

GOYT VALLEY STRIDERS



**Bullock Smithy
Prize Winners**

NEWSLETTER October 2007

INTRODUCTION

As predictable as ever autumn has arrived. This for me means 2/3 weeks out of action with the flu. This year is no exception; I'm sat here feeling sorry for myself whilst we're experiencing the best weather we've had for months!

The summer has seen so much happening for the Striders with successes near and far being achieved. The most notable of these was triumphs by Andy Pead who won the 56 mile Bullock Smithy, followed a couple of weeks later by an overall win in the Hayfield Fell Race series.

We've also established a new arm of the club – 'The Goyt Valley Strollers' – the brain child of Gail Hull. The group meets on a Saturday morning and is aimed at beginners wishing to give running a try. Although when you see the picture in newsletter I think you'll agree they look fitter than many of the full members!

I've not received too many articles for this newsletter so it's not as jammed packed as normal; however, what is there is of real quality!

Finally, as you read the newsletter please make a note in your diary of the following events; Away day reconnaissance of The Roaches, Terry's race, Xmas drinks and the AGM.

Mark

Terry's Race

This will be the 7th 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 5-minute intervals wearing **NO watch**. Having guessed your time for the distance the nearest person to their guessed time will win.

The race will take place on Sunday November 18th, starting at 9:00am from the Taxal Lay-by (bottom of Long Hill).

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

The course starts at the lay-by on Long Hill – down the track – left onto track through woods – across fields – right cross bridge – track and fields passing Knipe Farm – up towards Oldfield Farm – onto Hoo Moor – Road to Pym Chair – Track adjacent to road leading to Windgather – Onto track and through trees onto Taxal Moor – Descend Taxal Moor (passing the tree planted by the rambling club in memory of Terry) – 100 yards on road then down through fields to Taxal – pass Church and back to start

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.

Following Terry's race we will retire to the Shady Oak for a drink and Sunday lunch - all welcome!

The Bullock Smithy Hike: 56 miles round the Peak District.

I last did the Bullock Smithy in 1997, when I ambled round the course in 19:26 and couldn't walk for two days afterwards. So when Paul mentioned on a club run way back in January that he did the race every year a plan formed in my mind: could I now, ten years older, wrinklier, but fitter and more cunning, beat my previous not-very-impressive time?

I'm not very disciplined when it comes to long solo training sessions, and I've never got up early enough to get over to a Sunday run, so my early training consisted mostly of days out on the mountain bike and the occasional longer race. I thought this possibly wasn't totally optimal preparation so in August Will and I decided to have a go at the Rhayader Mountain Trail, a 43 mile Montrail Ultra counter in Red Kite country in mid Wales.

The big day dawned, as most days do in Wales, overcast and drizzly. There was not a Red Kite in sight: clearly they all had more sense than to be out in weather like that. Rhayader is a LDWA race with the walkers setting off early so Will and I were part of a small group of runners who headed towards the misty hills at 9am.

All was going well for a couple of hours until we reached an area of moorland above the Claerwyn reservoir described in the route summary as 'rough going'. They weren't joking: we found ourselves looking at a couple of miles of densely-packed waist high tussocks, garnished with the occasional dead sheep. Will completely vanished from sight down a hole at one point, which had me worried: I didn't even know his mum's name and I'd have to tell her that I'd lost her son in a Welsh swamp.

Luckily for me, he dug himself out and we stumbled on to the self-clip checkpoint in the ruins of a sheep fold. It had taken us an hour and a half to do two miles. From there, the going was easier: it was still 'stick to the path and beware the moon' country, but at least there was a path. But then disaster struck: we reached the manned checkpoint at the Claerwyn Dam and were told we'd been timed out and would have to convert to the 29 mile course. Disappointment mingled with secret relief (on my part at least) as we scampered the remaining 20 miles (much easier going) and finished in seven or eight hours. Wendy Dodds came in about twenty minutes after we did, having completed the 43 mile route.

Undeterred, we decided to have a crack at the Bullock Smithy anyway. This time we had a secret weapon: Paul 'Ethan' Hunt, leader of the Impossible Mission Force (easily recognised because his maps and a large part of his mandatory kit mysteriously self-destructed five seconds after being checked by the marshalls at the start). The race got underway at noon, and by 1pm at Bowstones I was anxious. It was a warm day and the pace was a little fast for me: I decided to slow down slightly. Will, who had been fighting a cold all week, dropped back with me. By the time Chinley Churn, Edale Cross and Edale were out of the way the weather had cooled down and I felt much happier. We met Paul again just before Edale and the next couple of climbs, Hollins Cross and Cavedale, passed effortlessly.

After that we were into the more gentle scenery of the White Peak and got into a rhythm: grinding out the miles as the day wore on. Darkness fell just as we reached Brand Top (39 miles) and we put on our head torches and gritted our teeth. By now our legs were starting to feel well-used, the conversation died away a little and was replaced with whimpers and we began to watch the clock for our next hit of Ibuprofen. We received a big boost at Walker Barn in the form of Mark Whelan, who had given up his Saturday night to stand in the dark and cheer us on. Mark gave us the great news that Andy Pead had won the race in a storming 8.59!

