

The Strider



April
2012

Newsletter of the Goyt Valley Striders



This edition:

Five Go To Wales
Jog 'n' Jacuzzi day
Burntwood Aquathon
A Stroller's ABC
Plus More!





Editor's Waffle

Welcome to the April newsletter and once again a big thank you to all contributors, both regular and not-so regular.

This time we have adventures in Wales, in an Aquathon and also in a Jacuzzi. This club certainly isn't afraid of variety . . .

The club championship is up and running which includes the new "Vets" category to give us old 'uns a chance of glory. Or not.

We also have the regular "Stroller's ABC" by Jackie and I think it's her best yet. I chuckled all the way through!

No chuckling next Sunday though as it's the Manchester Marathon and the club is fielding a fantastic turnout with many (yours truly included) running their very first 26.2 miler. Good luck everyone!

Now, I'm just nipping off to see how that Nun is doing in the London Marathon . . .

Sue Stafford: Lifetime Membership

I would like to thank you all for honouring me with lifetime membership and apologise for not making it to the AGM night itself. As you can see from the picture (below) the flowers and goblet were safely delivered to me by Mark - I'm enjoying a glass of red wine as I write.

I expect there are a large number of people out there who are wondering "who is this old woman we've never seen?" even with Peter's account of my history.

I assure you I am a Goyt Valley Strider and have been since 1988. I ran my first race in the GVS vest in April 1989 (already a V40) and my last (to date) in 2010 (a V60). In between I think I've represented the club well. Of course, since I always came in behind most of the men, my talent largely went unnoticed!

I'm pleased to see the women members making an impact today. One of my best achievements was to complete the Otter 40 in a time of 6hrs 52mins (old course) which was then a FV45 record. I've no idea if its ever been bettered.

I rather regret that I am not an active member now, when there is such a large number of women members. In my day I often seemed to be the only one. This did have the advantage on training days of giving me a really hard workout as the men always stopped at intervals to let me catch up but, as soon as I made it, off they went again!

My heart still says that I will compete again, but my head says enough is enough. There comes a point where you wonder "would I like to walk normally for the time I have left or do I want to get out each day and hobble?" . At the moment I'm inclined not to hobble!

Sue



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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

Subject: GVS Newsletter



Secretary's Corner

2012 Membership and Registration

THANK you to everyone who has renewed their membership for 2012 and welcome to those new members that have joined the club since the start of the year.

Over the next two weeks I will be completing the annual returns for UK Athletics and making individual registrations for the 2012/2013 season. The cost for registration is £50 for the club and £5.00 per individual. This is paid directly from club memberships. The club can not afford to register individuals who have not paid their membership.

If you have not paid your 2012 membership can you please do so as quickly as possible. Money coming in late, in dribs and drabs, results in increased administration and additional costs for the club as late UK Athletics registrations need to be done on an individual basis.

If you were a member of the club in 2011 and do not wish to renew your membership then please let the Secretary know. If you are thinking of joining another club then please let the secretary know also, as whilst you exist on our records as a first claim member you can not compete for another club. There is also a formal process for transferring clubs that the Secretary can assist you with. We do not want to loose any members if we can help it; so if you do want to leave, let us know what we're doing wrong!

These are the fees for the 2012 season:

Individual member - £12.00

Family Members - £24.00 (up to two adults and additional children)

2nd Claim member - £7:00

The "Dream On" Mile

FRIDAY 27th July 2012, starting at 6:30pm. The Goyt Vally Striders 'Dream On' 1 mile event. Starting at the Navigation Inn, Buxsworth and finishing at the Navigation Inn, Buxsworth. Turn up on the night. Free of charge

It is hoped to make this an annual events, which gives you an opportunity year on year to record you mile time and keep track of your fitness! This is a new event for the Striders to celebrate the London 2012 Olympics. The race is simple. It's a 1 mile time trial event and it's open to all club members.

It's also another guess-your-time event, so it's not just about the fastest but who can get nearest to their actual time. No watches to be worn. There are prizes to be won too!

It gets better. It starts at the pub, and better still, it finishes at the pub! . . . and if you thought that was good, it's also FREE to enter!

Junior Training Sessions

THIS has been discussed for sometime, but things are now moving ahead. A group of our members from Chinley have put themselves forward to co-ordinate some junior training sessions. Full details have yet to be finalised, but regular training sessions are planned. It will require the help of parents, who will need to accompany their children when attending the sessions.

Training sessions will be held locally and as soon as all those interested have expressed their preference some times and dates will be set.

