

The Strider



January
2012

Newsletter of the Goyt Valley Striders

Tracy Vernon completes her
Final 50@50 race - The
Christmas Cracker



Championship Results

Will finds Bigfoot

News, info

Plus more!





Editor's Waffle

Short and sweet this time as the last couple of months have been, understandably, pretty quiet on the article front but once again thank you to those who managed to climb from beneath the avalanche of mince pies and Cadbury's Heroes to put pen to paper.

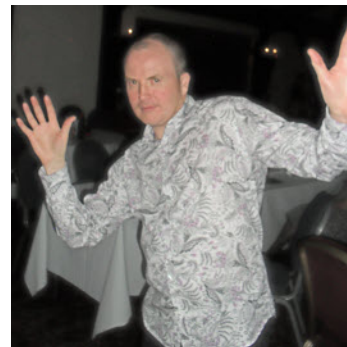
Congratulations to everyone for making 2011 another successful year for GVS with some outstanding personal and team achievements. Hopefully we'll read more about them in the next issue! (hint, hint).

The new Championship series looks very promising - The Manchester Marathon entries alone showing a huge commitment from members to push themselves in 2012.

So, if your aim for this year is your first Ultra, first Marathon, first 10k or even to simply run a bit more often, I wish you health, happiness and some PBs during 2012.

SB

STOP! -
Don't forget
to pay your
Club
Membership!



2012 memberships are due from 1st January.

For those who joined after the 1st September 2011 your membership is carried over to 2012; this was detailed in your welcome letter.

Fees are held at the same level for the third year running: £12.00 individual, £24.00 family and £7.00 for a second claim member, which I think you'll agree, represents great value.

You can send payments to me or the Treasurer. The Treasurer will also be on duty at the AGM on 4th February to take payments. Cheques made payable to "Goyt Valley Striders". No need to send a completed membership form for renewals.

The Secretary

AGM
and Prize Presentation
February 4th, 2012
Chapel-en-le-Frith Golf Club
More details on Page 12

Officers

The Chairman: Peter Hill

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Keep those stories coming!

Your contributions to the newsletter are vital.
Please email your race reports, articles, photos,
recipes, etc to the Editor

steve@steveberry.co.uk

Subject: GVS Newsletter

High Peak Haemorrhoids

By Will Meredith

The High Peak 40 was ruining peoples knees for it's 25th Year this September and on Sat 17th I yet again staggered round to decide definitely, absolutely, NEVER AGAIN will I enter into this event (as I have for the past 4 years).

Although as far as trophies go - the HP40 25th anniversary mug is a fine piece of memorabilia and much better than one of them crappy medals you get sometimes (you can drink tea out of it for a start - and dunk chocolate hobnobs in).

I think the problem I have with this event is mainly the amount of flattish road/trail. Not complaining about the event its self - just that I don't seem suited to the route. The things I like least in a run are road and straight trails. The trails through some of the dales (Monsal Dale et al) are somewhat akin to canal tow-paths - long, straight, knee grating slogs. Personally I prefer the ups and downs of the 1st section much more. Having said that, the event is incredibly well organised by cheerful people who really go out of their way and provide superb support. And only £20 too. Take heed corporate money grabbing event organisers - £20 is all it takes, if that, AND YOU GET

A MUG!!! (and a cloth badge - don't forget the cloth badge).

It was good to meet up with some of the usual faces; Mark Richards, Steve Hennessey, and Bob and James Smith, and also good to meet 'the optimistic runner' - who as it happens was going very well and has every reason to remain optimistic.

Steve Hennessey plodded along with me for a while near the end. He was recovering from the Bullock still and also his solo and self-sufficient Pennine Way journey that took him 6 days and 270 miles with no support and wild camps.

Steve mentioned the days when many Goyt Valley Striders would race the High Peak 40 flat out - and not with lots of ultra-marathon training (they used to just call it a 'long day out' or 'big race' then), but on the back of lots and lots of short, fast local fell races. Steve managed a 5hr 45min HP40 one year and came 3rd. I have tons of respect for anyone who runs whatever the distance - but I'm not sure how many of us will still be running the HP40 in 20 years time as Steve was this day.

