

GOYT VALLEY STRIDERS



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NEWSLETTER MARCH 2001

INTRODUCTION

Welcome to this issue of the newsletter. As everybody knows, things seem to be dominated by the Foot and Mouth outbreak to which there seems no end in sight. Running at the moment seems to consist of going up and down the A6, which for me particularly is beginning to get a little monotonous.

I have included in this issue a statement from the FRA who have issued a statement in order to clarify any questions people might have.

Most imminent races have been cancelled and the FRA have suspended racing up to April 1st. This includes races such as the Edale Skyline. I have also heard on the grapevine that the Wilmslow half has been cancelled, although this is not official. Those who are running the London will obviously need to keep their eye on the news.

The remainder of the newsletter covers the AGM, website, club championship and other contributed articles, including a challenger to Nick's title of 'What's he on about'!!.

Cheers
Mark

A statement from the FRA committee

All fell races now cancelled up to 1st April 2001

Because of the situation regarding the serious outbreak of foot & mouth disease the FRA would like to request that runners do not train anywhere over open or farm land until the outbreak has been contained and the "all clear" given. Runners intending to participate in fell races over the next few weeks should be aware that there is every possibility of races being cancelled and they should therefore check with the race organisers and also check with this website for updates on the situation. All races in the FRA Calendar for the weekend of March 3rd./4th, 10/11 March and 17/18 March, have now been either cancelled or postponed. All National Parks, National Trust, County council Land and Forestry Commission land are now closed to all access. Anyone using bridleways, pathways or open land can be fined. Do not train on any of this land until this ban is lifted. The Lake District National Park has contacted the FRA to inform us that ALL FOOTPATHS, BRIDLEWAYS AND OPEN FELL are out of bounds. Anyone not complying can be fined. This is likely to apply to other national parks.

Remember farmers' and landowners' livelihoods are at stake. These are the people we depend on for access for our sport and we owe it to them to behave responsibly.

The AGM

As most people know the AGM took place on 10th February at the Hanging Gate. This year we tried a new approach and held the AGM followed by a meal. I'm not sure if everybody was hungry, but something helped speed things along and the whole meeting was finished in 50 minutes.

The club champion was crowned for 2000. This was Peter Hill who won the trophy for the first time. Mike Hudson was a very close second in the championship which was consoled, with his victory in the Vets category. Two very worthy winners in my opinion.

Pete managed to keep his Chairman's speech fairly short this year and proceeded to award the Chairman's shield. This year it went to Brian Lander, who Pete explained had maintained his usual efforts to attend as many club races as possible this year and had also worked hard on the committee - another worthy recipient of the trophy this year.

Thanks to Brian we are able to offer a complete set of minutes this year.

Minutes AGM 10/02/2001 (Hanging Gate)

Present: B Lander, M Whelan, P Hill, D Hill, N Gamble, R Longden, S Stafford, D Howe, M Hudson, L Hudson, D Arden, M Jones, A Jones

Guests: S Percival, L Gamble.

Apologies: E Clitheroe, A Butler, A Eaton.

A minutes silence was observed in memory of Terry Lardner, who died in Year 2000.

Chairman's Report

This year was yet another year of ailment and injuries during which the Championship was disrupted by two cancelled races; Passing Clouds and the Langley 7. The Cardington Cracker proved to be a good event – to be considered in the future.

The camping barn weekend was deemed a great success.

Away days of which there were 5 or 6 last year were again pretty well attended, however, midweek training runs have not been well supported; we still meet on Thursday at 7:00pm.

Treasurer's Report

We now have a balance of over £550, an increase on last year, mainly due to; a donation from the organisers of the 'Otter' 40, and a bequest from Terry Lardner of £100. Both races, the Whaley 6 and Eccles Pike, produced good profits.

Secretary's Report

The club place for the London Marathon goes to Ralph Longden.

This year we have 24 members registered.

The 'Otter' 40 is to be run again this year.

Election of Committee

Elected en-block

Chairman: Peter Hill

Secretary: Sue Stafford

Treasurer: Di Howe

Newsletter: Mark Whelan

Members: Brian Lander

Eddie Clitheroe

Mike Hudson

Club Trophies

Club Champion: Peter Hill

Veteran's Champion: Mike Hudson

Chairman's Shield: Brian Lander

A special thanks to Mike Hudson for restoring and making the shields and trophies.