The Committee are very positive about this and have agreed that the club will support a junior club championship this year. Full details have yet to be decided, but there will probably be 6 races with the best 4 to count. The club will also provide running vests at cost price for the junior (currently about £7.00); although over time I'm sure a 'swap system' could operate as kids quickly grow out of kit.

Keep an eye on the message board and our Facebook page for more detail.

Remember that Road and Fell sell junior running kit, and club members get a 10% discount. Ronhill kit, Saucony trainers and Walsh fell shoes are all available.

For more information please email juniors@goytvalleystriders.org.uk and somebody will get back in touch with you.

Tuesday Away Days

The Tuesday Away days were a great success last year. We've managed to squeeze 6 in to the calendar this year and these are listed below. For exact details of routes and times keep your eye on the club message board or contact the organiser.

Date	Leader	Area
1 May	Clare Griffin	Bollington
29 May	Will Meredith	Gradbach
26 June	Kevin Day	Marple
24 July	Sally Hunter	Flash
28 August	Stephen Bull	Thornsett
25 September	Mark Whelan	Wildboarlough

Sting in the Tail

LAST year was the first running of this event and following its success it has been decided to make it a regular club event. This year's race will take place on Friday 4th May 2012.

It will be organised along the same lines as last year. Open to members, you guess your time and run without a watch; the nearest to their predicted time wins and gets the trophy and a prize. There will be some additional prizes too!

Like last year the races starts at the Goyt's Lane car park in the Goyt Valley; top of long Hill, turn for the Goyt Valley and it's the small car park near the top. The course will be different than last year, but there will be the same sting!

The event will start at 6:00pm and the last allotted run time will be 7:45pm.

It will be a marked course so suitable for all club members.

Let me know if you're coming by posting on the message board. I'll put a map on the message board soon too, or alternatively contact me direct.

Mark Whelan

Phil's Phillers...

Pre-Marathon

Pasta Party

Saturday 28th April.

Our last day of carb loading :)

Phil's house, 6pm.

A choice of pasta dishes including vegetarian.

Everyone welcome, however I do need to know who is coming so there will be enough food.



Water Weekend

We will have a Tombolla stall, June 9th and 10th.

Saturday night GVS Rock Party by the canal. Times to be confirmed. There will be a BBQ or Chippy supper while we dance the night away.

Volunteers required to help on the stall in a shift pattern.



Whaley Waltz

30th June

Please see the form on

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2012 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.

Club Championship Races for 2012 have been agreed as follows. The latest details of the races can be found on the website. Please note that some events are pre-entry and will fill up early.

Some dates are preliminary so please check dates nearer the time.

Main and Ladies Championship (dates for guidance only):

1	Mad Dog 10k	February 12	Road
2	Grindleford Gallop	March 10	Trail
3	Goyt Valley 10k	April 26	Trail
4	Manchester Marathon	April 29	Road
5	Mount Famine	May 12	Fell
6	Buxton Half Marathon	June 3	Road
7	Boar's Head	June 6	Fell
8	Kinder Trogg	June 24	Fell
9	Bollington Nostalgia	July 8	Fell
10	Wizard 5	July 12	Road
11	Meerbrook 15k	August 4	Road
12	Long Tour of Bradwell	August 11	Fell
13	Blackpool to Fleetwood 10	October 7	Road
14	Passing Cloud	October 28	Fell
15	The Roaches	November 11	Fell
16	Cardington Cracker	December 2	Fell

Summer Series (dates for guidance only):

1	Herod Farm	April 18	Fell
2	Rainow 5	May 9	Fell
3	Castleton	June 8	Fell
4	Kettleshulme	July 13	Fell
5	Hope Wakes	June 27	Fell
6	Goyt's Moss	July 25	Fell
7	Cracken Edge	August 1	Fell

2012 CHAMPIONSHIP

[illegible]