Si Moorhouse was marshalling on the track to Southhead and gave cheerful encouragement as we trundled past. I must confess that I felt rather good for the 1st half and even imagined for a while that I was on for somewhere around 7hrs, then; no, actually more like 7.30 maybe, then; if I can just keep up this pace I'll be OK for 8hrs, 8hrs it is ... I'm not going to make 8 hrs am I? (no you idiot you're not!) 9hrs? I'm not giving up like last year!

I enjoyed plodding along with Nick Ham for a while. Nick was going very well after the Bullock Smithy 2 weeks before. He skipped off towards Tideswell as the clouds began to loom. I particularly hate that road section. The chip-shop in Tiddser smelt wonderful but only made me feel worse for having bought no bus-fare home money. My entire legs seemed to be rebelling and I can't remember them feeling quite so painful on an ultra before. I think it may have been down to running completely off road in Mudclaws (minimalist fell running shoes) for the past several weeks which meant I wasn't adjusted to the demands of the race/terrain or the chunky road/trail shoes I had on. My feet were crucifying me!



There was a dead sheep laying idly by the path in Monsal Dale - its bloated and tightly swollen body washed pristine white from the river. Foam oozed from its grinning mouth and I wished I had been hydrated well enough to produce foam like that. Eyes wide open - I returned it's stupefied gaze as I crawled past. It's leggings jutted out like an upended stool, and we smelt it before we saw it (and at no extra cost!) I didn't have my camera - terribly sorry. Sasquatch foot.

I could hardly get out of the car when I got home. My foot had swelled to a disproportionate size and had actually jammed, stuck on top of the accelerator making me reach over 30mph as I hurtled homeward, squinting through tearfilled eyes. 'Help!' I cried, 'HEEEELP!' as I tumbled to the pavement in a crumpled heap.

Nobody told me about aching leggings - they will be hearing from my solicitor! WM

One dislocated shoulder and a few bottles of wine . . .

By Sally Mitchell

I had been running for a few years in a gentle sort of way, when one sunny winter's day Matthew and I watched the Langdale Christmas pudding race go through Chapel Stile. "We can do that", we thought, so that began our more serious 'training' runs leading up to several of the Lakeland trail runs.

I needed others to run with and a walking friend suggested Stockport Harriers but - their web site looked very serious, and anyway I didn't want to drive in to the centre of town to go running, when the hills and countryside were on my doorstep.

Spring 2010; I needed a new pair of running shoes. I saw that a new running shop had opened in Stockport. Good. Closer than Hyde and easy to get to on the bus (thus cutting my carbon footprint by not driving). A very friendly guy sorted out some shoes for me and with

supreme confidence suggested I would enjoy a couple of races, so I duly left with shoes and entry forms for the Vanessa Chapel and Whaley Waltz races.

I'd never done an early evening race before, but the dying rays of the sun almost made me forget that Black Hill is indeed a hill and not a flat ridge. We've often walked over Windgather (in fact the very first walk that Matthew and I did together



road and fell

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went over Windgather and down in the the Goyt valley – must be 30 years ago now) so thought the Whaley Waltz would be easily doable. It was such a lovely day that it didn't matter that what I thought might be a paddle across the Goyt turned out to be a brief swim. We were both impressed with the routes and organisation and the friendly atmosphere (not to mention the bottles of wine for the lucky winners) that with no hesitation our applications to join GVS were in the post.

At my first Tuesday evening training session that August I looked at the group of strollers (mostly women) and the other group of (mostly) men and thought "Am I really up to the Striders?" I did manage to keep up, even though I made everyone wait as I picked my way gingerly down the grassy side of Eccles Pike.

It was great fun starting out on the Lantern Pike race in my new vest along with other club members and then being cheered home, cheering others and sharing stories of the run.

Unfortunately I didn't manage much else with the club that autumn, but, come January 2011 the first page of the winter magazine I looked at was the list of championship races. A lot were immediately excluded for being much too long for me, but a number went straight into the diary, and early entries organised so that I wouldn't chicken out at the last minute (good planning for the Wincle Trout!).

The Errwood trail race was my first – I couldn't believe the number of club vests there were. A lovely route, not too much steep up for a relative novice and plenty of friendly faces and words – a brief chat to Phil before she sped off through the woods with me vainly trying to keep up with her.

