

The Strider



March
2010

Newsletter of the Goyt Valley Striders



Nik's Arctic Race Diary
Long Distance Round-up
Jackie's Do's and Don'ts
SLMM Report
Shaun's Poetry Corner
Championship Standings

Editor's Waffle

What? March already? Blimey, doesn't time fly when you're having fun?

And it seems fun is what a lot of people have been having if all the snowy photo's are anything to go by. One extra-strong gust of wind and we may never have seen Alastair again . . .

Anyhow, here it is; my second newsletter and you may have noticed it's still called "The Strider". That's because you lot haven't come up with any alternatives yet. Shame on you.



And while I've got my berating head on I'll mention the lack of race reports. We've had a few races since November but no one's put in a report. Okay, okay, so I'm guilty too but I was too weak to lift a pen or tap a keyboard after the Grindleford Gallop.

Congratulations to Andy Pead who won the race in 2:24, beating his own record from the

previous year.

Congratulations also to Nik Cook on an outstanding achievement in winning the 6633 Ultra. I believe conditions were almost as bad as December in Whalley Bridge.

There have been many more achievements too. Inside you can read about Alastair and Stephen Watts experience in the SLMM and, of course, Jackie Tomney shares her musings (and wisdom) with us in her quest for improvement.

Once again I must thank Will Meredith for another excellent "Long Haul" article and also Shaun Coram for his contributions - I just hope his rather dark poem doesn't put anyone off running. Ever again. Especially at night. Alone. Gulp . . .

Club Memberships for 2010 are due. In fact they were due on the 1st January. For those that joined on or after the 1st September 2009 your membership has been carried over to 2010—yet another membership perk we offer!

In all seriousness, if you have not paid and do intend to renew please let Mark Whelan have your membership ASAP. At £10 per person or £20 for a family it offers great value.

Mark will be making UK Athletics registering in April and if he has not received renewals then those individuals will not be registered.

So, if you don't let Mark have the money soon we will be sending Shaun round to read you and your kids a bedtime story.

You have been warned . . .

Steve Berry

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Enquiries to:

enquires@goytvalleystriders.org

Keep those stories coming!

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

steve@steveberry.co.uk

Subject: GVS Newsletter

Nik's Arctic Race Diary

- Part 1

Nikalas Cook March 1 at 3:55pm

Well, the training's all pretty much in the bag so now it's just a case of keeping my legs ticking over, packing, surviving the flight (won't be too tough thanks to Air Canada giving me a lovely discount on Executive First), 5 days in Canada moving progressively north acclimatising, nailing final logistics and then hitting the start line at Eagle Plains on the 12th March.

My last block of training went really well and the Big Freeze and conditions up on Kinder meant I was able to test clothing etc in some pretty extreme conditions. Longest sessions were 8 hour slogs over the local hills, often through thigh deep snow drifts and battling high winds. My last "long run" was a fantastic 6 hours in the Lakes where Moses and I managed to bag seven tops including Scafell, Scafell Pike and Great Gable. Total whiteout and blizzard conditions combined with rock hard neve above 800m made it a challenging outing. But, armed with ice axe and fell shoe crampons, we had a great time. Now, as I'm tapering down, my weekend runs are down to just 3 hours and feel ridiculously short.

Although my individual training runs have been no-where near the length of the actual event (120 miles with a maximum time allowed of 72 hours and a course record of 39 hours) with all ultra-training it's a balancing act between getting the maximum return on the sessions you do, nailing pacing and nutrition but, at the same time, avoiding injury and not being so trashed from ultra-long sessions that you're able to train consistently day-to-day. You just have to accept that the actual day will be a big push into the unknown, that it's going to trash you but hopefully you'll have the strength, fitness and resolve to come through. Marc Laithwaite www.theendurancecoach.com has nursed me through my training well and seems confident that I'm in good shape.

A massive thank-you to all the people who've sponsored me and supported my two charities Kinder Mountain Rescue and Lupus UK. If you haven't yet sponsored me it'd be great if you could spare a bit of cash for either one of these great charities. During the Big Freeze, Mountain Rescue teams across the country kept ambulance services running by selflessly offering their specialist vehicles and expertise, even in low lying areas. Their vehicles were able to access patients who normal ambulance teams couldn't reach and saved countless lives. My mother suffers from a variant of lupus and the fact that it took years for her to even get a diagnosis shows how much research into it is needed.

To sponsor me, go to:

www.justgiving.com/nikalascook

www.justgiving.com/nikalscook1

While I'm out in Canada communications will be few and far between but there should be some race updates on www.6633ultra.com. I'll also try, whenever possible, to Tweet so you can follow me at www.twitter.com/nikalascook

Don't worry if you don't hear anything though, no news is good news! I'll give a full blood and guts report when I get back on the 19th March.

Diary of a Mad Mid-Packer

By Shaun Coram

Oh my God, the snow has come down, it has covered the ground, I can not move my car, and I can not stand upright on this stuff, let alone run.

I slump into my seat with some coffee and a huge doorstep slab of cake to start my intense training for the 'Edale Skyline' race, which was only three months away.

