

# *The Strider*



January  
2013

**Newsletter of the Goyt Valley Striders**

**This edition:**

25th Anniversary Info

Dusk Till Dawn Ultra

The Roaches

Lad's Leap

Plus More!





## Editor's Waffle

A smaller newsletter this month - everyone is obviously tired out from all the running and no longer have the strength to write/type.

Fair enough. I've even been forced to do a write-up myself this month - the gloriously muddy Lad's Leap fell race.

Thanks to Mick Wren (again) and Adrian West-Samuel for their contributions and to the ever-busy Philomena for all the info she has provided on this years 25th Anniversary Celebrations (amongst other things).

That just leaves me to say I hope you all had a good Christmas and New Year and are looking forward to 2013 with renewed vigour and enthusiasm! (I know - some of you never lost it!) See you at the AGM.

Steve Berry

Message from Philomena:

**Don't forget the**

**Whaley**

**Water Weekend**

**Where we raise club funds via the  
Tombolla stall**

This year it is on June 15th and 16th - please  
keep your diary free!

We desperately need any unwanted gifts,  
bric-a-brac, etc for the Tombolla as our  
cupboard is bare from last year!



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## Keep those stories coming!

Your contributions to the newsletter are vital.  
Please email your race reports, articles, photos,  
recipes, etc to the Editor  
[steve@steveberry.co.uk](mailto:steve@steveberry.co.uk)  
**Subject: GVS Newsletter**

# 2013 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 2013 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.

## Main, Ladies and Vets Championship Races:

1	Trail	06-Jan	Sun	<b>Hit the Trail 5</b>	S
2	Fell	27-Jan	Sun	<b>Tigger Tor</b>	M
3	Fell	03-Feb	Sun	<b>Lads Leap</b>	S
4	Trail	09-Mar	Sat	<b>Grindleford Gallop (full)</b>	L
5	Trail	18-Apr	Thu	<b>Mobberley Round the Runway Race</b>	M
6	Trail	23-May	Thu	<b>Goyt Valley 10K</b>	L
7	Fell	07-Jun	Fri	<b>Castleton</b>	S
8	Fell	23-Jun	Sun	<b>Kinder Trog</b>	L
9	Road	07-Jul	Sun	<b>Chesterfield Spire 10</b>	M
10	Trail	17-Jul	Wed	<b>Macclesfield Forest 5</b>	S
11	Fell	03-Aug	Sat	<b>Teggs Nose</b>	M
12	Road	11-Aug	Sun	<b>Great Warford 10</b>	M
13	Fell	13-Oct	Sun	<b>Windgather</b>	L
14	Fell	27-Oct	Sun	<b>Passing Clouds</b>	M
15	Road	23-Nov	Sat	<b>Cheddleton 10K</b>	M
16	Trail	15-Dec	Sun	<b>Xmas Cracker</b>	M

## Summer Series:

1	Fell	17-Apr	<b>Herod Farm</b>
2	Fell	08-May	<b>Rainow</b>
3	Fell	29-May	<b>Kettleshulme</b>
4	Fell	05-Jun	<b>Boars Head</b>
5	Fell	26-Jun	<b>Hope Wakes</b>
6	Fell	07-Aug	<b>Cracken Edge</b>

