

GOYT VALLEY STRIDERS



NEWSLETTER
AUGUST 2009

Andy Pead, 2nd Place, Kinder Trog

INTRODUCTION

I'm writing this just as we're getting some good weather, at last! The past several weeks have seen some terrible weather, making it a real struggle to get motivated to go for a run. That's not the case for many members though. Mark Richards and Will Meredith have just completed a 100 mile race; Kevin Day a 94 mile race and several others are training for the 56 mile Bullock Smithy and the High Peak 40 in September. The majority of us have our sights set a little lower, which is not a bad thing; but why not focus on one of the Autumn Club Championship races? With a local Half Marathon and a number of local fell races included, they could just be the motivation you need.

If there is one thing I would ask you to pay attention to it's the details on the 21st Anniversary Party. We've booked Chapel-en-le-Frith Golf Club for celebrations and hope as many of you as possible can make it. Further details can be found on the following pages.

The newsletter also contains details of the FRA British Fell Running Championships. Three teams have been entered this year; we just need members to come forward and take part!

Finally, welcome to our new members. I hope you and the rest of the membership enjoy this summer newsletter.

Mark
The Secretary

BTW – sorry the newsletter is late, but...underwhelmed with responses for a new editor for the newsletter, it looks like you're stuck with me for the foreseeable future; unless...

21st Birthday Celebrations

The Striders are 21 years old this autumn and we are planning a party to celebrate; the venue, the disco and the buffet have been booked! The club are paying for room hire, the disco and the majority of the food; however, we do have to ask for a small contribution to make ends meet. Details as follows:

Event: Goyt Valley Striders 21st Birthday Party
Venue: Chapel-en-le-Frith Golf Club
Date: Friday 9th October 2009
Time: 7:30pm until 12:00 midnight

Includes Licensed Bar, Disco and Buffet.

Buffet:

Honey Roasted Ham
Roast Topside of Beef
Homemade Quiche (v)
Hot Salad Potatoes (v)
Red Salad (v)
Curried Spiced Rice (v)
Pesto Roasted Vegetable Pasta (v)
Sliced French Bread

Entry by ticket only at £5.00 per person

For further information and to obtain your tickets, contact the secretary. Last day for obtaining tickets is Friday 2nd October 2009. But please don't leave it that late!

Contact: Email: mawhelan@tiscali.co.uk Tel: 01663 733930
Mobile: 07855 462 145

ParkRun www.parkrun.com (By Rebecca Glen)

Parkrun is a rapidly spreading phenomenon of weekly 5K timed runs. Every Saturday at 9 am in Bramhall park an ever-increasing number of people gather for a 5K race. Since it started last April I have taken part 17 times. The best thing – it's free! You just need to register on the website first.

www.parkrun.org.uk/bramhall/Home.aspx

The course is two laps around the park, divided between tarmac and paths through trees. There are a couple of hills (not too bad for GVS types!) and, of course, the picturesque backdrop of Bramhall Hall.

It's an excellent way to try and improve your speed. Or if you've not yet dared enter a race, to have a go. Runners of all abilities take part with finishing times from 14:50 (Steve Vernon, a world cross country runner) to 50 minutes. So there are some very fast people but likewise a lot of beginners. Also welcome are children of any age who can enjoy the atmosphere of the race and can stop after one loop if 5K is too far. I have even seen a guy racing with a pushchair. Other "pushy" parents can sometimes be seen shouting at their offspring for not going fast enough – poor things!

As the events are free they rely on volunteers and I have bagged a T-shirt for marshalling more than 5 times. You can also get them for running but have to work much harder – run 50 times! (10 times for juniors.) For extra incentive there is a prize of a pair of trainers each month to reward someone for consistent improvement (from any level). If I'd thought about it sooner (and was totally unscrupulous) I should have started off running slower!!

