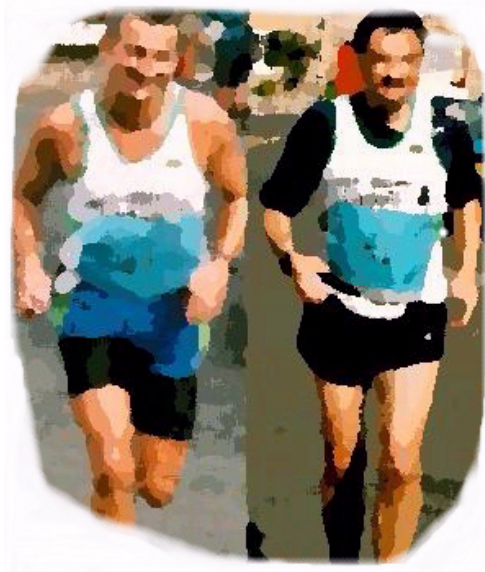


GOYT VALLEY STRIDERS



Two Goyt
Valley Striders
in this years
High Peak 40.
Can you guess
who they are?

In this issue

MANCHESTER MARATHON MADNESS
HIGH PEAK 40 FOOLISHNESS
XMAS BASH
CHAMPIONSHIP NEWS

NEWSLETTER
October 1999

Introduction

Welcome to the October GVS Newsletter. This issue contains some very interesting articles written by members, which highlights the strength in depth that our small club has. Recent results by both Dave Arden and Mark Hudson are helping to raise the profile of the club and I hope that in the forthcoming months the club can take advantage of this.

Attracting new members always seems to be difficult but given the right publicity and encouragement from ourselves I'm sure that we can attract any potential members that are out there.

There are a few particular things that I would like to draw your attention to in this issue and hope that you will respond accordingly. Firstly, the Xmas meal has been booked for Saturday the 5th December at the Hanging Gate. A provisional booking has been made for 20 but we need to know for definite with a deposit as soon as possible, more details are on *page 14*.

Secondly, despite all my efforts I have yet to get the Club Championship results correct! Please read through them carefully and let me know of any errors.

Some subscriptions have still not been paid for this year. I am sure this is just an oversight by those concerned and hope you do not feel offended by the small reminder attached to the front of the newsletter.

Mark Whelan
Editor !!

Previous Newsletter

Apologies to both Sue and Brian for still not providing them with a bottle of wine for jointly winning the Word Search. I did in fact buy both of you one but ended up using them as prizes for the Eccles Pike. Once again, sorry and soon to be coming your way is a bottle of White for Sue and a bottle of Red for Brian. Are these OK?

Eccles Pike

The Eccles Pike race took place as planned on 25th August. This is the point where I cheat and extract Sue's report from the Fellrunner!

"This year's race was luckily run in a break in the weather with a warm dry evening following an appalling stormy day.

The entry was similar to last year but with quite a few new faces and many supporters enjoying themselves at the pub!

There were no records broken (although the lady winner came close) but the first three places were very closely fought with only ten seconds between them.

Everyone, including the families, enjoyed the night, the race and the after-race drinks and meals available in the lovely setting near Buxsworth Canal Basin.

This is a small friendly race, which attracts some really good local runners, short enough to keep the field reasonably compact but tough enough to separate the good runners from the not so tough."

Eccles Pike (Cont'd)

Men

1 st	T Austin	N Derbys	21:46
2 nd	M Fowler	Salford	21:50
3 rd	S Penney	Chesterfield	21:56
4 th	D Gartly	Unattached	22:14
5 th	N Bassett	Staff Mor	22:39
6 th	L Footit	Buxton	22:43

Ladies

1 st	E Batt	Buxton	25:28
2 nd	E Maguire	Stockport	25:41
3 rd	J Burthem	Spectrum	27:13

V/40

1 st	I Warhurst	Pennine	23:57
2 nd	C Fray	Pennine	24:04

Juniors

1 st	T Egerton	Trafford	24:57
2 nd	M Hudson	Goyt Valley	25:19

Although the evening went well, there is still some work to do next year in ensuring that marshals get there on time!

Free Newsletters!

