

GOYT VALLEY STRIDERS



Carsington !

NEWSLETTER FEBRUARY 2003

INTRODUCTION

Plenty to talk about in this newsletter... The AGM, 2003 Club Championship. Away Days, The Whaley 6 Road Race and much more.

The most important message in this newsletter is the AGM and Presentation Evening. It's booked for the Hanging Gate on 1st March. Please make every effort to be there.

Away Days

We have two away days planned as follows:

Date: Sunday 9th March
Leader: Mark
Area: Hathersage / Stanage Edge
Distance: Approx 12 Miles
Meet: 8:30am

Date: Sunday 6th April
Leader: Pete
Area: Malham
Distance: Approx 13 Miles
Meet: 8:00am

Terry's Race

Congratulations to Ralph who won Terry's race this year. He completed the course in 1:09:30, just 30 seconds outside his predicted time.

CLUB CHAMPIONSHIP 2002

Name	RACES										Total
	1	2	3	4	5	6	7	8	9	10	
Mark Whelan	18	18	18	17	19	19	20	15	18	18	180
Peter Hill	17	19	17	18	18	18	19	18	17	14	175
Steve Hennessey	19	20	19	19	20	20	-	-	20	19	156
Dave Ardern	20	-	20	20	-	-	-	-	-	20	80
Kevin Day	-	-	-	-	-	-	-	19	19	17	55
Eddie Clitheroe	-	-	16	16	17	-	-	-	-	-	49
Sue Stafford	-	-	-	-	-	-	-	17	16	-	33
Wendy Nettleton	-	-	-	-	-	-	-	16	-	13	29
Jonathan Hull	-	-	-	-	-	-	-	20	-	-	20
Andy Jones	16	-	-	-	-	-	-	-	-	-	16
Brian Lander	-	-	-	-	-	-	-	-	-	16	16
Nick Gamble	-	-	-	-	-	-	-	-	-	15	15

RACE DETAILS

Race 10: CHRISTMAS CRACKER

Race 9: STOCKPORT 10.

Race 8: LANGLEY 7

Race 7: PASSING CLOUDS

Race 6: BOARS HEAD

Race 5: KETTLESHULME

Race 4: SHINING TOR

Race 3: VANESSA CHAPPELL

Race 2: HEROD FARM

Race 1: TIGGER TOR

STOCKPORT 10 – success or failure?

Having decided to launch a comeback into the world of road racing I entered one or two races towards the end of 2002. Most, on first inspection, produced disappointing times which could have proved disheartening. However, as is popular with politicians, anything can be given 'spin' to make it seem more acceptable so, here is my spin on the Stockport 10.

My time on the day was recorded as 83minutes and looking back over my records I find that 12 years previously I had completed the race in 71 minutes – a massive drop in current performance of nearly 17%. On the other hand that's only one minute slower for every year older which already begins to sound better. Let me say straight away that I had done very little training in 2002 so there is my first excuse, unfortunately an unquantifiable one – so no help there then!

All is not yet lost; this year's course was different from earlier ones, a much more difficult route I'm sure. A quick comparison of the winning times confirms this -- (1990 (50-02) 2002 (51-16)) -- thus I have a correcting factor to apply to my 83 mins which brings it down to 81mins. Now I'm only a minute a mile slower than I was and let's not forget, 12 years older.

Which brings me nicely to the 'age' factor. I have a very interesting booklet which provides 'age factors' for every event whereby you can convert your time at any age to a sort of 'prime time performance' usually deemed to be what you would have achieved in your 20's or early 30's. According to these tables my 1990 time converts to 66m42s and my 2002 time becomes 68m15s which isn't too bad at all! In real terms I've only got to knock off 1 ½ mins and I'm as good as ever.

I am greatly encouraged in this, by news just in that Kath Harvey recently ran a PB at 10 miles. If she can do it so can I surely (Though I dare say she puts in a bit more training.)

One final 'barometer' of performance has to be a comparison with a fellow runner and for this I've chosen Nick. He came in ahead of me both in 1990 and 2002 but I was closer to him this time – and his legs are longer!

So, there you have it. On balance this years time was not so bad after all.

Sue.

Kevin at Langley



THE AGM

The AGM and prize presentation has been booked. As usual it will be held at the Hanging Gate Pub, Chapel-en-le-frith, on 1st March 2003.

The usual routine will apply. Meet at 7:30 and attend to business (about 20 mins), present prizes (about 10 mins) and then order food etc and enjoy the rest of the evening.

If you are in two minds about whether to attend just think about what you might miss...

Pete's annual speech!

Your prizes – you never know!

