

GOYT VALLEY STRIDERS



**NEWSLETTER
APRIL 2000**

INTRODUCTION

I thought I would try and squeeze one last newsletter in before the London Marathon. This year the club has a great representation with four members taking part. Dave Arden is running extremely well as his recent 1:11 at Wilmslow shows. Who knows he might even get on the TV! Both Mike and Andy Jones seem to be running well and will hopefully record good times. Di Howe assures me that she will not run a fast time, but I think she'll run much better than she thinks. Whatever the results I'm sure it will be a great atmosphere and you'll enjoy the day.

Ralph recently completed the Wilmslow after gaining a late, late entry and hopefully this now means he's fully fit and raring to go.

Unfortunately I'm injured at the moment and haven't run for four weeks, but more about that later.

Thank you for all the contributions in this edition, especially from Nick, Brian and Pete. Eddie I've still not received one from you!

I wrote the beginning of this newsletter 4 weeks ago, since when the London has passed and I'm back running. This slight delay does mean however that we have a jam-packed issue just waiting to be read!

Mark

Issues from previous newsletter

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 so we can balance the books. If you have any problems contacting the Treasurer you may also pay me and I will forward it to her for you.

The Lakes

The away day took place in The Lakes as planned. It was an absolute stinker! More on this from Brian later.

London

Any report regarding this years London Marathon would be gratefully received and duly published in next months newsletter.

Edale Skyline - Don Morrison Memorial Race

26 March 2000, the day starts bright and sunny. 1 hour less in bed as the clocks have gone forward and we set out at 9 a.m. to make sure of a parking space. We park up past the railway station car park (it costs £1 for the duration) and make our way to Edale Village Hall for registration.

The weather forecast posted on the wall indicates thunder, hail and all sorts of shenanigans and Joe Corrigan's. This caused me some dilemma as to what to wear for the possible 4 to 4 hours plus I was expecting to be out for (stillettos out then). I opted for my winter apparel of Helly Hansen top and tights and an Aeromax top.

I stoked up at the nearby café where I had a coffee and a Mars bar. I needed this for the walk/jog up to the start, which is at the foot of Ringing Roger. Across the bridge, I was halted for a kit inspection - it is necessary to carry full waterproof cover, whistle, map, compass and emergency food, (like I need telling to take food), which I had, plus plenty of water even though there were 2 drink stations.

The competitors were gathering in the field, a colourful mass of different club shirts, in anticipation of the start. Old friends were greeted enthusiastically, various stretches were performed and comments on the race to come were bandied about. After a few well-chosen words, the starter wished us good luck and a good run and sent off approximately 150 runners.

There was an initial fast burst across the grass but then there was a hold up at the first stile, this preceded an unrelenting climb up the zigzag path to Ringing Roger, where the first Marshals, reclining on deck chairs, were awaiting us at the first check point.

Then it was off along the undulating edge path to Madwoman Stones, a descent to Crookstone Hill and on to the undulating ridge, which would eventually lead onto Win Hill. A short scramble up to the back, brings the runners up to the trig and then it's round and down again to a point where the runners cross to turn for the steep descent to Hope.

Picking up a drink at the bridge its then a 500 - 600 yard road section past the Cheshire Cheese onto Townhead Farm, where it's back off road again for the rest of the race.

Here begins one of the biggest climbs, the long slog to the summit of Lose Hill. A run along the ridge with lovely views over the Hope Valley and the Edale Valley. Not much chance to appreciate the view or the hang gliders fancy twists and turns as a fall down Mam Tor steps is best avoided. Onto Mam Nick and drink station 2, which is also the cut off point. If runners do not reach here in 2.30 then they are asked to step out of the race, no such luck, I make it in 2.03.

After hydrating, its press on time up Rushup Edge to begin the hard section of the race. How bad will the bogs be on Brown Knoll? Will my energy levels sustain me? What is the meaning of life? This is a good time for a couple of Berry Bars. With views looming over towards the Cowburn Tunnell, smoke blowing towards Chapel indicated that the wind was beginning to pick up strength, and the temperature began to drop.

I progress onto the morass, which is known as Brown Knoll. A trip in a particularly deep bog up to my knees brings me horizontal in the bog and on pulling myself out I

realise that my quads are starting to cramp up so I think its time to have another drink.

I push on past the trig and down the stony path, which leads to the path towards Swinesback. Here it swings round to the right and on to Noels Stool. Past the Woolpacks the path becomes very confusing and the field is spread out over 50 to 100 yards, up and down with some runners asking "is this the right path?" It's all path so we just carry on.