From 80ish runners in April 2008 the Bramhall event has grown to around 300 runners which does make it rather overcrowded in places. Sometimes it can be quite difficult to overtake (at least that's my excuse!). However, another parkrun has just started in Woodbank park, Stockport which should help relieve the pressure on Bramhall:

www.parkrun.org.uk/woodbank/Home.aspx

Another good thing about it, in my view, is the number of stats on the website! For instance, if you search for our club you pull up the following:

| Athlete | Num Runs | Num PBs | PB Improved By | RunTime (Min,Avg, Max) | AgeGrade (Max,Avg, Min) |
|------------------------|-------------|------------|----------------------|------------------------------|-------------------------------|
| Christopher HARDING | 25 | 8 | 113 | 19.04 | 79.28% |
| | | | | 20.24 | 73.74% |
| | | | | 22.09 | 67.64% |
| Brian HOLLAND | 2 | 2 | 34 | 19.26 | 77.79% |
| | | | | 19.43 | 76.35% |
| | | | | 20.00 | 74.92% |
| Rebecca GLEN | 17 | 8 | 128 | 23.17 | 63.85% |
| | | | | 24.36 | 60.40% |
| | | | | 26.04 | 57.03% |
| Emma GLEN | 1 | 1 | 0 | 29.53 | 49.58% |
| | | | | 28.53 | 49.58% |
| | | | | 29.53 | 49.58% |

And there's all your race times, percentages etc so you can easily track improvement (or be motivated to make more effort by lack thereof!). These usually appear on the website later the same day. There are also photos on the website...

I reckon I might give it a go, could get a PB without having to put in any more effort as I'm assuming it's flatter than Bramhall! Lots more information can be found on the websites mentioned above. Hope to see some more GVS parkrunning!

Rebecca

West Highland Way – The Art of Underestimating

By Kevin Day

The West Highland Way is a 95 mile long path, from Milngavie Railway Station 7 miles north of Glasgow City Centre to Fort William with a total ascent of 14,760ft.

My desire to run the West Highland Way started back in 2006 with a trip to Loch Lomond, when I did a walk along part of the route and got talking to others who were walking the whole route. After visiting the local tourist information centre and obtaining a book and map of the route, I had the idea of walking the whole route myself.

On my return I put the idea to a friend; he did not want to walk it but suggested we jog it in 20 mile stages. After a good think about the idea and having found out that a race was held over the route, I thought it might be an idea to look at doing the race, rather than just jog it and that way it would add another ultra to my list.

After having looked at the race website and studying the route I decided to enter the race, so I waited until the entries opened in the August (2007) for the race the following June (2008). Once the entries opened I sent my entry in, I did not make the starting list but was put on the reserve list. I stayed on the list until the March when I felt leaving it any longer would make it hard to prepare myself and my backup team, so I withdrew my entry and would try again for the following year's race when the entries opened in the August for the following June's race. I put my entry in and made the start list, so it was all go for the race on June 20th 2009.

Having looked closely at the race I set myself a goal of running it in under 24 hours, less than 200 people had done this so far, so I knew it was not going to be easy. The farthest I had ever run before was just under 60 miles.

My plan was to finish 2008's marathons and then use the 1st half of 2009 to train for the race. I was running well in 2008 and things were looking good when I ran 3.13 in Florence at the end of November. I picked up a bug 2 days before the Round Rotherham 50 mile race in early December, I started the race on a very wet and cold day, by 17 miles I was very cold and unable to eat, so unlike me I took the decision to pull out of the race rather than put myself at risk. At this point normal people go home to bed, so I drove down to south London to spend the night at a friend's before heading down to Hastings the next morning.

The weather was good in the morning so I did the Hastings marathon, I was a bit slow and finishing in 4.24, that was the last run of the year, it took a few weeks to get back running after that.

2009 started with a plan of not to do many races, I had agreed to take part in the High Peak Marathon in March, so I was doing a large amount of training for that with Steve Hennessey. My 1st race of the year was the Draycote Water 35 miler near Rugby, I had a rough plan to run up to the marathon point with a bit of pace and then slow it down and stretch it out to last around 5 hours. On the day I went through the marathon point in 3.36 and finished in 5.02.

Next up was the High Peak Marathon, my plan was to do just enough to keep up with the team, I was doing this as a good training run and was more interested in finishing than the time,

so I took it easy on the bits I didn't like without slowing the team down.

I just picked them back up when I got a bit more behind than I liked or a section I liked turned up i.e. down hill or good surface. We finished the race and I felt fine, I was pleased with my fitness.

My next race in April was The Highland Fling a 53 mile run over the 1st half of the West Highland Way. I had entered this as an opportunity to recce the route. On the day it turned out to be a little bit hot. I ran quite well to Rowardennan at 27 miles arriving in around 5 hours after that I took it a bit easy and enjoyed the scenery and got to Tyndrum in just over 12 hours feeling in good shape. The next day I drove up the 2nd half from Tyndrum to Fort William to take a look at the 2nd half of the Way.