The trout for supper definitely made up for the killer uphill ending of the Wincle Trout – another glorious route. But, how do you guys manage to run through streams without clinging on to the supporting rope?

Summer seemed to be one long sunny evening, not having a clue where I was, but knowing that, yet again, we were doing "part

of the Bullock Smithy route". The away days opened my eyes to new parts of the peak district as seen from above a pair of trail shoes, and by August I was even braving some longer Sunday morning runs. I did wonder whether I was lacking some crucial running gear when I set off with Claire and Dave on my first Sunday run – are dogs the must-have accessory for fell runners? As the nights drew in I discovered the joys of following high-viz T shirts, not having a clue where I was, but this time sporting a head torch.

As it happened I didn't manage as many races as I hoped (other commitments kept getting in the way), but the last race of the year was a real cracker. Great fun was had by all, even Caz agreed that the route round the reservoir was sufficiently undulating to overcome her disappointment of not doing a proper fell race,

and, of course Tracy made her 50 for 50.

During the year running has resulted in a dislocated shoulder (a Jack Russell jumping under my feet on the canal towpath) a badly grazed knee (attempting to catch Matthew up on the descent from White Nancy on the Rainow 5) and a twisted finger (failing to stay upright



in a very muddy patch on the Chunal race) but none of this detracts from the exhilaration and enjoyment of the running – not to mention the bottles of wine I have "won" (I have to say in one of the races there were no other women in my age category)

I have been so impressed with the friendly and supportive atmosphere in the club, where social and other activities, such as the conservation day with the Peak Park, are an important aspect of club life. And everything is so very efficiently organised.

In 2012 I move up into the next age category (even less competition!) and I welcome any reasonable and realistic suggestion to help me mark another "big one". I also intend to put a bit back and help out at some of the races.

Well done Caz for winning the club championship, and, thanks Kev, for those race entry forms.

SM

2012 Championship Races

Main 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 60 points, the second 59 points and so on.

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 60 points, the second 59 points and so on.

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 60 points, the second 59 points and so on. An individual's best 5 races count towards their final total.

Club Championship Races for 2012 have been agreed as follows. The latest details of the races can be found on the website. Please note that some events are pre-entry and will fill up early.

Some dates are preliminary so please check dates nearer the time.

Main and Ladies Championship (dates for guidance only):

1	Mad Dog 10k	February 12	Road
2	Grindleford Gallop	March 10	Trail
3	Goyt Valley 10k	April 26	Trail
4	Manchester Marathon	April 29	Road
5	Mount Famine	May 12	Fell
6	Buxton Half Marathon	May 27	Road
7	Boar's Head	June 6	Fell
8	Kinder Trogg	June 24	Fell
9	Bollington Nostalgia	July 8	Fell
10	Wizard 5	July 12	Road
11	Meerbrook 15k	August 4	Road
12	Long Tour of Bradwell	August 11	Fell
13	Blackpool to Fleetwood 10	October 7	Road
14	Passing Cloud	October 28	Fell
15	The Roaches	November 11	Fell
16	Cardington Cracker	December 2	Fell

Summer Series (dates for guidance only):

1	Herod Farm	April 18	Fell
2	Rainow 5	May 9	Fell
3	Castleton	June 8	Fell
4	Kettleshulme	July 13	Fell
5	Hope Wakes	June 27	Fell
6	Goyt's Moss	July 25	Fell
7	Cracken Edge	August 1	Fell

