

GOYT VALLEY STRIDERS



**NEWSLETTER
June 2004**

INTRODUCTION

A warm welcome to this late edition of the Spring newsletter. As many people will be aware I have been out of action for several weeks due to ill health and therefore the newsletter has had to take a back seat.

To update people on my position. I went into hospital and was diagnosed with having a Pericarditis (fluid around the heart); they managed to drain this off but then discovered that I had another problem. The further complaint is something called a Hypertrophic Cardiomyopathy (an enlarged heart). In order to determine how this was caused I have to refrain from running about 7 months, something which is very frustrating. If the heart returns to its normal size then that's OK, if not, it means I've had it since birth and it will mean goodbye to the running. I'm practicing my tiddlywinks just in case!

Best Wishes also go out to Andy Jones who has been involved in a motorcycle accident and is in hospital. We all hope you get better soon Andy

Meanwhile, please enjoy the rest of the newsletter and I look forward to receiving articles for the next edition!

50 by 40 (Part 1) by Kevin Day

In 12 months I will become a vet, no big deal but before I do, I would like to have made my half-century of marathons. I started the year having completed 41 races; this year so far I have completed 2. The first 1 was the Shakespeare at Stratford upon Avon in April, not a hilly course but did have a rather boring disused railway line which was visited twice. The day turned out to be a very warm one and times were generally down, I run 4:07. My second of the year was the White Peak Marathon in May; this is a lovely race to run. The Race starts from Thorpe (near Ashbourne) and uses the Tissington trail to Parsley Hay where it turns onto the High Peak trail and finishes at Cromford (near Matlock), As well as myself, Steve Hennessey and Alistair Fitzgerald also took part. Steve and myself completed the course in 3:50 and Alistair in 4:11.

Next marathons up are Edinburgh on 13th June and the City of Stoke (formally Potteries) on 20th June, which will leave me 5 to complete.

Away day Sunday 27th June

Marple / Tameside

Start from Brabyns Brow Car Park (8.45), Marple Bridge, Next to the Midland pub near Maple Station.

The Route will be 8-10 miles (some of the route is on roads)

Speak to Kevin if you require further details.

London Marathon Race Report

A Strider in London

The Race

I'm sorry, but I fell for the cliché finish – arms raised high, smile (grimace?) for the camera – but overall an achievement and a bond with all the other 32,000 runners that the rain, pain and exhaustion did little to diminish. The crowds encouraging you at every stage showed how much this race means to London – it shattered the usual social barriers for one day, eliciting a conversation about the race even on the Tube afterwards.

It was so different 4 months earlier when I'd arrived at the Bugsworth Navigation for the Club pre-Christmas drink, to be greeted by a massed cry of "Congratulations". "My Round?" I suggested. No, they said, you've won the club place at the London Marathon. "Only one downside (apart from the race) – you have to write an article in the club newsletter". I supposed that's fair, and here it is.

Some runners on the packed train to Greenwich said they felt excited, nervous, frightened even; I felt prepared – I'd run about 400 miles in the past 16 weeks, cycled and even in the last week skied (high altitude training helps, doesn't it?) my way to race fitness – being a first timer I'd picked a training program off the web, and modified it to fit my daily cycling work commute (19 miles each way!) until the London Marathon magazine arrived and then changed to its final 4 weeks program. A very unpleasant Edale Skyline 4 weeks earlier had at least proved I could go the distance. Despite a long term 'niggle' with my knee, illness and injury were thankfully avoided in the build up, and funnily enough the skiing holiday for the final week helped to relax.

Blackheath Common that morning was windy and damp, but the showers held back for the race itself; initial worry that I hadn't brought my thermals, but I kept dry and warm - the bin liner stayed on for the first mile.

I'd been right at the front – luckily only about 15 feet behind the elites, so my own race began only a few seconds after Sir Roger waved us off. I'd been put into Zone 1, based on my estimated 2.50 race time, which I thought achievable given recent ½ marathon times. Two fifty - that would be hard, but I'd worked out my mile splits, and had rehearsed the plan, so all I had to do now was do it.

