

The Strider



May
2013

Newsletter of the Goyt Valley Striders

This edition:
London Marathon report
Phil and Sarah's Big Adventure
A Stroller's ABC
News, info
Plus More!



Phil's Phillers . . .



Tickets are almost sold out for the GVS 25th Birthday Party -
See Phil if you wish to join us in celebrating 25 years of GVS!
£17.50 per head, deposit (£10) ASAP to Phil

GVS Birthday Race

Kevin Day is organising a birthday race for the club's 25th Anniversary next autumn and would like a few people to help him with staging the event.

If you would like to help, please see Kev or contact him:

Email: marathonmankev@btinternet.com

Tel: (Mob) 07791573254, (Home) 01613689391

Don't forget the Whaley Water Weekend Where we raise club funds via the Tombolla stall.

Any volunteers to help me Friday afternoon to put the tent up then shifts Saturday / Sunday on the stall? Also need help on Sunday to take the tent down.

This year it is on **June 8th and 9th** - please keep your diary free!
Remember - it's not too late to donate your unwanted items - we still need more!

Whaley Waltz Fell Race

Saturday, June 29th

It's that time of year once again. Please can you help marshal?

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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

2013 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 2013 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.

Main, Ladies and Vets Championship Races:

1	Trail	06-Jan	Sun	Hit the Trail 5	S
2	Fell	27-Jan	Sun	Tigger Tor	M
3	Fell	03-Feb	Sun	Lads Leap	S
4	Trail	09-Mar	Sat	Grindleford Gallop (full)	L
5	Trail	18-Apr	Thu	Mobberley Round the Runway Race	M
6	Trail	23-May	Thu	Goyt Valley 10K	L
7	Fell	07-Jun	Fri	Castleton	S
8	Fell	23-Jun	Sun	Kinder Trog	L
9	Road	07-Jul	Sun	Chesterfield Spire 10	M
10	Trail	17-Jul	Wed	Macclesfield Forest 5	S
11	Fell	03-Aug	Sat	Teggs Nose	M
12	Road	11-Aug	Sun	Great Warford 10	M
13	Fell	13-Oct	Sun	Windgather	L
14	Fell	27-Oct	Sun	Passing Clouds	M
15	Road	23-Nov	Sat	Cheddleton 10K	M
16	Trail	15-Dec	Sun	Xmas Cracker	M

Summer Series:

1	Fell	17-Apr	Herod Farm
2	Fell	08-May	Rainow
3	Fell	29-May	Kettleshulme
4	Fell	05-Jun	Boars Head
5	Fell	26-Jun	Hope Wakes
6	Fell	07-Aug	Cracken Edge

Race Distances:

S = Short

M = Medium

L = Long

2013 CHAMPIONSHIP

[illegible]

2013 LADIES CHAMPIONSHIP

		RACES																
Pos	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Total
1	Tracy Vernon	54	59	58	55	55	-	-	-	-	-	-	-	-	-	-	-	281
2	Christine Bowen	52	60	59	-	57	-	-	-	-	-	-	-	-	-	-	-	228
3	Mary Jones	-	-	60	58	60	-	-	-	-	-	-	-	-	-	-	-	178
4	Sally Mitchell	58	-	-	56	58	-	-	-	-	-	-	-	-	-	-	-	172
5	Moiria Hunt	56	-	-	57	59	-	0	-	-	-	-	-	-	-	-	-	172
6	Sarah Bull	60	-	-	60	-	-	-	-	-	-	-	-	-	-	-	-	120
7	Carolyn Whittle	-	-	-	60	-	-	-	-	-	-	-	-	-	-	-	-	60
8	Kate Cartwright	59	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	59
9	Rebecca Glen	57	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	57
10	Melaine Watts	-	-	57	-	-	-	-	-	-	-	-	-	-	-	-	-	57
11	Lesley Sutton	-	-	-	-	57	-	-	-	-	-	-	-	-	-	-	-	57
12	Rosie Brook	55	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	55
13	Helen Gray	-	-	-	-	54	-	-	-	-	-	-	-	-	-	-	-	54
14	Helen Smith	-	-	-	-	53	-	-	-	-	-	-	-	-	-	-	-	53
15	Sarah Figg	-	-	-	-	52	-	-	-	-	-	-	-	-	-	-	-	52
16	Jo Lancaster	-	-	-	-	51	-	-	-	-	-	-	-	-	-	-	-	51

The Lakeland Classics Trophy - Suggestion for 2013

Calling all interested Striders - Is there anyone else interested in doing some of the long category A Lakeland races in 2013?

