

The Strider



October
2012

Newsletter of the Goyt Valley Striders



This edition:

The Summer of Discontent

A Long Walk in the Ecrins

Old County Tops

A Stroller's ABC





Editor's Waffle

Well, it's time to go through the "running drawer" in the spare bedroom again. Let's see:

Headtorch – check; Reflective armband – check; Gloves – check; Woolly hat – check; Extra thick socks – check; Windproof Jacket – check; Helly Hansen base layer – check; Fluffy Handcuffs – Eh? Oh. They should be in the "other" spare bedroom drawer . . .

Anyway, basically, I hope you're all prepared for winter running which always brings to mind that old TV winter-time campaign "Be Safe Be Seen" (or was it "Be Seen Be Safe"?) I've slept since.

Nevertheless, with our winter training runs being (mostly) on lit and unlit roads there is no excuse to dress as stealthily as a Ninja when there are so many good quality, inexpensive reflective garments available these days. Running as part of a group doesn't guarantee you'll be seen by drivers. In fact some drivers don't appear to see much at all. Don't risk it for the price of a reflective bib.

Speaking of being safe brings me nicely onto the subject of club training nights and why – like the U.S. Marines – we should "LEAVE NO MAN BEHIND!" (okay, no woman either).

I remember when I first started running with the club a few years back there was only one group on a Tuesday evening and for the first few weeks I seemed to see either Jonathan, Alistair or Kevin running TOWARD me more than I saw them running AWAY from me. This was because they always doubled back for the less-quick runners – and much appreciated it was too!

The spirit of the training runs should always be to start, run and finish as a group. There will always be a broad spectrum of abilities in any group but it's very easily managed by the quicker runners either slowing, stopping momentarily or, if they feel particularly energetic, doubling back a few hundred or so yards. No one will be offended! (Well, I certainly never was).

Of course, there is always the possibility that people become aware of who runs at a similar pace to themselves and so form their own, smaller group on the night. Nothing wrong with that on an ad-hoc basis but we should all bear in mind that the club training runs are also social and are better for that fact. It's a time to meet your fellow club members and chat if you are so inclined (or have still got the breath!). If you feel the need to stretch yourself one particular evening then think about taking yourself out of your comfort zone and having a bash with the faster group. You won't get left behind and you may even surprise yourself by how much more you can push but didn't realize it!

"Only those who will risk going too far can possibly find out how far one can go." T.S. Eliot.

However, whether you run to socialise, run to improve or, like most people, run to do a bit of both please don't forget to watch out for each other!

Steve Berry

Officers

The Chairman: Peter Hill
127 Buxton Road
Whaley Bridge
High Peak
Tel. 01663 734756

The Secretary: Mark Whelan
11 Shallcross Mill Road
Whaley Bridge
High Peak
SK23 7JQ
Tel. 01663 733930

The Treasurer: Steve Hennessey
6 Alderdale Drive
High Lane
Stockport
SK6 8BX
Tel. 01663 765840

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Enquiries to:

enquiries@goytvalleystriders.org.uk

Keep those stories coming!

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

Secretary's Corner

1. Membership Fees 2013

The Club has been informed by UK Athletics that subscriptions will be increasing from £5.00 to £10.00 per person from 2013. It will be fixed at this rate until 2017. The club affiliation Fee of £50.00 will remain the same.

As a result of the increase it has been agreed by the committee that from January 2013 existing and new members will be given the option of membership with or without UKA affiliation. Charges for next year will be:

	Unaffiliated	Affiliated
Individual membership	£7.00	£17.00
Family Membership	£14.00	£34.00
2 nd Claim Member	£7.00	n/a

To assist in working out which option is for you I have copied a list of some of the benefits as described by UKA.

The essentials ... and what we value

**As a sport we need to continue to see key functions fulfilled.
Revenue from affiliation and membership will help enable this.**

- ◆ **Insurance** - covering clubs, athletes, coaches, competition
 - ◆ **Rules & governance of rules** – ensuring fairness, accuracy and consistency, including the licensing and permitting of events and competitions
 - ◆ **Welfare support and provision** - helping volunteers meet legal obligations and public expectations
 - ◆ **Support on health and safety** - complying with legislation and giving positive experiences in both training and competition environments
 - ◆ **Coaches and Officials** - qualifications and licensing (including CRB checks) and development opportunities
 - ◆ **Opportunities for young athletes** – in both Clubs and Schools
 - ◆ **Rankings** - including course measurement & licensing/permitting of events and officials consistent with rules of the sport
 - ◆ **Support for national and local competition**
 - ◆ **Representative teams**
 - ◆ **Facilities** – protecting what we have and improving facilities where possible
 - ◆ **A united voice for our sport** – enabling our views to be heard at national and more local levels
-

In addition to the above; non-UKA members are required to pay an unattached levy of £2.00 in addition to the entry fee for any road races they participate in.

Printed on the back of the newsletter is a 2013 membership renewals form which members will be required to complete. Remember, membership fees are due from 1st January 2013.

Standing Order

In response to some requests from members the club has been looking into the possibility of allowing members to pay their annual subscriptions by Standing Order. At the moment this is not possible with our current bank account, but we are looking into what alternatives are available.

AGM

A date for your diary. This year's AGM and prize giving will be on the 9th February 2013 at the Navigation Inn, Buxsworth. Similar to previous years, there will be a hot buffet and other entertainment. Tickets will be in the region of £10.00 per person. There will be more information in the new year.

2013 Club Championship

The first four races in next year's club championship were agreed in order that members can begin to make plans. They will be:

Hit the Trail 5: Date: Sunday 6 January. Venue: Carousel Public House, Reddish Road, South Reddish. Distance: 5 miles. Terrain: Trail.