A missed opportunity to pay your 2003 subscription

**The Goyt Valley Striders
2003 AGM and Prize Giving**

(all welcome!)

at

**The Hanging Gate
Chapel-en-le-frith
Saturday 1st March 2003
7:30**

Please let me know if you will be attending
(Mark) 01663 733930 ASAP

I've enclosed a bar snack menu to give you an idea of what's on offer. Other seasonal dishes may be available as well.

CLUB MEMBERSHIP 2003

Remember, your subscriptions for the forthcoming year are now due. At £10 per person for individual membership, I think you'll agree it offers great value for money!

Just look at what you get:

- Your AAA membership paid (worth £3.00)
- Regular newsletters
- Two weekly training sessions
- Running Club Identity
- Good company whilst running
- 10% discount at most sports retailers (just mention your in our club)
- An annual club championship
- Dedicated website
- Organised 'Away Days'
- Chance to receive guaranteed London marathon Place
- Opportunity to purchase and wear GVS club vest
- The chance to run with Holly the dog!
- And the list goes on...

Races

Some fell races that might be of interest;

09-Feb	Sun	Tigger Torr	BM	11:am	10m
28-Feb	Fri	Derwent Watershed	BL	10:00pm	42m
23-Mar	Sun	Edale Skyline	AL	10:30am	21m
01-Apr	Tue	Boars Head DownHill Dash	AS-	6:30pm	2.5m
06-Apr	Sun	Wirksworth Incline	BS	11:00am	4m
09-Apr	Wed	Herod Farm Hill Race	AS-	7:30pm	3m
27-Apr	Sun	Kinder Downfall	AM	11:30am	10m
07-May	Wed	Vanessa Chapell	BM	7:30pm	6.5m
10-May	Sat	Mount Famine	AS	11:00am	5m
14-May	Wed	Shining Tor	AS	7:30pm	5m
26-May	Mon	Bamford	BS	1:00pm	4.5m
26-May	Mon	Shuttlingsloe	AS	2:45pm	2m
29-May	Thu	Totley Moor	BS	7:30pm	5m
31-May	Sat	Wincle Trout Race	CS	2:45pm	4.5m
04-Jun	Wed	Calver Peak	BS	7:30pm	5m
04-Jun	Wed	Kettleshulme	BM	7:30pm	6m
08-Jun	Sun	Peacock Score Challenge	MM	9:00am	5hr
11-Jun	Wed	Rainow	BS	7:30pm	5m
15-Jun	Sun	Up The Nab	BS	12:00 noon	4.5m
18-Jun	Wed	Boars Head	BM	7:30pm	8m
19-Jun	Thu	Blackmoor Chase	BM	7:30pm	6.5m
19-Jun	Thu	Grindleford	BS	7:30pm	4.5m
22-Jun	Sun	Kinder Trog	BL	11:00am	18m
25-Jun	Wed	Hope Fell Race	BS	7:30pm	4m
27-Jun	Fri	Tideswell	BS	7:45pm	4.5m

2003 Club Championship

The following races have been selected for the 2003 Club Championship. There are 12 races and the best 10 count towards the final result

1. Helsby Half Marathon (Jan)
2. Tigger Tor Fell (Feb)
3. Herod Farm Fell (Apr)
4. Vanessa Chapel Fell (May)
5. Shining Tor Fell (May)
6. Eyam Half Marathon (May)
7. Kettlesulme Fell (Jun)
8. Boars Head Fell (Jun)
9. Passing Clouds Fell (Sep)
10. Langley 7 Road (Nov)
11. Stockport 10 Road (Dec)
12. Christmas Cracker Multi (Dec)

Race 1 Helsby Half Results

1	Steve Hennessey	1:31:28	(20 Pts)
2	Jonathan Hull	1:33:34	(19 Pts)
3	Kevin Day	1:37:11	(18 Pts)
4	Andy Jones	1:42:25	(17 Pts)
5	Peter Hill	1:43:42	(16 Pts)
6	Sue Stafford	1:51:49	(15/20 Pts)
7	Wendy Nettleton	1:56:27	(14/19 Pts)
8	Eddie Clitheroe	2:03:53	(13 Pts)

Social membership

The Club have introduced another level of membership for the social user. The cost is £1 per year and effectively gives you membership to the Striders and copies of the newsletters. You will not be registered with the AAA as a runner, just a helper, and will therefore have to register as unattached for races. If you know of anyone who wishes to take advantage of this, then please let us know.



Pete at Langley

Whaley 6 Road Race

Following on from last years disastrous Whaley 6 race when only a handful of people turned up - we have taken drastic steps. Well, fairly drastic. We are holding the race in April instead of June. The new date is Wednesday April 30th.

As usual we will need as much help as we can get for the race i.e. marshals, timekeepers etc.

I will be printing the entry forms this week, so if any one can help distribute them, please let me know.



*Wendy and Sue
at Langley*

Useful Addresses And Telephone Numbers

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