Why not find a few of us and sort out some transport to do some of the best fell races there are! Top 3 times count for team results and can also be entered individually. Here's this year's details, for reference:

11th Lakeland Classics Trophy 2012: The Lakeland Classics Trophy recognises performance in a series of six classic Lakeland races. Perpetual mounted slate trophies are presented to First Male, Female and Team, and limited edition Bentham mugs are awarded to category winners.

Super Long A: Sat 02-06-12 Ennerdale Horseshoe; Sat 09-06-12 Duddon Valley; Sat 14-07-12 Wasdale; Sat 04-08-12 Borrowdale.

Long A: Sat 15-09-12 Three Shires; Sat 13-10-12 Langdale Horseshoe; Entry free.

Best 3 performances to count and runners must complete a minimum of 2 Super Long races plus any other of the six races. Points scoring based on finish times rather than positions.

Entry to Trophy free. Get in touch if you'd like to organise a team or come along/share transport to one of the Classics.

Cheers, Will (willis_meredith@hotmail.com)

2013 VETS CHAMPIONSHIP

		RACES																
Pos	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Total
1	Paul Hunt	56	59	57	60	57	-	-	-	-	-	-	-	-	-	-	-	289
2	Tracy Vernon	50	56	53	54	49	-	-	-	-	-	-	-	-	-	-	-	262
3	Raj Maharjan	57	60	59	-	59	-	-	-	-	-	-	-	-	-	-	-	235
4	Christine Bowen	47	57	54	-	51	-	-	-	-	-	-	-	-	-	-	-	209
5	Paul Oakley	60	-	58	-	60	-	-	-	-	-	-	-	-	-	-	-	178
6	Mary Jones	-	-	56	59	56	-	-	-	-	-	-	-	-	-	-	-	171
7	Matthew Simon	-	58	-	57	53	-	-	-	-	-	-	-	-	-	-	-	168
8	Steven Berry	54	-	55	56	-	-	-	-	-	-	-	-	0	-	-	-	165
9	Moira Hunt	52	-	-	58	54	-	-	-	-	-	-	-	0	-	-	-	164
10	Sally Mitchell	53	-	-	55	52	-	-	-	-	-	-	-	-	-	-	-	160
11	Helen Gray	48	-	-	-	48	-	-	-	-	-	-	-	-	-	-	-	96
12	Peter Davis	-	-	60	-	-	-	-	-	-	-	-	-	-	-	-	-	60
13	Anthony Rodgers	59	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	59
14	Kevin Douglas	58	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	58
15	Mike Hudson		-	-	-	58	-	-	-	-	-	-	-	-	-	-	-	58
16	Kate Cartwright	55	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	55
17	Peter Ambrose		-	-	-	55	-	-	-	-	-	-	-	-	-	-	-	55
18	Melanie Watts	-	-	52	-	-	-	-	-	-	-	-	-	-	-	-	-	52
19	Rosie Brook	51	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	51
20	Lesley Sutton		-	-	-	51	-	-	-	-	-	-	-	-	-	-	-	51
21	Mark Whelan	49	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	49
22	Helen Smith		-	-	-	47	-	-	-	-	-	-	-	-	-	-	-	47
23	Sarah Figg		0	-	-	46	-	-	-	-	-	-	-	-	-	-	-	46



A quick reminder of our Coffee Morning



Saturday, July 13th

I need your wonderful cakes
and
biscuits please!