Tigger Tor Fell race: Date: Sunday 27 January (*date to be confirmed*). Venue: Sheffield Tigers RUFC, S17 3AB. Distance: 9 Miles. Terrain: Fell.

Studmarks on the Summit: Date: Sunday, 17 February (*date to be confirmed*). Venue: Summit Inn, A6033 Todmorden. Distance: 5.5 miles. Terrain: Fell.

Grindleford Gallop: Date: Saturday, 9th March. Venue: Grindleford. Distance: 21 miles. Terrain: Trail

Terry's' race

This will be the 12th year that Terry's race has been run. The race is unusual in that anybody who takes part has a chance of winning. The course details are below. You set off at 5-minute intervals wearing NO watch. Having guessed your time for the distance the nearest person to their guessed time will win.

The race will take place on Sunday November 18th, starting at 9:00am from the Taxal Lay-by (bottom of Long Hill). A reminder of the course: (Clockwise this year!):

The course starts at the lay-by on Long Hill – down the track – left onto track through woods – across fields – right cross bridge – track and fields passing Knipe Farm – up towards Oldfield Farm – onto Hoo Moor – Road to Pym Chair – Track adjacent to road leading to Windgather – On to track and through trees onto Taxal Moor – Descend Taxal Moor (passing the tree planted by the rambling club in memory of Terry) – 100 yards on road then down through fields to Taxal – pass Church and back to start

Maps will be available for those who require one. Please make every effort to attend; this is one of the most respective events in the clubs calendar. Notification in advance would be appreciated!

One Mile Time Trail

We had a really successful 1 mile time trial in July to celebrate the start of the Olympic Games. It was so well received that those who participated said they wanted more. Well, we're here to please. So, make a date for your diary. There will be another 1 mile event, from the same place, Navigation inn, Buxsworth on Friday 23rd November. Start at 7:00pm - drinks in the Navigation Inn afterwards!

MARK WHELAN

Time for a change . . .

After much thought and deliberation I have decided that I will resign as Secretary of the running club at the forthcoming AGM. I was intending to carry on for another year, but on reflection I would rather step down at the end of this term. I have been Secretary for 8 years, on the committee for 13; edited and produced the newsletter for 11 years and started and maintained the website for 10.

Since the start of my involvement with the committee I have seen the club go from strength to strength. There was less than 20 members in 1999, we now have more than 120 and are the second largest UKA affiliated club in Derbyshire. We are now a well-known and respected club and have our own unique brand; perhaps that is why we are so successful? The success and growth has all been possible by the work of the Committee who work on other members behalves.

The club prides itself on being inclusive and welcoming to all. We have always opened our doors to everyone regardless of their motivation and ability; that's why we continue to grow and are a success. It has been great to see so many individuals start running with the Striders, show great improvement and achieve things that perhaps, they previously thought impossible.

Of course, like any club you need rules and regulations. For the Striders, this has only ever been where necessary and I've been keen to ensure this is the case. We are members of UK Athletics and therefore members subscribe to their rules and regulations when they join the club. A future committee may want to give some thought to this and satisfy themselves that UKA affiliation is where the future lies



for the club. This is particularly important as the club continues to expand and becomes involved with the development of a junior membership.

Letting you know my position now provides enough time for a new Secretary to be found. It is a great position to hold and can be very rewarding. Like anything, you get out what you put in. With next year being the clubs 25th anniversary, this is your opportunity to be at the head of the club in a celebratory year.

I see a great future for Goyt Valley Striders and there will be many challenges ahead. To take the club forward there needs some new faces, with renewed enthusiasm and fresh ideas. If you think you might want to put yourself forward for nomination at the next AGM, but want to know a little bit more about what's involved, please drop my a line and I'll be happy to show you the ropes!

All the best

Mark Whelan

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

		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	Sarah Bull	52	52	-	48	54	-	50	52	54	53	58	59	-	-	-	-	532
3	Paul Hunt	55	35	-	53	-	57	51	53	55	51	56	-	60	-	-	-	526
4	Tracy Vernon	47	41	-	39	51	55	48	-	49	46	53	-	57	-	-	-	486
5	Moirra 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	Philomena Smith	51	50	-	51	-	-	-	-	50	48	-	-	-	-	-	-	250
11	Lee Grant	-	55	-	-	58	59	-	58	-	-	-	-	-	-	-	-	230
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	Lucas Jones	-	-	58	-	57	-	-	-	58	-	-	-	-	-	-	-	173
20	Anthony Rodgers	-	-	-	-	55	-	56	-	56	-	-	-	-	-	-	-	167
21	Austin Boam	-	56	-	52	-	-	55	-	-	-	-	-	-	-	-	-	163
22	Sue Holland	49	-	-	37	-	-	-	-	-	-	-	-	59	-	-	-	145
23	Matthew Simon	-	37	54	-	-	-	52	-	-	-	-	-	-	-	-	-	143
24	Kate Cartwright	54	38	-	45	-	-	-	-	-	-	-	-	-	-	-	-	137
25	Mark Eastman	-	-	-	-	59	-	58	-	-	-	-	-	-	-	-	-	117
26	Trevor Hindle	-	-	59	-	-	-	-	-	-	57	-	-	-	-	-	-	116
27	Ben Jay	-	-	56	-	-	-	-	56	-	-	-	-	-	-	-	-	112
28	Ian Waddell	-	48	-	55	-	-	-	-	-	-	-	-	-	-	-	-	103
29	Mike Hudson	57	43	-	-	-	-	-	-	-	-	-	-	-	-	-	-	100
30	Jenny Law	-	49	-	49	-	-	-	-	-	-	-	-	-	-	-	-	98
31	Kath Ward	-	44	-	50	-	-	-	-	-	-	-	-	-	-	-	-	94
32	Barbara Hills	-	-	49	-	-	-	45	-	-	-	-	-	-	-	-	-	94
33	Clare Barstow	-	46	-	44	-	-	-	-	-	-	-	-	-	-	-	-	90
34	Carole Hill	-	42	-	43	-	-	-	-	-	-	-	-	-	-	-	-	85
35	Tony Whittle	-	31	-	35	-	-	-	-	-	-	-	-	-	-	-	-	66
36	Andy Pead	-	-	-	60	-	-	-	-	-	-	-	-	-	-	-	-	60
37	Mark Richards	-	-	-	-	-	-	60	-	-	-	-	-	-	-	-	-	60
38	Pete Woodhead	-	-	-	-	-	-	-	60	-	-	-	-	-	-	-	-	60
39	James Dean	-	-	-	58	-	-	-	-	-	-	-	-	-	-	-	-	58
40	Anne Cook	-	-	-	-	-	-	-	-	-	-	-	57	-	-	-	-	57
41	Mick Wren	-	57	-	-	-	-	-	-	-	-	-	-	-	-	-	-	57

