

GOYT
VALLEY
STRIDERS



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LIMITED

NEWS LETTER NOVEMBER 1988

DIARY DATES

Sunday, December 4th - Following the success of our interclub X country race in October, another one has been arranged between Buxton & District Athletic Club, Glossopdale Harriers and ourselves. This will be around the same course as last time and will start at 10.30 a.m. from Taxal lay by, Long Hill, Whaley Bridge. The results will be announced afterwards at the White Horse, Whaley Bridge.

Training nights - Tuesdays at 7.00 p.m. and Wednesdays at 6.00 from the White Horse car park, Whaley Bridge - runs of about 1¼ hours (8 to 10 miles).

Last Friday of each month - Informal get together at the White Horse, Whaley Bridge, 7.00 p.m. onwards.

Sunday, December 18th - Staffordshire Moorlands Christmas Cracker - the last Club League race of the year.

REPORT ON THE ANNUAL GENERAL MEETING 'HELD AT THE WHITE HORSE ON 8/10/88

The main reasons for calling an A.G.M. were to elect a Committee and to take a vote on whether we should seek affiliation with the Northern Counties A.A. This business was quickly dealt with. During the informal discussion, afterwards, a number of interesting proposals were forwarded to the Committee.

Acting on these proposals, the Committee has instigated the following:-

1. The introduction of an award scheme - (see article)
2. The compilation of a Club Directory (names, addresses, telephone numbers). All members will receive a copy.
3. The introduction of an information sheet, a copy of which will be given to all members giving full details of the club. This will be particularly useful to new members.

PRIZE GIVING BUFFET

Our first prize giving buffet will be held on Saturday, January 7th at the Jodrell Arms, Whaley Bridge from 7.00 p.m. onwards. This early start has been arranged so that the junior members and members own children can attend. The cost will be £3.25 per person. Members will not of course need to pay for very young children, say under 9 years. Money may be paid to our treasurer, Mr. Chris Nelson, at any time.

FUND RAISING

It is unfortunately too late to arrange a Christmas draw this year; however, I propose to organise a raffle at my place of work the week before Christmas.

If one or two other members do the same, we should make a bob or two for club funds.

If anyone would like to donate a prize to these raffles, I shall be glad to receive them and dole them out to those holding the raffles; i.e. bottles of wine, boxes of biscuits, etc.

The Staffordshire Moorlands Christmas Cracker, Upper Hulme,
Nr. Leek, December 18th 1988 at 11.30 a.m. (fore-warned is
fore-armed)

Having competed in this event for the past 3 years let me pass on
a few tips to those new to it.

1. Parking for the start - The official line on this is that you
should park a couple of miles away from the start the Anzio Army
Camp and then catch one of the free buses laid on by the
organisers. This is very inconvenient and it is well worth getting
there early to secure a place in the Rock Inn car park. Any faint
feelings of guilt brought on by sitting comfortably in your car
watching your fellow athletes being bussed in are easily dispelled
by the thought that you have, after all, come 4 to a car, thus
making maximum use of the limited parking space. Do not under any
circumstances be tempted to park on the narrow roads in or around
the village, - bitter complaints from local residents in past
years have forced the police to make the entire area no parking
for the day. A rule that they enforce absolutely and without
exception.

2. The Race - The race is billed by Staffordshire Moorlands
A.C. as a 'cross country', ignore this it is just their little
joke and a way of getting hundreds of poor unsuspecting road
runners to part with their money up front. The race is in fact a
tough multi-terrain event. It starts off with about a mile of road
before turning off onto the track up the Roaches. It climbs
steadily, increasing in steepness to a stiffish fell section
before eventually reaching the Roaches summit at 1658 feet above
sea level. This is where the fun really begins. The rock hopping
descent down the other side can vary from dodgy to suicidal
depending on the inclination of the runner to 'push it' or not and
the weather conditions, (there has been snow on this section on 2
of the 3 times I have competed). Incidentally if you should be
overtaken by what appears to be a small kangaroo at this point,
don't panic, you are not suffering from hallucinations brought on
by the altitude, these animals (wallabies) really do exist up
there on the Staffordshire Moorlands. Having safely completed the
descent the next section of the race is a fairly boring couple of
miles of narrow country road to lull you into a false sense of
security before the last section. This section, the only part of
the race which could rightly be labelled as cross country, can be
summed up in one word. MUD. The mud varies in tenacity and depth
depending on the amount of rain that has fallen in the weeks
preceding the race and ranges from very heavy going to 'help,
throw me a life
belt'

3. After the race - The finish is about half a mile away from the
Rock Inn. On the walk back you will come across a picturesque
river ford. This shallow ford offers an ideal opportunity to wash
the mud of the last 10K from your shoes and legs (and higher if

you've been unlucky). This paddle in the ford has in fact become something of a tradition over the years.

4. The organisation - Having had a little chuckle at the peculiarities of the race I must now take my hat off to the organisers. The race is absolutely superbly organised throughout, with C.B. radio operators stationed around the course, bags of marshal's strategically placed at each change in direction and St. John's Ambulance in attendance at the finish. The location, festive spirit and quality of organisation combine to make this a race not to be missed, so pack your fell shoes, get on down there and have a good un.

Lou

G O Y T V A L L E Y S T R I D E R S

Club Racing League 1989

Two different methods of scoring were proposed at the Committee Meeting of 7th November, 1988. The first was based on average minutes per mile over 8 different distances from half marathon down to 5 miles, races to be of the individuals own choice providing one of each distance is run in the year.

It was agreed that this method would solve all the major problems connected with the fixed race however the Committee felt that it had one over-riding disadvantage in that it would kill off the Club Racing League atmosphere i.e. everyone turning up for specific races and racing against each other.

The second method of scoring proposed was a modified form of the fixed race format in that 12 races are chosen by Committee as follows:

- 4 long races - max. half marathon min. 7 miles
- 4 fell races - various distances
- 4 short races - max. 10K 'min. 5 miles

Members would have to complete 3 races from each category. Scoring would be the same as this year i.e. 20 points for the first Strider home 19 for the second and so on down.

It was felt that this method would provide the most competitive atmosphere whilst at the same time giving members some freedom of choice to allow for holidays, illness etc.

It was decided, after careful consideration by the Committee to adopt it as the method of scoring the Club Racing League for 1989.

The 12 races will be decided upon by the Committee over the next few weeks and will be published in the December Newsletter.

The awards will be the same as this year with the addition of an extra award to the 'Club Runner of the Year'. This will be awarded by the Committee to the runner, who in their opinion has shown the most dedication, commitment and overall improvement in 1989.

G O Y T V A L L E Y S T R I D E R S
CLUB AWARD SCHEME

The Committee are presently working on a Club Award Scheme. This will give all members the chance to achieve, in ascending order, the following Club Standards - Club Certificate, Bronze, Silver and Gold. These standards may be achieved at 5K, 10K, 10 miles, Half Marathon and Marathon.

Account will of course be taken of status i.e. age and sex and the target times will be different for - Juniors male and female. Seniors male and female, Female Vets. over 35, 45 Vets. over 40, 50 and 60.

The target times for the various standards, distances and status are at present being worked out and when they have been agreed by the Committee they will be published.

Mr. Mike Connell, who has put a very great deal of ground work into the Award Scheme project so far, will be administering it upon its completion.

Thanks for all the hard work Mike. .