

The Strider



October
2014

Newsletter of the Goyt Valley Striders

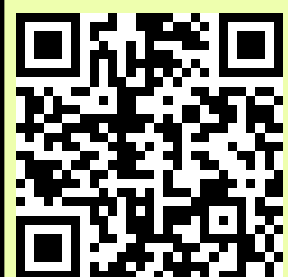
This edition:

Championship Tables

Oldham Half Marathon report(s)

Motivation muses

2015 Championship details



Terry's Race

16th November 2014 (9:00am)

Terry's race is a club race for members of Goyt Valley Striders. Held in the memory of Terry Lardiner who unfortunately died prematurely in 2000. Terry had a great passion for all things outdoor and was a long-time member of the Striders. He loved the Goyt Valley, and the race covers a course run regularly by Terry and The Striders. En-route you'll pass a tree planted by Chapel-en-le-frith ramblers in memory of Terry.

The race is unusual in that everyone who takes part has a chance of winning. The course details are below. You set off at (at least) 5-minute intervals wearing NO watch. You guess your time for the distance and the nearest person to their guessed time wins.

2014 will be the 13th year that Terry's race has been run. This year the route will be run anti-clockwise!

The course starts at the lay-by on Long Hill – down the track – across the bridge (or river!) – past the church – left and immediately right at road in Taxal – over stile then up and across the fields – left on Taxal Moor road then first right (after 100 yards or so) onto footpath – ascend Taxal Moor (passing the tree planted by the rambling club in memory of Terry) – turn left at gate (not short cut through gate!) following wall on right to top of Taxal Moor – right at the end of Taxal Moor then almost immediate left over stile – follow obvious path down through woods, across stream (might be dry) an up the other side – left over stile into walled/fenced path, taking right bend to stile onto Windgather – turn left across Windgather until gate – through gate follow path towards Pym Chair until obvious left fork – take left fork to gate at top – turn left and follow path adjacent to road down The Street – after 1 mile take left footpath onto track that crosses Hoo Moor – at end of track pass through gate and go straight on through Oldfield Farm – pass through a couple of gates until you reach more buildings after Norman Wood (take in the smell!) – take gate on right through farm and after 40 yards or so take left path over stile through woods – at bottom turn right on track and then left down bank and through gate (farm now on left) – follow obvious path down across field into track and onto footbridge across River Goyt – with the river on your left head back across fields passing through gates until you reach Shallcross Wood – follow well laid path through Shallcross Wood, turning right at final gate – sprint up short incline to the finish.

This year the course will be marked.

Check out the course, view past years results, compare your times and see how fast it can be run by visiting: www.goytvalleystriders.org.uk/pages/terry.html

Mark Whelan

Christmas Curry!

Sorry to mention the C word in October (ahem, November now! - Ed) but I could do with some idea of numbers for booking. All welcome, the more the merrier.

So far the plan is: Sat 20th December: Meet early evening in pub for warm-up pint, then jump on the train to Buxton, walk up to Imani's Indian, which fortunately is above the Bulls head pub!

I will post final details nearer the time but for now could you please let me know if you're coming along. Cheers!

Tracy Vernon

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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

2014 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 2014 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	Road	02-Feb	Sun	Alsager 5 (5)	S
2	Fell	02-Mar	Sun	Cloud 9 (9)	M
3	Fell	23-Mar	Sun	Edale Skyline (21)	L
4	Fell	27-Apr	Sun	Kinder Downfall (9)	M
5	Fell	03-May	Sat	Chunal (3)	S
6	Fell	07-May	Wed	Rainow (5)	S
7	Road	18-May	Sun	Eyam Half Marathon (13)	L
8	Fell	15-Jun	Sun	Passing Clouds (9.8)	M
9	Fell	13-Jul	Sun	Bollington Nostalgia (7.2)	M
10	Trail	16-Jul	Wed	Macclesfield Forest Five (5)	S
11	Fell	13-Sep	Sat	Half Peris Horseshoe (8.5)	M
12	Fell	21-Sep	Sun	Stanage Struggle (6.2)	M
13	Road	05-Oct	Sun	Burnley Fire Station 10k (6.2)	M
14	Road	01-Nov	Sat	Langley 7 (7)	M
15	Fell	09-Nov	Sun	Roaches (15)	L
16	Road	07-Dec	Sun	Stockport 10 (10)	M

