



NEWSLETTER SEPTEMBER 2002

INTRODUCTION

Believe it or not the last newsletter was printed back in January, that means that an awful lot of running has taken place since then. There are several reasons for not producing any newsletters since, such as a lack of time, a lack of information, and a simple matter of planning a wedding! Yes, for those who don't know I got married in July.

I can safely say that this edition is a bumper packed issue with race results, reports, club developments and much more.

AGM

The AGM took place early on in the year at the Hanging Gate Pub. The event was well attended with eighteen people turning up. The club championship was not awarded for 2001 due to the Foot and Mouth crisis. Pete (The Chairman) presented this years Chairman's shield to Steve Hennessey, for his consistency in turning up for training and club events.

The following members were elected to the committee;

Chairman: Peter Hill
Secretary: Sue Stafford
Treasurer: Di Howe
Committee: Mark Whelan
Steve Hennessey
Eddie Clitheroe

The meeting was over fairly quickly and we soon got down to the real business of sampling the food and wine on offer!

Committee Meeting

We are due a committee meeting soon. Can I provisionally put the following date forward for committee members diaries. Thursday 27th September 7:30pm at the Shady Oak.

CLUB CHAMPIONSHIP

Races for the club championship were decided for the first half of the year. The races for the remainder have still to be decided.

Race 1: SUN.FEB 10. TIGGER TOR FELL RACE. BM.
11:00am 9.5m/1700'

Details: Don Longley, 39 Gosforth Drive, Dronfield
Woodhouse, Sheffield, S18 5NG. Tel: 01246 418545.

Result

- 1st Dave Ardern (20 pts)
- 2nd Steve Hennessey (19 pts)
- 3rd Mark Whelan (18 pts)
- 4th Peter Hill (17 pts)
- 5th Andy Jones (16 pts)

Race 2: WED.APR 10. HEROD FARM FELL RACE. AS.
7:30pm 3m/1100'

Details: Barry Hobbs, 207 Huddersfield Road, Newhey,
Rochdale, OL16 3QG. Tel: 01706 846543.

Result

- 1st Steve Hennessey (20 pts)
- 2nd Peter Hill (19 pts)
- 3rd Mark Whelan (18 pts)

Race 3: WED.MAY 8. VANESSA CHAPPELL FELL RACE.
AS. 7:30pm 6.5m/1200'

Details: Dale Gartey, 10 Kirk Road, Levenshulme,
Manchester, M19 2RH. Tel: 0161 432 2782.

Result

- 1st Dave Ardern (20 pts)
- 2nd Steve Hennessey (19 pts)
- 3rd Mark Whelan (18 pts)
- 4th Peter Hill (17 pts)
- 5th Eddie Clitheroe (16 pts)

Race 4: WED.MAY 15. SHINING TOR FELL RACE. AS.

7:30pm 5m/1500'

Details: Alistair Fitzgerald, 16 Ecclesbourne Drive, Burbage, Buxton, SK17 9BX. Tel: 01298 25766.

Result

- 1st Dave Ardern (20 pts)
- 2nd Steve Hennessey (19 pts)
- 3rd Pete Hill (18 pts)
- 4th Mark Whelan (17 pts)
- 5th Eddie Clitheroe (16 pts)

Race 5: WED.JUN 5. KETTLESHULME FELL RACE. AS.

7:30pm 6m/850'

Details: Alan Boothby, Old Loom Cottage, Kettleshulme, Cheshire, SK23 7QU. Tel: 01663 732392.

Result

- 1st Steve Hennessey 49:57 (20 pts)
- 2nd Mark Whelan 52:12 (19 pts)
- 3rd Pete Hill 56:51 (18 pts)
- 4th Eddie Clitheroe 61:17 (17 pts)

Race 6: WED.JUN 19. BOARS HEAD HILL FELL RACE. BM.
7:30pm 8m/1200' Details: Dave Jones, 12 Victoria Avenue,
Cheadle Hulme, Stockport, SK8 5DL. Tel: 0161 485 1639

1st Steve Hennessey (20 pts)
2nd Mark Whelan (19 pts)
3rd Pete Hill (18 pts)

