

**GOYT VALLEY
STRIDERS**

**NEWSLETTER
JUNE 1999**

Introduction

Once again this months newsletter starts off with an apology for the delay in getting it prepared. As you will all be aware these things never seem to reach the top of the pile!

The last few months have been fairly active in one way and another and I hope to give as much detail as possible in the following pages. As far as I know the last newsletter was well received; in fact one Strider stopped my car in the middle of the road to comment on how he had enjoyed it! If there are any comments, suggestions or contributions as always they are very welcome.

The Thursday night training runs are beginning to become very popular. A number of new runners have been turning up and on one night the number was thirteen. Yes, thirteen, you did not misread it! This is very encouraging and if we can progress these people to full time members the club will be standing in a very healthy position.

On a final note the committee have decided to hold another evening out. You will find details within the newsletter.

Mark Whelan
Editor !!

Previous Newsletter

There are a number of points to raise from the previous newsletter, these are detailed as follows:-

Wharf Road Right of Way

Just an update really. There has been a formal application made to Derbyshire County Council to upgrade the path to a Right of Way. This may take some time and is by no means a foregone conclusion.

Those people who filled in their pink forms and sent them off then can rest assured that they will strengthen the cause. Once again if you have a form and have not filled it in then I urge you to do so. Please send completed forms directly to the DCC now.

Membership Fees

Thanks to all those who responded to the newsletter and paid their fees to Di. If you have still not paid then the Treasurer is still willing to accept your money!!

The Recipe

Was anybody brave enough to try last months recipe and if so what was it like?

Once again there is another culinary at the end of this issue.

The London Marathon

This years' London Marathon was to be attended by three Goyt Valley Runners. However, the week before Mike Jones had a very nasty accident on a challenge walk in Wales when he fell on Crib Gohf. Suffering fairly severe injuries he was only saved serious injury by falling onto his rucksack. Thankfully after plenty of rest and tender loving care from his wife, Mike was well on the way back to a full recovery before another incident at the Mount Famine fell race, but more about that later.

In the end Nick Gamble and myself competed in the marathon. The conditions were perfect and as ever the event was run as smooth as clockwork. My target this year was to break 3hrs, however I paid the price for starting too fast and just missed out. I covered the first 10 miles in 62 minutes and was halfway at 1hr 24mins. At 22 miles I was on for about 2hrs 50mins but then lost it completely and struggled home in 3hrs 6mins.

People who have run in the London Marathon in recent years will be aware that you now have to wear a champion chip on your shoe. This chip gives you your official time for the marathon but also gave real time positions on the Internet during the race.

The following are the times I spotted on the London Marathon Web Site.

Nick: **10k** 1:01:52; **20k** 1:57:02; **½** 2:02:59; **40k** 3:55:38;
Finish 4:10:42

Mark: **10k** 0:39:42; **20k** 1:20:03; **½** 1:24:25; **40k** 2:53:49;
Finish 3:06:49

News from Brian

Since I was the only club member at the Herod Farm Fell Race, I thought the least I could do was write a short piece about it. I believe Adrian Jones had won all of the previous four of these races, but he didn't turn up this year, so someone else had a chance – it wasn't me!

I'd forgotten how hard this short race (3.5mile) was, and certainly doing 1½ hours men's keep fit the night before was not the best preparation.

It was a miserable evening although it didn't rain during the race. I thought the field looked comparatively small, partly due to the fact that Man Utd were on TV playing Juventus. Being a Wolves fan the last point didn't really bother me. (*Sad Brian, Sad. Ed.*)

The race starts with a long continuous climb up the nab. Needless to say after all the rain, conditions underfoot were boggy to say the least. Having reached the nab, the course then goes off towards Simmondly and drops down off the hill, only to climb back up towards the nab from a different direction. Tough!

My time was 34 minutes against 32 minutes a couple of years ago – but I think the course may have changed slightly. If it hasn't I know I have!

Anyway I quite enjoyed it and think it's a good, short, comparatively local fell that's worth keeping in the club series. Well it got me maximum points.

Brian.

More News from Brian

Lets Be Seen!

It appears to be the case that when other clubs turn up for races they all wear their club vest. I've also noticed that even when we turn up for some events in good numbers, there is often one or two of us not wearing a club vest.

With a club of our size, if we want to be less conspicuous and perhaps attract the odd new member (they don't have to be odd), its imperative we show our club colours as much as possible.

In order to encourage club members to do just this, could we somehow reward or penalise runners in nominated club races?

The STICK method – no vest no points.

The CARROT method – wearing a vest attracts bonus points.

The RHYTHM method – no vest and you sing a song at the AGM as a forfeit.

If the clubs' funds would stretch to it, could we further subsidise the vests, to encourage all members to have one (or maybe two)?

In addition, in order to raise the profile of the club locally, I have started to wear one of my club vests on training runs.

