



# Striding Out



The official news-sheet of Shelton Striders Running Club, founded 1984. Number 118. July, 2009.  
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## QUARTER CENTURY OF STRIDER SUCCESS

The 25<sup>th</sup> anniversary celebration of Shelton Striders was itself a success last Saturday at Sinfin Social Club. Our own club's history was heralded and many prominent members mentioned by **Graham Pickering**, one of the founders of Striders in 1984. To reflect that year, it was an '80's themed evening which saw some Madness, an Adam Ant and a Batman as well as fairies, groupies and schoolgirls, all of them naughty, probably...! A lovely buffet, tackled in true blue and white fashion, meant that all who went had a great time, with dancing to the disco and rocking to *Real Deal*, Graham's band, being enjoyed almost as much as the Strider-iced cakes in the shape of our anniversary year.

Thanks to all involved in arranging an entertaining evening.

More success had come the previous evening, when many Shelton runners were out at the *Tara Kinder Memorial 10K* at Elvaston Castle: in fact, we made up about 10% of the 400-ish total!! Well done to all who ran/supported, with **James Walker** leading home our troupe, closely followed by **Steve Hawkins** in a new pb, and **Caroline Sutton** not far back, coming in as second lady overall.

That same weekend saw **Gary Cooper** and friends attempt the *Bob Graham*: though more than prepared for this most arduous run, Gary was foiled by terrible weather on the day, but is already planning, in true Strider style, to return and emerge victorious next year! Good luck from us all.

## A BUSY WEEKEND

*The Great DK tells all...*

Almost 190 runners set off on the *Buxton 5* miler on Saturday, 11<sup>th</sup> July, going from near Spring Gardens and along St John's Road at the back of the Opera House and Pavilion Gardens, then started climbing for about a mile towards Solomon's Temple with Axe Edge in the distance. After a short while, we turned left downhill for half a mile, followed by a short uphill to Harpur Hill, with another downhill again towards the market place, after a short climb, again(!), to the finish. After the race, in which I recorded a time of 38:29, June and I watched the carnival procession with some brilliant floats which passed through the market place. Buxton was packed out, and the weather stayed nice which made it a great day out.

For the *Cheadle 4* mile race the next day, I arrived at approximately 9:45 after getting directions from the locals to a large recreation ground. After a cup of tea – no bacon cobs this time – I joined 200+ runners in what was a low key event. For the first mile or so, I was thinking, 'This is a nice flat course,' then we hit the hill for about the next mile! Shades of Buxton again! At three and a half miles the course changed in to a long winding downhill so I made some good time before it flattened out again to the finish, in 30:09; the winner's time was 20 minutes... So, now it was time for that bacon cob with my tea before June and I set off to Trentham Gardens for a walk round the shops and something to eat.

## MIDWEEK WINS BOOST BLUE AND WHITES

Wednesday evenings have proved profitable for Striders in July... A number of our runners took part in the *Rolls Royce 10* mile race around Darley Park on July 1<sup>st</sup> in scorching sunshine, and it was **Steve Hawkins** and **James Walker** who led home the field in first and second places. Many congratulations to these two as well as all other finishers on such a hot evening and a hillier than before course.

Some of our older members ventured to the *Derby and County Masters Relays* event two weeks later on Wednesday 15<sup>th</sup> July at Moorways, where both ladies' teams as well as our MV60 runners won their categories, and the men's 50s came second. Very well done to our FV35 winners, **Pascal Holden, Judith Marriott and Alison Pickering**, and also to the VF45 ladies, **Cathy Clifford, Judith Cook and Carolyn Lee**. Congratulations also to our 60+, Team Zimmer (!) **Pat Brennan, Reg Carter and Robin Hutchinson**. After the event, our MV40 squad of **Ian Bell, Nigel Britain, Ian Crompton and Shaun Watson** went for a well-earned pint, the 50+men, **Roger Booth, Keith Braithwaite, Gary Cooper and Dave Thornton** wished for nothing more than a lovely cup of tea, and the victorious MV60s had a nice lie down... It is rumoured that the ladies all jogged home to get in some more training for the *Tara Kinder 10K* two days later!! Congratulations to all, and thanks to **John Thornton** for co-ordinating our assault on the prizes.