2012 CHAMPIONSHIP (cont)

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

Pos.	Name	RACES																Total
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
1	Sarah Bull	58	59	-	56	60	-	59	59	60	59	60	60	-	-	-	-	590
2	Tracy Vernon	54	52	-	48	58	59	57	-	56	54	58	-	58	-	-	-	554
3	Moiria Hunt	55	47	-	50	-	60	56	-	59	55	59	-	59	-	-	-	500
4	Helen Gray	52	46	57	-	-	58	55	-	55	53	-	-	57	-	-	-	433
5	Chris Bowen	53	50	56	-	59	-	-	58	58	-	57	-	-	-	-	-	391
6	Philomena Smith	57	58	-	59	-	-	-	-	57	56	-	-	-	-	-	-	287
7	Sally Smith	60	60	60	56	-	-	-	-	-	-	-	-	-	-	-	-	236
8	Rebecca Glen	-	51	-	49	-	-	58	-	-	58	-	-	-	-	-	-	216
9	Sue Holland	56	-	-	47	-	-	-	-	-	-	-	-	60	-	-	-	163
10	Kate Cartwright	59	49	-	53	-	-	-	-	-	-	-	-	-	-	-	-	161
11	Jenny Law	-	57	-	57	-	-	-	-	-	-	-	-	-	-	-	-	114
12	Kath Ward	-	54	-	58	-	-	-	-	-	-	-	-	-	-	-	-	112
13	Barbara Hills	-	-	55	-	-	-	54	-	-	-	-	-	-	-	-	-	109
14	Clare Barstow	-	55	-	52	-	-	-	-	-	-	-	-	-	-	-	-	107
15	Carole Hill	-	53	-	51	-	-	-	-	-	-	-	-	-	-	-	-	104
16	Katy Thornhill	-	-	-	60	-	-	-	-	-	-	-	-	-	-	-	-	60
17	Clare Griffin	-	-	-	-	-	-	60	-	-	-	-	-	-	-	-	-	60
18	Hayley Lever	-	-	-	-	-	-	-	60	-	-	-	-	-	-	-	-	60
19	Carolyn Whittle	-	-	-	-	-	-	-	-	-	60	-	-	-	-	-	-	60
20	Catherine Jackson	-	-	59	-	-	-	-	-	-	-	-	-	-	-	-	-	59
21	Anne Cook	-	-	-	-	-	-	-	-	-	-	-	59	-	-	-	-	59
22	Lesley Sutton	-	-	58	-	-	-	-	-	-	-	-	-	-	-	-	-	58
23	Mark Jones	-	-	-	-	-	-	-	-	-	57	-	-	-	-	-	-	57
24	Lisa Harbord	-	56	-	-	-	-	-	-	-	-	-	-	-	-	-	-	56
25	Fiona Hunpherson	-	-	-	54	-	-	-	-	-	-	-	-	-	-	-	-	54
26	Jo Lancaster	-	-	54	-	-	-	-	-	-	-	-	-	-	-	-	-	54
27	Emma Jane Eaton	-	-	-	-	-	-	53	-	-	-	-	-	-	-	-	-	53
28	Cindy Burton	-	-	53	-	-	-	-	-	-	-	-	-	-	-	-	-	53
29	Sarah Fogg	-	-	52	-	-	-	-	-	-	-	-	-	-	-	-	-	52
30	Kaye Berry	51	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	51
31	Sally Mitchell	-	48	-	-	-	-	-	-	-	-	-	-	-	-	-	-	48
32	Melanie Watts	-	45	-	-	-	-	-	-	-	-	-	-	-	-	-	-	45



Daz Holloway

Many of you will have learned of the tragic news of Darren Holloway's death. Darren, a local fell runner from Leek, was known to many club members, and a competitor in our club races. He died on Sunday 7th October 2012. Darren was competing on leg 4 of the Ian Hodgson Mountain Relay for Pennine fell runners, when he collapsed and died of a heart-attack. He was only 42.