It is Christmas 2009 and although it looks all festive and makes for nice Christmas card pictures I sit hunched next to my radiators like Ebenezer Scrooge and I feel like I am festering rather than festive. Cake follows cake, follows mince pies and other Yuletide indulgences.

Occasionally I venture towards the window and let out a silent tut, nod my head, roll my eyes upwards and sit in my comfy seat with my cake once more. Eventually my training partner texts me and prompts me to leave my life of decadence behind to join her for a nice little run in the snow.



It was during a Bad Lads Army (BLA) session that I bumped into Sarah, pegging it down the Gatecrasher route at speed in the rain, after telling me that she wasn't much good. (False modesty!) I didn't have the courage to tell her that she was blagging me as she turned around with her mascara running down her eyes like Alice Cooper.

It did transpire that she lived behind me and

after she managed to get a place in the London Marathon we decided it would be a good idea to train together. It was the day after Boxing Day and we ventured out for an easy run. It was anything but. We slid and stumbled like newborn Deer learning to stand for the very first time and it took about an hour and half to do a simple hour's route. The views from Mellor Cross were quite outstanding though and provided a good photo opportunity.

Both Sarah and myself ventured out for a run at least once a week during the fluffy snow weather and at times it

felt like running on a treadmill.

Once we ran up Laneside to the top of the Cracken Edge route only to be met with howling, icy winds and all directions blocked by snowdrifts. I felt like I had betrayed the brave image that is usually formed on the GVS mes-

sage board; the image that tells me of other people's mad runs, where they run on Glacier tipped mountains, laugh in the face of 100 mph winds and whisk their shirts off to plunge into an icy lake to cool down afterwards.

A hero I am not, a coward I am as we both run back downwards. During the rest of this snowy period I managed to fill up the non-running time with some cross training. I went to the gym and even tried Boxercise class, which was fun and full of other runners that couldn't get out for a run.

The first weeks of January flew by and I felt like I was not getting anywhere much. I looked at my calendar, which was telling me to get a move on and do some serious work. Finally some rain came and the snow seemed to be clearing from the hills so one Saturday I decided to be ambitious and do a route that I last did with Andy Peard three years ago.

I remembered it being about 12 miles and with three really good climbs in it. Sarah seemed keen for it and we ended up doing this instead of the BLA session one Saturday.

We managed to set off just after two from Hayfield Camp Site. We were armed with Energy Gels and Protein bars to keep our energy up. This was a first trial for me for the energy gels and I have to admit I was apprehensive that they would make any difference.

We were in good spirits as we ran up towards Kinder Low, both laughing and joking and glad to be doing a good run for a change. Towards Edale Cross it became quite white and snowy, but we could divert around the path and manage that quite well. We tried out the Strawberry Gels at the bottom of Jacobs Ladder and set off again towards Barber Booth, re-energised.

I stopped to get my bearings a few times with the compass and map and was extremely

pleased that I could actually find my route that I had marked out. We ran up The Chapel Gate path towards Rushop Edge full of energy and positive feelings- it was looking good. The icy air stung my lungs as I inhaled the tiny shards of glass that was the mist, hanging in the air cold and as white as the ground beneath me.

My head was numb and frozen. Ice had started to form on my hat. The map and compass was useless as everywhere that was visible was white and the area of visibility was restricted to about 20 yards in front of me. I

looked for the cows, there was none, there was no sheep, and there was nothing, just us.

Sarah was behind me silently cursing the snow as she dragged herself out of another waist high drift and I am sure I caught sight of her shaking her fists in anger at me. We looked for the path but there was none, we looked for the fences, which, if you had a keen eye, you would notice as you stepped over them! I did my best to recall the route of three years ago and by pure guesswork we finished this run.

We had taken three hours twenty minutes; of which 2:46 was actual running time. Back at the car Sarah was muttering obscenities under her breath and I myself was just pleased to be back just as it got dark. Considering the conditions, I was pleased that I had the energy to be out so long. The energy bars worked a treat.

A few days later I was hit with a cold. Not happy. This put me out of action for over a week. I looked at my calendar again and worried more about reaching my goal of the 'Sky-line'.

Nearly two weeks without a proper run, I did manage a few runs after nine days. I managed a run of 45 minutes with my wife, who had started to run after her pregnancy, followed a few days later by a six mile easy route that I



did in a hour. I was starting to become worried about my timescales and to add insult to injury it went and snowed again. I shook my fists at the sky and banged my sobbing head against the floor. Some divine power must have taken pity on me for the following day it had gone. Happy days!

The day after both Sarah and myself were doing a half-decent run again. This time we parked in the lay-by on the Whaley to Buxton road, where we went through Taxal and upwards to Windgather and Shining Tor. We encountered a little bit of snow and plenty of mist but nothing extreme and we even managed to get some walkers take a picture at the trig point.

I was quite pleased that I finished the 10.2 mile run in just over two hours. Not bad considering two days previous I was suffering from a cold.

The second week of February and a group of six of us set off one sunny Sunday morning from Edale car park towards Ringing Roger to do half of the Skyline route.

It didn't take long for us to go wrong. We passed the checkpoint and were on the way to the summit when we realised we could actually no longer see Edale or the edge of Kinder. A quick reversal and we got back on track, which was still lightly covered in snow, therefore making the path a little difficult to follow.

