

GOYT VALLEY STRIDERS



....Always out in front!

NEWSLETTER MARCH 1999

Introduction

Sorry for the delay in getting the newsletter prepared and sent out to you. Since the last edition, and following the AGM there has been a change of editor. I have taken over the production for at least the next two issues to give Sue a break and generally see whether it will work.

The intention is to keep the format similar to previous versions and keep as up to date as possible! For those people not at the AGM I did ask that members try to contribute as much as possible to the newsletter in order to keep interest and make it worthwhile.

Any articles will be welcome, even if they are not running related! There must be plenty of stories out there, for example, the one about 'My Best Run' or 'My Black Toe Nail!! Please make the effort.

I hope that my first newsletter proves a good read and it goes without saying that any comments or feedback would be much appreciated.

Mark Whelan
Editor !!

The Annual General Meeting

This year's AGM saw a change of venue as we met at the Board Inn. Unfortunately there was a mix up with the booking arrangements and we had to give way to the quiz team. The meeting was held in cramped conditions in the room adjacent to the bar but we were, nevertheless, made very welcome.

Pete took control of the meeting in his own inimitable way and gave an interesting Chairman's speech, including a full account of his own previous twelve months' running diary as well as the clubs! He particularly highlighted what a successful 10th Anniversary Year it had been and was pleased to see that the Snowdonia trip and the evening meal at the Hanging Gate had been well attended.

Pete expressed his thanks to the committee, but in particular to Sue for all the hard work she had put in as Secretary.

Sue donned two caps for the night, one as Secretary and the other as Treasurer in the absence of Di. *This just highlighted some of the pressures we unfairly put on her at times.*

Sue gave her report and as ever this was precise and to the point. On a more serious note Sue did express some reservations about continuing as Secretary as she felt that she was not getting enough support from fellow members. In particular as she didn't run on Sunday she had little contact with the more active bunch.

I think to some extent I agree with her and the point was made at the meeting that we must try to keep the Secretary informed about what is going on. This was also one of the main reasons for me doing the newsletter as Sue felt somebody nearer the action would be better placed to hear what was going on.

It all ended well and Sue agreed to remain as Secretary at least for the forthcoming year.

For those who did not attend the AGM we had a lovely un-scheduled break for food. Yes I know, we weren't supposed to have any but as Eddie wasn't there we decided to indulge. Sorry you missed out Eddie !! At this point I must thank Phil at the Board Inn for his hospitality as well as free chips and (I can't remember).

For those not at the AGM here is a copy of last year's accounts:

Income	£	Expenditure	£
AGM Buffet	60.00	AGM Buffet	100.00
Subs	136.00	Affiliation Fees	67.50
Youth Club Subs	34.24	Youth Club Subs	109.04
Whaley 6 Race	173.00	Whaley 6 Race	82.00
Fell Race	132.40	Fell Race	44.08
Vests	20.00	BAF Fees	21.00
Interest	1.11	Tax	0.22
Round Table	35.00	Presentation	29.00
		Stationery	5.00
		Anniversary Drinks	74.95
Total	591.76	Total	532.79
Balance 1.1.98	157.87	Balance 30.1.99	216.84
Total	749.63	Total	749.63

Committee Meeting

Two weeks following the AGM a depleted committee met for their first meeting. Several topics were on the Agenda and the most interesting are detailed below:

1999 Race Schedule

As detailed in Sue's last flier the schedule is as follows:

4 short races (2 road and 2 fell)	0-5 miles minimum 3 to count
8 medium races (4 road and 4 fell)	6-13½ miles minimum 5 to count
4 long races (to be specified)	14+ miles minimum 1 to count

In summary there are 16 races and a minimum of 9 must count. As a bonus if you manage to complete a tenth race this will also be counted, which will reward the committed runners amongst us.

Some club races for your diary:

Medium	14/02	Tigger Tor (9.5m)	Fell
Long	13/03	Grindleford Gallop (21m)	Fell
Medium	28/03	Wilmslow Half (13.1m)	Road
Short	21/04	Herod Farm (3m)	Fell
Short	05/05	Mount Famine (5m)	Fell
Medium	12/05	Vanessa Chappell (6½m)	Fell
Medium	02/06	Kettlethulme (6m)	Fell
Medium	23/06	Boar's Head (8m)	Fell

Club races cont.

