

GOYT VALLEY STRIDERS



'Pete & Andy at Vanessa Chapell'

NEWSLETTER JUNE 2000

INTRODUCTION

Welcome to the Summer Newsletter.

There has been plenty going on over the passed few months and lots of information to report. There are a number of events coming up over the next few months that will require support from club members – Whaley Bridge Junior School have approached us to once again Marshall their fun run and the Eccles Pike race is just around the corner.

Talking of races this Years Millennium Whaley 6 race went off without too many hitches although though some might say that is a matter of opinion. All in all it was a fantastic race with a record entry of 111.

The Club Championship is now well under way and without any overall clear leader the championship is still up for grabs.

Other things to watch out for in this newsletter are a possible Coast to Coast challenge; the FRA relay and a run up Ben Nevis!

Oh, I nearly forgot. I have also enclosed entry forms for this years High Peak 40, which I've no doubt everybody is already in training for! So go on, fill it in and I'll see you on the start line!

Issues from Previous Newsletter

Away Days

The away days went down quite well. The first trip from Topley Pike saw a good turn out and the very hot conditions meant we cut the route down shorter than anticipated. We were still out for over 2½ hrs!

The second away day from Gradbach was also a great day although only three of us turned out. The rest forgot and turned up at the club as usual. *Please read your newsletter!*

Summer Evening Out

The trip out to the Sycamore seemed to go OK. Twenty of us turned up and had an eventful night. Once thing emerged from the evening and that was that Eddie's jokes are still as bad as ever!



Eddie insisted that most owners looked like their dog. Apparently Eddie wants a Bulldog!!!

Whaley 6

The Whaley 6 once again took place from the Shady Oak this year. Although I'm not entirely 100% sure I think it was a record turn out with 111 taking part. This number was reached because both Stockport and Wilmslow had it as their club race. Stockport 29 runners and Wilmslow 26.

In fact this was the first year that most Wilmslow runners had entered the race. The following week Tony Hulme stopped me at the Boars Head race and commented on how successful the race was and how he'd ensure it was a Wilmslow club race the following year.

We took a different approach with entries and results this year and used a computer. Besides a few minor hiccups this seemed to go quite well and at the next committee meeting we can hopefully discuss whether this is to become a permanent event.

For the record these are the main results:

1 st Man	Jens Jensen	Wilmslow	35:56
2 nd Man	Warren Birchall	Stockport	36:21
3 rd Man	Bill Heaten	Wilmslow	37:08
1 st Lady	Anne O'Kearney	Altrincham	41:22
2 nd Lady	Estell McGuire	Stockport	41:50

SPECIAL REQUEST

Whaley Bridge School has asked if we can provide some Marshall's for their annual school fun run. The event takes place around lunchtime on Saturday 15th July from Whaley School.

The route goes through The Park, Football Field, Reservoir, Reservoir Road and back through the Park.

Pete Hill is the event co-ordinator for Goyt Valley and so please contact him 01633 734756

Ben Nevis Fell Race

The Ben Nevis fell race takes place on Saturday 2nd September and I'm thinking of running it. It's a 10mile event with 4400' of climb and starts at Fort William. We could make it a weekend and do our own run on the Sunday. The closing date is the end of July and the entry fee is £7.00. If you are interested let me know before 14th July and I'll ring the guy who is co-ordinating entries and try to get us in

FRA Relay

For those members of the FRA you will now have received your June Fellrunner magazine. The issue contains details of the 12th British Fell and Hill Running Relay Championships which this years takes place on 25th October from Edale.

The six man team event comprises of four legs, two individual and two in pairs. We are guaranteed one entry but could apply for two!

Interested! See the enclosed photocopied details and let me know as soon as possible.

Coast to Coast

I was planning a Coast to Coast relay event over a weekend sometime this summer. However, I didn't envisage the work involved and will now schedule a date next June for the attempt. This will give us time to plan the route exactly and check out the legs better. The planning is in it's early stages but if we can get around ten people I think we might be able to make it work. The route will almost certainly follow Wainwrights traditional Coast to Coast route from St Bees to Robin Hoods Bay and covers around 190 miles.

I hope to have more details soon and will call a special meeting for those interested to discuss the details further. Watch This Space.....

VERY IMPORTANT NOTICE

From 6th July the mid-week training night will revert back to it's original night of Thursday. This seems to fit in better with other things such as Keep Fit and Mid Week races.

The meet time is still 7.00pm and hopefully this will see a resurgence of people attending.

