

# The Strider



July  
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 turn-out 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 . . .**



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## In This Issue

### Page

- 4 Secretary's Corner**
- 6 Championship Tables**
- 10 Burntwood Aquathon**
- 12 Kate says "Thanks!"**
- 14 Whaley Waltz Poem**
- 16 Jog 'n' Jacuzzi**
- 20 The Famous Five in Wales**
- 21 A Stroller's ABC**

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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



# 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 lose 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 Valley 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 your 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. Ron Hill kit, Saucony trainers and Walsh fell shoes are all available.

For more information please email [juniors@goytvalleystriders.org.uk](mailto: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	Wildboar-clough

## 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

Page 15



# 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	June 13	Fell
5	Hope Wakes	June 27	Fell
6	Goyt's Moss	July 25	Fell
7	Cracken Edge	August 1	Fell

## 2012 CHAMPIONSHIP

[illegible]

[illegible]



## 2012 LADIES CHAMPIONSHIP

[illegible]

		RACES																
Pos.	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Total
1	Paul Hunt	58	44	-	56	-	58	55	56	58	56	-	-	-	-	-	-	441
2	Tracy Vernon	51	49	-	47	56	56	54	-	53	53	-	-	-	-	-	-	419
3	Moirra Hunt	52	43	-	49	-	57	53	-	57	54	-	-	-	-	-	-	365
4	Peter Davis	-	60	-	58	-	59	59	60	-	60	-	-	-	-	-	-	356
5	Helen Gray	49	41	54	-	-	55	52	-	52	52	-	-	-	-	-	-	355
6	Chris Bowen	50	48	53	-	57	-	-	55	55	-	-	-	-	-	-	-	318
7	Philomena Smith	55	56	-	54	-	-	-	-	54	55	-	-	-	-	-	-	274
8	Lee Grant	-	58	-	-	60	60	-	59	-	-	-	-	-	-	-	-	237
9	Kevin Day	60	57	59	59	-	-	-	-	-	-	-	-	-	-	-	-	235
10	Dave Bowen	-	-	-	-	59	-	-	57	60	58	-	-	-	-	-	-	234
11	Karl Smith	54	53	-	46	-	-	-	-	56	-	-	-	-	-	-	-	209
12	Steve Berry	56	42	-	44	-	-	-	-	-	57	-	-	-	-	-	-	199
13	Anthony Rodgers	-	-	-	-	58	-	58	-	59	-	-	-	-	-	-	-	175
14	Matthew Simon	-	46	57	-	-	-	56	-	-	-	-	-	-	-	-	-	159
15	Kate Cartwright	57	47	-	51	-	-	-	-	-	-	-	-	-	-	-	-	155
16	Trevor Hindle	-	-	60	-	-	-	-	-	-	59	-	-	-	-	-	-	119
17	Ben Jay	-	-	58	-	-	-	-	58	-	-	-	-	-	-	-	-	116
18	Ian Waddell	-	55	-	57	-	-	-	-	-	-	-	-	-	-	-	-	112
19	Austin Boam	-	-	-	55	-	-	57	-	-	-	-	-	-	-	-	-	112
20	Mike Hudson	59	51	-	-	-	-	-	-	-	-	-	-	-	-	-	-	110
21	Kath Ward	-	52	-	53	-	-	-	-	-	-	-	-	-	-	-	-	105
22	Barbara Hills	-	-	52	-	-	-	51	-	-	-	-	-	-	-	-	-	103
23	Carole Hill	-	50	-	50	-	-	-	-	-	-	-	-	-	-	-	-	100
24	Sue Holland	53	-	-	45	-	-	-	-	-	-	-	-	-	-	-	-	98
25	Andy Pead	-	-	-	60	-	-	-	-	-	-	-	-	-	-	-	-	60
26	Mark Richards	-	-	-	-	-	-	60	-	-	-	-	-	-	-	-	-	60
27	Mick Wren	-	59	-	-	-	-	-	-	-	-	-	-	-	-	-	-	59
28	Catherine Jackson	-	-	56	-	-	-	-	-	-	-	-	-	-	-	-	-	56
29	Lesley Sutton	-	-	55	-	-	-	-	-	-	-	-	-	-	-	-	-	55
30	Lisa Harbord	-	54	-	-	-	-	-	-	-	-	-	-	-	-	-	-	54
31	Fiona Humpherson	-	-	-	52	-	-	-	-	-	-	-	-	-	-	-	-	52
32	Cindy Burton	-	-	51	-	-	-	-	-	-	-	-	-	-	-	-	-	51
33	Sarah Fogg	-	-	50	-	-	-	-	-	-	-	-	-	-	-	-	-	50
34	Kaye Berry	48	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	48
35	Paul Smith	-	-	-	48	-	-	-	-	-	-	-	-	-	-	-	-	48
36	Sally Mitchell	-	45	-	-	-	-	-	-	-	-	-	-	-	-	-	-	45
37	Stephen Sanders	-	40	-	-	-	-	-	-	-	-	-	-	-	-	-	-	40
38	Melanie Watts	-	39	-	-	-	-	-	-	-	-	-	-	-	-	-	-	39