Next on my race list was the Halstead 30 miler. This was a new race this year sort of, it was really the marathon which I had done a number of times with an extra loop added, entry was different for this as you had to enter the marathon then email the race organiser and ask to run in the ultra. The ultra was limited to 40 and you had to be past the 25 mile point in around 4.15, so no taking it too easy, not knowing how much the rule was going to be enforced I had decided to run at a good comfortable pace. I did this and just bobbled along feeling quite relaxed; I am good at running an even pace even though I don't look at my watch when running, I went past the 25 mile point and one of the marshals shouted out something that sounded like 3rd but I wasn't too sure if that was what was said. On reaching the 26 mile marker I was told I was in 3rd place, I was a little surprised as I didn't feel I was running at full power. A clock was at the marathon point and as I got to it I could see it reading 3.23, I thought this must be wrong so I

looked at my watch and it said the same. I decided that I would push it to the finish and try to maintain my position, I did and finished in 3.53. I was pleased with my performance.

My last race before the big one was the 32.5 mile Dartmoor Discovery; a tough road race. My plan was to take it easy as it was 2 weeks before the WHW and I did not want to be digging into reserve energy. All started well, the weather was good for running and I got into a nice gentle pace. All was fine for the 1st 10 miles then the weather changed, heavy rain arrived and the temperature dropped to 5 degrees not good when you are dressed in shorts and a summer t-shirt, so the plan changed and I got going as quick as I could all the way back to the finish. I finished in 4.52 still freezing cold even though it was my 2nd fastest time around the course. I was a little concerned about how much the race had taken out of me.

The big week started ok, but on the Tuesday I pulled a muscle in my back, I couldn't bend or walk without a lot of pain, so I missed that evening's club session. I had put loads of muscle rub on and taken a few pain killers; this was repeated on Wednesday & Thursday as well. On Wed night I did a light training session, the pain eased up a little once I got running, wasn't much better on Thursday. The option of pulling out the race wasn't an option as 2 of the backup team were on their way.

On the Thursday I took my race plans around to Steve Hennessey as he was part of my back up team and race adviser to the backup crew.

The plan I had drawn up was designed as a guide for the support crew, so was giving a slightly faster time than I thought I could do, The plan was for a finishing time of 22 hrs 05 mins

with splits based on times of runners from previous years results.

Steve laughed when I showed him the plan, I told him it was a support crew plan and I was look at aiming for 23 hrs in reality with all things going well, but then again with the injury just getting round might be the real challenge.

Friday arrived I still wasn't in great shape, I put on loads more rub and hoped for the best, everything was as ready as it was going to be, so at lunch time we started our journey up to Scotland. I just about got out of the car, I wasn't in good shape, but I was here and was going to give it my best shot. We relaxed and went for a meal upon arrival.

At 9.30pm I went and registered in, had my weight taken it was 62.4 kg and given my race card, I was allowed 4% weight loss which was 3 kg. I then had to give a blood and urine sample for a medical study I was taking part in. I just relaxed and got ready until 12.30 am when final race briefing would be given. At 12.30 we had the briefing and were ready for the start at 1am.

The Race

I was ready with the final pasting of muscle rub on me, I was ready to go, my plan was to start slow and get slower. The backup team was ready, this consisted of my brother Wayne, a relation of his Paul both from Wisbech, Cambridgeshire and Steve Hennessey.

So at 1am standing at the underpass by Milngavie Railway Station, the weather was good, not cold and it was dry. The starting horn went and 147 runners started on their way up the West Highland Way, start slow at the back of the field, once I get going the back seemed to be ok.

My first meeting with the team was at The Beech Tree Inn, Dumgoyne, 7.3 miles into the race, all was ok and I carried on to our next meeting point at Drymen (12.6 miles).

It had been lightly undulating up to now. The next section was over Conic Hill, I had decided to change shoes for this section from my Asics Nimbus's to Walsh's, as I knew it can be very slippery in parts. I was around a third of the way along this section when I turned off my head torch around 4am.

All was going well, I kept on plodding along to my next meet point at Balmaha (19.6 miles). Upon arrival the team armed with midge nets were waiting with coffee and some food for me. I changed back into my Nimbus's, sprayed myself in Avon So Soft (anti-midge oil) drunk the coffee in one and walked on down the road eating some food. The next section was along Loch Lomond, up to Rowardennan. The route was not too hard, I had arranged to meet up at Salloch (23.6 miles) for food and drink, I didn't stop just walked till I had my water bottle changed and had some tea. After eating I carried on bobbling along to the first check point at Rowardennan (27.1 miles), my planned time to get there was 4hrs 55mins, it took me 5hrs 31mins so I was 36mins behind schedule and in 58th place.

