

The Strider



February
2015

Newsletter of the Goyt Valley Striders



This edition:

2014 Final Championship Tables

2015 Championship details

Blonde moments

Plus much more!



Dates for the diary

April

14 - Away Run TBC

May

7 - Buxworth 5 - Marshalls needed

12 - Away Run TBC

June

9 - Away Run TBC

13\14 Whaley Water Weekend - GVS stall

27 WhaleyWaltz - Marshalls needed

July

3 - Sting in The Tail

14 - Away Run TBC

August

11 - Away Run

12 - Eccles Pike - Marshalls needed

September

8 - Away Run TBC

25\27 GVS away weekend - Wales

November

22 - Terry's Race

Away weekend in North Wales

Blaen-Y-Nant, Crafnant Valley

25th-27th September 2015

Dave and I were asked to book the Mynydd Climbing Club hut, Blaen-Y-Nant by both members of Goyt Valley Striders and Pennine within a couple of days of each other so we thought we might as well organise a joint meet.

Both clubs have had away weekends at “the hut”, as it is known, in recent years and those who have attended have had a great time. There are a number of fabulous runs and walks straight from the hut and the main Snowden ranges are within easy reach. There is also mountain biking for anyone so inclined. Activities can be arranged according to the people attending so don't worry that you won't be able to keep up!



“The hut” has alpine bunk, dormitory style accommodation, toilets, showers and a drying room. It is self-catering with a good size kitchen and dining room and a cosy lounge. It sleeps 32 and there is camping space as well so no shortage of room. You need to take your own sleeping bag. Cost is £9 per person per night.

If you would like to reserve a place email Chris Bowen chris@whitebriars.co.uk or mention it to her while out running.

New message board - Security question when creating your new account

“The First Championship Race this year Is? (first word)”
Answer: Lyme

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In This Issue

Page

- 4 Runners at odds with fashion?**
- 5 AGM 2014**
- 10 Championship 2015 details**
- 12 2014 Championship final results**
- 17 Spa Treatments the GVS way**
- 18 The Ladies 150+ Club report**
- 20 Claire in a spot of bother (or two)**
- 22 Shaun loses his Mojo - and finds it again**



The (skinny) Jean Genie



I describe myself as a writer, runner and animal seed ball fan. If I had to choose one of those three things to jettison it would be curtains for the confectionary. Ask me to lob out something else to save a sinking ship and I would be stuck.

In the thirty-odd years that I have been running, I have covered the circumference of the earth and then some. I have had highs and lows. I have had, as all runners do, periods of progress and setbacks, and I have been injured plenty. Five months ago I was struggling to walk. This morning I ran six miles. I have spent almost a year getting treatment. I have sat for hours with my ankles in buckets of iced water. I have stretched and exercised, wept and raged, and every bit of it was worth the run/walk on Christmas morning when I covered three miles in the company of Donner, Blitzen and a billion hailstones. Persistence, bloody-mindedness, call it what you will, I was not ready to quit doing something that I love.

But there are drawbacks. Anyone who knows me will say that I am not massive. The average height for women in Britain is 5 feet and 4 inches. I am almost average height. I weigh approximately nine stones and according to the National Health Service, I am slap bang in the middle of the healthy weight range. And yet I cannot get my legs down a pair of jeans. If I could get my legs down them, I could fasten the button and sit down without bursting the zip. Unfortunately I have a condition known as “muscles” and according to the designers of today’s trousers and jeans, I shouldn’t have.

Now, during my extended rehabilitation period, I have learned a lot about the musculature of the lower limbs and I can tell you this with

absolute certainty: those muscles are meant to be there. Each and every one of them has a job, be it flexing the foot or stabilising the knee. Using these muscles strengthens them. Not using them causes them to waste. Jeans today are

cut for people with wasted leg muscles.

You may have seen the ‘This Girl Can’ advertisements. Women are part of the human race. We wobble, we sweat, we achieve, we grow, and we develop; just like the male of the species. The Sport England campaign encourages women to be more active and to put up two proverbial fingers to the perceived notions of femininity. It’s a joy to watch. But when those same women go into a changing room, the message that the cut of the trousers sends isn’t one of health and strength. The message says: you are too fat to fit into our clothes. What is wrong with you?

I have started thinking about thighs - and calves for that matter. I walk around the streets staring at people’s legs. I may be arrested and you might think I’m weird, but my observations tell me that quads and hamstrings are no longer in vogue. The fashion for legs is parallel sticks wrapped in denim, and it’s the same for both sexes. Skinny jeans and skinny legs.

Let’s flip that and tell the truth. People do not exercise. They do not build muscle or bone mass and they risk osteoporosis. They wear skinny jeans on wasted legs. Is fashion dictating leg size or is leg size dictating fashion? Either way, it can’t be healthy.

Kate Woodward

AGM 2014:

Your Secretary's speech in full

With winners photos by Chris Tetley

Having fought off intense competition for this role last year I then faced quite a steep learning curve. Fortunately the work is shared out amongst the committee and they are a great bunch of people who manage their bits extremely well, so I'd just like to say thanks to them for the time they've put in this year. Rebecca, Kevin, Brian, Steve, Helen, Karen, Lucas\Mary, Rosie and Mark.

What I'll try and do for 10 mins is summarise the key things that have gone on in the club, the championship, the races, club

events, and also say a bit about the club and the people.

First of all the championship. As you know Rebecca took on the role last year and has done a fantastic job. The championship provides the focus and the excitement, and last year 40 people took part in the main championship and 26 in the summer fell series. The more people that turn up at a race the more fun it is both for participants and spectators.

The committee noticed that the numbers completing the 10 races, that put you in with a fighting chance of a trophy, was low. So after some discussion the decision was

made to reduce the number of races whose points count towards the championship. It has been reduced to eight. I think the competition will also be strengthened by Rebecca's inspired idea to start the championship with the Lyme Park run, encouraging more people to get involved right from the start. It's unfortunate that the weather has been against us but the time to get involved in this has been extended.



Mark Ruston. Main Championship winner.



Lucas Jones. Vets Winner and Main Champs runner-up.

We are also introducing a men's championship and a super-vet category for men and women. This is something that Sally Mitchell was keen to see happen, and she no doubt would have been a worthy winner. So the trophies are being given to us as part of Sally's legacy to the club. I'm really pleased that we will have unique trophies for these categories, as they are being designed by Matthew, using his not insignificant skills. If that isn't an incentive I don't know what is.

In addition I'm sure the popular training sessions that Mark is leading on a Wednesday night is igniting the competitive spirit as well as strengthening lungs and legs.