## 2012 SUMMER FELL SERIES

Pos.	Name	1	2	3	4	5	6	7	Total
1	James Dean	60	59	-	60	60	-	-	239
2	Lucas Jones	56	58	-	52	59	-	-	225
3	Austin Boam	-	53	-	56	58	-	-	167
4	Pete Woodhead	59	60	-	-	-	-	-	119
5	Mark Eastman	-	-	60	59	-	-	-	119
6	Peter Davis	-	-	59	58	-	-	-	117
7	Jonathan Hull	57	57	-	-	-	-	-	114
8	Lee Grant	-	56	-	57	-	-	-	113
9	Ben Jay	55	54	-	-	-	-	-	109
10	Carolyn Whittle	-	52	-	-	57	-	-	109
11	Helen Gray	-	49	-	49	-	-	-	98
12	Alistair Fitzgerald	58	-	-	-	-	-	-	58
13	Clare Griffin	-	55	-	-	-	-	-	55
14	Anthony Rodgers	-	-	-	55	-	-	-	55
15	Matthew Simon	54	-	-	-	-	-	-	54
16	Philip Anderson	-	-	-	54	-	-	-	54
17	Sally Smith	53	-	-	-	-	-	-	53
18	Stephen Sanders	-	-	-	53	-	-	-	53
19	Wayne Grant	-	51	-	-	-	-	-	51
20	Rebecca Glen	-	-	-	51	-	-	-	51
21	Emma Jane Eaton	-	50	-	-	-	-	-	50
22	Carole Hill	-	-	-	50	-	-	-	50
23	Barbara Hills	-	48	-	-	-	-	-	48
24	Joanne Lancaster	-	47	-	-	-	-	-	47

# Top 10 running essentials

By Kate Cartwright

**R**ead any running magazine aimed at beginners and you'll find the well-worn piece of advice that all you need to start running is a pair of training shoes. Rubbish! Shoes might help, but as the resurgence of barefoot running and the popularity of minimalist shoes demonstrates, they aren't necessary.

Neither (and this point is aimed mainly at the girls) is a sports bra essential. It'll just be a lot more comfortable with one, than without. No, what I am talking about is the real top 10, the things you really can't do without. Forget your GPS watch, your isotonic supplements and your micro-fibre silver lined socks, these 10 are crucial.

These things are always done in reverse order and it would be rude to go against the convention, even though the order may be a bit dodgy, so here's my list of things you need to be a runner.

**10. Legs.** Now before you start yelling Pistorius at me, I didn't say what type of legs, did I? But you need them; two as a minimum but four may be better (as Jess and Skye frequently demonstrate).

**9. Lung.** Notice the use of the singular. Of course the norm is two and if you have a choice go for the norm. Don't economise here and look after them once you've got them home.

**8. A heart.** This one's pretty important for sending blood around the body and not having one would cause your heart rate monitor to give confusing data. Very importantly, it takes a lot of heart to run when it's raining and hailing on a pitch black January night.