Club Meeting

The next committee meeting is Tuesday 12th July at the Shady Oak. Meet at 7.45ish ready for an 8.00pm prompt start!

It should have been the 4th but nobody turned up!

Things to discuss:-

1. Eccles Pike
2. Whaley 6
3. Away Days
4. Camping Barnes
5. Memberships
6. Race Prizes

Club Championship News

This has been a fairly quiet period as far as the championship goes with only three races taking place since the last newsletter.

The Tigers 10

This was classed as a road race by the organisers which stretched the imagination a little. It was in fact about 60% track and 40% road. Nevertheless, it did make a change to do a 10 mile mid-week race. Unfortunately only four Striders turned out which was a bit unfortunate. Mike Hudson was first home and takes his first 20 points of the season. Mark Whelan came 2nd, Andy Jones 3rd and Pete Hill 4th.

Incidentally, Andy did well considering he'd gone to the wrong venue and only just made the start, in fact he was still pinning his number on when running down the road!

Castleton Fell

Again this was a poorly attended event but that could have been due to the bad weather. I never actually made it myself but from the report I've heard visibility was virtually nil on the top of Mam Tor.

It was good to see Mark Hudson do well and finish 1st for the Striders, like his dad at The Tigers 10 Mark picked up his first 20 pointer here. Other results were Mike Hudson 2nd, xx 3rd and Eddie 4th.

	Helsby Half	Tiger Tor	Grindlefo rd Gallop	Tigers 10	Castletro n	Tideswell	Total
Mike Jones	20 1 st		19 2 nd				39
Mark Whelan	19 2 nd	20 1 st	20 1 st	19 2 nd			78
Pete Hill	18 3 rd	19 2 nd		17 4 th		16 4 th	70
Andy Jones	17 4 th	16 5 th	18 3 rd	18 3 rd		18 3 rd	87
Steve Hennessey		18 3 rd	16 5 th			19 2 nd	53
Brian Lander		17 4 th	17 4 th		18 3 rd	17 5 th	69
Mike Hudson			15 6 th	20 1 st	19 2 nd	20 1 st	74
Mark Hudson			15 6 th		20 1 st		35
Eddie Clitheroe		15 6 th			17 4 th		32

NEXT RACES

Tideswell
Dorma 5
Goyts Moss

Fell
Road
Fell

5 1/2 Miles
5 Miles
7 Miles

28/06
15/07
16/07

7:45pm
2:00pm
7:30pm

Tideswell Fell

This seemed to be a new race for everyone and one that I was looking forward to. However, I was about 30 seconds into the race before pulling up with a strained calf muscle.

It was a reasonable attendance from the Striders with six of us turning up. The results were as follows:

1 st	Mike Hudson	31:53
2 nd	Steve Hennessey	32:13
3 rd	Andy Jones	34:01
4 th	Brian Lander	36:00
5 th	Pete Hill	43:56

Other Race News

Boars Head

Just three of us turned out for this. Steve was first followed by myself and then Andy. Both Steve and Andy had a chance of series prizes on the night but I'm not sure of the actual outcome.

Kinder Trog

Just myself and Brian turned out for this years Trog. Although it was quite a cold and wet day the conditions were perfect for running. There was very little wind even on top of Kinder. Brian was 89th in 2:36 and I managed 45th in 2:16.

Grindleford

Again this was a first for me this year and was a race I was looking forward to. A massive entry of 295 runners took part which made it an interesting event. Twice around the

field before hitting the single track through the wood. Once on the top the run across the ridge and through the next wood is very enjoyable. The final surge involves wading the through the river and sprinting across the field. Sounds good doesn't it, but only Pete and myself went Pete finished 155th in 43:48 and I finished 106th in 40:55.