Phil

2013 SUMMER FELL SERIES

Pos.	Name	1	2	3	4	5	6	7	Total
1	Raj Maharjan	59	58	-	-	-	-	-	117
2	Lee Grant	58	57	-	-	-	-	-	115
3	Mike Hudson	56	55	-	-	-	-	-	111
4	Paul Hunt	54	54	-	-	-	-	-	108
5	Mark Whelan	53	53	-	-	-	-	-	106
6	Matthew Simon	52	52	-	-	-	-	-	104
7	Mark Richards	60	-	-	-	-	-	-	60
8	James Dean	-	60	-	0	-	-	-	60
9	Lucas Jones	-	59	-	-	-	-	-	59
10	Ben Jay	57	-	-	-	-	-	-	57
11	Pete Woodhead	-	56	0	-	-	-	-	56
12	Kevin Day	55	-	-	0	-	-	-	55
13	Oliver Radford	-	51	0	-	-	-	-	51
14	Sara Bull	-	50	-	-	-	-	-	50
15	Sally Mitchell	-	49	-	-	-	-	-	49
16	Phil Smith	-	48	-	-	-	-	-	48
17	Rebecca Glen	-	47	-	-	-	-	-	47
18	Moiria Hunt	-	46	-	-	-	-	-	46
19	Helen Gray	-	45	-	-	-	-	-	45
20	Barbara Hills	-	44	-	-	-	-	-	44
21	Emma-Jane Eaton	0	43	-	-	-	-	-	43

Get Down and Get Dirty!

Our third annual conservation day will be on Sunday 21st July.

Previously we have worked on the Penine Way - to make Steve Hennessey's life a bit easier!

We've asked this time to do something a bit closer to home.

Details will be posted on the message board nearer to the time - make a note in your diaries if you're able to come along.

This will be a full day working on a project within the Peak District National Park.

I'll need to have a rough idea of numbers a couple of weeks beforehand.

Sally Hunter



London Marathon

2013

By Roy Whittle



The first obstacle was actually securing a place in the marathon. After being unsuccessful with the general entry I had resigned myself to waiting another year and then I discovered I was eligible to enter the club ballot - I had a place ! The hard work had just begun.

I decided to make New Year's Day my official start date to begin training. I used an old training plan from my first (and only) marathon (Edinburgh). This plan was based on long weekend runs and a mixture of short but fast mid week runs that I could work in with the club Tuesday runs and work/family etc.

I played safe (but boring) and stuck to running down the A6, canal and Monsal Trail which could be run in all weathers. The weekly long run mileage steadily crept up and I decided to take Steve Bull's advice and set my longest run as the full 26 miles (I was going to wimp out at 21 miles) and start my taper from there. I probably started tapering two weeks early but I felt great; no injuries, not even a blister and my weight had come down nicely (another few pounds still to lose though).

I ran Wilmslow half with Pete and Lucas as part of the taper and got a time of 1hr 45mins

which gave me the confidence to achieve sub 4 for the marathon.

The hotel was booked eventually (try finding a room that sleeps five close to an underground station!) Race number collected and the obligatory mock podium photo taken.

I was dreading the tube journey to the start because as some of you already know, my navigational skills are not the best; fortunately for me all I had to do was follow everyone else who looked like a runner!

On the train were two runners from Kilmarnock Kestrels (mum and son) who were also doing their first London Marathon. They had seen GVS runners in plenty of races before (apparently our vests stand out a mile) so we



agreed we'd look out for one another during the race.

After several toilet visits (pre-race nerves) it was finally time to line up, I got behind the 3.30 hr pacer hoping to keep on his heels.



A minutes silence was observed in memory of the Boston Marathon victims. Nobody spoke. 30,000-plus people all stood together in total silence is an eerie and moving experience.

Then we were off. The first 5 miles were heavily congested, elbow room only in places but I kept the pacer in sight, the streets were lined with spectators cheering constantly and at around mile 10 I had a tap on the shoulder; it was Katy Thornhill ! We chatted for a while complaining about how hot it was and how my knees were already hurting. Katy had earlier seen her husband and kids cheer her on a mile or so back which was great. She dropped back saying my pace was too fast for her (oh how that was to change for me !)

