

GOYT VALLEY STRIDERS



NEWSLETTER JULY 2003

INTRODUCTION

Another newsletter – at last!

I've just got back from yet another injury, which seems to always inspire me to put together another newsletter.

The last issue was back in February and much has happened since then. In fact half the year is nearly passed and with that half the races that I intended to run.

Anyway I'm back in training now and determined to win my bet I've had with Pete that I will complete next years Eyam Half Marathon in under 1:30. Yes I know what you're thinking, he's mad, well, we'll just have to wait and see. One way or another I'm determined to get back fit.

Just a few domestic notes now. I've omitted my address off the back of this issue as I'm stillin between houses. Hopefully by the end of July I'll be in the new house and contactable on my old number 01663 733930. Meanwhile it's still the mobile on 07855 462 145. Alternatively the email and website are still up and running and remain the main source of data for up to date results and information

Whaley 6 Road Race

The new date for the Whaley 6 was Wednesday April 30th. All in all it was a good night. Numbers were fairly low at 46 but those who did turn out seemed to enjoy it.

The worries about whether we would finish the race before it went dark didn't materialise and so if everyone agrees I think we will stick with this date for next year. More advertising etc may see us increase the number of entries.



"Come back I haven't blown my whistle yet!"

Extract from the Fellrunner Magazine

Believe it or not.....

According to the Sunday Times (and who can doubt the Sunday Times??), fell running has joined the ever-increasing list of sports with nude participants. Existing activities apparently include gymnastics; rock climbing; skate boarding; in-line skating; sky diving and hill walking and now our own hallowed sport has joined the select list. I quote...

“Bill Strange, 48, a mountain guide and holiday tour operator, said that a senior civil servant and several doctors were among those who had accompanied him on recent nude fell running trips to the Lake District, Snowdonia and the Isle of Skye, “There’s a fad developing”, said strange, who has descended naked at a brisk run from the top of Helvellyn in the Lake District, “if you’ve got a rucksack and you feel comfortable enough you whip your stuff off and have a run.”

Go on then, I dare you, be a trend setter, just “whip your stuff off”, arrive down Coniston, Glenridding or Hayfield wearing only your fell shoes, stroll into the Black Bull or the Royal preceded only by your dangly bits and see what happens!! Photographic evidence will be required for the next magazine.

Hang on, what will we do if Pete ever arrives with a rucksack from now on...!!*!

Fell Running Relay Championship

Remember a couple of years ago when we entered this event and things didn’t quite go according to plan! Enough said there...Well, I think its about time we put this ghost to rest. This years event takes place in Church Stretton and I think we could easily muster up a team to enter. The format is:

Leg A – Solo 4 Miles / 1,100' of ascent
Leg B – Pairs 9 Miles / 4,000' of ascent
Leg C – Pairs Navigation 7 Miles / 3,500' of ascent
Leg D – Solo 4 Miles / 1,100' of ascent

The date is October 18th. Let me know what you think and whether you would be interested in running a leg. ASAP please.

Hold the front page!

Well, at least the front page of the newsletter!

I, as a non-runner, attended the Boar's Head fell race as the support to my husband (Peter Hill). I was relieved at the finish to see Mark Whelan, who I knew to be injured and only being a spectator on the way. "Pete's near the back" he said, on return at the finish. "Oh God" I thought. Maybe age was taking its toll. Too many heavy bags on that mornings post or just the onset of too many years.

I waited in vain knowing that his last words to me had been, "I'll be about 70 minutes, or thereabouts". Jonathon, Kevin and Steve had come in and there was a long pause before the light green shorts and long hair, which was Peter, appeared coming down the track. I was so pleased to see him.

He did not want to hang around, not having had his tea. "I felt there was something in my shoe", he said, in the car. "I felt that there was a safety pin in my trainers", "It kept pricking my foot!" As I drove up towards the A6 he took his Walsh off.

"I've got a fishhook in my toe!" he exclaimed. "Oh great." I thought, knowing his aversion to needles. No wonder he was not doing as well as I thought he might. I kept very calm and explained that it was usually a hospital job. But, knowing his phobia of injections I told him that if he had not managed to extricate it by the time we had had tea then it would be a trip to Macclesfield General. "OK!" He said.

By the time I had cooked tea he had done unspeakable things to his foot, which negated the trip to Macclesfield. I am relieved that at the end of a particularly difficult day I did not have to go to a hospital. He had managed to get a fishhook out of his foot and I managed to make a quick tea out of nothing. But I ask this question, which is the more dangerous sport, Fishing or Running? Both have their downsides, but when you combine the two!.....I've heard of Fell runners knowing how to suffer, but I feel this takes the biscuit. What do you think?

