

The Strider

Newsletter of the Goyt Valley Striders



This Issue

2016/2017 MACCL Cross Country

Lyme Park Running

Training for the Sedbergh School Wilson Run

Piriformis Twist

March 2017

Diary dates

Date	Time	Event	
Sat 25/Sun 26 March	10:00	Monsal Trail Half Marathon	Club Champs
Sun 9 April	10:00	Thomas Theyer Fell Race	Club Champs
Wed 19 April	19:30	Stride through the Woods (5K Trail)	Summer Fell
Thu 4 May	19:00	Buxworth 5 Road Race	GVS Race
Tue 9 May	19:00	Burbage Skyline	Summer Fell
Sun 14 May	09:30	Carsington 7+ (12.5K Trail)	Club Champs
Fri 19 May	19:30	Hayfield May Queen	Summer Fell
Sun 28 May	10:00	Buxton Half Marathon	Club Champs
Fri 9 June	19:00	Castleton	Summer Fell
Thu 15 June	19:15	Dunham Massey Road Race (5K)	Club Champs
Sat 24 June	12:00	Whaley Waltz	GVS Race
Sun 25 June	10:00	Kinder Trog Fell Race (BL)	Club Champs
Wed 28 June	19:30	Hope Wakes	Summer Fell
Mon 3 July	19:30	Hathersage Gala	Summer Fell
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 8 August	19:30	Bradwell	Summer Fell
Wed 9 August	19:00	Eccles Pike Fell Race	GVS Race
Fri 1 September	19:30	Great Longstone	Summer Fell
Sat 23 September	10:00	Nine Edges Fell Race (BL)	Club Champs
Sun 8 October	10:00	Chester Half Marathon	Club Champs

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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

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Officers

Chairman:

Peter Hill
127 Buxton Rd, Whaley Bridge, 01663 734756

Secretary:

Sally Hunter
sallyinwhaley@btinternet.com

Membership Secretary:

Kevin Day
goytvalleystriders@btinternet.com

In this issue:

Page

- | | |
|----|---|
| 4 | AGM Report |
| 7 | Award Winners |
| 8 | 2016/2017 MACCL Cross Country |
| 9 | Lyme Park Running |
| 14 | Piriformis Twist |
| 15 | Training for the Sedbergh School Wilson Run |
| 16 | Club Kit |

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



AGM Report

This is the report that Sally gave at the AGM:

2016 was another good year for the club – thanks to the many contributions made to the club by our fantastic members. Although we have a committee who look after the basics behind scenes, the ongoing development of the club relies on the involvement of everyone. I'd again like to thank the committee. Don't forget if you want anything to be discussed, either come along or speak to one of the us, Alex, Kev, Pete Hill, Helen Parry, Lucas, Tracy, Brian or me.

Club Events

The three club races all did well:

- Kevin again managed the Buxworth 5 road race, which this year had 123 entries, for a route which had to be slightly lengthened as, along with a number of other local races, we discovered the official measurer had been slightly out with his calculations
- Mary and Lucas had 216 entries for the Whaley Waltz. This year we unfortunately had a bit of a medical emergency during the race. Thanks to the quick actions of GVS marshals and runners, the runner affected received fast and expert care – it helps to have medical professionals in the club. A number of our members gave up their race place to help. We had a junior race which will take place again this year, with the aim of increasing the numbers of junior runners. There was a slight issue with crowd control between the races – we will be looking at how to improve that this year. Thanks also to Mary and Lucas for hosting the traditional post WW BBQ this year.
- Matilda managed the Eccles Pike fell race, with 115 entries on what was a miserable night.

Last year two of the races had on line entries to help manage the work on the day, this year all three will have the online option.

We recognise and really appreciate the amount of work involved in delivering a successful race, so thanks to our race managers. Of course they in turn rely on the time put in by our marshals: the incident in the WW showed how important it is to have a full complement of marshals at our races, so thanks to everyone who helped out. Don't forget to look out for the usual plea from race managers this year – without you we can't host the races.

A big thanks this year as well to James Hobson, who bravely put himself forward at the last minute to co-ordinate the GVS teams for the Manchester Area Cross Country League – the 4 matches to date have been enjoyed by everyone involved and I know we have some new members as a result.

