

GOYT VALLEY STRIDERS



NEWSLETTER JANUARY 2002

INTRODUCTION

A Happy New Year to everyone and welcome to the latest Goyt Valley Striders newsletter. This action packed edition is designed to encourage you to blow away those winter cobwebs, shed that Christmas weight and regain that fitness that is all but a distant memory!

Before shedding the Christmas belly please note that the AGM and presentation evening will be once again held at the Hanging Gate Inn, Chapel-en-le-Frith on 2nd February at 7:30pm. PLEASE LET ME KNOW if you will be attending ASAP so I can inform them about numbers.

Numerous things have happened since the last newsletter and plenty is planned before the next one!

One final plea before signing off. Membership for this year is now due. Because we have decided to take on the new sports pavilion as our home base we have had to increase membership this year by a modest £3.00 to £10.00. I think you will agree that this still represents good value for money. Di will of course be collecting this at the AGM!

Arrears for those who forgot to pay last year can also be paid!

Mark

2001 Club Championship

In the end this has been cancelled. It was completed but the winner (Simon Hunter) never actually paid his membership and as far as I am aware never intended to.

Second place Mike Hudson has decided not to renew his membership and pursue other activities, he declined his prize for 2001.

2002 Club Championship

Lets really try and have a competitive championship this year. Remember it is not the winning but the taking part. The committee has selected a number of local favourites this year and hope that everyone will take part.

The first race kicks off with the Tigger Torr on February 10th. This is an old favourite which really tests that early season stamina.

Other races include:

Herod Farm
Lyme Park Series
Dorma 5
Buxton Half

Further details to come.

London Marathon

This years London Marathon place has gone to Nick Gamble. Nick wasn't too bothered about accepting it, but as there were no other takers, and he seems to be an annual glutton for punishment, he was only too willing to oblige.

Dave Arden will once again be running having obtained an automatic entry through virtue of his time last year.

Good luck and happy training to both runners!

New Pavilion

This seems to have been dragging on for a while but we are almost there. I expect that we will take residence before the end of the month.

In order to finance the facility we will have to make a small charge of 50p per person for each session that we use it.

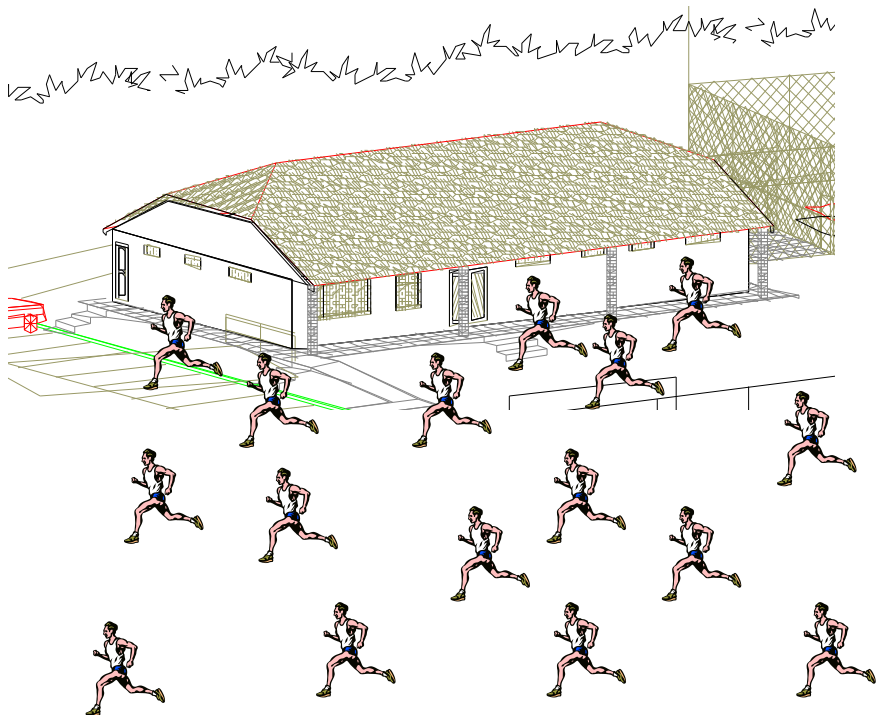
Mid-week Runs

Remember that we now meet on a Wednesday in the week at 6:45pm from the Canal Basin car park. It's only on the road, but it can make all the difference when you run with somebody else.