**7. Sweat.** If we don't sweat when we run, we'll get hotter and hotter and then we'd overheat and explode. It would make a mess, and it wouldn't look pretty. (OK, the science behind this might be a bit dicky, but I'm not

going to try it out. I've just re-done the emulsion.)

**6. Clothes.** Technically it is possible to run without clothes and we have evidence that it may help you to become an Olympian. But it may result in arrest, frost-bitten bits, and ridicule.

**5. Washing Machine.** Follows on naturally from numbers 6 and 7.

**4. Food.** You don't eat enough, you're gonna die. I suggest that you don't cut it too fine. Eat most days, and eat to excess at least once a week, after all it has been statistically proven that a fat runner is *faster over all distances* than a dead runner.

**3. Surfaces.** We've all heard about concrete being really hard (doh!) and grass being nice and springy. Older runners will wax lyrical about the advantages of modern tracks over cinder ones. Forget all that, it doesn't matter which surface you run on. Try running with no surface at all! You'll soon see what I mean; let me know if you get anywhere.

**2. Reasons.** These could be as simple as you run because you enjoy it. Or as basic as you have to run to catch the antelope you need for your supper. However serious or lightweight your reason you won't run without it.

**1. Excuses.** Beginners learn these quickly; old hands have a ready stock for every race, season or competition. Used wisely they'll work time and again, but like overuse injuries you need to rest them from time to time. But never, ever, be without one.





# Introductions: Vickie Heathcote

I started running with the club in the Autumn of last year and my motivation was to really get to know the area (Whaley) that I had lived in for a couple of years – and a few more of it's people. Actually getting fitter wasn't even on my radar!

I chose running (as opposed to walking) because the website indicated that you meet in the same place every week (unlike the walking club) and, having a visual impairment, I don't drive - aren't you the lucky ones! I have 25% vision in my right eye to play with and that's pretty much it.

Anyway, on my first night I confess that I was nervous not only wondering whether I'd be able to keep up due to my fitness levels but also due to my eyesight limitation. I thought that my feet would probably be able to 'find their way' – but was more concerned about being wiped out by a low hanging branch (especially in the dark). I spoke to Jackie and felt that it was fair to explain that I had a visual impairment and she asked me if I could run. I said that I didn't know - but had run for the bus (usually in the wrong shoes with bags) – and did that count? What was encouraging for me was that she didn't make a big deal about it – after all, it was only a hobby.

Since that time, I have started running with the intermediate group as well as the social group on Sundays – and I really like it. Running around Whaley and the surrounding area has given me a new appreciation for the place that I live in (and how picturesque it is) as well as improved my fitness markedly. As for getting to know more people, that box has been ticked too. It does say on the website that it's a friendly club and that's absolutely true; moreover, as I've been huffing and puffing



alongside some of you or if you've had to wait for me, you've shown a generosity of spirit and under-stated reasoning that I wouldn't have imagined.

The reason that I'm writing this is not only to thank all the people that I run with, but also to let anyone know that I haven't told about my visual impairment (as its getting difficult to remember now who I've told) and this is an attempt to do so in one hit. It's important that you know because you might have to take it into account, for example, if you're driving by and see me, but I don't acknowledge you then you can understand why – and don't just think that I'm being aloof ; you can attribute things like that to my condition and not my character. So, in short, you'll see me before I see you - and if you don't then we're both in trouble!

Finally, I don't delude myself that I'm going to be a world-class athlete but I've got (and am continuing to get) everything out of the club that I wanted – and so much more.

Vickie Heathcote

# Going for Cold . . . . . . and wet - *very* wet

**F**ollowing Philomena's gentle (read forceful) persuasion I found myself entering Manchester marathon instead of the lovely, warm Brighton marathon – the things you do for a friend!

Following this (foolish) agreement, we spent the next 4 months training to see if I could finally achieve a sub 4 marathon. This was going to be my 5th and final marathon, with times ranging from 4.08.01 to 5.54.02 (don't ask!!) I was going for a sub-4hr.

