

GOYT VALLEY STRIDERS



GVS quartet at Eyam

NEWSLETTER September 2004

INTRODUCTION

Welcome to this late September issue of the GVS newsletter. There's plenty to talk about this month with information on the Club Championship, Terry's race and the FRA relay and loads more.

I've had a pretty good three months since the last newsletter and have become a dad for the first time. Amy was born on the 18th August, which just happened to be the Eccles Pike day, more about that later.

Thanks to all those who have provided articles for this edition; they make the bulk of the read and are the sections that I find the most interesting.

Good luck to those taking part in the relay.

Mark

Ice Bath Therapy at Glossop

Post-race cooling, now firmly established as an effective aid to recovery thanks to such top athletes as Paula Radcliffe and the World Cup winning English Rugby team, probably has its roots in fell running. Though very few athletes would rank it as their favourite form of relaxation, I now count ice bath therapy as the one enduring memory of this year's Shelf Moor race that started from Old Glossop in early September.

The race promised to be one to remember anyway – this year it was the last of the counters for the English Championships. In fact almost all the runners on the first page of the results looked serious – they were from clubs claiming to be 'Runners', 'Harriers', 'Racers', and many named after those forbidding places in the Lake District. As a mere 'Strider' I finished well down the field, but within the usual group of local runners I normally race against. Conditions were good, but the race was pretty hot, and there was no breeze - in fact on the last section downhill, you could feel the heat hitting you as it came up off the valley floor

At the finish, the usual stagger, gasp, drink of water, getting breath back, then I noticed that the stream next to the path had formed a natural pool, into which all the runners were heading. "I didn't know that Glossop had a Riviera", said one of the finishers as he splashed his way into the cool water next to the sandy bank. Most just walked straight in as they were, a few were sitting on rocks cooling their feet, some were sitting in the water itself, some had taken the plunge and had gone for total immersion. The water itself was pretty cold, but not too numbing, and felt fantastic straight after the race. It was like that group of Russians that break the ice on Christmas Day for a swim, then roll about in the snow afterwards.

Anyhow, I'm now converted! Any races being planned to finish next to a stream have got my vote!

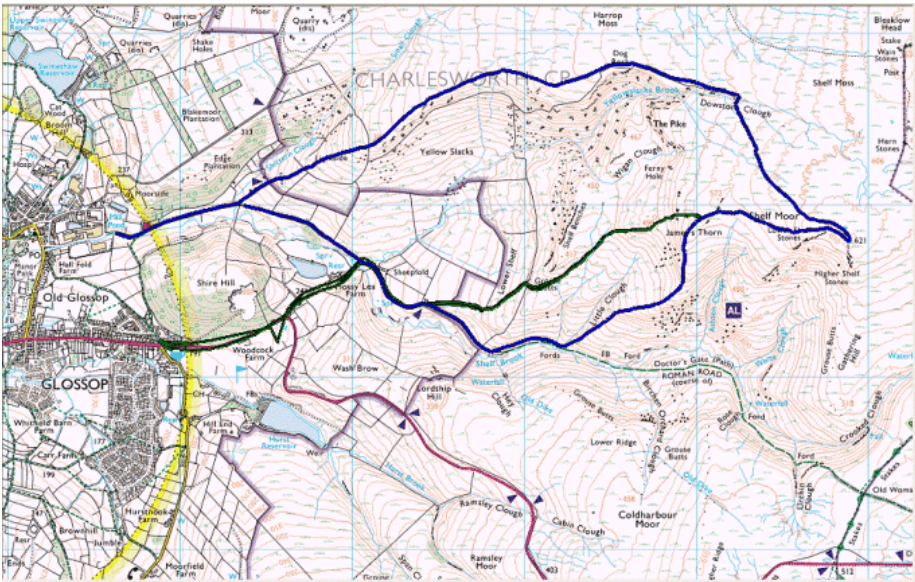
Mark (Richards)

Two Shelf Moor Races and a GPS

I've run two Shelf Moor Fell races this year in contrasting conditions. The first was the Uphill Only race in June in torrential rain and high winds – it was shortened to James's Thorn. The second was the English Championship race on 5th September in very hot conditions. I've no idea where I came the first time because Des Gibbons hasn't prepared the results yet, but I only managed 102/202 in the championship race. I blame this on a combination of it being a championship race (therefore a very competitive entry), a mens only race (the ladies race started 30 minutes before ours), the weather conditions and my poor condition.

I bought my wrist mounted GPS (Global Positioning System) earlier in the year, and I find it very useful for a number of things, particularly measuring the real(ish) distance I run and monitoring my average speed while I run. It's also very interesting to see the route I've run when I get back and plot it on a digital map on the PC. It then also works out the total ascent.

You can see below, the routes I ran on the Shelf Moor races, green for the Uphill Only race and blue for the other one. The GPS records a series of track points (northing, easting, altitude, time, distance). When these are plotted on a map they show a route. Of course a GPS can do loads more, but that's enough for now.