**** Late News ** Late news ** Late news ****

It has just been confirmed that the new Sports Pavilion is ready. I have collected the keys so we will be able to take residence from Sunday 27th January.

Facilities include changing rooms, showers, brewing up etc.



Hangin

2nd Febru

7:30

AGM and Prese

Bring wives, girlfriend, even the ca

Please let Mark know in adv

(01663 733930 or [markv](#)

g Gate

ary 2002

0PM

entation Evening

at and dog. The more the merrier!

ance if you will be attending

whelan@btinternet.com)

Martin Cortvriend

Who, I here you say?

Martin runs for Macclesfield Harriers, before that he ran for Buxton and before that I am reliably informed that he ran for Bollington. Still means nothing?

Well fear not because I will explain. On 28th January he reaches the ripe old age of 50 and he is celebrating it in style.

Saturday 26th January

A Fell Race - The White Nancy Folly - All Invited.

From the Bulls Head Pub, Kerridge (park in Church Car Park up the road) at 1:30 pm. About 5/6 miles but more importantly free grub in the pub afterwards.

Sounds a bit of a laugh so why not go along. I am and so is Pete. Marshals are also required if injured!

Evening

Curry evening at Kerridge Hill House. Free!

Sunday 27th January

A Cortvriend Quiz night at The Water's Green tavern, Macclesfield, 7:30pm. Teams of 4. Beer is apparently 'out of this World' at this pub! Anybody interested?

Terry's Run

I really enjoyed getting out on the hills for Terry's run. I hadn't run much off-road in a while and felt totally unfit for steep inclines. Like everyone else I had estimated the distance and severity of the route and the weather conditions on the day and come up with a time. This was also based, I have to confess, on a swift recce the weekend before with allowances for (I hoped) more effort on the day.

Much to my surprise I went round somewhat quicker in a time I reckon will be virtually impossible to beat.

Some time afterwards, I decided I'd put myself to the test again and try to keep up the momentum so to speak. I thought I would recreate conditions as closely as possible and walk to the layby as before. So, there I was, and off I went -- down the cobbled hill at a good pace and up the other side. No slowing to a walk this time, on passed the church, up the fields, over the stile and on to the road. I imagined I was making good time and headed on towards Terry's tree, slowing to a fast walk to arrive at the top lungs bursting. I think I made it to Windgather in around 22 mins and pressed on.

The going up the track to Pym Chair was very boggy and it needed good muscular co-ordination to keep my feet. I visualised the summit and anticipated the run down to give me encouragement to keep going. My time at Hoo Moor track I estimated as 40 mins -- going well I thought ! Only the undulating road to go and off down The Knife to the relatively easy run through Taxal.

Cont'd...

I was back at the layby in just over the hour and the virtually impossible had been achieved --- virtually that is !! This was my first attempt at "virtual exercise" practised from the comfort of my armchair, just exercising the mind. Research seems to show that you can burn off the calories and give your muscles a workout just thinking through a routine and not going anywhere.

Do you think it will catch on? Perhaps Brian could try it until the Achilles is improved.

SUE

Em!!!!

Vests

Remember I have some lovely new GVS vests that are crying out for new homes. At just £7.00 each they're a snip. Just let me know and you can have one. Free delivery!

Stockport 10

Congratulations to Hannah and Steve who have been running with us on a Sunday morning. New to the sport they took part in their first race and both finished in creditable times.

It won't be long before they're heading the Club Championship!

TERRY LARDNER TROPHY

Terry's race held on 11th November was a great success and 9 members turned out to take part. The weather could have been kinder but all in all everything went well. Thanks to some accurate and efficient time keeping by Brian the results were delivered immediately!

Post race discussion was entered into at the Shady Oak where one or two pints of the 'Old Amber Nectar' were seen off!

As for the prizes, a few bits were distributed but the main prize has still to be purchased. Watch this space!

Results

Name	Predicted Time	Actual Time	Variance	Position
Di Howe	102:00	96:10	-5:50	
Nick Gamble	85:00	74:50	-10:10	
Ralph Longden	80:00	68:28	-11:32	
Sue Stafford	74:40	71:00	-3:40	3
Andy Butler	57:00	56:10	-0:50	1
Eddie Clitheroe	66:00	79:30	13:30	
Steve Hennessey	70:00	77:20	7:20	
Pete Hill	80:00	63:50	-16:10	
Mark Whelan	64:00	61:50	-2:10	2

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