

GOYT VALLEY STRIDERS

NEWSLETTER MAY 1991



GOYT VALLEY STRIDERS CHARITY FUN RUN

In an effort to promote the running club within Whaley Bridge we've decided to take part in the Annual Arts Festival. This will take place over the weekend of the 7th, 8th and 9th of June, although our participation will be limited to the Sunday. The basic idea is to see how many miles we can collectively clock up around a three mile circuit through the village between 11am and 3pm. Circuits can be run individually or with other Club members, friends etc at any time during this period. People visiting the Stalls at the Festival will be invited to guess what the final mileage total will be, each guess costing 20p and the proceeds going to charity. Anyone wanting to join us for a lap will be encouraged to do so. For the good of the Club it's very important that as many Club members as possible support the event, both by helping to clock up the mileage and helping out on our 'stall', keeping track of the number of laps etc. Non - running supporters would also be most useful.

Please note there will be a Committee Meeting to finalise the details on Monday 3rd June at 7.30pm in the White Horse. Anyone requiring further details please contact Chris Nelson (0663733792)

P.S. If we could gather together at the Start at about 10.30pm on the 9th, ready for a prompt getaway at 11am this would be appreciated.



WHERE ARE THEY NOW ? OR
ELITE WHAT I HAVE RUN WITH

Most of us started to run for basically simple reasons - a noticeable fall in the level of fitness, to maintain fitness or even to improve fitness.

A few of us run because we say we enjoy it. Then one Sunday morning sitting in your car at a road junction for two hours waiting for the Tunstead Milton 2½ KM Fun Run to pass, you notice that some of the runners are older, fatter and even more decrepit than yourself and you think "I can do that".

Two weeks later you've crawled round the Otter ½ and know that you can't. But of course, it's too late, you've "raced". You're an athlete. You've become competitive. Next time you want to be 427th instead of 689th.

Then one day you enter the "BIG RACE". You know its a "BIG RACE" because there's a programme. Who can resist seeing their name in print? You buy one and go through the list of runners to find yourself. But what's this ? Steve Adonis and Gloria De Milo are running and they're REAL runners. Didn't he come 16th in the Heaton's last year ? And wasn't she 4th Lady in the Marple 7 only last month ?

And now there's a new dimension to your running - to be able to feel you're joined in mutual enjoyment if not actual competition with your idols, by actually being in, sharing in the same race. The "I was there" syndrome emerges.

BUT performances at the top level are stabilising. In fact because of drug testing some falling off has been noticed. WHEREAS performances of "new breed" runners (being a Vet. I love that term) are still improving. Are there now the slightest signs that the so called "Elite" are beginning to look over their drooping shoulders ? Is the Reebok now moving over to the other foot ? I believe so.

CASE HISTORY - INGRID CHRISTIANSEN:

Multi-World record holder over various distances. Ran the London in 1987. There were several runners between us in the actual race but in the Hotel Reception the day before she couldn't have been more than 5 or 6 yards away. But where is she now? I know pregnancy and childbirth demand a break in training but I've been off longer with plantar fasciitis.

CASE HISTORY - PAUL DAVIES-HALE:

Winner of the Chicago Marathon in 1990 and of the Stafford 20 a few weeks later just a stride or two in front of Ralph, Martin, Sue and myself, but failed to turn up in the London last year or this and little has been seen of him since on the Derbyshire/Cheshire running scene.

CASE HISTORY - RITA BANKS

Womens World record holder for the number of marathons - 52 in 52 weeks in 1990. Rita ran the Leek 4 in June last year with several of us from the Striders. One or two of us beat her and I'm sure the fact that she ran marathons on the week-ends either side of

this mid-week evening race, had no bearing on the results at all. And where is she now?

CASE HISTORY - BELAYNEH DINSAMO (ETHIOPIA)

World Marathon record holder (2:06:50 in Rotterdam) but failed to finish (unlike several Striders) in last years London. Apparently he wanted to stop in bed anyway instead of running (didn't we all !). Has won minor races since but where was he in January this year when Chris and myself were taking on the hills of Ripley in the Butterley Brick Half Marathon ?

CASE HISTORY - BRENDAN FOSTER:

Olympian/T.V. Commentator extraordinaire. Also ran well in the '88 Great North Run, finishing only a couple of minutes in front of yours truly. Also in the race were the Great Dane Lasse Viren and an up and coming local lad I didn't know at the time (ignorance is bliss someone said) - the then young and handsome Lou Lomas - now only a few years later, a running legend in Horwich End, New Mills and Bollington.