Emma and my boys had planned to cheer me on (and any one else in a GVS vest) just after tower bridge (mile 13) Phil and Sarah had earlier texted to say they would be around mile 12 but I didn't see anybody, there were so many crowds it was almost impossible to spot anyone.

The crowds were amazing and continued all the way round, often three or four rows deep cheering constantly and handing out jelly babies. If anyone started walking they would cheer even louder once they started to run again. The heat



from the direct sunshine had become a real problem for me, I was having a real battle to keep pace and get enough fluids and gels into my system - something had gone wrong and I was starting to dehydrate.

The 3.45 pacer went past at around mile 24 and I walked half of the tunnel, Katy ran past (she was still looking strong) my legs were becoming empty and painful but I was determined to carry on so I started to run again.

The longest mile - every step hurt, I was in agony but I wasn't going to give up, the Thames was on my left, the sun was still beating down and the crowds were deafening. Big Ben was looming ever closer, a runner had collapsed 20 feet ahead, in tears she was led away by the medics,

her race was over, but mine wasn't - not yet. I got to the turn at Big Ben (Sarah and Phil were



there in the crowd screaming my name so loud they got headaches!) the crowds were screaming out names on runners vests but I never heard mine, I was in a bad place.

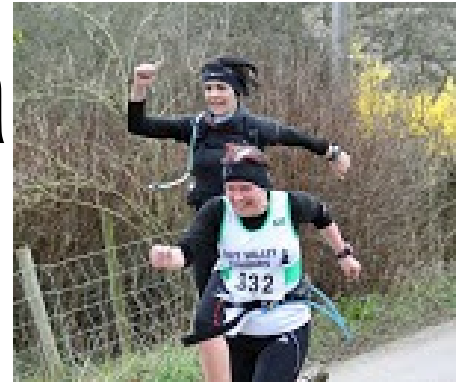
800 yards to go with the finish line in front would take every ounce of energy I had left, my eyes were stinging from the sweat that ran in to them and the pain in my legs was inde-

scribable but I would not stop until that finish line was crossed, 600 yards, 200 yards, a final sprint (or at least that is what I tried to do) and I crossed the line ! 3hrs 51 mins 44 seconds, I was happy to get sub 4hrs - I was happy just to finish!

Would I do it again ?...most definitely. You forget the pain but you never forget the London Marathon!

Incidentally, Katy logged, exactly the same time - to the second! Well done Katy and well done to everyone who ran.

Philomena and Sara Coastal Adventure



Fundraisers: Sarah Bull & Philomena Smith

My page: <http://uk.virginmoneygiving.com/team/coastaladventure>

We blame Paul - for putting Philomena and I in a car together for more than 30 mins, which was all the time it took for us to admit we were bored as we had no target for our enviable running careers.

So here we now are: On 9th September 2013 we will be setting off from St Bees and navigating all by our ourselves 190 miles to Robin Hood Bay within 7 days. We will effectively be running a marathon a day.

It is no small feat not necessarily because of the distance involved, but as those who know us will confirm, we are severely navigationally challenged. Indeed we even managed to get lost on a straight road one night and lose the runners we were with, who then nearly headed over to Kinder to look for us. We were actually still in Chinley.

To make sure we stick to this and it isn't a 5 minute whim, we have decided to complete it in aid of Roy Castle Lung Cancer Charity. Philomena lost her Mum to cancer last year and I lost Amanda, my best friend, in 2008. Since 2008 I have raised just over £9,200 for Roy Castle in Amanda's memory and Phil and I would love it if we could reach the £10,000 figure by completing this challenge.

We will make a blog of our progress in training, and although it may be the most boring thing you've ever read we are sure we will have some adventures along the way.

We hope to return from our 7-day adventure without getting too lost and calling out Moun-

tain Rescue on too many occasions. Whether we will be speaking to each other is another matter.

