

GOYT VALLEY STRIDERS



NEWSLETTER
February 2008

INTRODUCTION

A Happy New Year to everyone!

It's the 11th February, my birthday, and the weather is better than we had for the most of last summer! The sun is beaming through the window and all I can think about is going for a run. Sadly I'm injured, again, which means I'll be just thinking about it for the next few weeks.

Enough of my woes and more about what has been happening, and what will be happening in the world of Goyt Valley Striders over coming weeks. This issue contains information about the Club Championship, Ladies Championship and the new Summer Series mid-week Fell Championship. All of which I believe will be hotly contested over coming months.

We have a number of new members and I'm sure everyone will join me in welcoming them to the Striders. Many of you have joined through running with the Strollers; Gail is doing a great job here and she now has a regular group of over 10 taking part. I'm sure it won't be long before some of you are out running with the main groups.

Finally, the front cover is a picture of Kevin Day, accompanied with Steve Hennessey as they dressed up for the completion of Kev's 100th Marathon. Congratulations Kev, we've lived every second of them with you!

Good luck to everyone for 2008.

Mark

AGM

Well, what can I say? A great turn out as over 50 Striders and Strollers met up at the Shady Oak for the Annual General Meeting and Prize Giving. Yes, there were a few hiccups on the night, but all in all things seemed to go well. A list of prize winners is shown below along with the accounts for 2007.

Prize winners:

Club Championship

1st Jon Robinson
2nd Andy Butler
3rd Peter Hill

Ladies Champion

1st Phil Smith
2nd Clare Griffin
3rd Jo Miles

Terry's Race

1st Karl Smith

Chairman's Shield

Andy Pead

2007 Accounts			
Income	£	Expenditure	£
Subscriptions 2007	251.00	Affiliation Fees	209.00
Subscriptions 2008	150.00	Tough 10k Expenses	657.90
Tough 10k Entries	630.00	Eccles Pike Expenses	136.98
Tough 10k Sponsor	100.00	FRA Relay Entry	48.00
Eccles Pike Entries	348.00	Stationery	64.16
Vests	491.50	Website Hosting	59.00
Interest	3.62	Weather Score Boards	54.93
		Drinks Tables	89.85
		AGM Prizes	162.17
		Trophy Engraving	15.00
		Vests	746.04
	1974.12		2243.03
Balance @ 1.1.07	403.85	Balance @ 18.1.08	134.94
	2377.97		2377.97

Running Club Comes On Bounds

The following article appeared in the Buxton Advertiser at the end of January courtesy of our new 'Ace Reporter' Alistair Fitzgerald.

GOYT Valley Striders' Running Club celebrated a successful 2007 during their recent Annual Dinner. Its runners achieved considerable success, representing the area across the country in fell and road races, mountain marathons and ultra-running.

Andy Pead, winner of the Hayfield Fell Series, was awarded the GVS Chairman's Shield. Andy's other wins in 2007 included the Bullock Smithy 56 mile race, which he completed in under nine hours, and Padfield where GVS runner's finished 1st and 2nd.

Jon Robinson, was awarded the Championship Prize, for his consistently strong performances across a range of 14 races. Philomena Smith took the inaugural ladies shield.

Other 2007 highlights included the club finishing 39th out of 117 team's in the National Fell Running Relay's. Sarah Ledbury, Peter Davies and Philomena Smith all representing the club strongly in the London Marathon.

Paul Hunt finishing 37th in the Montrail Ultra Running Series, competing in 4 race's totalling 180 miles. Andy Butler finishing 25th in the Vet 50 English Championships.

Nik Cook taking part in the Pennine Duathlon, an event which starts with a marathon, progresses to a 100 mile mountain bike, and finishes with a marathon.

Tim Newton and Paul Hunt completing the two day Low Alpine Mountain Marathon in Scotland. Jo Miles finishing first female in the Bullock Smithy 56 mile race, followed home by Clare Griffin.

Mark Whelan, Kevin Day and Steve Hennessey travelled to Spain to represent the club in half and full marathons and Daniel Fitzgerald completed Terry's seven mile fell race in a new junior record.

Club members are also involved in the organisation of seven local races around the Goyt Valley area, which continue to raise money for charity and attract large fields. Two of the races are for club runners only and involve an element of orienteering.