Brian

As you know Brian the issue of club vests has been raised in the past, but as yet no real solution has been found. I think these points you have raised have to be brought up at the next Committee Meeting. However, I do think we can quash the RHYTHM method right here, can you imagine Pete at the AGM, given half the chance he'd bloody sing all night!!

As for subsidising club vests I personally think £10.00 is cheap enough by today's prices. However, as I said we will discuss it at the next meeting.

Meanwhile, thanks very much for your two articles they're very much appreciated. Everybody else – more like that please!

Ed

For those members who do wish to write an article for the newsletter and are typing them on a computer I would very much like them on disk, Word 97 if possible, or you can E-mail me on markw@highpeak.gov.uk. It goes without saying that traditional hand written articles are just as welcome.

Race and Results News

This section is quite difficult and due to my non-attendance at one or two races the results still require some verification.

Wilmslow Half

1 st	Mark Whelan	1:21:57
2 nd	Mike Jones	1:29:29
3 rd	Brian Lander	1:33:27
4 th	Alec Eaton	1:42:11
5 th	Terry Lardner	1:49:24

Herod Farm

1 st	Brian Lander	34:00
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Mount Famine

Well, what a race this turned out to be. Not being at this race I will try to fill you in on what happened through snippets that I have picked up.

The race was re-routed because there had been an accident on Mount Famine itself and somebody was injured. Unaware exactly what the problem was the competitors undertook the race only to find out later that the injured person was a marshal who unfortunately died, it is thought from a heart attack. However, the first person on the scene was Mike Jones who had turned up to do the race but on hearing about the incident had gone to give assistance. As a member of the Buxton Mountain Rescue team Mike took control of the situation and began to try and resuscitate the man.

Mount Famine cont.

I understand this went on for some time before further help arrived. Unfortunately the man still died. Besides not taking part in the race this was not the end of the saga for Mike. Following the incident he was very sick for a couple of weeks having caught a virus during his effort. Once again Mike is back on the way to a full recovery. They say things come in three's, I think Mike's had about eleven in the past twelve months!

The results were:-

1 st	Andy Butler
2 nd	Brian Lander
3 rd	Andy Jones
4 th	Di Howe
5 th	John Smith
6 th	Terry Lardner

Terry deserves a special congratulations for finishing 1st in the over 60's category. He received a T-shirt for his efforts. Well Done.

Vanessa Chapel

Unconfirmed results

1 st	Steve Hennessey
2 nd	Mike Hudson
3 rd	Brian Lander

More Race and Results News

Although for some reason we did not put the Shining Tor in this years' championship the result were as follows:

1 st	Mark Whelan
2 nd	Mike Hudson
3 rd	Andy Jones
4 th	Terry Lardner

Club Championship Races Coming Up

2nd June 1999 Kettleshulme (6m) Medium Fell

23rd June 1999 Boars Head (8m) Medium Fell

4th July 1999 Peakers Stroll (25m) Long Fell

17th July 1999 Dorma '5' Short Road

Other Races (local)

5th June 1999 Buxton Half (13.1m) Road

27th June 1999 Kinder Trog (18m) Fell

17th July 1999 Whaley Fell (6.8m) Fell

28th July 1999 Goyts Moss (10k) Fell

If you are struggling to find a race or are looking for something different give me a ring. I have details and application forms for numerous races all over the country.

Current Championship Standings

Name	Tigger Tor	Grindler d Gallop	Wilmslow Half	Herod Farm	Mount Famine	Vanessa Chappell	Total
M Hudson						19	19
J Smith					16		16
D Howe					17		17
A Jones					18		18
T Lardner	15		16		15		46
E Clitheroe	16						16
P Hill	17						17
M Jones	19	19	19				57
A butler					20		20
S Hennessey	18	20				20	58
M Whelan	20		20				40
B Lander		18	18	20	19	18	93
A Eaton			17				17

The Challenge

Since the last issue there have been one or two things suggested for this year's challenge. However, the most exciting development has come about through Andy and Mike Jones.

Andy has a friend who is a member of the Rucksack Club and has offered us the use of a cottage in either, the Lakes, Wales or Scotland for a weekend this year. It has been decided to try and book the cottage (if available) in the Lakes around the end of June. There has been one or two suggestions about which challenge to do, but at present it looks like either the Lakes 3000's or the Bob Graham Round as a relay.

The cottages are fully equipped and can sleep up to about 15 or may be a few more. I think the price is about £4.00 per person per night. Needless to say, people wanting to come, but not do the challenge would be very welcome.

More details of this event should be available soon and will be subject to a further press release.

IMPORTANT

YOUR CLUB NEEDS YOU

The Whaley '6' Road race takes place on Wednesday 16th June 1999 at 7.30pm from the Shady Oak.

Last year we were left short of marshal's which made the event very difficult to organise properly. Please make every effort to attend. We need marshals, car park attendants, finish line assistants, traffic controllers, entry takers, race sweepers and general helpers.