2012 LADIES CHAMPIONSHIP

		RACES																
Pos.	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Total
1	Sally Smith	60	60	-	-	-	-	-	-	-	-	-	-	-	-	-	-	120
2	Sarah Bull	58	59	-	-	-	-	-	-	-	-	-	-	-	-	-	-	117
3	Philomena Smith	57	58	-	-	-	-	-	-	-	-	-	-	-	-	-	-	115
4	Kate Cartwright	59	49	-	-	-	-	-	-	-	-	-	-	-	-	-	-	108
5	Tracy Vernon	54	52	-	-	-	-	-	-	-	-	-	-	-	-	-	-	106
6	Chris Bowen	53	50	-	-	-	-	-	-	-	-	-	-	-	-	-	-	103
7	Moiria Hunt	55	47	-	-	-	-	-	-	-	-	-	-	-	-	-	-	102
8	Helen Gray	52	46	-	-	-	-	-	-	-	-	-	-	-	-	-	-	98
9	Jenny Law	-	57	-	-	-	-	-	-	-	-	-	-	-	-	-	-	57
10	Sue Holland	56	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	56
11	Lisa Harbord	-	56	-	-	-	-	-	-	-	-	-	-	-	-	-	-	56
12	Clare Barstow	-	55	-	-	-	-	-	-	-	-	-	-	-	-	-	-	55
13	Kath Ward	-	54	-	-	-	-	-	-	-	-	-	-	-	-	-	-	54
14	Carole Hill	-	53	-	-	-	-	-	-	-	-	-	-	-	-	-	-	53
15	Kaye Berry	51	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	51
16	Rebecca Glen	-	51	-	-	-	-	-	-	-	-	-	-	-	-	-	-	51
17	Sally Mitchell	-	48	-	-	-	-	-	-	-	-	-	-	-	-	-	-	48
18	Melanie Watts	-	45	-	-	-	-	-	-	-	-	-	-	-	-	-	-	45



Mechanics Institute, Whaley Bridge
 Tea, Coffee, Homemade Cakes and Raffle
Prize for the best Diamond Jubilee Hat

2012 VETS CHAMPIONSHIP

Pos.	Name	RACES																Total
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
1	Kevin Day	60	57	-	-	-	-	-	-	-	-	-	-	-	-	-	-	117
2	Philomena Smith	55	56	-	-	-	-	-	-	-	-	-	-	-	-	-	-	111
3	Mike Hudson	59	51	-	-	-	-	-	-	-	-	-	-	-	-	-	-	110
4	Karl Smith	54	53	-	-	-	-	-	-	-	-	-	-	-	-	-	-	107
5	Kate Cartwright	57	47	-	-	-	-	-	-	-	-	-	-	-	-	-	-	104
6	Paul Hunt	58	44	-	-	-	-	-	-	-	-	-	-	-	-	-	-	102
7	Tracy Vernon	51	49	-	-	-	-	-	-	-	-	-	-	-	-	-	-	100
8	Steve Berry	56	42	-	-	-	-	-	-	-	-	-	-	-	-	-	-	98
9	Chris Bowen	50	48	-	-	-	-	-	-	-	-	-	-	-	-	-	-	98
10	Moiria Hunt	52	43	-	-	-	-	-	-	-	-	-	-	-	-	-	-	95
11	Helen Gray	49	41	-	-	-	-	-	-	-	-	-	-	-	-	-	-	90
12	Peter Davis	-	60	-	-	-	-	-	-	-	-	-	-	-	-	-	-	60
13	Mick Wren	-	59	-	-	-	-	-	-	-	-	-	-	-	-	-	-	59
14	Lee Grant	-	58	-	-	-	-	-	-	-	-	-	-	-	-	-	-	58
15	Ian Waddell	-	55	-	-	-	-	-	-	-	-	-	-	-	-	-	-	55
16	Lisa Harbord	-	54	-	-	-	-	-	-	-	-	-	-	-	-	-	-	54
17	Sue Holland	53	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	53
18	Kath Ward	-	52	-	-	-	-	-	-	-	-	-	-	-	-	-	-	52
19	Carole Hill	-	50	-	-	-	-	-	-	-	-	-	-	-	-	-	-	50
20	Kaye Berry	48	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	48
21	Matthew Simon	-	46	-	-	-	-	-	-	-	-	-	-	-	-	-	-	46
22	Sally Mitchell	-	45	-	-	-	-	-	-	-	-	-	-	-	-	-	-	45
23	Tony Whittle	-	40	-	-	-	-	-	-	-	-	-	-	-	-	-	-	40
24	Stephen Sanders	-	39	-	-	-	-	-	-	-	-	-	-	-	-	-	-	39
25	Melanie Watts	-	38	-	-	-	-	-	-	-	-	-	-	-	-	-	-	38

Vanessa Chappell 2012

The Vanessa Chappell fell race is being held on 23rd May 2012, at the Moorside Grange Hotel, start time 7.30pm.

There will be entries on the night only, cost is £4.50 including soup and a roll.

The Vanessa Chappell is a part of the Lyme Park Series again this year, the other races are the Boars Head (June 6th) and the Kettleshulme fell race (June

13th). We look forward to seeing as many club members running as possible!

We will also need marshalls and assistance at the start and finish area. If you are free on the night and can't run but would like to help, please contact Clare (07790036553) or Sarah (07979950299) or via the message board, and we will put you on our chocolate bar list!