The views from the top were outstanding on a clear but chilly day. The going was slow and apart from Brian informing a very un-amused walker - who was walking with two poles - that he had forgot his skies, it went along without event.

We got to the checkpoint in just over three hours, thirty minutes short of the cut-off point. Though we did stop and start quite a few times. All in all, it came in at 3,300 Ft and 13.5 miles.

Six days later Sarah and myself covered a similar distance and height in three hours, but we both found ourselves crawling back up the last hill.

With four weeks to go and more snow threatening to hamper training I am worried that I will not reach the standard required to even reach the cut off point on race day. In an ideal world I would like an additional month to train however I am pushing hard to put eight

weeks training into the last three realistic weeks I have left.

I am looking forward to the race and even if I do not manage to finish it I am pleased with my training, which I have stepped up considerably especially with the distance and time on my legs.

A few months ago I would never of thought that my longer runs would be coming in at 3:30 plus. After the skyline I plan to get back to some quality training and the BLA sessions, which in turn should sharpen me up for the season ahead.

I will report again after the Skyline race, wish me luck. S.C.

My name is Helen Roberts and I am a

Sports Masseuse

qualified to Level 4 (the highest qualification available at present).

I am also qualified in Swedish Massage, Aromatherapy, Reflexology, Indian Head Massage and Hopi Ear Candling.

I am fully insured and am a member of the Sports Massage Association and the Federation of Holistic Therapists.

I have a treatment room within my home at Start Lane in Whaley Bridge and my prices vary from between £16 for half an hour to £28 for a full hour treatment.

During my training in sport massage I worked on Jo Webb and am also known to Gail Hull who are both involved with the Striders.

Please feel free to contact me for any further information you might need. I can be reached by email or phone

01663 732 501

Email: gdr@club2000.co.uk

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D is for Jackie's Do's

and Don'ts

A Stroller's ABC - by Jackie Tomney

*Grammatical Note before I start: This is the teacher in me coming out and I apologise for that, but I just want you all to know that I'm very aware that I shouldn't be using an apostrophe in the word Do's. I tried it without and it looked really strange. Judge for yourself:
D is for Jackie's Dos and Don'ts*

So, without further ado, let me give you my accumulated wisdom and thoughts on what I feel are the main points to consider (Eeek! Or other such expressions – I sound like I'm a lawyer in court summing up the case for the jury).

Bear in mind that the following ideas are obviously from my personal perspective, but I hope that Strollers and Striders will find that there are some things we all have in common ...

- **Do** be proud of yourself (in a small, self-congratulatory way) every time you complete a run. Even after my most terrible

runs when I feel I've walked three quarters of the way and have hardly done any running, I tell myself at least it's better than nothing and it's more than I would have done had I stayed at home.

- **Don't** be surprised that, having had a series of good runs when the breathing, the legs and the body all worked together in a co-ordinated, efficient manner, out of the blue you have a terrible time when nothing goes right and it's as if you were almost back to your earliest days of running (that's the stage I feel I'm still at, by the way).

I remember a couple of years ago, I had several really good runs one Tuesday after another, when I was able to keep going almost all the way on each of the routes we did. I thought (in my ignorance) that maybe this was the start of me being able to really get going and get that 'flow.' Little did I know. I have talked to experienced and seasoned runners who say this is very common and can happen to runners of all abilities.

- **Do** recognise (as I did, from my very first run) that there will always be people who can run faster than you. If you try to keep up with them and they are too fast for you, you won't be able to maintain that speed and will end up breathless and very tired. Find a pace that suits you and try to keep going at that pace. However (and this was a great news for me), when you race, you will find that there are always people who are slower than you. It's a good feeling, isn't it? Er ... no, actually, it's a great feeling!
- **Don't** ever underestimate how hard a sport running is. Kevin once told me that running is unlike many other sports because your body is totally unsupported – think of cycling, rowing or horse riding: all sitting down sporting activities. Swimming is good exercise, but your body is supported by the water. I am completely mystified though – how did someone like me end up running (and even more puzzling) continue to run? It has to be said I certainly do not have a typical runners' physique and I struggle up the hills, yet I can run. Another good, positive aspect of going along to races is that you see runners of different shapes and sizes. So yes, running is a hard sport, but it's one I can take part in at my own level.
- **Do** take the long view. You won't become a great runner overnight, or after a few days or a few weeks. It does take some degree of commitment and willingness. I say this after two years and nearly five months of running (not that I'm counting or anything) and I've just recently reached the stage where I do look forward to my runs (most of the time) and want to do better. To this end, I've been going out for an extra run with Kevin since November. Only for an hour ("Not more than an hour, Kevin," I say), I think I'm psychologically 'stuck' at an hour and 3 miles' distance, but I know I can (and have) run further. In fact, only last week, we ran from our house in Hyde, along the A57 to Morrison's in Denton and

back again, a distance as measured in my car as 4.4 miles. And in just under an hour.

Jackie's Races Update

In my last article ("C is for Competition, Chums and Confidence"), I wrote that the Cheddleton 2 mile fun run was coming up again. Here are my last year's and this year's times to compare:

November 2008 – 25:53

November 2009 – 23:23

J.T.

