

The Strider

Newsletter of the Goyt Valley Striders



This Issue
Building Bridges
Evolution of an Ultra Runner

... and loads more!

June 2017

Diary dates

Date	Time	Event	
Wed 28 June	19:30	Hope Wakes	Summer Fell
Mon 3 July	19:30	Hathersage Gala	Summer Fell
Tue 11 July	19:15	Away Run Chapel-en-le-Frith	
Fri 14 July		Sting in the Tail	18:00 – 19:15
Sun 16 July	10:00	Up the Nab Fell Race (AS)	Club Champs
Fri 21 July	19:30	Sheldon Village	Summer Fell
Sat 29 July	10:00	Meerbrook Road Race (15K)	Club Champs
Saturdays in August	09:00	Lyme Park Parkrun (Trail Race)	Club Champs
Tue 1 August	19:30	Burbage Skyline	Summer Fell
Tue 8 August	19:30	Bradwell	Summer Fell
Wed 9 August	19:00	Eccles Pike Fell Race	GVS Race
Wed 16 August	19:15	Away Run (location to be confirmed)	
Fri 1 September	19:30	Great Longstone	Summer Fell
Tue 12 September	19:15	Away Run Whitehough	
Sat 23 September	10:00	Nine Edges Fell Race (BL)	Club Champs
Sun 8 October	10:00	Chester Marathon (Road Race)	Club Champs
Sat 4 November	10:00	No Walk in the Park (Road Race)	Club Champs
Sun 5 November	09:00	Terry's Race, Taxal Layby	Members only
Sun 19 November	10:00	13 Arches Half Marathon (Road Race)	Club Champs
Sun 3 December	10:00	Bill Fox Gravy Pud Fell Race (BS)	Club Champs

Editor's plea

Please keep the stories and articles coming! Your contributions to the newsletters are vital, and always welcome. Please email your race reports, articles, photos, recipes and anything else you can think of to the editor: pete.fotheringham@gmail.com. If you have large files, then email me and we'll find a way to pass them on without running up huge bills or upsetting our email providers!

Thanks

Pete

Club Kit

The following items are available

- New Mens GVS Competition Vests - £12
- GVS Competition Vests 'RonHill ' style - £15
- Mens GVS Competition Tees - £15
- Ladies GVS Competition Vests - £12
- Ladies GVS Competition Tees - £15
- GVS Hoodies: Green with embroidered logo and writing on the back - £25
- GVS Printed "Buff" style headwear - £10

Full details can be found on the Kit Shop page in the members area of the web site

Officers

Chairman:

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(The answer to the message board security question is 'Lyme')

Evolution of an Ultra Runner Mark Ruston

60 Points!

A couple of years ago I couldn't even have imagined running an ultra marathon. Myself and Linette had run the Edinburgh marathon 2007 but apart from that I had mainly run 10Ks and half marathons. I had mainly concentrated on road running and joining the Striders really opened my eyes to the joy of running on the fells as well as meeting many fantastic people.

During 2014 I put all my efforts towards competing for the Championship. The first run that year had been the Alsager 5. Being new to racing and not quite up to speed yet I was well off the pace. As the year went on my confidence grew and I won the title in November at the Roaches fell race, narrowly beating Lucas Jones who had put together a great run of results towards the end of the season.



I had already decided that I would give the summer fell series a go the following year, however my consistency in obtaining 59 points had become a running joke and I was determined to put that right at some point! The release of the new championship fixtures always brings much excitement and after a quick scan down the list my eye was drawn to the Kentmere Horseshoe fell race on our wedding anniversary in July. What better way to celebrate!

I adjusted my training plans accordingly, using the summer fell series and some of the early championship races that year to help with preparations for Kentmere. James Hobson was in top form running some great races. By the time Kentmere arrived it was clear I wouldn't be able to catch him in the fell series and I decided to switch my focus to the Championship. The Hope fell race at the beginning of July had been a scorcher (27°C in the evening!) but everything clicked that day and I finished with a big grin on my face knowing I was in great shape for Kentmere two weeks later.

Thankfully Kentmere wasn't quite as hot and sunny. Knowing my strength was in the climbing I had one strategy, leg it from the gun and don't look back! The race went well and I found myself as the leading Strider starting the final decent. It didn't suit me and I was convinced I was going to get overtaken as I approached the finish, but allowing myself to look back for the first time and seeing no one behind me was a fantastic feeling - at last, 60 points!

We spent a brilliant week in the Lakes before going home. The next championship race was the long tour of Bradwell.

That's 35 miles right....?

“You haven’t ever run that far Rusty” I thought. “You haven’t done a recce.....”

