

GOYT VALLEY STRIDERS



High Peak Marathon

NEWSLETTER May 2006

INTRODUCTION

The light evenings have arrived, which means the Wednesday night run can be completed off road. For those that don't attend the Wednesday night sessions they are a good opportunity to get out for a short run whilst socialising with your fellow athletes.

I myself have not run since the last newsletter was published back in January. I've had another bout of sickness, this time a recurring cough and cold, which has put pay to my new years resolution to run at least three times a week! However, undeterred and fully recovered I am about to embark on a further comeback. Watch out up there at the front!

The last few months have been fairly quiet, although a few championship races have taken place and the league table is beginning to take shape. Remember, the flexibility built into the championship means it's not too late to mount a challenge.

The Shady Oak Tough 10k takes place on the 17th May thanks to all the hard work and effort that Kevin Day and Steve Hennessey have put into the organisation over the past few months. Your presence would very much be appreciated on the day either as a helper or a runner. Kevin can be contacted on 0161 368 9391.

One final reminder, if you've not paid your membership this year then please do so ASAP. I am about to make the registrations to the NoEAAA any day and I will only register those that have paid!

Mark

The AGM and Prize Giving

The AGM and prize giving took place on 10th February at the Navigation Inn, Buxsworth. There was a great turn out with over 20 Striders in attendance.

Well done to all the winners. Roll of honour:

Club Champion:	Kevin Day
Runner Up:	Steve Hennessey
Chairman's Shield:	Mark Richards

Terry Lardiner Trophy: Jonathan Hull

A special presentation was also made to Ralph Longden who was made a life member of the club.

Some people have expressed a wish to hold next years AGM at a different venue following several years at the Navigation Inn. All we need of people to make this happen is ideas of where they would like to hold it!

Subscriptions

Subscriptions for 2006 are now due. Subs for last year and the year before are now well over due! Please send direct to me or the Treasurer; details on the back page.

Price for single membership has been capped at £10.00, however the family membership has been increased by a modest £3.00 to £15.00; this is to compensate for the costs paid over to the North of England Amateur Athletics Association. Subscriptions for 2007 may have to increase if UK Athletics get their way and levy a further £5.00 per annum per person; watch this space.

Accounts

Goyt Valley Striders Accounts 2005

Income	£	Expenditure	£
Subscriptions	204.00	Affiliation Fees	86.00
Discount Running Bear	9.00	Eccles Pike Prizes	142.50
Eccles Pike Entries	357.00	Eccles Pike Expenses	64.81
Postal Results	3.10	Eccles Pike Advert	10.00
Vests	65.00	Terry's Prizes	10.00
Interest	3.08	Club Prizes	20.00
		Engraving	107.45
		AGM Prizes	56.80
		Stationery	21.00
	641.18		518.56
Balance @ 1.1.05	448.23	Balance @ 14.1.06	570.85
	1,089.41		1,089.41

The Roaches

Having had the shock of seeing my pained face on the front of the January 2006 GVS Newsletter, I felt that I should put pen to paper.....

It was 9pm on the Saturday before the Roaches on the Sunday, when I received a call that the mini rugby matches between Stockport at Knutsford had been called off due to a waterlogged pitch. The thought of running the Roaches began to surface in my mind. Problem #1, only had steak and new potatoes for dinner rather than pasta that I would normally consume. I looked at the GVS website for the grid reference for Meerbrook, and then looked on the OS map.

Off to Buxton then Leek, found the village but needed to park overlooking the lake, very picturesque. Took kit to the village hall and saw Mark, Kevin and Steve already with their numbers. I checked in and marked the route on my map, I also had a compass, a couple of bananas and 500ml of water. Mark proffered some Jelly babies, which I took. To be honest I was not too worried about the 15 miles, although I had not run so far since the London Marathon in April, or the 3,700ft climb...I was more worried about the stream that I would have to traverse twice. I also knew that I had not run many miles in the previous month.

The start of the race was through really muddy fields which clogged up the shoes and some truly smelly slurry around the farms en route. I started to run with Kevin who had just completed a marathon in Athens the previous week and was taking it steady...soon fell behind him though.

Up to the top of the Roaches and really super views, tricky to find foot places, all the makings of a true fell race. One bystander at the edge of the Roaches asked a fellow runner where we were headed and she pointed to a distant fell on the horizon.....the penny then began to drop....7 miles is a long way, then do it all again!