Chinley Runner's

Austie's Adventure

Just a quick note to let everyone know I've just had a brief email from Nik saying he won the 6633 Ultra race (120 miles non-stop) in 39 hours which I think equals the course record (the cut off was 72 and he was aiming for 48h).

(www.6633ultra.com/)

He was hallucinating about badgers by the end but got to see the Northern Lights. He's at the finish at Fort Macpherson for a couple more days.

...he's arriving back at Heathrow on Friday. Back in Chinley on Saturday and I'm very much hoping he'll be out supporting me doing the Skyline on Sunday.

best wishes

Lissa

PS Thanks to everyone who's sponsored him and if you'd still like to he's raising money for both Kinder Mountain Rescue or Lupus UK

www.justgiving.com/nikalascook

www.justgiving.com/nikalascook1

and thanks again to all the companies who are supporting him Haglofs, Inov-8, Torq, Air Canada and Snowsled UK and Planet Fear.

Read Nik's race diary on Page 4

The 31st Saunders Lakeland Mountain Marathon



The thirty-first Saunders Lakeland Mountain Marathon (SLMM) was held on the fourth and fifth of July 2009 from Coniston.

It is a two day event for teams of two (except the solo Klets course).

The teams race from checkpoint to checkpoint in the correct order while carrying enough equipment to be self-sufficient for the two days. This includes: spare clothes, camping equipment, food and a compass.

On the first day you are set off at a start time that you have been given. You are given a map at registration and at this point you are given the grid references for all the checkpoints. You must mark the checkpoints onto the map after your time has started.

On the second day you pick up the grid references before you start and mark them onto the same map that you used for day one. The team in first position

By Alastair Watts

and anyone who finished the course within forty-five minutes of them are set off in the correct order with the actual time gaps between them, so that they finish in the correct order.



This is the chasing start. Anyone over forty-five minutes behind the leader can start at any time between eight o'clock and half past eight.

The organisers had given us the third start of the day so we had to be there early . . .

There are eight classes and they are, in order of difficulty: Klets (solo), Scafell, Bowfell, Kirk fell, Carrock fell, Harter fell, Wansfell and Bedafell.

So, that is why on the fourth of July 2009 at four o'clock in the morning you would have found me preparing to go to the Lake District.

My dad and I had entered the Harter fell class of the SLMM. This is the highest class you can compete in, under the age of sixteen.

The organisers had given us the third start of the day so we had to be there early. We collected our maps and walked up to the start, on a track that led to Coniston copper mine youth hostel.

We set off from the start, just south of the youth hostel at three minutes past eight. We marked up our maps and headed up the track towards the hostel. We were off.

We could see that we had opened up the gap by the first checkpoint . . .

The route took us up the hill, behind the hostel, to Levers Water, then up to Little How crag and along a small path just below the top of Swirl How. We then went down to Wrynose pass and around the base of Little Stand.

After that we went most of the way up Hard Knott before going round the side and descending to Hard Knott Pass. From there we went south to Dunnerdale Forest.

The checkpoint in the forest was hard to find. On our first attempt we searched at the foot of

the wrong crag and when we did find the right one it was round the corner, at the far end.

We proceeded to the campsite just north of Seathwaite and finished in four hours, two minutes and six seconds putting us in third place, eleven minutes and six seconds behind the second place team and eleven seconds ahead of the fourth place team. The good news was that we were in the chasing start.

Because we only had an eleven-second advantage over the team in fourth place, at the start of the second day, we had to go up the first

Luckily the second-place team made the same mistake . . .

hill quickly so that they did not catch up with us.

We could see that we had opened up the gap by the first checkpoint and they did not catch up with us over the rest of the day.

The route took us around White Maiden then between Dow Crag and Coniston Old Man. We then proceeded uphill onto Levers Hawse and followed the same small path as the day before just below the ridge, to the third checkpoint, beneath the summit. After that we went over the top of Swirl How and dropped down onto Black Sails.

From here we descended to Levers Water where we caught the second place team.

We did not turn onto the right path and our route took us into a bowl filled with bracken and which hid large boulders. Luckily the second place team made the same mistake so they were also slowed down.

When we rejoined the main track we followed it down to a car park just outside Coniston, near the sixth checkpoint, from which the flags led to the finish.

We had completed day two's course faster than anyone else which moved us into second place overall. For this we were awarded free entry to next year's event.

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2010 Championship Races (updated)

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 40 points, the second 39 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 40 points, the second 39 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 40 points, the second 39 points and so on. An individual's best 5 races count towards their final total.