I was feeling ok at this point, the team put my water bladder into my rucksack as I wouldn't see the crew for another 17.5 miles. The morning was warming up but ideal for running, I took my MP3 player with me for this section with music to psyche me up. The path to Inversnaid (34.5 miles) is very up and down, wide in sections and just a few bits of rocky track. From Inversnaid to around 39 miles the path was very rocky and up and down and not easy to run on. I was in a good mood and keeping to my plan of walking up the hills and running the rest. After leaving the rocky path along the Loch

the route starts to go through woods and up and over hills on good tracks, passing Beinglas Farm campsite (40.9 miles), first sight of people for

a while and along a good track onto the next meeting point at Carmyle Cottage (44.6 miles).

I met the team and was given food and a new water bottle and a bottle of electrolyte drink and told to drink it all by our next meeting.

I then headed off up the hill to reach the old military road, a stony path just under 2 miles long before a good climb up through the trees and then down to cross the A82 (49 miles). Just before reaching the road you go under the railway line and Steve was waiting there for me with another electrolyte drink. I gave him some instructions for some kit change at the next check point and I carried on towards Auchtertyre Farm (50.3 miles), a camp site with some wooden wigwams. This was our next check point and we had to be weighed, so once there I had to take my backpack off and check my weight. I registered 60.4 kg, I had lost 2 kg of my 3 kg allowance, but I was in good shape. I had a target time 10 hrs 40 mins and arrived there in 11 hrs 21 mins, 41 mins behind the 22 hr target in 44th place, so it wasn't too bad. I had a change of clothes, removed the empty water bladder from my bag, got rid of the music player, and had more food and drink before setting off again.

I left in good spirits but knowing I had still a long way to go, the legs felt ok, I hadn't had any problems with the back to date so all was ok for now. The next section to Tyndrum is a nice easy section and I trundled along quite happily, On reaching Tyndrum Lower station, Steve was waiting for me with a very nice looking ice lolly, it went down a treat., Tyndrum is regarded

as the half way point on the Way, even though in distance at 53 miles it's not, but in terms of ascent it is.

The team gave me more food and drinks as I passed them. The path out started with a small climb and then it was a nice runnable path to Bridge of Orchy. About halfway along I started to get muscle spasms in my right leg, this was a bit worrying. I had a little walk to let the leg settle down again. After 5 minutes I started jogging slowly again and gradually got back to a steady pace. The leg twinged a few times, but not too bad. I arrived at the check point in Bridge of Orchy (59.6 miles) in 13 hrs 32 mins, 58 mins behind schedule, in 38th position; I was now entering unknown territory as I had never run beyond 60 miles.

The route out is a good climb up Mam Carraigh before a good descent to Inveroran Hotel, followed by a section of road to Victoria Bridge (62.1 miles). The team met me there and gave me more food and drink. I hadn't had any more muscle spasms since Bridge of Orchy but as a precaution I patted my calf in muscle rub before continuing on. I was in good shape both mentally and physically. I left the team and headed out for the crossing of Rannoch Moor, a steady climb to start with before it levelled out. This was always going to be the make or break part of the course, a section where you are at the mercy of the weather more than possibly any other part of the route. I had made a mental decision to push this section hard, I had taken my 1st real look at my watch and started working times out., I was working on time and distance left to finish in under 24 hrs.

I was starting to feel strong and I had a good buzz about me, I could see other runners I passed looked tired and seemed to be finding the going hard, it was but I was totally focused on the job in hand; after the good running ground came a good

climb before the descent to Blackrock Cottage (70.4 miles) to meet up with the team again.