So we hope this year we see more people completing the eight races - and don't forget to use the message board to let people know you're going; to share lifts etc. Also if you fancy taking part in one of the team events let people know and hopefully we will get some teams competing this year.

The three club races were all well attended this year, and thanks go out to the race managers, Kevin and Mary, and everyone who got involved in marshalling. Buxworth 5 had 142 racers, Whaley Waltz 163 and Eccles pike 148.

Mary must be congratulated for first volunteering to take on quite a high profile race for Whaley Bridge and for doing it so successfully. I'm glad she is happy to continue in this role.

The Eccles Pike race will have new management this year, Matthew Simon is taking on the role with Tracy as his right-hand woman. Thanks to Kevin for doing this for a number of years. Many of you know it is a race with quite a history. Mark

pointed out to me that if you search "Goyt Valley Striders" in Amazon you come up with a book – *It's a Hill Get Over It* by Steve Chiltern. There's a chapter on the history of the race calendar where we are mentioned. I'll just read that section: "Northern England was still the hub of the development of races in the early 1900s, as there is a greater concentration of urban areas nestled closely to the surrounding fells."

It goes on to list the important races and the Eccles Pike is the first listed: "A race first took place on Eccles Pike in 1910. The current race trophy dates back to 1928 and there was an annual race until 1937. It was revived by a local church committee. It didn't have a fixed course and in 1972 and 75 didn't happen due to lack of participants. In 1977 the committee fixed the course and introduced a ladies race. It is now organised by Goyt Valley Striders and is renowned for being short, tough and demanding."

The original trophies for the Eccles pike race were given to the club this year as a result of an audit when the church were told to find the current race organisers. Auditors can have their uses!



Tracy Vernon. Ladies Championship winner

plan to have a more running themed presence at this year's weekend – Tracy will be happy for any help and ideas with this.

Talking of Tracy – Pete mentioned her excellent BBQ after the Whaley Waltz this year and I can confirm that it did have an adverse effect on the Conservation Day which was the next day. At least one member of the task force was a little jaded. Sampling different flavour vodkas and rising early to chop down rhododendrons don't mix well. Having said that the day achieved a lot again – if you're walking through the Goyt valley from the zig-zags towards Foxlow Edge you will be able to admire our work. We will have a different



Helen Gray. Ladies Champs 3rd place.

We had a number of club events last year. Pete mentioned the great away-weekend in a Welsh climbing hut – courtesy of Chris and Dave Bowen. I think Gregg summed it up nicely on the message board: "Lots of rain, but most of all laughs and running".

Thanks to those that kept smiling in the face of adversity at the coffee morning again last year. We didn't participate in the Whaley Water Weekend last year, but we



Chris Bowen. Ladies Champs runner-up

conservation task this year.

Mark has done a great job with Terry's race ever since it started and quite rightly would now like to step back; so we'll be looking for willing volunteers.

The summer away runs were all well attended and provided a great variety of locations (and pubs). We will start these up again next month so if you have any thoughts please let us know.

As you will have seen from the pictures, Kevin's half marathon was very well received with everyone eager to get their hands on one of the much sought-after trainer trophies. For some resulting in a

pair with the one they got for the anniversary race.

This year our club places for the London Marathon have been allocated to Mark Whelan and Colin Allot who will no doubt do us proud.

And finally people. We've again been inspired and proud of our own club members. As mentioned, Paul Hunt completing the Munros, with Ben Nevis in September, Kev Douglas in the 21-mile Ultra Trail of Mont Blanc, Mick Wren in the 60-mile Traces des Ducs de Savoie, Tracy took over 2 hours off her Bullock Smithy time and Helen Gray getting her first category win.

Well done to those that took on the Peris Half Horseshoe. That sounded mighty tough. And to Steve and Karl for beating the grim sweeper in the Dusk Till Dawn. I know many of you have taken part in all sorts of challenges, please don't forget to tell us about them in the newsletter – Steve works minor miracles with the newsletter – but it still doesn't reflect the variety of things people in the club are doing. It is inspiring to hear about your challenges, no matter how big

or small they might seem – anyone who puts themselves out of their own comfort zone has our admiration.

It was also great to hear that GVS runners were recognised for another quality – looking after fellow runners. Paul and Col were thanked for



James Hobson. Summer Fell Series Winner

helping a runner in the Rainow 5. The comment from the appreciative recipient of the help was "What a really great club you are, with fantastic members".

We were inspired by the way Sally managed the cancer that affected her year and were very saddened when she died. Her strength, cheerfulness and resilience made



Anna Aspinall.

Terry's Race winner.



Paul Hunt. Chairman's Award

a huge personal impact on many of us. At her funeral Matthew gave a very informative and moving account of her amazing life and the contribution she made in so many ways. I asked him if I could read out a bit of what he said on the day relating to her running: *"Sally also loved running and taught me to love it too. For a while we were exactly the same speed, and finished races hand in hand."*

We joined Goyt Valley Striders and Sally met a group of supportive female friends whom she loved. Running in the Peak is wonderful. She booked places a few years ago in the Grindleford Gallop, a 21-mile hill race, trained all winter and then was diagnosed with Ovarian Cancer. Of course she still ran, finishing in a good time, but tired. After her operation and first chemotherapy, she determinedly got fit again with the help of club members and ran the race again a year later. She received the "runner of the year" award at our club AGM – one of my proudest moments.

That year she won many bottles of wine at fell and trail races – the fastest woman over 60 and faster than many younger. She didn't realise how inspiring she was to many younger women in the club. Sally

ran her last race at the end of August, and fell ill a week later. How sad her well-tuned muscles didn't manage another ten years running through the hills."

It is sad to turn up at the car park on a Tuesday night and not see Sal's smile. Matthew was spot on when he said she inspired others. As well as the super-vet trophies we are also looking at a juniors race, as part of the Whaley Waltz, as part of her legacy to the club; so supporting both ends of the age spectrum.

Some of you will know that Louise Smith has been taking photos of the Saturday morning run this last year and she decided to put together a calendar to raise money for the ovarian cancer charity Sally was keen to support. We'd now like to present to Matthew the £160 this calendar has raised.

Just to finish, I'd like to share a story related to us only this morning as we had our post run breakfast in Bellas. Jill who runs with us has an impressive history of running and was recalling the days when if women were allowed to enter at all they

often had a different\earlier start time and different prizes – e.g. rather than the sports bag the men got she got a vanity case! But the best was when she took part in the tour of Tameside – involving 6 days running over a 7 day period – the equivalent of 2 marathons. This particular year they added to the event by putting on an extra race at the young farmers show on the Sunday – with prizes for those that had completed the whole weeks running. Well, they hadn't expected a woman to achieve this so when it came to it – they didn't have a prize. So they searched around and came up with the solution – a rosette – usually reserved for best in show!