Main and Ladies Championship:

1	Alsager 5	Sunday, February 7	Road
2	Cloud 9	Sunday March 7	Fell
3	Grindleford Gallop	Saturday, March 13	Trail
4	Herod Farm	Wednesday, April 14	Fell
5	Goyt Valley 10k	Thursday, April 29	Trail
6	Boars Head	Wednesday, June 9	Fell
7	Bollington Nostalgia	Sunday, July 11	Fell
8	Tracks to Trig	Saturday, July 17	Fell
9	Wizard 5	July	Trail
10	Cracken Edge	Wednesday, August 4	Fell
11	Bullock Smithy	Saturday, September 4	Trail
12	Macclesfield Half	Sunday, September 26	Road
13	Windgather	Sunday, October 10	Fell
14	Langley 7	November	Road
15	The Roaches	Sunday, November 14	Fell
16	Cheddleton 10k	December	Road

Summer Series:

1	Herod Farm	Wednesday, April 14	Fell
2	Tiger's Todger	Wednesday, May 5	Fell
3	Castleton	Friday, June 4	Fell
4	Boars Head	Wednesday, June 9	Fell
5	Hope Wakes	Wednesday, June 30	Fell
6	Black Rocks	Wednesday, July 14	Fell
7	Cracken Edge	Wednesday, August 4	Fell

RED - Pre-entry only

Blue - Pre-entry preferred

Black - Entries on the day

2010 CHAMPIONSHIP STANDINGS

[illegible]

2010 LADIES CHAMPIONSHIP STANDINGS

Name	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	Total
Clare Barstow	39	36	37	-	-	-	-	-	-	-	-	-	-	-	-	-	112
Mary Jones	38	32	34	-	-	-	-	-	-	-	-	-	-	-	-	-	104
Tracy Vernon	37	30	33	-	-	-	-	-	-	-	-	-	-	-	-	-	100
Jo Miles	-	40	40	-	-	-	-	-	-	-	-	-	-	-	-	-	80
Tracy Potts	40	37	-	-	-	-	-	-	-	-	-	-	-	-	-	-	77
Sue Holland	-	34	39	-	-	-	-	-	-	-	-	-	-	-	-	-	73
Sarah Bull	-	35	37	-	-	-	-	-	-	-	-	-	-	-	-	-	72
Moiria Hunt	36	-	33	-	-	-	-	-	-	-	-	-	-	-	-	-	69
Christine Bowen	-	31	35	-	-	-	-	-	-	-	-	-	-	-	-	-	66
Carolyn Whittle	-	39	-	-	-	-	-	-	-	-	-	-	-	-	-	-	39
Kath Ward	-	-	39	-	-	-	-	-	-	-	-	-	-	-	-	-	39
Katy Thornhill	-	38	-	-	-	-	-	-	-	-	-	-	-	-	-	-	38
Sally Smith	-	33	-	-	-	-	-	-	-	-	-	-	-	-	-	-	33
Melaine Watts	-	-	31	-	-	-	-	-	-	-	-	-	-	-	-	-	31
Philomena Smith	-	-	30	-	-	-	-	-	-	-	-	-	-	-	-	-	30
Janet Davis	-	-	30	-	-	-	-	-	-	-	-	-	-	-	-	-	30

Notes from a small running club's AGM ...

By Jackie Tomney

Turnout from club members was fantastic, there was a real buzz around the room.

Stroller of the Year Award - amazement, surprise and pride, lots of congrats from fellow



Striders and Strollers. I may have to buy the Club a new trophy for next year so I can keep the Foot forever.

Great to catch up with people on the night.

Good food and ambience, general running and races chat, the usual stuff really, if you think about it.

Enjoyed the speeches, particularly appreciated Pete's brevity this year (Pete, we wouldn't have you any other way).

The photo slide show had a great range of pictures across the years showing the GVS in action.

Mention was made of Pete organising another orienteering course early next year, with Karen



Thompson and me being led by Donna Hill, so we don't get lost - surely a boon to the Kinder Mountain Rescue Team.

This is how dedicated I am to the GVS, writing notes for my next article during the AGM itself - who else would do it?!



P.S. Reading this stuff back (very eloquent phrasing), I notice I made 3 references to Pete ... how can this be?



Kept seeing flashes of myself on the photo montage (good word!) on the big screen - surely enough to put any would-be runner off running for life. (Moorside staff, don't do it - it's torture!)

Exciting possibility during the night of Pete coming out running again and getting back into it all - where have we heard those words before?



Really good that upwards of 90 members/potential members turned up for the AGM and a great time was had by all.

P.P.S. No Petes were harmed in the writing of this article.



I just kept gazing and smiling as the night progressed at the little engraved plaque on my trophy, saying "Stroller of the Year 2009 Jackie Tomney" - amazing or what? A complete surprise and an honour, too. Thank you from the heart ... and the Foot.



The Long Haul . . .

Long Distance Round-up

by Will Meredith



What? A 56-miler in the club champs?

Most of you will have seen the recent inclusion of the Bullock Smithy

Hike in the 2010 club championship. Suggested by Philomena Smith who made her BSH debut last year along with several others.

There was an excellent turnout last year for GVS on this race, which Julian Brown won, and Andy Pead has also won in 2007.

There will doubtless be many striders wanting to have a bash this year too and hopefully people won't be put off by the 56ml distance.

Just take it slowly, walk the up's, and eat plenty along the way – it's not done at kinder downfall pace.

Good luck to all, especially the newcomers. (Have a look at some of the other events listed in the newsletter too).

...here's a copy of the BHS report from 2009 for any interested GVSers

For the first time in the events 34 year history over 200 people completed the annual 56 and a bit mile slog round the Peak District. From a magnificent entry of 285, the second highest on record, and with only 20 non start-

ers there were 205 finishers in total. This topped the previous record from 1986 when there were 199 finishers.