It is less than 3 weeks.....

Oh shit, I seem to have just entered myself!

The only opportunity for a recce was the weekend before. Not ideal, but I managed the 20 mile section between Edale and Stanage Edge giving me a little insight to what was going to be involved. The hot weather had returned for the race the following Saturday, making the event even harder. I later found out someone had been taken to hospital during the race with heatstroke. The run was as physically tough as I expected, but it was also mentally challenging just to keep going at times. I found the middle part of the race most difficult but with 10 miles to go I found my strength returning and finished strongly. The final run down into Bradwell felt amazing. One thought was in my mind: what will the next ultra be?

Highland Fling

I kept my focus on the Championship races for the rest of the year but I remembered Kev talking about running the Highland Fling that year. Entries opened in October and it was too tempting to resist. If I was going to run 53 miles it was going to be in spectacular scenery. I finished the remainder of the championship fixtures, sneaking second place while gradually increasing the weekly mileage.

I also started going to Paul Oakley’s Yoga for Runners classes on a Monday night in Whaley Bridge. I hoped this would help with the extra running that I was taking on, which it definitely did. My balance has benefited greatly from yoga which has translated

to a marked improvement in my technical descending. Paul’s yoga sessions really are good and everyone that goes is really friendly. I highly recommend them.

Towards the end of January I ran the winter trail half at Coed y Brenin forest in Wales. Unusually for January it was very mild. Although I ran it with a cold it went well and was pleased with my time. I continued to put in the miles during February, making the most of my daily commute over Eccles Pike to Chapel-en-le-Frith, with long runs at the weekends which generally involved some combination of Shining Tor, Ladder Hill and Cracken Edge. We really are lucky to live amongst some amazing scenery!



Myself and Linette had entered the Grindleford Gallop at the beginning of March (as much of a challenge to get your entry in as it is to run the thing) where I improved my previous time by 3 minutes despite tired legs from the training. The longer the training runs became the more creative my routes had to be, and I had some great days running out to Edale over Kinder to get the distance up to 30 miles. By the beginning of April I had done most of the training I had planned for. I did a final 35 mile route taking in Cracken Edge, the Gritstone trail, Macclesfield Forest and Shining Tor! The sun was shining when I set off and I was a bit dubious when Linette insisted I took all my waterproofs with me. "FRA rules" she said! How glad I was to have taken them. There was a total whiteout within 10 minutes of reaching Macclesfield Forest. It certainly made me realise you always need to plan for all eventualities when you go out.

Before I knew it, the end of April had arrived and we were heading up to Glasgow for the Fling. The Thursday had seen plenty of snow but by Friday the weather was looking good. There was a real buzz of nervous excitement at race registration in Kelvingrove art gallery that afternoon. Friday evening was spent getting my drop bags prepared and making sure all my kit was ready.

The race follows the West Highland Way from its start at Milngavie up to Tyndrum. It was a cold morning especially with a 6am start, but the forecast was good. I was really conscious not to set off too fast, but that is easier said than done. The first 13 miles flew by and even though I was trying to take it easy I had done it inside 2 hours, oops! Conic Hill helped to slow me down somewhat, but dropping down to Balmaha and seeing Loch Lomond and the snow covered mountains was spectacular. Loch Lomond seemed to go on forever. With amazing mountains everywhere you looked, and great support along the way, I finally made it to the end of the loch at Inveranan. Only 13 miles to go. The climb to Crianlarich was a beast after 40 miles, but I was beginning to see the end in my mind. I will be forever grateful to the lady with a big tub of fresh strawberries at around about 6 miles to go! They must have done the trick as I suddenly found some extra strength and really picked up the pace over the last few miles. Running along the red carpet to the finish was such a great feeling and I finished in a time of 11 hours and 42 minutes!

I should mention the drop bags. Not knowing what I was going to want to eat at each checkpoint I had stashed enough food for half the runners in the race I think, and most of it got left behind. My discarded drop-bag contents didn't make the list of strange unconsumed items which included the following: A sealed tub of what looked like Spongebob Squarepants playdoh (apparently still bubbling in a suspicious manner one week on); what looked like a 'fat playdoh sausage' that looked like a big bright yellow poo; two packs of gourmet Clement Faugier vanilla flavoured chestnut spread, and finally, a giant tin of gourmet broad beans!

Dusk 'til Dawn

It is fair to say I had been well and truly converted to the world of ultra running. Shortly after the Fling I signed up for the Dunoon ultra (34 miles) at the beginning of October and Dusk 'til Dawn at the end of October. The thought of running through the night for D2D was a bit daunting, however my confidence was high and the summer would allow plenty of time to recce the route. I had heard about Dunoon during the Fling from a runner involved in organising it. Seeing stunning pictures of Loch Eck made it too hard to resist.