Beyond Crowden Tower everyone appears to be suffering from the effects of nearly 3 hours running, so the progress up to Grindslow Knoll checkpoint at 601 metres is painful. You turn round at the top and a couple of Jelly Babies from the Marshals helps keep me going up to ahead of the Grindsbrook Valley. Now it's just a matter of keeping going over Upper Tor and Nether Tor before the route of the race gets back to Checkpoint 1, the path which was arduous going up, is equally arduous going down. By the time I reach the stile, my legs are shaking and I can't wait to get back on the grass for the final 300 metre run into the finish. Horror of horrors, no free tin of beer to greet me at the end this year, just some water!

After a stretch its' a walk/hobble back to the car to change and put plasters on blisters. We wander back to the Village Hall to check my time, 3.56. I compare it with Andy Triggs' winning time of 2.36.20 (almost 7 minutes outside the cut off point at Mam Nick!) and the first lady, Sally Newman at 3.09. This has cut 8 minutes off Carol Greenwoods' previous record. I treat myself to two well-deserved cups of vegetable soup and a couple of rolls. I attend the prize giving with its many spot prizes and round off the day with coffee and cake at the small café. (What, No ghosts?)

Peter Hill

Very, em.... Detailed Pete!

It's good to get regular contributions to the newsletter, especially those that detail the events of a particular race. However, what does a spectator or a long suffering wife make of it? Lets find out...

My View of the Edale Skyline

I enjoyed my day out. I like registration, the runners talking over past times and runs. There is a good feeling of camaraderie at the start as runners meet up and discuss the run ahead. I listen to the marshals after the start of the race laughing about the amount of stuff some people are carrying.

During the race I read a magazine and visit Bamford Garden Centre. As Peter was toiling over Brown Knoll, I suffered along with him by tucking into a tasty toasted teacake and some very aromatic coffee.

The part I don't like is at the end. Every blue legged or clad runner looks like Peter - check the vest and build my hopes up until I realise it isn't him. Whilst grinning sympathetically at the runners coming in rubbing their calves and laughing about parts of the race, I listen for any descriptions of a runner they've just passed with long hair having a grueller or having been injured. I imagine all sorts of things until I see an apparition - is that a funny hat or is it Peters' hair? It is Peters' hair with his balaclava perched nattily on top. I always feel a rush of relief at this point and am glad, when he starts to make sense, that he has enjoyed the race.

It's hard waiting at the finish.

Donna Hill

Thanks Donna, although I'm not sure anybody can ever mistake Pete!

Away Day in the South Lakes

Not a day to go down in the Goyt Valley Striders book of rational decision-making. The weather forecast had clearly given plenty of rain for Sunday 27th February 2000, but the “magnificent seven” had set their minds on an away day in the South Lakes, and that’s what we did !

Peter, Mark, Steve, Andy, Mike & Mark Hudson and myself set off from Whaley Bridge at 7:30 am buoyed by the news that the rain was moving south - but south of where we had no idea.

The weather was reasonable to start but, by the time we reached Lancaster the drizzle had started, and by the time we made our rendezvous at the services near Junction 36, it was bouncing off the car park. Not dissuaded we set off through the early signs of flooding, via Windermere to Ambleside. Here we parked for a modest fee (Pete paid) and completely took over a public toilet as a changing room. Exactly what this activity looked like to the few passers by I can only hazard a guess.

I’m not a regular visitor to Ambleside, particularly in winter, but I’ve never seen so much water running so deeply down the roads.

Pete was as resourceful as usual, and quickly devised a low-level route - if you call Wansfell Pike (484m) low. The climb up there was very demanding since we were going in the opposite direction to the water and, predictably the weather got progressively worse. By the time we reached the summit, the wind was gale force (I say so) and the rain was stinging exposed bits of body - my face.

We dropped off the top running steadily down into what I guess was Troutbeck - nobody said, but then I didn't ask. Here there was some wild talk about extending the route up the valley towards Kirkstone Pass. I said nothing but kept my fingers crossed. Common sense prevailed (cowardice in my case) and we took a simpler route back to Ambleside.

We then ran back out of the town to have a look at the Stockghyll Force waterfalls, very impressive particularly on the day we chose - well there was certainly plenty of water to fall !

Back to the "changing rooms", back to the car, and off home on what was unfortunately a journey interrupted by roadwork's and wet Sunday traffic jams around the Trafford Centre

An enjoyable day but we didn't really get the benefit of going to the Lakes. I think we've learnt that the best policy for the longer away days is to listen to the weather and stay in bed if its not good but then that's not a bad policy for any Sunday morning.

Brian

Thanks Brian

Race News

As far as I'm aware these are the latest results that I've got.

