up to the sound of a cow relieving itself uncomfortably close to the tent, only to open the flap and find said cow staring in curiously. Shooing cows away from the tent on the overnight stops was to become a recurring theme. The thought of a cow standing on the tent/getting caught in the guy ropes was not a comfortable one to dwell on.

The run up Teesdale in theory should be an easy one, not too many hills and the going looks good on the map. In reality the path is a hard one and the stony path past Low and High Force is painful to blistered feet. The Falcon Clints before Cauldron Snout are particularly difficult and progress is depressingly slow. However as Cauldron Snout hoves into view the spirits are lifted, it really is a marvellous spectacle; the water spewing over the Snout with an energy that is invigorating and contagious. The scramble up the side of the Snout is a welcome relief to tired quads as thigh muscles take over to bring me up to Cow Green Reservoir.

Over Maize Beck and on to High Cup Nick, the views of the scoured bowl of High Cup Gill are majestic and the scale impressive, one of the highlights of the Way. Down to Dufton and the sun breaks through to bring a warm evening as I begin the climb up to Knock Fell (past MC's mystical bluebell patch), gain the

ridge over Great and Little Dun and on to the swirling mists of Cross Fell.

On the approach to Greg's Hut I meet a walker, a genial Geordie lad with an impressively massive backpack, up reccying his forthcoming (2nd) PW attempt. His dodgy knee is bothering him and he's not sure it will see the walk out. It's clear in conversation completing the PW is one of his life's ambitions ("you can't call yourself a real walker until you've done the Way") and would mean a lot to him. Despite the obvious physical challenge (and overly large backpack) there is a determined set to his jaw as he talks about it. Turns out he is an ex Para of fourteen years, I think this is one challenge he will meet. Thus, Cross Fell brings

the end to day five, the slumbering giant sleeps peacefully and my progress over it is uneventful, and I make camp for the night.

**Day 6. Garrigill to Twice Brewed. 35 miles. Start 7.30 - Finish 9.30. 14 hours.**

The morning starts in swirling cloud but as I drop off Pikeman Hill and below cloud

level the views down Cross Gill open up and the world seems a brighter place. In to the pretty hamlet of Garrigill and the clouds are back and the heavens open. Today is to be one of sunshine and showers and the morning is pretty wet.

A nice sheltered run along the South Tyne soon brings Alston where I stop for a gas refill and some sandwiches and flapjacks to see me through the last couple of days of the run. From Alston the route passes through Slaggyford and on to Greenhead. This was the second milestone of the run, being the end of Harvey's map two, now just the last one to do. By this time the sun was out and a pleasant evening was on the cards.

Another splash in the stream, this time at Thirlwall Castle, to cool tired and overheated feet and then on to the switchback climbs of Hadrian's Wall. By now the sun is dropping, the air cool and another good evening's run



stretches before me. On my own, on a high level run, with views as far as I can see, I feel part of the landscape, at one with my surroundings and a bit exhilarated with it all (or perhaps just a bit tired!) This is as good as it gets.

Picking my way past a farm on the wall's edge I notice a bull in the next field. Apprehensively I approach giving it a wide berth. I needn't have worried, an indignant mooing from one of the cows indicates the bull has only one thing on his mind and it wasn't me. The last I looked he was charging down the field after a cow that was trying to mount another cow. Country life can seem unfathomable at times!

Evening camp brought me to Winshield Crag above Twice Brewed. One of the highlights of the trip was to sit outside the tent, in the warmth of the evening sun, day's run done and watch the sun disappear below a cloudless Scottish sky. The run along the military way had given me a real feel for the history of the place and it was not hard to imagine a Roman battalion marching the wall, eyes peeled for those pesky marauding Scots.

**Day 7. Twice Brewed to Chew Green. 35 miles. Start 7.00 - Finish 10.00 pm. 15 hours.**

From one Roman Fort to another.

The morning was fresh and clear and leaving the wall at Houstead Crag soon brought Wark Forest and Wark Common. Up and over Shittlington Crag, past the mast and on to the only real section of road on the PW into Bellingham.

Out of Bellingham and the path climbs past Hareshaw House, over open moorland and up to Whitely Pike, over Pardon Hill and Redesdale Forest hoves into view. After the bogs and heather of Troughend Common I look forward to steady going where I can make up some time. However, I had not accounted for the path alongside the forest which turned out to be a stinker! Wet and swampy, it sapped the strength from my legs and progress became slower still; a couple of miles later and frustration adds to tiredness, I feel I'm getting nowhere. Then a clearing in the forest, the path

turns to cinder and then stone, the sun comes out and the world is suddenly a better place. From here the going is firm but quick and mostly downhill to Byrness campsite and the road crossing.

