

GOYT VALLEY STRIDERS NEWS LETTER



SUMMER 1989

CLUB AWARD SCHEME

At a committee meeting on 3.3.89, the knotty problem of gold, silver, bronze and club awards was finally resolved.

It was proposed that gold, silver, bronze and club times should be achieved at any 3 distances of the members choice in order to qualify for an award i.e., 10K, 5 and short fell or perhaps if you feel your strength lies in longer distances 10K, 10 ML and the marathon.

This means that members will have to prove their ability over a range of distances. A great advantage of this method is that instead of patch badges or medals being needed for every distance, we now need only one set. This dramatic simplification means that the club is now in a position to offer members a choice of patch badge or medal.

A charge of approx. £1.50 would have to be made for each patch badge or medal, but certificates will be issued at all 4 levels free of charge.

The above proposals were voted on and all present were in favour.

N.B.

To avoid any confusion, I should point out that if a member submits say a silver 10K time, a silver 5K time and a bronze 10 ML time, they will only be eligible for a bronze award.

F.R.A. AFFILIATION

Goyt Valley Striders are now affiliated to the Fell Running Association.

Our membership number is 56.

THE COMBS FELL RACE WEDNESDAY. SEPTEMBER 6TH. 7.00 P.M.

As many of you will know it has been our intention for some time now to take over the Combs Fell race. This is now well in hand and the F.R.A. have been notified of the time and date.

All the details are shown on the enclosed hand out.

I shall be canvassing club members shortly to see who is willing to help out by time keeping marshalling etc. etc.

SUBSCRIPTIONS

Members are reminded that yearly membership subscription fee is now due for 1989. These are £5 per individual and £8 for family membership. (Junior membership 13 to 16 years - £1). *

All fees should be paid to our treasurer, Mr. Chris Nelson of 10 Hockerley Lane, Whaley Bridge. If you have not yet received your membership card, please contact me - Lou Lomas, General Secretary, W/B 4247.

* You **can** now pay by cheque *

All cheques made payable to Goyt Valley Striders.

THE YEAR SO FAR - THOUGHTS OF CHAIRMAN RUSSELL

As I struggled round the club Xmas hare and hounds run vainly peering into the distance for Mr. Lomas, the hare, I had time a plenty for formalising my running resolutions for '89. Mick Connell 's much maligned club standards would be my target I decided.

By the time the hounds had realised that Lou had disappeared up Eccles Pike while they were boldly striking out along the A6, I had added some more, to improve my PB in five races, to run in all the club championship races etc. All very easy in theory.

Before many more days had passed I was on my way to the first event of the New Year, the Helsby Four villages half marathon. This turned out to be a well organised race, over a flat course with two of the latter miles run on a rough puddle stretch bridle path. I was pleasantly surprised to find myself on six minute mile pace, for the first ten miles, and with the Gold standard time in sight kept on in the later stages to run my best ever half marathon of 1 hour 18.58. O'Kell of Sale won in 1.05.13. 1042 took part with Dave Goulding and myself comfortably in the 1st half of the field.

If Helsby was flat, Werneth Low was not. Dave Goulding had given me a graphic description of the course which must rank as one of the tougher courses about. The race HQ is a slightly ramshackle cricket pavilion and the finish is half a lap of the field (about the only flat part of the course!). Ten striders ran, with six in the first 50% of the field. There was a good performance from Peter Hill in 103rd place and from Mick Connell with a creditable time of 1:35.52. O'Kell was again the winner in 1:12.58. I was 47th and Steve Hennessey 71st.

The Macclesfield Half Marathon came next, presenting an undulating course) with an uphill finish. In a field of 272 the first 3 striders were placed 27, 57 and 62 (Messrs. Russell, Hennessey and Hill). The winner was Heathcote of Staffs. Moorlands in 1:10.30.

For my next event I travelled to deepest Lancashire for the Clitheroe 10 in search of my second gold' standard. Despite being a little 'off colour' I scraped under the magic hour, making the journey well worth while. My travelling companions, Mick Connell and Malc. Schofield both ran with credit.

The striders racing season began with a cold damp day for the Wilmslow Half. A glory day for the Striders this with no fewer than 9 runners under 90 mins. Good performances all round. 81 mins. from Steve Hennessey, 1.24 from course specialist Lou Lomas and marvellous runs from Mick Connell (1.25) and Chris Nelson (1.26). Ralph Longden ran 1.26, Dave Goulding 1.29 and I was pleased with a course PB. O'Kell won in 1:06.51.