Sally Hunter



Hannah Thompson. Keep On Running Award.

Club Championships 2015 (revised)

After much discussion with the committee and others we have made a few changes to the Championships for 2015 in the hope that more people will compete and that more people win prizes!

It's always really great to turn up to a race and see a big GVS presence and I hope that we'll see you all at these races (and others!) next year.

For 2015 we have slightly reduced the number of races you need to complete. There are 16 races and your best 8 will count towards your total score. Additionally you need to do at least 1 of each distance (short, medium and long) and at least 1 on each terrain (fell, road and trail). Hopefully that's clear!

As usual individuals are allocated points depending on their finishing position within the club in the race. The highest place Goyt Valley runner will

get 60 points, the second 59 points and so on.

We have also introduced some new vets categories and will be keeping men and women separate - with the exception of the Overall Club Champion.

So, prizes will be awarded as follows:

Mens 1st, 2nd, 3rd. Womens 1st, 2nd, 3rd. Overall champion (1 prize)

Vets: Mens 40, 1st, 2nd, 3rd. Womens 40, 1st, 2nd, 3rd. Mens 50, 1st, 2nd, 3rd. Womens 50, 1st, 2nd, 3rd.

For the Summer Fell Series the format remains the same, i.e. 5 races from 7 but we will be awarding the following prizes:

Mens 1st, 2nd and 3rd. Womens 1st, 2nd and 3rd. No vets.

Without further ado, here are the races for the main champs:

Main Championship

<u>Month</u>	<u>Race</u>	<u>Surface</u>	<u>Distance</u>
January			
Any Sat Jan-Mar	Lyme Park parkrun	Trail	Short (3.1 miles)
February			
Sun 22nd	Stockport Trail ½ Marathon	Trail	Long (13.1 miles)
March			
<i>Sun 8th</i>	Trafford 10K	Road	Medium (6.2 miles)
<i>Sun 22nd</i>	Wolf's Pit (Shatton)	Fell	Medium (5.5 miles)
April			
Sat 18th	Chicken Run (Hayfield)	Fell	Short (5 miles)
May			
Sat 9th	Bollington 3 Peaks	Fell	Medium (5.4 miles)
June			
Wed 17th	Round the Resers (Tintwistle)	Trail	Short (5 miles)
July			
Sat 11th	Buxton Carnival Race	Road	Short (4 miles)
<i>Sun 19th</i>	Kentmere Horseshoe (Lakes)	Fell	Long (11.9 miles)

August			
<i>Sat 8th</i>	Long Tour of Bradwell	Fell	Long (31 miles)
<i>Sun 30th</i>	Crowden Horseshoe	Fell	Medium (8 miles)
September			
<i>Sun 13th</i>	Gawsworth 10K	Trail	Medium (6.2 miles)
October			
<i>Sun 18th</i>	Oldham ½ Marathon	Road	Long (13.1 miles)
November			
<i>Sat 7th</i>	Langley 7	Road	Medium (7 miles)
<i>Sun 29th</i>	Famous Grouse (Birch Vale)	Fell	Short (5 miles)
December			
<i>Sun 13th</i>	Litton Christmas Cracker	Fell	Medium (7.6 miles)

Short = 5 miles and under, Medium = 10 miles and under, Long = over 10 miles

Hopefully there is something to please everyone amongst the selection!

Points to Note:

- Dates in italics are provisional, based on those for 2014
- Some events are pre-entry and will fill up early

Explanation of parkrun: You can run Lyme Park parkrun any, some or all of the Saturdays in January to end of March. Your best time will be used to calculate championship points. This gives you the opportunity to try and better your time over a few weeks which I thought would add a fun element.

Parkrun is free but you need to register on the website, print off a barcode and take it with you. Further details can be found here:

<http://www.parkrun.org.uk/lymepark/>

Races for the summer series are as follows:

Summer Fell

<u>Month</u>	<u>Race</u>	<u>Distance</u>
April		
<i>Wed 15th</i>	Herod Farm (Glossop)	3 miles
May		
<i>Mon 4th</i>	James's Thorn (Glossop)	5 miles
June		
<i>Fri 19th</i>	Fun on the Fells (Hayfield)	3.2 miles
<i>Fri 26th</i>	Tideswell	4.4 miles
July		
<i>Wed 1st</i>	Hope Wakes	6 miles
August		
<i>Fri 7th</i>	Salt Cellar (Fairholmes)	6.8 miles
<i>Mon 24th</i>	Hairy Dog 6 (New Mills)	6 miles