Spurred on by the thought that Andy was probably having a beer or in bed by now, we made a final effort. Paul's careful reconnaissance paid off well here and we passed several runners in the closing miles. We were able to maintain a sort of hobbling jog down the Middlewood way, driven by thoughts of home and by the need to keep ahead of a Dark Peak runner with us whose caffeine drinks had reacted badly with his hot dog from Brand Top to produce an exciting range of aromas.

We finished at 12:36am, knocking over an hour off Paul's time and almost seven off mine. It was a great day for 'team GVS': Andy won spectacularly, Julian came second, six minutes behind him, Jo won the first lady prize and I was second. Al and Mark Fitzgerald and Kev Day and Steve Hennessey also finished strongly. If we start to plan the team now, maybe we can clean up all the prizes in 2008!

Clare

Goyt Valley Strollers

Have you heard of the Goyt Valley Strollers? No!

This is the new section of the club that has been set up by Gail Hull (better half of Jonathan!). It's a beginners group which is there to encourage people to participate in running. Here's a note from Gail.

The Strollers are up and running! We already have 4 'members' prepared to get up and go for an early leg 'around the block' on Saturday mornings. (Much earlier than the Striders amongst us!) Jackie (Kev's partner) is our newest member coming over from Hyde. ...Well done Jackie.

Our first '**CLUB-RACE**' was attended by The Smiths, Helen P. and myself. It was an enjoyable plod up the Sett Valley Trail as part of the New Mills Fun Run. Juice, biscuits, 'gold' medal and 2 free swims all for the £2 entry....

a bargain! The toughest part of the course was the lack of hills... this meant **NO WALKING!**

I have read the club-blog... very amusing! Yes for anyone who's interested the 'views are great' down here at Stroller level.

Photo attached... Club Race- New Mills Fun Run Sept 22.

Order of appearance... Gail Hull, Helen Parry, Helen Smith.

This is a truer reflection of what the '**Strollers**' are about unlike the current 'athletic' image portrayed on the web-site.



The FRA Relays

They take place this year on Saturday 13th October 2007 at The Forest of Bowland. We have assembled a crack squad and have high hopes of improving on last years excellent performance. The team is:

Andy Pead - Solo

Mark Richards / Jon Robinson - Pairs

Andy Butler / Nik Cook - Pairs Navigation

Dave Arden - Solo

Good luck boys; come home with the trophy!

Club Championship

The club championship has been one of the best ever with 34 members having taken part in at least one race this year. Even I was persuaded to enter the Lantern Pike, my first fell race for 4 years!

The competition is very close for 1st and 2nd place and for 3rd and 4th place. The current standing are shown on the next page. It looks like the Ladies club championship will be awarded this year, which is great news. Current standing for this are:

Ladies Club Championship

Best 6 races count:

Name	Race											Total
	1	2	3	4	5	6	7	8	9	10	11	
Philomena Smith	-	20	20	20	18	18	18	20	20	20	19	120
Clare Hamer	-	-	19	-	20	20	19	-	-	-	20	98
Jo Miles	-	-	-	-	19	19	20	-	-	-	-	58
Julia Easter	20	19	18	-	-	-	-	-	-	-	-	57
Emma Glean	-	-	-	-	-	-	-	-	-	18	18	36
Sue Stafford	-	-	-	-	-	-	17	19	-	-	-	36
Suzanne Shaw	-	-	-	-	17	17	-	-	-	-	-	34
Liz Stilo	-	-	-	-	-	-	-	-	-	19	-	19

Race 12 – Langley 7

Saturday 3rd November 2:30pm

Race 13 – Roaches Fell Race

Sunday 11th November 10:30am

Race 14 – Stockport 10

Sunday 9th December 10:00am

Club championship latest – best 10 to count towards total.

Name	Race											Total
	1	2	3	4	5	6	7	8	9	10	11	
J Robinson	-	-	19	19	19	19	19	20	20		19	154
A Butler	19	-	17	18	20	18	18	19			18	147
P Smith	-	15	9	11	11	11	9	14	14	18	9	121
P Hill	17	16	13	17	15	15	-	-	17		10	120
B Smith	-	-	-	15	16	13	13	17	19		13	106
K Smith	-	13	6	10	10	10	8	12	13	16	7	105
P Hunt	-	14	7	14	13	12	10	13	16			99
A Pead	-	-	20	20	-	20	-	-			20	80
G Lawton	-	-	-	16	18	-	15	-		20		69
S Hennessey	-	19	-	-	-	17	17	-			16	69
C Hamer	-	-	8	-	17	16	11	-			11	63
P Davis	-	-	-	-	-	-	14	16	15		12	57
K Day	-	20	-	-	-	-	16	18				54
A McMaster	-	-	-	13	12	9	-	15				49
A Ledbury	-	18	11	-	-	-	-	-	18			47
Jo Miles	-	-	-	-	14	14	12	-				40
A Fitzgerald	20	-	15	-	-	-	-	-				35
S Berry	15	12	-	-	8	-	-	-				35
S Coram	-	-	16	-	-	-	-	-			17	33
J Easter	16	11	5	-	-	-	-	-				32
W Meredith	18	-	12	-	-	-	-	-				30
D Guy	-	-	14	-	-	-	-	-			14	28
S Sanders	-	17	-	-	7	-	-	-				24
I Lee	-	-	10	12	-	-	-	-				22
E Glen										16	6	22
M Richards	-	-	-	-	-	-	20	-				20
C Stilo										19		19
N Cook	-	-	18	-	-	-	-	-				18
S Stafford	-	-	-	-	-	-	7	11				18
S Shaw	-	-	-	-	9	8	-	-				17
L Stilo										17		17
J Hull											15	15
M Whelan											8	8
M Vernon											6	6