## IT'S AN EPIC – OFFICIAL!

For **Dave Gristock's** epic stumble on June 27<sup>th</sup>, *Dave Keegan reports*, everybody met up in Winster at 10:00am – this was myself, Dave, **Phil Rawson** and **Louise Cordery** for the full 29 miles, **Alison and John Read** running the 26 mile course, with **Jez and Rachel Smith** tackling the 16 miler. The walkers, also doing 16 miles, consisted of **June Keegan, Sylvia Gristock, Judith and Kate, Dougie and Pam**.

The runners split up after a few miles to do their various routes, we 29 and 26 mile runners going along Limestone Way to Youlgreave, and, after eight miles, to the first pub, the Bull's Head at Monyash, where we split from Alison and John. Onwards to Flagg and the highest point on the route, and, more importantly, the second pub stop, the Queen's Arms at Taddington Dale. More climbing and steps to Monsal Head, climbing again to the hotel for a breather, where Dave Gristock bought some real ice cream for me, Phil, Louise and himself: very welcome on what was a very warm day.

On to Little Longstone and our third stop, The Packhorse Inn. After suitable refreshments, we carried on along a rather plain trail for a couple of miles, a contrast to all the previous beautiful scenery, to what was Bakewell Station, past the golf course and woodland to Ballcross and then towards Carlton Lees and Rowsley. At the pub stop there, The Grouse and Claret, we met Allan and Kath Barber who were camping behind the pub – where else?!

Across the busy A6 and towards Stanton in the Peak, we headed for our next pub stop The Flying Childers, but – horrors! – it was unfortunately closed so we had no choice but to carry on through Stanton. We passed the nine ladies who were still there from a previous stumble, past a lot of campers who were hoping for a music festival until the police turned up, and across Stanton Moor. We went for nearly a mile through fields and woods towards Winster which we could see in the distance, through boggy ground and pathways to the finish in the village, and on to Dave's local in the market place where he bought us a well-earned drink.

None of us had done that distance before, especially Phil and Louise, so all credit to them for lasting nearly nine hours! I know we were all very tired at the end... Thanks and well done to Dave for putting on another excellent stumble.

*Editor's Note:* When The Great DK wrote this, he was looking forward to the next stumble in what is becoming a bit of an epic season of stumbling, which was The Sparklow Spumble from near Buxton on July 18<sup>th</sup>. Dave says that this is another event with fantastic scenery as well as the climb up Chrome Hill! It was, of course, on the same day as the club's 25<sup>th</sup> anniversary do, so both have now passed – how time flies when you're having fun!

*Have you got a stumbling story? Maybe you could do a running report – any race you might have taken part in and would like to give your opinion about... At the risk of sounding desperate, you may have a training tale to tell: email any article for publication in your favourite news sheet (this one!!) to [dt@johnport.derbyshire.sch.uk](mailto:dt@johnport.derbyshire.sch.uk)*

## A HISTORY OF RUNNING IN DERBY

Any history of running is an ambitious project. Where to begin? As long as man has been able to walk, it follows that he has ran. Running, for many thousands of years, would have been a necessity; both to catch our food and also to avoid wild animals trying to catch us. Running is one of most important survival instincts but also a source of self-expression and joy. If you watch a group of young children in a playground, see how many games revolve around simply running, either for the sake of it or in games that mirror the escape and capture of hunting or being hunted.

But when did running start to be more of a recreation? When and how did it evolve into the sporting and social pastime we know it as now? And how much of an influence did Derby have on this? Again, it is probable that people have run for fun or for competition from as soon as two or more people have gathered together; the Greek's Olympic games and the Roman's athletic competitions are amongst the earliest recorded organised events, over 2,000 years ago, but what about in Derby?