2011 CHAMPIONSHIP - FINAL STANDINGS

		RACES																
Pos.	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Total
1	Carolyn Whittle	54	59	54	51	51	28	-	54	-	54	57	54	-	-	-	59	547
2	Tracy Vernon	-	54	-	47	46	26	-	52	-	50	53	-	56	56	57	51	522
3	Mary Jones	52	57	-	-	42	33	-	55	-	-	52	51	-	57	58	54	511
4	Katy Thornhill	55	60	56	53	57	37	-	57	-	-	-	55	-	-	-	-	430
5	Paul Hunt	-	58	53	-	54	35	59	-	-	-	-	-	-	60	59	-	378
6	Neil Pettie	60	-	-	60	-	59	-	60	60	-	-	60	-	-	-	-	359
7	Philomena Smith	-	-	-	49	52	31	-	-	-	63	56	-	-	60	-	44	355
8	Chris Harding	-	-	-	59	-	51	60	-	58	-	-	-	-	-	-	60	288
9	Karl Smith	-	-	-	48	47	18	-	51	-	51	53	-	-	-	-	-	268
10	Claire Elsworth	-	53	-	46	43	23	-	50	-	-	-	50	-	-	-	-	265
11	Julian Brown	-	-	-	-	-	56	-	-	59	59	60	-	-	-	-	-	234
12	Sarah Bull	-	-	-	50	53	32	-	-	-	-	56	-	-	-	-	43	234
13	Alistair Fitzgerald	-	-	60	-	60	55	-	-	-	-	-	58	-	-	-	-	233
14	Lee Grant	59	-	57	57	-	-	-	-	-	57	-	-	-	-	-	-	230
15	Kelly Dyson	-	-	-	-	-	49	-	58	-	56	-	-	57	-	-	-	220
16	James Hobson	-	-	-	-	-	44	-	-	57	-	59	59	-	-	-	-	219
17	Stephen Bull	-	-	-	-	-	52	-	59	-	58	-	-	-	-	-	-	169
18	Trevor Hindle	57	-	-	58	-	53	-	-	-	-	-	-	-	-	-	-	168
19	Peter Davis	-	-	-	-	58	50	-	-	-	60	-	-	-	-	-	-	168
20	Brian Holland	-	-	58	-	-	54	-	-	-	-	-	52	-	-	-	-	164
21	Wayne Grant	53	-	-	52	-	-	-	-	55	-	-	-	-	-	-	-	160
22	Will Meredith	-	-	-	-	-	41	-	-	-	-	58	-	58	-	-	-	157
23	Ian Wadell	-	-	-	54	56	42	-	-	-	-	-	-	-	-	-	-	152
24	Jo Miles	-	-	-	-	-	43	-	-	52	55	-	-	-	-	-	-	150
25	Mark Whelan	-	-	-	-	50	39	-	-	-	-	-	57	-	-	-	-	146
26	Sally Mitchell	-	-	-	-	-	29	-	-	51	-	-	-	-	-	-	58	138
27	Steve Berry	-	-	-	-	-	36	-	-	-	50	-	-	-	-	-	47	133
28	Helen Gray	-	52	-	-	-	16	-	-	-	-	-	-	-	-	-	55	123
29	Pete Woodhead	-	-	-	-	-	58	-	-	-	-	-	56	-	-	-	-	114
30	Matthew Day	58	-	55	-	-	-	-	-	-	-	-	-	-	-	-	-	113
31	Clare Barstow	-	-	-	-	-	-	-	-	-	-	-	53	-	-	60	-	113
32	Kate Cartwright	-	-	-	-	-	-	-	56	-	-	-	-	-	-	-	56	112
33	Clare Griffin	-	-	-	-	55	-	-	-	56	-	-	-	-	-	-	-	111
34	Matthew Simon	-	-	-	-	-		-	-	54	-	-	-	-	-	-	57	111
35	Mick Wren	-	-	-	-	59	48	-	-	-	-	-	-	-	-	-	-	107
36	Kevin Day	-	-	-	55	-	47	-	-	-	-	-	-	-	-	-	-	102
37	Sally Smith	-	-	-	-	48	-	-	-	-	52	-	-	-	-	-	-	100
38	Stephen Sanders	-	-	-	-	44	38	-	-	-	-	-	-	-	-	-	-	82
39	Jonathan Storey	-	-	-	-	-	24	-	-	-	-	-	-	-	58	-	-	82
40	Lesley Sutton	-	55	-	-	-	21	-	-	-	-	-	-	-	-	-	-	76
42	Helen Smith	-	-	-	-	-	15	-	-	-	-	-	-	-	-	-	53	68