** Steve, Mark and Pete all completed the Lyme Park series
this year and finished 12th, 25th and 29th respectively.

Race 7: SUN.SEP 15. PASSING CLOUDS FELL RACE. BM.
10:30pm 9m/1800' Details: Dave Jones, 12 Victoria Avenue,
Cheadle Hulme, Stockport, SK8 5DL. Tel: 0161 485 1639

1st Mark Whelan (20 pts)
2nd Pete Hill (19 pts)

Current Standings after 7 races are:

	Race							Total
	1	2	3	4	5	6	7	
Mark Whelan	18	18	18	17	19	19	20	129
Peter Hill	17	19	17	18	18	18	19	126
Steve Hennessey	19	20	19	19	20	20	0	117
Dave Ardern	20	0	20	20	0	0	0	60
Edie Clitheroe	0	0	16	16	17	0	0	49
Andy Jones	16	0	0	0	0	0	0	16

LONDON MARATHON

Only Dave Arden ran the London Marathon this year. As usual he ran a ridiculously fast time. Here is his account of that day:

London was much the same as last year. As I think I mentioned previously, I had not been 100% the week before, but I went down and lined up with the other 30,000 +.

The weather was slightly more to my liking this year - not as cold as I remembered last year and no noticeable wind. The start was the same -extremely well organised chaos - helicopters everywhere, huddled hoards of scantily clad runners being ushered to various starting points, and a small group of rather athletic looking elite runners who have the freedom of at least 100 yards of Shooters Hill. (Oh and just as last year, there always has to be at least one character who needs to relieve himself at the side of the road 30 seconds before the start no doubt in full view of at least half the World's population.

After a minutes silence for the passing on of the Queen Mum, we were off.

First mile in around 5:38 (already lost a minute on the big guns). Mile two was 11:16 exactly the same as last year. Questions immediately raised in my mind after last year's experience - was this too quick? I ran a few more miles with the same group then made the decision to hold back a bit. I dropped the pace from an average of 5:45 to between 5:50 and 5:55.

Whilst this didn't seem much and, to be honest, didn't really feel any different, it was noticeable that for a while people were passing me. At around mile 8 I noticed that an older chap was running quite close and appeared to have also made the decision to slow a little. A brief discussion revealed that he was targeting 2:34, and still thought that we were going too fast. This concept appealed to me. Given my slightly negative state of mind, the idea of being able to slow and still achieve 2:34 was quite refreshing. I'll have a bit of that I thought.

It should be pointed out at this stage that for reasons unknown to man nor beast, each of the large clocks that you pass under each mile were incorrect, being a minute slower than they should. Initially, this caused me a little concern that my watch was wrong. Discussions with various other runners raised my confidence that I had at least started my chronometer at the point I started running and the constant bouncing around had neither speeded nor slowed the rate the sand dropped through the little hole.

However, whilst in a reasonable state of mind in the first half of the race, deducting 1 minute from the displayed time was a relatively easy calculation. As time went by, estimating ones finishing time became an exercise of mental agility on a par with trying to calculate the impact of Nick's theory of relativity whilst standing at the end of the bus queue, in the rain, using only three figures on the left hand. (A bit of a shame really - all that effort to erect and synchronise 20 plus timing stations just for someone to start them all off at the wrong time!)

Half distance went by in 1:16:00. Apparently exactly on schedule for 2:34 according to my running partner. I progressed along side him happy in the knowledge that I was holding it all together and still going to get a 2:34. By about mile 18 our pace had continued to slow progressively to the point that I realised 2:34 was simply false optimism. I increased my pace and left my partner to his imaginary time.

Mile 21, - legs (in particular knees and calves) suddenly starting to feel the strain. Progressing at any sort of pace becoming a real mental effort.

Passing under Tower Bridge and over those bloody cobbles I expected cramps in my calves at any time. Back on to the never-ending curve of the Embankment finally reaching Big Ben - turn right through Bird Cage Walk - wall to wall crowd all along and trees over the top forming a kind of tunnel with the Queen's residence being the light at the end. Passing a sign saying 800m to go I managed to raise my game a little and worked out that breaking my best of 2:37:28 (Manchester 1999) was going to be tricky.

Turning first one right hander and then a second into The Mall the finish was now in sight. At the point I was able to focus on the finishing clock (which reassuringly was showing the correct time) I read 2:37:07 ... 08 ...09. Wow, touch and go. A big effort required the end result of which, was a time that to the second was the same as my previous best time.