I ran the Peak Skyrace (30 miles) at the beginning of August. This was a brutal (2000m of elevation) but brilliant route starting in Buxton taking in Axe Edge, The Roaches, Shutlingsloe, and Shining Tor. The course seemed to suit me and I finished in 6 hours and 15 minutes.

By September training towards D2D was going as planned and myself and Linette travelled up to Newcastle for the Great North Run. This has been an annual fixture for us since 2000, and although I hadn't been doing any speed work managed my fastest ever time of 1 hour 30 minutes.



Before I knew it October had arrived. D2D was looming large on the horizon. My plan had been to take Dunoon fairly easy however the temptation was too great in such a beautiful location. No sooner had the pipers stopped playing and the start cannon fired in Benmore Botanical Gardens I gave it all I had. The race was as spectacular as I thought it would be. Despite slowing towards the end I managed to pick up the pace in the last mile to finish in 5 hours 45 minutes. It was a special moment to be able to run with Magnus along Dunoon pier to the finish. We travelled back on the Sunday. I woke the next morning with a sore throat and knew immediately that I was getting a cold. . At this point I wasn't really concerned as I knew I had three weeks to recover and get ready for D2D, but two weeks later I still hadn't got rid of it and had developed a bad cough. The closer I got to the race the more worried I became and the sensible me was

saying I should just pull out. This had been my focus for a good part of the year. Sensible Rusty was promptly overruled!

The starting gun fired as dusk approached on a very foggy Saturday at the end of October. I started running towards Castleton from Hope with the many other nutters who had also decided running through the night was a good idea. The first 15 miles taking in Lose Hill and Cave Dale went roughly to plan and I found myself running with James Rees for much of it. Although the pace should have been comfortable I had to put much more effort than had been normal in training. This was when I started to struggle and quickly made the decision to slow down and let James go. I was close to pulling out as I approached the Earl Sterndale checkpoint. Peter Ambrose and Lucy Stephenson were there with coffee, strawberries and encouragement which I will be forever grateful for. I was to meet Peter again with more coffee and food at Buxton, again a lifesaver!

Beginning the climb from Derbyshire Bridge up to Shining Tor I found myself running with a girl and two guys who hadn't done a recce and were unsure of the route from there on. It soon became clear that she was great on the climbs, the guys were good on the descents and I knew the way: what a team! Visibility reduced to a couple of meters as soon as you gained any height so between us we made it to South Head via Windgather, Eccles Pike and Chinley Churn. Linette met us at the Taxal layby with a flask of hot coffee and a car-full of food which gave another vital boost. The final section along Rushup Edge and Lords Seat to Mam Tor then down to Hope was really tough, but at this point I knew I was going to make it before sunrise and managed a little sprint finish to give a time of 13 hours and 45 minutes earning a silver grim reaper medal

So far this year I completed the Grindleford Gallop again, improving my PB by 4 minutes, and completed my first Edale Skyline. What an amazing day that was, after a number of training runs in the snow it was a glorious day of sunshine. The end of April brought another attempt at the Highland Fling. Magnus was disappointed that he didn't get to run along the red carpet to the finish with me last year so I promised him I would do it again! This year it was great to see Paul and Amelia Hunt at the start line as well.