Do you know of any potential new members out there who might like a copy of this newsletter or any past newsletters? If you do then please call, I have them all on computer and can produce as many copies as required! Remember there is also a copy of the registration form printed in the back for any potential new members. Anybody know Dale Gartley? I notice he is running unattached at the moment!

News from Dave Arden

Manchester Marathon

For many readers, running a marathon is something you will have experienced on many occasions – but not so young Arden. My only previous attempt ended in dejected failure last year, when after 20 miles I collided head on with the dreaded “wall”.

That had been the end of a particularly bad week for me – I’d had a heavy cold with high temperature during the week before and my wife had gone to visit a friend in the States leaving me to look after the kids. So with me already worn out before the start, when I couldn’t find an opening to get through this “wall”, I just simply sat at the side of the road and steadfastly refused to move.

That was last year. I was determined that this year would be different.

However, a couple of minor setbacks had first to be negotiated (there always have to be a few “however’s” – it makes the story more exciting).

Firstly, with about eight weeks to go, whilst out training one day I felt a slight twinge in the back of my ankle. The dreaded achilles twinge. Over the next few days the pain developed to the point that I virtually convinced myself that my ‘99 season was over and exercise would be limited to operating the photocopier at work. Gradually over the following week the tendon settled down and at least allowed me to carefully jog a few miles but never with any great confidence.

A chance encounter with Eddie at one of the GVS's events gave me new hope. He recommended a magic ointment readily available over the counter at the local chemist. I bought some, applied it in all the right places and sure enough it seemed to help (I couldn't run any better, but my wife had to take a holiday on her own in China - so good was this ointment – just joking!).

By MD (marathon day) minus 4 weeks, I had progressed sufficiently to finish 6th in the Ashbourne half, although my time was nearly three minutes slower than last year and I was in a very fatigued state. (Fatigued by the way is apparently the polite form of words such as knackered or bollocksed etc). Two weeks later it was the Swinton half – 4th in 1:14:10 – getting there and not so fatigued this time.

Then with 4 days to go (introduce the second “however”) I felt the dreaded sore throat and hot head condition otherwise known as the “office bug”. This demanded decisive action. Vitamins, early bed, hot water bottles – I tried everything (I even slept with a woolly hat on one night!). The bug must not be allowed to survive.

By MD minus one day I was feeling much improved though a bit heavy legged and without much spring in my stride. A few good sized portions of pasta and rice however, and I would at least make the start line. And so came MD minus zero days. – I was suddenly very nervous. I couldn't get thoughts of a repeat of last years failure out of my mind. I realised that such a repeat would mean I would develop such a mental block that I might as well forget marathon running thereafter. These thoughts only served to make my nerves worse. It got so bad that I couldn't fasten my number on properly.

Anyway, as often happens in these cases the starting gun is fired all too soon and the nerves are whisked away as the stampede of several thousand runners, all seemingly trying to run over the ones in front, ensues. The first few miles were a bit too quick – 1 in 5:40; 2 in 11:25; 3 in 17:00. As luck would have it I found myself running alongside a chap who had beaten me by nearly three minutes in the Swinton half two weeks earlier. He suggested that we were going too quickly and we duly slowed to 6 minute miling for a while.

By 10 miles (59:00) I was starting to feel the first signs of tiredness catching up with me. My knees were beginning to ache, my back was stiff, and my legs heavy. This was all a bit distressing as we still had over 16 miles to go. I had to persevere. I held on to a group that had formed a few miles earlier. Luckily I soon became aware that I wasn't the only one who appeared to be struggling. The wind had picked up and was generally against us and a few were now finding it difficult to stay in touch. This bucked me up a bit.

By 15 (1:29) we were advised by an excited onlooker that we were 15 and 16 on the road and it was then that I realised that the group had dwindled down to me and one other runner.

Time to execute **plan A** – Arden thinks – other runner looks stronger than I feel – therefore, follow him everywhere he goes – do not under any circumstances loose contact. That way I get to the finish in a reasonable time.

