

GOYT VALLEY STRIDERS



**NEWSLETTER
DECEMBER 2000**

INTRODUCTION

Welcome to the latest newsletter. I must apologise for the lateness but I have been struggling for time over recent weeks.

Unfortunately this edition starts off on rather a sad note following the recent news about Terry. As most people will know he lost his battle with the illness he's had for some time.

I don't know about you, but I'm left with only fond memories about Terry and the good times we had running. I'm sure everybody has his or her own tale to tell.

What I remember most is his enthusiasm for the outdoors and in particular his enthusiasm for fell races – something we will all miss.

It seems strange to continue to write the newsletter following this, but nevertheless I'll try.

Previous Newsletter

Since the last newsletter was in June with a brief in-between attempt in September there is quite a lot to report. Most of the details are in the newsletter, in particular some brief comments on the Lakes trip and the FRA relay!

More Bad News

Unfortunately Mike's dog – Bruce passed away over the summer. Brian has kindly written an obituary:

Obituary - Bruce

One event I'm sorry to have to report this month, was the unexpected demise of one of our running companions - "Bruce". Bruce sadly died on Monday 25th September while out for a walk with Mike, from what is believed to have been a stroke. Bruce was 9 years old.

Although he hadn't been out with us much in the last year, all the Sunday morning runners will have fond memories of having Bruce with us on many runs, including some of the very long ones. He was twice as lively and ran twice as far as the rest of us, and he'll be sadly missed.

Brian

Idea for a Challenge

During a recent weekend away in North Wales, when Desiree and I again scaled (sounds a bit grand?) Snowdon, an idea for a simple challenge came to me.

It's a simple one because it is fairly easy to organise and, at the right time of year, it could all be done during an away day; although an overnight stop the night before would be preferable.

The SIX Classic Routes to Snowdon

Four or five people per two cars.

START

Early start from Pen-y-Pass (both cars).

Run up the Pyg Track and down the Miners Track back to Pen- y-Pass car park.

Drive to Llanberis. Leave one car in the car park and, all in one car, drive round to Snowdon Ranger; a long drive I know. Run up the Snowdon Ranger Path and down Llanberis Path.

All in one car, drive round to Snowdon Ranger and pick up the other car.

Drive on to Rhyd-Du and leave one car - there is parking just outside Rhyd-Du.

Drive on Bethania (parking and PC). Run up the Watkin Path and down the Ryd-Du Path

FINISH

Target time ? What do you think ?
10-12 hours including driving ?
Running and driving at my pace of course.

Brian

The FRA Relay

For those who were not aware (see September Newsflash) we entered a team in the FRA relay this year. The event took place at the end of September from Edale.

I will try to explain what happened to the best of my knowledge but exact details have still to be confirmed.

The night before Pete rang me to ask me to run the first leg. I had previously decided not to run following problems with my ankle and the need to collect my parents from the airport at 12.00 noon. However, for various reasons we were struggling for a team so I agreed to run.

The full team was Pete, Mike Hudson, Steve, Andy Jones, Simon Hunter and myself. On the morning we had to submit the team and agree the legs we were running in advance. I went on the first Solo leg because I had to get away. Simon ran the second solo leg because he needed to get away. Steve and Andy ran the third leg because they didn't want to be too late! and Pete and Mike the final leg. Are you following it so far?

I soon learned how difficult this was going to be. The Open Country Mountain Marathon and the trip to The Lakes the previous two weeks were not going to help. The short leg saw me soon at the rear of the field with only half a dozen behind. This is basically how it finished. Simon ran his leg and pulled us back about ten places.

Enter Steve and Andy. The third leg was going to be difficult. You had to visit the checkpoints in order and you were only given details when you crossed the start. Now the next few details are only hearsay and I'm sure both Steve and Andy will correct me if I'm wrong. They went to the first checkpoint but unknown to them, punched the fourth checkpoint of the fourth leg. From here they followed a bearing to what they thought was the second checkpoint, which happened to be the fourth checkpoint on their leg. Realising their mistake they decided to run the course the opposite way around, only to find the first checkpoint had been taken away when they got back.