People ask me what I think about in a long race. I have to do all my planning well in advance so that the race is about regular mental arithmetic on how I'm doing compared to plan. I keep myself occupied with checking heart rate, mile splits, breathing, stride length, rhythm; so it's not just about running!

I went off just slightly faster than planned - good easy controlled running. It was amazing how many people had turned out to watch on such a cold and blustery day. On target at 9 miles, but then found it difficult to change gear up to the planned pace. My time to halfway was 1.27 – 2 minutes slower than plan; 2.50 now looked beyond me, but I was still confident of a faster second half, and expected to raise the pace in last 4-5 miles to finish comfortably under 3 hours. But worryingly my left thigh had started to bind up after 10 miles, and this tightness began to spread down; I heeded these warning signs and cancelled the gear change to avoid the cramp that had stopped me 3 times in the last few miles at Snowdon.

This was when I started to notice the rain, and at least the Sunday morning training came in useful for splashing through the growing puddles, despite the lack of deep sticky mud on the Docklands roads!

At 17 miles I reckoned that 3 hours was still achievable, but it would be close. I was getting tired now, and as I tried to push on for the end for the last seven miles I felt faster, but the clock showed otherwise – I faded to slower than 7 min miles at about 19/20 miles (my slowest - 7.22 - was at 25 miles). By 22 miles I was starting to desperately count myself down as if on the A6 - it's only as far as Disley to home. I don't remember much of the last 3 miles apart from how long the final 1.2 miles seemed to be. In the last couple of miles I reckoned that I'd have just under a minute in hand to achieve under 3 hours, but on the last straight I realised that I was a lot closer to 3 hours than I'd bargained – with just 100m to go the race commentator started counting down the last ten seconds to the 3 hours, so I crossed the line in a crowd-pleaser sprint on the count of zero not knowing which side of 3 hours I'd finished. My watch didn't help – I stopped it on 3.00.00!

A surprise post script in the weeks after the race was that I found it quite pleasant to have a break from eating constantly – I must have needed about $\frac{1}{4}$ of my normal daily pre-race fuel. But it wasn't long before the appetite for training returned, and the food appetite with it.

My thanks to Mark Whelan for checking the website and breaking the news that my time was, in fact, 2.59.50, and my thanks too for the chance to use the Club place. I've now earned a Good For Age time, so if anyone wants the club place next year – I'd recommend it.

Mark Richards

Curry Night

The last Curry night was very popular and several people have asked that another one be organised. Therefore please look out your diaries and enter in Thursday June 24th at 8:00pm. See you there...

Eyam Half Marathon

If I can't run at the moment at least I can watch. So that's what I did when the Eyam half marathon took place last month. I'm glad I did. Goyt Valley Striders had a tremendous run with two members finishing in the top six. Dave Ardern finished 2nd in 1:22 and Mark Richards 6th in 1:24th. Kevin Day and Pete Hill also completed the course in 1:39 and 2:02. This good team effort earned Goyt Valley a 4th team place overall, beating Buxton, Glossop and Macclesfield.

Well Done Goyt Valley!

Why not run in Slovenia?

On 11 September the 4th Alpine marathon will be held in Slovenia. There will be three distances:

50 km ultra

(20 km of roads, 30 km mountain paths. High difference: +1690/-1265m)

35 km

(5 km of roads, 30 km mountain paths. High difference: +1415/-1035m)

10 km

(In the beautiful Jezersko valley. High difference: +/- 200m)

Visit: <http://www.boltez.si/maraton> for more details.