Burntwood Spring Aquathon

I can't swim. OK I'll rephrase that - I'm hopeless at swimming. For those who don't know me, I'm a genuinely terrible swimmer. Oh, and I don't like running short flat races. Not my thing; I could do with a bit of nice countryside and a big hill to slow everyone else down.

So it came as a bit of a shock to find myself at the Burntwood Spring Aquathon (400m swim followed by a 5k run).

The reason of course was that I'd been lead astray. And not for the first time the culprit was Al Fitzgerald. For those that don't know Al he's half man, half fish. Show him some water and he'll probably jump in. Make it a frozen lake and he'll definitely jump in. Add a hanger and you won't get him out. And the stray gene is showing every sign of being successfully passed on to his kids.

So we arrived at the Burntwood Spring Aquathon on Sunday 4th March. After a brief conversation at registration our cover was blown - it was clear that we'd never done one of these before and hadn't a clue what we were doing.

Fortunately the race crew were very friendly and directed us to the transition area where we could place our shoes and T-shirt for donning between the swim and run sections. I must admit I was a tad surprised that this area was outside, on a field, in the sleet.

At this point the junior race was well under way and kids were running from the pool in just their

trunks to kit up and start doing

laps of the pitch in the appalling weather. To be fair, it looked quite cold. A couple of them were crying and I bumped into a guilt-stricken parent later on in the race. I observed to them that if it hadn't put them off sport for life then it would have done a great job toughening them up! If I'm being honest I'm not sure these words of 'wisdom' gave much relief to their conscience.

Next we were off to the changing rooms to kit up for the swim. The competitors were allocated a time slot to go so that all 200 of us could be processed through the 6 lane swimming pool fairly smoothly. This is where things started to go wrong for me.

My first mistake came early as I was expecting there to be some pre-race phaffing about so I didn't take the time checks too seriously, finally entering the 6th lane with 10s to go, I went to put my goggles on. This turned out to be my second mistake, as somehow I put them on upside down. Then it was time to go and I pushed off.

By Pete Woodhead



Perhaps predictably, within 2m my eyes were flooded. Within 5, I was flustered and out of breath and within 10m I was totally disorientated and swam straight into the side of the pool. Blinded by the worse than useless goggles, mistakes continued to come thick and fast. The end of the first length came as a bit of a shock when I swam into the wall, and after getting tangled in the lane dividers a couple of times I made it back to the start. 50m done, only 350 to go! A small delay to fix the goggles and I was off again, slowly regaining a little composure, but technique had been abandoned in the search for more air.

After 10min 25s* of purgatory it was finally time to get out of the pool. 1m 45 to put my shoes on (couldn't navigate to the end of my legs) and it was finally time for the safe haven of running. At last something I'm not that bad at! But here was another

shock. When you're stood in the sleet all wet from the pool and you try to start running your legs don't respond for a while. That took me somewhat by surprise and a 22:21 run later and I could finally return to one of my stronger areas... eating pasties and drinking tea!

Al, unsurprisingly, was faring somewhat better. A counting error denied him roughly 3rd place in the pool (6:36 for 450m) but no doubt he'd have enjoyed spending more time under water. A sharp transition and a 22min run gave him 13th place overall and title of best novice. Surprisingly, no runners broke 20 mins for the 5k so this running after swimming is clearly a trickier game than it looks.

As for me, ironically a fluke anomaly in the timings meant I was officially recorded as the fastest swimmer in 4:33 - Rebecca Adlington pace. I suspect my unofficial watch figure above was more accurate but if anyone wants

to offer me an Olympic place I'll happily invest in some armbands!

As it was freezing on the day there's no photo to share I'm afraid. However, here's one of us from happier days in a Duathlon we did last year. At this point we're refueling in the transition area having just completed the running leg (the white peak marathon in about 3:30) before heading out in Matlock for the ale drinking leg (around 6 hours but the official timekeeper could no longer focus on his watch): I think I almost drowned that night as well.

So, the Burntwood Aquathlon? It is well organised, very friendly, caters for the inept, serves good pasties and is an excellent day out even in shocking weather.

As for Al, next time he has a bright idea I'll take pause to think it through first. Probably.

Pete Woodhead



Thanks!

An open letter from Kate Cartwright

A couple of years ago, a few friends and I were having one of those “What’ll you do, if you win the lottery?” type of conversations. I was feeling pretty content with my lot in life and could only come up with three things:-

- I needed a new pair of boots
- I wanted a Fiat 500 in sage green
- I wanted to join a running club.

Fairly modest plans, I think you’ll agree. And at a whopping £12 per annum it wasn’t really a lack of money that was stopping me joining a running club, it was simply lack of time. Other commitments had filled up all my evenings and weekends.