Training

As you know the club meets for training on Sunday morning and Tuesday & Thursday evenings. However, a new session on Saturday afternoons has been added to the schedule.

These sessions have been arranged by Andy Pead and Shaun Coram and concentrate on 'quality' work. By this we mean speed and strength sessions such as reps and Fartlek.

If you wish to take part then simply turn up at 3:00pm on Saturday afternoon. The meeting place is Thornsett Band Hall, New Mills (adjacent to the T Junction at the bottom of High Hill Road and Batemill Road)

David Guy attended the first session and this was his synopsis:

As the only person to attend Andy and Shaun's first Saturday session I thought I would pen a few words in support.

The workout was called The Sixpack, and was about an hour long (apparently the longest of the sessions they have planned is about an hour and half). We started with a gentle run up the road from the Thornsett Band building, around the side of Lantern Pike, and down into Hayfield to the scout hut and on to the top of the Sett Valley trail. What followed was tough but rewarding. We did a set of six (hence the name) hard bursts (well, I found them hard) of between two and five minutes along the trail, and I was pretty much on my knees by the time we'd finished.

Still, I'm determined to try to make this a regular fixture as I'm sure it will bring improvements. I'm eagerly looking forward to next Saturday's session - an Andy / Shaun regular which they delightfully describe as The Torr-minator.

There's no denying that it was hard work, however I'm sure, based on today, that anyone who comes along to the regular club runs, regardless of ability, would enjoy and benefit from Andy and Shaun's sessions. And let's face it, Andy and Shaun are a couple of thoroughly decent chaps who will make everyone welcome, and make sure that the runs are managed so that everyone who attends can put in their own personal effort and not feel left out. They were certainly very kind to me today. At one point Andy even tried to pretend that he was out of breath too! I don't think so Andy.

Getting off the subject for a minute, I'd just like to say that it's a year now since I started to run with GVS, and I'm very pleased I did do. Not only are you a lovely bunch of people (I'm not drunk), but also my running has improved too. I actually run less now than I did before I joined the club, but in the races I did at the start of the year I posted significantly better times than I did last year when I was training by myself all the time (although the improvement has largely gone west since then due to my being a lazy, greedy git). The point I want to make being that the Tuesday / Thursday runs - in my opinion - are actually very valuable for a lot of us for fitness as well as being able to socialize with like minded people.

Club Orienteering Event

By Peter Hill

I am proposing to organise a Club Orienteering event in the Goyt Valley on Sunday 6 January 2008, starting at 9:00am.

I am considering that there would be 2 options.

Option 1 - a long course of approximately 9 miles.

Option 2 - a shorter one of 3 miles.

The second would make it accessible for the Strollers group if they were interested. The event is for individuals but if people preferred to do it in pairs then that would be ok too.

The long course would have approximately 10 checkpoints and the shorter one 5 checkpoints. There would be a different coloured crayon attached to each post so that the score cards could be 'dibbed' by the crayon.

The start point would be at the car park on the road leading down to Errwood, (Goyts Lane) Grid Reference 024752 on the White Peak Map. Competitors would need to bring waterproof top and leggings, White Peak map, compass and whistle.

They will be set off at 5 minute intervals and will put the checkpoints on their maps before they set off.

Anyone needing more information can contact Peter Hill direct.

Away Days

October Away Day

One or two members have asked that we undertake a recce of The Roaches route, which is taking place on 11th November. Therefore, on the 28th October we have decided to run the recce. Meet at the club at 8:00am for this one; if people could get there as promptly as possible so we can be at Tittesworth reservoir for an 8:45am start.

Call Mark or Pete for more details.

AGM and Prize Giving

This is advanced notification of the AGM and prize giving. It will be held at the Shady Oak Inn on Friday 25th January 2008. The format will be as usual; meeting formalities and prize giving followed by bar snack meal. Clear the date in your diary and watch out for further information early in the new year.

Xmas Drinks

The subject of much debate on the forum. But the official date is Friday 14th December, 8:00pm at the Navigation Inn, Buxsworth. Be there or be square, be youlish or be foolish!

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 Chairman

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