Fell Races 2004

Detailed below are just a selection of the fell races that are available

Date	Day	Event	Cat	Time	Distance	Height	Fee	Payable
16-Jun	Wed	Boars Head	BM	7:30pm	8m	1200'	£3	On Night
17-Jun	Thu	Grindleford	BS	7:30pm	4.5m	550'	£3	On Night
20-Jun	Sun	Kinder Trog	BL	11:00am	18m	3490'	£4	On Day
23-Jun	Wed	Blackamoor Chase	BM	7:30pm	6.5m	1400'	£3.50	On Night
23-Jun	Wed	Shelfmoor	AS	7:30pm	3m	1610'	£3.00	On Night
27Jun	sun	Bakewell Pudding	CM	11:00am	6m	700'	£4.00	On Night
30-Jun	Wed	Hope Fell Race	BS	7:30pm	4m	650'	£3.00	On Night
2-Jul	Fri	Tideswell Fell	BS	7:45pm	4.4m	850'	£3.00	On Night
4 Jul	Sun	Peakers Stroll	BL	11:30am	25m	4000'	£6.50	In Advance
7-Jul	Wed	Black Rocks	BS	7:30pm	5.5m	850'	£3.00	On Night
10-Jul	Sat	Charlsworth & Chisworth	BS	2:30pm	3m	500'	£2.50	On Day
11 Jul	Sun	Peak Forest	CM	11:15am	6m	650'	£3.00	On Day
14-Jul	Wed	Bamford	BS	7:30pm	4.5m	1000'	£3.00	On Day
20-Jul	Thu	Sheldon	BS	7:30pm	4m	527'	£2.50	On Night
25-Jul	Sun	Holme Moss	AL	11:00am	16m	4000'	£4.00	In Advance
28-Jul	Wed	Goyt's Moss	BM	7:30pm	6.2m	1100'	£3.00	On Night
4-Aug	Wed	Cracken Edge	BM	7:30pm	7m	1450'	£3.00	On Night
14-Aug	Sat	Teggs Nose	BM	2:30pm	6.5m	1100'	£3.00	On Day
18-Aug	Wed	Eccles Pike	BS	7:30pm	3.5m	650'	£3.00	On Night

le this year. For details of other races ask Mark

Venue

Boars Head Hotel

Playing Fields, Grindlefords

Hayfield Scout Hut

Cricket Inn, Topley

Royal Oak, Glossop

Bakewell Recreation Park

Sports Field Hope

Tideswell Dale Car Park

Peak Forest

Matlock Rugby Club

Recreation Ground

Peak Dale Village Store

Bamford Recreational Ground

Cock & Pullet Pub, Sheldon

Brown Hill Reservoir

Derbyshire Bridge, Goyt Valley

Kinder Mountain Rescue Team Hut, Hayfield

Trials Field, Sutton, Macclesfield

Navigation Inn, Buxsworth

OLD MONEY

Last months quiz was the most popular one yet with three correct entries being received. The winners were Kevin Gleave, Sue Stafford and Peter Hill. A bottle of wine is on the way to all three of you.

The answers to the quiz were as follows. Apologies for No.9!

		Answer	£	S	D
1	Type of Pig	Guinea	1	1	0
2	Type of Bicycle	Penny Farthing		0	1¼
3	Boy's Name	Bob		01	0
4	Gorilla's Leg Joint	Half Penny			½
5	Male Singer	Tenner	10	0	0
6	Sun, Moon and Star	Three Farthings			¾
7	Leather Worker	Tanner			6
8	Coronet	Crown		2	6
9	Poorly Fish	Six Quid	6		
10	Girl's Name	Penney			1
		Total	17	5	3½

17	5	3½
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Grindleford Gallop

Four of us turned out for this years Grindleford Gallop and three of us agreed to run together expecting a time of around 3:30. Steve Hennessey and Kevin Day I knew would have no problems with the distance but I wasn't too sure about myself. The other Goyt Valley runner was Sue Stafford.

The race started well and apart from the windy conditions on top we settled into a steady pace. I was having difficulty keeping up on the hills but Kevin and Steve didn't seem to mind waiting. At the second check point Steve and myself clipped before descending into Great Longstone, Kevin was about 2/3 meters behind.