Darren's family have set up a fund raising page on Just Giving for two very worthy charities. The club has made a donation, but if you wish to make your own personal donation you can do so at

<http://www.justgiving.com/teams/dazh/>

2012 VETS CHAMPIONSHIP

[illegible]

2012 SUMMER FELL SERIES - FINAL TABLE

1	James Dean	60	59	-	60	60	-	59	298
2	Lucas Jones	56	58	-	52	59	-	56	281
3	Mark Eastman	-	-	60	59	-	59	58	236
4	Austin Boam	-	53	-	56	58	-	-	167
5	Ben Jay	55	54	-	-	-	-	54	163
6	Pete Woodhead	59	60	-	-	-	-	-	119
7	Peter Davis	-	-	59	58	-	-	-	117
8	Jonathan Hull	57	57	-	-	-	-	-	114
9	Lee Grant	-	56	-	57	-	-	-	113
10	Helen Gray	-	49	-	49	-	-	-	98
11	Carolyn Whittle	-	52	-	-	57	-	-	109
12	Clare Griffin	-	55	-	-	-	-	57	112
13	Philip Anderson	-	-	-	54	-	58	-	112
14	Alistair Fitzgerald	58	-	-	-	-	-	-	58
15	Anthony Rodgers	-	-	-	55	-	-	-	55
16	Matthew Simon	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
25	Mark Richards	-	-	-	-	-	60	-	60
26	Nick Jefferson	-	-	-	-	-	-	60	60
27	Dave Bowen	-	-	-	-	-	-	55	55
28	Rik Griffin	-	-	-	-	-	-	53	53
29	Mark Jones	-	-	-	-	-	-	52	52

Pics from Clare Barstow's
"Farewell" run



GR54 - A long walk in the Écrins

By Chris Bowen



Three or four years ago, Dave and I went climbing with the Mynydd Climbing Club in the Écrins in the French Alps. We noticed at that time that one of the French Grand Randonnées took a great-looking route around the highest peaks of the area, traversing several high passes and visiting some remote areas.

With Sarah and James both at home to look after the dogs this summer, we decided to investigate the practicality of doing the route in our two week holiday.

We bought the English language guidebook "Tour of the Oisans" published by Cicerone. We were committed! The guidebook starts by comparing the trek to the high-level route across Corsica and the Pyrenean Haute Route and claims that the GR 54 is a contender for Europe's toughest trek, albeit not quite as remote or as well known as these two or the Tour of Mont Blanc.

The route makes a 10-13 day circuit of the Massif des Écrins, south-east of Grenoble, covering a distance of 176km and ascending (and of course also descending) a total of 12830m. The guide also warns of unprotected rocky sections and narrow exposed trails, slanting across slopes of shale and grit where a slip could have serious consequences. I hoped I would be fit enough and brave enough!

We had two weeks available and planned to walk the route in around 12 days. As we are restricted to school holidays, we decided to go as late as we possibly could so that there was little risk of ice and snow remaining on the high cols. This proved to be the case and had the additional benefit that there were fewer people doing the route than earlier in the summer. We saw a couple of groups of people doing the route and a few pairs – almost all of them were French – but the trail was very quiet and we often walked all day seeing very few people.

We travelled by train (using Eurostar) from Macclesfield to Grenoble and then took a bus to Bourg d'Oisans where the route starts. Leaving Macc at 7am meant we arrived in Bourg about 8:30pm allowing for a quick dinner and then early bed in preparation for the big day. We had booked a hotel in Bourg for the first and last nights, and a gîte and a mountain hut for the second and penultimate nights respectively. The remaining days we left flexible in case of bad weather or the need for a rest day - there seemed to be plenty of accommodation available. Accommodation details are given in the guidebook and for the rest of the route we rang ahead the afternoon before if we were dependent on one mountain refuge or gîte for accommodation or, if there were several hotels, we just found a room when we arrived. My French was adequate for this and we had no difficulty in finding rooms.

Many people chose to carry camping gear but we had decided to travel as light as possible and to rely on washing out clothes. My rucksack weighed only around 6lbs – Dave carried extra water and some shared items like a first aid kit. We took silk sleeping bag liners for the huts which provide blankets and carried very little food - only a few cereal bars to eat during the day. There were often places where you could get food on route and there were plenty of water supplies in villages and cabins which seemed to be quite drinkable. I found a trekking pole very useful on the difficult sections.

After breakfast on Sunday 19th August we set off! The route starts up a rock band and the trail involves some easy scrambling straight away but this is protected by fixed cables. In fact it is very easy and later on the trek there are far more exposed places where protection would have been much more useful. The guidebook gives very comprehensive route descriptions where they are necessary and this proved to be the case as the start of the route is not waymarked clearly at all. Most of the route has the typical GR red and white markings and these are supplemented with cairns in tricky sections and it is quite straightforward to find your way most of the time. We only lost the route once – we did carry a map which was useful for reference.

We climbed for around two hours on the first day and were pleasantly surprised to find that we

were achieving better than guidebook time. In fact this proved to be the case for the whole tour – we were getting to places in around two-thirds of the guidebook time. The only exception to this was steep downhill where I am never very fast. We gained a bit of a reputation with other trekkers as the mad English hill-

runners “avec les petits sacs”. A little while later we passed under a ski-tow and came to an auberge with refreshments – coffee seemed to be in order. We sat down and noticed that two ladies across from us were speaking English – we acknowledged them and after a moment Dave realised that one of them was Julie Gardner who he had supported on a Bob Graham Round a couple of years earlier. They were training for a multi-day event in Italy and were carrying big loads with camping gear and planning to do the route in 7 days. Julie and her friend Alison were the only Brits we met doing the route. We walked with them for a couple more hours and we had lunch together and they then set off ahead of us with the intention of doing the first two days combined. We did not see them again and look forward to hearing how they got on. We arrived at the gîte in Besse-en-Oisans around 3pm and enjoyed a grand bière before a shower and a fantastic meal.

The weather throughout the first week was extremely hot - over 30 degrees in the valleys and mid-twenties in the mountains. It was good to get the climbing out of the way in the mornings when it was a little cooler. We wore

shorts and T-shirts for more or less the whole two weeks. It was thankfully a little cooler in the second week! We had two evenings of thundery rain and one day when I put on my cagoule for about 10 minutes of rain. At the very end of the trek though the weather broke



and snow was forecast over 3000m – it was wet for the last day's descent back to Bourg.