2011 CHAMPIONSHIP - FINAL STANDINGS (continued)

Pos.	Name	RACES																Total
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
43	Tony Whittle	-	51	-	-	-	13	-	-	-	-	-	-	-	-	-	-	64
44	Andy Pead	-	-	-	-	-	60	-	-	-	-	-	-	-	-	-	-	60
45	Mark Richards	-	-	-	-	-	-	-	-	-	-	-	-	60	-	-	-	60
46	Stephen Day	-	-	59	-	-	-	-	-	-	-	-	-	-	-	-	-	59
47	Steve Hennessey	-	-	-	-	-	-	-	-	-	-	-	-	59	-	-	-	59
48	Lee Blotzan	-	-	-	-	-	57	-	-	-	-	-	-	-	-	-	-	57
49	Jim Harbord	56	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	56
50	James Dean	-	-	-	56	-	-	-	-	-	-	-	-	-	-	-	-	56
51	Emma Jane Eaton	-	-	-	-	-	-	-	53	-	-	-	-	-	-	-	-	53
52	Rik Griffin	-	-	-	-	-	-	-	53	-	-	-	-	-	-	-	-	53
53	Chris Bowen	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	52	52
54	Melanie Watts	-	-	-	-	41	10	-	-	-	-	-	-	-	-	-	-	51
55	Sally Hunter	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	50	50
56	Stuart Shaw	-	-	-	-	49	-	-	-	-	-	-	-	-	-	-	-	49
57	Paul Smith	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	49	49
58	Kaye Berry	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	48	48
59	John Brough	-	-	-	-	-	46	-	-	-	-	-	-	-	-	-	-	46
60	Lorraine Jackson	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	46	46
61	Rebecca Clark	-	-	-	-	45	-	-	-	-	-	-	-	-	-	-	-	45
62	Shaun Coram	-	-	-	-	-	45	-	-	-	-	-	-	-	-	-	-	45
63	Peter Hill	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	45	45
64	Russ Evans	-	-	-	-	-	40	-	-	-	-	-	-	-	-	-	-	40
65	Richard Fletcher	-	-	-	-	-	34	-	-	-	-	-	-	-	-	-	-	34
66	Sue Holland	-	-	-	-	-	30	-	-	-	-	-	-	-	-	-	-	30
67	Andrew Dobson	-	-	-	-	-	27	-	-	-	-	-	-	-	-	-	-	27
68	Chloe Fletcher	-	-	-	-	-	25	-	-	-	-	-	-	-	-	-	-	25
69	Rebecca Glen	-	-	-	-	-	22	-	-	-	-	-	-	-	-	-	-	22
70	Carole Hill	-	-	-	-	-	20	-	-	-	-	-	-	-	-	-	-	20
71	Nicholas Hurrell	-	-	-	-	-	19	-	-	-	-	-	-	-	-	-	-	19
72	Rebecca Sullivan	-	-	-	-	-	14	-	-	-	-	-	-	-	-	-	-	14
73	Robert Whittle	-	-	-	-	-	12	-	-	-	-	-	-	-	-	-	-	12
74	Stephanie Watts	-	-	-	-	-	11	-	-	-	-	-	-	-	-	-	-	11
75	Sam Goodwin	-	-	-	-	-	9	-	-	-	-	-	-	-	-	-	-	9