## Race Distances:

**S = Short**

**M = Medium**

**L = Long**



## 2012 CHAMPIONSHIP - FINAL STANDINGS

		RACES																
Pos.	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Total
1	Stephen Bull	59	58	60	59	60	-	59	57	60	56	59	-	-	-	-	-	587
2	Paul Hunt	55	35	-	53	-	57	51	53	55	51	56	-	60	-	-	60	551
3	Sarah Bull	52	52	-	48	54	-	50	52	54	53	58	59	-	-	-	-	532
4	Tracy Vernon	47	41	-	39	51	55	48	-	49	46	53	-	57	-	-	-	486
5	Moira Hunt	48	34	-	42	-	56	47	-	53	47	55	-	58	-	-	-	440
6	Peter Davis	-	59	-	56	-	58	57	59	-	58	-	58	-	-	-	-	405
7	Helen Gray	45	32	51	-	-	54	46	-	48	45	-	-	56	-	-	-	377
8	Chris Bowen	46	39	50	-	53	-	-	51	51	-	52	-	-	-	-	-	342
9	Nick Jefferson	60	60	-	-	-	-	-	-	59	59	-	60	-	-	-	-	298
10	Lee Grant	-	55	-	-	58	59	-	58	-	-	-	-	-	59	-	-	289
11	Philomena Smith	51	50	-	51	-	-	-	-	50	48	-	-	-	-	-	-	250
12	Steve Berry	53	33	-	36	-	-	-	-	-	52	54	-	-	-	-	-	228
13	Kevin Day	58	53	57	57	-	-	-	-	-	-	-	-	-	-	-	-	225
14	Dave Bowen	-	-	-	-	56	-	-	55	57	55	-	-	-	-	-	-	223
15	Sally Smith	56	54	55	48	-	-	-	-	-	-	-	-	-	-	-	-	213
16	Karl Smith	50	45	-	38	-	-	-	-	52	-	-	-	-	-	-	-	185
17	Neil Pettie	-	-	-	-	-	60	-	-	-	60	60	-	-	-	-	-	180
18	Rebecca Glen	-	40	-	40	-	-	49	-	-	50	-	-	-	-	-	-	179
19	Mark Eastman	-	-	-	-	59	-	58	-	-	-	-	-	-	60	-	-	177
20	Lucas Jones	-	-	58	-	57	-	-	-	58	-	-	-	-	-	-	-	173
21	Ben Jay	-	-	56	-	-	-	-	56	-	-	-	-	-	-	58	-	170
22	Anthony Rodgers	-	-	-	-	55	-	56	-	56	-	-	-	-	-	-	-	167
23	Austin Boam	-	56	-	52	-	-	55	-	-	-	-	-	-	-	-	-	163
24	Sue Holland	49	-	-	37	-	-	-	-	-	-	-	-	59	-	-	-	145
25	Matthew Simon	-	37	54	-	-	-	52	-	-	-	-	-	-	-	-	-	143
26	Kate Cartwright	54	38	-	45	-	-	-	-	-	-	-	-	-	-	-	-	137
27	Trevor Hindle	-	-	59	-	-	-	-	-	-	57	-	-	-	-	-	-	116
28	Clare Griffin	-	-	-	-	-	-	53	-	-	-	-	-	-	-	59	-	112
29	Katy Thornhill	-	-	-	54	-	-	-	-	-	-	-	-	-	-	57	-	111
30	Roy Whittle	-	51	-	-	-	-	-	-	-	-	-	-	-	58	-	-	109
31	Ian Waddell	-	48	-	55	-	-	-	-	-	-	-	-	-	-	-	-	103
32	Mike Hudson	57	43	-	-	-	-	-	-	-	-	-	-	-	-	-	-	100
33	Jenny Law	-	49	-	49	-	-	-	-	-	-	-	-	-	-	-	-	98
34	Kath Ward	-	44	-	50	-	-	-	-	-	-	-	-	-	-	-	-	94
35	Barbara Hills	-	-	49	-	-	-	45	-	-	-	-	-	-	-	-	-	94
36	Clare Barstow	-	46	-	44	-	-	-	-	-	-	-	-	-	-	-	-	90
37	Stephen Watts	-	29	-	-	-	-	-	-	-	-	-	-	-	-	60	-	89
38	Carole Hill	-	42	-	43	-	-	-	-	-	-	-	-	-	-	-	-	85
39	Tony Whittle	-	31	-	35	-	-	-	-	-	-	-	-	-	-	-	-	66
40	Andy Pead	-	-	-	60	-	-	-	-	-	-	-	-	-	-	-	-	60
41	Mark Richards	-	-	-	-	-	-	60	-	-	-	-	-	-	-	-	-	60
42	Pete Woodhead	-	-	-	-	-	-	-	60	-	-	-	-	-	-	-	-	60