Steve was waiting with running kit on, he was going to join me to the end. I was allowed a support runner, but I did not need one. Steve was coming along to stay awake and have a good look at the rest of the route. The next check point was at Kingshouse (71.7 miles), I jogged in feeling really strong in 16 hrs 1 min, in 31st place, 26 mins behind the backup crew's time sheet of 22 hrs 5 mins. I still had 23.3 miles to go, we left without stopping, after about 300 meters I pulled over to the side of the road (call of nature). With that, an ambitious runner overtook me, his lead didn't last long, he didn't try to stay with me when I went back past him. The next meeting point was at Altnafeadh (74.5 miles), we then carried on, next up was the bit I was not looking forward to, not being that good going up hills I expected to perform quite badly over this section. Right in front of me was the Devil's Staircase, an 1100 ft climb, so a good walk was in order, $\frac{3}{4}$ of the way up I looked down to see the runner that overtook me just arriving at the bottom. I made it to the top, for a little bit of down hill before some more climb. The track was very rocky, but I made the most of the down hill / flat bits. I was in really good condition, everything seemed to be going well, I just had to keep going. I kept on pushing myself. Steve sat behind me more I think to not encourage me to go any faster, not that I would as I had my own plan and I wasn't going to detract from my game plan for anyone. It seemed to take forever to get to Kinlochleven. We could see it but then seemed to go away from it and eventually we made it there. I arrived at the Medical Centre (80.4 miles), our check point in full flow; the clock said 18 hrs 8 mins I was in 29th position the 1st time I knew where I was in the field and I was now 12 min up on schedule. I was weighed in and the scales read 60.4 kg so no change in weight since the previous weigh

in. I had run the section from Kingshouse to Kinlochleven in the 9th fastest time.

After having changed socks and replaced my Nimbus's with my Asics Noose's, an even lighter race shoe, I had some more food and drink and then set off down the road for a mile then the next climb arrived. After a good climb we came on to an undulating path that stretched for miles. I got a good pace going and passed a few other runners and their support runners; I was going well and feeling strong. I was waiting for the bubble to pop, I just kept on pushing myself on. The next check point was at Lundavra (87.8 miles) in a time of 19hrs 59 mins, 26th place, 21 mins ahead of schedule, I was 13th fastest over the leg. I carried on, I knew if I just kept going 22 hrs was on, I did have another plan in my head and that was if I pushed on I may be able to break 21 ½ hrs.

I started on the last section, 1st a good climb followed by some good running ground, and then we headed off into the forest and passed another runner before another climb at Glen Nevis. I made it up the last climb and came out near the top onto a wide forest track. As I came over the top I spotted another runner in front, I needed no invite, I set off down hill at full speed, flying past the runner and picking up speed as I went. I was in full flow and the adrenalin was flowing, I felt great, I kept on pushing on, I came off the hill and hit the road home. Up ahead I could see another runner, I pushed on with just over a mile to go, I passed the runner in full flight, less than a mile to go. I arrived at the West Highland way sign in Fort William to find out the finish had been moved to the Lochaber Leisure Centre 300 meters down the road, so I pushed on, came into the car park and sprinted across to the door, that Paul was holding open for me, I took off at the bottom of the steps and landed halfway down the finish funnel.

I crossed the line in 21 hrs 23 mins 50 secs, 41 mins 10 secs ahead of schedule, finishing in 23rd place running the last leg in the 12th fastest time. 122 runners finished the race and 50 of them broke the 24 hour mark, so far only 214 people have broken 24 hours. The winning time this year was 16 hrs 11 mins 56 secs, the course record is 15 hrs 44 mins 50 secs. As soon as I stopped my legs went stiff. I got on the scales and weighed 59.8 kg a loss of 2.6 kg over the race, and I then gave a blood sample. I was so warm I went outside to cool down for 5 minutes. I then went back inside and even managed to give the urine sample, then I went to the car and we headed for our hotel. We checked in and I had a nice bath followed by some bubbly and a beer. I then had a good night's sleep. The next morning I got out of bed and the legs felt good, a little tired but no stiffness at all.

I enjoyed the race very much, but it would never have gone so well if it wasn't for my support team.

I had underestimated how well I could run over such a long distance.

I seemed to recover very well and even managed to run the Round the Ressers 5 mile race on the Wednesday.

Kevin

British Fell and Hill Running Championships

Sunday 18th October 2009

Over the past few years the Striders have entered a team in this and performed very well. This year many more members have shown an interest in entering and so we have provisionally entered 3 teams. There will be an open team, a vets team and a ladies team. Full details below, but if you're interested then please let Kevin Day (our organiser) know as soon as possible. If we don't agree the teams soon, we will let our provisionally booked places go, as they are in high demand. The Club will pay the entry fee.

