

GOYT VALLEY STRIDERS



NEWSLETTER November 2003

INTRODUCTION

Welcome to this Autumnal edition of the GVS newsletter. Already those long summer evenings have been replaced by dark winter nights. This summer has been a good one for the Striders. We've had a successful Eccles Pike, a Club Championship that continues to be competitive and a few new members to boost the numbers.

For those who have let their running slip over the summer months there is no better time to dust the running shoes off and get out with the Striders. Training nights on Wednesdays are more popular than ever, with a regular turnout of 7 or 8 runners. Sundays also are beginning to get going again as people start to look forward to a successful 2004!

In this issue you'll find details of the remainder of the Club Championship, as well as details of the first race for next year, a summer profile (of sorts) on our top runner, Dave Ardern, details of Terry's race and much more...

I look forward to seeing you all at the training sessions!

Mark

Terry's Race.

This will be the 3rd year that Terry's race has been run. Terry was a respected and well-liked member of the club, who unfortunately died prematurely in 2000. The race is unusual in that anybody who takes part has a chance of winning. The course details are below. You will set off at 3-minute intervals wearing NO watch. Having guessed your time for the distance the nearest person to their guessed time will win.

The race will take place on November 9th at 10:30am and will start at the Taxal Lay-by.

A reminder of the course: (It will be run in reverse this year!)

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 Pym's 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.

Maps will be available for those who require one. Please let me know if you will be attending. Please make every effort

Dave Arden – A Summer Profile – of Sorts!

Summer is over and the nights are drawing in. My racing over the last three months has been a bit sporadic. Whilst I have actually competed in quite a number of events, I have never really felt that I have fully done myself justice. A sort of almost there but not quite feeling right. Anyway at the moment I am a bit laid up because the old war wound has flared up again. Not as bad as previously but sufficient for me to think that it is time for a couple of weeks break.

The summary of my dubious achievements this summer are:

Meerbrook 15k: 1st Place in 58:46

Twywn race the train: 21st out of 900 (report attached)
Leek 1/2 M - 6th in 1:55 - suffered in the hot weather.

Antobus 10k - 2nd just behind winner. Not a competitive race. Did 34:59 on a virtually flat course.

Gawsworth 10k - 2nd in 37:32. This was mostly on tracks and across fields. If the kilometre markers are anything to go by we did the first 5k in 16:35. I suspect they are not through because kilo 7 took me over five minutes and I wasn't going that slow. In made race log I've put the distance down as 10.5k.

Macclesfield 1/2k - 8th in 1:16:52. Apparently quite a good field so I shouldn't complain. The terrain was very similar to the Meerbrook 15.

Chasing Trains

Well this year having reached that hallowed stage in life that allows me to be to adopt the letters 'VET' after my name (or as the rest of my family refer – 'OLD GIT'), I decided to enter an event with a bit of a difference. Checking the calendar and consulting various web sites had drawn me to the conclusion that a good challenge combined with a family day out was to be had by spending an August day in Twywn on the Welsh coast.

So the decision was made and entries were posted for all the family to have a go at one of a number of events during the day. For me it was to be the dubious challenge of racing a narrow gauge steam train for the best part of fifteen miles up and down a Welsh valley. Emma and Eddie were entered into a 3.5-mile fun run over similar terrain and Joe, being too young to enter any of the 'official' events, was to try his hand in the toddlers race.

Given the start time of the shorter events we decided to make a long weekend of the occasion and camp for several days leading up to the day close by at a campsite near Barmouth. To cut a long story short – this turned out to be not the best pre-race preparation I have ever undertaken. For various reasons (the main one being the sleeping accommodation and its affect on my back which seems to have taken offence to the use of the letters 'VET' and begun to give me some considerable grief recently) I didn't get very much sleep at all in the two nights before the event. That coupled with the fact that there was nearly five hours between the start of the first event and my event meant that body and soul were not quite ready for what turned out to be a considerably harder challenge than I had given it credit.

