

GOYT VALLEY STRIDERS



NEWSLETTER February 2004

INTRODUCTION

Welcome to the New Year edition of the Striders newsletter. This issue is packed with details of the events ending 2003 as well as details of forthcoming events for 2004.

There are a few important details in the newsletter such as the details for this years club championship and dates for forthcoming away days.

The club championship for 2004 has already got underway with a good turn out at the Helsby Half Marathon. There was a great run from Mark Richards who finished 43rd out of 1500 in a time of 1:19. The second race, the Tigger Tor, saw only three members turn out but nevertheless it was a great day.

The AGM took place on 13th February where last years club champion Steve Hennessey received his crown. There are more details on this inside the newsletter.

Finally good luck to everyone in 2004 and keep on running!

Mark

Terry's Race.

On the 9th November we held Terry's race for the 3rd time. Once again it was a great success with 10 club members turning up to compete. The winner this year was Pete although there had to be a Stewards enquiry at the end, as he never submitted a time before the start!

He came up with an excuse for which we gave him the benefit of the doubt and he was awarded 1st place. Full details below.

No.	Name	Estimated Time	Actual Time	Variance	Pos.
1	Alistair Fitzgerald	01:25:00	01:01:00	-00:24:00	9
2	Mark Whelan	01:19:00	01:01:40	-00:17:20	8
3	Ralph Longden	01:30:00	01:17:20	-00:12:40	6
4	Kevin Day	01:05:00	01:19:20	00:14:20	7
5	Andy Butler	01:06:00	00:58:50	-00:07:10	3
6	Sue Stafford	01:36:00	01:11:50	-00:24:10	10
7	Brian Lander	01:20:00	01:12:50	-00:07:10	3
8	Andy Jones	01:18:00	01:09:20	-00:08:40	5
9	Kevin Gleave	01:10:00	01:03:30	-00:06:30	2
10	Peter Hill	01:08	01:07:40	-00:00:20	1

Club Championship 2003

The club championship went right up to the wire this year. Steve Hennessey triumphed with Kevin Day a close second. Well done to everyone who took part!

Full details below.

10 races from 12 count towards total.

Name	RACES												Total
	1	2	3	4	5	6	7	8	9	10	11	12	
Steve Henn'ey	20	20	20	20	-	-	17	19	20	19	18	18	191
Kevin Day	18	19	19	16	-	19	18	18	18	-	19	18	182
Peter Hill	16	18	18	15	18	17	15	17	17	17	-	18	171
Mark Whelan	-	-	17	17	17	-	-	-	19	-	16	18	104
Jonathan Hull	19	-	-	19	20	-	20	20	-	-	-	-	98
Scott Reid	-	-	-	18	19	18	19	-	-	-	-	-	74
Kevin Gleave	-	-	-	-	-	-	-	-	-	18	17	18	53
Andy Jones	17	-	-	-	-	-	16	-	-	-	-	18	51
Mark Richards	-	-	-	-	-	-	-	-	-	20	20	-	40
Wendy Nettle'n	14	-	16	-	-	-	-	-	-	-	-	-	30
Dave Arden	-	-	-	-	-	20	-	-	-	-	-	-	20
Andy Butler	-	-	-	-	-	-	-	-	-	-	-	20	20
Brian Lander	-	-	-	-	-	-	-	-	-	-	-	19	19
Sue Stafford	15	-	-	-	-	-	-	-	-	-	-	-	15
Eddie Clitheroe	13	-	-	-	-	-	-	-	-	-	-	-	13

- | | |
|-------------------------------|-----------------------------------|
| 1. Helsby Half Marathon (Jan) | 2. Tigger 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) |

Club Championship 2004

As mentioned in the introduction the 2004 club championship is well under way with two events already gone. Results were as follows:

Helsby Half Marathon

Mark Richards	1:19:20
Scott Reid	1:30:57
Kevin Day	1:31:29
Jonathan Hull	1:33:06
Mark Whelan	1:41:59
Peter Hill	1:45:36

Tigger Tor Fell Race

Andy Butler	1:27:53
Mark Whelan	1:39:31
Peter Hill	1:44:29

Name	RACES												Total
	1	2	3	4	5	6	7	8	9	10	11	12	
Mark Whelan	16	19											35
Peter Hill	15	18											33
Mark Richards	20												20
Andy Butler	-	20											20
Scott Reid	19												19
Kevin Day	18												18
Jonathan Hull	17												17

Remember the format is the same as last year. There are 12 races and your best 10 count towards your final score. If you haven't run yet you cannot afford to miss another! Full race details on the next page.