## 2012 CHAMPIONSHIP - FINAL STANDINGS (cont)

Pos.	Name	RACES																Total
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
43	James Dean	-	-	-	58	-	-	-	-	-	-	-	-	-	-	-	-	58
44	Anne Cook	-	-	-	-	-	-	-	-	-	-	-	57	-	-	-	-	57
45	Mick Wren	-	57	-	-	-	-	-	-	-	-	-	-	-	-	-	-	57
46	Mark Whelan	-	-	-	-	-	-	-	-	-	-	57	-	-	-	-	-	57
47	Matthew Day	-	-	-	-	-	-	54	-	-	-	-	-	-	-	-	-	54
48	Hayley Lever	-	-	-	-	-	-	-	54	-	-	-	-	-	-	-	-	54
49	Carolyn Whittle	-	-	-	-	-	-	-	-	-	54	-	-	-	-	-	-	54
50	Catherine Jackson	-	-	53	-	-	-	-	-	-	-	-	-	-	-	-	-	53
51	Wayne Grant	-	-	-	-	52	-	-	-	-	-	-	-	-	-	-	-	52
52	Lesley Sutton	-	-	52	-	-	-	-	-	-	-	-	-	-	-	-	-	52
53	Mary Jones	-	-	-	-	-	-	-	-	-	49	-	-	-	-	-	-	49
54	Jo Lancaster	-	-	48	-	-	-	-	-	-	-	-	-	-	-	-	-	48
55	Lisa Harbord	-	47	-	-	-	-	-	-	-	-	-	-	-	-	-	-	47
56	Cindy Burton	-	-	47	-	-	-	-	-	-	-	-	-	-	-	-	-	47
57	Sarah Fogg	-	-	46	-	-	-	-	-	-	-	-	-	-	-	-	-	46
58	Fiona Humpherson	-	-	-	46	-	-	-	-	-	-	-	-	-	-	-	-	46
59	Kaye Berry	44	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	44
60	Matthew Scott	-	-	-	-	-	-	44	-	-	-	-	-	-	-	-	-	44
61	Emma Jane Eaton	-	-	-	-	-	-	43	-	-	-	-	-	-	-	-	-	43
62	Paul Smith	-	-	-	41	-	-	-	-	-	-	-	-	-	-	-	-	41
63	Sally Mitchell	-	36	-	-	-	-	-	-	-	-	-	-	-	-	-	-	36
64	Stephen Sanders	-	30	-	-	-	-	-	-	-	-	-	-	-	-	-	-	30
65	Melanie Watts	-	29	-	-	-	-	-	-	-	-	-	-	-	-	-	-	29

## The Lakeland Classics Trophy - Suggestion for 2013

Calling all interested Striders - Is there anyone else interested in doing some of the long category A Lakeland races in 2013?

Why not find a few of us and sort out some transport to do some of the best fell races there are! Top 3 times count for team results and can also be entered individually. Here's this year's details, for reference:

11th Lakeland Classics Trophy 2012: The Lakeland Classics Trophy recognises performance in a series of six classic Lakeland races. Perpetual mounted slate trophies are presented to First Male, Female and Team, and limited edition Bentham mugs are awarded to category winners.

**Super Long A:** Sat 02-06-12 Ennerdale Horseshoe; Sat 09-06-12 Duddon Valley; Sat 14-07-12 Wasdale; Sat 04-08-12 Borrowdale.

**Long A:** Sat 15-09-12 Three Shires; Sat 13-10-12 Langdale Horseshoe; Entry free.

Best 3 performances to count and runners must complete a minimum of 2 Super Long races plus any other of the six races. Points scoring based on finish times rather than positions.

Entry to Trophy free. Get in touch if you'd like to organise a team or come along/share transport to one of the Classics.

Cheers, Will (willis\_meredith@hotmail.com)

## 2012 LADIES CHAMPIONSHIP - FINAL STANDINGS

[illegible]

## 2012 VETS CHAMPIONSHIP - FINAL STANDINGS

[illegible]