Details

The 2009 British Fell & Hill Relay will be based at The Leaps, Kirkland, nr. Ennerdale, West Cumbria. The Fells are on the fringe of the Lake District and are often by-passed by the hordes of Fell walkers and Fell runners but are well known to West Cumbrians. The rolling grassy fells are of unspoilt beauty and make a perfect setting for the Relay. The terrain is not rugged thus the running will be fast and not too technical. By contrast the Orienteering leg will be a tester!

Location: Ennerdale Show Field, The Leaps Kirkland GR 087184

Contact Kevin Day: marathonmankev@tiscali.co.uk

0161 3689 391

Championships

The Main Championship, Ladies Championship and Summer Fell Series are all being well fought this year. Details on each are as follows:

Club Championship

There are 16 races in the main Championship. Of these, the best 10 races count towards your total score. Individuals are allocated points depending on their finishing position within the club in the race. The highest placed Goyt Valley runner will get 30 points, the second 29 points and so on.

10 races have taken place so far and there are 6 remaining. Remaining races as follows:

Race 11 (Fell) 5m Lantern Pike SAT Sep 19
<http://www.fellrunner.org.uk/>
Entry on the Day

Race 12 (Road) Macclesfield ½ SUN Sep 27
<http://www.macc-half.k313.com/index.html>
Entry in Advance Only

Race 13 (Fell) 13½m Windgather SUN Oct 11
<http://www.fellraces.co.uk/>
Entry on the Day

Race 14 (Fell) 9m Passing Clouds SUN Oct 26
<http://www.congleton-harriers.co.uk/cloud9.htm>
Entry on the Day

Race 15 (Road) 7m Langley SAT Nov 7
<http://www.macclesfield-harriers.co.uk/>
Entry in Advance Recommended

Race 16 (Road) 10m Stockport SUN Dec 13

<http://www.stockportharriers.com/race.htm>

Entry in Advance Recommended

Latest Championship standings are

| Pos. | Name | Races Completed | Points Scored |
|-------------|---------------------|------------------------|----------------------|
| 1 | Brian Holland | 7 | 196 |
| 2 | Karl Smith | 9 | 189 |
| 3 | Philomena Smith | 8 | 181 |
| 4 | Tracy Vernon | 9 | 159 |
| 5 | David Guy | 6 | 148 |
| 6 | Julian Brown | 5 | 132 |
| 7 | Mark Whelan | 5 | 132 |
| 8 | Rebecca Glen | 6 | 124 |
| 9 | Andy Pead | 4 | 120 |
| 10 | Jonathan Hull | 4 | 112 |
| 11 | Chris Harding | 4 | 111 |
| 12 | Alistair Fitzgerald | 4 | 109 |
| 13 | Tracy Potts | 4 | 97 |
| 14 | Jo Miles | 4 | 93 |
| 15 | Steve Berry | 5 | 89 |
| 16 | Stephen Sanders | 4 | 87 |
| 17 | Mike Buckenham | 3 | 81 |
| 18 | Dave Bowen | 3 | 78 |
| 19 | Jim Harbord | 3 | 72 |
| 20 | Clare Barstow | 4 | 70 |
| 21 | Clare Hammer | 3 | 66 |
| 23 | Sue Holland | 4 | 64 |
| 23 | Paul Hunt | 3 | 57 |
| 24 | Melanie Watts | 3 | 51 |
| 25 | Kath Ward | 3 | 44 |

| Pos. | Name | Races Completed | Points Scored |
|-------------|-----------------|------------------------|----------------------|
| 26 | Rebecca Clark | 2 | 37 |
| 27 | Lisa Harbord | 2 | 34 |
| 28 | Sally Smith | 2 | 34 |
| 29 | Moiria Hunt | 2 | 33 |
| 30 | Pete Woodhead | 1 | 30 |
| 31 | Nikalas Cook | 1 | 29 |
| 32 | Michael Vernon | 1 | 28 |
| 33 | Shaun Coram | 1 | 27 |
| 34 | Lee Grant | 1 | 25 |
| 35 | Peter Davis | 1 | 25 |
| 36 | Kevin Day | 1 | 19 |
| 37 | Steve Hennessey | 1 | 18 |
| 38 | Ciska Kemper | 1 | 18 |
| 39 | Sarah Bull | 1 | 17 |
| 40 | Christine Bowen | 1 | 10 |
| 41 | Lissa Cook | 1 | 10 |
| 42 | Sally Hunter | 1 | 9 |
| 43 | Cynthia Burton | 1 | 8 |
| 44 | Karen Duddridge | 1 | 7 |
| 45 | Sarah Robinson | 1 | 5 |
| 46 | Jenny Danson | 1 | 4 |
| 47 | Wendy Delhaney | 1 | 3 |
| 48 | Angela Davies | 1 | 2 |
| 49 | Jane Butler | 1 | 1 |

Ladies Championship

There are 16 races in the Ladies Championship. The best 10 races will count towards your total score. Individuals are 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.