A Long Suffering Fell runners Wife.

2003 SUBSCRIPTIONS

The 2003 subscriptions are now OVERDUE. If you are unsure whether you have paid or not (there are a number of you) then please contact the Treasurer or Mark to confirm and arrange payment.

Please note that these subscriptions are required to keep the club afloat.

Santa caught running with the Loch Ness Monster during 15 days of madness!

This is a story of one runner and how to have a low-key 15 days. The story starts on a Wednesday evening in June at Kettleshulme, the adventure at hand the local fell race. The weather is nice and warm, so you're warm before you even get going, well we get started and charge round as fast as possible, not always that quick in my case, but still. For a change I have a very good run, 50.31 for the course. By the way did I mention I'm supposed to be tapering off for a marathon?

On Thursday I go out for a mile jog to see if these legs of mine still work, as they seem a little stiff after the race the night before. They still do work so it's on to Friday and no running, just a night out with some friends to see another friend's band play. The plan is not to have too much to drink as I have a race on Saturday. Like all good plans this fails amazingly well, I have enough drink to carry me into Sunday, before going down to the Indian for a curry just to finish the body off.

Saturday morning came and I felt the worst for wear, and by the afternoon I was still not feeling so great. Nevertheless it was time to get ready and enter the evening or rather teatime Buxton Half Marathon. The race sets off and I still don't feel too great but it takes my mind off the course! I plod on even passing a few people, which is always a good sign. As the race goes I begin to feel a bit better and manage to charge across the finish line in 1.40, a time I'm very happy with.

The next day, Sunday, and time to recover from the Buxton Half with a nice easy run, that would be if I was normal of course, but instead I ran the Glossop 10. Not such a nice easy run! This one goes up and down and there's not too much flat at all, finally I make it round in 1:16. Not a bad time considering

I didn't run until Wednesday, I then had a slow jog for a few miles to loosen up. The legs felt quite stiff, not sure why!

I take it easy for the rest of the week, no running. On Friday I put all the running gear in the car, numerous kit, giving me numerous choices, depending what the weather is like on race day. I then drive to Carlisle for a concert. On Saturday morning I drive up to Edinburgh for the race on Sunday.

Saturday afternoon I meet a friend who lives there, to talk about the plan for the race, the weather is very hot and we're hoping it is cooler for the race; the forecast is for a cloudy day on Sunday.

Sunday arrives, it's cloudy and looks a good day for Santa to make an appearance; he's been hiding since his run at London in April. It's an early departure as we head off for the Meadowbank stadium for the start at a strange time of 8.45. Arriving at the start area I find my friend with two of her friends that we are going to pace round the course. I should introduce my fellow runners. First my friend Ruth who runs for Gala Harriers, she's running round as Nessie. This proves Santa and the Loch Ness Monster do exist! Her two friends are Anna, running her 2nd Marathon and trying to beat her previous best of 4:30 recorded at London and Nicky, making her Marathon debut.

This sounds like fun, Edinburgh is about to be hit by Santa and Nessie. The gun goes and so do we, Santa is already popular before we get out of the Stadium. The weather is just right for us, the first two miles are a climb as we head up and around Arthur's seat, its then down to Holyrood park and up to the city center before coming back to pass the stadium at 7 miles.

The next section is out to Portobello to run along the shoreline of the River Forth for 8½ miles, passing the Royal Yacht Britannia along the way. The support is very good, and Santa and Nessie seem to be particularly well liked by the crowd. At 18½ miles there's a climb for about a mile, then it evens out along a cycle track until we reach 24 miles. By this time the Sun has come out and the temperature sores into the upper 70's, not very good for me in my Santa outfit, but then Santas shouldn't be about in the middle of June!.

There's a final climb of about 2 miles before a bit of down hill and back into the stadium to finish.

We set out to run 10 minute miles with a target finish time of 4½ hours, Nessie, Anna, Nicky and Santa all crossed the line together in 4.27, a well paced run in side our target, and a P.B. by 3 minutes for Anna.

After that it's time to recover, well not quite, just the last race in the Lyme Park Series, the Boar's Head. I Don't feel too bad after Sunday, although I was running in my comfort zone. I have my best fell race of the year, finishing in 58:34, not bad for 3 days after a marathon.

That's how to enjoy your running in a very mad way.