If you cannot attend the race then please let us know so that we can make alternative arrangements.

Remember if you're out and about and see anyone running tell them about the Whaley '6', how friendly and enjoyable it is to run.

Other News

High Peak Borough Council have recently appointed a Sport Development Officer for the area. Her name is Hayley Smith and she is there for clubs such as our own. I will be contacting her shortly with a view to seeing what sort of things she has to offer us. I do know that part of the new initiative to encourage sport is backed up by lottery grants of up to £5000. Could we apply?

Hayley Smith can be contacted on 01457 851635.

Summer Celebrations!

Following the success of the tenth anniversary meal out it was decided to make it a more regular occurrence (the meal out that is not the anniversary). Therefore the committee has decided a date and venue for the next one.

Friday 18th June at the Dog and Partridge, Bridgemont is the venue.

They have a separate room at the back of the pub, which will be large enough for us all and the menu contains typical pub grub/bar snack type meals. There is a specials board for that something different and most importantly they sell real ale!

Fore the benefit of Eddie I have checked with the Pub and they do not sell Robinson's beer. Eddie, for good reason is currently boycotting Robbies.

If you can make the meal that it is imperative that you contact Sue, Mark or Pete with a £5 deposit very, very soon.



FINAL REMINDER

**THE WHALEY '6'
WEDNESDAY 16TH JUNE 1999
SHADY OAK PUB
7:30pm**

BE THERE!

**EVENING OUT
THE DOG & PARTRIDGE
FRIDAY 18th JUNE 1999**

**LET US KNOW NOW
IF YOU WILL BE ATTENDING**

Recipe Page!

As promised here is this month's culinary delight.

After going out for a long run and arriving home sweaty and tired what can be more appealing than a nice hot bowl of soup and a lovely crusty roll. Well I can think of plenty, a shower for example might be nice! However, mushroom soup is this month's classic.

Mushroom Soup (Post-run warmer)

Ingredients

1 oz butter
1 small onion (peeled and sliced thinly)
8 oz washed, thinly sliced button mushrooms
1 oz plain flour
1 pt chicken stock
½ pt milk
Salt and freshly ground pepper

Method

Heat the butter and then fry the onions until soft. Add the mushrooms and saute for five minutes. Stir in flour and cook for five minutes. Allow to cool and then add the stock and milk slowly.

Bring to the boil and continue stirring all the time. Taste, season and cover. Simmer for twenty minutes. Serve with crusty bread. Hmm.....what a delight!

Application Form

If you want to join The Striders or know anybody who wishes to join then complete the attached form and send it to the secretary.

GOYT VALLEY STRIDERS MEMBERSHIP APPLICATION FORM

SURNAME																SEX		
FIRST NAME																DATE OF BIRTH		
POSTAL ADDRESS																Day	Month	Year
TOWN																POSTAL CODE ESSENTIAL		
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.

Word Search

V	J	E	C	H	R	I	S	T	M	A	S	C	R	A	C	K	E	R
K	M	D	K	A	F	A	L	N	I	G	S	L	P	A	T	N	T	U
C	B	G	T	R	A	D	L	E	L	S	F	B	L	C	I	K	T	N
E	D	O	R	M	A	F	I	V	E	S	E	B	U	L	S	F	D	N
L	I	Y	A	A	B	P	H	R	S	B	L	B	Y	A	V	K	D	I
T	I	T	P	R	C	D	N	F	U	X	L	K	O	N	A	E	G	N
R	O	V	O	S	S	G	O	I	K	I	S	X	U	G	T	E	F	G
A	L	A	V	D	M	H	R	K	K	E	H	U	T	L	H	U	B	B
F	F	L	P	E	O	K	E	P	L	U	O	I	H	E	H	J	D	E
C	X	L	S	N	U	K	E	A	K	Q	E	H	C	Y	D	R	K	A
A	R	E	T	T	G	P	D	A	D	E	S	C	L	S	S	I	G	R
P	R	Y	T	O	H	E	K	S	B	N	E	V	U	E	G	A	K	T
A	E	G	H	E	L	N	L	C	L	T	R	B	B	V	P	H	D	A
S	T	R	I	D	E	R	S	B	O	R	O	H	C	E	O	C	E	S
T	S	C	R	A	T	O	I	E	G	I	J	M	E	N	R	M	R	N
A	I	W	I	L	M	S	L	O	W	H	A	L	F	Y	S	Y	S	I
N	L	O	Z	E	H	S	G	F	K	S	F	E	D	U	G	P	A	R
Y	B	V	B	C	E	M	O	U	N	T	F	A	M	I	N	E	T	G

Why not have a go at the word search. There are twenty words to find and they are all related to running or Goyt Valley Striders. They go up, down, left, right and along both diagonals.

The committee have sanctioned a **Bottle of Wine for the best effort / winner.**

Completed entries along with written answers to Mark please.

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