Chairman, Pete Hill, reflected on a very positive year; "The club has a growing and very active membership. Its runners are really becoming noticed across the country"

Secretary, Mark Whelan, pointed out that it had been "a very positive year and the Striders had enjoyed considerable success, but retained its friendly and welcoming atmosphere"

2008 Membership

For those who have not renewed their membership for this year it is now due. Membership remains at £10 for an individual and £20 for a family. Please forward to the Secretary ASAP.

Committee

The committee and officials for this forthcoming year are::

Chairman: Peter Hill

Secretary: Mark Whelan

Treasurer: Di Howe

General Steve Hennessey

Committee: Kevin Day
Philomena Smith
Gail Hull
Shaun Coram
Alistair Fitzgerald

Shady Oak Tough 10k

The Shady Oak Tough 10k takes place on the 14th May 2008 from the Shady Oak pub, Fernilee. This is an important fund raiser for the club and we need helpers and runners on the night. Full details can be found on the website or by contacting the race director Kevin Day.

New Race – The Whaley Bridge Carnival Fell Race

The Striders are proposing a new race to be run in conjunction with the Whaley Bridge Rose Queens on Satur**100 AND STILL GOING**

It's Saturday 12th of January 2008 and I'm sitting on a train from Brussels to the Belgian town of Genk. As I watch the countryside go

by I think about the long journey I have taken to reach this point; tomorrow morning I will be standing on the start line once again to push myself through another race, only this will be a very special one, it will be my 100th Marathon.

The story, I guess, started on the 11th March 1984 when I ran my first race; it was the Portsmouth Half Marathon and I finished it in a time of 1.35. I can't say the race motivated me to do another race. I like to run and carried on doing so with no interest in entering any races, then a friend I had near Southampton gave me an entry form for the Southampton Half Marathon on 4th May 1986; this was a much tougher course and I really enjoyed the race and finished in 1.41 – this I would say was the start of my racing.

I did my next race 4 weeks later; another half marathon this time at Petworth in West Sussex and by now the bug had got me and I was out racing most weekends. At one of these early races I obtained an entry form for a marathon, it looked like a good challenge, so I entered it, and on Sunday 14th September 1986 I was standing in New Milton on the start line of the New Forest Marathon, my first attempt at running this rather long distance. I don't think I was too nervous at the time as I had walked this distance before, I also remember it was a warm day but that's about all I remember about the race. I know I really enjoyed it, as even though it was hard work, I finished in a time of 3.50.

On the train back home after the race I got talking about the day's events with 2 lads that had also ran in the race and from that meeting, I ended up joining their running club. day 28th June 2008. Philomena Smith is the Race Manager and needs all the help that you can offer. In fact, we need all the Striders to pull together to make this one a real success.

I must have liked the marathon as a distance, as I wasn't put off by my first attempt and I entered another one. The following year I did 2 marathons and then 1 in 1988.

My break down of marathons per year until 2005 is: 1 in 1991, 7 in 1992, 10 in 1993, 1 in 1996, 2 in 1997, 2 in 1998, 5 in 1999, 3 in 2000, 3 in 2001, 3 in 2002, 3 in 2003 and 7 in 2004. This gave me a total of 54 races. At this point I wasn't counting some of the races on my list of marathons as at the time they didn't count off-road and ultras within the 100 Club. This changed after doing the Isle of Man marathon in August 2005, when I was told that the rules on what counted and what didn't had been changed; my off road and ultras could now be included in my figures. I ran 11 races in 2005 and 14 in 2006, taking me up to 79 marathons.

With the end in sight I set myself a target of making the Tresco marathon (Isles of Scilly – 28 miles from Lands' End) in April 2008 my 100th race. All was going well in 2007. I had planned the year's races meticulously, but ended up running a couple of races I had not originally intended. The plan changed at Dublin in October 2007 when a friend asked me if I could not do my 100th in Tresco but Genk in January instead; this was because a lot of people I knew would be there to see me do it.

As a result I reorganised my race programme a little to move the big day forward. I did a total of 19 races for 2007 giving myself a total of 98 marathons completed.

I entered 2008 with a busy start to the year. My first marathon was on January 5th at Stevenage; I didn't run too badly and finished in 3:35:48. I was happy with my performance at my 99th, so I was all set for the big run.