2011 LADIES CHAMPIONSHIP - FINAL STANDINGS

		RACES																
Pos.	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Total
1	Carolyn Whittle	59	59	59	59	56	53	-	57	-	59	60	59	-	-	-	60	587
2	Mary Jones	58	58	-	-	53	58	-	58	-	-	56	57	-	59	59	56	572
3	Tracy Vernon	-	56	-	56	56	52	-	55	-	56	57	-	60	58	58	53	565
4	Katy Thornhill	60	60	60	60	60	59	-	60	-	-	-	60	-	-	-	-	479
5	Philomena Smith	-	-	-	57	57	56	-	-	-	58	59	-	-	60	-	49	396
6	Claire Elsworth	-	55	-	55	54	50	-	54	-	-	-	56	-	-	-	-	324
7	Sarah Bull	-	-	-	58	58	57	-	-	-	-	59	-	-	-	-	48	280
8	Jo Miles	-	-	-	-	-	60	-	-	59	60	-	-	-	-	-	-	179
9	Sally Mitchell	-	-	-	-	-	54	-	-	58	-	-	-	-	-	-	59	171
10	Helen Gray	-	54	-	-	-	46	-	-	-	-	-	-	-	-	-	57	157
11	Clare Griffin	-	-	-	-	59	-	-	-	60	-	-	-	-	-	-	-	119
12	Clare Barstow	-	-	-	-	-		-	-	-	-	-	58	-	-	60	-	118
13	Kate Cartwright	-	-	-	-	-	-	-	59	-	-	-	-	-	-	-	58	117
14	Sally Smith	-	-	-	-	57	-	-	-	-	57	-	-	-	-	-	-	114
15	Lesley Sutton	-	57	-	-	-	48	-	-	-	-	-	-	-	-	-	-	105
16	Helen Smith	-	-	-	-	-	45	-	-	-	-	-	-	-	-	-	55	100
17	Melanie Watts	-	-	-	-	52	42	-	-	-	-	-	-	-	-	-	-	94
18	Emma Jane Eaton	-	-	-	-	-	-	-	56	-	-	-	-	-	-	-	-	56
19	Rrebecca Clark	-	-	-	-	55	-	-	-	-	-	-	-	-	-	-	-	55
20	Sue Holland	-	-	-	-	-	55	-	-	-	-	-	-	-	-	-	-	55
21	Chris Bowen	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	54	54
22	Sally Hunter	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	52	52
23	Chloe Fletcher	-	-	-	-	-	51	-	-	-	-	-	-	-	-	-	-	51
24	Kaye Berry	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	51	51
25	Lorraine Jackson	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	50	50
26	Rebeca Glaen	-	-	-	-	-	49	-	-	-	-	-	-	-	-	-	-	49
27	Carole Hill	-	-	-	-	-	47	-	-	-	-	-	-	-	-	-	-	47
28	Rebecca Sullivan	-	-	-	-	-	44	-	-	-	-	-	-	-	-	-	-	44
29	Stephanie Watts	-	-	-	-	-	43	-	-	-	-	-	-	-	-	-	-	43

Club Weekend Away

30th-31st March

Christine Bowen has booked her climbing club's hut in the Crafnant Valley, North Wales for a GVS weekend away.

It's in a beautiful remote location with lots of running and walking straight from the door and it's only a short drive to the main Snowdonia Mountains.

The cost per person is just £8 per night - it's not posh! It sleeps about 30 on Alpine Bunks plus camping if necessary. It has a shower and washrooms, kitchen, lounge and drying room.

See www.mynydd.org.uk and then the club hut tab.

The idea is to have a communal meal on Saturday night.

Christine is organising things, so please let her know if you are interested through the forum or email her on chris@whitebriars.co.uk

PS Chris has ordered sunshine and the daffodils will be out by then!

2011 SUMMER FELL SERIES - FINAL STANDINGS

Pos.	Name	1	2	3	4	5	6	7	Total
1	Brian Holland	-	56	59	59	60	59	60	297
2	Wayne Grant	55	53	57	56	55	-	-	276
3	James Hobson	57	48	58	58	-	-	-	221
4	Steve Berry	-	45	-	55	48	-	57	205
5	Jim Harbord	56	-	56	-	58	-	-	170
6	Tracy Vernon	53	-	-	-	47	55	-	155
7	Lee Grant	59	-	60	-	-	-	-	119
8	Neil Pettie	-	59	-	-	-	60	-	119
9	Anthony Rodgers	-	-	-	-	59	57	-	116
10	Jonathan Hull	-	57	-	-	57	-	-	114
11	John Brough	-	54	-	57	-	-	-	111
12	Kevin Day	54	55	-	-	-	-	-	109
13	Will Meredith	-	-	-	-	51	56	-	107
14	Mike Hudson	-	51	55	-	-	-	-	106
15	Clare Griffin	-	50	-	-	56	-	-	106
16	Mathew Simon	-	47	-	-	-	-	59	106
17	Sally Mitchell	-	46	-	-	-	-	58	104
18	Andy Pead	60	-	-	-	-	-	-	60
19	Mark Richards	-	60	-	-	-	-	-	60
20	Stephen Bull	-	-	-	60	-	-	-	60
21	Peter Davis	58	-	-	-	-	-	-	58
22	Pete Woodhead	-	58	-	-	-	-	-	58
23	Chris Harding	-	-	-	-	-	58	-	58
24	Kaye Berry	-	-	-	55	-	-	-	55
25	Kelly Dyson	-	-	-	-	54	-	-	54
26	Rick Griffin	-	-	-	-	53	-	-	53
27	Matthew Day	-	52	-	-	-	-	-	52
28	Katy Thornhill	-	-	-	-	52	-	-	52
29	Jenny Law	-	-	-	-	50	-	-	50
30	Stephen Sanders	-	49	-	-	-	-	-	49
31	Lisa Harbord	-	-	-	-	49	-	-	49
32	Helen Gray	-	-	-	-	46	-	-	46
33	Sue Holland	-	44	-	-	-	-	-	44
34	Emma-Jane Eaton	-	43	-	-	-	-	-	43