Other club events were:

- Magic Mile – organised by Kieran and Brian. Finlay Pettie estimated his time more accurately than second placed Paul Hunt by a second.

- Sting in the Tail – organised by me with help from Steve, Kaye, Helen and Chris Bowen.
- Terry's run organised by Chris Bowen.

All 3 were well attended and will be happening again this year. If you have an idea for a fun club event – let us know.

Of course, no matter how well you think you have organised things, there's always someone who has their own interpretation. I didn't realise how apt the 3 beers I got in for the completers of the Sting in the Tail were going to be. They were from Red Willow brewery, 3 types: Feckless – well obviously Paul Hunt would get that one; Headless – yes that would be Chris: but Directionless – could only go the Steve and Christie who managed to miss the combination of flags, arrows and tape pointing them off Shining Tor.

There has been consistently good turn out for the club runs – lightning storms being the one thing to reduce numbers, although still not a zero turn out. On Tuesdays we have often had all three levels, Thursday nights have been started up again by Pete and Chris and Saturday mornings remain popular – particularly breakfast in the Village Kitchen after. We think this is the 10th year for what started as Stroller runs on a Saturday morning.

Mark's training runs have again provided an opportunity to take people out of their comfort zone to improve speed – whatever their starting point.

The away runs were well attended, thanks to all our away run leaders this year – and for the hard work put into recce-ing a suitable pub. We will shortly be looking for leaders for this year from April.

This year our conservation task was working with Derbyshire Wildlife trust in Hillbridge wood, planting 50 trees and erecting a number of bird boxes. We also went back on two evenings in the summer to remove Himalayan Balsam from the wood. As we were working in a part of the wood where there are no paths – it's an important wildlife site – it was very tricky underfoot and we did provide food for the local midges. It was very interesting working with Julia Gow, who gave us a good insight into the longer term vision for the wood and the wildlife and plants within it. Look out for another event this year: we're very lucky with where we live, so it is good to contribute towards its upkeep.

The club Strava competition continues – no unfortunate shapes traced this year that I am aware of, though I understand Aidan designed a couple of messages. The first for Jac's 40th is very impressive, and romantic – the 2nd I'm not so convinced by!

It was a select few that joined in the Away Weekend this year. We have a great weekend, going up Moel Siabod and through some beautiful secluded valleys, heading back to the house for a log fire and Ita's fantastic scones. Any thoughts on this year's weekend – we could have more than one, let us know.

Communication

On the communication front, Chris T has again been busy, updating and improving the website – both our Twitter feeds and Facebook posts can be viewed from the

website if you don't have your own accounts. Use of the message board has declined due largely to FB, but a quick plea to use all channels so that people don't get missed out. There is now a closed FB page for GVS members only, to share messages not intended for a wider circulation. It would be good to see more sharing of photos on our Flickr pages – if you're not sure how to do this have a word with Chris. These can then be used on the web page, Facebook page and for the AGM slide show.

Pete F published 2 newsletters: this year we aim to get three out – these again rely on contributions from all, so please send your stories, running tips, news, recipes, even knitting patterns to Pete.

People

I'm again in awe of some of the achievements this year, we've again been represented far and wide, Iceland, Gothenberg, Scotland, London. Pete H has highlighted just how much the combined efforts of the club have contributed to charities:

- High Peak Youth Arts - £105 Eccles Pike
- Thomas Theyer Foundation - £966.27 Whaley Waltz and Whaley Water Weekend
- Brathay trust £172.21 Buxworth 5
- GVS Calendar - Target Ovarian Cancer £193 so far, in memory of Sally Mitchell

Individual fund raising included:

- Jo Lancaster - action for pulmonary fibrosis - £1335.00 – including club run and breakfast (in memory of Helen Smith's husband, Martin).
- Kieran Smallbone - run to raise money for defibrillators in Buxworth – £3,110.00
- Andy Lees raised over £4,000 to support mental health, running the London marathon
- Mark Ruston raised money from running the Hokka Highland Fling and many others.

A brilliant collective effort!

Vic Healey had the club place in the London Marathon, Kevin Day won the draw for a place this year - perhaps some of you could pass on some marathon tips as I believe he is quite new to this sort of thing!