All that effort to do something that I have done before - well I saved £1.60 on the tube fare!

Dave

CLUB MEETING TIMES

A reminder for some of the newer runners who have been training with Goyt Valley. There are two training sessions that take place each week.

Wednesday

Start From: Canal Car Park, Whaley Bridge

Time: 6:45pm

Distance: 5-8Miles (40mins - 70mins)

Terrain: Summer - Off Road

Winter - Road & Minor Tracks

Sunday

Start From: Football Field

Time: 9:00am

Distance: 10-15Miles (90mins - 150mins)

Terrain: Off Road

London Marathon Club Entry

Remember that the club gets one guaranteed entry to the London marathon every year. First refusal on this goes to those people who enter and get rejected, otherwise anyone can have the entry. If you are interested please let me know ASAP.

Mark

Whaley 6

Unfortunately the Whaley 6 was not as successful as we would have liked this year. Only 29 people turned up for the race, which meant nearly everyone, received a prize!

The numbers were down for what appeared to be two reasons. The World Cup was on and the England game was being shown in full at the same time as the race. Up The Nab fell race was taking place on the same night. Needless to say we lost a lot of money on this race.

What do people think for next year? Should we persevere with the same day or try and move it to another time of the year? Let us have your views.

Terry's Race

Most people will remember the inaugural running of Terry's memorial race last year. This is not a race that will be won by the fastest person, but will be won by the person who completes the course in a time closest to the estimated time they provide prior to the start of the race. You will not be allowed to wear a watch during the event. The start will be staggered.

The race will take place on November 10th at 10:30am and will start at the Taxal Lay-by.

A reminder of the course:

The course starts at the lay-by -- passing the church -- cross the road -- through the fields onto Taxal Moor road -- takes the 45° path onto Taxal Moor (passing the tree planted by the rambling club in memory of terry) -- across Taxal Moor -- through the woods -- Over Windgather -- climb to Pyms Chair -- down road to Hoo Moor -- Across Hoo Moor -- through the farmyard to Knip farm -- round the back of Knip farm to bridge -- along fields and track to lay-by.

Everybody is encouraged to take part in this event where everyone has a chance of winning. **Please let me know in advance if you will be turning up for this event. Walkers go off first.** Presentation in the Shady Oak afterwards!

A map will be provided if needed.

As a reminder here are last years 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

Eccles Pike Race

In contrast to the Whaley 6 this is a race that seems to go from strength to strength. In total we had 73 entries this year which helps raise valuable resources for the club.

Unfortunately the only downside was the lack of help from club members. Plenty did turn out but not enough to prevent us having to call on third party support from Buxton!

Away Day

Pete has mapped out a route around the Carsington Reservoir area for an away day. The plan is to do this on Sunday 6th October. The intention is to meet at the club an hour earlier than normal at 8:00pm.

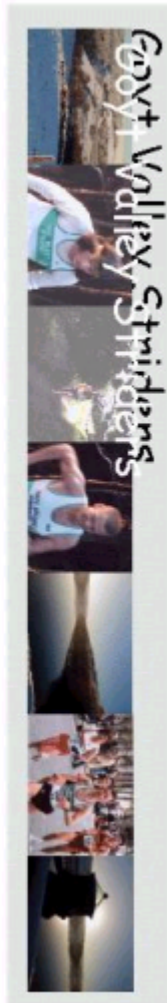
Christmas Cracker

This years Christmas Cracker race is a club race and we hope everyone makes the effort to attend. Should we do it in fancy dress? If you think yes then help us by coming up with a theme!

Web Site

Remember to check the website for regular news and links to other interesting and related sites.

www.goytvalley.btinternet.co.uk



Championship

What's New

Races

Photos

Routes

Contact

Guest Book

Weather

Site Info

Links

Welcome

[Eccles Pike Results Here](#)

Goyt Valley Striders is a small friendly running club based in Whaley Bridge, Derbyshire. Situated on the fringe of the Peak District the area offers some of the finest running both on and off-road in the country.

The club contains a mixture of both male and female runners of mixed ability. Whatever anybody's ability you can be sure of a warm welcome by The Striders.

Click the links above to explore the site



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							
										Day	Month		Year				
POSTAL ADDRESS																	
TOWN																	
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**

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