Like the main championship, 10 races have gone and there are the same 6 left. Latest standings are as follows:

| Pos. | Name | Races Completed | Points Scored |
|------|-----------------|-----------------|---------------|
| 1 | Tracy Vernon | 9 | 229 |
| 2 | Philomena Smith | 8 | 228 |
| 3 | Rebecca Glen | 6 | 168 |
| 4 | Tracey Potts | 4 | 118 |
| 5 | Jo Miles | 4 | 118 |
| 6 | Clare Barstow | 4 | 106 |
| 7 | Sue Holland | 4 | 102 |
| 8 | Clare Hamer | 3 | 90 |
| 9 | Kath Ward | 3 | 76 |
| 10 | Melanie Watts | 3 | 73 |
| 11 | Sally Smith | 2 | 52 |
| 12 | Lisa Harbord | 2 | 52 |
| 13 | Rebecca Clark | 2 | 50 |
| 14 | Moiria Hunt | 2 | 46 |
| 15 | Sarah Bull | 1 | 27 |
| 16 | Ciska Kemper | 1 | 25 |
| 17 | Lissa Cook | 1 | 25 |
| 18 | Christine Bowen | 1 | 22 |
| 19 | Sally Hunter | 1 | 21 |
| 20 | Cynthia Burton | 1 | 20 |

| Pos. | Name | Races Completed | Points Scored |
|-------------|-----------------|------------------------|----------------------|
| 21 | Karen Duddridge | 1 | 19 |
| 22 | Sarah Robinson | 1 | 17 |
| 23 | Jenny Danson | 1 | 16 |
| 24 | Wendy Delhaney | 1 | 15 |
| 25 | Angela Davies | 1 | 14 |
| 26 | Jane Butler | 1 | 13 |

Summer Fell Series

The Summer Fell Championship is made up of 7 races. Individuals will be allocated points depending on their finishing position within the race. The highest placed Goyt Valley runner will get 30 points, the second 29 points and so on. An individual's best 5 races count towards their final total.

At the time of writing this 6 races have been completed and the final one, Pilsley, takes place in two days. Things are close at the top with several people contesting the top three places. Hopefully a good turn out at Pilsley will see a competitive end to the series.

Current standings are detailed over the page:

| Pos. | Name | Races Completed | Points Scored |
|-------------|----------------|------------------------|----------------------|
| 1 | Mike Buckenham | 4 | 109 |
| 2 | Nik Cook | 3 | 88 |
| 3 | Lee Grant | 3 | 82 |
| 4 | Chris Harding | 3 | 81 |
| 5 | Karl Smith | 4 | 79 |

Summer Fell Standings

| Pos. | Name | Races Completed | Points Scored |
|------|---------------------|-----------------|---------------|
| 6 | Mark Whelan | 3 | 73 |
| 7 | Jim Harbord | 3 | 69 |
| 8 | Stephen Sanders | 3 | 65 |
| 9 | Tracy Vernon | 4 | 62 |
| 10 | Philomena Smith | 3 | 61 |
| 11 | Andy Pead | 2 | 60 |
| 12 | Clare Barstow | 3 | 57 |
| 13 | Jonathan Hull | 2 | 55 |
| 14 | Julian Brown | 2 | 55 |
| 15 | Shaun Coram | 2 | 53 |
| 16 | Brian Holland | 2 | 51 |
| 17 | Lissa Cook | 3 | 50 |
| 18 | Dave Bowen | 2 | 49 |
| 19 | David Guy | 2 | 44 |
| 20 | Steven Berry | 3 | 42 |
| 21 | Clare Hammer | 2 | 42 |
| 22 | Melaine Watts | 2 | 38 |
| 23 | Rebecca Glen | 2 | 33 |
| 24 | Pete Woodhead | 1 | 30 |
| 25 | Michael Vernon | 1 | 29 |
| 26 | Alistair Fitzgerald | 1 | 26 |
| 27 | Steve Hennessey | 1 | 24 |
| 28 | Jo Miles | 1 | 22 |
| 29 | Sarah Bull | 1 | 18 |
| 30 | Christine Bowen | 1 | 15 |
| 31 | Lisa Harbord | 1 | 15 |
| 32 | Sally Hunter | 1 | 13 |
| 33 | Paul Hunt | 1 | 13 |
| 34 | Jenny Danson | 1 | 12 |
| 35 | Kath Ward | 1 | 11 |
| 36 | Sue Holland | 1 | 9 |

Website

The website is the main source for information about the club and the best place to keep up-to-date with the latest events. The forum is easy to use and is where most activity takes place!

