

GOYT VALLEY STRIDERS NEWSLETTER JAN 1992



CLUB RUNNING RECORDS				
Distance	MEN	Name	Race / Date	Time
5 Km	Snr.	M. Ellis	Leyland 1990	19.22
	0./50	M.J. Connell	Cheshire Chase 1989	19.17
10 Km	Snr.	E. Clitheroe	Preston 1992	35.40
	0./40	R. Longden	Cheshire Chase 1989	38.57
	0./50	M.J. Connell	Middlewich 1989	38.41
10 miles	Snr.	E. Clitheroe	Stockport 1991	57.59
	0./40	R. Longden	Bury 1989	61.04
	0./50	M.J. Connell	Ribble Valley 1989	64.24
1/2 marathon	Snr.	M.E. Russell	Four Villages 1989	1. 18.58
	0./40	M.E. Russell	Four Villages 1990	1. 22.55
	0./50	M.J. Connell	Altrincham 1989	1. 25.12
Marathon	Snr.	C.G. Nelson	London 1991	3. 03. 21
	0./40	R. Longden	Chesterfield 1989	3. 11. 00
	0./50	M.J. Connell	London 1990	3. 14. 42
	WOMEN			
5 Km	0./35	S. Stafford	Cheshire Chase '89	19.52
10 Km	Snr.	V. Smith	Cheshire Chase '89	55.56
	0./35	S. Stafford	Sheffield 1991	43.25
10 miles	0./35	S. Stafford	Sale 1991	70.26
1/2 Marathon	0./35	S. Stafford	Wilmslow 1990	1. 37.26
Marathon	0./35	S. Stafford	London 1990	4. 44. 17

GOYT VALLEY STRIDERS 1991 RACING LEAGUE RESULTS

ROAD

Wilmslow ½ Marathon	1	:E.Clitheroe	2:M.Turnock	3:C.Nelson
Cock & Pheasant 10K	1	:E.Clitheroe	2:C.Nelson	3:M.Turnock
Hard Labour 10K	1	:E.Clitheroe	2:S.Hennesey	3:M.Turnock
Sale 10	1	:C.Nelson	2:E.Clitheroe	3:M.Turnock
Otter ½ Marathon	1	:S.Hennesey	2:C.Nelson	3:M.Ellis
Bollington 9	1	:E.Clitheroe	2:C.Nelson	3:S.Hennesey
Langley 7	1	:E.Clitheroe	2:S.Hennesey	3:M.Ellis
Stockport 10	1	:E.Clitheroe	2:S.Hennesey	3:C.Nelson

FELL

Cloud 9	1:E.Clitheroe	2:M.Turnock	3:C.Nelson
Shining Tor	1:E.Clitheroe	2:M.Turnock	3:P.Hill
Boar's Head	1:E.Clitheroe	2:P.Hill	3:M.Ellis
Hope Fell Race	1:E.Clitheroe	2:S.Hennesey	3:M.Turnock
Peak Forest	1:E.Clitheroe	2:C.Nelson	3:S.Hennesey
Shelf Moor	1:E.Clitheroe	2:S.Hennesey	3:M.Turnock
Roaches	1:E.Clitheroe	2:S.Hennesey	3:R.Longden
Christmas Cracker	1:E.Clitheroe	2:C.Nelson	3:S.Hennesey

ROAD SECTION WINNERS

First	Eddie Clitheroe	100 points
Second=	Chris Nelson	95 points
Second=	Steve Hennesey	95 points

FELL SECTION WINNERS

First	Eddie Clitheroe	100 points
Second	Steve Hennesey	93 points
Third	Mick Turnock	91 points

OVERALL WINNERS

First	Eddie Clitheroe	200 points
Second	Steve Hennesey	188 points
First Vet.	Mick Turnock	181 points
First Lady	Sue Stafford	81 points

ATTENDANCE AT RACES

First	Eddie Clitheroe	15
Second	Steve Hennesey	14
Martin Ellis, Peter Hill, Dave Goulding & Mick Turnock all did 10		

THE YEAR'S FAVOURITE RACES

First=	Bollington 9 and Peak Forest Fell Race
Second=	Cloud 9 Fell Race and Cock & Pheasant 10K
Third	Wilmslow Half Marathon

CHAIRMAN'S BIT

It barely seems 12 months since the last AGM and prize giving but already another running year has passed by. Yet again it's been a year with plenty of activity in the Club despite our membership numbers remaining about the same as last year. There are some encouraging signs that these might start to increase in the near future, however, with the introduction of our Sunday morning beginner sessions.