Word Search

The word search is back! Remember a couple of years ago how successful this was. The mere mention of a bottle of wine for the winner saw the entries come flooding in. Well I got two. If you didn't take part last time or simply didn't have the skill to compete at this high word search level here is another opportunity.

Cunningly hidden in the following matrix are 17 running or Goyt Valley Strider related words. And to make it even more easy I will give you a clue to how many letters are in each word. Remember you can go horizontal, vertical, diagonally, forwards or backwards – similar to my fell running!

The best entry or in the event of a tie, the one drawn out of the hat receives a free bottle of wine!

- 1 (7,4.5) 2 (7,6)
- 3 (8) 4 (6,4)
- 5 (7) 6 (5)
- 7 (4,6) 8 (4,4)
- 9 (5,4) 10 (3,4,5)
- 11 (5,9) 12 (12)
- 13 (4,6) 14 (5)
- 15 (8) 16 (7)
- 17 (5)

R	B	C	A	R	B	O	H	Y	D	R	A	T	E	R	L
D	U	X	M	P	L	I	C	M	G	Z	L	N	N	I	K
J	C	N	V	E	T	E	R	A	N	P	I	B	U	T	F
O	Q	O	N	K	D	V	N	N	P	A	A	I	V	R	B
G	U	H	M	I	L	E	M	A	R	K	E	R	E	B	M
G	K	T	N	P	N	R	A	T	S	T	B	T	G	H	A
E	A	A	U	S	J	G	O	Y	T	V	A	L	L	E	Y
R	S	R	M	E	P	I	B	M	N	W	I	P	R	B	D
S	R	A	I	L	Q	N	F	E	L	L	R	A	C	E	E
N	M	M	P	C	F	K	L	G	A	G	M	O	P	V	W
I	D	S	L	C	C	P	E	T	E	R	H	I	L	L	A
P	F	X	I	E	J	E	T	Y	I	J	S	S	W	R	L
P	R	E	R	A	C	E	E	N	T	R	Y	O	V	A	S
L	G	Z	P	T	R	X	V	B	Z	N	M	J	C	K	H
E	I	T	N	S	P	L	N	V	C	R	A	L	P	K	E
P	A	U	L	A	R	A	D	C	L	I	F	F	E	M	S
B	U	P	G	P	B	R	O	T	A	N	O	R	P	D	U

CLUB CHAMPIONSHIP

The club championship has reached the summer break. A reminder of the format: there are 12 races and the best 10 races count towards the final result. The current leader is Pete, but with 4 races to go the winner could come from any of the top 4...The best Championship for ages!

Name	1	2	3	4	5	6	7	8	Total
Peter Hill	16	18	18	15	18	17	15	17	134
Kevin Day	18	19	19	16	-	19	18	18	127
Steve Hennessey	20	20	20	20	-	-	17	19	116
Jonathan Hull	19	-	-	19	20	-	20	20	98
Scott Reid	-	-	-	18	19	18	19	-	74
Mark Whelan	-	-	17	17	17	-	-	-	51
Andy Jones	17	-	-	-	-	-	16	-	32
Wendy Nettleton	14	-	16	-	-	-	-	-	30
Dave Arden	-	-	-	-	-	20	-	-	20
Sue Stafford	15	-	-	-	-	-	-	-	15
Eddie Clitheroe	13	-	-	-	-	-	-	-	13

1. Helsby Half Marathon (Jan)
2. Tigger Tor Fell (Feb)
3. Herod Farm Fell(Apr)
4. Vanessa Chapel Fell (May)
5. ShiningTor Fell (May)
6. Eyam Half Marathon (May)
7. Kettlesulme Fell (Jun)
8. Boars Head Fell (Jun)
9. Passing Clouds Fell (Sep) (NEXT RACE)
10. Langley 7 Road (Nov)
11. Stockport 10 Road (Dec)
12. Christmas Cracker Multi (Dec)

AWAY DAYS

PEAKERS STROLL (Lead Peter Hill)

SUNDAY 6th JULY 2003

Meet 10:30am START: 11:30am 25miles
£6.50

The idea is to run this as a club training run if there is enough interest. Contact Pete 01663 734756 if you require more information.

GRADBACH (Lead Mark Whelan)

SUNDAY 20th July 2003

Meet 8:00am START: 9:00am
10/11miles

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.

We've done this one before. It's a fairly steady and dare I say it easy run utilising an area that not too popular. Contact Mark 07855 462 145 if you require more information.

THE DALES (Lead Peter Hill)

SUNDAY 3rd August 2003

Meet 8:00am START 9:00AM
15/16miles

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.