Finally, it's always difficult to predict the latest trends in running, best shoes, what to eat etc. But who would have predicted that in 2016 we would start to see the phenomenon of Trig point yoga. Of course some are perhaps a little better than others!

Award winners



Club Championship Women:

Overall: 1st Amelia Hunt, 2nd Anna Aspinall, 3rd Julie Rundall

Vet 50: 1st Tracey Vernon, 2nd Moira Hunt, 3rd Chris Bowen

Vet 40: 1st Julie Rundall, 2nd Mary Jones, 3rd Claire Elsworth

Club Championship Men:

Overall: 1st Lucas Jones, 2nd James Rees, 3rd Paul Hunt

Vet 50: 1st Paul Hunt, 2nd Brian Holland, 3rd Chris Tetley

Vet 40: 1st Lucas Jones, 2nd Aidan Grant, 3rd Alex Elsworth

Summer Fell Series Women: 1st Anna Aspinall, 2nd Julie Rundall, 3rd Amelia Hunt

Summer Fell Series Men: 1st Thomas Jackson, 2nd Lames Hobson, 3rd Brian Holland

Keep on Running Award: Laura Nettleton

Chairman's Award: Chris Tetley

Terry's Race: 1st Sheila Smith, 2nd Amy Whelan, 3rd Mark Addis

Sting in the Tail: 1st Rebecca Glen, 2nd Chris Tetley, 3rd Paul Hunt

Magic Mile: 1st Finlay Pettie, 2nd Paul Hunt, 3rd Daniel Boyd

2016/2017 MACCL Cross Country James Hobson

Around the start of September last year there was some interest from a couple of people in getting a ladies' cross-country team together to enter the Manchester Area Cross Country League (MACCL). The league runs from October to February with a match every month, all the races are a short distance from Manchester and always on a Saturday with ladies starting at half past one and men at half past two. Race distances are between 7 km and 10km. This sounded like a great plan, and the men soon jumped on the idea too. With the affiliation deadline looming (later that day!), a list of runners and the £40 affiliation fee were sent to the organisers. In total there were 12 men and 9 ladies. This grew over the season to 14 men and 11 ladies.

This year the series looked like this;

- Match 1 15th Oct - Wythenshawe Park, Northenden
- Match 2 12th Nov - Boggart Hole Clough, Moston
- Match 3 3rd Dec - Heaton Park, Prestwich
- Match 4 14th Jan - Kenworthy Woods, Northern Moor
- Match 5 11th Feb - Woodbank Park, Stockport

For match one, there were a few pre-start nerves and once everyone had been scared half to death by the starting pistol, racing got underway. The size of the field and the standard of running were pretty impressive and the atmosphere on the finish straight was great.

For the second match, at Boggart Hole Clough in November, we were more organised: I turned up early, wrestled the event shelter into submission and planted some flags. We had a base! I also brought a stove to make hot drinks. This race is quite possibly the muddiest, stickiest, slippiest race I have done - people were falling all over the place. It was highly entertaining and great fun!

In December Heaton Park beckoned. This was a great rolling course which included a long drag up to the finish that was lined with supporters. For this one, as well as hot Vimto, we had mulled wine and mince pies for post race refuelling.

The New Year, and on the 14th we travelled to Kenworthy Woods. There was a chance of snow in the forecast but on the day it ended up cold and damp. We had a good turn out again with full men's and women's team's, and dedicated supporters in the form of Linette and Magnus Ruston. We also had brownies and chocolate Rice Crispie cakes for after. (It's not all about the food - honest!)

February, and the last match at Woodbank Park was upon us. I was a little worried that we wouldn't be able to field full teams as it was half term and a lot of regulars were away on holiday. I needn't have worried though, as we had another great turn out.

Running the trails around Woodbank Park brought back memories from my youth and this was my favourite course of the season with decent climbs, good descents

and lots of mud! Also Katie made a cake that was so nice a dog tried to eat it whilst nobody was looking!



GVS men's team at Boggart Hole Clough – did I mention it was muddy?

As part of being in the league, each club must volunteer a marshal to help the host club at one of the matches. Brian Holland did a great job standing in a cold muddy field for most of the day, shouting much encouragement at the foot of the nasty climb.