Other issues

Consideration is to be given to giving up the Youth Club. To be discussed during the evening, and decided at the next committee meeting.

A special event will be organised in memory of Tery Lardner and some of the money from his bequest will be used to provide a trophy. Best suggestion so far is a 'guess your time' style event.

Committee meetings to be held on last Friday of every month at the Shady Oak – starting with Friday 23rd February 2001.

GOYT VALLEY STRIDERS ACCOUNTS 2000			
Income	£	Expenditure	£
Subscriptions	135.00	Affiliation Fees	81.00
Youth Club Subs	8.91	Youth Club Rent	85.84
Carnival Race Entries	351.00	Carnival Race expenses	154.02
Eccles Pike Entries	217.00	Eccles Pike expenses	86.67
Barn away days	40.00	Barn rental	84.00
Sale of vests	10.00	Race equipment	55.06
Otter 40	100.00	Don. St Johns Ambulance	25.00
Terrys Bequest	100.00	Don. Marie Curie Care	25.00
Interest net	1.29	FRA Relay	30.00
		Trophy Engraving	6.00
		AGM Prizes	63.45
		AGM Food	37.50
		Stationery & stamps	10.98
Total	963.20	Total	744.52
Balance @ 31.12.98	334.02	Balance @ 31.12.99	552.70
Total	1,297.22	Total	1,297.22

SUBSCRIPTIONS

Whilst we're on the subject of money. Can everybody let Di Howe have their membership money for 2001. Prices are still the same and represent great value for money at £7.00 or £10.00 for a family

Incidentally, if you have not paid for last year, and yes there are some, please let Di have your arrears ASAP. If you don't intend to remain a member please let us know, at least we can save some money on printing!!!!

THE YEAR AHEAD – 2001 HERE I COME

I've decided to make a comeback after a pretty lame couple of years on the competitive front. I've been inspired by Nick's theories of speed and weight to use racing as a means to lose the extra pounds put on over Christmas. Assuming the hypothesis is correct I guess the problem will be that I can never stop! As soon as I do I'll weigh a ton. Still, if I can feel lighter for an hour or so, psychologically it should help.

I've been out on my first training run of the new millennium and obviously did not get up enough speed to make a difference. I came home still feeling solidly full of chocolates and no lighter even as I streaked up the hill

(not!). Anyway I shall persevere with my plan to train assiduously from now until Easter and hereby lay down my pledge to run both Wilmslow and Sheffield ½ marathons provided they don't clash. Do you think I could hang on to Dave Ardern long enough at the start to be propelled past the critical velocity (ref. Nick April /Dec 2000) and then coast home?

I will now address the reasons Nick sighted to explain his lack of performance in the Wilmslow ½ marathon . With respect, I feel he is approaching the problem from the wrong perspective. Pondering the anomaly of timing which makes Dave fast and Nick slow, I believe I've highlighted some lateral thinking which can offer a radical solution. Obviously chasing Dave is never going to work, but the

definition of simultaneity is the key. What if, regardless of time, Nick could be seen to be completing the course simultaneously with Dave? Forget finishing **in the same time** and concentrate on finishing **at the same time** – would this suffice?

Simultaneity is relative, so here's my suggestion. Nick and Dave run the course in opposite directions. Then to a static observer placed at the halfway point Dave would obviously be seen to cross his line first . **HOWEVER** if the observer were to be moving (pretty fast!) towards Nick's end and away from Dave then, under the correct conditions, they could be seen to finish simultaneously .
Q.E.D.

As regards the other problem which Nick drew our attention to in April , the asymptotic approach to the line – I can't help seeing the similarity between this and competitive darts. Finishing on a double when the player is having trouble hitting them leads to the same asymptotic approach to the end of the match without actually making it. When a darts player misses his designated double but hits the single , a new double is defined . If subsequent doubles are missed the darts player is propelled inexorably towards double 1 . If he hits the single a never-ending loop can ensue and he never finishes the match. Fortunately for the darts player he can get out of this loop by simply trying harder and hitting his double. Unfortunately for Nick I can't quite see the parallel solution for the runner – sorry!

One final thought from Keith. Since Dave is travelling so fast he probably doesn't age much over the course whereas Nick is getting noticeably older by the minute. I'm afraid he is fighting a losing battle against age and the only hope may be to consult age-related tables.

