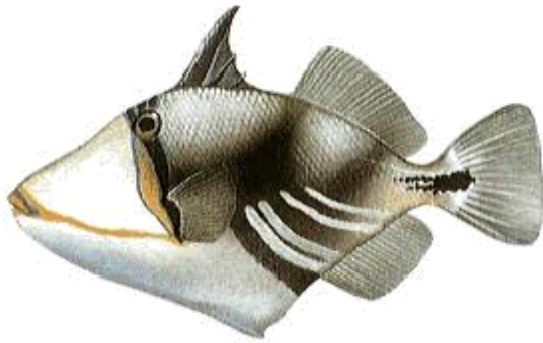


# GOYT VALLEY STRIDERS

Warning!  
This publication contains no information about  
fish



In this issue  
**COMPREHENSIVE REPORTS ON**  
*STOODLEY PIKE*  
*PEAKERS STROLL*  
**RACE RESULTS**  
**ECCLES PIKE**  
**NO RECIPE !**

**NEWSLETTER**  
**August 1999**

## **Introduction**

It's hard to sit here writing this newsletter knowing that all the rest of you are there pounding out the miles. For the last five or six weeks since the Kinder Trog I have done next to nothing!

Having twisted my ankle on the descent off Edale Rocks I've been out of action for what I thought would be a couple of days. Numerous attempts to make a comeback have ended in failure. I have now resigned myself to the fact that the only cure is rest.

Information for this newsletter has been hard to come by so thanks for the contributions from both Donna and Brian. Remember, I cannot publish the results if you don't let me have them!!

The most important item in this newsletter is the news about the Eccles Pike Race. We need as many marshals and helpers as possible, so if you can't make it let us know.

Mark Whelan  
Editor !!

## **Previous Newsletter**

There are a number of points to raise from the previous newsletter, these are detailed as follows:-

### **Results**

There were several errors in the results that were listed but hopefully these have all been rectified in this issue.

### **The Challenge**

Unfortunately, due to circumstances beyond anybody's control the challenge as planned will not take place this year. Although another opportunity has been missed maybe we can start to think about a Millennium Challenge big enough to make up for the disappointment.

### **The Recipe**

Was anybody brave enough to try last months recipe and if so what was it like?

### **This Issue**

Read On!

## **Summer Celebrations**

For those who did not attend, a number of us managed to make it to the Dog and Partridge for the evening out. Excellent company and good food meant that over sixteen of us had a great night out.

Get those thinking caps on again and try and come up with some venues or ideas for this years Xmas meal. After last years 10<sup>th</sup> anniversary celebration I think we all agreed that an Xmas do was a must.

## **Whaley '6'**

A big thank you to all those who turned out to help on the Whaley '6'. Brilliant weather and a fantastic entry of 88 runners meant that the race was a great success

For the second year running there was a new course record when Anne O'Kearney of Altrincham beat Estelle Maguires old record with a time of 41:44. The ladies entry was fantastic in this years event with 39 entrants and just goes to show what a popular run this has become.

Despite there being a new landlord at the Shady Oak he was very receptive and appreciative of the extra custom – roll on next year!

For the fifth year running Pete has managed to pronounce Graham Morson's surname wrong and still continues to pronounce it Morrison. Rumour has it, he is in for a very big shock when Graham's wife catches up with him! Incidentally Graham won the race this year.

## **News from Brian**

### ***Stroll in Name Only !***

The 25 mile Peakers Stroll, held on Sunday 4<sup>th</sup> July 1999 from the Devonshire Arms, Peak Dale, proved to be anything but a stroll. Along with myself, Andy and Mike Jones, and Mike and Mark Hudson ran the event (well some of it) and Peter and Donna Hill walked it.

It seems that however old I get and however long I've been running, I never seem to learn some very basic lessons. Like, shaking off a cold just a few days before a big event leaves me in less than best condition for an event like this, plus the interruption to training that illness automatically brings. Like the fact that you could count on Long John Silver's toes the number of times I've been much over two hours this year - not great training preparation. Like the fact that since the race started at 11:30 am meant we'd be running across lunch and would need to have a substantial mid-morning meal - not just breakfast. Like the fact that I went too fast early on - AGAIN.