Meanwhile Pete and Mike started the fourth leg while Steve and Andy were still on the third leg. It gets better! Peter and Mike finished the fourth leg and were left waiting for Steve and Andy to finish the third. Eventually they finished quite a bit later than anticipated.

Despite what happened I think we can be proud we took part and completed the course – well almost!

Mark

The Lakes

No write up on our Lakes weekend, but on behalf of everyone else I'd like to thank Mark for researching and organising the weekend. I think he organised everything very well except the weather. But then Goyt Valley Striders seem to have a habit of getting on the wrong side of the elements most times we organise an away day or weekend.

On a more personal note, I'd like to thank the "route finders" for getting us up and back down again. This seemed to be Mike and Steve on Saturday and Mark on Sunday - I know it wasn't me !

Overall, and despite the weather, I thought it was a really enjoyable weekend, and propose we do the same again next year. Although I had some initial reservations, being more used to the comforts of life now, I thought the barn was perfectly adequate for what we wanted to do.

With good company, good scenery (when you could see it), good breakfast, good food and good beer (pick your own order) - how can you go wrong.

Oh, and I still can't believe it was me snoring !

Brian

A Tale of Two Biggies

I undertook two endurance events in the month of September 2000; the Totley Terminator and the High Peak 40 Mile Challenge. The Terminator (nowhere near as daunting as its name suggests) was intended to be a training run for the "40".

The **Totley Terminator** is nominally an 18.5 mile fell race with an element of orienteering; there are a number of control points at which you have to punch your control card. It was a club race which just Peter and me attended.

This year the race was run in reverse, which meant little to me, since the only time I had run it was in 1992 - the other way round. There was also a diversion this year to avoid a field with two bulls in it. Two bulls in the same field, now that seems queer ! However, as a result, it was reckoned that this year's event was therefore over 19 miles.

It's quite a tough course making its way from the Cricketers Arms in Totley via Totley Moss and Hathersage Moor to the outskirts of Hathersage. From here it goes via Stanage Pole to well past Redmires Reservoirs before turning back across Burbage Moor and Houndskirk Moor to Totley.

It's also possible to get lost. There are a few points on the course where the route is not obvious including the trek across the moors. I didn't get lost. Visibility was good and it was normally possible to see the string of runners up ahead. I was also running near Jan Cave for most of the second part of the race.

Cont'd.....

I found the last 3 or 4 miles gruelling, probably due to an element of dehydration, but managed to finish in 3 hrs 50 mins. Peter finished a few minutes ahead of me. His first words to me were “was that tough or what?” Says it all really

Tips for anyone thinking of doing it next year (I am)

1. Get there early (a) proper parking is limited (b) you are given a photocopy of an OS map of the route and you really need a bit of time to mark up the route using a highlight pen (if you take one)
2. There are only two drinks stations, which is not really enough if it's hot, so take plenty of drink.

Next. I had already decided that this year would be my last **High Peak 40 Miler**. It's the Year 2000, I am 50 this year and I will have done it 8 times. Enough is enough.

The turnout this year was a bit disappointing with only 140 registering. With this level of support, there must be a danger that the event will not last for much longer. The Head of Buxton Community School, who was very keen on taking on the organisation of the event, left the school this summer !

As last year, both walkers and runners started at 8:00 am from Broad Walk. The weather was good, dry and just a little breezy, but I think on the whole it turned out a bit too warm. Well I got a sun tan.

It was good to see Goyt Valley Striders at a well organised Check Point 2, and then Ralph at the A6 road crossing. I next saw Steve, looking incredibly relaxed, sitting outside a tea-shop in Castleton, sipping, naturally enough, a cup of tea.