AGM & Prize Giving

The AGM and prize giving for the Striders is confirmed for 4th February at Chapel-en-le-frith Golf Club. The start time is 7:30pm. There will be a hot buffet on the night and a quiz etc. Details of menu below. The committee has agreed to subsidise the cost of food meaning we can keep tickets to just £10.00 per person (great value!). In addition to the AGM and prize giving we will have a quiz and a few other similar events. So please come along and support the event and cheer on your club champions...who are:

Club Championship:

1st Carolyn Whittle; 2nd Tracy Vernon; 3rd Mary Jones

Ladies Championships

1st Carolyn Whittle; 2nd Mary Jones; 3rd Tracy Vernon

Summer Fell Championships

1st Brian Holland; 2nd Wayne Grant; 3rd

James Hobson

Terry's Race

1st Christine Bowen

The Chairman's Award

To be revealed on the night

Plus two other awards!

Buffet Menu:

Mexican Chilli Con Carne

Boiled Rice and Fries

Tortillas

Mexican Salsa

Sour Cream

Sweetcorn Fritters

Choice of dessert

(there will be a vegetarian option)

Bar with last orders at 11:30pm

For your tickets to the event please contact

Philomena on email: smithspk@gmail.com;

telephone: 01663 719251 or Mark on

email markwhelan@btinternet.com; telephone

01663 733930

Race Rules

The following article was first published in the July Strider newsletter and the Secretary wishes to draw members' attention to the article once again for the 2012 season:

AN extract from the FRA Disciplinary Committee which was published in the Spring edition of The Fellrunner was brought to the attention of the GVS committee by a member of the club.

The article referred to an incident in January this year where a runner ran in a pre-entry only race as another runner. The pre-entered runner could not run on the day and a substitute (fellow club runner) took his place despite this being in contravention of the event and therefore FRA rules. The runner signed a register on race day purporting to be that of the pre-entered runner.

After being brought to the attention of the FRA and following an investigation the two runners were found to be in contravention of FRA rules and were both issued with 3 months bans from competition. At the June meeting of the GVS committee on Thursday 9th June 2011 consideration was given as to how the club should react to this. It was noted that there have been a number of well publicised, often on this forum, substitutions that have taken place from within this club. The following are the decision of the committee:

1. Members should be made aware of the report by the FRA Disciplinary Committee, which can be found on page 13 of the Spring 2011 edition of the Fellrunner.
2. Members are advised not to compete in races purporting to be a person other than themselves and should abide by UK Athletics and FRA rules.
3. Members competing in GVS Championship races who have been found to be running under another competitors name will not be awarded championship points.

I do hope members will appreciate why the club have taken such a hard line on this issue and will understand the need to protect the club from any potential negativity that could arise should we turn a blind eye.

Christmas Party Pix





A traditional title for a change, sometimes I like to be part of the crowd. And sometimes I don't.

A big thank you incidentally to the vast numbers of people who rushed to email their responses to my request (in last July's Strider) for contributions towards a future article entitled, "H is for How to Live With a Runner."

Apparently, none of you knows how to or even wants to live with a runner, if your appalling lack of replies is anything to go by. I'm very sad. And cross. And disappointed. Go and stand in the naughty corner, everybody. Oh, I appear to have run out of corners (slight borrowing from a Joyce Grenfell sketch, but I'm sure you'll forgive me).