On the second day we had to cross three high passes but it proved to be very pleasant walking with fantastic views of high mountains and glaciers. The descent was a bit tedious as it was very hot and dusty but we arrived in La

Grave early and had time to chill before an evening meal in a local restaurant. Again unbelievably we met people I knew – John and Alison Hattersley who are climbers from Macclesfield. They were on holiday doing some rock climbing rather than the GR. I was just talking to them when I had the only mishap of the trip. A bee stung me and left its sting in my neck! Alison kindly removed it after borrowing tweezers from restaurant owner. It was painful and bothered me for a couple of days although fortunately it was not rubbed by my rucksack.

The tour continued to be very beautiful. I was struck by how much each ascent took us to a different type of alpine scenery and different habitats.

The trail changes after day 4 and becomes more rugged with the more serious passes to negotiate.

These proved to be okay in the good conditions we experienced but could have been very daunting in bad

weather or with snow on them. There are several days when the only accommodation is in mountain refuges with dormitory accommodation – these all have their own ambiance and are all very remote. They provide very substantial meals although there is no choice - I did have to eat rabbit one day and mutton stew (complete with skin and bones) with spaghetti on another! There is always plenty and a speciality at this time of year is tarte aux myrtilles – bilberry tart, collected by means of a comb-like device attached to a hopper. All supplies have to be taken by donkey so what they achieve is quite astonishing. Everyone goes to bed after dinner as there is little lighting – bed at 9pm was usual.



We were making very good progress and so decided to deviate from the route to take up our extra days and to run two days together to achieve a third extra day. We had one truly amazing day on one of our variations staying very high all day without seeing anyone else apart from a gardien at a high hut who gave us advice about the route we planned to follow to a peak over 3000m. This was definitely a highlight, especially as we saw vultures gliding overhead while we were on the highest part of the mountain. The sound of marmottes whistling to each other accompanied us and wheatears, redstarts and choughs were commonplace. Herds of sheep and goats were on the highest pastures sometimes accompanied by a guard-dog whose job was to protect the

flock. The shepherds also use small collie type dogs to round up the sheep – how the two types get on remains a mystery!

All too soon the fortnight was drawing to a close. We had one final day of a steep ascent to negotiate. The weather fore-

cast was for severe storms by late morning so we set off at 7am for a nominal 6 hour day hoping that we would cross the col before the storm. We did (although there was considerable thunder and lightning in the next valley) and arrived at the refuge by 10:30am. We spent a very restful afternoon as the wind gathered pace and the rain started. A final descent followed the next day and we arrived back in the hotel in Bourg that we start from 12 days earlier being very glad that they had lots of hot water for showers.

The fortnight certainly surpassed my expectations and I would certainly recommend the route to anyone. If you are interested let us know and feel free to borrow the guidebook!



By Shaun Coram

It started off so good. I was running well; and more than that, I was enjoying my running. I had done some quite big runs around Kinder Scout and over Cracken Edge, and the Winter weather had been cold yet dry.

Then like the Swiss Bob sleigh team, it started to go down hill rapidly. One week prior to the Edale Skyline I came down with a cold and therefore had to pull out just two hours before the race started. This cold lingered for over two weeks and during this time I was out of action. I could only gaze out of the window like a forlorn dog wanting to be taken for a walk. As I waited and waited for the cold to shift. I also helped a dozen or so cakes to disappear from the cupboard. (In my boredom I did a little bit of comfort eating) and put on half a stone. Soon I became accustomed to the comforts of the nice homely things and as we drifted seamlessly from Winter (bypassing Spring), into Summer. The weather became erratic and very wet. I no longer looked out of the window with the urgency of a finely-tuned athlete. I looked towards the warm kitchen at the cakes and comfort.

The rain went on and on and my ability to run twenty miles in March decreased and decreased as time went on. My frustrations at the wet, miserable weather increased by the day and nothing could motivate me into stepping out into the muddy, wet countryside. At

the same time, my wife was gearing up for her exams at college and even though the weather improved for eleven days (yes, I counted them!) I spent more time looking after my children than getting out running.

Hannah sat her exams and we went to York for a nice weekend to celebrate; it was still sunny and I had high hopes of returning home to start off my new training regime. This was June and little did I know that we were on day 10 of our 11-day summer! We returned from York as the final bout of our summer sun disappeared behind dark, pendulous rain-clouds for the duration of our laughable summertime.

I would like to say that I 'Manned Up', I would love to regale you with tales of how I courageously fought through muddy trenches and scaled mountains in low cloud and zero visibility; but I didn't do any of those things. Instead I stood inside and moaned about the weather like a true British gent. I had cleaned off all my trainers whilst we basked in our short summer and I was not going to get them wet and muddy now, was I? So, from March all the way to mid June I had only put in a handful of runs.

One Sunday morning, my fat self was driving the family up to Stockport for an exciting shopping trip when I saw two lady runners. I pointed out to my wife how I remembered when I used to be a runner, and realised that the joke was on me, I had indeed become a couch potato. I decided there and then that I

would get back out and brave the elements. (after a full English and lunchtime cake of course).

The journey back to training was a difficult one as I had become lethargic and I had lost any sort of motivation. The weather had played a huge part in this and I had become stuck in a vicious circle. Most of my problem now was overcoming my negative mental attitude. I was in a place where there was a strong possibility that I was going to give up running and I had to change this before it was too late. I did look at other possible avenues of exercise, though none really appealed to me. I have never been a 'gym' person and I am rubbish at swimming. I have dabbled in Martial Art sports and was never that good at that discipline and I have done circuit training, which is okay for the first few lessons, but then it gets tedious. I have no coordination at Tennis or Squash and I can't even kick a football straight! In the end I decided that running was the only sport I could be mediocre at and enjoyed.