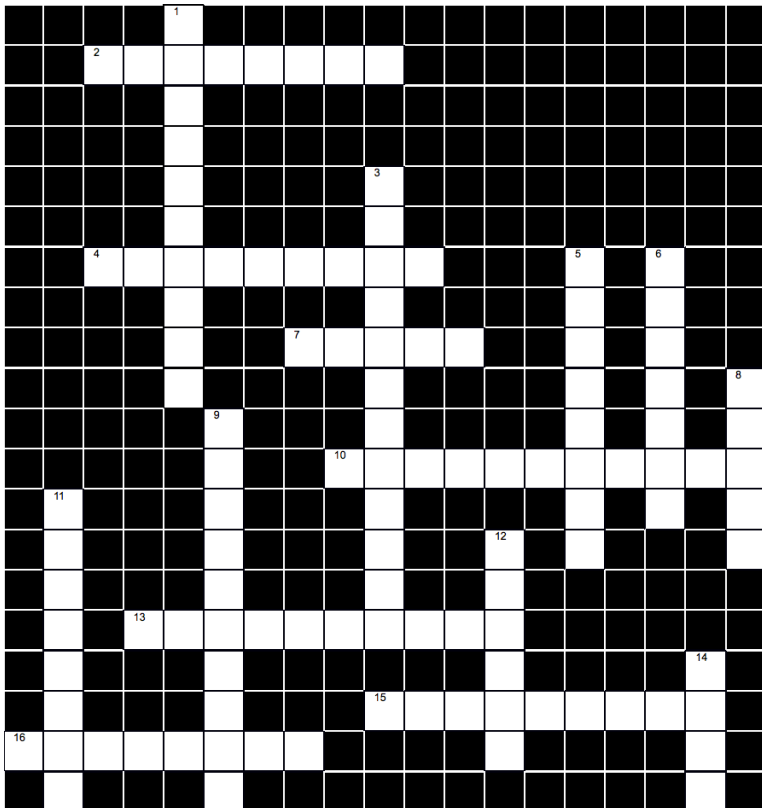
Experience counts for a lot and I was able to knock 25 minutes off my time from last year. I have recently completed Escape from Meriden with Aleks Kashefi, where the aim was to run as far from Meriden (the centre of England) in 24 hours, measured as the crow flies. The event is a story in its own right but we had a brilliant day (I think!) and got a gold medal for making it over the 60 mile line, finishing in 20th place of 90 that took part.

There are many members of 'team Rusty' that I do want to thank. Linette and Magnus have been amazing with their constant support: putting up with me disappearing at weekends for hours, picking me up from random locations, or bringing food to Taxal layby at 2am! My parents have looked after Magnus, enabling Linette and myself to get out running together. Finally, thanks go to some great friends including Peter Ambrose, Lucy Stephenson, the Joneses and the Elsworths who are a constant source of support and positivity.

So what now? In July I will be running the Snowdonia trail marathon. There's the Gritstone Grind in September which Linette and I will run together. In October I will be doing Lakes in a Day, looking forward to that one! After that I am not sure yet. Peter Ambrose recently said he wasn't doing the Bullock Smithy again this year because it didn't scare him anymore. I can relate to that. Fortunately there is no shortage of challenges that do scare me.....

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Crossword Sally Hunter



Across

2. Caused by our industrial heritage, a contributor to peat loss on Kinder
4. A reasonable river to get you quickly up onto Kinder
7. Your friend if you drop your crisps in the Goyt Inn
10. Latest winner of the chairman's award
13. Can be the cause of a pain in the bum
15. You'll like this club event not a lot, on the 21st April
16. Surely a local ice cream after this summer fell race?

Down

1. A local wood with 50 extra trees thanks to GVS
3. His foundation supports outdoor activity for children with additional needs
5. Seen in brown vests and frequenting the Sportsman
6. Bolton lad who went for a run ... every day for 19,032 days
8. The member of the Adams Family who ran to you in 1984
9. A natural snack in the Goyt Valley from July
11. Which boys like a bit of pud with their gravy?
12. Sweet smelling? Possibly not after breaking so many records in 2016
14. An excitable member of the Jones clan

Building Bridges Sally Hunter

The story so far on the efforts to create a bridge across the top weir of Toddbrook reservoir.

Most of us are familiar with the fact that circular running routes which involve going across the top of Toddbrook reservoir can only happen when we know there is unlikely to have been enough rain to cause the river to flow over the weir. In addition, the state of the path on the other side of the weir means that it can only be considered if the weather had been dry for some time.

There is now a project (affectionately termed “Project Octopus” by Graham Aldred, who is managing the project), to both build a bridge across the weir and improve the footpath the other side.

A bit of history.....

When the valley was flooded to create the reservoir in 1831, a path from Whaley through to Kishfield would have been lost. Whilst there is a permissive path up the one side of the reservoir off Reservoir Road, there has not been an official path leading north from the top of the reservoir to Kishfield. Like many walkers, when conditions allow we do use an unofficial makeshift path but it has been far from ideal, very boggy and blocked by fallen trees.

Following the death of David Frith, interest has grown in the creation of a bridge as a memorial to him. David was born on 14 April 1952 and passed away on 11 November 11, 2015 aged just 63. He had a passion for walking and the outdoors and inspired many others through a vast local knowledge. I remember him coming to my walking group AGM, where he took us on an “armchair” walk, guiding us around a map with loads of stories and details about local landmarks and their history.

David was fascinated with trains, canal boats and aeroplanes. His love of outdoors and preservation became not just his joy, but his vocation. He first worked on the canals in Marple, then moving to Whaley Bridge to take a role at Toddbrook reservoir in 1989.

