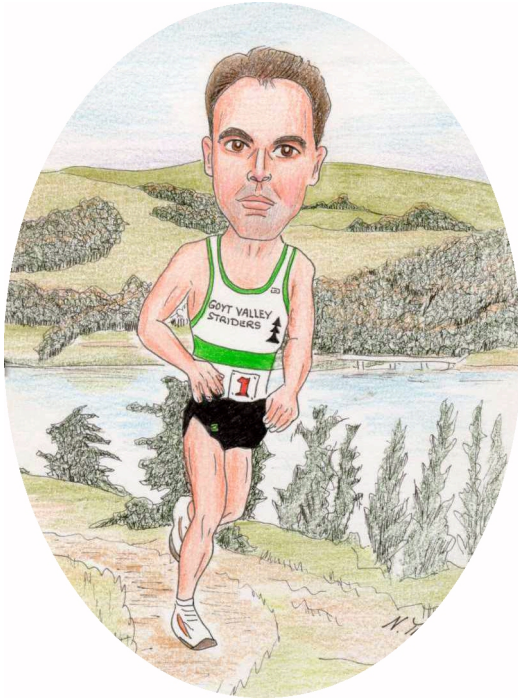


# GOYT VALLEY STRIDERS



**NEWSLETTER**  
**February 2000**

## INTRODUCTION

It seems like a long time since I wrote the last newsletter and looking back I've just realised that it is! The main reason I suppose for the long break has been simply a lack of information to publish, although my over indulgent Xmas celebrations haven't helped!

However, having talked about a lack of information there does seem to be a number of things that have taken place. The Xmas meal, AGM and new Millennium etc have all passed without too many hitches. More on these later.....

I, personally, have been struggling with fitness for some time. A bad ankle from the fall I had in the Kinder Trog, early on in the year, set me back and just as I was beginning to regain some form I hurt my calf muscle in The Roaches race in November.

The problem remained on and off and finally culminated in me having to walk the last 2 miles of the Stockport 10. A short break and then an attempt at the Xmas Cracker saw me out of action for a further 2 weeks. Fortunately I seem to have shaken the injury off now, but I'm finding the extra  $\frac{3}{4}$  stone gained over Christmas more difficult to lose!

As for the newsletter this month, well, there is some very important news regarding this year's club championship, yes you guessed it, we have changed the format again. The results have started to come in and I hope everyone will make the effort to supply me with these as much as possible in the coming year.

Happy New Year and a successful Millennium to everybody.

Ed

Mark

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## Issues from Previous Newsletter

Once again the Xmas meal was a great success. Around 20 of us turned out at the Hanging Gate and as far as I'm aware everybody enjoyed it.

The remaining races in last year's club championship went as follows. At Holmfirth we had a good turn out and were not disappointed when Dave Arden finished fourth overall. The weather took its toll this year when strong winds and driving rain made the going hard. Spare a thought for Mike Hudson, who, if my memory serves me correctly, forgot his trainers and had to run in Walshes!

The Cheddleton 10k unfortunately wasn't as popular as I would have liked. Only Mike Jones, Brian and myself turned out for what was a very nice event. A traffic free three lap event on beautiful quiet country roads, good changing facilities and an Xmas pudding for your troubles. I recommend you all try it next year.

The Xmas Cracker yet again turned out to be the most popular event of the year. A cold, crisp and sunny day made conditions perfect and ideal as the last race of the century. We all know the results by now, but in particular it is good to see Ralph back in action and doing what he does best, running.

## THE AGM

The AGM was held at the Shady Oak this year. We had a reasonable turn out, but it could have been better. As usual reports were received from the Secretary and the Treasurer and a comprehensive report including a year in the life of ... was given by the Chairman.

Several items were discussed, the most important being a proposal to increase membership following the Athletics Federation's intention to increase membership subscription this year. It was decided NO increase was necessary this year.