## 2012 SUMMER FELL SERIES - FINAL STANDINGS

<b>1</b>	<b>James Dean</b>	<b>60</b>	<b>59</b>	<b>-</b>	<b>60</b>	<b>60</b>	<b>-</b>	<b>59</b>	<b>298</b>
<b>2</b>	Lucas Jones	56	58	-	52	59	-	56	281
<b>3</b>	Mark Eastman	-	-	60	59	-	59	58	236
<b>4</b>	Austin Boam	-	53	-	56	58	-	-	167
<b>5</b>	Ben Jay	55	54	-	-	-	-	54	163
<b>6</b>	Pete Woodhead	59	60	-	-	-	-	-	119
<b>7</b>	Peter Davis	-	-	59	58	-	-	-	117
<b>8</b>	Jonathan Hull	57	57	-	-	-	-	-	114
<b>9</b>	Lee Grant	-	56	-	57	-	-	-	113
<b>10</b>	Helen Gray	-	49	-	49	-	-	-	98
<b>11</b>	Carolyn Whittle	-	52	-	-	57	-	-	109
<b>12</b>	Clare Griffin	-	55	-	-	-	-	57	112
<b>13</b>	Philip Anderson	-	-	-	54	-	58	-	112
<b>14</b>	Alistair Fitzgerald	58	-	-	-	-	-	-	58
<b>15</b>	Anthony Rodgers	-	-	-	55	-	-	-	55
<b>16</b>	Matthew Simon	54	-	-	-	-	-	-	54
<b>17</b>	Sally Smith	53	-	-	-	-	-	-	53
<b>18</b>	Stephen Sanders	-	-	-	53	-	-	-	53
<b>19</b>	Wayne Grant	-	51	-	-	-	-	-	51
<b>20</b>	Rebecca Glen	-	-	-	51	-	-	-	51
<b>21</b>	Emma Jane Eaton	-	50	-	-	-	-	-	50
<b>22</b>	Carole Hill	-	-	-	50	-	-	-	50
<b>23</b>	Barbara Hills	-	48	-	-	-	-	-	48
<b>24</b>	Joanne Lancaster	-	47	-	-	-	-	-	47
<b>25</b>	Mark Richards	-	-	-	-	-	60	-	60
<b>26</b>	Nick Jefferson	-	-	-	-	-	-	60	60
<b>27</b>	Dave Bowen	-	-	-	-	-	-	55	55
<b>28</b>	Rik Griffin	-	-	-	-	-	-	53	53
<b>29</b>	Mark Jones	-	-	-	-	-	-	52	52

# GVS Birthday Race

Kevin Day is organising a birthday race for the club's 25th Anniversary next autumn and would like a few people to help him with staging the event.

If you would like to help, please see Kev or contact him:

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

Tel: (Mob) 07791573254, (Home) 01613689391



**A**s you know I am stepping down as Secretary of the club at this year's AGM.

At the last committee meeting we agreed a re-organisation of club roles to try and spread the work out a bit more. The new structure is detailed below. If you're interested in one of the roles please let me know before the AGM. Email me or post on the forum.

MARK WHELAN

- **Chairman**

Chairs meetings and has casting vote on any decision.

- **General Secretary**

Responsibility to arrange meetings, co-ordinate agenda, minutes etc. Oversee other roles and keep them in order!

- **Treasurer**

Looks after the club finances and is the main signatory to the club bank account

- **Fixtures Secretary**

Co-ordinates championship races, maintains results and chivvies race managers along!

- **Membership Secretary**

Processes memberships, maintains UKA database, looks to get best out of UKA membership

- **Junior Secretary**

All things juniors

- **Social Secretary**

Organises events etc.

- **Kit Manager**

Maintains stock and promotes kit to members

- **Newsletter Editor**

Produces and edits newsletter

- **Website/Facebook Manager**

Maintains website and Facebook account

- **2 Members Representatives**

Represents general membership views on the committee.

**Go on - you know you want to!**

# Dusk 'til Dawn Ultra

By Mick Wren

## or A Tale Of Five Head Torches

**F**or some reason this mainly mad event had an appeal to the mainly mad members of Goyt Valley Striders. We entered this event in droves making the largest single group in the event by a long shot.

The weather played its part resulting in competitors taking a variety of routes towards the end. To quote the event website:

*"The race began at 17:42 on 27th October. 51 people finished the course before severe weather caused the race to be abandoned at 07:15am on 28th October. All those removed from the course at mile 45 onwards were advised it was for their own safety. Beyond Marathon credit them with a Daylight Finish award. Alternate routes*

*to were offered to some participants during the event. These are detailed in the full results."*

The overall route is shown above. The event centre was Castleton Youth Hostel (the new

one in Lose Hill Hall) and the start was a few hundred yards away half way up the lane from Castleton to Hollins Cross.

After a dash up Lose hill it goes down to Hope, along the river to Castleton and up through Cave Dale. The route then drops south to cross the A623 above Peak Forest then down the lane toward Millers Dale along the Bullock Smithy route (with Checkpoint 1 halfway along the lane). In Millers Dale it is straight across the river then up the steep south side of the dale to Priestcliffe then along the road to cross the A6 at the Waterloo pub (whose welcoming lights were to dutifully ignore).