2014 CHAMPIONSHIP - FINAL TABLE

Pos	Name	RACES																Total
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
1	Mark Ruston	57	56	-	55	59	56	59	58	59	57	59	59	59	59	58	57	586
2	Lucas Jones	59	-	-	53	57	57	58	57	-	-	-	58	60	60	57	60	583
3	Mark Whelan	54	51	52	51	56	-	53	54	55	54	57	-	57	55	54	-	549
4	Tracy Vernon	51	48	-	47	55	43	54	52	57	52	56	56	56	51	53	55	546
5	Christine Bowen	47	46	-	46	-	41	50	50	54	50	56	55	53	-	51	53	519
6	Steve Berry	-	-	-	45	54	42	52	51	-	53	-	-	54	52	-	50	453
7	Brian Holland	58	54	-	-	-	52	57	-	58	55	-	-	58	58	-	-	450
8	Ben Jay	55	52	54	50	-	48	55	55	-	-	-	-	-	-	-	-	369
9	Paul Hunt	53	50	50	-	-	45	-	53	-	-	-	-	-	54	-	56	361
10	Neil Pettie	-	60	60	60	-	-	-	60	-	60	-	-	-	-	60	-	360
11	James Hobson	-	-	58	57	60	58	-	59	-	58	-	-	-	-	-	-	350
12	Colin Allott	-	57	56	58	-	54	-	-	60	-	60	-	-	-	-	-	345
13	Alex Elsworth	-	58	-	59	-	59	60	-	-	-	-	60	-	-	-	-	296
14	Paul Oakley	60	59	-	-	-	55	-	-	-	59	-	-	-	-	-	59	292
15	Helen Gray	-	43	-	-	-	40	-	-	53	-	-	54	-	47	-	51	288
16	Lee Grant	-	55	53	56	-	-	-	56	-	-	-	57	-	-	-	-	277
17	Rebecca Glen	-	-	-	-	-	44	-	-	56	51	-	-	-	49	-	54	254
18	Austin Boam	52	49	51	49	-	47	-	-	-	-	-	-	-	-	-	-	248
19	Moirra Hunt	50	47	-	-	-	-	51	-	-	-	-	-	-	48	-	49	245
20	Jonathan Hull	-	-	-	54	58	53	-	-	-	-	-	-	-	-	-	-	165
21	Clare Griffin	-	-	55	-	-	50	-	-	-	-	-	-	-	-	56	-	161
22	Wayne Grant	49	45	-	-	-	-	-	-	-	-	-	-	-	53	-	-	147
23	Sue Holland	48	44	-	-	-	-	49	-	-	-	-	-	-	-	-	-	141
24	Adrian West-Samuel	-	-	59	-	-	-	-	-	-	-	-	-	-	-	59	-	118
25	Katy Thornhill	-	-	-	-	-	-	-	-	-	-	-	-	-	56	55	-	111
26	Barnaby Gordon	56	53	-	-	-	-	-	-	-	-	-	-	-	-	-	-	109
27	Roy Whittle	-	-	-	52	-	-	56	-	-	-	-	-	-	-	-	-	108
28	Steve Hennessey	-	-	48	-	-	-	-	-	-	-	58	-	-	-	-	-	106
29	Raj Maharjan	-	-	-	-	53	49	-	-	-	-	-	-	-	-	-	-	102
30	Linette Ruston	46	-	-	-	-	-	-	-	-	-	-	-	-	-	-	52	98
31	Sarah Bull	-	-	49	48	-	-	-	-	-	-	-	-	-	-	-	-	97
32	Pete Woodhead	-	-	-	-	-	60	-	-	-	-	-	-	-	-	-	-	60
33	Kieran Smallbone	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	58	58
34	Kevin Douglas	-	-	57	-	-	-	-	-	-	-	-	-	-	-	-	-	57
35	Phil Anderson	-	-	-	-	-	-	-	-	-	-	-	-	-	57	-	-	57
36	Kevin Day	-	-	-	-	-	-	-	-	-	56	-	-	-	-	-	-	56
37	Vickie Heathcote	-	-	-	-	-	-	-	-	-	-	-	-	55	-	-	-	55
38	Kaye Berry	-	-	-	-	-	-	-	-	-	-	-	-	52	-	-	-	52
39	Carolyn Whittle	-	-	-	-	-	-	-	-	-	-	-	-	-	-	52	-	52
40	Oliver Radford	-	-	-	-	-	51	-	-	-	-	-	-	-	-	-	-	51
41	Jenny Law	-	-	-	-	-	-	-	-	-	-	-	-	-	50	-	-	50

2014 CHAMPIONSHIP - FINAL TABLE (cont)

		RACES																
Pos.	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Total
42	Michael Abrahams	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	48	48
43	Stephen Sanders	-	-	-	-	-	46	-	-	-	-	-	-	-	-	-	-	46
44	Barbara Hills	-	-	-	44	-	-	-	-	-	-	-	-	-	-	-	-	44
45	Ruth Wilson	-	-	-	43	-	-	-	-	-	-	-	-	-	-	-	-	43
46	Joanne Hobson	-	-	-	-	-	39	-	-	-	-	-	-	-	-	-	-	39

2014 SUMMER FELL SERIES - FINAL TABLE

Pos	Name	1	2	3	4	5	6	7	Total
1	James Hobson	-	60	60	60	60	60	-	300
2	Colin Allott	60	-	59	-	59	57	59	294
3	Roy Whittle	59	0	57	59	-	58	55	288
4	Mark Whelan	57	59	55	-	58	56	51	285
5	Tracy Vernon	55	57	52	55	57	53	46	277
6	Christine Bowen	54	56	-	54	56	52	43	272
7	Stephen Sanders	56	-	53	58	-	55	50	272
8	Mary Jones	-	58	51	-	-	54	44	207
9	Helen Gray	-	55	49	-	-	51	-	155
10	Adrian West-Samuel	-	-	58	-	-	-	57	115
11	Rebecca Glen	-	-	-	56	-	-	47	103
12	Dave Bowen	-	-	-	57	-	-	45	102
13	Neil Pettie	-	-	-	-	-	-	60	60
14	Lee Grant	-	-	-	-	-	59	-	59
15	Chris Sanders	58	-	-	-	-	0	-	58
16	Matthew Sperrin	-	-	-	-	-	-	58	58
17	Raj Maharjan	-	-	56	-	-	-	-	56
18	Clare Griffin	-	-	-	-	-	-	56	56
19	Paul Hunt	-	-	54	-	-	0	-	54
20	Kieran Smallbone	-	-	-	-	-	-	54	54
21	Peter Davis	-	-	-	-	-	-	53	53
22	Jenny Law	-	-	-	-	-	-	52	52
23	Moiria Hunt	-	-	50	-	-	-	-	50
24	Sarah Bull	-	-	0	-	-	-	49	49
25	Carolyn Whittle	-	-	-	-	-	-	48	48
26	Paul Harris	-	-	0	-	-	-	42	42

2014 LADIES CHAMPIONSHIP - FINAL TABLE

		RACES																
Pos	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Total
1	Tracy Vernon	60	60	-	59	60	58	60	60	60	60	60	60	60	59	58	60	600
2	Christine Bowen	57	58	-	58	-	57	58	59	58	58	60	59	58	-	56	58	584
3	Helen Gray	-	56	-	-	-	56	-	-	57	-	-	58	-	55	-	56	338
4	Rebecca Glen	-	-	-	-	-	59	-	-	59	59	-	-	-	57	-	59	293
5	Moiria Hunt	59	59	-	-	-	-	59	-	-	-	-	-	-	56	-	55	288
6	Clare Griffin	-	-	60	-	-	60	-	-	-	-	-	-	-	-	60	-	180
7	Sue Holland	58	57	-	-	-	-	57	-	-	-	-	-	-	-	-	-	172
8	Sarah Bull	-	-	59	60	-	-	-	-	-	-	-	-	-	-	-	-	119
9	Katy Thornhill	-	-	-	-	-	-	-	-	-	-	-	-	-	60	59	-	119
10	Linette Ruston	56	-	-	-	-	-	-	-	-	-	-	-	-	-	-	57	113
11	Vickie Heathcote	-	-	-	-	-	-	-	-	-	-	-	-	59	-	-	-	59
12	Jenny Law	-	-	-	-	-	-	-	-	-	-	-	-	-	58	-	-	58
13	Barbara Hills	-	-	-	57	-	-	-	-	-	-	0	-	-	-	-	-	57
14	Kaye Berry	-	-	-	-	-	-	-	-	-	-	-	-	57	-	-	-	57
15	Carolyn Whittle	-	-	-	-	-	-	-	-	-	-	-	-	-	-	57	-	57
16	Ruth Wilson	-	-	-	56	-	-	-	-	-	-	-	-	-	-	-	-	56
17	Joanne Hobson	-	-	-	-	-	55	-	-	-	-	-	-	-	-	-	-	55

Fuel your run with birchermuesli - By Claire Elsworth

Birchermuesli is a tip top healthy breakfast providing good sustenance and nutrition ideal for long runs. It is quick and easy-peasy to prepare the night before so it's a good one for early morning sessions. Because the oats have been pre-soaked overnight you can eat and digest it quickly. Oats provide slow burning carbohydrate and along with the fruit give you fibre and help lower cholesterol. Nuts are rich omega-3 fatty acids, milk & yoghurt give you protein, and vitamins come from the fruit.