Summer Series:

1	Fell	16-April	Herod Farm (3)
2	Fell	09-May	Hayfield May Queen (3)
3	Fell	04-June	Boars Head (7)
4	Fell	20-June	Fun on The Fells (3)
5	Fell	09-July	Wormstones (4)
6	Fell	24-July	Stoney Middleton (5)
7	Fell	06-August	Cracken Edge (7)

Race Distances:

S = Short

M = Medium

L = Long

2014 CHAMPIONSHIP TABLE

		RACES																
Pos.	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Total
1	Mark Ruston	57	56	-	55	59	56	59	58	59	57	59	59	59	-	-	-	582
2	Mark Whelan	54	51	52	51	56	-	53	54	55	54	57	-	57	-	-	-	543
3	Tracy Vernon	51	48	-	47	55	43	54	52	57	52	56	56	56	-	-	-	537
4	Christine Bowen	47	46	-	46	-	41	50	50	54	50	56	55	53	-	-	-	507
5	Lucas Jones	59	-	-	53	57	57	58	57	-	-	-	58	60	-	-	-	459
6	Brian Holland	58	54	-	-	-	52	57	-	58	55	-	-	58	-	-	-	392
7	Ben Jay	55	52	54	50	-	48	55	55	-	-	-	-	-	-	-	-	369
8	Steve Berry	-	-	-	45	54	42	52	51	-	53	-	-	54	-	-	-	351
9	James Hobson	-	-	58	57	60	58	-	59	-	58	-	-	-	-	-	-	350
10	Colin Allott	-	57	56	58	-	54	-	-	60	-	60	-	-	-	-	-	345
11	Neil Pettie	-	60	60	60	-	-	-	60	-	60	-	-	-	-	-	-	300
12	Alex Elsworth	-	58	-	59	-	59	60	-	-	-	-	60	-	-	-	-	296
13	Lee Grant	-	55	53	56	-	-	-	56	-	-	-	57	-	-	-	-	277
14	Paul Hunt	53	50	50	-	-	45	-	53	-	-	-	-	-	-	-	-	251
15	Austin Boam	52	49	51	49	-	47	-	-	-	-	-	-	-	-	-	-	248
16	Paul Oakley	60	59	-	-	-	55	-	-	-	59	-	-	-	-	-	-	233
17	Helen Gray	-	43	-	-	-	40	-	-	53	-	-	54	-	-	-	-	190
18	Jonathan Hull	-	-	-	54	58	53	-	-	-	-	-	-	-	-	-	-	165
19	Rebecca Glen	-	-	-	-	-	44	-	-	56	51	-	-	-	-	-	-	151
20	Moira Hunt	50	47	-	-	-	-	51	-	-	-	-	-	-	-	-	-	148
21	Sue Holland	48	44	-	-	-	-	49	-	-	-	-	-	-	-	-	-	141
22	Barnaby Gordon	56	53	-	-	-	-	-	-	-	-	-	-	-	-	-	-	109
23	Roy Whittle	-	-	-	52	-	-	56	-	-	-	-	-	-	-	-	-	108
24	Steve Hennessey	-	-	48	-	-	-	-	-	-	-	58	-	-	-	-	-	106
25	Clare Griffin	-	-	55	-	-	50	-	-	-	-	-	-	-	-	-	-	105
26	Raj Maharjan	-	-	-	-	53	49	-	-	-	-	-	-	-	-	-	-	102
27	Sarah Bull	-	-	49	48	-	-	-	-	-	-	-	-	-	-	-	-	97
28	Wayne Grant	49	45	-	-	-	-	-	-	-	-	-	-	-	-	-	-	94
29	Pete Woodhead	-	0	-	-	-	60	-	-	-	-	-	-	-	-	-	-	60
30	Adrian West-Samuel	-	-	59	-	-	-	-	-	-	-	-	-	-	-	-	-	59
31	Kevin Douglas	-	-	57	-	-	-	-	-	-	-	-	-	-	-	-	-	57
32	Kevin Day	-	-	-	-	-	-	-	-	-	56	-	-	-	-	-	-	56
33	Vickie Heathcote	-	-	-	-	-	-	-	-	-	-	-	-	55	-	-	-	55
34	Kaye Berry	-	-	-	-	-	-	-	-	-	-	-	-	52	-	-	-	52
35	Oliver Radford	-	-	-	-	-	51	-	-	-	-	-	-	-	-	-	-	51
36	Linette Ruston	46	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	46
37	Stephen Sanders	-	-	-	-	-	46	-	-	-	-	-	-	-	-	-	-	46
38	Barbara Hills	-	-	-	44	-	-	-	-	-	-	-	-	-	-	-	-	44
39	Ruth Wilson	-	-	-	43	-	-	-	-	-	-	-	-	-	-	-	-	43
40	Joanne Hobson	-	-	-	-	-	39	-	-	-	-	-	-	-	-	-	-	39