I was travelling to Genk with Steve Hennessey and a friend from Birmingham called Warren. At Genk we met up with 2 friends from Liverpool, Steve and Colin. After a coffee we went off to get some food and after that we headed to the sports centre where the race was taking place. The next day we met the race organiser who had sorted out a b & b for Steve and me. We met up with Micha the race organiser and he got someone to take us to our accommodation. We arrived at our b & b and got settled in, I then went out for a walk. We decided to have evening pasta at our accommodation and after eating we went for a walk around the village we were staying in before we retired for the night.

The next morning after breakfast the owner of our b & b gave us a lift to the race HQ.

We picked our numbers up and met up with about 40 people I knew that were also running in the race. Steve and I got changed into our Convict Costumes and made our way to the start line. I was quite relaxed about the race and didn't let the occasion get to me. The conditions were ideal for running with blue skies and a pleasant temperature. The course was a 7 lap route with a small climb near the start of each lap; the rest was mostly flattish with a small downhill section $\frac{3}{4}$ of the way round. It got a bit difficult later on to work out who was running which race in the latter stages as there were also 21km and 11km races in process that started at different times after our race on the same course.

I got started and settled into my run very quickly and ran the first 4 laps quite comfortably, but then I went through a bad patch on laps 5 & 6 and seemed to struggle a little and my lap times slowed by about 3 to 4 minutes each. I went though the end of lap 6 and stopped at the drinks station in need of energy - I had some banana, a bit of cake, a cup of Coke and the last of my jelly babies; this added to the fact I was 6km away from the finish gave me a big lift.

I set off on my last lap and got stuck into the hill and pushed myself as hard as I could around the last few miles, I seemed to feel better with every step and kept on pushing to the finish. As I made the final turn and could see the finish line, I upped my pace to almost a sprint and as I passed the finish line I jumped up and touched the finish banner as I went though. As I stopped after crossing the finish I punched the air in celebration I had run the race in a time of 3:35:48 - exactly the same time as the previous week. A feeling of great joy came over me as I realised I had made it to the magic 100, I was so glad that I had achieved my goal.

After getting changed we all went to the prize giving to consume lots of beer. I was presented with a medal from the 100 marathon club and Micha presented me with a gift as well for my achievement; Steve gave me a bottle of champagne to celebrate with. After the presentation we caught a bus back to the station to get the train back to the airport. On the train we opened the champagne and had a celebration drink. We got to the airport and flew back home ready for another adventure.

So what do I do after this? Give up running marathons? No ... I went to Gloucester 2 weeks later to run another one! I'm not sure how many marathons I'll do this year but it will be in double figures again, so just I'll keep on running and enjoying what I most like doing.

Kevin Day

Curry Night

We've not had one for a while, so I thought I'd schedule one in for Thursday 13th March 2008 at 8:45pm. Let Mark or Pete know if you will be attending. Venue is Passage to India, Whaley Bridge.

Orienteering / Map Reading

There was much conversation on the forum following the event in early January organised by Peter Hill. In terms of the event itself the feedback has been very positive and we must thank Pete for that. The need for more club/training events where map reading is required was the other main element of the comment that followed.

We have received some correspondence from the Manchester and District Orienteering Club (MDOC) who have been monitoring things on the forum. Here it is:

Goyt Valley Striders and orienteering events

Background;

Orienteering is a running and navigation sport, with the emphasis on running at the top levels. Orienteers often do well at major mountain navigation events such as the OMM, especially when poor visibility makes good navigation essential.

However, many have a wrong image of what the sport is. MDOC and other clubs are working to break down the misconceptions and encourage more people to at least try the sport for themselves. If we get some converts from our efforts we will of course be pleased.

We are looking for ways to highlight our events to a wider audience. I reached the Goyt Valley Striders web site via a site listing outdoor/running clubs and was interested to see that the orienteering event in early January was enjoyed.

What we are trying to do;

- Highlight the sport of orienteering to a wider audience.
- Attract people to the events so they can have a go themselves, at their own pace.
- Offer advice on techniques to improve performance.

What we are not trying to do is pull people away from other sports or clubs. There is crossover between fell running and orienteering, several of our members also go fell running and it appears that several GVS members have been members of orienteering clubs in the past.

Within orienteering there are several levels of competition, at the regional and national level the lengths of courses for each age class are carefully controlled and can only be changed with agreement of the national organisation.

At the lower levels (this means local events, not necessarily less experienced competitors- it's common to run exactly the same course as a GB squad member at local or district events, getting hammered in the process!) it is possible to adapt the courses to more local needs.