Forthcoming Races

Bamford	Wed July 12 th	7:30pm	Fell	4.5m/1000'
Dorma 5	Sat July 15 th	2:00pm	Road	5m
Peak Forest	Sun July 16 th	11:15am	Fell	6.0m/650'
Sheldon	Thu July 20 th	7:30pm	Fell	4.0m/527'
Crown Derby	Tue July 25 th	7:30pm	Fell	3.5m/400'
Goyts Moss	Wed July 26th	7:30pm	Fell	6.2m/1100'
Bradwell	Wed Aug 2 nd	7:30pm	Fell	4.5m/600'
Teggs Nose	Sat Aug 5 th	2:30pm	Fell	6.5m/1100'
Lad's Leap	Sun Aug 6 th	12 Noon	Fell	6.0m/1700'
Cracken Edge	Wed Aug 9th	7:30pm	Fell	7.0m/1450'
Sterling-Lohja	Sun Aug 13 th	12 Noon	Fell	3.0m/2000'
Boundary Stone	Sun Aug 13 th	11:00am	Fell	6m/850'
Bradbourne	Sun Aug 20 th	10:00am	Fell	6.4m/600'
Eccles Pike	Wed Aug 23 rd	7:30pm	Fell	3.5m/650'
Barrel Inn	Tue Aug 29 th	3:00pm	Fell	5.5m/900'
Great Longstone	Fri Sep 1 st	6:45pm	Fell	4.8m/950'
Shelf Moor	Sun Sep 3 rd	2:00pm	Fell	6.5m/1500'
Totley Terminator	Sun Sep 10th	10:30am	Fell	18.5m/3000'
Yorks, Marathon	Sun Sep 10 th	7:30am	Multi	26m
Passing Clouds	Sun Sep 17 th	10:30am	Fell	9m/1800'
Ashbourne ½	Sun Sep 17 th	10:30	Road	½ Marathon
Stanage Struggle	Sun Sep 24 th	11:00am	Fell	6m/950'
Robin Hood ½	Sun Sep 24 th	10:00am	Road	½ Marathon

Races in **bold** represent those which are club championship races.

Anybody wanting further details or application form please give me a call.

ECCLES PIKE

Our Eccles Pike race is coming up soon so please keep this date free in your diary. As usual it will be from the Navigation Inn Buxsworth on Wednesday August 23rd at 7:30pm.

Can members please get there to help form 6:30pm onwards.

CAMPING BARN

The club is thinking of booking a camping barn in the Lakes at the end of September. Friday night 29th September and Saturday night 30th September. The facilities will be sparse but the price will be right at around £3.50 per person per night and the location should be right on the hills.

If interested let me know asap so that we can make arrangements and go ahead and book it.

PS. This is the weekend after the High Peak 40 so will be great for chilling out!

INTERNET

On the Net or just thinking of going on the Net, here are some great web sites that currently offer great running information:

www.runningfixtures.com

A site offering up to date running fixtures all over the country. It includes road, fell and multi-terrain.

www.born2run.co.uk

Aimed at the long distance runner this contains results, race details and a shop offering discounted products.

www.fellrunning.com

Dedicated to the fell runner and detailing all you need to know about fell running in the South Pennines. The site includes details about Goyt Valley Striders and is a must for everyone. My favourite site.



Steve at Vanessa
Chapell

FLORA LONDON MARATHON 16TH APRIL 2000

Why do we do these things? I'm not a road runner. I don't like running on the roads. However I've watched the marathon on TV and like so many others have got caught up in the atmosphere and thought 'I'd like to be there, I'd like to do that.' I duly entered at the appropriate time on the right form and got a rejection. Never mind try next year. I applied four times and got four rejections. It's not easy getting into the marathon let alone running it. After four attempts I finally got my place, but it eventually came courtesy of The Striders!

Serious training began before Christmas and I was not looking forward to training on dark wet evenings. I decided to go out three times a week doing two five mile runs in my lunch hour and a long run at the weekend gradually increasing the mileage on this weekend run hopefully to a maximum of 20. My dog thought this was great but like me he much prefers walking over the fields and moors of our beautiful Derbyshire Peak District. I knew I had to get used to running on the road so I decided to run round the country lanes in the Goyt Valley to kid myself into thinking I was off road. This strategy worked well until I was struck down with a flu like virus which stopped all training for nearly three weeks. After this I frantically tried to build up my mileage again with my longest 'run' being a very pleasant 22 mile springtime meander down the Stratford on Avon Canal while staying at my parents. The sweet violets on the bank sides were pouring out their perfume, the birds were singing and the trees were bursting into leaf and it took me over six hours so I began to wonder if I would be the last to finish the race!

Jan was running to raise money for Oxfam and I decided to choose a doggy charity. I always think on the whole dogs get a bad press but people don't always realise how much we rely on them not only as companions but trained to help in many ways such as guide dogs, working sheep dogs, search and rescue and hospital visitors. I chose to raise money for Hearing Dogs for the Deaf after watching a programme about how helpful these dogs could be to their owners. Besides just asking people to sponsor me I decided to try selling home baking at the office. This proved a good move and generous friends also helped with the baking too. This enabled a couple of cake stalls at different venues to be run as well with great success.