Grindleford Gallop (Club Championship Race)

Once again we were blessed with spectacular weather for this very enjoyable event. The results were as follows:

1 st	Mark Whelan	3hrs 3mins
2 nd	Mike Jones	3hrs 17mins
3 rd	Andy Jones	3hrs 22mins
4 th	Brian Lander	3hrs 24mins
5 th	Steve Hennessey	3 hrs 27mins
6 th	Mark & Mike Hudson	3 hrs 30mins

Although not a club championship race the Wilmslow once again proved a very popular race for Goyt Valley runners. In particular there were two very noticeable performances this year. Dave Arden finished in 27th place in a time of 1hrs 11 mins and Ralph made a great come back with a time of 1:37. Full results were as follows:-

Dave Arden	1:11
Andy Jones	1:32
Mike Jones	1:35
Ralph Longden	1:37
Nick Gamble	1:54 (read Nick's article on Wilmslow later!)

On the same day as Wilmslow, the Hudson's travelled to Wirksworth to run the annual race. Mike Hudson finished 20th in 27:13; Lesley Hudson 84th 33:21 and Emma Hudson 92nd 34:03. Pete Hill was also racing that day in the Edale Skyline where he completed the course in a very creditable 3:56

Unofficial London

I've not had any official confirmation about the London results but this is what I've heard on the grapevine.

Both Dave Arden and Eddie pulled out of this year's race. Dave picked up a stress fracture about a week before and so had no hope of competing. Eddie decided in about February that he was not going to do the training and so also had no hope of competing.

I managed to get down to London this year and watch the race. Finding Goyt Valley runners was difficult although I did manage to spot Andy just after The Cobbles at 23 miles. He looked as though he was finding it hard work, but was still going strong and I think was the first home in around 3:34. Mike I understand was struggling with his Achilles and managed to complete the course in just less than 3:45. Di was too busy posing for the cameras to worry about a time but finished in around 4:50. If you have the Marathon on video check out Di next to the Birthday cake that's being interviewed. By the way Di, did you beat the Birthday Cake?

Latest Club Championship

	Helsby Half		Tigger Tor		Grindleford Gallop		Total
Mike Jones	20	1 st			19	2 nd	39
Mark Whelan	19	2 nd	20	1 st	20	1 st	59
Pete Hill	18	3 rd	19	2 nd			37
Andy Jones	17	4 th	16	5 th	18	3 rd	51
Steve Hennessey			18	3 rd	16	5 th	34
Brian Lander			17	4 th	17	4 th	34
Mike Hudson					15	6 th =	15
Mark Hudson					15	6 th =	15
Eddie Clitheroe			15	6 th			15

IMPORTANT ANNOUNCEMENT

The Grindleford Fell race on June 15th will no longer be a club championship race. Instead, Tideswell will now take its place on June 28th.

This is a list of the remaining club championship races

1. Tigers 10 Road 10 Miles 03/05 7:00pm
2. Castleton Fell Fell 7 Miles 09/06 7:30pm
3. Tideswell Fell 5½ Miles 28/06 7:45pm
4. Dorma 5. Road 5 Miles
5. Goyts Moss Fell 7 Miles 16/07 7:30pm
6. Cracken Edge Fell 7 Miles 09/08 7:30pm
7. Totley Terminator Fell 18½ Miles 10/09 10:30am
8. Langley 7 Road 7 Miles
8. Xmas Cracker Mixed 6.2 Miles

A reminder of the format

A twelve race series, where a minimum of any seven races are needed to count but a maximum of nine can be completed.

Wilmslow ½ Marathon and Einstein!

You've probably got the results by now, but Dave Ardern achieved a stunning 1 hour 11 minutes, Andy Jones, 1 hour 32 minutes, Mike, 1 hour 35 minutes, Ralph 1 hour 37 minutes and yours truly a gallant 1:54 – more of that to come! This is the antidote to 'how to run a ½ marathon in 1 hour 11 minutes' and possibly offers a deeper insight into some of the strange phenomena experienced by the tail-enders.

Firstly, you might like to know how an experienced tail-ender trains. The options are 'little and often', 'little and not so often' or, at least, 'little'. I tend towards 'little' due to the great pressure of other activities and a singular lack of willpower at critical moments.

Anyway, having followed my usual training programme (I did run up Shining Tor two weeks before the event.), I joined the crush on the starting line, more or less parallel with someone waving a banner saying 1 hour 45 minutes. Knowing how well prepared I was, my game plan was to start slow, maintain a slow pace and finish slow. Actually, I couldn't help myself and found I was keeping up 8 minute miles for the first six miles and managed mile 7 in 7½ minutes. Round about mile 8, a strange thing happened. A whole bunch of runners just came past me like I was standing still. While I was wondering where they had been for the first part of the race, I noticed that, at mile 9, my time had gone out to 9 minutes. At this point, everything changed, everyone seemed to be running faster than me and I was definitely getting heavier by the minute.