Club Championship Races 2004

Race 1	Helsby Half	Jan 19 th
Race 2	Tigger Tor	Feb 8 th
Race 3	Herod Farm	Apr 7 th
Race 4	Vanessa Chappell	May 12 th
Race 5	Eyam Half	May ?
Race 6	Shining Torr	May 26 th
Race 7	Kettleshulme	Jun 2 nd
Race 8	Boars Head	Jun 16 th
Race 9	Offerton 10k	Jul 7 th
Race 10	Passing Clouds	Sep
Race 11	Langley 7	Nov
Race12	Stockport 10	Dec

All the above dates are subject to confirmation nearer the time. There is a good split of road versus fell this year which should satisfy everyone. Good luck!



Curry Night

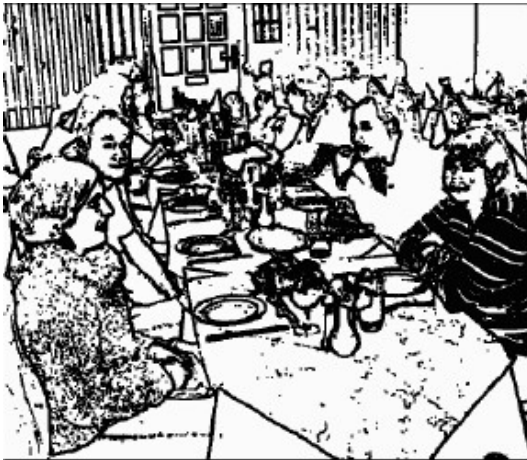
Back by popular demand! Yes the now infamous GVS curry night will be held again in March. Provisionally I'm suggesting Thursday 18th March at 8:00pm.

As usual the main aim of the night will be to turn up, have a curry and go home! Sounds too good to miss!

Please drop me a note if you are interested so that I can let the restaurant know numbers in advance.

Previous Curry Night

The photo below has been kindly donated by Pete. It was apparently taken at the last Curry Night in November. Using all his technological skills Pete has manipulated the picture and suggests we have a colouring competition. I suggest he provides the original photo in colour and we have a caption competition. Let me know what you think! Meanwhile, I believe that is you Scott frowning at Pete?



Fell Races 2004

Detailed below are just a selection of the fell races that are available

Date	Day	Event	Cat	Time	Distance	Height	Fee	Payable
22-Feb	Sun	Robin hood	BM	10:30am	9m	2000'	£5.00	On Night
08-Mar	Sun	Cloud Nine	CM	11:00am	8.75m	950'	£4/£5	In Advan
21-Mar	Sun	Edale Skyline	AL	10:30am	21m	4500'	£5	In Advan
04-Apr	Sun	Wirksworth Incline	BS	11:00am	4m	600'	£4	On Day
07-Apr	Wed	Herod Farm Hill Race	AS-	7:30pm	3m	1100'	£3	On Night
18-Apr	Sun	Kinder Downfall	AM	11:30am	10m	2500'	£3	In Advan
12-May	Wed	Vanessa Chapell	BM	7:30pm	5m	800'	£4	On Night
08-May	Sat	Mount Famine	AS	11:00am	5m	1700'	£3	On Day
28-May	Wed	Shining Tor	AS	7:30pm	5m	1500'	£3	On Night
31-May	Mon	Bamford	BS	1:00pm	4.5m	1000'	£3	On Day
31-May	Mon	Shuttlingsloe	AS	2:45pm	2m	825'	£2	On Night
03-Jun	Thu	Totley Moor	BS	7:30pm	5m	800'	£3.50	On Night
04-Jun	Fri	Castleton Fell	AM	7:30pm	6m	1500'	£3	On Night
05-Jun	Sat	Winkle Trout Race	CS	2:45pm	4.5m	500'	£4	On Day
02-Jun	Wed	Calver Peak	BS	7:30pm	5m	900'	£3.50	On Night
02-Jun	Wed	Kettleshulme	BM	7:30pm	6m	850'	£3	On Night
09-Jun	Wed	Rainow	BS	7:30pm	5m	750'	£3	On Night
16-Jun	Wed	Boars Head	BM	7:30pm	8m	1200'	£3	On Night
23-Jun	Thu	Blackamoor Chase	BM	7:30pm	6.5m	1400'	£3.50	On Night
17-Jun	Thu	Grindleford	BS	7:30pm	4.5m	550'	£3	On Night
20-Jun	Sun	Kinder Trog	BL	11:00am	18m	3490'	£4	On Day
30-Jun	Wed	Hope Fell Race	BS	7:30pm	4m	650'	£3	On Night

able this year. For details of other races ask Mark

	Venue
	Robin Hood Inn, Baslow
ce / On Day	Congleton Leisure Centre
ce Only	Edale Village Hall
	Ravenstor Road, Wirksworth
	Drovers Inn, Primrose Lane, Glossop
ce Only	Hayfield Scout Hut
	Lyme Park Main Car Park
	Hayfield Scout Hut
	Erwood Sailing Club, Goyt Valley
	Bamford Recreational Ground
	Crag Hall, Wildboarclough
	Cricket Inn, Totley
	Castleton Playing Fields
	Tolls Farm, Wincle
	Derwentwater Arms, Calver Village
	Kettleshulme
	Rainow Institute
	Boars Head Hotel
	Cricket Inn, Totley
	Playing Fields, Grindlefor
	Hayfield Scout Hut
	Sports Field Hope