Anything you can donate would be more than appreciated and will of course make it all worthwhile. The web address for online donations is above.

Our entire blog can be read at:
<http://sarahandphilscoast2coastadventure.blogspot.co.uk/>

Anyway, without any more ado, here's our latest two instalments:

Thursday, 16 May Racing to train (unfortunately)

So here we are plodding along nicely on our training programme, following it to the last detail and then Mad Dog (our American trainer - you need to read our earlier bogs!) suggests that "racing" is always a good idea.

Philomena and I seem to have become a little allergic to racing recently, my last race was a hung over attempt in the New Year at Hit the Trail and Philomena had refused to do any racing really since Wizard 5 back in July (apparently Dusk 'til Dawn doesn't count!) I'm not sure why we decided not to race anymore, I think we both stopped enjoying them as you inevitably think how fast you should be and when you are slower you're disappointed (and

we like to talk and run) - so we stopped racing - simples :)

Until now.....cue fan fare - we did 2 races in 3 days (I actually did 3 in 5 days but that's another story) and the most surprising thing of all was that it was all Philomena's idea!

We'd had a bit of a rubbish start to the week last week as track wasn't on due to it being Bank Holiday and we had a mini heat wave. Our self invented "speed" session didn't go entirely to plan and I think we felt like we were cheating a bit (we are starting to feel guilty if we don't follow the plan exactly - what is THAT about?) It was after this that Philomena mentioned that Rainow 5: our text message exchange was as follows:-

Phil - "Are we doing Rainow 5 next week?"

Me - "If you'd like to yes"

Phil - "Shall we"

Me - "Ok"

Phil - "OMG what is wrong with me?" (answers on a postcard please)

So we lined up ready to start, having actually done a warm up run and some stretches (this was indeed a novelty). We had already agreed that we were only going to race in the way that Mad Dog had suggested, which was to just treat it as a fast run and gradually get quicker as the race went on - I think this made us both feel better and under a lot less pressure, as we were now going to treat races as training runs and not as "all out races".

And we both actually loved it, yes it was hard and you can't

help but push yourself but I think we both reminded ourselves not to go off too fast and as a result I was actually overtaking people in the last couple of miles - a unique experience. We celebrated our return to racing with cake and tea :)

And then this happened - we entered the May Queen race on Friday night! Not only that, but we ran there and we loved it, I loved not caring who was in front or behind me, and trying to get faster gradually (which was actually impos-

sible going uphill) and by using Mad Dog's tips I overtook two men in the last road bit.

Before agreeing to this two race madness, I had already signed up to run Sheffield Half marathon with my sister Amy on the Sunday. She wanted to do it in 2hrs 10, had never run more than 11 miles and asked me to run with her - I love my sister to bits but I really didn't look forward to pacing her as I was rubbish at pacing myself and also when Philomena and I did the same race a few years before we absolutely hated it and said never again. I did cave in though, sisterly love and all that. Philomena and I couldn't quite remember why we hated it but this time round it was a completely different experience. I thoroughly enjoyed it, took my time and was immensely proud that Amy and her friend crossed the line in 2.04.44 and actually did a negative split. They passed so many people in the last few miles and that's when I realised that training really does work when you put the effort in and I really do think we are.

Our mindset has changed to racing, it's about feeling good and stronger, getting quicker without killing ourselves (or wheezing in Philomena's case) but above all it's about enjoying it, otherwise there's no point.

Our most recent text message exchange however may unravel this happy racing theme:-

Phil - "Buxton half 26th?"

Me - "P*ss off"

Phil - "Together...."

Me - "I hated it though, I wanted to cry, did I cry?"

Phil - "You were ill"

Me - "I'll think about it"

Watch this space . . .

Monday, 27 May

Racing + jogging + cold baths = Mental!