People ask how accurate it is. Well, I think it's very accurate. It displays the accuracy at any given time – usually within about 25ft, and over a race, it seems to be pretty good. If you look at the outward and non-race return track for the Uphill Only race, you can see how close they are to each other, and how closely they follow the paths shown on the map. The only time it struggles is under trees, which is why some of the points near the start are off the route.

So how do I use it? I switch on the GPS before the start and give it time to pick up signals from several satellites. I reset the trip at the start of the race and stop it at the finish. When I get home, I start up the digital mapping software (software comes free with the digital maps – each 1:25,000 map is £25), download the tracklog, and hey presto, I have the plots above plus the details for each point, total ascent, maximum and minimum heights and total distance.

There are a number of very small GPS units on sale now. Mine is a Garmin Foretrex 201 (around £145) which has better navigational capability than the Forerunner 201 (£130), but isn't quite as good in other ways. Both are rechargeable and weigh only 78 grams.

Has the GPS improved my results? No, but it's been lots of fun, and I've pushed myself harder on solitary training runs by watching my average speed than I would have done otherwise.

Andy (Butler)

You Must Be Mad!

“40 Miles? You must be mad.” First the incredulous question; then the inevitable conclusion from everyone who heard my plans for the latest interesting run. Everyone, that is, except for other fell runners; all of whom had either done it, or knew others who'd done it. Anyhow, I didn't feel any madder than the people I normally run with or race against.

The High Peak 40 Mile Challenge (a challenge, mind you, not a race), now in its 17th year, and previously called the Otter 40, promised to be a fantastic run. Despite the weather forecast, 100+ competitors (one of whom had done it every year) lined up in Buxton's Pavilion Gardens to be started by hearing “If it's your first time, Good Luck; if you've done it before, you must be mad” – he's obviously not a fell runner!

After a short flat stretch in Buxton, it rises quickly then falls for a long run down the Goyt Valley; across the old A6 and up Eccles Pike, through New Smithy and almost to Mount Famine,

before swinging south east; we are soon about 1/3rd of the way and start on Rushup Edge, taking in Lord's Seat, Mam Tor and Hollins Cross before dropping down into Castleton, about 1/2 way; after a rather bleak section following the Cave Dale climb, we meet a 3 mile road section that takes us gently downhill through Tideswell to Checkpoint 8 at 26.2 miles – a whole marathon covered, and only a half marathon to go! We are then on a 5 mile flat section following the winding river past Monsal Head to emerge and cross the A6 at the bottom of Deep Dale, climbing again to reach its top at High Low; the next few miles to Chelmorton is along a depressingly straight and probably uphill road, which we leave for a track (part of the Midshires Way) until we come to a sudden halt wondering how we will ever get to the bottom of Deep Dale (2), and when we get there, how we will ever get up the other side. Somehow or other, we scramble to the top and now there's only 3 miles to go. The finish at Buxton Community School is not far, but the winding route makes it hard to judge distance – tiredness brings confusion. Suddenly, it's all over. The organisers have taken no chances - they have placed several large mats next to the finish for all those with no energy left; the hot showers are bliss, and the hot food and gallons of tea make a start at replenishing stores.

In all this there are 11 checkpoints, stocked with drinks and food, and most positioned just over 3 miles apart. Unfortunately the weather on the day lived exactly up to its forecast, and there was no way to avoid the wind and rain. Feet were soaked within the first 10 minutes, and stayed that way throughout. We ran past 3 groups of very wet and miserable looking walkers, on surfaces that often were very slippery, and in places (Deep Dale 2 in particular) treacherous. The ascent to Lord's Seat was in the clouds, but at Mam Tor the weather cleared temporarily to give one of the finest views on the route.

I spent a lot of the race in unknown territory – not the route, which was very clearly marked throughout – but after 3 ½ hours I noted that I'd now been running for longer than ever before, and after 26.2 miles I'd never done this distance before. Luckily I had a great run. It was one of those very rare occasions when everything worked well – I bowled along at my own pace, didn't run out of fuel, and managed to keep contact with others who knew the way. On a run like this it's very easy to go horribly wrong, but I was lucky this time. How did I feel afterwards? Sure I was tired, but I think the regular stopping at Checkpoints, climbing stiles, opening gates, gentle and steep climbs and descents, mixture of road, track and grass all worked well to reduce the effects. Also, there is great atmosphere – those at the checkpoints, and the whole organisation was friendly and supportive.

Mark (Richards)

The 2005 London Marathon

Would you like to compete in the 2005 London Marathon this year but have been unable to get a place? Well this could be your chance. The club is guaranteed one entry and as usual it is up for grabs. If you are interested then let me know. Usual rules apply, if you have been refused entry you will have first refusal. Where more than one person wants the tickets there will be a draw at the pre-Christmas drinks bash!!

The race next year is on 17th April.

The Xmas Cracker Race

A reminder that we have a title to defend this year. The Xmas Cracker fancy dress is up for grabs again this year and we want to win it again. Kevin Day has already begun work on this years costume, an Xmas Cracker. Pre-race fittings will be taking place soon!!!