SUE

LONDON MARATHON

**GOOD LUCK TO ALL
GOYT VALLEY STRIDERS
RUNNERS**

A Meander on The Long Mynd

After 2 pleasant nights stay at Malt House Farm on the outskirts of Church Stretton and fortified by a hearty farm breakfast with extra toast (“To help you on your run!”), we made our way to Church Stretton School to register for the race. A quick glance at last years results showed that the field came in at times between 1.40 and 4 hours. I begin to wonder what I’ve let myself in for. A studied look at the route map revealed there were 8 checkpoints and a brief conversation with a past entrant enlightened me to the fact that the race starts in earnest at checkpoint 5. Further questioning of this young man unearthed the fact that he felt he would complete the race in 1hr 45mins. I felt that I would probably be 1hr behind him, due to the fact that I was nursing a sore heel that hadn’t recovered fully from the Tigger Tor.

We set off to walk up to the start 500 metres up the very pretty Carding Mill Valley. The weather forecast for the country overall was for fog, fog and more fog, but here in Shropshire we had appeared to be blessed with glorious sunshine and blue skies. At 11.30am, 160 runners gathered for a final briefing below the information centre, a cheery good luck and off we went, a line of runners streaming up the first of many climbs.

Following our briefing advice we ascended to the first checkpoint avoiding the golf course so as not to bring the future of the race into doubt. The first checkpoint was at a stream bend called Jonathans Hollow, the information on the sheet given says that competitors must be able to navigate between the checkpoints but on the day, due to the sunshine and good visibility I didn’t think this would be a problem.

A long steady climb followed by a gradual valley descent saw me at checkpoint 2, Narnell's Rock, after a short steep climb which had quadriceps burning and calves aching, there followed an even steeper descent just to give the other muscles in my legs a chance to share the experience. This took me to a stream junction at Barristers Batch – checkpoint 3. I didn't feel too bad at this point – reasonably strong, I knew there was a lot more to do so I pushed on to Minton Batch, a valley bottom which had to be reached via the summit of Minton Hill, where I attained checkpoint 4.

The run down the valley to Windy Batch and checkpoint 5 was beginning to tell on my heel. Looking up to my left I could see a stream of runners, toiling their way up a very steep hill to where I thought checkpoint 6 would be located. Just before cresting the summit I caught up with a Dark Peak runner and enquired if that was where the checkpoint was, to which he replied "No, It's on top of that bugger over there!" pointing at the NEXT hill.

A quick glance revealed another stream of runners and another very steep ascent. These climbs were starting to tell on my legs, from checkpoint 5 to the end it was a continual switchback of ascending and descending rather steeply, a veritable Big Dipper. The descents were epitomised by the reactions of other runners on attaining the summits by their yells of dismay as they went over the top.

At the last summit – Yearlet – checkpoint 7, I seemed to have lost contact with the rest of the field and decided to keep going in a straight line towards where I thought the road would be. This course took me down a steep, slippery slope into the Townbrook Valley and a short climb soon led me back into the Carding Mill Valley to finish down a steep tussocky incline with a small stream to splash through at the end, in a time of 2hrs 40mins.

The lad with whom I had chatted earlier was a John Hurt from Cumberland Fell Runners who had finished in the most respectable time of 1hr 46mins and had come in third position.

We had a pleasant walk back to the School hall and was able to relax with a cup of coffee, peruse the Running Bear stand and listened to all the apres run stories of burning muscles, alternate ways between checkpoints and other various comments. A good race in surprisingly hilly Shropshire, well worth anyone having a go.....next year?

YOUTH CLUB

What are your views?

**Should it stay or
should it go?**

[Home](#)[Latest](#)[Champs](#)[Races](#)[Photos](#)[Contacts](#)[Links](#)

Web Site

For those people who have access to the Internet you will be pleased to know that the Goyt Valley Striders website is now up and running fully. It is my intention to try and keep this as up to date as possible and therefore it should be the source of all information concerning the Striders.

The site contains numerous things, but the main features are:

Latest news - I will keep the site up to date with all the latest news concerning The Striders. For instance the site currently holds the latest information concerning the Foot and Mouth crisis.

Club Championship - Championship information will be posted here immediately following race. You can currently view the full Tiger Tor results on line here.

Photographs - Send me your photographs and have them published on-line.