And that was it for 2016/2017! The ladies finished first in division three, and are promoted to division two for next season. The men finished fourth in division three and so stay in that division as only the top three go up. Maybe we should do it again next year?

Thanks to all runners, people who got there early to support the ladies and stayed late to cheer on the men, There was a really good team spirit! And thanks to various people for helping me put up and take down the 'base' and carry stuff to and from my car.

(And thanks very much to James for his hard work in organising and providing hot Vimto! Ed.)

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Lyme Park Running Pete Fotheringham



As most GVS members will know, Lyme Park is a great place to go running: 1,400 acres of hills, moors and woodland, riddled with paths and tracks. If you turn up early, or stay late, you may spot some of the deer that graze in the park. If you turn up to one of the organised running events described here, then the chances are you will also bump into fellow Striders, making the most of the National Trust's commitment to running and enjoying the outdoors.

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Night Run

Night Run is a national series of night-time trail running events at National Trust properties around the country. There have been three at Lyme Park so far, and it may be an annual event.

Kirsty Pierce took part in the event at Lyme in February. Here's what she wrote...

"As the partner of a hard-core fell runner, I found it difficult to part with the £16 payment for the Lyme Park Night Run (£16? You can do a night race up Pendle for a fiver!). But with nothing else to do on a Saturday night (what does that say) and some gentle persuasion from one of my swimming colleagues, I signed up. And I am so glad I did. It's possibly the best run I've ever done and the whole experience was nothing short of exhilarating.

The route was just shy of 7km and for those of you who know the Lyme Park Trust 10 route, it was a shortened reverse route of that. The joy was it took you over the big hump at the far car park so - unless you were at the front - as you descended, to one side there was a snake of torches ahead and hi-viz equipment shining out in the darkness, and to the other side, the bright lights of Manchester in the distance. It was at that point I decided to leave my friends and join the race.....it was too good an

opportunity to miss. I had the rush of adrenaline of an escaped convict as I ran through the woods, following strangers and seeing only the lights ahead. Uphill and downhill, I gave thanks to the torch giver from last Christmas - it lit my way on the descent from Lantern Wood. The high point for me was heading back down the road to the finish, at which point Lyme Hall, beautifully lit, suddenly came into view. It was an 'eye camera' moment and one I will cherish forever.

I don't think there was anyone without a huge smile on their face at the finish, including the children who had run or walked the shorter route. A party atmosphere on what could have been a boring January evening in front of the TV. Goyt Valley Striders - I strongly recommend it to everyone if it's on again next year."

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Lyme Park parkrun



Spot the Striders at the start of Lyme Park parkrun

Weekly Free 5km Timed Run, Saturday 9am. The event is free, and so is parking. The course is 5k on a mixture of loose and stony trail, woodland trail, tarmac and grass. Some sections of the course may accumulate mud, leaves and puddles after rain. The route is marshalled and signed, and there is a tail-runner to ensure no-one gets lost.

Like all parkruns, you will need to get yourself a parkrun barcode and they operate a "No barcode, no result" policy - if you forget your printed barcode, you won't get a time. More details at <http://www.parkrun.org.uk/lymepark/>

Lyme Runners

Lyme Runners are a RunTogether (formerly Run England) running group based at Lyme Park. They meet at 10:00 on a Tuesday morning, at the Timber Yard, which is just down from the main car park. Membership of the group is free although if you are not a National Trust member you will have to pay to park within Lyme Park (members park for free). They usually run for about an hour, covering about 5k, and often end up in the cafe after the run for a cuppa and a chat. If you'd like to join in, just turn up a bit before 10 any Tuesday morning. More information on their website at <https://lymerunners.wordpress.com/>

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Trust The Trail

Trust The Trail is a training course intended to help runners develop skills and techniques to get running up and down the hills faster and more efficiently. The session focuses on examining and improving personal running technique, and demonstrating and practising ways to make positive changes to running style generally, and to off road running in particular. It is not simply a coach-led run around Lyme Park. It is open to all levels, from beginners to experienced runners – there is something there for everyone. The session covers:

- safety and equipment first and foremost;
- uphill technique;
- downhill technique;
- opportunities to practise;
- pack runs and peer learning.