I’d been running for twenty-odd years and had learnt that the only way to fit running in was the 5:30 a.m. start. I wasn’t normally on my own, but was accompanied by a succession of collie dogs. My routes depended on the age of the dog, but they always beat me home. I ran because it kept me sane, it was ‘me’ time, and because there’s no better feeling in the world. I did a couple of races a year, but my speed was diminishing, my running heyday a distant memory of the running boom of the early 1980’s. I didn’t think I’d ever stop running, but there was constant frustration that I couldn’t do more, or devote more time to something I loved.

About twelve months ago, my marriage collapsed, out of the blue. Within a few weeks, I’d moved to Whaley, my self-esteem in tatters and my world

shattered. I knew that I had to get out and about, to meet new people, and that joining the Striders would help me to do that.

I was a bit surprised by the Striders. Firstly, you all seem to have a thing about ‘getting off road’. That was new to me. I’d only run on roads before. Secondly you are fearless; bombing down hillsides at speeds where the consequences of a tumble frankly terrifies me. But the thing that keeps me coming back is the friendliness, the support and the joy of running with other people. It’s the sheer fun of, as Helen Gray says “playing out” with a bunch of like-minded idiots.

We are blessed with fantastic scenery in the Peak District. I love getting out there, letting my legs go as fast as my heart and lungs will let them, and sharing that experience is very special.

I’d like to say thanks to each and every member of the club. Thanks for the opportunity to run with you guys. I don’t chat much when I’m running - I’m too busy fighting for breath, but I’m happy to be out with you all, and over the course of the last year you’ve all helped me feel part of something, given me back a small role in the world.

As for my lottery dreams, I got the boots, I joined a great running club, and I’ve decided the Fiat 500 is overpriced.

As Meatloaf said “Two out of three ain’t bad”.

FOREST FIVE CHARITY RUN



ON THE PICTURESQUE TRACKS OF MACCLESFIELD FOREST

7.30pm Wednesday July 18th 2012

Entries £5 on the night

Parking and registration from 6.00pm

*At Macclesfield Forest Visitors Centre,
Trentabank, Nr Langley (SJ 961712)*

Under no circumstances must cars be parked anywhere near the Leathers Smithy Pub. Race parking is 600 metres beyond.

- *Entry fees are donated to East Cheshire Hospice*
- *Sorry, no prizes, we want as much as possible to go to our charity*
- *The route is ~5.5 miles mostly on good quality forest tracks but there are some stepped boardwalks to negotiate. At one point there is a route choice; either stay on the dry firm track or to take a slightly shorter line across slippery grass (this might govern your selection of shoes)*

Arrive in good time; the start is 10 minutes walk from registration.
After the race, runners and officials tend to gather in the St Dunstan Inn in Langley.

Volunteers wanted for marshalling this event

**If you don't want to run, why not volunteer. Contact Pete Nolan on
01625 423414 or 07980 543276**

With the kind permission of United Utilities plc and with the support of the Peak National Park Rangers & Macclesfield Harriers & AC.

Changing and toilet facilities are extremely limited.

Macclesfield Athletics Club organise an annual charity race, the Forest Five, in Macclesfield Forest every summer. This year it will be on Wednesday 18th July at 7.30pm. It includes an interclub challenge between Macclesfield, Congleton and Wilmslow. This year they have asked Goyt Valley Striders to participate and I have provisionally said yes we will!

The first 10 or 15 members passed the finish line for each club are allotted points and the winners are determined from that. The Harriers have even been so kind as to re-schedule the event so it doesn't clash with one of our other pre-arranged events.

I do hope we can attract some runners and field a full team. I'll put something on the message board as a reminder to all. **MW**

The Whaley Waltz

A poem by Kate Cartwright

How hard can it be? A bit of good fun;

A short fell race in the warm summer sun.

It seems like a good idea at the time -
A bit of a jog with a bit of a climb.

The number's pinned on now, you can't cut and run;

Strong smell of Deep Heat, and then there's the gun.

Onto the road now
and jostling for space;

Into the park - it's
the carnival race!

Trot on through
the trees and out
onto grass;

He looks a strong
one; no - don't let
him pass!

The field's spread
right out, no longer
a pack;

Look over your shoulder - you're not
at the back!

Head up the incline with hands on
your knees;

Crest the ridge bravely, give thanks
for the breeze.

Through gate and thicket, and over
the stile;

Mentally calculate: Summit - one
mile.

There's wiry old men in long faded
vests;

And ardent young athletes doing
their best.

You're still slogging up; they're fly-
ing back down;

The reckless descending, back into
town.

Heart and head pounding; now
downhill you go;

Get your legs moving,
and go with the flow.