I don't take the fact that no-one wants to email me personally, well not very personally. It just means I'll have to try to come up with some ideas of my own (and let's be honest, what do I know?) and continue to subject you all to my usual meanderings and preamble. If nothing else, at least I may improve some people's vocabulary, so perhaps my living has not been in vain.

Kevin and I were at Nottingham recently, my beloved running the marathon (3:51) and, for my part, hurling myself energetically into the 2.3 mile mini marathon (as I wrote last year, who on earth thinks up these titles?). John was there, running the half and did pretty well. Whilst perambulating slowly amongst the mul-

titudes (around 10,000 in total), I saw a t-shirt passing by with the thought-provoking message that informed me: "Pain is just weakness leaving the body." All I can say is, I must be terribly weak.

On a similar note, at Great Langdale (4:02) a few weeks ago another t-shirt was spotted (containing, it has to be said, a slightly more rotund and mature figure than the 'pain' one and before you ask, no it wasn't me wearing it) which said "The Huffers and Puffers." I can definitely relate to that.

I've had positive feedback from several people since the club has had 3 different running ability-groups and there's certainly less pressure when the group you're running in is the right one for you, in terms of pace and distance. As I've mentioned several times before, I am so untypical of most of the runners in the GVS and every time a new runner joins us, I fervently hope there'll be someone slower than me (no luck so far), but the group I run in is known as the Beginners'; they haven't asked me to leave yet, but as I've been running 4 years now (not that I'm counting or anything) it can only be a matter of time.

I ran with two new guys a few Saturdays ago, Matt and Alistair (Kevin, look to your laurels) and was of course comfortably out-paced by both of them. They ran with the Intermediates group from then on. I must be the only person who can lead a group from the back. However,

I know I fulfil an important role: whoever joins the club is always a better runner than me and so they keep coming back week after week.

Talking of people coming back week after week, isn't it great to see GVS growing in numbers and popularity; running is going through such a resurgence and levels of interest have gone up so much – I counted 27 runners at a recent Tuesday evening. I think that's quite something.

Ankle-pin Pete, as I call him (don't worry, I've checked and he's not offended by my calling him this) ran with the Beginners' group a few Tuesdays ago. He is a marvel of working parts that have somehow got a bit mixed up when they have been re-assembled – his running style and gait look as though he's got a stone the size of a tennis ball in his shoe, but I tell you what (Lancashire vernacular), he can run and keep on running. Ankle-pin Pete has this gadget; I'm not terrifically technology-minded, I think it might be a GPS – anyway, it seems to take up a very important position on his wrist and is most useful because it can tell us how far we have run. It says things like: "You have run quite far" or "You have run very far."

No, that's just my little joke. Pete's GPS has reliably informed us that we have run such distances as 4.3 miles. That's impressive when you're a Beginner like me; take my word for it, I should know. So, as we were running in the darkening gloom that evening, I was wondering what other feats of amazement and wonder Ankle-pin Pete's GPS could perform. Here are some of my musings:

- It could double up as a sat-nav in his car
- It could program the digital recorder at home for Top Gear, Downton Abbey or Come Dine With Me
- It could be used a remote control to set the timer on his oven or do a delicate wool wash on the washing machine

I don't think the creators of these gadgets think creatively enough when they market these goods – you can plainly see how many possibilities I've just come up with in the space of ... oh, several minutes.

In the meantime, let's all try to keep on running. If someone slower or worse than me comes along, I'll be sure to let you know – it'll be quite an event.

JT

Website Members Area

The Member's area of the GVS website (<http://www.goytvalleystriders.org.uk/pages/members.html>) has been updated with new content and links. The username password for the protected areas is **gvs** and **gvs2008** respectively.

Members Area

Welcome to the members area of the Goyt Valley Striders website. There are number of things to look at here. Please click on the picture links below to access each section.



Application to join the Goyt Valley Striders

Application Form

If you wish to join The Striders, or know anybody who wishes to join, then please complete the form below and send it to The Secretary.

Membership fees are £12.00 for an individual, £24.00 for Family Membership and 2nd-Claim Membership is £7.00. Membership runs from January to December each year.

GOYT VALLEY STRIDERS MEMBERSHIP APPLICATION FORM

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

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