Down through the wooded area, saw a stoat scurry in front of me. Then through the stream knee deep not helped as there were slippery stones underfoot; immediately on with the woolly hat on exiting the water. Although it was a super sunny autumn day, there was a wind in exposed places. Made the Shuttlingslow area and saw Mark, David Bailey look alike, I'm sure he asked me to smile too, as I started to ascend. Steve and Kevin were already on their way down. I made the top and was disappointed not to see a Marshall taking our numbers, but I was moved by the number of poppies on the trig point. My mind momentarily took a lift as I HAD MADE HALF WAY in an hour and forty minutes, there were also some twenty competitors behind me. I saw them as I was tumbling down the steep decent.

I Ate my second banana and took another swig from the bottle. Back through the stream and on with the hat again, the climb up from the stream to the top of the fell was so tiring that fatigue set in, making the return trip very difficult. I and a few runners took a wrong turn and ended up looking at each other self consciously to see who had been concentrating in the last 100 meters...back on course again. Up to the top of the Roaches and most of the twenty behind me had moved on ahead of me.

I always try and run on the coat-tails of someone who has just overtaken me but there was nothing in my tank. I put my windcheater on after the top of the climb back onto the Roaches, after some boggy sections. On the top, right calf locked tight and could not move it. Painful and distraught it was most disconcerting to see couples and parents with children on the top taking a leisurely walk....what's the matter with you...get running. Took some fruit cake from one of the Marshalls and a swig of his water. At the end of the Roaches I missed the sign for the regular decent but saw the Meerbrook lake in the distance and made a bee line for it across not so boggy fields but a wider course. Saw a couple of herons and then one other runner, on the right track, running parallel to me. Picked up my speed but could not catch him. I finished last in four hours, one minute fifty seconds. The organiser were not expecting me....they thought they had accounted for all the runners. What if I had come to grief on the top?

A cup of tea at the village hall and a couple of bags of crisps at the pub on the long walk back to the car perked me up. I did notice a couple of runners hobbling back to their cars and so I felt a little better, at least I was not hurt...just my pride and just this week, my bank balance... as I was speed checked at Buxton on the way there....a memorable day!

As 2005 has come to a close I should like to thank all the members of the club for their individual words of encouragement and advice during my first year.

My London Marathon place and although I have not made many training trips, the attendance at the club events has been memorable. Mickledon Straddle at Penistone, the Lyme park trilogy, Goyt Valley nights with our French exchange student stopping the traffic at the Goyt Valley run, the Eyam half, the marshalling by my children at the Eccles Pike, and lastly The Roaches will all stay with me.

Great experiences with some very friendly, exceptionally talented Striders.

Stephen Sanders

Moors For The Future

On Sunday 21st May the 'Moors for the Future' organisation are organising 3 big volunteer events to run on one day at Kinder, Bleaklow and Black Hill. They aim to plant approximately 24,000 plants with the help of 120 volunteers. If you are interested and want to get involved you can find out more information on their website www.moorsforthefuture.org.uk . Booking is essential, and places will be allocated on a first come, first served basis.

They are hoping to have pack horses take the plants onto Black Hill, but this is yet to be confirmed.

The Shady Oak Tough 10k

The Shady Oak Tough 10k, formerly the Whaley 6, has been re-launched this year thanks to the efforts of Kevin Day and Steve Hennessey.

The race takes place on the 17th May from the Shady Oak, Long Hill, Fernilee. Start time is 7:30pm. Entries will be accepted on the night, but pre entries are also accepted. A link to the entry form can be found on the Goyt Valley Striders website.

Kevin has already received eleven pre-entries so the signs are good for a sizeable turn out.

Of course this is a Goyt Valley Striders race and Kevin and Steve will need all the help they can get on the night. They'll need marshals, timekeeper, car park attendants, result takers, results runners and so on. Please make yourself available for the night. A few of you may also like to run the race as well!

Plenty of prizes on offer, as well as a number of Spot Prizes, that even Kevin doesn't know about yet!

See you all there

Club Championship 2006

This years club Championship has got off to a good start with the early leader Andy Butler taking maximum points in the first three events. The next race is the Eyam Half Marathon, a must road race for all you fell runners out there.