The new Committee was elected and is as follows:

Chairman	Pete Hill
Secretary	Sue Stafford
Treasurer	Di Howe
Members	Mark Whelan Brian Lander Eddie Clitheroe Mike Jones Mike Hudson

The AGM is also the night we crown the previous year's champions, these are;

Club Champion	Mike Jones
Vets Champion	Brian Lander
Lyme Park Series	Andy Jones
Chairman's Award	Mike Hudson

Eddie said "*everyone should write an article for the newsletter this year*".

## Accounts 1999

Income		Expenditure	
Subs	133.00	Affiliation Fees	67.50
Youth Club 30 pences	56.23	Youth Club Rent	60.32
Whaley 6 Race	276.00	Whaley 6 Race	99.06
Eccles Pike Race	133.00	Eccles Pike Race	56.62
Donation High Peak 40	50.00	Trophy Engraving	25.00
Sale of Vests	30.00	AGM 1999	53.75
Interest	1.23	Summer & Xmas Meal Subsidy	140.00
		Word Search Prizes	7.34
		Other	52.54
		Tax	.25
Total	679.46	Total	562.38
Balance at 1/1/99	216.84	Balance at 31/12/99	334.02
Total	896.30	Total	896.30

Any questions to the Treasurer please.

## New Committee

The new Committee has held their first meeting. Yes I know what you're thinking – what a bunch, so keen, so enthusiastic and just can't wait to get stuck in!

We have decided to get a new Vet's Shield and Chairman's Shield. We also decided on this year's Club Championship Series and races.

## Year 2000 Club Championship

The races for this year's club championship have now been agreed along with the *new format*. The format is a twelve race series, where a minimum of any seven races are needed to count but a maximum of nine can be completed.

The races are as follows:

## Races Cont'd

1.	Heslby ½ Marathon	Road	13 Miles	19/01	11:00am
2.	Tiger Tor	Fell	9½ Miles	13/02	11:00am
3.	Grindleford Gallop	Mixed	21 Miles	11/03	10:00am
4.	Tigers 10	Road	10 Miles	03/05	7:00pm
5.	Castleton Fell	Fell	7 Miles	09/06	7:30pm
6.	Grindleford Fell	Fell	5 Miles	15/06	7:30pm
7.	Dorma 5.	Road	5 Miles		
8.	Goyts Moss	Fell	7 Miles	16/07	7:30pm
9.	Cracken Edge	Fell	7 Miles	09/08	7:30pm
10.	Totley Terminator	Fell	18½ Miles	10/09	10:30am
11.	Langley 7	Road	7 Miles		
12.	Xmas Cracker	Mixed	6.2 Miles		

## Results

The first race as you can see has already taken place.

Mike Jones got off to the perfect start in defence of his title by being the first club member in the Helsby ½. Full details as follows:

1 <sup>st</sup>	Mike Jones	1:28
2 <sup>nd</sup>	Mark Whelan	1:29
3 <sup>rd</sup>	Pete Hill	1:31
4 <sup>th</sup>	Andy Jones	1:38

## MARSDEN – EDALE      AKA TANKEYS' TROG

“Ring ring”, the alarm clock sounded. It was 15 minutes past 6 on a very frosty Sunday morning, with a scattering of snow to make things a bit more interesting. Only 5 ½ hours since leaving our inebriated fellow club members at the Hanging Gate (this was the morning after the club Christmas dinner).

The first job of the morning was to get a good breakfast down me. A big bowl of muesli and three slices of jam and toast, whilst making sure I had the required kit necessary for the kit check at the start of the run. Next thing on the agenda was to de-frost the car. The roads were icy and warned of difficult conditions underfoot for the race. A quick check on Ceefax confirmed this. P.S. Interesting Ceefax weather on 159 (Terrestrial channel 3)

After bundling all the kit and provisions needed to support me throughout the run into the car, we headed off to Chapel to pick up Mike Hudson. As dawn broke we approached Marsden. Observing some bad conditions on the road but much worse on the hills, we turned off the road onto a very slippery car park where we witnessed a few competitors going base over apex on the glistening surface. After registration and the compulsory kit check, we decided to retire to the café for ½ hour.