At the bottom of the descent Kevin asked where the next checkpoint would be and we told him not until Bakewell. With a confused look on his face Kevin said, "That's the third checkpoint and we haven't clipped two yet". With a smile on our faces we informed Kevin that checkpoint two was at the top of the hill we had just run down. This is what I like about Kevin and what I think epitomises a true Goyt Valley Strider, without any hint of frustration he turned round and began the climb back up the hill. Steve and myself were not so kind; we decided to 'dig in', to see if we could make Kevin really suffer. Kevin caught us up at the next checkpoint, not out of breath and talking in his usual free flowing way!

We left checkpoint 3 and before long we were on the climb out of Bakewell; Steve made this look like a downhill and left Kevin and myself in his wake. By Chatsworth we had regrouped and were in full flow, overtaking runners at will. The next checkpoint was Baslow and by the time we got there it looked as though we were going to smash our target of 3:30. Soon after Baslow things started to go wrong and I began to get cramp. By the time we were on the top of Baslow Edge I had cramp in both calves and could run no more than a couple of yards without a rest. I told Kevin and Steve to go ahead but they waited and ran (or even walked) the last 4 miles with me. We completed the course in 3:50 and were well fed as usual.

Thanks to Steve and Kevin for helping me complete the course, I just hope I can be there next year with you.

Mark

New Vests

The new vests are now available. Great new material and at only £10 each they are a snip. For your vest just give Mark a call!

Committee Meetings

The next committee meeting will be on Thursday 1st July at the Navigation Inn Buxsworth.

Club Championship 2004

The 2004 club championship is well under way with six events already gone. Results are as follows:

Race 1

Helsby Half Marathon

Mark Richards	1:19:20
Scott Reid	1:30:57
Kevin Day	1:31:29
Jonathan Hull	1:33:06
Mark Whelan	1:41:59
Peter Hill	1:45:36

Race 3

Herod Farm

Mark Richards	27:04
Steve Hennessey	30:58
Jonathan Hull	31:37
Kevin Day	32:17

Race 5

EYAM HALF

Dave Ardern	1:21:49
Mark Richards	1:22:48
Kevin Day	1:39:18
Peter Hill	2:02:19

Race 2

Tigger Tor

Andy Butler	1:27:53
Mark Whelan	1:39:31
Peter Hill	1:44:29

Race 4

Vanessa Chappell

Mark Richards	35:46
Steve Hennessey	39:31
Jonathan Hull	41:48
Andy Butler	42:40
Scott Reid	43:17
Kevin Day	44:08
Peter Hill	50:34

Race 6

SHINING TOR

Mark Richards	41:04
Jonathan Hull	47:13
Steve Hennessey	47:41
Scott Reid	48:33
Kevin Day	49:19
Peter Hill	56:21

Race 7

KETTLESHUME

Mark Richards	41:26
Andy Butler	46:09
Steve Hennessey	46:49
Jonathan Hull	47:20
Scott Reid	49:33
Kevin Day	49:42

	RACES												
Name	1	2	3	4	5	6	7	8	9	10	11	12	Total
Mark Richards	20		20	20	19	20	20						119
Kevin Day	18		17	15	18	16	15						99
Peter Hill	15	18		14	17	15							79
Jonathan Hull	17		18	18		19	17						89
Steve Henn..			19	19		18	18						74
Scott Reid	19			16		17	16						68
Andy Butler	-	20		17			19						56
Mark Whelan	16	19											35
Dave Ardern					20								20

Remember the format is the same as last year. There are 12 races and your best 10 count towards your final score. Race details as follows

Club Championship Races 2004

Race 7	Kettleshulme	Jun 2 nd
Race 8	Boars Head	Jun 16 th
Race 9	Offerton 10k	Jul 7 th
Race 10	Passing Clouds	Sep
Race 11	Langley 7	Nov
Race12	Stockport 10	Dec

All the above dates are subject to confirmation nearer the time. There is a good split of road versus fell this year which should satisfy everyone. Good luck!

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

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The Treasurer

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