During 1990 we took part for the first time in the Arts festival, with our charity run, supported the annual School fun run and hosted a memorable weekend with St. Neot's Running Club. Regrettably we did not organise our own Club race during the year although we are intending to do so in 1992 as part of the Whaley Bridge Carnival. We could certainly do with some income! (Please remember to pay your subs. promptly at the ACM).

The Racing League has been as popular as ever and there have been some creditable performances. Most of the Club seem to be slowly recovering their former fitness or, indeed, running as well as ever. I know the lure of this year's London Marathon will be just the incentive for many of our Club's members to really work at it.

Of course one of our members has been working at it all year and has justifiably dominated the Club races with some outstanding performances. Given some of his recent results in particular, Eddie Clitheroe can look forward to racing the elite in 1992 whilst we'll have to be content with racing each other. A tremendous effort and it's a real tonic to see the Club name appearing towards the very top of the finishers. All we need now is to get some of our 'good vets' firing on all cylinders (Surely Martin Russell can't be injured forever) and 1992 could be a vintage Club year.

One final point; I'm sure all Club members would like me to express our enormous thanks for all the work our retiring secretary, Lou Lomas, has put into the Club over the last 3½ years. Without Lou's efforts there wouldn't be a Goyt Valley Striders, as the original idea of a running club in Whaley Bridge was very much his own and came about largely through his efforts.

Whatever your running ambitions are in 1992 the best of luck with them. Better still, why not write about them for the Newsletter?

Chris Nelson

Goyt Valley Strider's Newsletter

Spring: Publish 1st week in May

Summer: Publish 1st week in August

Autumn: Publish 1st week in November

Please let me have any articles, information, letters etc by sometime the previous week.

GOYT VALLEY STRIDERS 1992

RACE SERIES

Sunday 23rd Feb	Fell	Cloud Nine Hill Race	8¾ miles/950ft
Sunday 22nd March	Fell	Hayfield Ollersett Moor	6½ miles/830ft
Sunday 29th March	Road	Wilmslow Half Marathon	13.1 miles
Sunday 26th April	Fell	Kinder Downfall	10 miles/2150ft
Friday 1st	Road	May Chinley Hard Labour 10K	10 Kilomteres
Wednesday 3rd June	Fell	Kettleshulme Fell Race	5½ miles
Sunday 7th June	Road	Macc.King's School 10K	10 Kilomteres
Wednesday 17th June	Road	arple Seven	7 miles
Thursday 9th July	Fell	Rainow Hill Race	5 miles/750ft
Saturday 11th July	Road	Dorma Five	5 miles
Saturday 8th August	Fell	Tegg's Nose Fell Race	6½ miles.1100ft
Saturday 7th Nov.	Road	Langley Seven	7 miles
Sunday 15th Nov.	Fell	Roaches Fell Race	15 miles/3700ft
Sunday 6th Dec.	Road	Stockport Ten	10 miles
Sunday 20th Dec.	Fell	Christmas Cracker X.C.	10 kilometers

The format for the racing league will remain as last year, with your best five results in each category (Fell and Road) counting in the overall results. The dates for Chinley Hard Labour, King's School 10 K, Marple 7, Dorma 5, Ashbourne ½, Langley 7 and Stockport 10 are only provisional based on last years dates. Confirmed dates will be published in future Newsletters. Please note that the Kinder Downfall race is pre-entry only, by sending £3 to the organiser by 7th April: W.Harrison, 24 Spinnerbottom, Birch Vale, Stockport SK12 5BL. Phone 0663 743305 between 7-8.00pm.

REMINDER: VERY IMPORTANT DATE

Goyt Valley Striders A.G.M. and Presentation Evening

Friday 31st, January 1992

White Horse Inn, Horwich End, Whaley Bridge.

AGM will start at 7pm followed by presentations at 8pm. Free Buffet.

Please do your best to attend and let Lou Lomas know you're coming.
0663 734247.