A fortnight later the striders roadshow (or should it be fell-show) moved to Hayfield and the gruelling Kinder Downfall. This proved another good day for the club. Before the race I chatted to a new club member, an unassuming ginger haired lad called Kevin who said he had done 'a little running'. He turned out to be quite a revelation being our first counter in 138th place. This race brought out the mountain men with Eddie Clitheroe running 84 mins. and Dave Watkinson 85 mins. (showing the worth of all that hill training up Taxal brew). From a personal viewpoint I got somewhat bogged down on the bleak Kinder plateau but managed a PB by 9 seconds. The winner did 64 minutes. Are these guys human?

One of runnings classic distances is the 10k and my next two outings were over this distance, although very different courses. In the Heatons 10k, a flat course but a little boring; I chased the flying Kevin Stamp all the way and was pulled through to a respectable time of 36.34. Perhaps the star of the day was Sue Stafford who ran very well on her debut.

On the following day the Chinley Hard Labour 10k lived up to its name. A warm evening and a hilly (no mountainous) course made for a testing run. Disappointingly only 4 striders turned up for what was a most enjoyable race right on our doorstep. I was happy with 18th place and there were good performances from Peter Hill and Dave Goulding, the latter defying the dreaded 'trots' to come in 5 seconds behind Chris Nelson. Turnbull and Bradbury of Stockport occupied the first 2 places.

Two days later we ran the interesting Tame Valley 8 miler, mainly on footpaths. Thanks to a fierce early pace set by Lou I ran another PB (4 down 1 to go). Chris, Ralph and Sue made up the small striders team for another poor turn out, but all competed with distinction.

Three days rest, and off to Glossop for the MIDCO half marathon. A hilly course, searing heat and some interestingly placed mile markers were amongst the hazards for Ralph, Dave, Mike Turnock and myself (only 4 striders for a local race!). Mike ran a particularly good 1.30 in his first road race for some months, chased home by Mr. Longden, as consistent as ever, and the topless Dave Goulding.

This brings my resume of '89 so far almost up to date. What can I say about Shining Tor. A pleasant evening in beautiful surroundings. Unfortunately only 6 club members turned out with Chris Nelson unluckily having to drop out through injury. Can't we get a dozen or so runners at all of these local events?

This year we have an award for club runner of the year and already there are quite a few leading candidates. Peter Hill and Chris who have made such improvement since joining the club, Malcolm for his performance in the London, Lou, who sometimes seems to keep the club going single handed as well as never running a bad race, Mike Turnock for his 'ultra' runs, and so on.

Can I use this 'column' to extend my best wishes to Daves Goulding and Watkinson who are expecting babies (well you know what I mean) and to Peter Hill who is getting married.

Finally to my lasting memory of the year so far. For this I must go back to January and Helsby and a runner called Brian Cleaver. Brian did not win anything, actually he finished 2 hours behind winner Antony O'Kell. But Mr. Cleaver is a bit special - he only has one leg and did the 13.1 miles on crutches.

P.S. My apologies to Paul Watkins and Terry Lardner, two of our runners who I failed to mention. Paul of course did well at Wilmslow while Terry obviously has a liking for hills, he ran both the Werneth Low and the Kinder Downfall. Next stop the 'Otter' perhaps.

TAME VALLEY TRAIL RACE

I must confess to having a weak spot for a race with an interesting name. The prospect of doing the Shepherd's Skyline, Bosley Cloud or Great North Run seems so much more challenging than a Stockport Half Marathon. Of course few road races can compete with the fells for scenic beauty but there is a definite niche for the type of off-road running races such as the Tame Valley Trail can offer. Having been tempted into doing the race by the name and curiosity as to where it would go, not to mention the enthusiasm of previous entrants from the club, I'm delighted to say the race lived up to expectations.

The registration and start were adjacent to the half timbered St. Lawrence Church in the heart of urban Denton, with upwards of 200 runners turning out on a beautiful evening for running. The quality of the field looked good with a strong turnout of club vests and some outstanding looking prizes. Tee-shirts were on offer to the first 50 finishers. Lou also assured us that a free shepherd's pie supper was available after the race although liquid refreshment looked a more welcome prospect. Billed as an eight mile race, with a little over a mile on roads and the rest on tracks, it was going to be warm work.