Time now fast approaching 9 o'clock and the start of the run. We assembled in the car park for a pep talk from Tankey Stokes, who informed us that because some of the roads were shut there would be limited support vehicles and if anyone didn't feel confident of completing the run without support maybe they should consider pulling out. There were no takers!

Jumping off the wall at the back of the car park to assemble on the road for the start, we met Jan Cave and had a confab about the difficulties we may face in the hours ahead. The whistle blew and Tankey started the race, wishing us good luck. A procession of 100+ thermal clad runners made their way down the road. There was now bright sunshine as we sharply turned left up a steep incline, which luckily had been gritted. Another 5 minutes took us away from the road and onto the track beside the reservoirs, which would eventually lead to the snowy clad Wessenden Head. Torvill and Dean would have been happier with the ice-covered ground, I was expecting to get a 6.9 for artistic impression at any moment. The more we climbed the colder it became and the depth of the snow started to increase. By the time we reached the Wessenden Head Reservoir and turned right at the path, the snow had increased to a good 6 inches in depth. It was here that I put my foot in a puddle of what must be the coldest water I have ever encountered. Certainly it would have been a good hangover cure, if I had decided to over imbibe the previous evening.

On reaching Wessenden Head I wondered if Donna had made it to this point, we had been told that access to this point would be bad. A quick scan told me that she had been unsuccessful. I pressed on along the Pennine Way towards Black Hill, usually a quagmire of peat – but not today. The climb onto Black Hill was quite steep and we were all reduced to a walk, a quick look round confirmed that Mike and Jan were a couple of yards behind me. As the ground began to level, the wind began to test out the thermal qualities of my Duofold and Buffalo top. Although it was very cold and snowy, it was also very sunny. The last thing you imagine you will need in December for a race are sunglasses, but at this point they would have been handy.

On the descent to Tooleyslaw Moss there was a truly magnificent view towards the Longdendale Valley, it appeared swathed in a mist, almost reservoir-like. Not long now to Crowden and hopefully a meeting with Donna and a couple of Mars bars! Donna was flapping a bit as she had gone to Huddersfield attempting to avoid the snow and thought she might have missed me, but I got my Mars bars and a well earned drink. After a quick chat, I was just about to push off when Mike appeared and Jan came running past. After a scenic mile and a half we crested the dam where Jan met her father, who replenished her with liquids as we then began the arduous climb up Torside, past the maggot farm. I began to think what would Bleaklow hold – I wonder?

After the initial ascent, the path became less steep and I seemed to make quite good progress pushing on to Bleaklow Head in the ever deepening snow, which in places had drifted to knee depth. Navigation can be a problem on this race with bad weather and mist. Today there was none of this as there was a 2-foot Walsh – studded path to follow, more or less all the way to the Snake Road. As fatigue started to set in it took a substantial amount of mental effort to drive on towards the next checkpoint, near the Snake Inn, where hopefully I would see Donna. As Tankey had said, the road was shut so she didn't make it. Just before entering the woods opposite the Snake, Jan passed me saying she was going to burn me off!

After a quick piss against a tree (do we really need to know this – Donna) I again met Mike and confirmed with him that we had no support vehicle with the drinks, he said he'd get something to drink at the next stream. I carried on into the worsening weather towards Kinder Summit which was shrouded in a thick misty blanket. The

ghostly figures of fellow fell runners floated in front of me, as I began to think of all the past fell runners who too had trod this classic route.