Along a track and a lane it picks up the Bullock Smithy route east of Chelmorton and follows this over the A515 to Earl Sterndale and Checkpoint 2. From Earl Sterndale it goes through someone's garden up onto the ridge above the quarries.

A series of fields and lanes takes the route past the Bux-

ton Raceway just beyond which it turns north across the firing range. A sharp left turn at Ladmanlow prevents the route from crashing into Buxton and take the runners over the A54 and eventually to the Cat & Fiddle (Checkpoint 3). It now enters true Goyt Valley Strid-





ers territory as it summits Shining Tor and drops down to Pym Chair, Windgather Rocks and Taxal Edge.

In Taxal it drops down to the river then up over the Whaley - Buxton road to Shallcross. Across the fields to come out just east of Tunstead Milton on the Whaley - Chapel road the



Windgather Rocks (c) Mick Wren

route then takes Milton Lane up to Eccles Road where it turns right towards the pike.

Just after the top of Eccles Pike the route leaves the road and drops down via the paths and road to Whitehough. From Whitehough it takes the road west of Chinley then towards Chinley up to the railway footbridge. From here it's over the railway then up the appropriately named Over Hill Road to the Chinley Churn path (and Checkpoint 4).

Up Chinley Churn to the 'big rock' then it's a drop down to cross the Hayfield road at the Lamb Inn and up onto the southbound Pennine Bridleway to come out on the Rushup Edge road. It's then over Rushup Edge, Mam Tor to Hollins Cross and then dropping down into Castleton village and along the road to the youth hostel and finish.

So that's the route, here's the tale of my Dusk 'til Dawn adventure. It started in a way which could only get better. I had to drive up 150 miles from the South. I guess I set off too late as I arrived late. I'd not had a very substantial lunch but brought a big tupperware full of tuna and pesto pasta for my tea. I managed to find a parking place at the youth hostel and arrive at the registra-

tion just as the race briefing started. Across the briefing room from the registration desk there was a large herd of Striders resplendent in their black Goyt Valley Strangers skeleton t-shirts made by Caz and Tony W (see below).

I had to miss the briefing (along with many route instructions and tips) as registration had decamped out into the corridor. I then went back to the car to get changed and eat but I was rapidly running out of time so didn't have much to eat. Not the best way to start an ultra. I caught the tail end of the competitors as they made their way to the start. Just as I got there I realised that I was still wearing my glasses so I ran back to the car to put in my contact lenses. I then ran back to the start and arrived with about 30 seconds to spare. Caz found me and gave me my Strangers t-shirt which I then put on top of my other clothes.

The weather was very cool but dry (at the moment) and forecast to get much colder. The climb up Lose hill soon warmed me up. I could have done without that extra layer just then.

I'd started at the back thanks to my rushing around and as I made my way through the bunch I started chatting to Karl only to realise it wasn't him! Embarrassing. I caught up with Paul H near the top and we dropped down into Hope together. On entering Hope we came across Phil just as she was sorting out a borrowed head torch after her's had failed to turn on. This was a theme to be repeated many times in the night.

Although it was past sunset it was still just light enough to see at this point. I didn't turn on my head torch until approaching Castleton. Our supporters were out in Castleton with

Tony in the square and Sarah B at the bottom of Cave Dale.

The next few miles we done in the company of Paul and Pete W (and his brother?) I pulled away on the decent into a dip just before the A623 and found myself on my own along the lane towards Millers Dale (apart from seeing Tony again and Checkpoint 1). We'd been provided with glow-sticks at registration. I found two en route along here so was well lit. As I approached





Wheston I could see another runner in front. I immediately recognised the way the bumbag was swishing around. It was Phil. I think she was onto her third head torch by now. We ran together through Miller's Dale and over the A6. Paul and Pete had caught up by now and we were all together as we moved onto the limestone track past Chelmorton.

Somewhere near where the Bullock Smithy's Chelmorton checkpoint is sited I caught up with a runner and realised it was Dave B. He wasn't enjoying himself on the hard track. I eventually moved away and found myself alone again as I crossed the A515. Half a mile on down the track past the end of the quarries I was approaching another runner when I realised it was Peter D. He wasn't particularly chuffed with the run either. The weather had turned very cold by now. We ran together and were joined by Paul and Pete again as the route took to the fields towards Earl Sterndale. After a minor navigation error in the fields we found the road and trotted into Checkpoint 2 in the village school house where Mark W was waiting for us.