So, over the A68 and the evening's run begins in pleasant sunshine. Just the Cheviot range now between me and the finish and I decide to push on for the last couple of hours of the day reasoning it will make my last day an easier one. It turned out to be a good job I did. The steep climb up to Byrness Hill summit allows me to knock off Houx Hill and Ravens Knowe before following the path down to the Roman Fort of Chew Green where I make camp for the night. Chew Green is a military training

area and army vehicles can be heard up and down the military road ahead. I reason that if they are planning any night time exercises they will be unlikely to be setting off any explosions in the vicinity of archeological remains and so, despite the army danger signs, I set up my tent next to the stream in the hollow of the old fort.

**Day 8. Chew Green to Kirk Yetholm. 28 miles. Start 8.30 - Finish 4.15. 7.45 hours.**

A late finish leads to a late start, however tent down and bag packed for the last time and I head off in steady rain for Lamb Hill. By the time Windy Gyle is reached the rain is heavy and set for the day, waterproofs are donned and in cooling temperatures hat and gloves soon follow. Still, head down and on to Cheviot summit after which a steep climb down Auchope Cairn on, by now, painful feet brings me to the refuge hut at Auchope Rigg. I duck inside for a drink and a flapjack before the last (so I thought) climb to the Schil.

Coming off the Schil there is a route choice into Kirk Yetholm, the main route maintains the high level, whilst the alternative (bad weather) route follows an easier course down the valley to the finish. I resist the temptation to drop out of the wind and continue over Black Hag and White Law to the last summit at Green Humbleton, after which the path drops, a bit too sharply, to the road and the



last half mile to Kirk Yetholm. As I winced on the descent I think to myself the Pennine Way is making this challenge hard work right to the end!

The finish: I've thought about this moment for a week and imagined myself running flat out down the road adrenalin pumping and carried along with the moment. In reality I was wet through and tired and only managed a shuffle down to the green at Kirk Yetholm, a slight feeling of anti-climax following me in and just glad to finish. (I thought about this later and came to the conclusion I was actually sorry the run had finished, it was hard and at times testing but I had got accustomed to life on the road and I didn't really want it to end. Reality beckoned and I wasn't looking forward to it!)

I arrived to a pleasant, unpretentious village green but there was no one around to welcome me in or share my moment of glory. In truth this is not important, I've finished and am in one piece. The satisfaction and pleasure from my achievement came later, in the Border Hotel and as each pint slipped all-too-easily down the satisfaction felt all the greater.

After setting up camp once again, at the campsite in the village (there was a festival that weekend in the village and there was not a bed to be had - I know how Mary and Joseph must have felt), I was met later in the pub by Kev who had generously offered to come and collect me. Just what he thought of having to share a one man tent in pouring rain for the night after driving all that way, I didn't dare ask! Still, if we drank enough beer it wouldn't seem so bad. This we proceeded to do.

#### Observations:

1. It was my intention to wild camp, thus nights were spent on the high moors setting up late and leaving early. This worked well enough and I was not disturbed, however it does leave you exposed to the elements and in hindsight some spare, warm clothing would have been welcome.

2. Eating last thing at night/first thing in the morning is not ideal, however conditions were too cold and wet to stop and cook a meal on route. Indeed cooking was done sat in my sleeping bag with the stove at arms length outside the tent.
3. Dried food will sustain you and is easy to cook, however I have developed a strong aversion to super noodles.
4. I had set out to do the trip solo and self supported, I managed this by carrying my own food and drinking from streams. It's satisfying to do the run this way but I'm not sure the pros outweigh the cons, the tea van at Wessenden Head, the curry shop at Hawes and the pub at Tan Hill would have made great stops and I missed out on these pleasures.

5. Physically I was concerned my body would last out, in fact I felt stronger as the days progressed. The only problems I had were with my feet; blisters and trench foot. These were not minor problems, removing blister pads from already blistered feet is not a pleasant experience!

6. I had not properly considered the effect of a comparatively heavy backpack on my running. I had kept everything to a minimum and was eating

my way through the weight of the pack by the day. Still, it will slow you down and makes the hills harder than you would like them to be.