All this, plus the most important fact, that it was a very hot and muggy day, meant that I had a real "dog" of a run.

Just over 20 runners actually started at the prescribed time of 11:30 am; some had been allowed to set off early at 11:00 am. By the time I'd got just as far as Mam Nick, there were only 5 behind me. I caught glimpses of Andy's blue vest well ahead of me along the ridge to Losehill and then again going up that horribly steep field from Twitchill Farm to Win Hill. But that was the last I saw of him.

I only got slightly lost over the new route from Win Hill down to Ladybower. Some took a bigger diversion, like Mike and Mark ! I was taking drinks at each station, and an egg roll at Ladybower, but this later proved not to be enough in the conditions.

Running along the shore of the reservoir was OK and, although I started to struggle between here and the long stretch to Edale, even in Edale I didn't feel totally wrecked. It was at this control point that I met with Mike and Mark. Mark had done extremely well to do 18 miles - miles further than he'd done before. He did however have sore hips and decided to stop at this point. Now that IS wisdom, and I missed a golden opportunity of stopping with him.

Mike passed me walking up Hollins Cross and now I was struggling. I passed Peter and Donna coming down off Hollins Cross, they looked to be going very well. In Castleton I filled up with water and refilled my bottle, and started up Cave Dale.

This became terrible. Less than half up and I was really suffering. If a helicopter had dropped down into the dale and offered me a lift I'd have been on it. Unfortunately you don't get many helicopters in Cave Dale, nor buses or taxis. The closest you get to transport is the sheep, and I didn't want to be seen getting out of a sheep !

Anyway I got to the top, but not before being overtaken by one of the 5 behind me. On the descent of Oxlow Rake, I was struck by the most excruciating cramp in my left calf, but I did at least manage a feeble shuffle back down into Peak Dale where I met Mark W. for a brief chat and few words of encouragement.

I got back to the Devonshire Arms in 5 hours 02 minutes, 40 minutes longer than last time. It was some small consolation that I found Andy and Mike, still over 20 minutes ahead of me, had also had very tough runs. Both found themselves in various states of distress during the evening. I think they would have both been on that helicopter with me!

Mike H ended up passing Andy and Mike, and getting back first of us all. He reckons that running with Mark forced him to run at a sensible pace early on and allowed him to finish at a reasonable pace later on. So everyone take his or her kids next year, OK?

I am going to do it next year, just to prove that with proper training, preparation and a sensible pace, I can finish it without the pain and suffering.

Brian

## **Race and Results News**

I'm a bit short of race results and information for this letter but I will give you what I have got. In general, Goyt Valley runners have been sparse in many events and in many cases none existent.

### **Kettleshulme**

A club race once again this year but not as well attended as normal.

1 <sup>st</sup>	Mark Whelan
2 <sup>nd</sup>	Mike Hudson
3 <sup>rd</sup>	Mike Jones
4 <sup>th</sup>	Andy Jones
5 <sup>th</sup>	John Smith

### **Boars Head**

Unfortunately I could not make this race but managed to turn up for the finish. The race apparently was run the opposite way around this year and was said to be tough. Results were.

1 <sup>st</sup>	Mike Hudson
2 <sup>nd</sup>	Mike Jones
3 <sup>rd</sup>	Steve Hennessey
4 <sup>th</sup>	Brian Lander
5 <sup>th</sup>	John Smith

## **Peaker's Stroll**

You should now have read Brian's account which is pretty much what happened.

The results were:-

1 <sup>st</sup>	Mike Hudson
2 <sup>nd</sup> =	Mike Jones
2 <sup>nd</sup> =	Andy Jones
4 <sup>th</sup>	Brian Lander
5 <sup>th</sup> =	Peter Hill
5 <sup>th</sup> =	Donna Hill

## **Dorma 5**

I was not there but on all accounts it was a good race. Dave Arden shows that after a fairly long absenteeism from racing he still maintains his basic power! Sue and Nick turned out which is equally as good to see.