CASE HISTORY - RON HILL:

Commonwealth Marathon Gold Medallist. Beat me in the '85 Stockport Marathon and the better known Unit 33 Charities 6 at Rochdale the same year, where the nearest I got to him was the adjacent bay in the Gents, just before the race. But where is he now ? He's avoided me ever since with excuses such as knee operations (several), broken arm and others too pathetic to mention.

CASE HISTORY - HIROMI TANIGUCHI (JAPAN)

London Marathon winner in '87 and Rotterdam since. Another foreigner who beat me to the line in '87 but where was he last August when I was doing the Bidduiph 7, or in September for the NES Altrincham 5 or in February this year for the Werneth Low run - nor did he turn up in London for a re-match this year. It's the Coe-Ovett scenario all over again.

CASE HISTORY - DAVE LEWIS:

National XC Champion '85 and '89. Winner of the Robin Hood Half Marathon at Nottingham last year when I had a less than satisfactory run. Has had some little successes since and is supposedly still running at the highest level, but obviously not as high as Werneth Low - another who failed to show at Romiley C.C. this year.

CASE HISTORY - CHARLIE SPEDDING:

London Marathon Winner and also winner of the Anniversary 5 in Reddish in '86. Martin and myself followed him home in that race but significantly it was his last in this part of the world. In the last couple of years he's failed to maintain his high level of performance. Martin and myself on the other hand..... Is unsuccessful surgery really the reason for his retirement.

CASE HISTORY – GELINDO BORDIN (ITALY)

Olympic and European Championship Marathon Gold medalist but dropped out of this year's London being unable to sustain the pace. Chris. and myself swept by to finish comfortably.

CASE HISTORY – SEB. COE:

Superathlete Passed me just before the Cutty Sark in this year's London then really had to change gear to catch Chris.

The odds are getting shorter – the gulf is now a beck. I rest my case.

M.J.C

DIARY DATE..... Important

So impressed was Martin Ellis's brother with the quality of our local training runs that he has decided to pay us a return visit. This time he will be bringing nine fellow members of the St.Neot's Running Club to sample the delights of running in Strider country. The ten merry men will be here over the weekend of the 22nd and 23rd June and we shall be hoping to arrange a training run on the Saturday, a bar snack etc in the evening and a mass entry into the Mount Famine Fell race on the Sunday. (Please note that pre-entry is required for the fell race – phone Lou for details). Would as many Club members as possible try and take part, especially in the Saturday run and social, and help make **it** a sociable occasion. Further details from Lou nearer the weekend.

NEWS—

Goyt Valley Strider Running Vests are now available from **Harrison** Sports, Greek Street, Stockport in a new improved Sub 4 version. These cost £13.50 and are much silkier than the old style – so give your nipples a treat!

GOYT VALLEY STRIDERS 1991 RACE SERIES

Results so far:

17th Feb., 1991 Cloud **9 fell race**

1st Eddie Clitheroe 2nd Mick Turnock 3rd Chris Nelson

7th April, 1991 Cock & Pheasant **10K Road Race**

1st Eddie Clitheroe 2nd Chris Nelson 3rd Mick Turnock

14th April, **1991 Wilmslow Half Marathon**

1st Eddie Clitheroe 2nd Nick Turnock 3rd Chris Nelson

27th April **1991 Shining Tor Fell Race**

1st Eddie Clitheroe 2nd Nick Turnock 3rd Peter Hill

1st May, **1991 Chinley Hard Labour 10K Road Race**

1st Eddie Clitheroe 2nd Steve Hennessey 3rd Mick Turnock

Remaining Races in the series are:

Saturday 15th June	Road Race	Otter Half Marathon
Wed 26th June	Fell Race	Boar's Head Hill Race
Tuesday 2nd July	Fell Race	Hope Fell Race
Sunday 14th July	Fell Race	Peak Forest Fell Race
Sunday 4th August	Road Race	Sale General Portfolio 10 Mile
Sunday 15th Sept	Road Race	Bollington Nine
Sunday 1st Sept	Fell Race	Shelf Moor Fell Race
Saturday 2nd Nov	Road Race	Langley 7
Sunday 17th Nov	Fell Race	Roaches Fell Race
Sunday 1st Dec	Road Race	Stockport 10
Sunday 15th Dec	Fell Race	Christmas Cracker

Please note that the Macclesfield Half Marathon was cancelled and the Wilmslow substituted, and the Tame Valley Trail Race clashed with the Chinley Hard Labour. Hence the changes since the last newsletter. Firm dates for Bollington 9, Langley 7, Stockport 10 and Christmas Cracker still to be published.

Chris Nelson. Editor