7. The path is more remote than you might think, some days would pass barely seeing a soul.
8. Route finding was not too difficult but at times the divergence of paths/absence of way markers was confusing. I was constantly map checking and on the more remote sections a compass was necessary. This will slow you down a bit. Reccying the route beforehand would speed things up no end, however this would be logistically difficult and time consuming.
9. The going was often difficult underfoot, often wet and boggy or hard and loose. The stone flags over much of the moors are a





mixed blessing, it makes the going quicker but there is a price to pay for sore feet. The fell/riverside clints require careful negotiation and will catch out the unwary. Being on my own I was aware of the implications and took these sections carefully.

10. The success or failure of the attempt is as much down to the weather as physical fitness. Too hot or cold and the run will become very difficult.
11. I had not properly considered the time needed to set up and de-camp each day. Including cooking you will need to allow at least an hour for each operation. If you leave setting up camp until late you won't feel like either cooking or eating.
12. The run is well within the capabilities of the average middle aged, middle of the field runner (like me), all you need is enthusiasm and a commitment to the training required.

#### High Points.

Evening running under clear blue skies.  
Camping on Hadrian's Wall and watching the sun drop over a clear blue horizon  
The isolation of a remote open moor.  
Swirling mists on high fells.  
Bleaklow, Cauldron's Snout, High Cup Nick, Hadrian's Wall, the Cheviots.

#### Low Points.

Pitching tent in a gale on Malham Tarn.  
Putting wet shoes and socks on cold feet every morning.  
Dried food.  
Chlorinated spring water.

Would I do it again? Well, to do it in under a week would be nice. Then there is always there and back in two weeks!

I'd better stop there, it was thinking like this got me in to this in the first place.

A final thank you to friends and family who came to see me off and to Kev for coming to collect me at the finish, for which I am really grateful.

#### Statistics:

Total distance - 268 miles.  
Total time - 7 days, 10 hours, 15 mins.  
Total running time - 4 days, 9 hours.

Age - 53 years.

Weight: start; 62 kg. finish; 61.5 kg.

Injuries: blisters/trench foot.

Weather: generally cool, wet and windy. One hot day.

Gear used: OMM 25L running sack and duo mat.

Terra Nova Photon 1 tent.

Yeti sleeping bag.

Optimus stove and cooking pot.

Weight - 3kg.

Spare kit: Waterproof jacket and trousers.

Running tights, base layer top.

1 pair shorts, 1 pair socks.

Weight - 1kg.

Accessories: Maps; Harveys 1:40,000 waterproof strip maps x 3.

Compass/first aid kit etc.

Weight - 0.5kg.

Food: Breakfast - porridge/cereal bars.

Lunch - cheese pasties/sandwiches/chocolate.

Dinner - dried pasta/noodles.

Weight - 4kg.

Water: Chlorinated stream water 1/2 ltr. bottle. Weight - 0.5kg.

Total Weight - 9kg. Reducing by approx 1/2 kg. per day.

Rehydration tablets: Nuun's; 2 tubes.

Shoes: Mizuno Ascends.

Waterproofs: OMM.

Gloves: Sealskinz.

Hat: Helly Hansen.

#### Training:

1,100 miles covered, from late Jan. to late May, inc; Twice weekly long runs home from work of 3/4 hours.

Many 8/9 hour runs round the Peaks.

A 14hr. Bullock Smithy training run with full backpack.

A weekend out-and-back run to Hebden Bridge of 13/14 hour days to try out the gear.

# H is for Hang On While I do “I” Instead . . .

**H** was going to be How to Live with a Runner and came to my word-laden brain some time ago, as far back as writing my first article (and be honest, I bet some of you wish I’d never started), back in April 2009 – how time flies!

During the summer I had an idea about asking club members via the Message Board to email me their personal interpretation of How to Live with a Runner. I thought it might be interesting to get others’ viewpoints on the subject and besides, it would give me a little rest. So, I decided to run this idea past my best beloved ... who promptly put the kibosh on it by saying he didn’t really think it would work. What do you think about it? If I received enough emails, I’m sure a light-hearted, frothy article would ensue.

Therefore in the spirit of extending a hand across the barriers? waters? frontiers? or whatever the phrase is, here’s my email address – [jackie.tomney@btinternet.com](mailto:jackie.tomney@btinternet.com). I look forward to reading your thoughts and views and there is the reward of seeing your name in print (albeit probably quite small print) to look forward to. If you would rather remain anonymous, that’s fine. Who knows where publication might lead? I mean, look what it’s done for me ...