They too battling with their private thoughts and personal painful twinges as muscles ached through lactic acid build up and lung strain trying to get the oxygen to the muscles to disperse it. (I was beginning to get quite tired). Our breath mingled with the mist as we panted our way up to the summit. Time to raid my chocolate supply which was eaten at an alarming pace, it was the only alarming pace I could muster at this stage. Not far now to the short crossing of Kinder and the descent into Edale, but there was still a very steep, slippery snow covered slope to negotiate. This was taken very gingerly as tired legs are more prone to make mistakes. Once onto the final approach via Grindsbrook Valley the end would soon be in sight.

As I approached the Nags Head I was again joined by Mike and we discussed the race and how tired we were feeling. The final checkpoint on the lawn outside the Ramblers having been reached was then followed by a slow walk to the village hall at Edale, where volunteers were dishing out soup and sandwiches. The air was full of tales from the run, cold bodies thawed out and anecdotes being swapped.

After returning home I wallowed in a lovely warm bath. I felt relaxed and happy after a tough, tiring but enjoyable run.

Pete.

Christ Pete, I wasn't aware you could write such poetic prose!!

# AWAY DAY

Sunday 27<sup>th</sup> February 2000

7:30am

Pete has arranged another away day for us, this time to The Lakes. It's an early start but should be worthwhile. There are three choices dependent on the weather and the one we run will be decided on the day.

## Choice 1

South West Lakes OS map  
Langdale – New Dungeon Ghyll  
G.R. 29064

Route: Up Mickledon Bexk – Rossett Gyll to Angle Tarn – Ore Gap – Bow Fell – Three Tarns – Crinkle Crags – Pike O'Blisco – New Dungeon Gyll.

(Best on clear sunny day)

## Choice 2

South East Lakes OS Map  
Kentmere Horseshoe

Keftmere – Garburn Pass – High Level Rollercoaster of York – Ill Bell – Frostwick – Top of Horseshoe – Mardale Ill Bell – Harter Fell – Kentmere Pike.

(Dependent on space as limited parking)

## Choice 3

Yorkshire Dales Southern Area OS Map  
Malham

Malham – Gardale Scar – Malham Tarn – Malham Cove

(Bad weather route)

An idea of people attending would be appreciated so transport can be arranged.

## London Marathon

This year we have a number of members taking part in the London Marathon. Who will be best in the club? Lets have a look at the form!

**Dave Arden** – automatic entry because of his superb Manchester Marathon time. The pre-race favourite at a short price, used to run out in front, but will be bunched in here. (Even Money)

**Mike Jones** – hoping to complete his first London Marathon after having to pull out the week before last year with injury. Reportedly going well in training but an unknown quantity on this course. (3/1)

**Andy Jones** – Not his first London, but his first for some time. He knows the routine like the back of his hand, if training goes well could run a close race. (9/2)

**Eddie Clitheroe** – Could be this years surprise package, if he turns up! Put on a few pounds over the winter but once he trains up could go close. Will have to curb his front running tendencies. (12/1)

**Di Howe** – This year's winner of the club race. The only filly in the race this year and hoping to complete her first London. (14/1)

Other runners, not in the club.

**Dave Ardens sister** – Can she follow in Dave's footsteps and record a fast time! An unknown quantity. (33/1)

**Jan Cave** – running for OXFAM having pledged to raise £1,000. No newcomer to long distance, could go close. (12/1)

Good luck to all runners in this years London Marathon.