Many congratulations to the 77% of entrants who completed the course and we very much hope that you will return next year to enjoy it all over again.

The statistics show that after a few years of shall we say indifferent conditions we finally got a reasonable day and an even better night.

Conditions at the start did not look too promising though with a cool breeze and dark threatening clouds. Six Scouts from Bullock Smithy Explorer Unit got things underway at midday in the traditional manner in Devonshire Park with a strike of the anvil.

The local paper was on hand to record the event and report on their fundraising achievements in aid of young local boy Harley Slack who has lost all his limbs through meningitis. To date, the six have raised in excess of £800 for this worthy cause and from a personal viewpoint as one of their leaders I am extremely proud of them.

Checkpoint staff at the early controls at Bowstones, Chinley Churn and Edale Cross had to wrap up against the chill wind but the rain that threatened never materialised and as the afternoon and evening wore on the wind abated and breaks in the clouds began to appear.

As darkness fell a full moon rose through the clearing skies and head torches became largely superfluous. Non long distance walkers won't understand, but there is something a bit spe-

cial about walking at night, in silence, in the middle of nowhere under a full moon. This was one of those special nights.

The silence was shattered though in the normally tranquil village of Earl Sterndale at the 36 mile point where a wedding reception was in full swing in a marquee behind the checkpoint.

One of the happy couple was a Texan and so there were several inebriated Americans cavorting in the main street looking aghast at the groups of dishevelled walkers appearing from apparently nowhere.

To make matters more interesting there were shared toilet facilities for guests and walkers which made for some interesting acquaintances in the 'restroom' queue.

With the strains of the disco ringing in their ears the walkers boogied on up to Brand Top for a celebratory hot dog. For some unfortunate walkers the silence was shattered for a second time at about 1am in Wildboarclough when the car rally which we were warned about took an unannounced route along this section of road.

We have made strong representations to the rally organisers about this and hope that we will avoid each other in future.

The section from Earl Sterndale to Cumberland Cottage is reckoned by most regulars to be the crux of the walk and usually accounts for several abandonments. Not so this year as the moonlight shone brightly through until dawn and most people just kept on boogying back to Hazel Grove.

First back to checkpoint 14 for breakfast was Julian Brown from Macclesfield Harriers who arrived home in 9 hours 40 minutes, 36 minutes ahead of the field to take the Bullock Smithy trophy. This was well deserved by Julian who has finished 2nd on three previous occasions.



Last years' runner-up Paul Rushworth repeated the performance with a new 'PB' of 10:16 whilst Steve Temple finished 3rd in 10:23. Steve runs the most amazing Bullock Smithy results website with every entrant and possible statistic in the history of the event at your fingertips see our 'Results' page. Thanks for all your work Steve.

This year was all about the ladies though with Sarah Lomas and Sally Keigher sharing the Chinley Trophy and breaking the ladies record by 25 minutes in 11 hours 27minutes to finish joint fourth overall, the highest female placing on record. Well done girls.

Commiserations though to last years ladies winner Nicky Spinks who came in 4 minutes after Sarah and Sally but went astray in Higher Poynton after being 20 minutes ahead at Whitely Green. How long before we have a female winner of the Bullock Smithy trophy?

In the Scouts event Chris Thakerey and Gavin Oliver from Triple X Explorer Unit part of 1st Nailsea Scout Group near Bristol were joint winners of the Shining Tor trophy completing the course in 19 hours exactly.

In the team event the host groups Bullock Smithy Explorer Unit comprising Sam Humphrey, Robert Massey and Megan Nelson were winners of both the Axe Edge and Bullock Smithy shields. Megan finished the event in 19hours 36minutes then nipped back home to do her paper round before coming back for the prize presentation. And some say the youth of today are going soft.

Sam and Rob were also joint winners of both the Bullock Smithy Cup and Corfield Farrier as fastest scouts from both the district and group, finishing in 19hours 22mins.

The Windgather trophy for fastest team over all once again went to Macclesfield Harriers with first and second Julian Brown and Paul Rushworth supported by Stephen Watts (11hours 41mins).

Last year Steve took his 12 year old daughter Stephanie round the course in under 15 hours so this year it was 15 years old Alistair's turn.

My thanks to everybody who helped with the running of this years' record breaking event in whatever capacity. Thanks to the land and property owners that enable us to get some varied and interesting checkpoint headquarters and to Hazel Grove High School for the use of their minibus.

Finally, my thanks to all the entrants and especially to those who took time to either write or email comments in the days afterwards about how much they enjoyed the event and the universal praise for our fantastic checkpoint staff. Your comments make all the hard work worthwhile.

Next years' event will be on 4th/5th September 2010, don't forget your dancing shoes.

Steve Holt

Taken from the BSH website at <http://www.bullocksmithy.com>

..So for those thinking of doing the BSH later in the year; now is the time to start building on some longer days out.

With March here there's already a whiff of spring being 'spread' around, so why not consider some longer events over the next few months?

High Peak Marathon . . .

Clare (Griffin) had an epic day of High Peak Marathon recceing on Friday 26th Feb.