Long	04/07	Peakers Stroll (25m)	???
Short	July	Dorma 5	Road
Short	Aug	Taddington Lanes	Road
Medium	Aug	Sale 10	Road
Long	Oct	Holmfirth 15	Road
Medium	Dec	Cheddleton 10K	Road

Others to follow.

Wharf Road Right of Way

For those members who are not aware, the path leading from the Youth Club to the Memorial Park has been fenced off by the owners of the house who live adjacent. I have checked with the Derbyshire County Council Rights of Way Officer and he confirmed that they are well within their right as it is not a registered right of way.

As most members are aware this is a path used regularly by ourselves on a Sunday morning and as such we have a definite interest. DCC have sent me an application pack that can be submitted to upgrade the path to a definitive right of way. If you are interested in supporting this and are, or have been, a regular user of the path then I urge you to complete the form attached to this newsletter in support of this claim. Completed forms can be returned to me and I will forward them to the Application Co-ordinator.

Millennium Activities

Yes, even the Striders cannot escape the millennium. If any members have an idea on how we can best celebrate this then please let us know.

Challenges

Often talked about the annual challenge very rarely comes to fruition. In fact I don't think there has been one since the 'Three Peaks'. Maybe this year is the time to tackle another. Suggestions made have been a Coast to Coast relay or the Pennine Way relay. An organiser and other suggestions would be appreciated.

Social Evening

Following the success of last year's evening out the committee have decided to arrange another one this year. The Navigation Inn at Buxworth has been suggested for Friday June 18th. Is everyone interested? Feedback please!!

Club Vests

Have you got your club vest? Sue still has a number of club vests available at the very affordable price of £10.00. With summer just around the corner what better way to prepare than with a new pristine GVS vest. Contact Sue for more details.

Results and Press

Please let me have details about races that you have taken part in as well as a copy of the results. As most of you are aware we get very good coverage in the Buxton Advertiser whenever we put something in. Recently we have submitted nothing and Buxton AC is getting all the limelight.

For the record Pete and myself did the Four Villages Half Marathon, Helsby in January. Just recovering from chickenpox I managed to get round in 1:27 and Pete getting quicker by the week managed 1:33. This is a race to note if you are looking for a fast time, it is very fast, flat and perfect for a PB. With a bit of training Pete thinks he'll smash 1:30 next year!!

The first club race of the year, Tiger Torr, was well attended by club members. The going was tough and there were plenty of sore shins at the end. Nevertheless everybody had a good race and the results were as follows:

Mark Whelan	1:21
Mike Jones	1:23
Steve Hennessey	1:30
Pete Hill	1:32
Eddie Clitheroe	1:37
Terry Lardner	1:52

Away Day

Recently Pete arranged an away day through Lathkill Dale and Beresford Dale. Five of us turned out for what proved to be a very enjoyable morning. The going was a bit slippery in places but this was well made up for by the peace and tranquillity of the dales. In all the run took about 1:45 and was a pleasant change from the usual Sunday morning run.

Future runs are planned and I urge members to make a special effort to attend these well-organised runs. Pete's next planned adventure could well be further afield, I think I overheard him say Malham! Watch this space...

London Marathon

A number of members have gained a place in this year's event. Ralph is trying to fight off injury but knowing him he'll still make the start line again this year. Nick is pounding out the miles and according to one witness was recently seen bouncing back from a five hour run!! Mike gained this year's club place and is aiming to complete his first ever marathon. I'm also running again myself again this year and can't wait to get on the start line!

Good Luck to everyone and I hope it all goes well. Don't forget to wear that Striders vest with pride.

More races

For those who are interested I have a fully comprehensive list of road races that are taking place this year in the North of England and some further afield. If you wish to take a look at the list or make a copy please contact me.