It was in Checkpoint 2 that I had my only complaint about what was a generally very well organised event, especially for the inaugural running. There was soup and tea on offer but we were pretty much left to it and things became very cramped and chaotic. I managed to lose my gloves and misplace my buff but fortunately found them again. This was probably made worse by the fact that I was freezing and tired. I put on a spare layer here (my fourth). As usual I took ages in here while Paul and the others, who arrived a couple of minutes after me, did their business and were off.

As I made my way onto the ridge above the village I was saved from a climb over the fence by Steve H who came up behind me and put me back on track to the stile. Somewhere along here we regrouped with Pete W. At least I think we did ( I was tired by then). Approaching the Buxton Raceway Steve and I took to the road rather than the parallel run through the fields. Steve received a few calls along here from Mark regarding more problems Phil was having with her head torch (her fourth of the night). She was just in front of us so we met her on the firing range. As we approached her I found her head torch in the grass. She'd

accidentally dropped it. Fortunately I was carrying a spare head torch so I gave her that. This one managed not to fail and the batteries just lasted until Phil finished. Ironically the head torch I was using (a Petzyl Myo) has since failed (but managed to survive this event).

I was very cold and weary by now and struggled up the climb to the Cat & Fiddle (Checkpoint 3) where I grabbed something to eat and Colin from Buxton who was out supporting us and the Buxton runners (Mark F and Simon M) kindly filled up my bottle. I didn't hang around here as it was in the open.

I'd joined up with Steve and Phil again as we set off again. Just as we took the track towards Shining Tor from the road there was a small white box in the middle of the track. A voice from the box said something (I don't remember what) as we approached. I assumed it was a walkie-talkie device and someone was in a car nearby watching us approach it but apparently it was a device, triggered by a proximity sensor, placed there by the race organisers as a little joke. There was another one in the woods after Windgather but we didn't see that one.

It was bitter as we ran over Shining Tor and down the track/paths to Windgather. After Windgather Steve and Phil decided to take an alternative route which the organiser had said was fine during a previous recce. Instead of dropping down through the woods and past the farm to Taxal, we went straight on over the field after Windgather and dropped down off Taxal Ridge past Terry's Tree to Taxal.

On the climb up the road from the river crossing my tank drained to empty. My lack of proper meals during the day finally caught up with me. Sarah and Mark were in the layby waiting for us. Paul turned up just behind us. I believe he was in front of us at the Cat & Fiddle so we must have passed him on our alternative route. Sarah had some hot Vimto which went down very well but did little to pick me up. I lost contact with Paul, Steve and Phil on the climb to Shallcross as I struggled along on my empty tank. If I was still staying in Whaley Bridge I'm not sure I would have continued at this point as I was bone tired and cold. A few of our clubmates did drop out at the Taxal crossing unable to resist the warm baths and

beds just a few hundred yards away down the road.

At the bottom of the climb up to Eccles Pike I stopped and put on my final (and fifth) layer as I was getting even more cold due to going slower. I was passed by another runner as I was doing this. I then found him map reading at the top of the Eccles Pike road so we joined up and ended completing the run together. He went by the marvellous name of Madoc Batters.

For some reason I'd got it into my head that Steve B (Berry not Bull) would be at the top of the road complete with flask of hot drink. (Possibly because he said he would be?) I was really looking forward to that. Instead all I found was a navigationally challenged Madoc and a cold wet wind cutting through my five layers while Mr B was probably snoring under a nice cosy duvet. (*Errr. . . Yes. Exactly. Sorry - Ed*)

When we reached the railway footbridge in Chinley, Madoc said he'd been told by the marshal at the Taxal crossing to take the bad weather route along the road. He then rang the organisers to double check and they confirmed this. So, instead of going up Chinley Churn we took to the road and dropped down to Wash then up the long drag to the Chestnut Wildlife Centre. We took the main road up to the marshal at the start of Rushup Edge. Looking at the map later, the bad weather route actually crosses the road at the Chestnut centre and takes the track parallel to the main road.