1 <sup>st</sup>	Dave Arden
2 <sup>nd</sup>	Mike Hudson
3 <sup>rd</sup>	Sue Stafford
4 <sup>th</sup>	Nick Gamble

## **Sale 10**

Club race, but did anybody turn up!

## More Race and Results News

It appears that this years club championship may have to be reviewed, as nobody will meet the criteria. Short races seem to be the problem amongst other things. If anybody has any suggestions then please let us know as soon as possible.

As for forthcoming championship races:

Short	26/08	Taddington Lanes	Road
Medium	12/09	Ashbourne Half	Road
(Race to be confirmed)			
Long		Holmfirth 15	Road

Details all remaining race will be forward soon.

## Other Races

21/08	Combs Village Fell	4:00pm
03/09	Great Longstone Chase	6:45pm
05/09	Chesterfield Half	10:00am
05/09	Barrel Inn Fell	3:00pm
05/09	Shelf Moor Fell	2:00pm
05/09	Totley Terminator	10:30am
11/09	Chelmorton Chase	11:00am
12/09	Hollingsclough Fell	2:00pm
18/09	Lantern Pike Fell	3:00pm
19/09	Passing Clouds Fell	10:30am
25/09	High Peak 40	8:00am
10/10	Manchester Marathon	9:30am

## Current Championship Standings

Name	Tigger Tor	Grindled Gallop	Wilmslow Half	Herod Farm	Mount Famine	Vanessa Chappell	Kettles-hulme	Boars Head	Peaker's Stroll	Dorina 5	Total
M Hudson						19	19	20	20	19	97
J Smith					19		16	16			51
D Howe					16						16
A Jones					19		17		18½		54½
T Lardner	15		16		17						48
E Clitheroe	16										16
P Hill	17								16		33
M Jones	19	19	19				18	19	18½		112½
A Butler					20						20
S Hennesey	18	20				20		18			76
M Whelan	20		20				20				60
B Lander		18	18	20		18		17	17		108
N Gamble										17	17
D Ardern										20	20
S Stafford										18	18
A Eaton			17								17

## **More News**

### ***Club Star!***

Most regulars to the Thursday night training sessions will know that a few new members have recently joined us. One of these, Mark Hudson, who is still a junior (just) has recently been in sparkling form. In both the junior races at Castleton and Hope he came first in times of 24:42 and 14:14. What was more impressive was that in both cases he slaughtered the field and in the Castleton race went a mile off course before still winning.

His best achievement however was in the senior race at Charlesworth where he came 12<sup>th</sup> overall in a time of 24:09. Not bad especially considering he beat Mike, his dad, into 22<sup>nd</sup> position. I think Mike is now struggling to come to terms with this and gets very emotional whenever the subject is mentioned! Please don't discuss this on a club run, I hate to see grown men cry on the top of a fell!

As for Mark it's good to see and maybe he'll take part in the forthcoming Eccles Pike!

### **Late Results**

Goyt's Moss – the new fell race organised by Buxton was fairly well attended by Goyt Valley. If my information is correct Andy Jones managed to win the Vet over 50 prize.

1 <sup>st</sup>	Dave Arden	4 <sup>th</sup>	Brian Lander
2 <sup>nd</sup>	Mike Jones	5 <sup>th</sup>	John Smith
3 <sup>rd</sup>	Andy Jones		

**IMPORTANT**

**YOUR CLUB NEEDS YOU !**

**THE  
ECCLES PIKE  
FELL RACE**

Wednesday 25<sup>th</sup> August 1999

At 7:30pm

We need as many of you as possible to help with this race. If you think you will be unable to turn up on the night to marshal then please let either myself or Sue know so that we can make alternative arrangements.

Car park attendants are required from 6.00pm onwards  
– any volunteers?