We've been very good this week, a lingering cold meant we didn't go to track but we both



forced ourselves to go out separately on Tuesday to do a speed session. We spent a verrrrrry long time marking out the Vanessa Chappell course on Wednesday night - we were going to do our hill session halfway through marking the route but decided against it as the wind ripped through us as we sported our "summer" running gear. Instead we decided to run hard down the hills and congratulated ourselves afterwards :)

Friday was our second speed session of the week, we set off in the sunshine - seconds later we were absolutely drenched to the bone, the heavens opened and the wind was yet again ruining our run. Philomena did literally squeal all the way down the road as the heavens opened. The one positive effect the rain had was that it made us run quite fast. The other reason we ran quite fast was the fact that we had set off later than we should have done and we had to get back before Ethan rang Social Services when he was locked outside in the rain after school! There was no time for standing around and moaning, we had to run and fast. Philomena was very naughty and yet again forgot her inhaler and was a bit wheezy. I was hoping my mother type lecture would stop her forgetting it again but alas she forgot it on Sunday too! Anyway, we arrived home in record time just as Ethan landed on the doorstep.

So Sunday arrived and with it Buxton Half Marathon, which I was just dreading. Perhaps had I remembered quite how bad the hills were I would have justifiably dreaded it more and stayed in bed. The weather was hot and was not ideal for racing. Not only did we have to race today, we also had to run home to make up our training run time - this was not a good thought!

I think me and Philomena have different race reports; we separated halfway up the first hill and I was convinced she was going to catch me up but feet/shoe problems meant it didn't happen. For me it was better than two years ago - I used all Mad Dog's race advice and finished

in under 2 hours, which was all I wanted. Pete and Alistair were out on their bikes and offered much needed encouragement at mile 10 and jelly babies, just at the point I was knackered! Pete told me that Phil wasn't far behind but that she was on the floor with both trainers off - that explained a lot! She still had a good run though, but was obviously frustrated at the problems with her feet.

After we both finished we were then faced with the prospect of running home - something that neither of us really wanted to do, but part of the training is to carry on running when

you're tired, so this was ideal territory to put the plan into practice. Despite desperately wanting a delicious looking 99 ice cream, we ignored offers of lifts home and trundled off home via the Windgather route. Lovely Paul and Moira came looking for us in their car to offer us some very much needed Vaseline for my very painful arm chafing - only a runner can understand the pain of chafing.

Our journey home was a little painful, we sat down for a bit halfway up a hill as we decided we didn't really



want to carry on however we got back up on the basis that we were on the top of a hill and the only way home was on foot, not even Karl's Land Rover could get here for us. 4 miles later we arrived at Errwood Reservoir - it was so hot we both walked straight in without hesitation much to the amusement of fishermen and nearby walkers. We stood waist deep for a whole 20 minutes eating jelly babies and drinking water and just chatting. Our legs were so frozen we could barely feel them when Karl arrived to take us home and we shivered the whole way home as we downed our milkshake reward.

So another week over, we've upped the miles this week. 6 weeks ago we were running about 14 miles a week, we're now up to 30+ and we're still reasonably okay and injury free (touch wood)

15 weeks today we will have done our first day - eek!



If you're of a certain age, an annoying tune may well already be thrumming through your heads; one that you won't be able to shake off for a good few days – I should know, I've tried. So, enough of Laurie Anderson and on with the show.

I must warn you, some rather tenuous links are coming up, but I think you're probably used to that by now.

Kevin and I went to see some Olympic events last summer and had a great time. We camped in our large tent (we have a small tent and a middle-sized tent too, in case you're interested or want to hire one out from us – we're very reasonable).

We based ourselves at the Hertford site, which was handy for trains going directly to Stratford (we love Shakespeare too). It was an action-packed programme for us, sometimes getting up around 5am and not getting back home until gone midnight –

but it was worth it. We were there on Super Saturday when Team GB won 3 gold medals, which was brilliant to witness. Kevin shouted himself hoarse with the excitement of cheering on Greg Rutherford, Jess Ennis and Mo Farah to their victories.