Arms flailing wildly,
you try not to slip;

Remember - your
shoes have plenty of
grip.

You'll hear the band
soon, the noise of the
crowd;

The voice on the PA
shouting out loud.

Children are shrieking,
a glorious din!

Along the river bank and leap right
on in!

The Goyt's quite deep here, but keep
moving through;

Your friends at the line are all root-
ing for you.

A pat on the back, a pint of warm
beer;

The post mortem starts - train hard-
er next year!





Whaley Bridge Carnival Fell Race
"The Whaley Waltz"
 Organised by
Goyt Valley Striders
 in conjunction with the
Whaley Bridge Rose Queen Committee
Saturday 30th June 2012



A 5.75mile Fell Race starting from the centre of Whaley Bridge Village and climbing 900ft to Windgather Rocks and finishing after crossing the Goyt River.
 Race starts at approx 2:15pm prior to carnival procession entering the Show Ground
 Entry Fee is £5.00 pre entry and on the day from Carnival Show Ground. Registration closes at 1:50pm due to road closure at 2pm.
 Minimum Age 16.

Send cheque and SAE (or email address) payable to Goyt Valley Striders to
 The Whaley Waltz, C/O Philomena Smith, 4 Randal Crescent,
 Whaley Bridge, High Peak, SK23 7GY.
 Tel: 01663 719251

Collect numbers from registration desk on the day.

Visit: www.goytvalleystriders.org.uk or Email: races@goytvalleystriders.org.uk

RACE NO:

The Whaley Waltz Fell Race
30th June 2012

Full Name:

Address:

Phone No:

Club:

Email:

Car reg

Category (Circle as appropriate)

Male MV40 MV45 MV50 MV55 MV60 MV65 MV70

Female: LV40 LV45 LV50 LV55 LV60 LV65

If you live in Whaley Bridge Tick the box ☐

Emergency Contact

Phone no:

I understand that this race is held in accordance with both the rules and safety requirements of the FRA. I confirm that I am aware of the organiser's information and requirements in connection with this race. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the organiser accepts no liability to me for any loss or damage of any nature to me or my property /car arising out of my participation in this race.

Signed:

Date:



The 1st GVS “Jog ‘n’ Jacuzzi”

A group of 8 GVS ladies left Whaley Bridge car park on the morning of January 14th, destination Losehill House Spa and Hotel, anticipating the relaxation and lunch we would be getting there.

We couldn't have asked for better weather, cold and crisp, but with blue skies and sunshine. Well, I said 8 ladies, in fact 6 of us started off and quickly picked up Sue and Kath at the Navigation in Buxworth.

A warm up along the tramway and under the viaducts (complete with icicles) led us up towards the Wash. Through the Wash over fields and footpaths brought us into Malcoff, then over an "other route for public access" to get onto the bridleway (a quick sweet and cookie snack here, to keep our energy levels up), which lead us to the bottom of Rushup Edge. (I am looking

at the map and key right now so that I use the right terminology!) Then it was a wonderful ridge run up onto Lords Seat, Mam Tor, Hollins Cross, along Barker Bank, then the side of Lose Hill before dropping down to the hotel and spa.

Mike and Brian had performed an efficient ferrying job with bags and children, so we had a change of clothes and our swimmers waiting for the spa. A happy dog was watered and deposited in the car boot.

I am not sure what the receptionist was expecting or thought when we walked sweatily

By Clare Barstow



into the hotel, but we were quickly directed towards the spa facilities! "Best keep them away from the resident guests!" Swimmers on and a group jacuzzi, general sigh/groan and muscles relax.

The jacuzzi was lovely; beautiful views of Win Hill from the tub. It was, however, outside so a quick sprint across the ice to get in and immediate submersion up to the shoulders was necessary. Reverse and repeat to exit!

We also made good use of the small pool and sauna room. It was only on returning to the changing area that we realised that maybe our trainers weren't as clean as we thought - hopefully we won't be stopped from returning in the future.

We were all thirsty and hungry by now, so another(!) quick change and up into the dining room. The dining room- all crisp white linen and views of Win Hill, was beautiful, as was the presentation of the food. We descended on the basket of home-made bread like seagulls spotting some left over chips! Starters, main



course and a cheeky dessert were made quick work off, although the food was delicious and looked wonderful, I suspect most ladies-wot-lunch haven't just run 12 miles working up an appetite equal to the local rugby team! Our thirst and appetite sated, all that remained was to rendez-vous with the drivers, AKA Karl and Brian- enjoying a pie and pint in the nearby pub, they may have had larger portion sizes but its quality not quantity that counts boys!