It was mid July before I started getting out with any sort of consistency, and once again started to feel good and revitalised. I even managed to put in a quality run that I did as part of the 'Bad Lads Army', which was the 'Torrminator' route, running at speed up the the ten hills that come out of the Torrs in New Mills. But that was the last run once again for another six weeks!

My appointment had come through for my gallbladder to be removed; this had been causing me stomach problems for over twenty years. The operation went well but as it was surgery, I was not allowed to do any sort of exercise for at least six weeks. To add to the extra poundage that I had already put on, my stomach bloated and my waist line became more like a chest size at 38 inches. I did wonder at this time if wrestling would now be more of a sport for me, or even darts or crown green bowling! I actually became upbeat and decided to draw up a plan of attack for when I could run again. I drew up a thirteen week training regime designed to get me back to a similar standard as my glorious yester-years.

I actually started to run half way into the fourth week of recovery. Slowly I ran, with my belly feeling very large and a little painful. I had also decided that there were not to be any

more excuses not to train. I bought a road bike and I am now using it to cycle to work on occasion. I also purchased my first pair of road running shoes in over eight years. I decided that dark or rain will not put me off the actual training any more and if it is needed I will get out on the road a bit more often. I also have a mini weight bench and I am looking at the possibility of taking up classes to improve my core strength; Pilates or Yoga come highly recommended.

I am in the fifth week of my training plan as I write this and I am back up to running ten miles. Though my speed is still quite steady I am hoping that a few semi-quality sessions will put that right and before Christmas I'll be back to my normal standard.

My aims for next year; well it would be nice to do another big run, though I think I would favour the Grindleford Gallop over the Skyline. I have put in my entry for the Stockport 10; my first road race in a very long time.

I took the time after my operation to assess my last nine years of running. My highs and lows. I looked back to the times when I first started running and racing in 2003; the anticipation and excitement of training for a race and the enormous sense of achievement when I finished the race and realised I wasn't last. I remembered as I approached 2006 I was getting in some good mid-pack times and actually getting up the hills without running. I looked back on the Bad Lads Army sessions and how I used to be able to put some speed in the climbs and how I improved quite quickly in doing these sessions. Moving into 2010 and doing a long distance fell race (The Edale Skyline).

From wading through rivers to crunching through waist high snow trying to get down from the hill before dark. From climbing South Head just in time to see a glorious sunset behind Cracken Edge, to standing isolated on Kinder Scout and admiring the views in silence. To being able to carry out my day to day activities without much of a struggle and to being able to run around after two small children without exhaustion. All these things and much more are why I run. I looked back and thought that this year, I had set out to fail. Perhaps every runner has a time in their running career where they either give up or carry on.

I chose to carry on.



Old County Tops 2012

Slip Sliding Away . . .

By Mick Wren
Photos: Nick Lander

SATURDAY, 26 MAY 2012

Old County Tops 2012 - Slip Sliding Away

Well that was an unexpected pleasure. I hadn't planned to do this race (a mere 37 miles up 10,000 foot worth of Helvellyn, Scafell Pike and Conistone Old Man) but responded to a request on the Lakeland 100 Facebook page for a partner. This event is done in pairs (not sure why but I suppose it could turn a bit interesting if the weather came down). The request was from Kieran Davis an ex-roadrunner turned fell/trail runner from Derbyshire, nearly 25 years my junior.. Kieran has entered the Lakeland 50 this year and was looking for some longer distance experience. (His previous longest run was 21 miles.) He was running sub 6 minutes miles on the road so I knew he'd have to wait for me.

I nearly didn't make it after having a massive headache on Thursday and finding my blood pressure to be 205/136. That's seriously high so I took myself off to the docs. It'd gone down a bit by the time I saw him but, having tried everything to avoid going on the pills for years I agreed to try some ACE inhibitors (but not until after the race).

So, after a Friday night at Ambleside Youth Hostel and awaking to a very rainy grey morn-

ing I drove over to the New Dungeon Ghyll in Langdale and met Kieran, along with his wife Jo and their dog. Also there were Goyt Valley Strider clubmates Claire and Caz and Paul and Will as well as ultraplodder Nick. Other famous faces were Sarah Rowell and Yiannis Tridimas both presumably having a break from supporting Bob Graham attempts.

I made a major mistake even before setting off from home. I've clearly got into a trail running mindset and chose to take my XA Pros (one new pair and an old pair). I didn't take my Speedcross as I'd not run more than 21 miles in them and didn't know how they'd work over this distance. I didn't take the Mudclaws as they'd skinned my heels in the past over a long run. So, the choice on Saturday morning was between a well worn pair of XA Pros or a new pair which I'd only worn twice.

Normally the new pair wouldn't be a problem as I'd been using XA Pros for many years and even did the Bullock Smithy in a pair straight out of the box, but this new pair were an updated model and the fit wasn't identical so there was a risk involved. In the end I opted for the old pair and spent the rest of the day regretting it. Hindsight now tells me I should have worn the Speedcross.

So, at 8:15 on a late start (due to dealing with EODs and partner swaps in the main registration queue) a record breaking 103 teams set off from the car park at New Dungeon Ghyll under a grey sky. It had stopped raining half an hour before the start so the jackets were still on. Down the old Langdale road (farm track) to Chapel Stile (to the clangs of a Swiss cow bells bringing back memories of the Jungfrau Marathon) then up and over the shoulder of Silver Howe heading for Grasmere. It was on the descent into Grasmere (where my ggg grandfather was christened in 1805) that I received my first lesson in shoe choice. Slipping in the mud I came down coccyx first onto a rock, also damaging my right index finger in the process. No real damage done (although my finger was out of action for the rest of the day and is still painful a week later).