The proposed bridge

Permission is being sought to place a bridge over the two “piers” that lie either side of the weir. The north pier has always been obvious, that’s the one you come onto as you climb the steps at the end of the reservoir footpath. The south pier until recently has been hidden by undergrowth. However both structures are sound and will provide the perfect solid foundation for the bridge, high enough to avoid high water levels.

The proposed bridge will be manufactured and assembled in the factory, then dismantled and transported to Whaley Bridge in component form. It will be made of African hardwood which does not require any preservatives or oils so it will not need regular maintenance. The original idea for a bowed bridge - although elegant in design - had to be abandoned because it would be very heavy and would need powered vehicles to transport the parts to the weir, for which there is no access to the site. All components and tools will need to be transported to the weir by hand cart and possibly quad bikes and constructed on site. Fortunately, when water levels are

low, there is a good working space. A private company has been providing other options for the bridge which could be constructed in sections to reduce the weight which has to be handled

The footpath

Some of us have made use of the newly redirected footpath leading from the weir above all the awful bog. It goes up from the recently uncovered south pier and takes a higher route. Early work by Graham discovered an old route, possibly established by past owners of Gap House, which this new path now leads onto. More work needs to be done to improve this new path but it is already being used by walkers and runners, and is popular with the local wildlife - deer, badgers, foxes.

Project progress

Preparation for Planning Application for the bridge has proved to be very complicated - hence "Project Octopus" - involving more authorities than anyone should have to deal with! As you can imagine, this has slowed progress down. Through the project, it has been established that the weir and the bridge are over the county boundary, falling into East Cheshire and the Peak District National Park. Planning permission is now only needed from the PDNP, but this has thrown up a lot of questions relating to cultural heritage, archaeological considerations, flood risk (involving the Environment Agency), ground and construction implications.

Graham is making good progress and has support from two MPs local councillors, Peak & Northern Footpaths Society, and indeed the National Park seem to be in favour of the idea. Ironically, if the weir were to be constructed today, one of the conditions would be the inclusion of a bridge.

One of the big problems has been agreeing the status of any footpaths on the far side of the proposed bridge because the bridge must be fed by legitimate footpaths otherwise it is useless. The lack of any current status means that anybody who crosses the weir is trespassing: the land is private, even though we have been trespassing since 1833! There are two owners: the lower, boggy part is owned by the Canal & River Trust, and the higher part belongs to Gap House. Both owners have now agreed to make the paths that will serve the bridge "permissive", just like the existing reservoir path from the main dam. Not far from the weir, going west, the permissive path will connect with the official Kettlethulme FP 24, the existing Public Right of Way to Kishfield Bridge. Unfortunately it is impossible to obtain PRow status for the whole footpath from the main dam to Kishfield Bridge.

I have said that I am sure we could pull together a bit of a working party if any help is needed with the path work.

It is hoped that in the future the new bridge and paths could enable a circular path around the reservoir. However as Graham points out, it's best to tackle one "octopus" at a time!

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Michelle’s Flapjack Recipe Michelle Jones (via Lesley Sutton)

Heat the following together in pan, stirring all the time to avoid burning!

- 140g butter (or 140g Flora Freedom Dairy Free)
- 140g light soft brown sugar
- 2tbsp runny honey (or 2tbs of maple syrup -I used Clarks Original Maple syrup blended with carob fruit syrup)

Then add to the pan....

- 175g oats
- 145g diced apricots (I sometimes substitute 10g of mixed peel for a citrus twist)- but use whatever fruit you have-sultanas raisins....
- 75g chopped nuts (walnuts or brazils- my favourite) Use whatever you fancy

Stir to combine

Remove from heat

Put into a lined tin (approx 9”x9”)

Then into the oven at 160°c (140°c for a fan oven)

For 20-30 minutes, watch!!! (I wait for a golden colour on the edges - about 25 minutes)

Leave to cool in the tin for a while, then score into squares or bars

Melt approx 50g of white chocolate over a pan of water, then drizzle over flapjack.

Vegans can omit the chocolate – it’s just as tasty without!

Enjoy!

(This recipe is from Michelle Jones who does baking for her charity, Sweet Charity, in aid of Francis House. You will see Michelle at many local events selling beautifully iced biscuits in aid of Francis House. Thanks Michelle!)

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Crossword Answers

Across	Down
2. ACID RAIN	1. HILLBRIDGE
4. FAIRBROOK	3. THOMAS THEYER
7. CHAOS	5. DARK PEAK
10. CHRIS TETLEY	6. RON HILL
13. PIRIFORMIS	8. BRYAN
15. MAGIC MILE	9. WINBERRIES
16. BRADWELL	11. NORTHERN
	12. JASMIN
	14. TESS

+++++++