On reaching the marshal point we were greeted by Sarah and Karl (who had dropped out at Taxal) with more hot Vimto. The marshals also had samosas which went down very well. We reached this point before Paul, Steve and Phil (along with Julian B who they'd met up with at some point) who would have been out on the Pennine Bridleway. We were advised to stick to the road from here (but the other's ignored this and finished via the original route). Still feeling drained I wasn't going to argue with them so we walked and jogged along the road. I decided to take the old closed road past Blue John and Treak cliff caverns rather than the quad killing Winnats Pass down into Castleton. Madoc followed suit. In the dark and wet the shattered road was quite surreal, like a scene from a disaster movie. It

took some finding in places as a section could be 20 feet above (or below) its neighbour. Eventually we reached the smoother tarmac and ran all the way into the youth hostel grounds. The slight incline up the hostel was too much for me so Madoc jogged off to finish 2 minutes in front of me. I finished in 11:12. The event centre was in a sort of lounge/dining/kitchen room in an annexe to the main building. When I went in I was surprised that it was almost empty. There was the organiser (busily pouring tea and making jacket potatoes), our own Andy P (who'd come a marvellous 6th in 10:30), Charlie Sharpe (the winner in 8:57) and Madoc. I was amazed to learn that I was 8th finisher (albeit via the bad weather route). I'd assumed there were dozens in front of me. Julian and Paul came in (via the high route) at 11:56 closely followed by Phil and Steve.

Overall, because of the various routes taken, the results a little meaningless apart from the fact that we'd completed a tough course in gruelling circumstances. I'd been given a hard reminder lesson about the need to get nutrition right. While I'd been freezing in my five layers Paul sailed round in two layers (a Helly and a t-shirt!) and only put his jacket on at Cracken Edge and Phil went round in shorts!

The general consensus seems to be that while it was a 'good' experience no-one is in a rush to do it again any time soon. But then we always say that after a tough event don't we?



A cold, wet and tired Mick



# The Roaches

**A Tale of hills, mud and slurry. Oh, and an extra 3-miles . . .**

**A**fter a summer of feeling awfully lethargic and having no motivation to race I was encouraged last autumn when the urge finally started to return.

Then one Tuesday night's run in November the talk turned to the forthcoming Sunday race at the Roaches and at that moment my sights were set on giving it a try as a way to test for full recovery. There was little time for further preparation but I was hoping that Greg's recent resurgence of the longer Sunday runs would get me round.

It turned out that participation was down on the previous year - the organisers put it down to a clash with another popular local run. But the addition of a 3 mile diversion (taking it to 18 in total), to prevent the spread of a fungal disease affecting bilberry shrubs, probably didn't help.

As a club championship race, however, I was expecting a good turnout of Striders. But little did I know that both titles had long been decided and so the desire to run this one was not shared by many others. I counted just one green and white vest on the start-line so my money was already on Katy T being the first Strider home!

It was cool and clear on the day, so ideal conditions for running. As a linear out-and-

back route this turned out to be a run of two very different halves: the first felt like the best fell race I'd ever done and the second was when it became ever more noticeable that it was also the furthest! It was a muddy affair too as the first mile, and therefore the last, went through a dairy farm. Looking back I don't recall seeing many cows about but there was certainly plenty of evidence of recent bovine activity –

if you get my drift! But I always think that you can never get too dirty on a fell race, which is a good job as after a few more miles I tripped and fell face first into a muddy puddle. Like me, the guy alongside found it extremely funny, but the girl with us at the time obviously wasn't out for laughs and continued without raising a smile – but then she did go on to get 2nd lady so can't really blame her.

The rest of the run was a mix of gritstone, bog and river crossing, with

a few climbs to help even out the field.

All-in-all a great route and a race I'd recommend. An important note to avoid disappointment: remember to take some extra money with you to registration as it's a 15 minute walk back to the car park and the recovery tea room has a great selection of cakes on offer.

**ADRIAN WEST-SAMUEL**



**CELEBRATING**  
**25**  
**Years**



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**At The Palace Hotel  
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**2013 is the Goyt Valley Striders'  
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Fantastic local band

# All or Nothing

Guaranteed to get you on your feet!

Tickets are strictly on a first-come, first-served basis  
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---

... and while I have your attention:

A quick reminder of our

**Coffee Morning**

Saturday, July 13th



I need your wonderful cakes and  
biscuits please!