My surfing of web sites had uncovered lots of interesting statistics about previous years events. Andy Wilton seems to have been a consistent winner in the past with a best time of around 1:21. The course record was a short 1:19, although this was for a course about half a mile shorter than covered for the last two years the best for which was a 1:27.

Being typically over optimistic I set myself a target of getting into the top ten which meant I had to aim for about 1:32. Given that the distance was nearly fifteen miles and was described as undulating multi-terrain, I assumed that the 'going' couldn't be too bad.

And so with all the pre-race preparations over about 900 runners set off at the same time as the train to the sound of a rather loud maroon (lifeboats in many local villages were launched as a result). For the runners the first 2k or so was on fairly flat road, then farm tracks then field. After which, more fields, and then indeed more fields. Whilst, a comparison with a typical fell race would result in the conclusion that the outward course was relatively flat; the continual running along a contour of a sloping valley side on hard rutted open ground was considerably energy sapping especially on my not so lively legs.

By half way I found myself in 17th position about fifty metres behind two other runners. As the direction changed the return route took us higher up the side of the valley on rockier and technically demanding terrain. For a time I seemed to be doing better over this ground and caught the two, almost immediately dropping one and with the other, chasing and catching a further runner. This was considerably moral boosting and rejuvenated my earlier optimism of a top ten position. This, however, was very much false optimism as a short but steep climb at around ten miles brought me down to earth with a bang when my lack of sleep and other questionable pre-race preparations found me wanting - my legs went very wobbly. On reflection I suppose I did not loose as much time as I might have done over those last few miles but I went from fifteenth to twenty first with no answer to those who went by.

For the record – my wife ended with a creditable 31:18 for a similarly energy sapping 3.5 miles giving her 19th in the fun run. My eldest in the same race took absolutely no notice of my advice and set off with some seriously professional looking ‘fun runners’ with an aim to impress his dad and win. Unfortunately, having completed the first mile with the leaders his legs gave out and he struggled to the end in 41:20 for 55th. And my youngest, set off with around 100 other youngsters of age up to ten (although with the greatest of respect, given the height of some of them I concluded that people in that part of the world loose track of their age when they run out of fingers to count on) for a lap of a rather large sports field. Having adopted the adage that “its not the taking part it’s the winning that counts”, he gritted his teeth and came in sixth and was given a football as a prize.

All in all a good day out and one that I would recommend especially as the evening prize presentation includes a bar, live band, dancing and general merriment for all concerned.

For the record the train takes about 1:47 for the up and back run although this includes a stop at the top.

Club Championship

The club championship is poised for a cracking finish this year. With 3 races to go and the best 10 results out of 12 to count towards the final total, anyone of 3 runners could realistically win.

Enclosed with this issue are entry forms for the next three events. The Langley 7 which takes place this Saturday, The Stockport 10 and of course the Christmas Cracker.

Name	RACES												Total
	1	2	3	4	5	6	7	8	9	10	11	12	
Peter Hill	16	18	18	15	18	17	15	17	17	-	-	-	151
Kevin Day	18	19	19	16	-	19	18	18	18	-	-	-	146
Steve Henn'ey	20	20	20	20	-	-	17	19	20	-	-	-	136
Jonathan Hull	19	-	-	19	20	-	20	20	-	-	-	-	98
Scott Reid	-	-	-	18	19	18	19	-	-	-	-	-	74
Mark Whelan	-	-	17	17	17	-	-	-	19	-	-	-	70
Andy Jones	17	-	-	-	-	-	16	-	-	-	-	-	32
Wendy Nettle'n	14	-	16	-	-	-	-	-	-	-	-	-	30
Dave Arden	-	-	-	-	-	20	-	-	-	-	-	-	20
Sue Stafford	15	-	-	-	-	-	-	-	-	-	-	-	15
Eddie Clitheroe	13	-	-	-	-	-	-	-	-	-	-	-	13

- | | |
|-------------------------------|-----------------------------------|
| 1. Helsby Half Marathon (Jan) | 2. Tgger Tor Fell (Feb) |
| 3. Herod Farm Fell(Apr) | 4. Vanessa Chapel Fell (May) |
| 5. ShiningTor 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) |

2004 Club Championship

Advanced Notification

The first race in the 2004 Club Championship will be the Helsby Half Marathon.