Ingredients:

Unsweetened muesli with fruit and nuts

Milk

Apple juice

Good grating of nutmeg (or ¼ tsp ground cinnamon or cardamom)

1 apple grated or chopped

Natural yoghurt

Runny honey

Toasted almonds (or nuts of your choice) and seeds

1. Pour muesli into bowl and pour over enough milk to cover it. Add a splash of apple juice (adjust the milk/apple juice depending on your taste)
2. Mix in the nutmeg.
3. Leave it in the fridge overnight or for a few hours.
4. Before eating in the morning grate/chop an apple into the muesli. You might need to add more liquid to loosen it up depending on how you like it. Add fresh fruit, almonds, seeds for some crunch and a dollop of yoghurt with a drizzle of honey.
5. Scoff, digest, run



2014 VETS CHAMPIONSHIP - FINAL TABLE

Pos	Name	RACES																
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Total
1	Lucas Jones	59	-	-	56	59	59	59	59	-	-	-	59	60	60	58	60	590
2	Mark Whelan	56	54	54	55	58	-	55	56	58	56	59	-	58	56	55	-	567
3	Tracy Vernon	53	51	-	52	57	49	56	53	59	54	58	57	57	53	54	57	562
4	Christine Bowen	49	49	-	51	-	47	52	51	57	53	58	56	54	-	52	56	540
5	Steven Berry	-	-	-	50	56	48	54	52	-	55	-	-	55	54	-	54	478
6	Brian Holland	58	56	-	-	-	56	58	-	60	57	-	-	59	59	-	-	463
7	Ben Jay	57	55	56	54	-	53	57	57	-	-	-	-	-	-	-	-	389
8	Paul Hunt	55	53	52	-	-	50	-	54	-	-	-	-	-	55	-	58	377
9	Neil Pettie	-	60	60	60	-	-	-	60	-	60	-	-	-	-	60	-	360
10	Helen Gray	-	46	-	-	-	46	-	-	56	-	-	55	-	50	-	55	308
11	Alex Elsworth	-	58	-	59	-	60	60	-	-	-	-	60	-	-	-	-	297
12	Paul Oakley	60	59	-	-	-	58	-	-	-	59	-	-	-	-	-	59	295
13	Lee Grant	-	57	55	58	-	-	-	58	-	-	-	58	-	-	-	-	286
14	Austin Boam	54	52	53	53	-	52	-	-	-	-	-	-	-	-	-	-	264
15	Moiria Hunt	52	50	-	-	-	-	53	-	-	-	-	-	-	51	-	53	259
16	Jonathan Hull	-	-	-	57	60	57	-	-	-	-	-	-	-	-	-	-	174
17	Clare Griffin	-	-	57	-	-	55	-	-	-	-	-	-	-	-	57	-	169
18	Sue Holland	50	47	-	-	-	-	51	-	-	-	-	-	-	-	-	-	148
19	Adrian West Samuel	-	-	59	-	-	-	-	-	-	-	-	-	-	-	59	-	118
20	Katy Thornhill	-	-	-	-	-	-	-	-	-	-	-	-	-	57	56	-	113
21	Steve Hennessey	-	-	51	-	-	-	-	-	-	-	60	-	-	-	-	-	111
22	Raj Maharjan	-	-	-	-	55	54	-	-	-	-	-	-	-	-	-	-	109
23	Kevin Day	-	-	-	-	-	-	-	-	-	58	-	-	-	-	-	-	58
24	Kevin Douglas	-	-	58	-	-	-	-	-	-	-	-	-	-	-	-	-	58
25	Phil Anderson	-	-	-	-	-	-	-	-	-	-	-	-	-	58	-	-	58
26	Vickie Heathcote	-	-	-	-	-	-	-	-	-	-	-	-	56	-	-	-	56
27	Kaye Berry	-	-	-	-	-	-	-	-	-	-	-	-	53	-	-	-	53
28	Carolyn Whittle	-	-	-	-	-	-	-	-	-	-	-	-	-	-	53	-	53
29	Jenny Law	-	-	-	-	-	-	-	-	-	-	-	-	-	52	-	-	52
30	Michael Abrahams	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	52	52
31	Stephen Sanders	-	-	-	-	-	51	-	-	-	-	-	-	-	-	-	-	51
32	Barbara Hills	-	-	-	49	-	-	-	-	-	-	-	-	-	-	-	-	49
33	Ruth Wilson	-	-	-	48	-	-	-	-	-	-	0	-	-	-	-	-	48

Club Championships 2015 - so far

The championships got off to a shaky start with the weather conspiring against us! Four of the five January Lyme Park parkruns were cancelled - plus another in February. Hopefully the extension to the end of March will allow more of us to take part and many of us to improve our times.

Best times recorded as of 1st March are:

Neil Pettie	20:20
Matthew Sperrin	21:24
Paul Oakley	21:25
James Hobson	21:27
Trevor Hindle	22:29
Aidan Grant	22:44
Adrian West-Samuel	23:08
Kieran Smallbone	23:19
Anthony Rodgers	23:28
Brian Holland	23:43
Steve Hennessey	24:08
Kevin Day	24:12
Roy Whittle	24:40
Katy Thornhill	25:25
Rebecca Glen	25:27
Carolyn Whittle	26:08
Mary Jones	26:46
Matthew Simon	27:42
Tracy Vernon	27:59
Linette Ruston	28:18
Stephen Sanders	29:01
Helen Gray	29:22
Chris Tetley	30:17
Vickie Heathcote	30:41
Claire Elsworth	32:09
Emily Newton	34:22
Hannah Thompson	34:44
Peter Fotheringham	34:46
Sheila Smith	35:33
Joanne Hobson	36:12
Helen Fotheringham	36:16
Helen Parry	38:06

Still plenty of time for this to change!