OLD MONEY

I know how you all like competitions, well here's one that should test your memory! Answers in by the end of March. A bottle of wine to the winner.

When you have answered all the clues (they are all amounts expressed in "old" money) your total should add up to £17 5s 3½d

		Answer	£	S	D
1	Type of Pig				
2	Type of Bicycle				
3	Boy's Name				
4	Gorilla's Leg Joint				
5	Male Singer				
6	Sun, Moon and Star				
7	Leather Worker				
8	Coronet				
9	Poorly Fish				
10	Girl's Name				
		Total			

17	5	3½
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2004 Membership Now Due

This is a polite reminder to all members that subscriptions for 2004 are now due.

At only £10 it represents great value:

- ❖ **Free AAA membership**
- ❖ **Regular newsletters**
- ❖ **Regular training sessions**
- ❖ **Nights Out**
- ❖ **Club championship with prizes**
- ❖ **A chance to meet Pete...**

Grindleford Gallop

I've enclosed an entry form for the Grindleford Gallop. The 21-mile course takes in the rolling countryside of the White Peak passing through the Chatsworth Grounds and takes place on Saturday 13th March. The well-organised event offers copious amounts of food as well as a warm and friendly atmosphere.

The suggestion is that we run it as a club-training run similar to what we did at last years Peakers Stroll. I will be running and hope you can join me.

Away Days

I have scheduled a couple of dates in for Away Days. Provisionally these are:

Sun March 28th The Derbyshire Dales Mark to Lead

Sun April 11th Crowden Pete to Lead

Start time for these 8:00am

New Vests

The new vests are now available. Great new material and at only £10 each they are a snip. For your vest just give Mark a call!

London Marathon

This years London Marathon club entry has gone to Mark Richards. The draw took place at the Pre Xmas drinks evening where apparently an independent person selected Mark's name out of the hat. I say apparently because so much drink was consumed it is difficult to remember what actually happened that evening!

Xmas Cracker

The picture on the front page of the newsletter is the GVS team running the Xmas Cracker dressed as a Chinese Dragon. For this little episode they came first in the team fancy dress competition.

AGM

This years AGM was held at the Navigation Inn, Buxsworth on 13th February. There was a great turn out with over 20 members and partners turning up. Yet again the highlight of the evening was Pete's speech, although a lack of alcohol meant it was far more controlled this year!

Prize winners were:

Club Champion – Steve Hennessey
Runner Up – Kevin Day
Terry Lardiner Trophy – Peter Hill
Chairman's Shield – Kevin Day

Committee are:

Chairman	Peter Hill
Treasurer	Di Howe
Secretary	Mark Whelan
Committee	Steve Hennessey, Kevin Day,
Scott Reid	

Nike Bowerman Van

Remember this in the last newsletter? Well I'm happy to say that we had a great turn out for the event and everyone had their running style and gait assessed. It appears that we all have a fairly good running style. He even mentioned to Scott that he had a perfect running style – I guess this won't be the last we hear about that!

GVS Account 2003

GOYT VALLEY STRIDERS ACCOUNTS 2003			
Income	£	Expenditure	£
Subscriptions	188.00	Affiliation Fees	62.00
Whaley 6	149.00	Whaley 6 Prizes	103.00
Eccles Pike Entries	234.00	Whaley 6 Expenses	19.00
Eccles Pike Postage	5.00	Eccles Pike Prizes	127.52
Vests	51.00	Eccles Pike Fell Advert	10.00
Interest Net	0.32	Vests	153.88
Discount Running Bear	9.00	Pavilion Rent	100.00
		Registration Fee U/A	18.00
		Stationery	19.50
		AGM Prizes	56.50
		Terry's Race Prize	14.99
		Terry's Trophy	26.50
Total	636.32	Total	710.89
Balance @ 31.12.98	486.13	Balance @ 31.12.99	411.56
Total	1,122.45	Total	1,122.45

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

The Secretary

Mark Whelan
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Tel: 01663 733930

The Treasurer

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Tel: 01663 733382