By 20 miles (1:59) plan A was working well and by masterful mental agility I calculated that we had only just over 6 miles to go (it's amazing when primary school maths comes in handy – personally I thought that I would never need it again once I left school). This gave me new-found inspiration and I discovered new energy from some unknown source. We were now on 'Kingsway' and although running on such a road is as boring as watching paint dry (or possibly watching golf – but that opens up a whole new debate) at least it allows you to see other runners in front. I realised that we were not too far behind quite a big group which seemed to be splitting up. At 21 miles it was time to change to **plan B** – make big effort to catch a few of those in front. This was more rewarding than plan A. I soon dropped my colleague and as runners in front began to slow, I began to go quicker. By 24 miles I had passed three who had lost contact with the group ahead. Soon after I passed a couple who appeared to have come to a complete standstill. This was good; in fact in a sadistic sort of way one could almost describe the experience as enjoyable. It was just after this, however, that I realised that plan B was in actual fact a spot more tiring than the previously successful plan A – my body was suddenly becoming seriously fatigued (please note I'm still managing to keep to the polite form). The concept of all those who I had just passed (including those who had stopped) re-passing me, whilst being too embarrassing to contemplate, was, however, very real. The only thing that gave me inspiration was that just ahead were two people who looked to be in an even worse state than I was. If I could just get my eyes to focus on them and keep going maybe I could get a couple more scalps.

I managed to wobble past the first at 25 miles and with about 500 metres to go I was just behind the second. Unfortunately, he heard me coming and tried to speed up. There then followed a most amusing sprint for the line as two completely bollocksed (oh sod it) runners tried to grovel as fast as they could to the tape. It was a sort of slow motion sprint, although, I must be quite good at this slow motion stuff as I just pipped him to the line. So that was it – 8th in 2:37:28. A bit slower than my ultimate ambition but at least I finished.

Having now completed the hallowed 26 miles 385 yards one resounding question still haunts me – WHY ? My body aches in places where I didn't know I had places!

My stomach is so cramped that I probably won't go to the toilet for a week!!

And my feet are so blistered that I won't wear a pair of shoes comfortably for about a month!!!

The only answer that I can come up with is – **because its there!!!!**

Thanks Eddie: the IBUPROFEN works a treat. My wife is back from China shortly so I will have to see if there is any left!

ED

Thanks Dave, A great insight on how to run a sub 2:40 marathon, or was it!!

Race Results and News

Racing seems to be on the up again at the moment. A number of people have been out competing and doing very well. Sue was back in action recently competing in the Ashbourne half, Mike Jones seems to be getting back in to the swing of things and Andy is also beginning to catch up on his old form. You will probably have read Dave Arderns article and will have gathered he's going like a train. But once again for the second newsletter running a special mention must go to our 'Super Teen' Mark Hudson who is going from strength to strength.

This is a list of some of Mark's achievements in past weeks.

Junior Races

Bradbourne Fell	1 st	18:41mins
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Senior Races

Great Longstone	38 th	34:16mins
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Eyam	18 th	49:47mins
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Hollingsclough	16 th	33:00mins
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Needless to say, Mark beat his dad in all the above and on some occasions by very considerable margins. Since these results Mike has started to move up in distance and recently did the High Peak 40 – not because Mark wasn't eligible I hope!

Club Championship

You should have received the revised details in the last newsletter. The remaining races are detailed over the page.

Current Championship Standings

Name	1r	2	3	4	5	6	7	8	9	10	11	12	13	Total
M Hudson					19	19	20	20	19	20				117
J Smith					19	16	16							51
D Howe					16									16
A Jones					19		17		18½		18			72½
T Lardner	15		16		17									48
E Clitheroe	16													16
P Hill	17							16						33
M Jones	19	19	19				18	19	18½		18	19		149½
A Butler					20									20
S Hennessey	18	20				20		18						76
M Wheelan	20		20				20				19			79
B Lander		18	18	20		18		17	17					108
N Gamble										17				17
D Arden										20		20		40
S Stafford										18		18		36
A Eaton			17											17

- | | | | |
|----|--------------------|-----|------------------|
| 1. | Tiger Tor | 8. | Boars Head |
| 2. | Grindleford Gallop | 9. | Peaker's Stroll |
| 3. | Wilmslow Half | 10. | Dorma 5 |
| 4. | Herod Farm | 11. | Taddington Lanes |
| 5. | Mount Famine | 12. | Ashbourne Half |
| 6. | Vanessa Chapel | 13. | Holmfirth 15 |
| 7. | Kettleshulme | 14. | Cheddeltton 10k |

News From Brian.....