Name	Cloud Nine	Herod Farm	Oldham Half	Total
Andy Butler	20	20	20	60
Peter Hill	17	18	17	52
Steve Hennessey	19	19	-	38
Kevin Day	18	-	19	37
Shaun Coram	-	18	-	18

Race 4

Eyam ½ Marathon, Sun May 7, 10.30am (Road)
Village Centre

Race 5

Rainow 5, Wed June 7, 7.30pm (Fell) 5m/750
Robin Hood Pub, Rainow, £3

Race 6

Boars Head, Sun June 14, 7.30pm (Fell) 8m/1322
Boars Head Pub, Shrigley Road North, Higher Poynton £3

Race 7

Round the Resers 5 (Tintwistle) Wed June 21, 7.30pm
(Road)(prov)

Race 8

Offerton 10k, Wed July 5, 7.30pm (Road) (prov)

Race 9

Peak Forest, Sun July 9, 11.15am (Fell) 6m/650

AWAY DAY

Pete's organising an away day for the 21st May. Meet at the club at 8:00am.

I think this is the route, but Pete may vary it!

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.

Vests

I've taken delivery of a new batch of vests. They are permanently kept in the back of my car, so just say the word and for £12.00 you can have one!



Oxfordshire Fell Running

Part 1 - Winter 2005/06

Now settled back in Oxfordshire my work takes me into London 2 days a week. It's too far to cycle, so my routine is jog 2 miles to the nearest station, catch the train to Paddington, and run 3 miles across London to shower and work at UK Sport; the evening is a repeat, so I get 10 miles run each London day, wearing a rucsac, and averaging about 50 miles a week.

Over the winter I've done a few cross country races for Headington Road Runners – the nearest thing to fell running around here; I usually finish in the lower end of the club's A team (that is their top 6), and this year we won the county championship. My long Sunday run is a regular circuit of about 17 miles – almost all off road along the Thames towpath, and looping back through fields – not much scenery, and all flat apart from 100 feet of climb at about 10 miles.

In January work took me for a couple of days to Montreal. The locals couldn't believe it when I went running one night – outside the streets were ice – it was minus 20°C (minus 30°C with the wind chill). Just a few thin layers was fine as long as I kept running, though later on just walking the cold penetrated thick skiing gloves within a few minutes.

February took me to the Navigation at Bugsworth for the AGM. It was good to catch up with everyone again, and an opportunity to cough up my £10 subs for another year; Headington Road Runners isn't affiliated for Fell Running, so it is good to know that I'm legal for everything!

I was genuinely surprised and quite humbled to be awarded the Chairman's Shield, and it now has pride of place by the bedroom window

Following the AGM I undertook my longest race yet – the Thames Meander weighs in at 54 miles, following the Thames Path, mostly along the river from Reading to Molesey; this race is run as a warm-up for the Marathon des Sables, and many of the competitors were using this event to test out their desert gear (though the distance is the only real comparison between the TM and the longest leg of the MdS). This year in cool and dry conditions the winners completed the distance in 7.55, and I came 5th in a very handy 8.37; the slowest runners took 18 hours and finished at 2.30am. Eight days later I broke the rules and did a 10k race (I was curious to see what effect 54 miles would have), and I couldn't believe it when I improved on last year's time by 30 seconds to win the Vets in 35:40.

I'm doing quite well at Veterans at the moment – I've won the Vet 40s at both the Goring and Benson 10k, and the Compton 40; at Benson I got one of my best prizes ever – the event was sponsored by a local honey company (Rowse), and I was given a presentation box of 5 types of honey, maple syrup, and luxury chocolate sauce. Anybody know a Peak District honey contact for the Eccles Pike?

All recent training has followed the usual marathon schedule for London; I'm running again in a heart for CRY (Cardiac Risk in the Young <http://www.c-r-y.org.uk/>), and hope to break the 3 hours this year. Steve Cram's got my details, so look out on the telly on 23rd April.

I'm looking forward to the Shady Oak Tough 10k now that my number has arrived – Kevin's given me race number 1, not that he's putting any pressure on me of course!

Despite my exile down south, I do visit Manchester every few weeks, and have even stayed recently a couple of nights at the Navigation, taking the opportunity to stay acquainted with Chinley Churn and Eccles Pike. I'm planning my summer Manchester trips around the Wednesday night races, so I hope to earn a few points in the Club Championship shortly – look out Andy. Other interesting races coming up are the Fellsman, and the Tour du Mont Blanc; more on them later.

See you soon.

Mark Richards

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 Chairman

Peter Hill
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