After a week of watching the mountain forecast, the Snake Road was open and the blizzard risk low, so she joined a group led by Ian from Dark Peak FR to run from Cutthroat Bridge (just beyond the Bamford junction), up the Derwent Valley and back to the Snake summit via Bleaklow.

After a nice start to the morning the weather closed in as they approached Bleaklow, with white out conditions and deep drifts.

The 6-person (and one dog) group had to squeeze into Ian's 4-man bothy bag for a ten minute booty stop as they approached the summit, as it was too cold and snowy to change gloves and eat their sandwiches in the open.

It certainly warmed up quickly although elbow room was a bit limited at the dining table!

Finally, after much single file plodding they reached the Pennine Way, which was full to the top with snow and from there it was a short but slow walk back to the Land Rover which had been parked at the summit.

The eighteen mile section took 7.5 hours in total, averaging 1mph over Bleaklow. The sort of day out where you say 'I'm glad I did that' (once you're back home in front of the fire).



A chilly stop on the HPM route for Clare and co.

The High Peak Marathon is a 42 mile night time navigation endurance challenge for teams of four which takes in a circuit of the Derwent watershed.

The HPM can test a competitor's fitness, endurance and navigational skills to their limit.

The route is at least 40 miles long and for much of its distance the terrain is pathless peat bog. The dark (starting from Edale at around 11pm on the Friday night), lack of sleep and winter weather all add to the challenge.

It has snowed in 4 of the last 10 events. All entrants should therefore be certain that they have the fitness and mountain experience required to make a safe passage.

We wish Clare all the best in her efforts and await a write up when her fingers have thawed out.

It should be an especially challenging event this year although we shall have to wait and see if the snow and ice proves beneficial in freezing up some of the more boggy bits or not.

There has been plenty of other goings on over the recent cold snap: Steven Watts and Mark Hartell of Macc harriers have been out over an Icy Welsh 3000's route in February – no mean feat in the best of weather!

Paul Hunt and Stephen Sanders completed the Hebden Heritage trail on 23rd Jan in (04.41 and 05.47) where Julian Brown was on results and 'refreshments monitor' duty.



Julian sorting results on the Hebden Heritage trail 23rd Jan.



Bob Graham Round

And of course; preparations continue for Andy Pead and Mark Richards Bob Graham Rounds on Friday 28th May.

Departing from Keswick at 5.30pm. Mark and Andy have already been out recceing and I hear Mark has taken to leaping on and off tables in a bid to increase plyometric 'boing'.

Alistair Fitz has taken on the role of support organiser.

Please contact Al as soon as possible if you're able to help out!

Al's email should be on the members area of the club website.

We need plenty of support for Andy and Mark, and organisation needs to be done in advance regarding the allocation of navigational and pacing duties.

We also need more people than would usually be the case as both are quick runners, and Marks route will be different to Andy's to accommodate the extra 8 peaks for his 50 at 50. Step up Striders!

Dave Bowen is also planning a BG with Pennine – we wish you all the best for your attempt Dave.

Here are a couple of other events from the LDWA website (Bring on the cake!) that people might like to consider. And remember, there are walkers too, so if you're not confident of running the whole distance you can walk bits, or just join in with the walkers and still have a good day out. Walk the 'up's, run the 'down's and 'flats'.

LDWA events are generally much more relaxed than the '*long*' events one might find in the Fell Runners fixtures calendar such as the Lakeland classics or the Edale Skyline. They make ideal days out for those wishing to go that little bit further without half killing themselves in the process and there is generally a very relaxed and friendly atmosphere...

Kipling Kaper (Sat 27th Mar 2010)

Local Group:	Staffordshire
Region:	Central England
Mileage:	28, 26, 22 or 20 Miles
Area:	White Peak District
Description:	28, 26, 22 or 20ml in 11hr from Meerbrook Village Hall (GR SJ988608) Route via Rudyard, Wildboarclough, Shutlingsloe (optional), Gradbach & The Roaches. Map: OL24 White Peak. Start: walkers 08.00; runners 09.00. Entry: in advance £6 (non-LDWA £8.50); OTD all £10, incl refreshments at Cps, meal at finish & cert. Badge £1. Event limit 160. Floor space Friday night £2. Dogs on leads. No dogs in halls. Organised by & chq payable to Staffs LDWA. Entry form on website or SEF accepted with SAE. Contact KK Event Secretary, 95 Folly Lane, Cheddleton, Leek ST13 7DA. Tel: 01782 550023. Email: kiplingkaper@yahoo.co.uk Web site: http://www.ldwa.org.uk/staffordshire
Contact:	KK Event Secretary
Address:	95 Folly Lane, Cheddleton, Leek ST13 7DA
Telephone:	01782 550023
Email:	kiplingkaper@yahoo.co.uk
Web Site:	http://www.ldwa.org.uk/staffordshire
Start:	SJ988608

The Kipling Kaper is an ideal event for those wishing to increase the mileage without going straight for '*long*' long distance. This is a relatively local event starting from Meerbrook village hall (where the Roaches race starts).

The 'Kaper' has a typically relaxed atmosphere, and the best food to be found at a race – the checkpoint near Shuttlingslow was like the mad hatters tea party last year thanks to Jo Miles and friends. Cakes and cheese oatcakes galore! (It's also an excellent route).