I know you're all interested to hear about any incidents which affect Kevin's ability to talk volubly and at length on any subject. Hmmmm ... just done the thesaurus on the word 'volubly' (what a strange word) and it's given me 'fluently' and 'articulately', amongst others. I'm not sure Kevin could ever be described as fluent or articulate, so I may have to change that word later in the interests of authorial content and integrity.

O could be for One Wheel on My Wagon

As I was wending my stately way on my run this morning, I was thinking what I might write for this article. There have been some beautiful sights to behold recently – sunrises, sparkly hills and valleys, frosty walls and so on, but do you know what has caught my eye most of all? The

amount of litter and rubbish around us. There's masses of it.

Perhaps you don't notice it quite so much as me, as you whizz along at breakneck speeds, taking huge strides and eating up miles of countryside, but you have to remember I run slightly slower (just slightly) than all of you and so have more chance to notice these things. Of course, some modern-urban types may think that a crisp packet hanging off the end of a twig could also be described as a beautiful sight ... well, it's a thought, isn't it?

Anyway, the One Wheel on My Wagon is a reference to a song I vaguely remember from my childhood. The next line is, "And I keep rolling along," and it's quite strange, but sometimes this song pops into my head when I'm running and think I'm going have to stop for a little rest (it's quite alright to do that if you're in the Beginners/Social group because I've made an executive decision about it). And then, what happens is, (very grammatical), I mostly do keep on going, for a bit longer anyway, at my own sedate pace.

This is the power, the inspiration that music can provide ... even if it's a song from decades ago that many of you won't have heard of. (Just looked this up on Google and found out it was a hit in 1962 – I must have instant recall from the moment of birth in that case ... oh, wait a minute, apparently it was often played on Junior Choice. That's alright then.)

O is for Our Little Group

The Beginners/Social Group is where it all starts. When new runners come along, they should first introduce themselves or be introduced by an accompanying experienced runner (that's you lot). A decision will then be taken as to which group this new person should run with – usually decided after asking a few questions, have you run before, if so how far, frequency etc. Sometimes, new people start off with Beg/Soc to see how they get on because they may not be sure if

they can keep up with the Intermediates. It's interesting how many returning runners (i.e. people who have run in the past) now run with our club. Also, quite a lot of people are fairly new to running and have either heard about the club through friends or have gone on the website and phoned Mark for details.

Beg/Soc group has its core of regular runners and runners from other groups sometimes comes out with us – perhaps they've had several weeks' gap, been ill or coming back slowly after an injury and the Beg/Soc group allows them to run at a slow and steady pace over less of a distance than they would usually do. As I succinctly put it: "The other groups go faster and further. We go less fast and not as far."

The great thing is, people can and do swap between the different groups depending on what they want and how they feel. I think I can safely say I will always be a member of the Beg/Soc group, whereas lots of people do move on and run with the Intermediates or Advanced groups.

O is for Oh What a Night

The AGM this year was at the Navigation, Buxworth. Another really good turn-out for the club, great to see so many people – our numbers continue to grow.

Pete's speech this year – excellent. I think it was your best one yet, Pete.

Mark – a repeated thank you for all your hard work over the years for GVS. I know you'll still be involved in lots of ways.

In fact, a big thank you to all committee members who give a lot to the club and want to make things even better.

It sounds as if the 25th do in October will be a good one – looking forward to it ... better keep on running til then so I can come along.

Goyt Valley Striders Membership Renewal Form

This form is for existing members to renew their 2013 membership. Please complete as much information as possible as this enables the secretary to ensure records are up to date and contact details correct.

Do not use this form for new membership applications. A form for this can be found on the Goyt Valley Striders website.

If you prefer, you can email these details direct to the secretary. Please complete as much information as possible.

Name:

Address:

Post Code:

Tel No.:

Email:

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Include all family members at the same address here, including yourself and children:

Name	DOB	Tick Level of Membership		
		Inc. UKA (£17.00)	Ex. UKA (£7.00)	2 nd Claim (£7.00)

Family membership is £34.00 affiliated and £14.00 unaffiliated

Complete names above and tick one of these boxes for family membership:

Family Affiliated

☐

Family Unaffiliated

☐