2014 LADIES CHAMPIONSHIP TABLE

		RACES																
Pos	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Total
1	Tracy Vernon	60	60	-	59	60	58	60	60	60	60	60	60	60	-	-	-	600
2	Christine Bowen	57	58	-	58	-	57	58	59	58	58	60	59	58	-	-	-	583
3	Helen Gray	-	56	-	-	-	56	-	-	57	-	-	58	-	-	-	-	227
4	Moiria Hunt	59	59	-	-	-	-	59	-	-	-	-	-	-	-	-	-	177
5	Rebecca Glen	-	-	-	-	-	59	-	-	59	59	-	-	-	-	-	-	177
6	Sue Holland	58	57	-	-	-	-	57	-	-	-	-	-	-	-	-	-	172
7	Clare Griffin	-	-	60	-	-	60	-	-	-	-	-	-	-	-	-	-	120
8	Sarah Bull	-	-	59	60	-	-	-	-	-	-	-	-	-	-	-	-	119
9	Vickie Heathcote	-	-	-	-	-	-	-	-	-	-	-	-	59	-	-	-	59
10	Barbara Hills	-	-	-	57	-	-	-	-	-	-	-	-	-	-	-	-	57
11	Kaye Berry	-	-	-	-	-	-	-	-	-	-	-	-	57	-	-	-	57
12	Linette Ruston	56	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	56
13	Ruth Wilson	-	-	-	56	-	-	-	-	-	-	-	-	-	-	-	-	56
14	Joanne Hobson	-	-	-	-	-	55	-	-	-	-	-	-	-	-	-	-	55

2014 SUMMER FELL SERIES - FINAL TABLE

Pos	Name	1	2	3	4	5	6	7	Total
1	James Hobson	-	60	60	60	60	60	-	300
2	Colin Allott	60	-	59	-	59	57	59	294
3	Roy Whittle	59	0	57	59	-	58	55	288
4	Mark Whelan	57	59	55	-	58	56	51	285
5	Tracy Vernon	55	57	52	55	57	53	46	277
6	Christine Bowen	54	56	-	54	56	52	43	272
7	Stephen Sanders	56	-	53	58	-	55	50	272
8	Mary Jones	-	58	51	-	-	54	44	207
9	Helen Gray	-	55	49	-	-	51	-	155
10	Adrian West-Samuel	-	-	58	-	-	-	57	115
11	Rebecca Glen	-	-	-	56	-	-	47	103
12	Dave Bowen	-	-	-	57	-	-	45	102
13	Neil Pettie	-	-	-	-	-	-	60	60
14	Lee Grant	-	-	-	-	-	59	-	59
15	Chris Sanders	58	-	-	-	-	-	-	58
16	Matthew Sperrin	-	-	-	-	-	-	58	58
17	Raj Maharjan	-	-	56	-	-	-	-	56
18	Clare Griffin	-	-	-	-	-	-	56	56
19	Paul Hunt	-	-	54	-	-	-	-	54
20	Kieran Smallbone	-	-	-	-	-	-	54	54
21	Peter Davis	-	-	-	-	-	-	53	53
22	Jenny Law	-	-	-	-	-	-	52	52
23	Moiria Hunt	-	-	50	-	-	-	-	50
24	Sarah Bull	-	-	-	-	-	-	49	49
25	Carolyn Whittle	-	-	-	-	-	-	48	48
26	Paul Harris	-	-	0	-	-	-	42	42