YOU ARE ADVISED TO ENTER THIS BEFORE THE END OF NOVEMBER TO GUARANTEE AN ENTRY

Entry forms are enclosed with this Newsletter. If you lose it contact me for another one

Dave Arden and Mark Richards at the Macclesfield Half



Word Search Results

The results for the Word Search are shown below. We had just the one entry from Kevin Gleave, who scored 14 out of 17. Kevin gets a bottle of plonk for his efforts!

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

1	Running Bear Socks	2	Joggers Nipple	3	Marathon
4	Eccles Pike	5	Walshes	6	Train
7	Mile Marker	8	Fell Race	9	Peter Hill
10	Pre Race Entry	11	Paula Radcliffe	12	Carbohydrate
13	Goyt Valley	14	Water	15	Pronator
16	Veteran	17	Pasta		

Get your Gait Assessed...

The Nike Bowerman Van is coming to Goyt Valley Striders. The date is the 26th November from 6:15pm onwards. There will be a run to follow for those who are interested.

There are **no sales** just a chance to have your running gait assessed and measured and then given the chance to try some Nike shoes out.

More details from Mark if you are interested or just turn up on the night.



Whaley 6

As most people know the Whaley 6, another GVS organised event, takes place in April. This years race could be in jeopardy as the Shady Oak Pub, who is our host, is currently closed due to the lack of a landlord. A decision will have to be made soon after Christmas as to whether to hold the event because of advertising etc. If we can't, we're stuck. Meanwhile, if you can think of an alternative race or venue that we might be able to organise please let us know.

New Vests

New vest have been on order since June and progress has been slow. However, I did have a phone call from Tony Hulme this week to say they are nearly ready and should be with us in a couple of weeks.

London Marathon

Entered London? Been refused a place? If you answer yes to both of these then there is a chance that you may qualify for the Club Place. Let me know as soon as possible if you want to be considered for this. PS I think I've got in through the ballot!

Eccles Pike

Once again the Eccles Pike proved to be a popular race. This year we had 78 runners who entered. We think it would have been more but the road works on the A6 prevented some people from getting there. Lloyd Taggart, from Buxton AC, won the race and has subsequently gone on to represent England at the World Fell Running Championships in Alaska. Not a s a direct result of the Eccles Pike though!

Away Day

An away day is planned for November 30th. I'll probably lead this one. I suggest we do the route from Gradbach that was postponed early in the year. Meet early at 8:00am at the Football Pitch. Let me know your intentions – it's a good route.



Pre – Christmas Drinks

With

The Striders

Friday 12th December 2003

at

The Navigation Inn Buxsworth

From 8:00pm onwards

ALL WELCOME!



RACES

Forthcoming local races...

Day	DATE	RACE	CAT	TIME	DIST
Fell					
Sun	Nov 16	The Roaches	BL	10:30am	15m
Sun	Dec 7	Cardington Cra..	AM	11:00am	9m
Sun	Dec 19	Xmas Cracker		11:00am	10k
Road					
Sat	Nov 29	Cheddleton 10k		2:0pm	10k
Sun	Nov 23	Clowne Half		10:00am	Half
Sun	Dec14	Stockport 10		11:00am	10m
Sun	Dec 21	Bolsover 10k		10:30am	10k

Curry Night

Why not put some spice into your running? We're going for a curry...

The last two curry nights have been successful, so we're having another one! The same venue as usual – Whaley Bridge.

The proposed date and time are Thursday November 13th at 8:00pm. Let me know if you're coming.

Sure to make you run faster.....

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

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