FRA Relay

The FRA Relay takes place on the 16th October. The race is local and covers much of the ground around Kinder Reservoir. GVS have put a team in this year and the runners are as follows:

Leg 1 - Andy Butler

Leg 2 - Scott Reid and Jonathan Hull

Leg 3 - Kevin Day and Steve Hennessey (Navigational)

Leg 4 - Mark Richards

As always support along the route is always welcome. So if you can make it will see you there.

Shady Oak Inn

The Shady Oak Inn is open again. Provisional talks with the owners have indicated that he would love to have Goyt Valley back using his pub and he is very enthusiastic about holding the Whaley 6 from there. So it's good news all round.

CLUB CHAMPIONSHIP

There has had to be an amendment to the championship because Passing Clouds did not take place this year. However, do not despair as we have found a substitute in the Boundary Stone Blast. Full details below.

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

Race 10	Boundary Stone Blast	Sun Nov 21 st	1:00.am
Race 11	Langley 7	Sat Nov 6 th	2:30pm
Race12	Stockport 10	Sun Dec 12 th	11:00am

The results for the 9 races that have taken place so far are:. Results are as follows:

Name	RACES												Total
	1	2	3	4	5	6	7	8	9	10	11	12	
Mark Richards	20		20	20	19	20	20	20	20				159
Kevin Day	18		17	15	18	16	15	19	19				137
Steve Henn.			19	19		18	18	17	18				109
Jonathan Hull	17		18	18		19	17	18					107
Peter Hill	15	18		14	17	15							79
Scott Reid	19			16		17	16						68
Andy Butler	-	20		17			19						56
Mark Whelan	16	19											35
Dave Ardern					20								20

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 8

Boars Head

Mark Richards	49.39
Kevin Day	58.11
Jonathan Hull	58.46
Steve Hennessey	59.49

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

Kettleshulme

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

Race 9

Offerton 10K

Mark Richards	35.20
Kevin Day	41.02
Steve Hennessey	41.29

Terry's Race.

This will be the 4th year that Terry's race has been run. Terry was a respected and well-liked member of the club, who unfortunately died prematurely in 2000. The race is unusual in that anybody who takes part has a chance of winning. The course details are below. You will set off at 3-minute intervals wearing NO watch. Having guessed your time for the distance the nearest person to their guessed time will win. Pete, please remember to guess your time this year and leave your watch!

The race will take place on Sunday November 7th, starting at 9:30am from the Taxal Lay-by.

A reminder of the course: (Anti Clockwise this year!)

The course starts at the lay-by on Long Hill -- passing the church -- cross the road -- through the fields onto Taxal Moor road -- takes the 45° path onto Taxal Moor (passing the tree planted by the rambling club in memory of Terry) -- across Taxal Moor -- through the woods -- Over Windgather -- climb to Pym's Chair -- down road to Hoo Moor -- Across Hoo Moor -- through the farmyard to Knip farm -- round the back of Knip farm to bridge -- along fields and track to lay-by.

Maps will be available for those who require one. Please make every effort to attend; this is one of the most respective events in the clubs calendar. Notification in advance would be appreciated.

Website

A reminder to people about the GVS website. The new address is www.goytvalleystriders.org.uk Shortly, we will be launching the new look site with additional features. For example you will soon be able to download historical material such as photographs and past newsletters.

Newsletters

As you are aware, we endeavour to send out a newsletter every quarter. With 26 members this means a significant amount of printing. If you would prefer to receive an electronic version of the newsletter please drop me an email.

Kevin and His Mobile Office

As secretary I regularly get through the post race entry forms and details of forthcoming events. Distributing these is difficult as we don't have a clubhouse or notice board anywhere. Thankfully Kevin Day has stepped into the breach and offered the use of his mobile office (well a Vauxhall Corsa actually).

As you know, Kevin, The Marathon Man! Hardly ever misses a training session or GVS event and he has offered to carry all correspondence that we receive in the back of his car. Therefore, next time you see Kev, raid his car and have a look at what goodies he has to offer.

A word of warning though, enter into conversation with Kevin at you own risk!!!

Races

A few races that are coming up...

SUN NOV 14 ROACHES RACE. BL. 10:30am 15m 3700'
From the Village Hall, Meerbrook, Nr Leek, Staffordshire,
(GR987608). £3.50 on day only. Teams free. ER/PM. Car
parking at Tittesworth Reservoir and walk 15 minutes to the
venue

SUN NOV 21 BOUNDARY STONE BLAST. BM. 11:00am.
6m/850' from Macclesfield Road, Kettleshulme. £3 on day only.
PM

SUN DEC 5 CARDINGTON CRACKER. AM. 11:00am
9m/2600' from Cardington Village Hall, near Church Stretton,
Shropshire. £3 to organiser or on the day PM

The Helsby Half Marathon

This could be the first race of next years club championship.
As most people are aware you need to enter early if you are
going to be guaranteed a place. Entry forms are now out and
can be obtained on-line at www.helsbyrun.freeuk.com. The
race is on 23rd January 2005.

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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