2014 VETS CHAMPIONSHIP TABLE

Pos	Name	RACES																Total
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
1	Mark Whelan	56	54	54	55	58	-	55	56	58	56	59	-	58	-	-	-	565
2	Tracy Vernon	53	51	-	52	57	49	56	53	59	54	58	57	57	-	-	-	556
3	Christine Bowen	49	49	-	51	-	47	52	51	57	53	58	56	54	-	-	-	530
4	Lucas Jones	59	-	-	56	59	59	59	59	-	-	-	59	60	-	-	-	470
5	Brian Holland	58	56	-	-	-	56	58	-	60	57	-	-	59	-	-	-	404
6	Ben Jay	57	55	56	54	-	53	57	57	-	-	-	-	-	-	-	-	389
7	Steven Berry	-	-	-	50	56	48	54	52	-	55	-	-	55	-	-	-	370
8	Neil Pettie	-	60	60	60	-	-	-	60	-	60	-	-	-	-	-	-	300
9	Alex Elsworth	-	58	-	59	-	60	60	-	-	-	-	60	-	-	-	-	297
10	Lee Grant	-	57	55	58	-	-	-	58	-	-	-	58	-	-	-	-	286
11	Austin Boam	54	52	53	53	-	52	-	-	-	-	-	-	-	-	-	-	264
12	Paul Hunt	55	53	52	-	-	50	-	54	-	-	-	-	-	-	-	-	264
13	Paul Oakley	60	59	-	-	-	58	-	-	-	59	-	-	-	-	-	-	236
14	Helen Gray	-	46	-	-	-	46	-	-	56	-	-	55	-	-	-	-	203
15	Jonathan Hull	-	-	-	57	60	57	-	-	-	-	-	-	-	-	-	-	174
16	Moiria Hunt	52	50	-	-	-	-	53	-	-	-	-	-	-	-	-	-	155
17	Sue Holland	50	47	-	-	-	-	51	-	-	-	-	-	-	-	-	-	148
18	Clare Griffin	-	-	57	-	-	55	-	-	-	-	-	-	-	-	-	-	112
19	Steve Hennessey	-	-	51	-	-	-	-	-	-	-	60	-	-	-	-	-	111
20	Raj Maharjan	-	-	-	-	55	54	-	-	-	-	-	-	-	-	-	-	109
21	Wayne Grant	51	48	-	-	-	-	-	-	-	-	-	-	-	-	-	-	99
22	Adrian West Samuel	-	-	59	-	-	-	-	-	-	-	-	-	-	-	-	-	59
23	Kevin Day	-	-	-	-	-	-	-	-	-	58	-	-	-	-	-	-	58
24	Kevin Douglas	-	-	58	-	-	-	-	-	-	-	-	-	-	-	-	-	58
25	Vickie Heathcote	-	-	-	-	-	-	-	-	-	-	-	-	56	-	-	-	56
26	Kaye Berry	-	-	-	-	-	-	-	-	-	-	-	-	53	-	-	-	53
27	Stephen Sanders	-	-	-	-	-	51	-	-	-	-	-	-	-	-	-	-	51
28	Barbara Hills	-	-	-	49	-	-	-	-	-	-	-	-	-	-	-	-	49
29	Ruth Wilson	-	-	-	48	-	-	-	-	-	-	-	-	-	-	-	-	48

London Marathon 2015

The club normally receive 2 places for the London Marathon. This year's draw for these places will take place soon. To be eligible you must be a first claim member and be affiliated to UKA and been a member since 1st April 2014.

The draw will be as follows

Place 1 is for those who have been rejected in the London Marathon ballot this year.

Place 2 for anyone that would like to do the race.

If you would like to be included please let me know as soon as possible and also let me know if you were rejected in the ballot.

Kevin Day



On September 28th I ran the Macclesfield Half Marathon in 2.04 and I was a bit disappointed that I lost my mojo by 8 miles and slipped away from the 2 hr mark. Still, there's always another chance to run a race isn't there?

Following relentless nagging from Tracy V (the Mrs. Doyle of the running community), I decided to join her and Steve B for the Oldham Milltown to Moors Half Marathon. I knew that the course was hilly; there's no escaping that in Oldham but as a veteran of two Buxton Halves I was not particularly bothered. I decided that if I could get it done in 10 minute miles, maximum 2hs 10, that would be satisfactory.