One of the earliest records locally is in Phillip Kinder's 1665 *Historie of Derbyshire, Qualitie of People* which talks of naked runners (in the tradition of the Greeks and Romans) competing over distances of 2-3 miles on frosted ground.

The nude theme continues with Glover writing about women racing three times around Sinfin Moor in 1735. Ironically the prize for winning (as well as ½ guinea) was a Holland smock, which the winner would have presumably covered up in to go home! Towards the end of the 1700's fashions increasingly dictated that women behave more demurely, with not only public nudity but also athletic effort being seen as unfeminine. Increasingly athletics, as with many walks of life, became a man's preserve and that of the professional or gentleman's classes in particular.

In the 1820's James Wantling, a Derby man, became nationally famous for his running and played a big part in popularising the sport. Primarily a sprinter (running was known then as 'pedestrianism') he raced throughout the country, including places such as Epsom Downs. He famously ran a route through central London, which involved crossing 5 bridges over the River Thames. To win a bet he had to complete the course in an improbable 35 minutes. To the delight of the watching crowd (or at least those that had bet upon him doing so) he finished in 34'20".

Gambling became a major driving force behind pedestrianism and racing, with big crowds of spectators paying to watch the best runners competing against each other helping to build large prizes. In 1822 Wantling raced a rival, Shaw from Stafford, on the London Road near Derby. A rope was stretched along the middle of the road with one man on either side (similar to Udo Bolt's recent Manchester street race) and a prize of 200 guineas (an absolute fortune) for the winner. Wantling's victory was recorded in song but whilst lauding and applauding his efforts there is a word of caution in the song which hints at a common problem;

*Then let us drink the Hero's health,  
Whilst Fame proclaims his name,*

*May he never sell his honour  
For the sake of sordid gain:  
All base attempts to bias him  
With scorn from him be hurled,  
Then he will rise a wonder,  
And astonish all the world.*

The winner was not always the fastest runner, nor was he always the one making the most money, as bribes to lose were common and often linked to gamblers making money by betting on the other runner. Good runners were not averse to losing on purpose occasionally, as the financial advantages of creating a rivalry and subsequent public interest were also huge.

Another local runner to build a name for himself and for the area was Edward Stainsby of Heanor. He was so good that races were often advertised as open to everyone from a 10-mile radius, except him! This would have been another reason why runners would sometimes lose on purpose. Once you were so good that others could not or would not compete against you, there was no more money to be made.

Several cities built reputations as centres of racing with Sheffield and Birmingham pre-eminent, Derby probably third behind them in the mid-1800's, due in no small part to the achievements of Wantling and Stainsby.

Another reason for Derby's reputation was the Town's (Derby did not become a City until 1977) general sporting prowess. Derby provided one of the twelve founding members of The Football League, had a well know racecourse, one of the founding members of the National Baseball League and was home to a competitive County Cricket Club.

Derby also became famous due to its street football in the mid-1800's. As in many towns and cities matches were played between two parishes within the town; St Peter's, from the east of Markeaton Brook and All Saints' from the west. Games were hard-fought and traditionally had few, if any rules. As so many people were injured or killed by such games, the government resolved to ban them. (They had already been outlawed under King John, as they distracted English men from archery practice but had crept back into popularity). Derby's players were so determined to continue their traditional game that many local people defied the order in 1845 not to play and for three years an increasing number of soldiers were sent to Derby to prevent the game from happening. Whilst around the country towns and cities let the games end, The Derby Game acquired national notoriety and the name continues now for any game played between local rivals, throughout the world.

As well as eventually having to send in the Cavalry (literally), there were attempts to distract Derby people with other sporting events and athletics was seen as being pure and fine, moral and clean, despite its reputation for attracting betting and cheating. As an attempt to replace the rough and ungentlemanly Shrovetide football the Council proposed a Shrovetide Sports in 1845, which included a foot race, jumping matches (for both height and length), a bag race, pedestrian hurdle race and a blindfold sprint.