MDOC Proposal

The proposal, which needs refinement through discussion with us, is that MDOC lay on a course specifically for runners at some of the spring/summer evening events they are holding this year at Lyme Park.

They have dates already agreed with Lyme Park;

- Thursday 1st May
- Tuesday 6th May
- Thursday 15th May
- Tuesday 20th May

The first three events are what we call introductory events, suitable for beginners but also for more experienced people who want a quick run.

The fourth event will go to a higher technical level. None of the events will be using the checkpoints on the permanent orienteering course.

On top of these courses, they are proposing to add a course of around 5 miles, with a good distance between each checkpoint/group of checkpoints (more than a normal orienteering course but probably less than your course in January). This will allow members to still get a decent run with hills, variation in terrain but also will help develop navigation skills and route choice decisions. They think with careful planning and staggered start times we can reduce the risk of following.

All the events will have electronic splits timing so you can compare with others which is useful to learn about route choice (was going round a hill with a longer distance faster than going up and over). All events will have route analysis by Routegadget so you can simulate a mass start and see where you lost/gained time against others on your course, again useful in the learning process. Results go on the web normally the day after the event.

I agreed to highlight what they are proposing in the newsletter and agreed to let them have a feel for the likely numbers that would attend. All the events are entry on day only and they print maps on demand, but having an idea of numbers always helps.

They can put together an example of the type of course they would provide if needed. The maps they use are not OS maps so it may be an idea to get an example map to anyone interested so they you familiarise y with the symbols.

In summary; improve your Navigation skills

- Runners orienteering courses
- 4-5 miles
- Electronic timing for route analysis
- Lyme Park, start times from 6 until 7
Thursday 1st May
Tuesday 6th May
Thursday 15th May
Tuesday 20th May
- Advice on techniques will be available

If you are interested in taking part in any of the events then MDOC would like to know. They won't put the effort in without some commitment on numbers. Therefore, if you are interested then please let me know via email, telephone or post something on the Internet forum.

The Secretary

New Members

A number of new members have joined the club over the past few months which is great news for the individuals and great news for the club as well. We now have over 60 members.

Some new members joined on the AGM night and did not complete a registration form. I need these to be completed for several reasons, not least in order to register you with UK Athletics.

It was also not clear from some forms that were received whether they have joined the Striders as their 1st Claim Club i.e. registered with another club for competition and registered with the Striders for training etc. Where there is any doubt I will of course make a registration as 1st Claim.

In the meantime I would appreciate if those who have not completed a form could do so. Where a family membership has been paid this means a form for each person. Please send forms to me ASAP. Without a form I cannot register you with UK Athletics.

On the subject of UK Athletics the Club have decided to remain affiliated for at least another year. For new members I will register you ASAP, but UK Athletics have advised me that, due to issues with their database, I will be unable to make new registrations with them before April 1st. If this affects you, and you intend to enter a race where your UK Athletics number is required, then please let the organisers know that UK Athletics have advised that you can register as a Goyt Valley Strider.

The Secretary

Club Championship 2008

16 races have been chosen for this year's club championship; two more than previous years. The best 10 races will count towards your total score. The first race has already taken place and the results can be found below.

Rules as follows:

1. The following 16 races make up the events for the 2008 Club Championship.
2. Individuals will be allocated points depending on their finishing position within the club in that particular race. The highest placed Goyt Valley runner will get 30 points, the second 29 points and so on.
3. An individual's best 10 races will count towards their total score. For example, if they complete 12 races, their worst two scores will be discarded.
4. Prizes at the AGM

Race 1 – Tigger Tor

1.	Mike Hudson	1:20:13	(30 pts)
2.	Geoff Lawton	1:35:47	(29 pts)
3.	Joe Webb	1:39:34	(28 pts)
4.	Mark Whelan	1:39:39	(27 pts)
5.	Peter Davis	1:40:29	(26 pts)
6.	Peter Hill	1:42:44	(25 pts)
7.	Paul Hunt	1:48:39	(24 pts)
8.	Philomena Smith	1:52:41	(23 pts)
9.	Karl Smith	1:53:38	(22 pts)

Ladies Club Championship

The same 16 races count for the Ladies Championship as for the Main Championship. The only difference is that your best 8

races count towards you final score and a minimum of 6 have to be completed to qualify.