I always say these things to myself then I think, oh, really, I could have gone faster . . . but I like to be able to walk the next day. Ideally, I finish with a smile on my face; not vomiting onto my shoes and gasping like a stranded cod. If you want to see me looking really ill you should see me at the end of parkrun where I do actually run quite hard. I'm clinging onto the wall and shaking after the finish.

The start is right into the centre of Oldham. I think there were about 400 entrants, not too big, not too small; it is the Goldilocks of half marathons. Registration at the leisure centre was busy but not insane; you could have a pee without waiting 30 mins in a queue. Kaye B complained about the terrible pong in the hall of trainers and Ralgex - I think I have become immune to it over the years. The timing was by chip timers fastened to your laces by twisty ties - very fiddly.

The weather was cool and cloudy, about 8C, ideal for a hot person like me who always feels warm.

Out we trotted, following a half-hearted attempt at a warm up and took our places at the start area. Steve went off to find the photographer from the Oldham Chronicle for his feature picture. Following a set of inaudible and incomprehensible garbled announcements we



Three complete nutters on an outing

were off. A circuit round the town centre took up the first mile and then we hit the main road and the start of an evil 3 mile slog uphill on the Ripponden Road. Gruelling is a popular adjective in running land but this definitely deserves it. I was going well for the first 3 miles, just slightly over 9 minute miles, but I knew I couldn't sustain this pace. I deliberately slowed to a walk for a few paces a couple of times to break my stride. I kept being passed by, then overtaking, the same set of runners. I can't be bothered to do really slow running just so that I can say I kept running. As long as you get there in the end it doesn't really matter how you did it. I'm not sure if it was as hard as the climb up to Axe Edge in Buxton but it felt like it was never-ending.

I had been told that the views as we gained height would be stunning and worth the effort but all I could see was grey slag. The cloud was so low my hair was soaked and dripping cold. I will have to take people's word for it that it is scenic. It was such a relief to finally reach the summit and begin the long downhill into Delph. I took the opportunity to gallop down as fast as possible, knowing that this would be a good opportunity to make up lost time. People clapped and cheered as we reached the town, it really felt good to have support along the way.

The route turns at about the 6 mile mark, following the A6052 Delph New Road by the river Tame. I had done 6 miles in about 55mins so I knew I was comfortably within my estimate. The course here was reasonably level and I plodded along; the pavements are very broken up so I ran on the road. On this stretch a small child pointed at me and said "Look Mam, that lady's not running very fast!" I laughed gamely, trying not to feel hurt, and said I was doing my best. Steve said I should have told them to F-off (It was the after-race adrenalin kicking in. Honest. - Ed)



For this race, I had some jelly babies and water with electrolyte with me. I'd had a touch of cramp on the Macc Half and rubber legs by 11 miles so I thought I'd try to eat and drink a little by 8 miles. The route turned off up a smaller lane that leads past Saddleworth golf course past the 7 mile mark and I refuelled a little, slowing to a walk on the steep climb up. It's amazing how much effort you have to put in to chew up a jelly baby, they have the consistency of raw stewing steak when you are running.

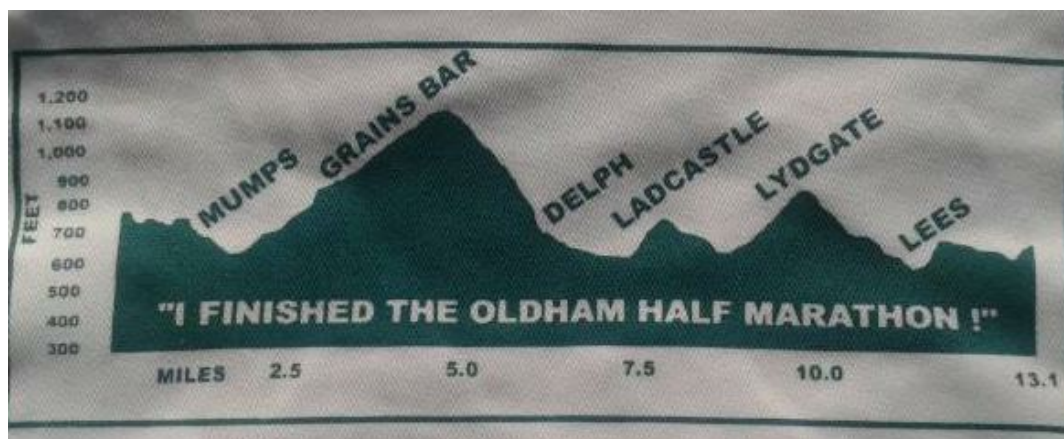
After 8 miles, the hill back up on the Oldham Road was a complete slog and I was starting to lag now on my time. However, once we reached the top of the hill the crowds were out in force, really cheering us on and I felt totally uplifted. Little kids offered us trays of Haribos and I had a couple (fried eggs, yum) and felt really good. The run back into town was mostly downhill to the 11th mile, and I was still within my target time, going through Lees and towards the town centre. As we entered terraced streets near the town centre, owners of the small shops along the route