**Goyt Valley Running Standards**

		Men				Women			
		Gold	Silver	Bronze	Club	Gold	Silver	Bronze	Club
<b>5KM</b>	JNR	19:30	20:30	22:00	28:00	22:00	23:30	25:00	32:00
	SNR	17:30	18:30	20:00	25:00	20:00	21:00	23:00	28:30
	0.40	18:30	19:30	21:00	26:30	21:00	22:00	24:00	30:00
	0.50	19:30	20:30	22:00	28:00	22:00	23:30	25:00	32:00
	0.60	20:30	21:30	23:00	30:00	23:30	24:30	26:00	34:30
<b>10KM</b>									
JNR	JNR	-	-	-	-	-	-	-	-
SNR	SNR	36:00	38:00	41:00	50:00	41:00	43:30	47:00	57:30
0.40	0.40	38:00	40:00	43:00	53:00	43:30	46:00	42:00	60:30
0.50	0.50	41:00	43:00	46:00	56:00	47:00	49:00	52:30	64:00
0.60	0.60	44:00	46:00	49:00	60:00	50:30	52:30	56:00	69:00
<b>10 Mile</b>									
JNR	JNR	-	-	-	-	-	-	-	-
SNR	SNR	60:00	65:00	70:00	78:00	69:00	74:30	80:30	89:30
0.40	0.40	65:00	68:00	75:00	82:00	74:30	78:00	86:00	94:00
0.50	0.50	70:00	73:00	80:00	86:00	80:30	83:30	92:00	01:38:30
0.60	0.60	75:00	78:00	85:00	90:00	86:00	89:30	97:30	01:43:30
<b>½ Mar</b>									
JNR	JNR	-	-	-	-	-	-	-	-
SNR	SNR	01:20:00	01:27:00	01:35:00	01:45:00	01:32:00	01:40:00	01:49:00	01:59:00
0.40	0.40	01:25:00	01:32:00	01:40:00	01:50:00	01:37:30	01:45:30	01:55:00	02:06:30
0.50	0.50	01:30:00	01:37:00	01:45:00	01:55:00	01:43:30	01:51:30	02:00:30	02:12:00
0.60	0.60	01:35:00	01:42:00	01:50:00	02:00:00	01:49:00	01:57:00	02:06:30	02:18:00
<b>Mar</b>									
JNR	JNR	-	-	-	-	-	-	-	-
SNR	SNR	03:10:00	03:25:00	03:45:00	Finish	03:38:30	03:55:30	04:18:30	Finish
0.40	0.40	03:20:00	03:35:00	03:55:00	Finish	03:50:00	04:07:00	04:30:00	Finish
0.50	0.50	03:40:00	03:55:00	04:15:00	Finish	04:13:00	04:30:00	04:53:00	Finish
0.60	0.60	04:10:00	04:25:00	04:45:00	Finish	04:47:30	05:04:30	05:27:30	Finish
<b>Fell Racing</b>									
		-	-	-	-	-	-	-	-
	Senior	25%	50%	66%	-	33%	66%	75%	-
	Over 50	33%	66%	75%	-				

## **Goyt Valley Running Standards**

Are you aware of the Goyt Valley running standards? On the previous page you may have seen the table detailing these standards. If, in any one year you achieve three times at different distances within the categories of Club, Bronze, Silver or Gold you can apply for a badge.

**Good Luck!**

## **SUBSCRIPTIONS**

Your subscription for the forthcoming year is now due. Once again it offers great value for money at £7.00 per member or £10.00 for a family membership.

Please pay the Treasurer as soon as possible. You may also pay me and I will forward it to Di for you.

## **Road Races**

Anybody wanting to race on the roads and struggling to find a race can always contact me. I have a comprehensive list of races for the North of England taking place throughout the year.

## **Committee**

Remember, we meet on the first Monday of every month at the Shady Oak at 7.30pm. The next meeting is March 6<sup>th</sup>.

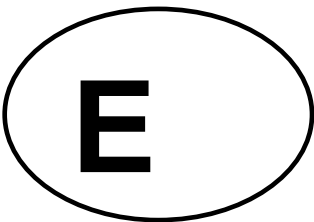
Remember 7.30pm!

## Cracken Edge

Apologies for those people who heard this at the Xmas Party but I feel I must document it for future reference.

Let me set the scene. A bright late summers Sunday morning at the Youth Club. Steve, Eddy, Lou and myself ready to go for the useful 1½ hr run. “Where shall we go this week” somebody asks. “Cracken Edge” say’s Eddie. For those who do not regularly attend Sunday morning runs Eddie for some unknown reason or should I say previously unknown reason always suggests Cracken Edge.