Every weekend without fail we were out on the exciting canal, pacing ourselves, complaining, comparing injuries, discussing gels, how often to drink, stopping for calls of nature, making Karl go completely out of his way to meet us in Manchester, being chased by security men for climbing over fences, listening to Mark's words of wisdom as he cycled next to us and, ultimately, questioning why we were doing it and not having a lie-in. After four months of training I couldn't wait to get it over with!

When I woke up in the morning I had a sinking feeling that all that training for a sub-4hr was going out of the window because of the extreme gale force weather. I had to start to rethink about what I was going to wear and was very relieved I had bought a poncho in the poundshop the day before. That, together with my Helly Hansen and gloves, would have to be my chosen outfit together with the club top and green tutu! Not

## Manchester Marathon report by Sarah Bull

quite the shorts and T-shirt I had planned but hey ho.

Phil and I had discussed numerous times whether to run together; I knew this was her last marathon because she was getting too old (ha ha!) but I also knew that she was running this for her mum and it mattered to her more than she would ever let on. As well as this she had been plagued by a bad knee in training and was worried she wouldn't even finish. My concern wasn't helped by the fact that after our last run before the Marathon, Philomena decided to sit down in Sainsbury's and promptly couldn't move due to a frozen knee – mak-

ing us look like a ridiculous couple as I was trying to lift her and carry her out of the shop.

Collecting her race number on crutches was not the most reassuring thing either! As we made our way to the start line we ended up becoming separated, but I think we both knew we were real-

ly trying to lose each other so that we could run our own race and not blame each other afterwards.

I had walked to the start with super-speedy Sally who asked if I minded if she ran with me. Sally was easily on for a 3.45 but at the last minute decided she hadn't trained enough to do it comfortably (who does a marathon comfortably?) and just wanted a sub-4. I was reluc-





tant to agree as I am rubbish with mind-over-matter and didn't want the added pressure of holding someone off their target, so I agreed but said when I walked she had to leave me no questions asked - she (pretended to) agree and running together was the best decision I made. Sally however may not agree.

We started off really steady, chatting away as if we were on a club run, feeling completely normal in a green tutu and poncho – as you do! It was really good to see people you know run by you, such as Brian who was also sporting a very fetching tutu.

I felt really strong and quite happy to the half-way point and got there in 1.54 which I knew was quicker than when I did Brighton marathon, and I knew I felt better than I did then as well. Kate C was running near us as well for the majority of the time, although was perhaps not quite as happy as I am sure she said the f-word when we asked her how she was once or twice.

We had had some amazing support on the route, with people chanting our names and we felt like mini celebrities – I think a runner even checked to see if we were famous! We knew that we had GVS support at Dunham Massey and the sight of so many people we knew was really uplifting. By mile 16 I had managed sub-9 min miles all the way but thankfully at this point Sally had stopped telling me what we had to do for a 3.45. I had felt good, but by now my legs had started to feel heavy and cold, and the wind was starting to pick up again. I also had a few incidents with the water packets which were an excellent idea however I did nearly choke on them a few times and Sally had a slight incident with an unexpected double coffee shot gel which was quite amusing.

I know a lot of people had complained about the muddy bits but I loved them, it was nice not to be on tarmac and slightly softer ground. I figured I was that wet that running through puddles wouldn't make things any worse.



Between mile 16 and mile 20 I was up and down, there was less support and that's when you realise how much the support gets you through. I could feel myself start to flag but managed to talk myself round again, I could

see my splits were between 9.20 and 9.55 but I was still on course for a sub 4 after reaching 20 miles in 2.56. I felt mentally exhausted calculating how long I had, what was the worst case scenario for splits etc. By this point Sally and I were just grunting to each other and we had also lost Kate C.

From mile 20 – 22 I dug very, very deep, my hands by now were so, so cold. It was such a huge effort to get my gels out, mainly as I had no feeling in my hands at all and had to ask people for help – I just remember thinking what an incredibly stupid thing I was doing and never, ever, again. It really seemed like it would never end.

As we left mile 22 behind, I calculated that I could still do 10 min miles to finish in sub-4. I felt so much pressure that I might hold Sally back and I asked her to leave me as I attempted my first 10 second walk. She refused with rather expletive words about how we had stuck together and how completely fed up (insert rude word) I would be if I missed it by seconds and that I would have to try again next year!