Phil

# Lad's Leap

It was a bit grim . . .

Words: Steve Berry  
Pictures: Helen Grey

**S**o; 50 Shades of Grey (sorry Helen). What does it mean to you? Probably not the same as it meant to me on a cold, miserable February morning as I, and a few fellow GVSers stood shivering in the Camping and Caravan Club's Crowden site, just off the Woodhead Road.

It was going to be my first fell race for quite a while and, apparently, I'd picked a toughie. I knew it started with a long climb but try as I

might I couldn't see the top of the hill we were about to bust our lungs on. Low cloud was making for poor visibility and with my notorious sense of non-direction it was a bit worrying - even on a relatively short 5.9 miler.

It was difficult to judge the size of the field as we prepared for the off but it didn't seem to be very big - maybe less than 100 (?)

After the race-organiser's spiel we were off and out of the gate, across a track and off up that hill with no visible summit.

Actually, not being able to see how far we had to go to get to the top probably helped me as I've come

to realize that I'd really rather not know. It's the same on club training nights during the dark winter months; Dolly Lane seem to be easier to ascend if you can't



*LASS'S LEAP: Tracy Vernon on the edge.*



*INTO THE ABYSS: Chris Bowen has no time to talk . . .*



see very far. Maybe I should stop wearing my contact lenses. Hmm.

Anyway, that first ascent was tiring but not the lung-buster I'd feared.

No, the lung-busting parts were the heather-encrusted peat bogs that awaited us along the tops.

Now, I've done a bit of bog-trotting these past few years and the one thing consistent about them is that you're going to sink - usually up to your ankle, maybe up to your knees but reassured sinking is what you are going to do.

Not today. Skating was also a possibility as some of the bogs were still frozen.

Trouble was that a frozen bog looks *exactly* the same as an unfrozen bog and as the heather was usually too thick to negotiate you just had to hit the bog and see what happened.

A strength-sapping knee-deep plunge was what usually happened, but the alternative made for some rather comic moments.

It really was exhausting though up and down those small dips with a boggy-surprise in each one. 2 and a half miles in and I was feeling a bit knackered. The clagg wasn't lifting either but admiring the views was off the cards anyway.



*Mary has no time for chit-chat either . . .*



*WHICH WAY NOW? Shaun leads Paul and a bunch of strangers astray (probably)*

Although the course was marked with flags I realized I hadn't seen one for a while - blindly following

the guy in front of me. Never a good idea in these conditions. We stopped momentarily to get our bearings and the 5 guys behind me joined us. We all agreed we'd gone wrong somewhere as there was no bogs! Just heather - lots of it.

Just then I managed to make out the silhouettes of some runners ahead of us and passing from right to left. We set off on an intercept course and were soon back among the flags. Phew!

Then came our first descent and I went for it - remembering one of the reasons I got into fell running in the first place - Jumping, slipping, sliding, stretching out then slamming on the brakes, quick change of direction and back to striding again; try to keep upright, whoa! Bounce up and off a couple of larger rocks, back onto the mud again and get to the bottom as fast as you can. Great fun! I'm 12 years old again.

Managed to get past 4 or 5 runners who then quickly get past me again on the immediate uphill climb - but not too far past me as I take them all again on the final descent. A great morning's run out and as one runner put it as we surveyed the grey, dank weather on the starting line: "Well, it's better than being at the Trafford Centre". Amen.

## Goyt Valley Striders Membership Renewal Form

*This form is for existing members to renew their 2013 membership. Please complete as much information as possible as this enables the secretary to ensure records are up to date and contact details correct.*

*Do not use this form for new membership applications. A form for this can be found on the Goyt Valley Striders website.*

*If you prefer, you can email these details direct to the secretary. Please complete as much information as possible.*

Name:

Address:

Post Code:

Tel No.:

Email:

.....

Include all family members at the same address here, including yourself and children:

Name	DOB	Tick Level of Membership		
		Inc. UKA (£17.00)	Ex. UKA (£7.00)	2 <sup>nd</sup> Claim (£7.00)

Family membership is £34.00 affiliated and £14.00 unaffiliated

Complete names above and tick one of these boxes for family membership:

**Family Affiliated**

☐

**Family Unaffiliated**

☐