Anyway, off we set. Lou peeled off after 20 minutes or so and this just left three of us. As we started the ascent over Ollerset Moor (we decided to come back over Cracken) we hit Laneside Road and a number of sheep. No problem, as I ran passt them, no problem as Steve ran past them, but as soon as Eddie showed his face all hell let loose. The sheep panicked and bolted back up the road, revealing their backside and a very interesting branding mark.



The question remains, or does it? Is this why Eddie goes up Cracken Edge.

## **Latest Results**

### **Tigger Tor**

*This was the second race in this years club championship.*

There was a reasonable turn out for the event. The day was cold and very windy but dry and sunny. The going underfoot was boggy after all the recent weather but everybody seemed to cope fairly well.

The results were as follows: -

1. Mark Whelan
2. Peter Hill
3. Steve Hennessey
4. Brian Lander
5. Andy Jones
6. Eddie Clitheroe.

### **Mickledon Straddle**

This was not a club race but both Pete and myself went and ran it. I use the term run loosely here, as it was that windy it was near impossible to walk, let alone run. Nevertheless the race was very enjoyable and both Pete and myself recorded reasonable times. Pete 2:06, me 1:55.

## **NEXT CLUB RACE**

### **GRINDLEFORD GALLOP**

Great training for those who are doing the London Marathon. A 21 mile course around the White Peak taking in Chatsworth Park takes place on Saturday 11<sup>th</sup> March.

This is a recommended event that is well organised, well marshalled and offers great refreshments.

You must pre-enter before 1<sup>st</sup> March to guarantee a place. Entry form enclosed.

### **RESULTS and ARTICLES**

Results and articles for the newsletter are a must. Please remember if you do a race to ask for results and let me have details, who knows you may even get a mention in the Buxton Advertiser.

Articles, such as Pete's in the issue, really are good to read. Lets take up Eddie's idea and each person write one for the newsletter this year. It doesn't even have to be about running!

### **New Members**

We like new members. Show potential new members a copy of this article or even ask me to send them one. Who knows they might want to join.

## Future Events

Looking at some of the events in this years Fell Calendar it strikes me that there are a number of races out there just waiting for us to run. I personally fancy a bash at the Ben Nevis race this year, would anybody else be interested?

What about the 25<sup>th</sup> Oxenhope Straw race on the 2<sup>nd</sup> July. Run 3 miles, climb 600ft, carry a bale of hay and drink 5 pints of beer. Sounds right up our street!

## Cyberspace

Either love it or hate it the Internet is here to stay and it seems that running is becoming ever more popular on the Net. There are some great websites out there. Here are a few that I think are worth a look: -

1. [www.fellrunning.swinternet.co.uk](http://www.fellrunning.swinternet.co.uk)
2. [www.congleton-harriers.freeserve.co.uk](http://www.congleton-harriers.freeserve.co.uk)
3. [www.british-athletics.co.uk](http://www.british-athletics.co.uk)
4. [www.london-marathon.co.uk](http://www.london-marathon.co.uk)
5. [www.bournesports.com](http://www.bournesports.com)
6. [www.runnersneed.co.uk](http://www.runnersneed.co.uk)

Macclesfield Harriers have a great website, but I cannot remember their address. Try, [www.macclesfield-harriers.co.uk](http://www.macclesfield-harriers.co.uk) or a simple search will find the page.

# 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							
										Day	Month		Year				
POSTAL ADDRESS																	
TOWN																	
COUNTY										POSTAL CODE ESSENTIAL							
DAYTIME TELEPHONE (STD ESSENTIAL)										HOME TELEPHONE (STD ESSENTIAL)							

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

SIGNED:

DATED:

If under 16, signature of parent or guardian.

## **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  
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