I put my head down and carried on and then it dawned on me completely out of the blue that we were literally running past Amanda's house! Amanda was my beautiful best friend who I lost to lung cancer in 2008. It was because of her that I started running to raise money for charity and one of the reasons I joined GVS. When Stephen and I did our first London Marathon together, despite only having weeks to live and against Doctor's advice she came to London to cheer us on. Notably in that marathon I slipped on a bottle at the half-way point and Stephen carried on running oblivious to me being trampled, I later crossed the finish line a long time after him with both legs bandaged – I vowed never to race with

him again! Since that first marathon I had wanted to do a sub-4.

Before race day I had not even looked at the marathon route (as I think I was pretending that I was not actually running it) and so I didn't realise it would go past Amanda's road. Given that I was freezing cold, wet, tired and slightly unstable at this point it just took me off guard. It was very hard as the last time I had been on the route that the marathon was taking me we had been on the way to her funeral – sounds depressing (it was) however the thought of what she would say to me if she knew that I was considering walking to the end made me think I had to do it and I couldn't give up.

I picked up again (picked up 10 min mile ha-ha ha) and decided to just tick off the miles now. At 24 miles I was due to have a gel but I just didn't have the energy as it meant moving my hands which was not an option as I couldn't feel them. A random person from the crowd helped me get out some Lucozade tablets which Sally and I tried to eat and then I was chanting (like a mad nutter in a tutu) "I can do this, I can do this" – until I got to some bloody subway steps – what the !!!! 24.5 miles into a race and we had to go down some steps under the road and UP some steps – I just couldn't believe it. Having exercised such an enormous amount of energy getting up the steps (there was probably only 5; I can't even remember) I was so tired and fed up. At this point the headlong gale force wind helpfully thought it would pay a little visit which required hunched shoulders to get through it. Mile 24 took forever.

I can honestly say that the last few miles were, for me, the toughest miles I have ever, ever run. I stopped one more time and declared I just couldn't go on. Sally told me I had to; I had trained hard for this, I couldn't go home unless it was sub-4 and I would be so upset and just to keep going.

She was my rock; the last mile was the worst, tired, cold, no feelings in head, legs, hands – I

felt faint and had done since the steps and needed some energy but had no effort to get anything out of my pockets. When I realised we were nearly there I ran as fast as I could as I saw the clock was already at 3.59.00. I hadn't thought about the start mat delay and my hands were too cold to pull my sleeve up to look at my Garmin to see my time, I just saw a vision of a 4.00.01 finish and I was NOT having that! (My chip time was, in fact, 3.58.32).

I was completely delighted to see Phil waiting for me at the end as it meant she had finished in a fantastic time, and she was still walking. Stephen had also had a fantastic run, smashing his previous times.

For me it was a 5- year sub-4 dream come true; that dream inadvertently started by Amanda's illness and finished by me running past her street on the day that I achieved it, as if it was meant to be.

I left my first marathon medal on Amanda's grave and I will leave this one there too, as the thought of her got me through it.

It was because of her that I joined GVS and made some excellent lifelong friends and I've had the pleasure of sharing training and running with them.

I know I said never again - and I absolutely mean it!

S.B.







# Teenager with Altitude

By Will  
Meredith

April 21st, 2012

**T**he 'Teenager With Altitude' is the younger sibling of the 'Anniversary Waltz' fell race which takes place in the Newlands Valley near Keswick each year to celebrate the anniversary of the organisers Wyn and Steve Cliff.

The 'Teenager' (15.4ml 7,600ft) started at 10am before the 'Anni' (11.5ml 3,600ft) which started at 11.30, but both converge so runners from each race finish together, and so; the slower Anni Waltz runners can pretend they're actually TWA'ers having done an extra 4,000ft of ascent, and the real straggling TWA runners can console themselves that of course they would've been much more sprightly if only they had chosen the shorter option. Needless to say I was a straggler on the TWA. Clare Griffin had a great run on the Anni and there were lots of familiar faces around...