We decided that we should make a run and spa an annual event, maybe using different spas to alternate routes. So if you couldn't make it this year, maybe next time?



Grindleford Gallop 2012





All Photos by Stuart Shaw (SS) or Sally Hunter (SH)

The Famous Five (and two dogs) Go To Wales

By Chris Bowen

Months ago it seemed like a great idea to have a weekend away at the end of March following the one that happened a year or two ago.

I booked the Mynydd Climbing Club Hut (You can see it in the pic above. Dave and I used to rock climb and just run to keep fit before the running took over!) in the Crafnant Valley, near Betws-y-coed. It turned out to be the weekend before Easter, which I hadn't noticed; this meant that not many people were able to go so on Friday 30th March, just five of us set off to North Wales: Brian, Tracy, John, Chris and Dave plus two mad border collies.

We arrived in the dark and once we had opened up the hut, Brian was surprised to find that the sleeping arrangements would have been very cosy if lots of you had come as the dormitories have alpine style bunks. Earlier in the day he had been concerned about whether he needed to bring crockery and utensils. He need not have worried – the kitchen is well equipped. We had a drink (or two) and made plans for the next day.

Although the weather forecast was not good, the next day was dry with cloud above 1500 ft., better than expected. Just after 9 o'clock, John set off to explore the area and the runners set off towards the Carneddau range with a rough

route plan expecting to be out for around 4 hours. After an initial uphill jog, we walked up the shoulder of the first hill and then reached trackless rough ground. Dave is at home on this sort of terrain – the rest of us did the best we could to run over the heather, bog and rocks.

Soon we were climbing again over Pen yr Helgi du (the first of the day's 3000 footers) and onto Carnedd Llewellyn, the 2nd highest summit in Wales. The ground became quite rocky - Tracy learned that she could scramble in spite of her initial fears but when faced with a choice of coming back the same way and descending what we had climbed up we opted for a longer way back without the rock climbing.

Brian wanted to go to a café but it was not to be. There were only glimpses of views that would have been spectacular on a clear day. Dave led us off on a compass bearing, via Foel Grach (the 3rd and last 3000 footer), and eventually we descended into Cwm Eigiau and then it was just a question of climbing over two subsidiary ridges and we would be back at the hut.

I was flagging by this time (thank goodness for gels) and Tracy and I were less than impressed when we were led on a dead end forest track by the men and had to retrace our steps for half a kilometre – slightly uphill as well. Some steep descending through the forest remained and we were very pleased to reach the hut where John had lit the fire and made us tea. The shower was very welcome although by the time Dave and John had their turn it had decided to only provide cold water.

It had taken us 7 hours - the pace was very slow, although we had done 5000ft of climbing. The four of us all have different strengths and weakness on mountain terrain – I definitely slowed them up on descending trackless heathery hillsides but I

am not too bad at going steeply uphill. Perhaps not the ideal group to run together! The dogs weren't tired though.

We cooked a great meal together and had to consume some of the endless supply of red wine we had brought.

The next day dawned much better than expected and we opted for a short morning run down the lake, over to the next valley and back – Dave and I promised it would only take an



Pen yr Helgi du

hour and a half, which it did in spite of a slight detour to some old mine buildings and an interesting bridge across a gorge.

We had to get back reasonably early for various reasons, so left at lunchtime after tidying up

(& Brian mending the shower) only to get held up by a half marathon taking place from Betws-y-Coed and going through Trefriw, the village at the bottom of the valley. We discovered later on the forum that one of our members had actually taken part. So next year let's book the hut for the same weekend, have a (slightly shorter) mountain day on the Saturday and then enter the half marathon. Sounds like a plan!



L is for Loo

By Jackie Tomney

out giving it a second thought. Lucky them. Women have to trek halfway over a mountain to find a secluded spot away from the hurly-burly, not to mention away from strange men lurking in the bushes.

And there are a lot of strange men at races – I think a lot of them are exhibitionists. They wander around, parading themselves shamelessly with very few clothes on, rubbing Vaseline and other goo into intimate places, strip down to next to nothing for all to see, then put on tiny little shorts, or even worse, tight leggings that leave nothing to the imagination and it's disgusting! Disgusting!

(Jackie was led away to a quiet corner, where she continued in a similar vein for the next 30 minutes, ranting and raving about the depravities of men in general and men who run in par-

This title was at Alistair's insistence – my column has been hijacked! Still, I find it's always best to stay on the right side of Alistair - if you know what I mean . . .

So, thinking about loos, if we must, what do we know? You can never find one when you need it, there are never enough loos at races and we also know that men can use any nearby foliage or bushes as a loo with-

ticular. She was eventually calmed by the promise of never seeing any semi-naked runners ever again.