There was a fantastic GVS turnout at the Stockport Trail Half Marathon. Not the most exciting of routes but a great race nonetheless – well done everyone!

1 Dave Ardern	01:26:08
2 Alex Elsworth	01:30:02
3 Mark Ruston	01:32:28
4 Aidan Grant	01:42:48
5 Ben Jay	01:44:12
6 Raj Maharjan	01:44:56
7 Mark Whelan	01:47:18
8 Mary Jones	01:47:30
9 Rebecca Glen	01:47:39
10 Anna Aspinall	01:51:06
11 Tracy Vernon	01:51:29
12 Wayne Grant	01:55:19
13 Helen Gray	01:59:34
14 Lesley Sutton	02:01:34
15 Claire Elsworth	02:02:12
16 Christine Bowen	02:03:08
17 Sarah Bowen	02:03:24
18 Vickie Heathcote	02:05:28
19 Linette Ruston	02:10:35
20 Steve Berry	02:12:01
21 Chris Tetley	02:14:27
22 Sheila Rae	02:28:03
23 Carol Chappell	02:29:00
24 Hannah Thompson	02:30:31
25 Peter Fotheringham	02:45:15

The first championship tables will be published at the end of March.

With Oldham Half and Sheffield 10K turning out to be on the same day in 2015, I have had to make some changes to the championship races.

Stockport 10K (for which there is still no information available) and Sheffield 10K have therefore been replaced with Gawsorth 10K and Langley 7. Hopefully there will be no need for further alterations! Please note that some events are pre-entry and will fill up early. Remember you need to do at least 1 race of each distance (short, medium and long) and at least 1 on each terrain (fell, road and trail).

Rebecca

(Advertisement)

Hair and Beauty the Goyt Valley Way

We all know the health and fitness benefits that running can bring but did you know that regular outings with Goyt Valley can offer you a range of top-quality hair and beauty spa treatments at NO cost?

Hair Styling:

Vidal Sassoon? John Frieda? No way! At Goyt Valley we have no need for expensive and time-consuming hair-dressing and small talk in salons. Our styles are created by the very forces of nature.

For Ladies: A range of unique styles suitable for lady runners including:

- The witch
- The madwoman
- Birds nest

For men: A selection of the latest fast-moving fashion styles:

- The tramp
- Ross Kemp
- Slept in the car

Unisex:

- Drowned rat
- Hat hair



Beauty Treatment

Facials: Enhance your natural glow with the Derbyshire facial. One hour up Shining Tor in pelting hail and sleet will bring a glow to even the most tired of skins.

Pedicure: Derbyshire mud has extensive rejuvenating and skin-softening properties thanks to the natural peat acids. Simply spend a morning up Coombs Tor and let nature treat your feet whilst you enjoy a relaxing run!

Spa mud bath: Too busy to book into a spa? Falling into a bog near Pym Chair could be the solution. You will receive all of the benefits of a top salon treatment whilst amusing your pals at the same time.

Holistic Therapies

Mind, body and spirit are all uplifted with our unique chafing therapy. Based upon the techniques of scourging used by holy penitents through the ages, we have developed a simple method to gain the benefits of this system without stopping running. Simply choose some ill-fitting and over-tight shorts or undies and go for a run in damp or humid conditions. Your spirit will be lifted to a higher plane as you try to endure the unique sensations without crying.

Helen Gray



Mad-Women's Adventures

(or the 150+ club)

Just before the AGM and awards evening, Helen Gray remarked to Tracy and I that the 1st, 2nd and 3rd placed ladies in the club championship had a combined age of over 150. In fact it's nearer 160! So this got me thinking about the year and the adventures we have had.

2014 was the first year that I had managed to do enough races for the championship. Why was this? Well, lack of confidence mainly with a few injuries and illnesses thrown in! I used to feel sick at the thought of races but it is possible to overcome this, eventually. The great thing is that Tracy is always up for anything and she always texts me with arrangements for reeves, transport to races etc so I can't get out of it. Looking back though we have had great fun and some fantastic runs.

Last January, I decided to do everything I could in the Championship and the Summer Series. I put everything in the calendar and began with the Alsager Five. The next race in the championship was the

Edale Skyline which I wasn't fit enough for or confident enough about so Tracy, Sally and I went to watch near Win Hill. I would like to be able to do that in 2015, I thought at the time.

Early on in 2015 Tracy asked me to do a reeve of the Grindleford Gallop with her. "How much of it?" I asked. Of course she was planning on doing it all. I hadn't run 20 miles for ages but we did it of although we took the valley way back from Baslow as it was a very windy day. We had a run in with a dog but apart from that all went well.

Soon after we ran from Hope back to Whaley – quite a long way the morning after a climbing club dinner that I'd been to the night before in Hope.

One day, we did a reeve of Passing Clouds on which we had another dog incident. There is a part that crosses private land and we had to avoid this bit. A farmer told us we could go through his farmyard but his collie did not agree! We then ended up in the worse marsh imaginable. On the race day we had much better route choices and I was pleased with my result.

In the summer Tracy was training for the Bullock Smithy so we did some longer runs together although I didn't do more than 20 miles with her. One day in August in awful weather we did the Edale Skyline route. We started at Mam Nick and did Brown Knoll first therefore being on the second half when we approached Jaggar's



Clough. I was so worried about going down it by accident that we continued too far north and ended up at Mad Women's Stones. How apt!. Hence the title of this article. We did the route which was tough as I had only come back from Kenya a few days before. I thought the extra red blood cells from the altitude would help but getting up Lose Hill seemed harder than the summit of Mount Kenya!

Tracy did the Bullock Smithy in a very good time in September but the following weekend was the Peris Half Horseshoe. Now I got my own back for all the times she had persuaded me to do things out of my comfort zone. I said I would run with her as I am more familiar with mountain

terrain and knew the area. It was tough, really tough. 4000+ feet climbing in 8 miles and some very steep ground. Poor Tracy was still exhausted from the Bullock and the climbing was really hard for her. As we did the

final descent Tracy got paler and paler and as we reached the finish I was really worried about her. Fortunately some orangeade from the Pen-y-pass youth hostel soon sorted her out and she lived to tell the tale.

The Roaches was the final race last year that I had concerns about as I hate crossing rivers but we organised a reeve. The river to be very low at the time! But it gave me the necessary confidence for the real thing which I enjoyed and the river wasn't much deeper, honest!

So what about 2015. Well I am going to races that I want to do this year as well as some of those in the championship. I am glad we don't have to do so many to qualify this year so I can do other things as well. I have done some navigation handicap races with Pennine recently. I have quite a good

handicap but unfortunately this means setting off first with no one in sight to follow and no mudclaw marks in the peat to follow either. I did very well in the one from Kettleshulme as local knowledge was very useful. This has made me more confident in my navigation leading me to enter the Kinder Trial. Again Tracy and I said we would run together and had a good day out in very snowy conditions. Hard work at the start breaking trail with an early start time but by the end there was a trench through the snow to follow!