What you will get from the day:

- increased confidence in your own ability;
- access to individual expert coaching;
- planning for your future running development;
- techniques and drills to improve your running;
- expert feedback through observation and/or video analysis;
- fun and tired - in equal measures!

The session is led by two experienced fell running coaches who spend time with each participant individually to ensure everyone gets the most out of the sessions.

I attended the session in January, along with fellow Striders Sheila and Lesley, and some familiar faces from Lyme Runners and parkrun. The session finished with a

group run in the dark, which proved that head-torches are no use at all in misty conditions, with lots of runners steaming gently in front of you!

I got a lot out of the session: the main thing I picked up was to keep a fast cadence all the time, and to 'change gear' for going uphill by reducing stride length. So now, when I hit a steep hill, I don't think 'Ouch, this is hard!', I think 'Oh dear – I must be in the wrong gear!'. Although the whole session lasts 4 hours, you're not running for all of that time: there's time spent on chatting, drills, coffee and cakes. There was a real mix of abilities on the course, from people who had just completed a 'couch to 5k' course, to experienced runners training for off-road ultra events.

The course costs £15, and is suitable for age 14 and upwards. 14-16 years olds must be accompanied by an adult. The next events are on Sunday 19th March and Sunday 9th April 2017, 13:00-17:00. For more details, and booking information, search for 'Trust the trail' on the National Trust website at <https://www.nationaltrust.org.uk/>

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Lyme Park Trust 10



Running down from the Cage at Trust 10

Simeon Farrington-Newman, the Lyme Park Run Leader, is also the Run Director for the Lyme Park Trust 10. Trust 10 is part of the National Trust's initiative to encourage sport and exercise within their properties. Each participating property - including Lyme, and Longshaw, near Hathersage - offers an approximate 10 kilometre route (6.2 miles) which is permanently signposted within the property. The monthly T10 is a free event, taking place at 9am on the 4th Sunday of every month. At Lyme, the number of participants is limited to 200 people, and you will need to pre-register for each event so that the organisers know how many people are planning to turn up.

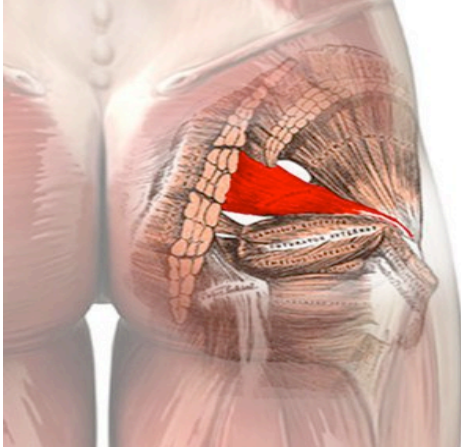
The route is approximately 10k, taking in a large area of Lyme Park. It is on trails and paths which are muddy underfoot and you will need trail or fell shoes

rather than road shoes. There are two hills on the course, which has been described as "challenging". The rewards for doing the hills are the amazing views across the Park and across the Cheshire Plain, and the downhills! It's not a race, so embrace the course and enjoy it!

More details on the Lyme Runners website <https://lymerunners.wordpress.com/trust-10/>

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Piriformis Twist Paul Oakley



Piriformis muscle

- Externally rotates femur (thigh bone)
- Stabilizes the sacroiliac joint
- Abducts femur when hip is flexed (e.g. Tree Pose)

Since January I have been mainly teaching strength work in my yoga classes. I've really enjoyed this, although I'm not always 100% sure that the students have when I look at their faces! Strength work is one of the things that can help prevent joint problems (particularly in the knees) and helps with back care and posture. However more recently many runners seem to have problems with piriformis area (buttocks and hips to you). Sometime there is pain (sciatic), sometimes just tightness. If you are experience pain you do need to check it out with your GP or better still your sports physio to confirm the diagnosis and impact on your running. The piriformis muscle is important in lower body movement because it stabilises the hip joint and

lifts and rotates the thigh away from the body. This enables us to run, shift our weight from one foot to another, and maintain balance. So rather crucial for fell runners.