Another route we've done before. It's a classic taking in some of the best of the Derbyshire Dales. A fairly long run but worth the effort. Contact Pete 01663 734756 if you require more information.

BEGINNERS NIGHT

THURSDAY 10th July 7:00pm is beginners night at the Striders. This will be run at a slow pace and everyone is welcome. The distance will be dependent on who turns out and what they want to do. If successful it will become a regular event.

Meet at the Canal Basin Car Park, Whaley Bridge at 7:00pm.

CURRY NIGHT

Remember the last one? It was pretty good! So good we have decided to repeat it again. The venue is the Curry House in Whaley Bridge and the time date is Thursday 10th July at 8:30pm. Please let us know if your attending so we can give an idea of numbers. Contact Mark 07855 462 145.

The Boars Head Race

My race was probably a little bit different to everybody else's race. I was struggling, being overweight and suffering a lack of fitness. I found the climb through the tussocks energy sapping. But as I got to Bowstone Gate, I felt stronger and began to notice a niggling pain in my right foot. It seemed to get worse on the descent back towards Lyme Park. My initial reaction was to carry on and focus on the job in hand. It seemed to feel as though I had dropped a safety pin in my right shoe. Could I carry on and complete the race? or would I have to stop and take it out?

I felt the best option was to carry on regardless and finish in as good a time as possible. Hang the consequences
THIS was a race!

Upon finishing the race the pain seemed to ease so I didn't think any more about it. It was past my teatime so I decided to get off fairly sharpish. Once in the car I felt it was time to take the offending safety pin out of my shoe. Imagine my HORROR, when on inspection I realised that the safety pin was not as it seemed, it was a FISHING HOOK, which had embedded itself in my toe. It was a barbed hook and it had gone in quite deeply. "I'll take you to Stepping Hill", said Donna quite thoughtfully. "No way", I thought, "I want my tea and I'm not overly keen on hospitals".

So, on arriving home, I went to the cellar and got the pliers from my fishing rucksack. Donna made a quick tea in case I was unsuccessful in removing the hook and we had to go to hospital. I operated on my foot and after forcing the hook through another part of my toe, I managed to cut the barb off and remove the hook.

Oh the perils of fell running (Especially when mixed with fishing!)

Pete



Wendy
receives the
Chairman's
award at this
years AGM

Possible
caption
competition?



Boars Head
2003



RACES

Day	DATE	RACE	CAT	TIME	DIST
Wed	July 2	Shelfmoor Fell	AS	7:30pm	3m
Sun	Jul 6	Peakers Stroll		11:30am	25m
Mon	Jul 7	Hathersage	BS	7:30pm	4.5m
Sat	Jul 12	Charlesworth	BS	2:30pm	3m
Wed	Jul 14	Bamford	BS	7:30pm	4.5m
Thu	Jul 17	Sheldon	BS	7:30pm	4m
Tue	Jul 22	Robin Hood	BS	7:30pm	5m
Sun	Jul 27	Home Moss	AL	11:00am	16m
Wed	Jul 30	Goyts Moss	BM	7:30pm	6.2m
Wed	Aug 6	Bradwell	BS	7:30pm	4.5m
Wed	Aug 6	Cracken Edge	BM	7:30pm	7m
Sat	Aug 16	Teggs Nose	BM	2:30pm	6.5m
Sun	Aug 17	Bradbourne	CM	10:00am	6.2m
Wed	Aug 20	Eccles Pike	BS	7:30pm	3.5m
Thu	Aug 21	Pisley	BS	7:30pm	5.5m
Sun	Aug 24	Boundary Stone	BM	12:00noon	6m
Sun	Aug 24	Nab Fell	AS	1:00pm	4m
Tue	Aug 26	Barrell Inn	BM	6:30pm	6m
Fri	Sep 5	Great Longs	BS	6:45pm	4.8m
Sat	Sep 6	Bullock Smithy	BL	12:00noon	56m
Sun	Sep 7	Passing Clouds	BM	10:30am	9m
Sun	Sep 7	Shelf Moor	AS	2:00pm	9m
Sun	Sep 7	Tormentor	AL	10:30am	15m
Mon	Sep 8	Trunce	CS	6:45am	4.25m
Sun	Sep 14	Chelmorton	BS	11:30am	5m
Sun	Sep 14	Padfield Plum	BS	1:15pm	6.5m
Sun	Sep 21	Stanage Stuggle	BM	11:00am	6.75m

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