Recently we have again increased our mileage as we are training for the Fellsman. Tracy says I need to do a couple of 30 mil-

ers to prepare for something like the Fellsman. (Note to editor – I can feel another article coming on!). So yesterday we did an extended Edale Skyline starting at Peep O'Day, running to Edale and then starting the



route. We were out for 9 hours and did about 29 miles. It was a challenge; Lose Hill was just as hard as last summer but we kept going and we didn't venture near Mad Woman's Stones this time. I feel a bit tired today but I am less stiff than I was after the Stockport Trail half marathon which I really did not like one bit!

We have places on the Skyline in March and I might not make the cut-off – we certainly didn't yesterday – but I am giving it a go and I'll just have to push harder on Lose Hill.

This is a flavour of my year and I hope it inspires more people to do the championship. You don't need great talent just determination, someone to push you a bit perhaps and a bit of luck to keep injury free.

Chris Bowen

Confessions of a bottle blonde runner

By Claire Elsworth

RUNNING is often a bit of an adventure and over the years I seem to have accumulated several amusing incidents that I would like to share with you ranging from downright hilarious to a bit scary.

Getting lost on Lambs Longer leg:

This was some years ago now, but for those who don't know this epic story here it is. It was the first race of the season, only 3 miles, what could possibly go wrong? In hindsight I should have recced it first but then I would have known just how gruesome this race is and wouldn't have attempted it. I didn't know those hills and couldn't find a race map online to enlighten me but that's what marshals and a well-marked course are for, right? Wrong. For a start most of the marshals didn't turn up. Then there was another race going on at the same time which confused the arrows.

Anyway after seeing Mary Jones lead half the field up Mount Famine and, upon realising her error, back down again, I assumed I couldn't possibly be as far ahead as Mary so I blindly followed the person in front and turned right. We diligently carried on and it wasn't until sometime later that the sensation of déjà vu dawned upon us & we realised that maybe we'd been here before. We discussed where we had gone wrong and how we might sort out this fine mess. Eventually accepted we were lost and ended up knocking on the door of a farm

to ask where we were and how we could get back to the Lamb Inn.

We ended up going via Hayfield which is only a teeny bit off route – honest. Our total mileage was estimated at 8 miles. A very concerned Mary and Matt found us running up the bypass long after the race had finished.

Being slow is good:

One advantage of being towards the back of the field in a race is that if you do something embarrassing like, say, falling off a small foot bridge, then no one will be there to laugh at you. No-one would fall off a bridge in a race though, would they? I was at the back of Goyts Moss fell race so no one saw when I fell off a bridge.

Angry cows on Eccles Pike:

During a Saturday morning run we had already seen a herd of cows chase a frightened horse and rider downhill through a field but for some unknown reason someone suggested it would be ok and we carried on through said field. I had my doubts and ran close to a wall in case I needed to scale it at short notice. The cows were obviously waiting for the right moment when we were the optimum distance from the gate as that was when they charged. I have never seen Helen Parry sprint so fast in my life. Luckily we all made it to the gate in time!

A load of bullocks:

One sunny day I stopped to admire the view from the top of a big A-frame stile on Whiteleas Road, Taxal. When I turned

to climb down I discovered that a herd of cheeky young bullocks had silently sneaked up on me and surrounded the stile. I had wondered where all the cowpats on Taxal Edge originated from as I had never seen any bovines up there before.

After a while they didn't seem to be moving on so I tried asking them nicely to move (sorry). I waved my arms up and down trying to make myself look big and scary (at my height I should have known better). I shooed them, I shouted at them, I'm sorry to say I did swear at them too but nope, those bullocks just wouldn't budge. By now they were mooing at me and probably plotting something terrible involving cowpats.

I contemplated trying to leg it but reckoned my chances of outrunning a herd of young bullocks was pretty slim. No one else was around and I had no phone so I couldn't be a girlie wimp and call Alex to rescue me. The field behind had some very big horses in and I didn't fancy being chased by them either. In the end I just waited for them to get bored of a deranged mad woman wittering on at them.

I was there for quite some time before eventually one sloped off and the rest followed like a bunch of sheep. I was probably being laughed at from the nearby farmhouse.

Getting spooked:

On a night-time Halloween run with a friend we dared each other to run through Taxal graveyard with our head torches turned off (this sounds a bit sad now). We stopped somewhere in the middle and told each other it wasn't even scary. This was our first mistake because the church bell suddenly DONGED and we jumped out of our skins and ran screaming for the exit. We never reached the exit. The church door swung open (probably due to the racket we were making) and after a brief explanation we got invited in by the Taxal

Bellringers who insisted we try bell ringing as they needed new members! Cue a hilariously bad lesson in bell ringing, the second mistake. We never went back for a second lesson.

Another Elsworth/Jones comedy moment:

We enjoyed the cake on the Grindleford Gallop at bit too much especially at Baslow. We sat down and tucked in and began chatting, as you do, over cake and a drink. It was about 20 minutes later we remembered we had a race to finish and a large hill or two to climb.

And finally my most recent incident: Losing my glasses in a muddy field.

I couldn't get any water out of my bladder tube so stopped to examine the problem, got a bit frustrated with it and then realised I hadn't opened the valve. Doh! I had a nice drink and then discovered I had knocked my glasses and an energy gel off the dry stone wall I'd put them on and into a muddy field. Curses!

There *was* a gate but it was really big (for a short person). Underneath was a big gap (for a short person) which I contemplated crawling under but didn't fancy getting covered in cow/sheep/horse/pig pong (I didn't stop to examine it closely). I found a handy branch and tried to reach my glasses but it just made matters worse by pushing them further into the mud.

"I'll just climb over the wall and get it" I thought, but sitting on top of the drystone wall I got a bit scared as: 1) I'm as blind as a bat without my specs and 2) There was a big drop (for a short, blind person) as the field sloped downwards with some spikey rocks. Gingerly I climbed down thinking I probably should listen to Alex when he is wittering on about climbing instead of just nodding. Eventually I retrieved the items, struggled back up, cleaned my glasses and continued the run which turned out to be my best half marathon time ever. Yay!

Two Years In Solitary Confinement

By Shaun Coram

It is the start of December 2012, a blistering cold, bleak and dark month. As I run the icy mist cuts into my face like tiny shards of glass. I don't want to be here. I don't want to be doing this. I am not enjoying the moment.