The weekend of the race dawned, Jan and I set off for London to be enveloped into the well oiled machine that manages to get over 40,000 people running round 26.2 miles of London streets. Saturday was spent registering, collecting our numbers, the unique microchip that we had to fasten to our running shoe, final instructions and plastic bag for our belongings. We then went to explore Greenwich Park and Blackheath Common where we would have to be for the 9.30am start the following morning. During a restless night we could hear the rain battering on the window but the day dawned fine and thankfully the whole race was run in glorious sunshine. As we journeyed into London on the train more and more people got on clutching their plastic marathon bag and an easy camaraderie developed as everyone swapped anecdotes and gave out good advice.

We had to change trains at London Bridge to get out to Greenwich. Extra trains were laid on to get everyone to the start but even so we had to cram onto them like sardines. As Jan and I had to go to different starts on different trains that was the last I was to see of her until the end of the race. My train went to Blackheath and everyone poured out onto the platform. I have an abiding memory of a long line of men all facing the car park wall like victims of a firing squad but in reality suffering from nervous bladders. We all trooped up to the start, made final decisions about what to wear and what to carry before putting our marathon bags with all surplus belongings onto the appropriate lorry and joining the throng at the start. The atmosphere was a mixture of tension and jollity as serious runners nervously checked their watches and runners in fancy dress were in party mood.

The sheer volume of runners meant I was in a vast column of people many yards from the actual start so there was no way I could hear the starting gun go off. In the distance we all saw a huge cloud of balloons go up so we knew we were under way. It took ten minutes of shuffling along to get to the official start but then I was off and I have to say it was quite an emotional moment. I had been told to put my name on the front of my T-shirt as the crowd would then cheer me on but it still came as a surprise to hear the crowd shouting right from the start 'come on Di, well done, keep going'. All the children lining the roadside were holding out their hands for you to slap and many held out sweets to help you on your way. It was all very touching. As we ran past a large grassy open space I noticed that the vibration of the pounding feet on the road was bringing all the earthworms out of the ground and I just had to stop and rescue an enormous one before it got trampled to death.

After three miles the three mass starts all converged together. By this time, although it was still a mass of runners, there was enough room to run at your own pace. The sun shone and I trotted along very happily collecting a bottle of water at the frequent drink stations. You could always tell when you had passed the orange drink station as the discarded cartons made the road sticky and you could hear a very distinctive mass whispering of sticky footsteps. It was also a bit dodgy after you'd passed the orange segment stages as you risked slipping on the cast off skins. I managed to run without stopping for about 13 miles. At around this point you run parallel with the route at the 22 mile mark so I could see many of the elite runners running in the opposite direction and well on their way to finishing. It was a bit depressing to think I was only half way and it would be another couple of hours before I reached that point. However I wasn't alone and pressed on into the far reaches of Canary Wharf. I started to get very tired at about 18 miles and found my technique from 14 miles onward of running a mile and walking a minute was not being strictly adhered to but the crowd were still very supportive shouting encouragement and handing out sweets. At one point running under a subway the Marathon theme tune could be heard so that again spurred me on. It was sheer luck that I happened to be running next to a group of men disguised as a large birthday cake with candles on just as the BBC interviewed them. So despite having the ignominy of being overtaken by a cake I did make it onto the television coverage – surely a 30,000 –1 chance!

After what seemed an eternity I found I was running along the Embankment and despite exhaustion had good views across the Thames to the Eye and could at last see Big Ben ahead. At this point I was overtaken by a large tree but was not disheartened as I knew the end was achievable. I threw down my water bottle and sprinted the last 800 metres round endless corners up the tree lined mall until the finish line eventually came into view and I had done it!

And so it was all over. 5hrs 31mins 33secs was my official finish time but as it had taken me about 10 minutes to get to the official start I felt justified in taking my time as 5hrs 20 mins and I was pleased with that. My neck and hips ached so much but I'd done it! I didn't know whether to laugh or cry as I struggled up what must have been a tiny step to have the microchip removed from my shoe, my medal put round my neck and my bag of belongings miraculously handed back to me.

I managed to stagger the quarter of a mile to the hotel where Oxfam had laid on a hospitality suite for their runners and luckily Jan could take a guest – me!. Was I glad of it too as I was able to have a shower and wonderful massage before we made our way rather stiffly home.

I have raised the grand total of £1,147.70p for Hearing Dogs for the Deaf. Of this £138.09 was raised by selling home baking at work and one or two other venues.

Finally I had to smile as someone gave me their sponsor money with the comment 'well, where is this deaf dog then?'

Di

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

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