had set up informal water stations and little kids and their Mams and Dads cheered us on. It was fantastic; I can't say how much better it made me feel, like I really was part of an important community event.

There is a vile sting in the tail to the Oldham Half - a total uphill finish. Marshals yelled and bellowed at me to keep going as I struggled along and I must say I really did put some serious effort in. I knew I'd beaten the 10 minute mile target and finished in 2.07.42. Not a great time but at least I had been realistic on an unknown course. Tracy and Steve broke the 2hr barrier, really good going by them. That's my aim for next year but maybe not at Oldham. I'll definitely be back though!

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Taken from
The Oldham Evening
Chronicle
October 13th



Keeping Motivated and Moving

By Vickie Heathcote

Over the summer I was bi-locational and running with the Hallamshire Harriers on a Tuesday evening. It's probably normal to automatically draw comparisons between clubs in these instances.

What is great about running is that you can pretty much do it anywhere and it provides an opportunity to explore your new area and possibly to make new friends – and to find out what their experiences are of running with their club.

The Harriers run as a single group (as numbers are low – perhaps due to the 6pm start time) and this was the first significant difference that I noticed. With the Striders we are in the great position that we have 3 differently paced groups to choose from. Occasionally, when I've felt particularly lethargic, I've convinced myself by the time I've crossed my front-door threshold to go out with the Social group; by the time I'm trotting down Whaley Lane I've decided that I don't feel so bad so I might join the Intermediates; and when I've arrived at the car-park I've been persuaded to bring up the rear of the fastest-paced group.

While my summer running pals welcomed and accommodated everyone (and I am extremely grateful for that), it's nice to have a choice which is useful when coming back from injury or having the option to stretch yourself and see what you can do. As I mentioned in my first piece for *The Strider*, I wouldn't be running now if it wasn't for the Social group as I couldn't have kept pace with the Intermediate group initially – I think I would have got disheartened and given up. I also think that this choice is a real strength of the Goyt Valley Striders and is reflected in the numbers that run on a Tuesday evening (although I also recognise the dangers of too much fragmentation).

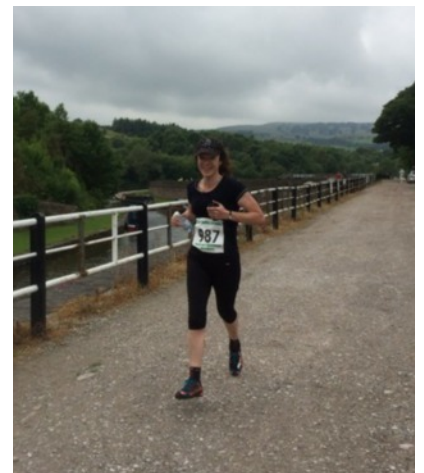
Additionally, we have a myriad of initiatives which add dynamism into our club. We have Mark Whelan's extra training activities and inspired by this a Social group alternative (organised by Helen Parry). Pete Toth has organised the half marathon training for the social

group, while Greg has organised the Sunday morning runs and even organised away runs to the Lakes and of course Kev did a sterling job in organising the half-marathon (as do the other race co-ordinators) and committee members give up their time to keep us on track. Moreover, Paul has patiently run 'yoga for runners' classes. All have been great extension activities which have helped people to get fitter if they've taken up these opportunities.