High Peak 40 Mile Challenge 1999

The last 40 miler of the decade, and this year only Mike Hudson and myself took part in the event, which was again well organised by the Buxton Community School. It's certainly a benefit to have facilities such as their car park, gym, showers, etc.

Despite the weather forecast, the day started reasonably brightly and actually got better.

It was a comparatively small field of about 175 starters, and this year both the runners and walkers started at 08:00 am - a bit early I thought. Geoff Worsley did his usual job of getting us started with his usual array of quips about recognising a lot of familiar faces (or was it mugs ?).

It's not uncommon in an event like this to feel you should have done more training, but this year I KNEW I was missing some of those really long runs in preparation. As a result I started very steadily (I always do but this is this year's excuse) with the general plan of "see how it goes".

This was the first year I made no reference to any map at all - sad eh !

It was nice to see such a good turn out of the club at the Taxal Lay-by Check Point 2. It was also good to get some support from the club around the course. I remember seeing a combination of Steve, Eddie, Mark and Andy at either Castleton or the Finish.

I don't carry any times for comparison with previous years but, by the time I was half way up Cave Dale, it was clear to me that I was well behind last year's time. As usual I met Desiree in Tideswell Dale Car Park (Check Point 8 and 26 miles), unfortunately half an hour slower than last year. I did however stop and change my shirt and shorts - well no point in rushing!

The last part of the course is easier than the first, and I thought I was keeping up a fairly steady plod; but obviously that's all it was. Deep Dale 2 seemed worse this year, and I actually felt physically sick in climbing up out of it. Mind you, the thought of bringing up all those flap jacks and Jaffa Cakes helped me to keep everything down.

I eventually finished not too distressed in a time of 8 hour 21 minutes. Last year's (my best) time was 7 hours 39 minutes, so perhaps I should have been distressed. I think Mike's time was about 7 hours 10 minutes, not bad for his first shot at it. I know he was on for 6 ½ hours but, like many before, found there's plenty of time to "blow up" over 40 miles.

Nice shower and nice meal to finish. However my car key, which I always carry round my neck on a lace, had become damp (must have sweated or something) and would not open the car without the alarm going off. In the end I had to run(!) down to London Road to phone for Desiree to bring out a spare key.

Next year is Year 2000. It would be nice if we could plan now to get a good turn out for this local event. I don't suppose it would make a difference if we made it a club race ?

More new from Brian.....

Passing Clouding

Considering the nature of the conditions for this 9 mile Fell Race, perhaps it would have been better named “passing wind” or “passing water” - but I can see why they didn’t. Mike Jones, Mike Hudson and myself turned up for this race which is organised by Staffs Moorlands and which starts from the Winking Man Pub.

As I said, it was a wet and windy day, almost typical moorlands weather. The course, as best as I could understand it, went round to the back of the Roaches (Roach End) and then came back over the Roaches towards Upper Hulme. It then turned left and went up on to Ramshaw Rocks (tough) and then made its way back to the Pub.

I don’t know what times we got, but Mike H. got back first, Mike J. next, and me third, or last, depends how you look at it ! We all enjoyed it and would recommend it as a race to do next year, when I shall be able to call it “Passing 50”.

Spare Space!

I’m struggling to find enough space to get everything down in this issue, what a rarity this is! Please note my new change of address and telephone number, which are detailed on the back cover. I am currently in dispute with the sports editor of the Buxton Advertiser who for some reason has failed to publish my last three articles - he assures me it has just been bad luck. Anyway, the point is we need more info and more articles to get them published. Please ensure you make a note of times, results and positions and forward them to me ASAP. We need the media coverage. Remember they are only interested in current news!

CLUB XMAS MEAL

The Hanging Gate has been booked for the Xmas Do. It will be held on Saturday 4th December at 8.00pm. The following is a sample menu. If you wish to go then confirmation with a £5.00 deposit per person would be appreciated as soon as possible.