The race set off promptly at 7.15pm, down St. Lawrence Road and almost immediately dropped into the Tame Valley proper. The Tame Valley is a surprisingly pleasant stretch of green fields and woods running through otherwise built-up areas. It is well used by the local people who provided sporadic support during the course of the race, including that particular species of small boy who forever wants to know 'How far've yer run now, Mister'. It's the only time anyone ever calls me Mister!

Following the river down-stream the race followed a clear track on the right bank. The going under foot was good but by no means

flat, with a number of steep pulls, flights of steps, stiles and sharp turns to be negotiated. It felt more like running in the Goyt than Stockport! Just after Arden Bridge, at about three miles, a short detour around Denton Cemetery is followed by a steep descent back down to the river bank. At four miles Stockport road is reached and, turning left, followed briefly as far as the Arden Arms, crossing the River Tame in the process. Left by the pub takes you down a cobbled lane and you've now turned the corner and are running back up-stream on the left bank of the river. At just over five miles you cross the river again at Arden Bridge and rejoin the path used on the outward leg. The climb back up to St. Lawrence road after 7 miles is particularly trying and completes a really. worthwhile outing. A definite candidate to be retained in next year's racing league, when hopefully a larger club contingent might take part.

Paul Fitzpatrick, of Stockport Harriers, completed a hat-trick of wins in this race, followed closely by Andy Wilton, in around 42 minutes. First Strider home was Martin Russell, collecting a p.b. for this race in the process and only just missing out on the tee-shirts. Lou Lomas followed having, by his own admission, gone off far too quickly and faded over the last couple of miles (I think someone had told him the shepherd's pie supper wasn't free!). Next home was myself, having just held off Ralph Longden in the run-in. Carrying the banner for our women, Sue Stafford completed her longest ever race in fine style.

Chris Nelson

DIARY DATES

Cheshire Chase 10K : WED. 7.6.89 *
Bollington 10K : SUN. 18.6.89
Cheshire Chase 10K : WED. 28.6'.89
Hathersage Fell : MON. 3.7.89 *
Drakes '6' : THURS. 6.7.89
Cheshire Chase 10K : WED. 12.7.89
Dorma '5' : SAT. 15.7.89 *
Cheshire Chase : WED. 26.7.89
Fairhouse '5' : WED. 30.8.89

* Denotes Club League Race.

Watch Club notice board for times of departure from Youth Centre to the above events.

REVISED WOMENS STANDARDS

After considerable debate amongst the committee, it was finally agreed at a meeting on 23.3.89 the women's standard times for our award scheme should be 1.15 x those of the men, rounded down to the nearest ½ minute. Set out below are the tables showing these revised times

	GOLD	SILVER	BRONZE	CERT	
JNR	22.00	23.30	25.00	0 0 . 2 3	5K
SNR	20.00	21.00	23.00	0 3 . 8 2	
O/35	21.00	22.00	24.00	0 0 . 0 3	
O/45	22.00	23.30	25.00	0 0 . 2 3	
O/55	23.30	24.30	26.00	0 3 . 4 3	
SNR	41.00	48.30	47.00	0 3 . 7 5	10K
O/35	43.30	46.00	49.00	0 3 . 0 6	
O/45	47.00	49.00	52.30	0 0 . 4 6	
O/55	50.3	52.3	56.00	0 0 . 9 6	
SNR	69.00	74.30	80.30	0 3 . 9 8	10M ½ MARA
O/35	74.30	78.00	86.00	0 0 . 4 9	
O/45	80.30	83.30	92.00	0 3 . 8 9	
O/55	86.00	89.30	97.30	1.03.30	
SNR	1.32.00	1.40.00	1.49.00	1.59.00	
O/35	1.37.30	1.45.30	1.55.00	2.06.30	
O/45	1.43.30	1.51.30	2.00.30	2.12.00	
O/55	1.49.00	1.57.00	2.06.30	2.18.00	
SNR	3.38.30	3.55.30	4.18.30	FINISH	MARA
O/35	3.50.00	4.07.00	4.30.00	FINISH	
O/45	4.13.00	4.30.00	4.53.00	FINISH	
O/55	4.47.30	5.04.30	5.27.30	FINISH	
FELL RACES AS PREVIOUS					