RACES

No.	Race Details	Type
1	SUN. JAN 27. TIGGER TOR (R). BM. 11.00 a.m. 10m/1750' from Sheffield Tigers RUFC (GR 299821). £5 pre-entry on form from website or £6 on the day. Teams (3) free. ER/LK/NS. Over 18. Records (new route): 1.12.31 P. Winskill 2007; f. 1.18.41 J. Mciver 2007. Showers/changing/bar food etc. in Rugby club. Counter in the Totley Race Series. Details: Don Longley, 39 Gosforth Drive, Dronfield Woodhouse, Dronfield, S18 8NG. Tel: 01246 418545. Email: donlongley@btconnect.com Website: totleyac.org.uk	Fell
2	SAT. MAR 8 GRINDLEFORD GALLOP 10.00am 21m from the Pavilion, Grindleford Playing Fields, Grindleford, Hope Valley. £10 pre-entry on from website or enter on-line. Limited entry may be available on the day. Details: The Event Secretary, Po Box 4203, Sire William Hill Road, Grindleford, Hope Valley, S32 2HP.	Multi-Terrain
3	SUN APR 13. KINDER DOWNFALL (R) AM. 11:00am 10m/2500' from Hayfield Village (GR 037870); Registration at Scout Hut, Swallow House Lane (GR 035873). £4 to organiser by 7th April – cheques payable to "Kinder Downfall Fell Race". Limit 300 Teams (3) free. ER/LK/NS/PM. Over 18. Records 1.01.46 M. Kinch 1995; f. 1.14.46 S Rowell 1995. Details: David Soles, 2 Cote Lane, Hayfield, High Peak, SK22 2HL. Tel: 01663 741658. Email@ soles.kingsway@hotmail.com Website: cs.man.ac.uk/~temples/hc/	Fell
4	WED. APR 16. 'JOE BARBER' HEROD FARM (R). AS. 7.30 p.m. 3m/1100' from the Drovers Arms, Primrose Lane, Glossop (GR 033929). £3. Teams free. Over 14. Records: 22.19 L. Taggart 2007; f. 26.34 N. White 2007. No safety pins. Limited parking. Details: Andy Wilkins, 30 Godward Road, New Mills, High Peak, SK22 3BU. Tel: 01663 745831. Email: andrew.wilkins9@btopenworld.com Website: glossopdale.org.uk	Fell
5	SUN MAY 18 EYAM HALF MARATHON 10:30am 13.1 m from Eyam Village Centre. £13 on Official Entry Form Only, available from www.eyamhalfmarathon.org.uk or contact Mark Whelan, GVS Secretary. NB, NO ENTRIES ON THE DAY. Details Mr and Mrs J.A. Oddy, 'Le Roc', The Lydgate, Eyam, Hope Valley, Derbyshire, S32 5QU	Road
6	WED. JUN 4. RAINOW FIVE (R) BS. 7.30pm. 5m/750' from Rainow Institute. £3. PM Over 18. Records: 31.28 M. Kinch 1992; f 37.49 C. Banlin 1994. Details: Colin Fray, The Stables, Ward Lane, Disley, Stockport, SK12 2BZ. Tel: 01663 766508. Email: Colin@c-fray.orangehome.co.uk	Fell