So then, **H** is deferred until another time and I have a feeling it will be a really good article, full of insightful comments, humorous little anecdotes, personal stories and ... not written (only compiled) by me, a bonus in itself. Let’s hope it’s not all that fantastic, otherwise I could be out of a job.

I is for ... oh, All Sorts of Things I Wanted to Include.

This section could be a little disjointed and seemingly random, so it should fit in quite well with most of my other articles.

## A Stroller’s ABC

By Jackie Tomney



When Kevin and I drive home after our Tuesday night runs, he always asks, “Where did you run to?” Most of the time, I seem to end up saying, “Well, we went up a track. (Pause.) Then we went up another track ...” Not being strictly local to Whaley Bridge (“Are you local?” Name the ... no, better not start all that again), I don’t always know the names and locations of where we are (and neither does Kevin, he is terrible on place names). To my mind, Whaley Bridge has an awful lot of tracks.

Three teachers in Reception at my school have recently started running. They’ve been going along to Woodbank Park where Stock-

port Harriers are based. They told me the Harriers have quite a few different ability groups, that they were enjoying going along twice a week. Then, last week, they told me they were going to try one of the military-style fitness classes that seem to be springing up. How did they find it? Good fun, they said, not shouted at too much, very popular (50 people in one particular group), ability-grouped with a mixture of all ages and appealing to both women and men. Is it for me? No thanks!

I was re-reading my other articles before writing this one (this is the sort of thing I do for a bit of light relief ... no, it helps to 'attune my mind' to GVS and running matters) and I recalled a little snippet from the 5k race I did in Rochdale last summer. Ron Hill was there, warming up before the race and, not knowing where to go, I asked him for directions to the start (you may know what's coming here). He pointed a lordly hand upwards (well, okay, he's actually a Sir), to the side of the reservoir we were going to run around. Thanking him, I duly ran up to where he had indicated, looked around to see lots of spectators in place, but no runners. Looking back down to where I had come from, I saw people gathering on a side road and made my way there. Thanks, Ron.

I have one or two more stories about Ron Hill, but I'll save them for a rainy day (for 'rainy day', read 'stuck for ideas for future articles').

Now that Winter is here again (in fact, it may have come and gone by the time you read this, but that doesn't matter), I have started to go out for an extra run with Kevin on Mondays. We did this last year and I think it helps me, even though we only do 30 – 45 minutes. I've done some timed runs of 20 minutes and have been able to go infinitesimally further than the previous time. There is something about running in the dark during the Winter months that makes me feel very anonymous, almost unnoticed in a way (believe me, this is a good thing). That doesn't mean to say I don't long for lighter nights. (*Just how far in advance do you write these articles, Jackie? - Editor*)

Just a couple of quick updates or, as The Two Ronnies might have said, we just have time for some items of late news.

We saw two deer on one of our Saturday morning runs. It was down on a track (wouldn't

you know it?) on the route to Taxal. I don't know about the deer, but we certainly got a big surprise. Lovely to see them, though.

After having been a runner now for 3 years and 4 months (I'm certain no-one else keeps track like this, but I am a bit of a counter ... but not OCD or anything, just organised and methodical), I'm still waiting in vain for a runner who is slower than me and therefore I remain the undisputed holder of the Being at the Back trophy.

And lastly (this is worth waiting for), I had my best run ever last Tuesday. I managed to keep going, even up quite steep hills, up Back Eccles Lane and I ran up Silk Hill – I was so thrilled. I went so slowly you wouldn't believe it, but I did keep going. It was wonderful.

Later still - Have since run up Silk Hill twice. Do you think I've mastered it?

Even later – Have run up it many times now. What do you reckon?

### Jackie's Races Update

Winston Ladies 5k 03/07/11: 38.56

Race for Life Heaton Park 10/07/11: 40.58

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# Application to join the Goyt Valley Striders

## Application Form

If you wish to join The Striders, or know anybody who wishes to join, then please complete the form below and send it to The Secretary.

Membership fees are £12.00 for an individual and £24.00 for Family Membership. Membership runs from January to December each year.

## GOYT VALLEY STRIDERS MEMBERSHIP APPLICATION FORM

SURNAME															SEX	
FIRST NAME										DATE OF BIRTH						
POSTAL ADDRESS																
TOWN																
COUNTY										POSTAL CODE ESSENTIAL						
DAYTIME TELEPHONE (STD ESSENTIAL)										HOME TELEPHONE (STD ESSENTIAL)						

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