On through a very quite Grasmere and up the A59 for half a mile (to come across the same cow bell) before turning right up towards the Great Tongue. The poles came out here (I'm not proud) and the jacket and gloves went on for the drag up to Grisedale Tarn and up into the clouds hugging the Helvellyn ridge. The race split here. Half went straight up the monstrous incline to Dollywaggon Pike. We, the rest, took a sloping line up the hill until we met the ridge path. Kieran had plenty of time for a break waiting for me to drag my carcass up the hill. The top was covered in frozen snow. A Bob Graham attempt by Aly Raw of Bingley Harriers had been through a hour of so before us and they were running through a snow storm. (She completed in under 23 hours for the record). We were soon at the X wall shelter where the cheery marshalls took our number. That's four times I've been on Helvellyn and I've yet to have a view of any description.



Off we dropped down the side of Helvellyn on a SSW heading. Next time (Did I say that?) I'll drop a bit further West where the ground levels out more. On the top section the scree rocks were covered in a thin but very solid layer of ice. The combination of snow, ice and shoes fit for ten pin bowling made for the first of several interesting descents. We eventually picked our way down and dropped through the trees to Wythburn car park and checkpoint where we picked up some malt loaf and jam sandwiches.

The Wythburn valley came next. Three quarters of the way up we came across a dead ewe with a live lamb snuggling into it. A hiker said he was going down to tell the farmer. Hope it made it.

We took a line to the left of the stream cutting over the shoulder of High Raise, rather than contouring round like most did. I prefer our route choice. We dropped down onto Stake Pass then round the back of Rossett Crag to the time-out checkpoint at Angle Tarn with 15 minutes to spare.

Now we've got to get to Cockley Beck in time then we're safe. Just the little matter of Scafell Pike and the Great Moss to deal with first.

With Angle Tarn

looking spectacularly black and sinister behind us we headed off up to Esk Hause. We hadn't gone far when I recognised the pair in front of us. It was Paul and Will. We gradually hauled them in and I enquired as to where Paul's poles were to which he replied that they were for girls. He's obviously been listening to our clubmate Al. I'll remind him of that when we're heading up Garthsgate Pass on the Lakeland 100 in July. We went up and over Broad Crag and up Scafell Pike together.

The race organisers had advised anyone who hadn't recce'd the southern drop off Scafell Pike to retrace their steps down to Little Nar-

rowcove and drop down there. This was our plan until Will said he'd recce'd the route recently so we tagged on and set off down what I remember as being a vertical cliff looking from the bottom. We hadn't gone far before Will said that the route he'd recce'd was further to the right and he'd recce'd it uphill!

However, he managed to find the way down but not without leaving me behind in my roller skate shoes. They took off over Great Moss while Kieran waited for me to slide my way down.

I was a bit weary going over Great Moss which seemed to go on forever. Just before we reached Mosedale I downed 500ml of isotonic drink and that seemed to revive me no end.

We tanked it down Mosedale, passing three of four teams and nipped past Paul and Will just before the Cockley Beck checkpoint 8 minutes inside the cut-off. The cakes, sandwiches and bananas we're just what the doctor ordered.

After topping up the drink bladder we set off for the last hill. I was surprised to see Paul still in the checkpoint as he's normally in and out like a shot. They'd previously told me that Claire and Caz were behind them which meant I was first in our club. Not that that made the upcoming climb any easier.

The poles came out again as we set off up towards Swirl Howe, cutting off the corner of Grey Friars. After a steady 500m of ascent, during which we climbed alongside a pair of guys from the Pennine club, one of whom was revelling in being much higher than his Dutch countrymen. Kieran spent quite a while waiting for me going up here. We picked up the top path here and headed off in the direction of Coniston Old Man (COM). This part of the route was an out and back to the top of COM so we were now seeing pairs on their way back to the finish.

At Levers Hawse I had to succumb to the inevitable and squatted behind a rock only to realise everyone dropping down to the hawse could see my backside sticking out. That's twice things have gone wrong here. A few years ago I was just finishing day 2 of a Saunders Mountain Marathon and just had to drop down

to Low Water for the last control when my partner took a bee line in the mist for what turned out to be Levers Water. We lost a good 90 minutes looking for a control that wasn't there. Never again did I trust someone else's navigation.

We were then up and over the upturned pudding bowl that is Brim Fell and up to the Old Man. Three down, none to go. A quick swig of water and we were off back down. Skirting round Swirl Howe we dropped down to Three Shire Stone and onto the road. This is where my

shoes at last came into their own. We tonned it down the road pick up at least three teams in the process. At the wall corner we turned left and along the Lakeland 100/50 course (albeit in reverse) past Blea Tarn picking off another weary pair. The drop down into Langdale felt much shorter than it does going up it. It was then across to Side House Farm where I admit we cut that corner by going through the gate to the left of the farm.

At this point, with just a quarter of a mile left, I ran out of steam. I could feel the tank emptying with every step I took until I was reduce to a walk. Kieran waited for me on the bridge. I used the tiny drop off the bridge to get going again and managed to run the couple of hundred yards to the finish in a time of something like 10:45, well outside of the sub 10 we fancied at the start and over three hours behind the winners. Considering 20% of the field didn't finish and I was running in carpet slippers we can't complain though. A grand day out on the hills. (Oh, and did I mention, I was first in our club?)

After refuelling on the marvellous lentil soup and cakes I then tried to find a room at the New Dungeon Ghyll hotel but they were full so I set off to Bingley to deliver my painting of Dave.

During the event, as I was trudging through some of the boggier sections I remembered why I'd decided not to do OMMs anymore and to focus on trailrunning, but with hindsight I really enjoyed this event and will probably be back for more - with the right shoes of course!