## Stoodley Pike Marathon

6:30am Sunday 13th June. Well, it's here! I mean, I've done local walks, some equal to this distance but when you know home is only a short taxi ride away it puts a different complexion on things.

After an enjoyable Grindleford Gallop with Sue where we saw an advert for the Sheldon 23 mile walk which Pete and I walked and then Sue subsequently receiving information about the Stoodley Pike Marathon we decided we were fit enough to give it a try!

So, as I said, here we are. I feel a bit apprehensive and I express a wish to get there in good time. Pete eats a leisurely breakfast and at 7:10am decides to have a final Mars Bar with his coffee! The walk starts at Hollingworth Lake Rugby Club – we have 1½hrs to get there and get ready. I feel a little fraught especially as when we leave Whaley Peter exclaims that he has forgotten his boots and only has his Walshes – “Tough”. I start to think about the weather and hope that it stays fine, Pete likes to wear his Walshes when the weather is fine.

*Ed. I bet he looks funny on the beach he,he,he,he, !!!*

Finally we arrive at the Rugby Club with 10 minutes to spare and register. There is not a big field, in fact there are about twenty-five people who all look mighty fit and have umpteen LDWA badges and others announcing their many achievements.

At 8:30 we set off up a hill towards the first checkpoint. Pete set quite a moderate pace so all my efforts are on keeping up. We meet up with a gentleman from Leeds who is in the LDWA and tells us about the publication of 'Strider' with which he plans his weekends.

As the going gets tougher, the lady in front in whose footsteps I was following and was admiring her pace, stops and says she can't keep this going. Rather surprised we go past and onto the first checkpoint.

We managed to lose some of the group on the way up the hill who are following the classic route. We follow the majority but keep a look out for the others. At checkpoint 1 – a transmitter – there is orange squash and biscuits if required. Onto the next point, across the M62 on a bridge that is a bit bouncy and one that I would certainly never get my mother over. We are following a man that we christened Jimmy – I like to be able to see him to reassure me that we are on the right course. We get to the checkpoint and published grid reference through the message on the post beforehand, however, looking at the route previously we had proposed a different route. Pete had traced the map onto a laminate map earlier and hoped it wouldn't rub off, guess what, it did! However, we could just about make it out from the left over pressure marks.

Jimmy was now beginning to run every now and then, I knew it, not everyone just walks! We went past a reservoir and onto the moor, where we saw the loveliest Russet Weasel with a white chest. At checkpoint 2 more refreshments before a climb up Great Mans Head Hill and onto the Calderdale Way.

We now needed to go quite quickly to get to Cragg Vale but were OK as the section was on the road. I thought we might have problems with Peter as we passed the Theakston's Pub but he was very good! A long ascent and then we arrived at checkpoint 3 which offered more refreshments and a friendly chat.

The next part was the ascent to Stoodley Pike, which in the end turned out easier than I had anticipated - runnable if I was able to run! Checkpoint 4 was at the towers where, you guessed it more refreshment and a friendly chat were available. The Marshall here was having particular difficulty keeping his biscuits away from hungry sheep. As we left they were pestering walkers for their sandwiches!

The views from here were lovely. Todmorden looked inviting, nestling in large green valley we could see the wind farm that we had seen from the hills on the other side when previously holidaying in Malhamdale.

We now turned for home, it was more like the motorway than the Pennine Way – it was so busy. After half an hour we turned off by the side of Warland Reservoir and headed down towards the canal and the last checkpoint. The weather was hot and sunny and we had about a 2 mile stretch on the canal before we meandered our way through some lovely quiet valley's with a rippling stream, before once again reaching Hollingworth Lake. Here most of Lancashire seemed to have gathered to enjoy the summer sunshine.

We finished in 7hrs 8mins which I was well pleased with as I am not a fast walker.!

We were rewarded with meat pie and mushy peas and Pete finished with Rice pudding. The bar was open and you could also take advantage of the Rugby Club showers.

The Stoodley Pike marathon was well run by friendly people and was a lovely walk. As this was only the second year there were not many participants, but I can recommend it as being very enjoyable. There is also plenty to do for the family at the Lake. Club race next year??