Yoga can help rectify and prevent problems with the piriformis through work on the glutes and various hip opening type poses. This is one simple twist that can start to eliminate the problem.

To find out more about this pose watch the video at <http://tinyurl.com/hh4m4rs> or google 'yoga international piriformis seated twist'. Doug Keller is a reliable yoga teacher to take you through this.

If you are interested in joining the weekly Monday yoga class in Whaley get in touch: email yogapaul@icloud.com

Training for the Sedbergh School Wilson Run Stephen Sanders



My son Chris is in his final year at Sedbergh School. The school is situated some 100 miles north of the Goyt valley, in the Howgills, and is invariably a couple of degrees colder and, amazingly seems to be have been, is or just about to rain. Last "Spring" one of the 20:20 cricket knockout days was played out in a light snowfall – fielders sported purple hands and the Umpires were under instruction not to cease play, until the white ball could gather snow and be mistaken for a snowball.

It is the Wilson run, over a moorland and fell course of 10 miles, that is the focus of the whole school in the Lent term. It is sevens rugby time too but it is all the sixth form ambitions to qualify for the Wilson. Participants need to be 16 on the 1st of September preceding the race. Girls and boys run the race and all wear their house colours. There are three girls houses and six boys. Needless to say house rivalry is fierce but there is a huge assistance and encouragement to get as many participants across the finishing

line during the qualification races over similar courses. The course itself is only open on the day, as there are sections of the ancient course that are run over private land.

I have previously negotiated the last stringent Morgan run, ran with and beat Iwan Thomas in the Sedbergh Gala run a few summers ago and last year negotiated the Wilson run, on the morning of the race in two and a half hours. The weather conditions were excellent last year, cold, relatively dry day and it saw the 133 year old event time beaten by upper sixth School house champion, Johnny Campbell. It was an amazing noise as he sprinted into Sedbergh town and finished with the crowds of schoolchildren, parents, masters, staff, locals and numerous old pupils lining the finishing lanes and line.

In the evening there is a concert before the lights are dimmed and, eventually the winner is clapped onto the dais and then all the finishers are clapped and cheered onto the platform. The school song is sung/chanted with gusto and it is a truly memorable event.

So I am trying to get to a fitness level to match my previous time, as I do not believe that the weather will be so clement. There are groups of parents, staff and former pupils walking the course during the morning, so the very steep gorges are even more slippery come the time the school run the course in the afternoon. No dogs allowed, so my running partner Glad will not be permitted but she is very much part of my training, over Black Hill and Lyme Park parkruns.

Chris tells me that it is the Evans housemaster's prerogative to announce that there will be a run up to Winder and back before breakfast on a suitably cold, snowy or frosty morning. He should qualify for the Wilson this year, to be run on Tuesday March 21st so the focus is to get as many house mates fit enough to qualify – some need more encouragement and significant amounts of jelly babies.

Here is the website narrative:-

The Wilson Run, or Ten Mile, is always run at the latter end of Lent Term and is a major part of the School's history and tradition. It has been raced over almost the same route since its beginnings in 1881 and has only been cancelled on three occasions in its illustrious history.

Record times have been set very rarely, testament to the nature of the challenge. The current record, held by John Campbell, stands at 1:08:02 and was set in 2016.

Entry, which is optional, is restricted to those boys and girls in the Sixth Form or any pupil who has reached the age of 16 on September 1st of the preceding year.

A new training course, covering a similar route to the actual race course, was introduced in 2005 to give pupils more opportunity to train for the event and to familiarise themselves with the course. All boys and girls must complete this within a set qualifying time to be eligible for the actual race.

Race day itself is a major event in the School Calendar and vast numbers of pupils, parents and Old Sedberghians line the route. Medals are presented at the finish and all runners are invited on stage at the evening's Wilson Run concert to round off the occasion.

Club Kit

New to the Kit Shop since the last newsletter is the GVS Printed "Buff" style headwear, at a very reasonable £10 each.

All the old favourites are still available:

Mens GVS Competition Vests - £12

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

If you would like any kit then contact Kit manager Helen Parry. Contact details are on the GVS website . Helen would also welcome feedback on kit - positive and negative - and any suggestions too.



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