32nd Calderdale Hike (Sat 10th Apr 2010)

- Local Group:** Independent
- Region:** Northern England
- Mileage:** 36 or 27 Miles
- Area:** West Yorkshire
- Description:** 36 or 27ml from Sowerby St Peter's Cricket Club, Sowerby Bridge, HX6 1DL (GR SE048232) following circular routes along Pennine Way and Calderdale Way LDPs. Start: walkers 36ml 07.00; 27ml 08.00; all runners 09.00 (all to finish by 20.00). Entry: in advance £12 each or £42 for teams of 4; OTD £15 each, incl hot and cold refreshments at all roadside Cps, hot meal at finish, cert to finishers and full results service. Individual and team trophies. Overnight accommodation available with breakfast £5 per person. Entry limit 350. Organised by 24th (St Paul's) Pennine Calder Scout Group. Proceeds split between a local charity and group Scout Funds. Information & entry forms on website from 1 December or with SAE. Contact Ruth Oldfield, 22 Jubilee Terrace, Off Kenworthy Lane, Ripponden, SOWERBY BRIDGE HX6 4AE. Tel: 01422 824908 or 823663. Email: info@calderdalehike.org.uk Web site: <http://www.calderdalehike.org.uk>
- Contact:** Ruth Oldfield
- Address:** 22 Jubilee Terrace, Off Kenworthy Lane, Ripponden, SOWERBY BRIDGE HX6 4AE
- Telephone:** 01422 824908 or 823663
- Email:** info@calderdalehike.org.uk
- Web Site:** <http://www.calderdalehike.org.uk>
- Start:** SE048232



Calderdale Hike 2009.

Club Races



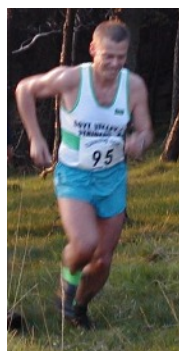
-we need your support!

Shady Oak Tough 10k

The Shady Oak Tough 10k takes place this year on Wednesday 12th May 2010. The race manager is Kevin Day and he is looking for marshals to help on the night. It would also be good to see a good contingent of Goyt Valley runners this year.

The race starts from the Shady Oak pub on Long Hill, Whaley Bridge; start time 7:30pm. For more information please visit the Goyt Valley Website at

www.goytvalleystriders.org.uk/pages/races.html or contact Kevin via email at races@goytvalleystriders.org.uk



Vanessa Chappell Fell Race

Wednesday, 26th May 2010

Following an approach from the Moorside Grange Hotel, the Vanessa Chappell Fell Race is being revived in 2010 by the Striders. Permission has been given from Vanessa 's family, Lyme Park, local landowners and the previous race organiser.

The route will be as close to the original as we can make it. For more information please visit the Goyt Valley Website at

www.goytvalleystriders.org.uk/pages/races.html

The Moorside Grange Hotel has a public bar which offers a good selection of bar meals and beer, making this an ideal venue for the family to wait whilst you take part in the race.

Whaley Waltz

The Whaley Waltz is another race that the club organises. It takes place on the same day as the Whaley Bridge Rose Queen Festival. Race manager is Philomena Smith and she is also looking for marshals and runners on the day. The date of the race is **Saturday 26th June** and entries have already started to pour in.

For more information please visit the Goyt Valley Website at

www.goytvalleystriders.org.uk/pages/races.html or contact Philomena via email at races@goytvalleystriders.org.uk



Eccles Pike Fell Race

Wednesday, 18th August 2010

The Eccles Pike Fell Race is run in August. It is reputedly one of the oldest fell race in the country, dating back to the beginning of the century. Revived by the Striders it is renowned for being short, tough and demanding.

For more information please visit the Goyt Valley Website at

www.goytvalleystriders.org.uk/pages/races.html

The Navigation Inn itself offers a good selection of bar meals and beer, making this an ideal venue for the family to wait whilst you take part in the race.

RACE AGAINST DEATH

Darkened moors I stride along
Desolate place I don't belong
A whisper in the dark of night
Of hunter owl taking flight

A sense of feeling from behind
A shadow of unearthly kind
Spine tingles though it's not cold
A chill in the bones though I'm not old

A frosty mist then descends
And the path I took ner seems to end
Stillness creeps over me
A sudden panic to break free

The shadow seems closer still
And I feel an ungodly chill
The faster I run the slower I become
I start to sob and come undone

My Tears mingle with sweat
My Fears mingle with regret
Here I am on my own
So very tired and far from home

No more can I cope
My heart sinks as I lose hope
I stop and fall to the ground
A silence all around

I turn to meet the shadows glare
It's sunken sockets turn and glare
Skeletal hands point and I can see
In a mound; a lifeless body which is me

Application to join the Goyt Valley Striders

If you want to join The Striders or know of anybody who wishes to join, then please complete the form below and send it to The Secretary: Mark Whelan, 11 Shallcross Mill Road, Whaley Bridge SK23 7JQ

MEMBERSHIP APPLICATION FORM

SURNAME															SEX		
FIRST NAME										DATE OF BIRTH							
POSTAL ADDRESS															Day	Month	Year
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 year of age, signature of parent or guardian):