Prawn, Apple & Celery Medley

Garlic Mushrooms

Coronation Chicken

Chilled melon & Exotic Fruit Cocktail

Cream of Vegetable Soup

~

Roast Derbyshire Turkey

with seasoning & cranberry sauce

Roast Beef and Yorkshire Pudding

Marinated Lamb

Gammon Steak with Pineapple

Fresh Salmon served with Hollandaise Sauce

Pork in Wild Mushroom Sauce

Vegetarian Selection on request

Served with a selection of market fresh

Vegetables, new and roast potatoes

~

Selection of Sweets

~

Coffee and Mints

Christmas Crackers

£16.50

The normal menu is available if required,
but ordering from it may result in some delay.

The High Peak 40

By Mike Hudson

The High Peak 40 mile challenge

I thought about doing this run many months ago, however not having time to train for this distance it remained a thought and no more.

At the start of the Passing Clouds fell race I mentioned to Mike Jones that I hadn't entered the High Peak 40 mile and was it too late. Big mistake! Mike Jones had entered a while ago but decided not to run, so he offered me his place. I'd well and truly 'shot myself in the foot', I'd have to do it now, there was no excuse.

The day of the race and Brian and myself were pondering on what we had let ourselves in for. However, the weather was good and this in itself made the run seem a bit less daunting. Brian and I wished each other a good run and then we were off. Up towards Burbage - then over Edgemoor to Bonsal incline.

A small group of us were running at a nice steady pace which gave us plenty of time to socialise, this made the run more enjoyable and the miles began to fly by. We then ran down through the Goyt Valley - familiar ground and still as beautiful as ever. We reached the second check point at Taxal Layby. I was encouraged on by faces I'd seen before, but couldn't place them, I think their names were as follows: Eddie, Steve, Mark, Andy, Sue and Mike! Sorry if I missed anyone, I was trying to focus on the run ahead.

Running over towards Eccles Pike, I hit the road - I hate road! Over Eccles, down through Bridgeholme and up towards Beet Farm and then on towards the next checkpoint.

Here I crammed plenty of food down before setting off towards Rushup Edge. A small group, Mark and Alistair Fitzgerald with Rob Shaw was now behind me, this made me feel more confident to go on.

Down through Castleton I met two suspicious looking characters! Steve and Mark? Still can't place them! I must have been a little disorientated or just plain knackered as Mark had to remind me to go up Cavedale. Cheers Mark as God knows where I was heading. I then ran over Bradwell Moor and down through Tideswell. Bloody road again!

I Hit Tideswell Dale and met Steve on his dream machine. He's got sense I thought. I passed Cressbrook Mill and then at Upper Dale checkpoint I started to feel a little knackered. Along Monsal Dale I was passed by both Fitzgeralds chasing after one another.

At Deep Dale number one I met my saviour who kept me going by chatting away. I have to admit I walked a bit on the road to Chelmorton. Down and up through Deep Dale number two, crawling by now, I had to force my legs to move again. I met a friend at Cow Dale who had no sympathy and told me to " Get Bloody moving" - Thanks Mate! I walked up past the cottage then hobbled towards the finish. Sam ran in with me when suddenly a man of about 65 years zoomed past me at an alarming rate of knots.

I could see the finish, all those strange faces were there again! Only this time a little blurred - Or was I just hallucinating through exhaustion. Now I can place them - Its Goyt Valley Striders! Thanks for all your support it was much appreciated. I'm sorry I missed Brian coming in only my lift was calling.

URGENT

NEXT CLUB RACE

HOLMFIRTH 15

Sunday 31st October

10:30am

£6.00 on day

AWAY DAY

Pete has arranged an away day for the 21st November. Starting at Crowden it is all off road and takes in Lads Leap; Chew Reservoir and Black Hill. The route is between 12-14 miles and will probably be an early start, say 8.00am?

IMPORTANT DATE CHANGE

ROACHES FELL RACE

Due to a double booking of the village hall this race has now been brought forward a week to the 14th November.

15 Miles, 3700ft (AL) Over 18 only

10:30am

£2.50 on day inc. results

See you there!

More Races

The Langley 7

Saturday 6th November

£4.00

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															POSTAL CODE ESSENTIAL		
DAYTIME TELEPHONE (STD ESSENTIAL)										HOME TELEPHONE (STD ESSENTIAL)							

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

SIGNED:

DATED:

If under 16, signature of parent or guardian.

Useful Addresses And Telephone Numbers

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