The Teenager With Altitude (route) involves a steep first ascent to Causey

Pike, Outerside, Grassmoor and a steep drop from Whiteless Pike to a cut off at 2.30hrs at Newlands Hause. The TWA then climbs to Robinson via High Snock Rigg to join the Anni Waltz. The AW takes in a climb from Newlands valley floor up to Robinson, and retraces the final 3 Bob Graham peaks of Robinson, Hindscarth, and Dalehead before descending to High Spy and Maiden Moor to drop off the side



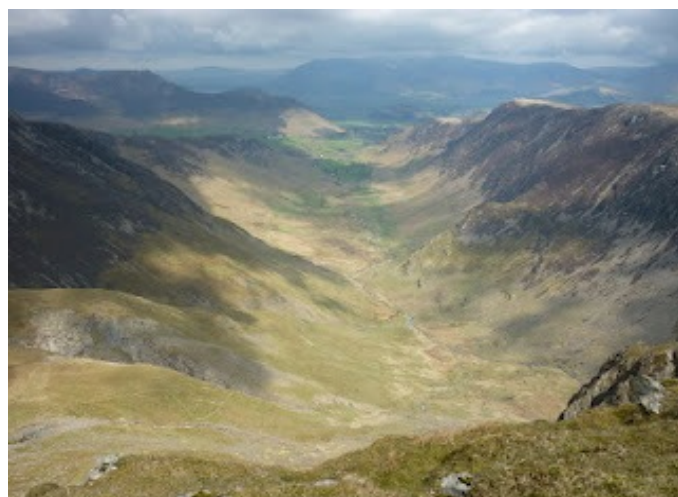
*A steep start towards checkpoint 1 at Causey Pike.*

of Catbells to the race HQ/finish at Stair village hall. There was free beer and chili at the end. CHILI. BEER - FREE!

Sarah managed to get some snappy shots of the day and had a fine walk out over Dale Head and back along the Catbells ridge. Joss Naylor and his wife were sat at Dalehead tarn watching runners descend from the trig. ...I would've tried to look less feeble had I realised it was him, although my legs were rather jellified from the vertiginous drop off Whiteless Pike. A great day.



*Sasquatch spotted in Newlands valley! Straggler descending towards finish at Stair with TWA race start visible on other side of valley and checkpoint 1 Causey Pike in top right.*



*A straggler.*





### M is for the Mid-way Point

Here we are then, half way through A Stroller's ABC. The nation collectively groans and cries out in anguish: "What did we ever do to deserve this never-ending torture?" The good news is that after this article is published, there's less to do than has already been done.

I suppose I could change the series' name from this point on, calling it 'A Social Runner's ABC', but perhaps we'll stick to the old name for sentimental reasons, even though the Strollers are no more.

I should just state at the first opportunity the pure and coincidental nature of my last article (K is for Keep on Running) and Pete Fotherington (Ankle-pin Pete) being awarded the Keep on Running Trophy. Even I (who knows most things) couldn't have known that The Strider was going to be sent out just a few days before the AGM – I'd written the article in October!

### M is for Micro-Climate

Did you know that Whaley Bridge has its own micro-climate? Yes, it's true and a verified fact, according to my car's temperature gauge. I know you're all as fascinated as I am with the minutiae of these details, so I can share with you that last October, there was a 7° difference in the temperature on my leaving home in Hyde at 7.20 am one Saturday and my arrival in the great metropolis that is known as Whaley Bridge. At home it was 44° (sorry, my lovely Saab only does Fahrenheit, but

translated that's 6° Celsius) and in WB it was a slightly cooler 37° (2° Celsius). How can this be? In the interests of investigative journalism, I have asked Kevin to print out an elevation chart of my journey, so that I can see the differences in height and altitude and all that kind of stuff. Still waiting, Kevin – can you please get on and do that job for me?

Also on the subject of climate, I don't know about Dancing on Ice, what about Running on Ice? Last week was pretty dicey and I foolishly went off along the canal, thinking I should be fairly safe ... it was treacherous! I did the least amount of running I've ever done and ended up picking my way slowly along the towpath, thinking all the time, "I should've gone back, this is madness." At least I didn't end up coming down several tracks on all fours, like Cindy says she did. What larks – I don't think. Lots of people love the snow. Not me (and, I think, not Cindy).