Kevin now lives next door and wears a suit of armour at all times. He says he's finding the whole thing very difficult to deal with, but will persevere until he can get into a good running style which doesn't involve too much clanking. And he can't run when it's raining.)

That was almost a Shaun Coram moment – very surreal. I do apologise. Regular service will be resumed etc etc.

L is for also for Liverpool

Kevin and I went to Liverpool for New Year and stayed at The Liner Hotel; it's very nice – the different floors are called decks and the rooms are known as cabins. But I digress . . .

Kevin was running a double marathon, one on New Year's Eve, the other on New Year's Day and they both started at 12 noon. I know you'd like to think I was standing adoringly on the sidelines during both races, willing my beloved on during his most-favourite type of marathon – the lapped course (or, 4 laps = 1 marathon). You know me better than that - I was in my cabin, warm and comfortable, reading a good book. I think I may have mentioned this before, but there's an awful lot of waiting involved in these races.

There was a particular runner in the double marathon and according to Kevin (who, as you know, I disbelieve everything he says on principle) even I (*even I*, readers!) would have finished the race before this runner, who took 7+ hours to finish.

Is there hope for me yet? Should I consider changing my running distance from 3 - 4 miles twice a week and aim to reach the dizzy heights of 26.2 miles? And the answer is - I'm going to have to hurry you - In THESE shoes? I don't think so.

Kevin even went so far as to pay me a very dubious compliment, when comparing me to this runner: "At least you've got a sort of running style, where you look like you're running. This woman didn't even have that!" Ah, such high praise indeed.

But then, words have never been Kevin's forte: saying plenty, that's certainly a strength of his, but joining them together to make cohesive sentences is his downfall - but you all know that, anyway.

We all lamented a short while ago when Kevin had strained his throat muscles and found it difficult to talk (not difficult enough, if you ask me). Silent Runner, indeed . . .

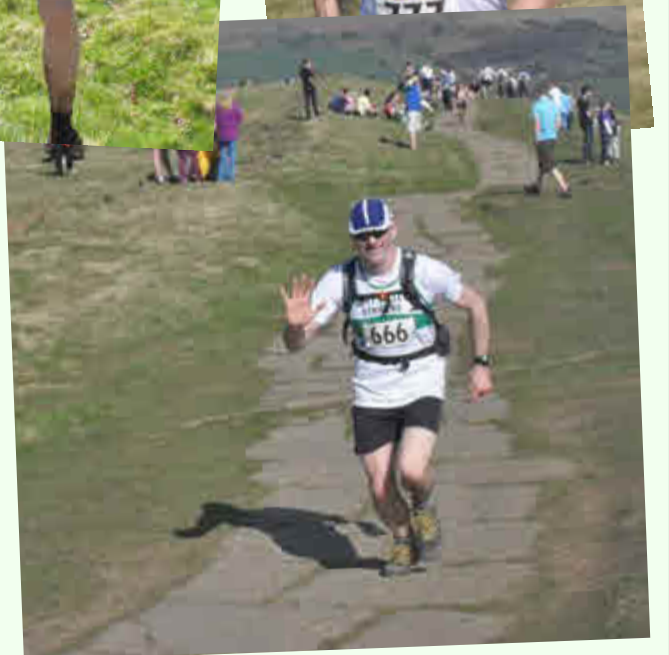
I read a definition of the word 'running' a while ago and really wish I could track the source. Perhaps some of you read it too? It basically said that to be running, a person has to have one foot off the ground. (Isn't that called balancing on one foot?) It started me thinking. I've always been doubtful about calling myself a runner anyway (I'm a person who runs - there is a difference) but according to this definition, I may not even be running after all, just performing this kind of forward motion lurch-and-step movement to get me from A to B on Tuesday evenings and Saturday mornings.

Oh, how I envy those runners who can take such massive strides and eat up the ground in front of them, they make it look so effortless. However, when you look around, at races and other events, every one of us has a different running style and as I've said before, it takes all sorts.

I just thought I'd finish on both a positive and a not-so-positive note. I am actually really enjoying my running now. I am in the right group for my ability and run with some great people, who are all incredibly supportive. It's taken quite a while for me to think this is something I can do. In addition, seeing others in the Beginners'/Social Group enjoy and achieve in their running is a great feeling. But for how long? I have been having pains in my knee and although I now have insoles in my shoes and go for physio, I'll have to see what happens in the future and whether running is something I can continue to do. I'll keep you posted.

JT

Edale Skyline 2012



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, £24.00 for Family Membership and 2nd-Claim Membership is £7.00. 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