One of the characteristics of races longer than 6 miles is that some of them have asymptotic finishing lines. This means that the nearer you get to the finish, the longer it takes to get there. You may think this is purely psychological, but I have noticed this phenomenon on a number of races such as the Holmfirth 15 and the London Marathon and I've come up with a scientific explanation.

As you know Einstein invented the theory of relativity in which mass and energy are interchangeable and the speed of light is the same to every observer. More recently, as a result of many observations of marathon runners, it has been discovered that the rate at which time passes is not the same for everyone.

Piecing all this together, it is not difficult to explain my difficulties. Whilst Dave Arden was busy getting lighter and more energetic, I was at the opposite end of Einstein's scale, getting heavier and less energetic. In Dave's case time dilation was taking place, so that he flashed over the finishing line desperately looking for the stop button while I was experiencing the opposite effect of time passing more slowly the nearer I apparently got to the line. There is a critical point at which the rate of time extension exceeds the rate of progress to the line, which then becomes asymptotic. Clearly, this means I can never finish.

The fact is that I am locked into a time warp and, although someone has published a finishing time for me, I still haven't made it. This message comes to you from the past. If any of you see my shadow walking (or even running) around Whaley Bridge, don't forget that this is just an illusion caused by the theory of relativity and, in truth, I am still approaching the Wilmslow finish.

Thanks Nick!

Mountain Navigation, Safety and Mountain Marathon Training Course

For those of you that remember the Elterwater experience you will look back on an enjoyable and what seemed at the time an invaluable experience. However, if the truth be known I have forgot most of what we learnt over that weekend. However, do not despair as Brian has dug deep to find another company that is offering similar courses throughout the coming year.

Alternatively, we can arrange our own private tuition (minimum of 4) based on the same programme and costs of the set courses.

The course consists of :

Navigation

Safety

Equipment

Nutrition

Training and Mental Preparation

Mountain Marathon Craft

Set courses are available May 20/21 and September 30/1 October. Sat/Sun. Cost around £90

Interested? Contact Brian ASAP for more information or maybe we can discuss on Sunday mornings/Wednesday evenings?

Proposed Summer Evening Out

It is proposed that we once again go out for a summer meal during the June. The preliminary date is June 16th (two days after the Whaley 6).

Although no booking has yet been made it has been suggested that we try The Sycamore Inn at Birch Vale.

An indication of who would like to attend would be appreciated as soon as possible.



Forthcoming Fell Races (for information)

Date	Race	
30/04	Kinder Downfall	(c/d 24/04)
10/04	Vanessa Chappell	(7:30)
17/05	Shining Tor	(7:00)
24/05	Stanage Struddle	(7:30)
29/05	Shutlingloe Fell	(2:45)
03/06	Wincle	(2:45)
07/06	Kettleishulme	(7:30)
09/06	Castleton	(7:30)
11/06	Edale	(11:00)
15/06	Grindleford	(7:30)

WHALEY 6 ROAD RACE

Our club race takes place on

WEDNESDAY JUNE 14th

Please try and keep this date free in your diary!

Forthcoming Road Races (for information)

03/05	Tigers 10	(7:00)
07/05	Tewkesbury ½	(10:00)
28/05	East Cheshire ½	(11:00)
11/06	Glossop 10	(11:00)

NEXT CLUB RACE

TIGERS 10

AWAY DAY

I've decided to do a Pete and arrange an 'Away Day'. This one is fairly local and is about 15/16 miles. The route is as follows:

Start at Car Park at Topley Pike – Chee Dale - Monsal Trail
- Millers Dale - Monks Dale - Peter Dale - Hay Dale -
Limestone Way - Tideswell Moor - Brookbottom (pick up
Otter 40 route) - Tideswell - Tideswell Dale - Monsal Trail
- Millers dale - Chee Dale - Topley Pike.

Proposed Date Sunday 7th May

Meet at 8:15am

Anybody Interested?

ANOTHER AWAY DAY

This one is about 10½ miles and is also a fairly local route

Start at Gradbach Car Park – Youth Hostel - Forest Wood –
Dane Valley – Dane Bridge – Hanging Stone – Roach End –
The Roaches – Gradbach Wood – Youth Hostel – Car Park.

Proposed Date Sunday 21st May

Meet at 8:15am

Anybody Interested?

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

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
63 Elnor Lane
Whaley Bridge
High Peak
SK23 7EU

Tel: 01663 733930