- 7 **WED. JUN 11. BOAR'S HEAD. BM. 7.30pm 8m/1322'** from the Fell
Boar's Head Hotel, Shrigley Road North, Poynton (GR
SJ943833), £3. Teams free. LK/NS/PM. Over 18 Records: 43.34
L. Taggart 2007; f 52.01 J. Lee 2007. No Safety Pins. Details:
Dave Jones, 114 Dale House Fold, Poynton, SK12 1DG. Tel:
01625 873347. Email: djonesfra@aol.com
- 8 **OFFERTON 10K.** Further details as soon as they are available Road
(Race expected to be 2nd July)
- 9 **ROUND THE RESERS** Further details as soon as they are Road
available (Race expected to be mid July)
- 10 **WED. AUG. 6. CRACKEN EDGE (R). BM. 7.30pm 7m/1450'** Fell
from the Kinder MRT HQ, behind George Hotel, Hayfield (GR
SK036869). £4. Teams Free. PM. Over 18. Records: 40.30 L.
Taggart 2006; f. 49.05 J Lee 2007. Details: Alison Brentnall, 8
Leygate View, New Mills, High PEAK, sk22 3ef. Tel: 01663
746476. Email: Alison.brentnall:btinternet.com Website:
cs.man.ac.uk/~temples/hc
- 11 **SAT. SEP 20. LANTERN PIKE (R). BS. 2.00pm. 5m/1050'** from Fell
Spray House Farm, Little Hayfield (GR Sk035886). Pay £5.50
(approx) entry to show. PM. Over 16. Records: 29.12 R.Wilde
1977; f. 34.50 C Haigh 1984. Details: Jim Trueman, Ivy Farm,
Slack Lane, Little hayfield, High Peak, Sk22 2NQ. Tel: 01663
743179. Email: jtrueman@cisco.com Website:
cs.man.ac.uk/~temples/hc/
- 12 **SUN. SEP 21. ASHBOURNE HALF MARATHON.** Further details Road
as soon as they are available or visit
<http://www.ashbournedistrict.lions105e.org.uk/events.htm>
- 13 **SUN. OCT 26. PASSING CLOUDS (R). BM. 11.00am. 9m/1800'** Fell
from Winking Man Pub on A53 Buxton to Leek road (GR
SK026637). £4. Teams (3) free. LK/NS/PM. Over 18. Records
65.12 D Neil 1997; f 81.12c T. Greenway 2002. Details: John
Amies, Home Farm, Hilme, Walfield, Congleton, CW12 2JJ. Tel:
01260 277472. Email: jhamies@gmail.com Website:
www.congleton-harriers.co.uk
- 14 **LANGLEY 7** Further details as soon as they are available Road
(expected to 1st November)
- 15 **SUN. NOV 9. ROACHES (R). BL. 10.30am 15m/3700'** from the Fell
Village Hall, Meerbrook, near Leek (GR 987608). Teams free.
ER/PM. Over 18. Records: 1.50.10 J. Taylor 1991; f 2.20.40 K.
Parker 1992. Parking and toilets at Tittesworth Reservoir, 15
mins walk to start. Details: Andrew Addis, 10 Wooliscroft
Avenue, Newcastle Under Lyme, ST5 0NR. Tel 01782 612838.
Email: Andrew_addis@lineone.net

Summer Series Fell Championship

This is a new competition. Rules as follows:-

1. The following 7 races make up the events for the 2008 Summer Series Fell Championship
2. Individuals will be allocated points depending on their finishing position within the club in that particular race. The highest placed Goyt Valley runner will get 30 points, the second 29 points and so on.
3. An individual's best 5 races will count towards their total score. Therefore, if they complete 6 races, their worst race score will be discarded.
4. Prizes at the AGM

No. Race Details

- 1 **WED. APR 16. 'JOE BARBER' HEROD FARM (R). AS. 7.30 p.m. 3m/1100'** from the Drovers Arms, Primrose Lane, Glossop (GR 033929). £3. Details: Andy Wilkins, 30 Godward Road, New Mills, High Peak, SK22 3BU. Tel: 01663 745831.
- 2 **TUE. MAY 13. BURBAGE SKYLINE (R). BS. 7.30 p.m. 5.75m/1200'** from Fox House Inn (GR 267803) on A625 Hathersage to Sheffield Road. Details: Andrew Moore, 5 Silverdale Crescent, Sheffield, S11 9JH. Tel: 0114 2620087
- 3 **WED. JUN 4. RAINOW FIVE (R) BS. 7.30pm. 5m/750'** from Rainow Institute. £3. Details: Colin Fray, The Stables, Ward Lane, Disley, Stockport, SK12 2BZ. Tel: 01663 766508.
- 4 **WED. JUN 11. BOAR'S HEAD. BM. 7.30pm 8m/1322'** from the Boar's Head Hotel, Shrigley Road North, Poynton (GR SJ943833), £3. Details: Dave Jones, 114 Dale House Fold, Poynton, SK12 1DG. Tel: 01625 873347.
- 5 **THU. JUN 19. GRINDLEFORD (R). CS. 7.30pm. 4.5m/500'** from Bishops Pavilion, Grindleford, Hope Valley (GR Sk244778). £3. Details: Joy Benn, Highmead, Sir William Hill Road, Grindleford, hope Valley, S32 2HS. Tel: 01433 630221.
- 6 **FRI. JUN 27. TIDESWELL (R) BS. 7.45pm. 4.4m/850'** from Tideswell Picnic Area car park (GR302799). £4. Details: Keith Houghton, Beechcroft, Whitecross Road, Tideswell, SK17 8NY. Tel: 07768 983989:
- 7 **WED. AUG. 6. CRACKEN EDGE (R). BM. 7.30pm 7m/1450'** from the Kinder MRT HQ, behind George Hotel, Hayfield (GR SK036869). £4.. Details: Alison Brentnall, 8 Leygate View, New Mills, High PEAK, sk22 3ef. Tel: 01663 746476.