Cont'd on Page 12

CLUB CHAMPIONSHIP

	Helsby	Tiger Tor	Grindleford	Tigers 10	Castleton	Tideswell
Mike Jones	20		19			
Mark Whelan	19	20	20	19		
Peter Hill	18	19		17		16
Andy Jones	17	16	18	18		18
Steve Hennessey		18	16			19
Brian Lander		17	17		18	17
Mike Hudson			15	20	19	20
Mark Hudson		15		20		19
Eddie Clitheroe		15			17	
Sue Stafford						
Ralph Longden						
Simon Hunter						
Nick Gamble						

As you can see the club championship is turning into a close finish with Brian a close third.

The Langley 7 was cancelled for reasons that nobody knows about. Club Championship winning criteria we have added another fixture

Sunday December 3rd Cardington Cracker AM 11.00am 9m/260 Stretton, Shropshire. £3.00 on day. PM Over 16 records D Neill

I am reliably informed that D Oshea is not Donna (Oshea being her

Anybody thinking of doing the race contact Pete or Mike Hudson,

	Dorma 5	Cracken Edge	Goyts Moss	Terminator	Langley Seven	Xmas Cracker	Total
							39
		18					96
		17	19	20			126
							87
							53
	18			19			106
	20	19	20				133
							54
							32
	17						17
	16						16
		20	20				40
	15						15

n. Pete Hill and Mike Hudson are battling it out for overall

ut, which has added a slight complication. In order to solve the
e. This is the Cardington Cracker, details as follows:-

00' from Cardington Village Hall, Cardington, near Church
1.10.11 1998; D. O Shea 1.29.42 1996.

er maiden name) !

who I think, are doing the race.

I'd like to thank Ralph, who was around at several points on the course for a chat and to offer encouragement. I can't remember all the places I met him, but the last one was Sterndale Moor. I really needed some encouragement by this time.

As for my race, well it was a bit disappointing really. It was my slowest ever time of all eight - 8 hours 42 mins. I can't really explain it, I thought my training had gone quite well. Unless.....getting older has something to do with it.

I could have gone off a bit quick ("quick" by my standards) as, at one point I think I was 30th ! I finished about 37th, as far as I can make out. Sadly, it would also be true to say that I didn't enjoy much of the last part of the race. It's the first time I've ever left without the meal !

So perhaps it's just as well I have already decided to make it my last "40". I'll be on the Check Point next year, if there is a next year.

Brian

Winter Series

Remember this in the last Newsletter. What a disaster, The Passing Clouds was cancelled because of the petrol crisis – what crisis! The Langley 7 was cancelled because.... Does anybody know why?

Needless to say our very own winter series is now cancelled!

ASHBOURNE HALF MARATHON

REPORT FROM THE REAR

Before I deliver my report, I thought you might want to know the progress of my research into the relationship between the theory of relativity and running. As you know, by rigorous scientific observation and total personal commitment, I have demonstrated beyond doubt the slower you go, the heavier you become and the more time extends, with acute asymptotic tendencies towards the finishing line. The next stage was to demonstrate the opposite; the faster, the lighter and the shorter. This poses some difficulties. You actually have to be going faster to experience the acceleration and benefit from time diminution. Clearly, there is some critical point at which relativity works in your favour. I couldn't use David Arden to demonstrate the theory, since he already runs with the speed of light and only weighs about 2½ ounces. I'm not sure that Einstein would have recognised him as being within the natural observation spectrum.

The real problem is to get the runner under observation moving fast enough for relativity to take over and impel him (or her as you will see) forward with ever increasing velocity in a diminishing time-frame. After reviewing and rejecting a number of options, my attention was caught by a newspaper article about the chap who used his wife as a human cannon ball and fired her into a net. Unfortunately, she sustained minor injuries after bouncing out of the net and landing on the specially unprepared ground beyond.

Now the issue here is one of attitude (I mean angle of inclination, not what crocodiles and truck drivers suffer from). You have to be moving with the body vertical and legs peddling like mad, so that when you touch down you are in a position to keep going.