Donna

Ed. Thanks very much for that Donna, it only took me 7hrs and 8mins to type it! No seriously, it sounds like a really good event and one which I will certainly look to do in the future.

Just out of interest though, how many pints did Pete have in the Theakston's Pub?

## Word Search

V	J	E	C	H	R	I	S	T	M	A	S	C	R	A	C	K	E	R
K	M	D	K	A	F	A	L	N	I	G	S	L	P	A	T	N	T	U
C	B	G	T	R	A	D	L	E	L	S	F	B	L	C	I	K	T	N
E	D	O	R	M	A	F	I	V	E	S	E	B	U	L	S	F	D	N
L	I	Y	A	A	B	P	H	R	S	B	L	B	Y	A	V	K	D	I
T	I	T	P	R	C	D	N	F	U	X	L	K	O	N	A	E	G	N
R	O	V	O	S	S	G	O	I	K	I	S	X	U	G	T	E	F	G
A	L	A	V	D	M	H	R	K	K	E	H	U	T	L	H	U	B	B
F	F	L	P	E	O	K	E	P	L	U	O	I	H	E	H	J	D	E
C	X	L	S	N	U	K	E	A	K	Q	E	H	C	Y	D	R	K	A
A	R	E	T	T	G	P	D	A	D	E	S	C	L	S	S	I	G	R
P	R	Y	T	O	H	E	K	S	B	N	E	V	U	E	G	A	K	T
A	E	G	H	E	L	N	L	C	L	T	R	B	B	V	P	H	D	A
S	T	R	I	D	E	R	S	B	O	R	O	H	C	E	O	C	E	S
T	S	C	R	A	T	O	I	E	G	I	J	M	E	N	R	M	R	N
A	I	W	I	L	M	S	L	O	W	H	A	L	F	Y	S	Y	S	I
N	L	O	Z	E	H	S	G	F	K	S	F	E	D	U	G	P	A	R
Y	B	V	B	C	E	M	O	U	N	T	F	A	M	I	N	E	T	G

Remember the word search in the last newsletter? A bottle of wine was up for grabs for the best effort and there were two entries, one from Brian and the other from Sue. Both scored 19 and both missed the same answer - *Ron Hill*. Other alternatives for the 20<sup>th</sup> were *Deer on Hills*, *Park and Fun* from Brian and *Penross*, *Deer and Bog* from Sue.

Well, I've not laughed so much in ages! A bottle of wine each or was Brian nearest because Dear on Hills contained Ron Hill? What do you think?

# Application Form

If you want to join The Striders or know anybody who wishes to join then complete the attached form and send it to the secretary.

## GOYT VALLEY STRIDERS MEMBERSHIP APPLICATION FORM

SURNAME															SEX		
FIRST NAME															DATE OF BIRTH		
POSTAL ADDRESS															Day	Month	Year
TOWN															POSTAL CODE ESSENTIAL		
COUNTY															HOME TELEPHONE (STD ESSENTIAL)		
DAYTIME TELEPHONE (STD ESSENTIAL)										HOME TELEPHONE (STD ESSENTIAL)							

I fully understand that I shall train and race with Goyt Valley Striders running club entirely at my own risk, and that the organisers of Goyt Valley Striders running club are in no way responsible for any injury, illness or loss that I may suffer or any injury that I may cause during any activity connected with the club.

SIGNED:

DATED:

If under 16, signature of parent or guardian.

## **Useful Addresses And Telephone Numbers**

### **The Secretary**

Sue Stafford  
24a Elnor Lane  
Whaley Bridge  
High Peak

Tel: 01663 732793

### **The Treasurer**

Di Howe  
Eastwood  
25 Elnor Lane  
Whaley Bridge  
High Peak

Tel: 01663 733382

### **Newsletter / Press**

Mark Whelan  
3 Hockerley Lane  
Whaley Bridge  
High Peak

Tel: 01663 732857