This brings me to another observation and a reason why I have written yet another article (and hopefully made a contribution to the club). After a few weeks of running with my Tuesday night group, they mentioned that they were not in fact official Hallamshire Harriers (this will only strengthen Chris Bowen and Tracy Vernon's claims that I'll run after anyone in shorts – regardless of who/what they are!) They felt somewhat disenfranchised and ignored by their club (with all the focus trained on the youth cohort) – plus they said "...and we didn't even get a newsletter!"

It's important to feel connected to a club, but that also involves making a contribution to it too - whether it's writing an article, encouraging new members running with a group, organising events/races and supporting those events through either participating in or marshalling them.

I think we have to acknowledge and appreciate what we have here and how the club and individual members of the club keep us motivated and moving. But we, as members, must also embrace and take up the challenges and make contributions if the club is to remain so vibrant. Again, thanks to the Ladies of the (unofficial) Hallamshire Harriers (who deserve a supportive framework around them) ... but it's good to be back and admittedly, GVS is a hard act to follow!



Club Championships 2015

After much discussion with the committee and others we have made a few changes to the Championships for 2015 in the hope that more people will compete and that more people win prizes!

It's always really great to turn up to a race and see a big GVS presence and I hope that we'll see you all at these races (and others!) next year.

For 2015 we have slightly reduced the number of races you need to complete. There are 16 races and your best 8 will count towards your total score. Additionally you need to do at least 1 of each distance (short, medium and long) and at least 1 on each terrain (fell, road and trail). Hopefully that's clear!

As usual individuals are allocated points depending on their finishing position within the club in the race. The highest place Goyt Valley runner will

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

We have also introduced some new vets categories and will be keeping men and women separate - with the exception of the Overall Club Champion.

So, prizes will be awarded as follows:

Mens 1st, 2nd, 3rd. Womens 1st, 2nd, 3rd. Overall champion (1 prize)

Vets: Mens 40, 1st, 2nd, 3rd. Womens 40, 1st, 2nd, 3rd. Mens 50, 1st, 2nd, 3rd. Womens 50, 1st, 2nd, 3rd.

For the Summer Fell Series the format remains the same, i.e. 5 races from 7 but we will be awarding the following prizes:

Mens 1st, 2nd and 3rd. Womens 1st, 2nd and 3rd. No vets.

Without further ado, here are the races for the main champs:

Main Championship

<u>Month</u>	<u>Race</u>	<u>Surface</u>	<u>Distance</u>
January			
Any Sat in Jan	Lyme Park parkrun	Trail	Short (3.1 miles)
February			
Sun 22nd	Stockport Trail ½ Marathon	Trail	Long (13.1 miles)
March			
<i>Sun 8th</i>	Trafford 10K	Road	Medium (6.2 miles)
<i>Sun 15th</i>	Wolf's Pit (Shatton)	Fell	Medium (5.5 miles)
April			
Sat 18th	Chicken Run (Hayfield)	Fell	Short (5 miles)
May			
Sat 9th	Bollington 3 Peaks	Fell	Medium (5.4 miles)
June			
Wed 17th	Round the Resers (Tintwistle)	Trail	Short (5 miles)
July			
Sat 11th	Buxton Carnival Race	Road	Short (4 miles)
<i>Sun 19th</i>	Kentmere Horseshoe (Lakes)	Fell	Long (11.9 miles)

August			
<i>Sat 8th</i>	Long Tour of Bradwell	Fell	Long (31 miles)
<i>Sun 30th</i>	Crowden Horseshoe	Fell	Medium (8 miles)
September			
<i>Sun 20th</i>	Stockport 10K	Road	Medium (6.2 miles)
October			
<i>Sun 11th</i>	Oldham ½ Marathon	Road	Long (13.1 miles)
<i>Sun 18th</i>	Sheffield 10K	Trail	Medium (6.2 miles)
November			
<i>Sun 29th</i>	Famous Grouse (Birch Vale)	Fell	Short (5 miles)
December			
<i>Sun 13th</i>	Litton Christmas Cracker	Fell	Medium (7.6 miles)

Short = 5 miles and under, Medium = 10 miles and under, Long = over 10 miles

Hopefully there is something to please everyone amongst the selection!