A few tasters of what is coming up:-

15/05	White Peak Marathon
16/05	Manchester-Blackpool Relay
05/06	Buxton Half Marathon
13/06	Glossop 10
16/06	Whaley 16
27/06	Great Bakewell Pudding Race
07/07	Offerton 6
25-31/07	Tour of Tameside
22/08	Blackpool Marathon
02/09	High Peak 40
12/09	Ashbourne Half Marathon
12/09	Congleton Half
25/09	High Peak 40
25/09	Run in the Lakes – Cockermouth 9.9m
10/10	Great North Run
10/10	Manchester Marathon
06/11	Langley 7
21/11	Clowne Half Marathon

1999 Subscriptions

As you are aware the 1999 subscriptions are now due. The fees are the same as last year and should be paid to the Treasurer as soon as possible. Please remember that we are only a small club and the payment of subscriptions is very important to our survival.

Late News... Late News...

The Treasurer has supplied me with the following list of payers and non-payers.

Name	1998	1999
Mike & Andy Jones	✓	✓
Alec Eaton	✓	✓
John Smith	✓	✓
Mark Whelan	✓	✓
Peter & Donna Hill	✓	✓
Brian Lander	✓	✓
Steve Hennessey	✓	✓
Ralph Longden	✓	✓
Sue Stafford	✓	✓
Terry Lardner	✓	✓
Nic Gamble	✓	✓
Di Howe	✓	✓
Andy Butler	✓	
Dave Arden		
Eddie Clitheroe	✓	
Martin Ellis	✓	
Dave Watkinson	✓	
Lou Lomas	✓	

Training

Training days are still held on both Sunday mornings and Thursday evenings.

The Sunday morning run is from the Youth Club on Wharf Road at 9.00am and the Thursday evening run from the canal basin car park at 7.00pm.

Everybody is welcome and if anybody knows of any potential new members who may wish to join why not bring them along.

More late news

The Grindleford Gallop was the last race that took place on Saturday 13th March. Three people ran it from the Striders and two had a walk round.

Steve Hennessey was 1st out of the club in 3hrs 18mins, Mike Jones was 2nd in 3hrs 26mins and Brian Lander was 3rd in 3hrs 30mins.

Sue and Donna finished the course 15 minutes faster than last year but I'm not sure of the time. Club members said that the organisation was once again very good and the weather could not have been better. One to remember for next year!

Late Race News

News has just come through about the 1999 Chatsworth Challenge and Devonshire Dash.

A 6 mile run through the parkland and estate of Chatsworth, this race takes place on Saturday 12th June 1999 at 2.00pm. It is limited to 1000 in the challenge and 500 in the dash and so you will need to enter quickly. The dash is only 2 miles and starts at 1.15pm so you could therefore do both!!

If anybody is interested then please contact me for an application form.

Entry fees are £5.00 and £2.50 respectively. (the fiver does include a 'T' shirt)

This space available free of charge
for the next issue.

All you have to do is write
something!!

Recipe Page!

This is a new feature that may well become a regular! The recipe has been taken from the April issue of Today's Runner.

Ginger & Walnut Cake (pre-race boost)

Recipe for a 2lb cake

Ingredients

7oz pineapple
3oz walnuts
4oz stem ginger
6oz self raising flour
6oz demerara sugar
8oz corn oil
1tsp bicarbonate soda
2 eggs

Method

Chop the pineapple and walnuts in a blender. Place in a mixing bowl with the stem of ginger, demerara sugar, corn oil and the bicarbonate soda and mix well.

Beat the eggs and add to the mixture. Finally add the flour. Pour into a tin and cook for approximately one hour at 150C.

To test the cake lightly tap the top and if it feels firm it's done. Or alternatively put a skewer into the cake, and if it comes out clean, it's cooked! Hmm.... I can taste it already.

Useful Addresses And Telephone Numbers

The Secretary

Sue Stafford
24a Elnor Lane
Whaley Bridge
High Peak

Tel: 01663 732793

The Treasurer

Di Howe
Eastwood
25 Elnor Lane
Whaley Bridge
High Peak

Tel: 01663 733382

Newsletter / Press

Mark Whelan
3 Hockerley Lane
Whaley Bridge
High Peak

Tel: 01663 732857