There is now some additional material on the members area, although further will be added as soon as I get time. Logon details are as follows:

Username: **gvs**

Password: **gvs2008**

Both are case sensitive so please type in exactly as shown above.

Some people have opted to leave their contact details on the member's area to enable others in the club to contact them. The website offers a secure means of doing this. Please send me an email if you wish to be added; my contact details are on the website!

Committee

Dates for remainder of this years meetings:

10th September 2009 Shady Oak Pub

8th October 2009 Navigation Inn, Buxworth

12th November 2009 Shady Oak Pub

10th December 2009 Shady Oak Pub

A STROLLER'S ABC

By Jackie Tomney

B is for Being at the Back

I have a very important part to play in our running club. It's a role very few can fulfil, but I manage it extremely well, time after time. It's called being last. I can also be useful in other ways:

1. The capacious boot of my new car is used by several members to store their car keys whilst they run; indeed, Alistair is very pleased to have discovered the lift-up section where the spare wheel is kept and happily places his keys in his chosen hideaway. However, this puts more pressure on me (should it be my turn to be the keeper of the keys that week) to make sure I'm back before the Striders. I once returned slightly late and felt Alistair's disdain/displeasure/deep disappointment (delete as appropriate and/or add other words beginning with d). He still puts his keys in my boot, though, so he must've got over it.
2. I save Pete coming out with the Strollers, in his vital role of being 'sweeper' – for those new to running, the sweeper is the person who runs with the last runner in races, to ensure that everyone finishes safely and people know they can all go home because there's no more runners to come. I know for a fact that Pete is so grateful to me for taking on this thankless task, week after week without fail that I recently heard him say (and this is a direct quote): "I'm so glad Jackie is always at

the back, her being there means I don't have to do it." High praise indeed. My cup runneth over.

3. When new people come along on Tuesdays or Saturdays to try out running, a little part of me hopes that one of them (one day) might be a slower runner than me. It hasn't happened yet. They invariably manage to maintain a steady pace and keep ahead of me. My role as the one who can be relied upon to bring up the rear remains untarnished.
4. I make everyone else in the Strollers feel good about themselves. I'm at the back, they're not at the back, what could be simpler?

My light-hearted comments (and, of course, no offence meant to any persons mentioned) perhaps disguise my true feelings; surprise and amazement that after 21 months I'm still running – so slowly that my running pace is slower than most people's walking speed, but still ... it's all relative, isn't it?

I honestly say to new people who run with the Strollers, "If I can do it, anyone can." Whether or not I am a good advert for running is something you can decide for yourselves.

I have entered some races over the last fifteen months and may possibly be persuaded to share some of my experiences with you in a future article – if you would rather I didn't, please leave a little 'donation' in my car boot.

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 | |
| <input type="text"/> | | | | | | | | | | | | | | | <input type="text"/> | |
| FIRST NAME | | | | | | | | | | DATE OF BIRTH | | | | | | |
| <input type="text"/> | | | | | | | | | | <input type="text"/> | | | | | | |
| POSTAL ADDRESS | | | | | | | | | | | | | | | | |
| <input type="text"/> | | | | | | | | | | | | | | | | |
| <input type="text"/> | | | | | | | | | | | | | | | | |
| TOWN | | | | | | | | | | | | | | | | |
| <input type="text"/> | | | | | | | | | | | | | | | | |
| COUNTY | | | | | | | | | | POSTAL CODE ESSENTIAL | | | | | | |
| <input type="text"/> | | | | | | | | | | <input type="text"/> | | | | | | |
| DAYTIME TELEPHONE (STD ESSENTIAL) | | | | | | | | | | HOME TELEPHONE (STD ESSENTIAL) | | | | | | |
| <input type="text"/> | | | | | | | | | | <input type="text"/> | | | | | | |

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

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The Secretary

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