Links - Continually being updated, this section contains links to many other sites that are connected with running.

The website is a great opportunity for us to reach a wider audience. Already we have links to our site from other related sites such as the FRA.

Please use the website and let me have your comments. If you can think of anything we can add to the site or any enhancements you feel necessary please let me know.

Details

URL: www.goytvalley@btinternet.co.uk

Email: goytvalley@btinternet.com

Next Committee Meeting

Friday 30th March

**Shady Oak
7:30pm**

Club Championship

The races for this years club championship have been decided, or at least the first 10 or so have. However, it already looks as though there may need to be some alterations following the Foot and Mouth outbreak.

This year we have decided to make all the races local and try to concentrate on those races that are well attended by the Striders. Also we have included the Lyme Park Series as part of the championship and also as part of a mini series like previous years.

Lets make this the most competitive year yet. Forget the fact that you're not running at your best or you're carrying a bit too much weight and get out there and show your Striders vest.

The races that have been selected are:

Club Championship Races 2001

1. Tiger Tor	Sun Feb 11th	11:00pm	9.5m/1700'	Fell
2. Herod Farm	Wed April 4th	7:30pm	3m/1100'	Fell
3. Kinder Downfall	Sun April 22 nd	11:30	10m/2500'	Fell
4. Vanessa Chappell	Wed May 9th	7:30pm	6.5m/1200'	Fell
5. Shining Tor	Wed May 16th	7:00pm	5m/1500'	Fell
6. Buxton Half	Sat Jun 2nd	5:30pm?	13.1m	Road
7. Kettleholme	Wed Jun 6th	7:30pm	6m/850'	Fell
8. Boars Head	Wed Jun 20th	7:30pm	8m/1200'	Fell
9. Dorma 5	Sat Jul 14th	2:00?	5m	Road
10. Goyt's Moss	Wed Jul 25th	7:30pm	6.2m/1100'	Fell

The Tiger Tor race has already been completed and the results were as follows:

1 st Simon Hunter	1:27:41	4 th Mark Whelan	1:36:02
2 nd Mike Hudson	1:27:44	5 th Brian Lander	1:41:52
3 rd Steve Hennesey	1:35:46	6 th Peter Hill	1:43:29

Committee

The committee has met since the AGM and as you can imagine there was a lot to get through. The following is a brief summary.

Terry Lardner

It was briefly mentioned at the AGM that Terry had bequest a sum of money to the club in his will. It was felt appropriate that at least some of this money should go towards purchasing a trophy that could be competed for annually by the members of the club.

Thinking of an appropriate event to stage has been quite difficult for several reasons. Firstly, the event would have to reflect something that Terry would have liked and would wish to be associated with. Secondly, the aim would be to encourage as many members to take part as possible and therefore, a speed event would not be appropriate. Thirdly and just as importantly it needs to be fairly easy to organise. There were some ideas for an orienteering/scoring type of event, but the amount of organisation required might mean the competition never took place.

Finally it was decided to arrange an event on the same basis as Buxton AC run their Fletcher Shield. This will involve a race where each person runs a designated course as split intervals, say 5 minutes apart. They will submit their expected time prior to the start and will not be able to wear a watch. The nearest person to their guessed time will be the winner.

The course and time of the event still have to be arranged. We are open to suggestions and will be looking to finalise the details in early summer. The time will probably be towards the back end i.e. November.

The Barn

As the Barn weekend was such a success last year the committee have agreed to subsidise a similar event this year. Hopefully we will be looking at a similar time of year, possibly late September or early October. The venue is likely to be in the Lakes and we will do our uppermost to ensure there is hot water and showers this year!

JOB VACANCY

UP + RUNNING SPORTS

148-150 Market Street, Hyde, Cheshire, SK14 1EX
Telephone: 0161 - 366 9191 Fax: 0161 - 367 8187

We are looking for someone to join our company who is interested in developing a career in the Athletics/Sports Industry.

The position will entail managing/handling all aspects of our computer/IT work including:- Price Lists plus running simple Databases, Spreadsheets, Invoicing and Stock Control. Due to the small size of the company the duties will also involve many other duties as and when required working in all areas of our business.

The vacancy is full time (37½ hours per week) but will consider applications who can work as few as 25 hours per week.

Please send your CV (with current salary) and details to Steven Hill

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.

Useful Addresses And Telephone Numbers

The Secretary

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