Rarer than the Rainforest . . .

By Sally Hunter

This summer the club again volunteered it's time to work with the Peak Park on a conservation task for a day.

Twelve of us walked from the summit of snake pass to Torside, stopping off to do a number of jobs. Walking across Bleaklow gave us the opportunity to get an overview of the work that has been going on across the Dark Peak from Martin Sharp, a Peak Park ranger who works up on his patch, from Edale to Standedge on the Pennine Way every day.

"We're still learning about what we've got", he says.

It's easy to underestimate the importance of the habitat, and the rate at which it is disappearing. This kind of habitat is rarer than the rainforest. Europe has the largest % of peat moor in the world and right here is the largest % in Europe. It's a carbon sink, and a giant water sponge, holding water and releasing it slowly. But the depth of peat is reducing.

"As we understand it we can see that we've been damaging it".

Vegetation has been lost through acid pollution, moorland fires, sheep grazing and trampling.

Without the vegetation the peat is lost rapidly; either blown away or washed away. On the two days the club has helped out we've repaired sections of footpath to help keep people on the path. Flagging the paths, greening up the peat and reducing the water run off is being managed by the Peak Park working alongside "Moors for the Future".

"You're the ones with the cakes!"

Apart from the supply of cakes when GVS get involved, volunteers are greatly appreciated by both organisations. "Having you with me today has achieved more than I can in over a week on my own. I hope you'll come back soon, there's a job with your name on it!"

Every picture tells a story . . .



1971, black hill trig – bare peat but the bottom of the trig point is sitting on the peat.



2006, level of the peat has dropped.



2011, vegetation restored.



N is for No Pressure

A Stroller's ABC by Jackie Tomney

ON the assumption that this article should appear in the next edition of The Strider newsletter and go

out to people around October or November time, I'll attempt for a change to be right up to the minute and do my best to write a topical piece.

I am aware that my last article, published in July, contained references to the previous October and winter temperatures and there was even a mention of snow. Perhaps I should just arrange for the article to be reprinted as I expect there'll be snow again this year.

It's the teacher in me, you see, I like to be well –prepared and organised and up until July I always had one if not two articles already written and ready to go, as it were – hence the slightly out-of-date events and meanderings of an over-active brain that have become “A Stroller's ABC.”

Mind you, I'd be interested to see how others would respond to an email from our esteemed editor, Steve Berry, which said: “Jackie, could you send me an article for the next newsletter, preferably by this Friday?” I add in passing that ‘this Friday’ was two days away.

It's just not the way my mind can work, not nearly enough notice you see. And besides, who am I to assume my every article will be published? I happen to have it on great authority that Steve Berry is swamped, swamped with articles month after month, with masses of people clamouring to have

their pieces appear in The Strider. Apparently sackloads of the stuff. Inundated. He and Kaye have had to arrange for extra postal deliveries to their house.

(Did you know I could write over half a page and not make one reference to running? You do now.)

N is for No Jacket Required

It certainly has been lovely to run over the summer (and she's off!) with better weather, beautiful mornings and even some starlit evenings to accompany us on our way. I remember asking this question in my first article: “What would I wear? Guys, do you worry about what to wear?” The answer to that one is, of course, no and why would you? There are some runners who wear shorts all the year round, whatever the weather and I do admire them (no, not the men or their shorts, I admire the fact that they feel able to wear their shorts). It's five years this month since I started running (not that I'm counting or anything) and I have yet to get into my shorts for a running session. I'll make you a promise, though – when I've slimmed down to my 8 stone 13lbs weight (I distinctly remember being this weight in 1989 ... for a day), I'll wear my shorts for running. That'll be a treat, won't it?

In any case, my shorts are actually a skort – is that a new word for any of you? Oh, good. Remember, one of my aims way back with these articles was to improve your use of language and extend your vocabulary, so I'm right on track.

A skort is a cross between a skirt and shorts, a bit like we had to wear in my girls' convent school for PE (no comments, please, it's not very PC these days), only at Harrytown they were called a divided skirt. I hope you're all paying attention – this is both a fashion and a history snippet and you never know when these so-called useless bits of information might come up in a quiz night or something similar.

After a short interlude, back to the subject matter. Kevin has a multitude of running jackets and is always very keen to add to his collection. When I occasionally deign to accompany him to races (always a bad idea), he makes his way to the running items stalls, starts whisking his hands along the rails and pulling out various types of apparel, saying, "This is nice," "I like this one," "This is very nifty," and so on.

The fact that these jackets are often quite pricey bothers him not a jot – and why would it, when he looks at me so hopefully and expectantly? Does he always get everything he wants? No, certainly not. Sometimes? Yes. But only after I've extracted many and convoluted promises from him, usually involving him ... ah, but I don't want to give away all our secrets now, do I?
Jackie



Ok, I'll run the "Dusk Till Dawn" with you but can I pull out at The Cat and Fiddle?

Phil's Phillers...

Away Day:

Harddraw in the Yorkshire Dales

Paul Hunt is organising an away-day weekend which will involve a Saturday run in the Howgills and a short Sunday run on the Penine Way.

Will probably be February or March - Keep an eye on the forum for further details!



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

Tel: (Mob) 07791573254, (Home) 01613689391

Christmas Curry Night

Get the date in your diary:
**Saturday, December
15th.**

**Memories
of India**

GVS - 25th Year Birthday Celebrations!

Next year the Goyt Valley Striders reach the age of 25 and we are planning a year of celebrations.

Keep your diaries free on **Saturday, October 19th, 2013** as we are planning a very special celebration in The Dome, Buxton.

We have provisionally booked a band but will confirm the name early next year.

After Christmas there will be more information and I will start to collect names and monies weekly or monthly.

- Philomena -

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 nd 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

☐