*To be continued.....*

## MIDSUMMER MADNESS 2009



**ROUTE 66** is one of, if not *the* most famous long distance route in the world; stretching 2,200 miles from Chicago on America's East coast, all the way to Santa Monica on the West. It has been the inspiration for countless journeys and dozens of songs, a TV series, and films including Disney/Pixar's recent *Cars*.

Derby now has its very own Route 66, a long distance cycle route that meanders for 25 miles all the way around the outside of Derby. As this year sees the club's 25<sup>th</sup> Anniversary, a 25 mile Midsummer challenge seemed wholly appropriate and with Midsummer falling over a weekend, a long run on the longest day was as logical as running 25 miles can ever be.

Setting off from the Bridge Inn at Shelton Lock, next door to Shelton Striders' original meeting place and half a mile from our current Boulton Lane HQ, the route took our long distance explorers along the canal path then onto Sinfin Lane. From there they went through Sinfin, Littleover, Heatherton, Mickleover, Mackworth, Allestree, Darley Abbey, Breadsall Hilltop, Chaddesden, Spondon, Alvaston, eventually back onto the canal path and to Shelton Lock.

A great evening was had by all who turned out with Ian Crompton (never ran over half marathon before), Alex Buckley (previous longest run of 20 miles), and marathon veterans Cathy Clifford and Dave Nunn entering the hall of fame as the first Striders to run the whole route. An honorary mention should be made of Steve Hawkins who set off and did the first few miles but then went his own way. Running off ahead, Steve avoided many of Derby's suburbs, ran through the Cattlemarket at one point and did what can only be described as his own thing. Although not completing Route 66, he was running for almost as long as the rest of the group and probably considerably faster so would have probably run at least as far.

In addition to the aforementioned Striders, Kevin Milwain ran approximately 17 miles before swapping to complete the route on a bike, whilst Steve Oliver and Lisa Tatem shared a bike, taking it in turns to run or ride every mile. Steve always seemed to be running the uphill bits though! In addition Harry Sloan, Alison Nunn, Caroline Lee and Chris Hopkinson completed the far from easy route on 2 wheels.

The cyclists' company was fantastic; they carried drinks, maps and food and provided moral support and conversation, whilst also allowing club members not confident of running 25 miles the chance to be involved in a memorable evening's fun.

Tracy Craddock provided the best feed-station I have ever experienced at 7 miles; a pasting table on her front lawn laden with goodies ranging from doughnuts to sports gels and with jugs full of delicious cool drinks on a warm summer's evening. The chance to use her loo was a welcome bonus! Additional support was provided in Mickleover by Lizzie and Tony Hill. Meanwhile Pascale Holden, Roy Hobson and his mate were at the finish to cheer us in and to buy drinks for Steve and Harry who arrived back before the rest of the group, and therefore before their keys and money which were locked in the Nunn's car. Everyone was back by 10pm for a celebratory drink or two, just before the light and the heat of the day finally left us.

As a route, it was varied, with a mix of pleasant parkland and edge-of-town greenery, expensive estates with large driveways and gates contrasting with some of Derby's less salubrious areas.

As the saying goes, "what happens in Vegas stays in Vegas" so only those there will know about the tattoos which provided conversation and distraction for the Chaddesden miles!

Most of us experienced bits of Derby we had never seen before, including running along someone's drive and into their garden then back out again. Steve was not the only one to get lost! Most of Route 66 was well marked but there were places where the signs just disappeared so I would not recommend doing it without a map. With a map? Yes, give it a go! It is a fantastic challenge and you could be joining a *very* exclusive club! The Route 66ers!

One of the topics of conversation on the night was what to do next year and in five years time for our 30<sup>th</sup> anniversary.... watch this space!  
.....the ideas have already been born.....

*The Spondon Flyer*