Lucille and I have discussed this at some length and, for some reason which I cannot fathom, she absolutely declines to participate in this radical experiment. Clearly, I can't simultaneously be flying through the air whilst making impartial scientific observations, so I'm afraid that the research programme has temporarily stalled. Volunteers welcome!

Anyway, back to the Ashbourne. You have to know of course that poor old David failed again and only came in fifth in 1 hour 18 minutes. The final irony for him was that, after waiting around for 1½ hours for prize giving on the word of the organiser that there would be a fifth prize, they moved smoothly on from the presentation of men's fourth prize to women's first prize. David, being an amiable sort of chap quietly slipped away and went home. One of the organisers did say that he thought that one of the prizes went to the local runner they liked the best! (I didn't get that one either!).

Ralph did a highly creditable 1 hour 52 minutes in his first outing since Wilmslow.

Now, you're all dying to know what I did. Well, I have some race dialogue to report. Wheezing up the final, steepest and most depressing of the three long climbs which make the race so enjoyable, a spectator addressed me thus:

“You're a long way behind, is it a handicap race?”

Me “You're telling me!”

Cont'd...

Spectator "So, what's your handicap?"
Me "I'm not allowed to train for six months
before the race."

In spite of the fuel crisis, there were 200 real runners, more than 200 fun runners and 20 aquathon participants (Don't ask me what that is!) The runners and their attendant fan club (mainly comprising Lucille), were disappointed not to see you all there, but I've no doubt you were skiving off on some soft option somewhere, probably doing the Edale sky-line or the South Down Ridgeway or some equally daft enterprise.
Oh yes, 1 hour 58 minutes!

Nick

EMAIL

If you wish to email me, please note the new email address

Goytvalley@btinternet.com

Mark

Christmas Meal

This time of year we usually get together and have a Christmas meal. This year was to be no exception and I duly booked the Sycamore for 20 people on the 9th December.

A couple of days later I picked up some menus and saw that the Xmas menu was £17.95. I cancelled straight away. It was not so much the price, although it was a bit steep, but the lack of vegetarian options and the insistence that this was the only menu available.

Instead we have agreed to go out in January or early February. Watch this space more details will follow.

Internet

I have been developing a web site for the Striders but I'm finding difficulty to get the time to put much effort in at the moment. If anybody has any comments or ideas for what should be included let me know. The address of the site is:

<http://www.goytvalley.btinternet.co.uk>

The site is best viewed in Microsoft Internet Explorer 4.0 or above with Java enabled. Screen size is best set at 800 x 600.

LONDON MARATHON

Have you entered the 2001 London Marathon and been refused an entry?

The club has been granted one place which is up for grabs!

First refusal goes to those who have entered and been refused. A draw will be made from all those that satisfy this criteria and inform either Sue or Myself. Please do this immediately you have been notified as the time limit for notification to the Marathon Office is nearly upon us.

If nobody informs us of their intention to go in the draw then the place may be open to everyone. If you are interested let us know just in case.

Subscriptions

If you have not paid your subscription for this year please let us have it as soon as possible. It is getting to that time of the year when the Treasurer needs to balance the books!

Design a Logo

We are thinking of having some more vests printed and possibly some sweatshirts and T-shirts. However, we would like to have a more interesting logo.

Of course the new logo would have to incorporate the existing logo in some format, but otherwise feel free to draw whatever.

As a suggestion we thought something along the lines of the award badges that are given out might be appropriate.

AWAY DAY

Pete's organising another away day.

The route is from Totley, somewhere near where to Tiger Tor starts. The route is about 14 miles and will be in excess of 2 hours.

Pete says it's a good route, whatever that means.

The date is Sunday 10th December meeting at the club at 8.00am

For more details please give Pete a ring on 734756. Remember that he's a postman so don't ring too late!

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

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High Peak

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The Treasurer

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