Goyt Valley Strollers

Happy New Year to all 'Strollers' present and future. We currently have 14 ladies 'in the book' along with a number of juniors, guests and pets!

The commitment shown amongst the members has been impressive...

- Many travelling some distance to 'stride out' for that early morning start on Saturdays, even in the snow!
- Some keen to set up branch groups of Strollers in their own villages.
- Suggested running events have been well attended and thoroughly enjoyed.
- A sociable bunch even turned out for the AGM and paid their subs to be officially 'part of the club'.

WELL DONE EVERYONE!

Club Events

The **Xmas Pudding Race** was well attended. It was an opportunity for some to experience that '*race feeling*' for the first time, as well as a chance for partner Striders to get that '*spectator feeling*' on the side-line. We also got several of the **juniors** involved. Emma Hull (7yrs) and Callum Webb (8yrs) were our youngest members, along with Julia, Hannah and Steph representing the Teens.

It was great to catch Sarah (Peter's daughter) there and a special '**well done**' for Melanie who entered and finished in the BIG RACE.

BIG THANKS to Pete (and Donna) for setting up the short course for us to be involved in the **Club Orienteering Race** after Xmas. It was pretty exposed at Grid Ref. 024752. The Strollers all started windswept and apprehensive (young Alistair constantly shivered), but all got round and bounded back to base looking radiant and happy.

The **AGM** - great turn-out by all. Strangest thing about the evening was seeing members in normal clothes!!! Bigger venue probably in order for next year! Stroller awards hopefully to be added for next year!

Opportunities to run

These currently stand (but are subject to change)...

- **Saturdays 8am...** this is the main club run from the **Fruit Shop in Whaley**.
(Quick mention the ladies in the shop have been fantastic support for the group looking after an array of keys, valuables and kit while we have a leg around the block. If anyone turns up late they are likely to point you in the direction we have gone.)
- **Tuesdays 7 pm at Canal Basin**. Jackie and Helen Parry are looking forward to the light evenings and better weather!
- **Wednesday mornings** some where in Kettleshulme!!!
- **Wednesday morning 9.15ish...** from Fruit Shop in Whaley. Ring Gail to check.

NEW MILLS run hopefully starting when viable...

Finally, good luck to Jackie who has entered the Belfast Race later in the Spring. Any recommendations for future Fun Runs that members would enjoy entering please let me know.

Gail Hull



Strollers at the Cheddleton 10k

Application Form

If you want to join The Striders or know anybody who wishes to join then complete the attached form and send it to the secretary.

GOYT VALLEY STRIDERS MEMBERSHIP APPLICATION FORM

SURNAME																		SEX	
<div></div>																		<div></div>	
FIRST NAME												DATE OF BIRTH							
<div></div>												<div></div>							
POSTAL ADDRESS																			
<div></div>																			
<div></div>																			
TOWN																			
<div></div>																			
COUNTY												POSTAL CODE				ESSENTIAL			
<div></div>												<div></div>							
DAYTIME TELEPHONE (STD ESSENTIAL)												HOME TELEPHONE (STD ESSENTIAL)							
<div></div>												<div></div>							

I fully understand that I shall train and race with Goyt Valley Striders running club entirely at my own risk, and that the organisers of Goyt Valley Striders running club are in no way responsible for any injury, illness or loss that I may suffer or any injury that I may cause during any activity connected with the club.

SIGNED:

DATED:

If under 16, signature of parent or guardian

Useful Addresses And Telephone Numbers

The Chairman

Peter Hill
127 Buxton Road
Whaley Bridge
High Peak

Tel: 01663 734756

The Secretary

Mark Whelan
11 Shallcross Mill Road
Whaley Bridge
High Peak
Sk23 7JQ

Tel: 01663 733930

The Treasurer

Di Howe
Eastwood
25 Elnor Lane
Whaley Bridge
High Peak

Tel: 01663 733382