Points to Note:

- Dates in italics are provisional, based on those for 2014
- Some events are pre-entry and will fill up early

Explanation of January's parkrun: You can run Lyme Park parkrun any, some or all of the Saturdays in January. Your best time will be used to calculate championship points. This gives you the opportunity to try and better your time over a few weeks which I thought would add a fun element. There are 5 Saturdays in January in 2015.

Parkrun is free but you need to register on the website, print off a barcode and take it with you. Further details can be found here:

<http://www.parkrun.org.uk/lymepark/>

Races for the summer series are as follows:

Summer Fell

<u>Month</u>	<u>Race</u>	<u>Distance</u>
April		
<i>Wed 15th</i>	Herod Farm (Glossop)	3 miles
May		
<i>Mon 4th</i>	James's Thorn (Glossop)	5 miles
June		
<i>Fri 19th</i>	Fun on the Fells (Hayfield)	3.2 miles
<i>Fri 26th</i>	Tideswell	4.4 miles
July		
<i>Wed 1st</i>	Hope Wakes	6 miles
August		
<i>Fri 7th</i>	Salt Cellar (Fairholmes)	6.8 miles
<i>Mon 24th</i>	Hairy Dog 6 (New Mills)	6 miles



Brian says:

Go Crazy - Tri a Duathlon . . .

A few years ago being a good dad I was invited to watch my youngest daughter do a triathlon, so I went. She did all right for her first event. Then when Skipton Tri came up again a year later she suggested we both do it, she would find me a bike if I could not borrow one so no escape.

I remember it well, 16 lengths of breast stroke being passed by anything that floated, followed by a cruel introduction to bike riding, have you seen the hills round Skipton, there are no flat bits anywhere! Then the bit I could do, run, but I couldn't; I had picked up someone else's legs because mine for the first km were definitely not working for me. I got round and quite enjoyed the novelty of doing something different.

Well for a few years me and my girls have been having tri challenges - they are good swimmers, have their own bikes but I can run quicker so over the three disciplines things seem to even out. It makes for an interesting race with me running hoping to catch them while they are hoping they put enough distance in before the run.

Well that was my introduction to multi events. I still do them with my girls, most recently beating the eldest (J) while doing something called GOTRI, which is an easier introduction than Skipton to this sort of pain. The one we did was at Hazel Grove baths for a 400m swim, a 10km flat bike ride round Bramhall and Poynton and a 5km road and trail run along Jacksons Lane and Happy Valley. I am still rubbish at swimming but now own my own bike and can run at a decent pace again, so I was happy to finish in under the hour.

The reason for writing this is to let you all know that novice-friendly multisport events are now being done locally. I doubt you will find the Brownlee brothers doing them but you will find someone who is a worse swimmer, has a worse bike and will struggle more than you when you do the bike to run wobbly legs comedy stagger. There are also duathlons (which I prefer now) where you run-bike-run (no swimming can be an attraction) and the legs are even more wobbly coming off the bike having been used once already! A running background is an advantage for multisport events as it transfers well to cycling and the swim is the shortest discipline in novice or sprint distance events. The swim and cycle training is also good cross-training, may well benefit your running in the longer term and helps protect against injuries as well as adding fun and variety. If you get hooked (and many people do - multisport events are growing rapidly) longer distances and multi-terrain races present great challenges.

Now the blatant advert, Crazy Legs Events have a series of GOTRI and other multisport events over the next year and can also offer assessments, training plans and sessions through Crazy Legs Fitness. If you fancy a change why not pick one out and give it a go, who knows it might give you another reason to go out for a run.

Planned events are:

17th May 2015	Crazy Legs Duathlon (1)
21st June 2015	Stockport Tri Club GOTRI Triathlon
19th July 2015	Stockport Tri Club GOTRI Duathlon
9th August 2015	Crazy Legs Duathlon (2)
27th September 2015	Stockport Tri Club GOTRI Triathlon
18th October 2015	Stockport Tri Club GOTRI Duathlon
1st November 2015	Crazy Legs Duathlon (3)

Keep an eye on the Crazy Legs Events Facebook page for more details.

Other useful links;

Crazy Legs Fitness – www.crazylegsfitness.co.uk

Stockport Tri Club – www.stockporttriclub.co.uk

Crazy Legs Events – www.crazylegsevents.co.uk (will be launched at the end of this year)