Each run I do, each time I go out, I just do not want to run. I know that every runner goes through this but I had really been struggling for most of 2012 and even in 2011 I had failed to enjoy consistent running or racing. I had not really took part in many club activities for over a year and after some serious self-reflection I decided that I would hang up my trainers and leave the club.

It was not that I had just ceased to enjoy running; there were other things at play in my life and I desperately needed time out on my own to find my own space. At the same time I also took a break from all my social activities including Facebook. I totally wiped out my existence in Twitter (I never got the point of that anyway) and I looked for a remote outpost on top of a hill to hide in for a while but an old man with a long grey beard shooed me away. So finally I came home and decided just to eat cake and drink grogs of ale instead!

Christmas came and went and I needed new challenges to stop this descent into slothfulness. I joined my company's "Cycle2work" scheme and bought a relatively cheap road bike from Halfords. It was the first time I had cycled on a road bike since I was a teenager and on my first trip out I descended rather quickly down a hill into New Mills. I had not really checked the brakes and the bike had no give in it, unlike a mountain bike which has suspension. The main road was rapidly coming in sight at the bottom of the hill. I gripped the brakes, changed gears frantically, the chain came off and I swerved from side to side. I had to stick one of my legs out to bring the bike to a skidding halt. The rest of the seven mile outing went without incident, however as I was cycling at 10mph up and down Strines Road there was not much that could go wrong! In

fact I am sure runners overtook me at one point.

Over the next few days I decided to use the bike for what it was purchased for; that was to cycle to work. I got used to cycling pretty quick and found that the fell running had put me in good stead for hill climbing. It wasn't long before I was cycling home but taking 20 mile diversions over hills as my new found love of cycling increased. I did find it ironic though that even though I was a fell runner I preferred road cycling to mountain biking. I did have a little bash at mountain bikes but for the life of me couldn't understand why I would want to pound away trying to get up rocky hills slower than I could run!

After a few months of cycling I decided to do the C2C (Whitehaven to Sunderland). I upped my training for this and cycled a lot more than I was running. My trainers were gathering dust in the shed and I was utilising my running vests as base layers as I cycled to work on the cold and dark mornings.

The C2C challenge came and the route was laden with big climbs. I can remember the Hartside Cafe climb lasting forever before dropping into a lovely village called Alston. I was much better at climbing than I was at the descent (the opposite can be said of my running skills). I think I managed about 35mph before I had to squeeze the brakes with fear (my knuckles were white). A fellow cyclist remarked on how much brake dust I had accumulated on my chain set and he also remarked also that it may be prudent to actually clean my bike and oil the chain-set every now and again. Damnations and sprinkles! I knew there was something I was meant to do. I put a Bike maintenance Book on my Christmas list! I had not cleaned it for eight months, I mean, how hard could it be? Apparently it was about three hours with a scrubbing brush, another hour having to work out how to replace my worn brake pads and another five minutes watching a 'Evans' Cycle Video on You Tube on where to oil. Finally I got the bike all shiny and new looking and after all that effort I put the bike

in the shed and it didn't come back out until 2013.

The week before Christmas 2013 I decided to dust off my under-utilised running shoes and go and post a few local Christmas cards. It was a cold but very clear day and I ended up in Hayfield wanting to run a little further. That little further ended up with me running up Sandy Hey's onto Kinder Scout. I ended up doing over thirteen miles mainly supported by the cycling training I had done. Although this did not entice me straight right back into running for 2014 although it did give me some confidence and the zest to get out a little more the following year.

New Year, 2014. New Challenges were set as always. I wanted to do the Fred Whitton cycle challenge and I was also going to do the Blackpool cycle ride. My training set off quite well and I was throwing the odd run in motivated by an application that everyone seemed to use called 'Strava' recommended by Katy Thornhill whom had told me that It is addictive and it will get me running fast again. It certainly did that! I was aiming to beat segments and my times, distances and climbs on both my running and cycling jaunts. I found this enough motivation for 2014 to keep me at some sort of level of fitness. However, in March 2014 I came down with a bad virus that I just could not shake off for months. My training just came to an abrupt halt and there was nothing I could do about it. I cried off doing the cycle challenges I had set to do.

After selling my trusty 'Carrero' bike I bought a carbon fibre 'GIANT' bike and decided that this one would be given the love and attention that my previous bike pined for. My maiden voyage was indeed excellent and I soon established some good miles on my new steed. (Which I named 'Madame Mercury'). I swapped the normal pedals and gave the clip pedals a try. Though the pedals were double sided with a normal platform just in case I couldn't get the hang of it. I did, however become quickly used to it and only fell off twice (up to now). I purchased some new cycle tops and shorts just to look the part and enjoyed on and off cycling for pleasure rather than training for the rest of 2014.

My running days were re-ignited when Sarah Bull dragged me out running again. My first run was about five miles and steady but we did

a few speed sessions and I quickly got back into the hang of it again. I was talked into doing the Cracken Edge Fell Race which was always one of my favourites. I was very nervous prior to the race and felt like a beginner all over again. Unlike other races I had done previous I felt no pressure on myself to perform. I had thought about returning to racing for a few months and come to the conclusion that what had deterred me racing for the last two years was the benchmarking against other people, the in-racing and expectations from not only other people but myself. I decided that my outlook with racing will be to train my best to do my best but most of all to enjoy the run and soak up the atmosphere and the social element of racing. This outlook combined with meeting some of the old Striders made for a very enjoyable night. I was no-where near what my previous times had been on this race but it was one of my best 'Cracken' races to date. After this race I enjoyed a few beers and talked to Mark Whelan and decided that in 2015 I would return to running and the GVS Club; if only just to cheese everyone off with my articles and stories!

Coming to the end of 2014, my running was back on track and I had managed to run the furthest I had run in one go for about four years (15 miles) and the fastest 10k I had done for a few years. I am still cycling (though not in ice or severe rain after I skidded and lost control down a hill and nearly ending up furnishing someone's bonnet). I have also started indoor swimming doing breast stroke because I can not do front crawl. I have joined a gym to build up some core strength and all said and done 2014 finished on a high and positive note.

So now it comes to 2015 and now as a new member of GVS I am looking at setting more challenges for the year ahead and even 2016 (When I turn 50!). I would still like to do the Fred Whitton bike challenge as well as some running ones. I want to get another race season under my belt and even try and get a few Pbs though, more importantly, to enjoy my racing. I would like to learn the front crawl and to swim in open water. My ultimate aim would be to do a Triathlon in 2016; maybe even the Slateman. But, hey ho, I will see what comes my way. Sometimes the best challenges come from spontaneity and ideas from other people.