### M is also for the Milkman

Did you know that I'm so established in WB and such a familiar figure to locals that I can now wave to the milkman with impunity, as he passes me on Reservoir Road? When I say 'passes me', I mean he's going in the other direction, not that he actually passes me ... oh, never mind. Anyway, the nice milkman always waves back (thanks to Gail for the initial introduction to the waving tradition).



## M is for Cerebral Matters

What do you think about when you're running? Do you go off into another world? Do you look at the beauty of nature around you? Do you plan your week ahead and think about what needs to be done? (I save this one for Silk Hill.) Do you think about what you might have for dinner later? Or do you think more prosaic thoughts, connected to the here-and-now of running? Massive puddles (oh, I forgot, fell runners aren't bothered about them), pace or speed, breathing and so on.

## M could be for Getting Muddled Up

As I explained last time, I've been having pains in my knee and the finest physicians, physios (and the orthotist) at Stepping Hill (other hospitals are available) are working hard to help me to keep on running (a little sycophancy never did anyone any harm, did it?). The strange part of all this was, the first time I met the above professionals for initial appointments, almost the first words all of them said to me (on looking at records of preliminary discussions) were, "I see you're a runner." You can imagine my reaction – I nearly backed out of the rooms in my urgency to try to explain that I wasn't really a runner, I was a person who runs, which isn't the same thing at all. When they all asked me (at separate appointments, of course, it wasn't an interview) how many miles aroundabout I did each week, I think they soon realised that, in fact, I wasn't a runner at all. Well, that's another misconception cleared up.

## M is always for My Beloved

When Kevin moved to the North West from the icy wastes of Wisbech (go now and look up on your atlas just where it is), he moved into my little bungalow in Dukinfield (bungalows are lovely and I won't hear a word said against them). After we had agreed a tariff for B & B (that's a joke, folks), he started to look around for a running club to join. My beloved has always loved his running; he started when he was about 16, so who was I to stop him? He went out with East Cheshire Harriers several times (very local, but not overly friendly). He found that East Cheshire were also a competitive lot and didn't want to wait for anybody who couldn't keep up. Perhaps the deciding

factor was the £50 membership fee (and this was all those years ago). Which club did he choose? Only the running club that was furthest away from where we live, a mere 12 miles' distance. This, in a nutshell, is the paradox that is Kevin Day. I do know, however, that he got good feelings from GVS, even though the membership was approximately 30 people in those days – how times have changed! Kevin also wanted the chance to do some off-road training. The moral of the story is, what a lucky escape other running clubs in the area had ... and, in all seriousness (for a moment), what a very good job he has done over the years for our running club.

## And finally, M is for Marathon

Of course, by the time you read this the London Marathon may have come and gone. I just thought I would apprise you of my best beloved's latest attempt (oh, he does try, bless him) to get his much-coveted interview and appear on telly. I can't tell you how many hours we have tracked through recorded hours of the Marathon on slow speed (take me now, God, please), with Kevin hovering anxiously-yet-excitedly half an inch from the TV, shouting, "There I am, I'm sure that was me!" (It usually wasn't.) I mean, there are limits to even my patience and fortitude. This year, you'll be pleased to learn that Kevin is going for a world record attempt, as recognised by Guinness World Records. Are you ready and sitting comfortably? It's good, I can promise you that. He is going to attempt the record for the world's fastest person to complete the London Marathon dressed as a nun. (Pause.) Kevin's costume (thank you, Kaye) has to be authentically correct – no, that doesn't mean he has to stop to say Hail Marys along the way, it means the costume has to be just above his ankles and not shortened to an above-the-knee height (most un-nun-like). Do you think this will impede Kevin in any way to achieve his almost-lifelong ambition to be interviewed by Sue Barker, John Inverdale, or, at a pinch, Brendan Foster? Not a chance. I'm confident he'll be carried along in a flurry of celestial cloud-like substance and with wings in his heels to achieve the record. And why not – I think he deserves it, don't you?







# 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