

GOYT VALLEY STRIDERS



NEWSLETTER March 2005

INTRODUCTION

Welcome to this early Spring edition of the Goyt Valley newsletter. Things are just beginning to hot up on the fell running scene as races become more regular and runners lose those excesses gained over the winter months.

This years Club Championship has already started with the Mickledon Straddle in February and the Cloud Nine in March. Don't worry if you've missed any of the races, the added flexibility built into this years diary means you are not too late to start and mount a challenge.

Don't forget to keep those articles coming in for future editions, without them the newsletter would be pretty bland and thin!

My return to running (if at all) has been put back to June at the earliest, so I'm confined to settee for a bit longer. I'm sneaking in the odd session at the swimming pool, much to the disappointment of my consultant, but as you know if you don't do something madness begins to creep in!

Mark

Goyt Valley Striders, London Marathon 2005, the 25th running of the event...

It happened like this...I was rejected for the London Marathon and thought that was that. After all it was a daft idea, this would be my first marathon. Well, on reflection not exactly the first one I had entered, I trained for both the Marine Corp Marathon in Washington DC and the New York one in 1981. On both occasions I had to withdraw before the day of the race through injuries. I went to watch some work colleagues in the Marine Corp around the avenues of the Capital. It was amazing, with Marine in marching formation, in full battledress and one of their member carrying a US flag. Some veterans were also running in their army boots. Tough lot the Marines.

So when Mark wrote about an opportunity to enter through the club, I asked if it would be OK to enter the draw. On the night our family went to the Carol Concert at St John's in Furness and after the service, mince pies and beverages I set off for the Navigation in Whaley. When I opened the door at 9pm on December 17th, the night when the country was bracing itself for festive parties and binge drinkers, the inn was completely empty, save for a young barmaid with a prominent tongue stud. I asked if a running club had met here at 8pm and she said there were some gentlemen in tuxedos but had left. She then suggested, through a mixture of lisping and spitting that there was another Navigation at Buxworth.

I met up with Mark and club members and it transpired that it was a shoot out at the OK coral with Kevin, really hoping that the slip of paper would have Kevin's name on it was my luck night. Sage comments were brought into conversation and expectations were being made.

I have no idea if I can make the starting line let alone the finish tape but Kevin assured me that it was possible – he has completed some half a century of such races.

Four months to the date, sitting down to start this piece that Mark said was obligatory, I feel that I should have a schedule of what I intend to do. I will review a couple of plans provided in Running Magazine etc. I have applied for the Wilmslow half on 20th March, so that should be a good test. Hope to run some of the club events, although I am a coach to an Under7's rugby team on Sunday morning which clashes with club training.

Next Instalment...

February 22 2005

January mileage was 116 miles, this included runs while working in the Netherlands so not too taxing on the legs although I did try and speed up the pace. Running at night, in gale force winds along the dykes was an experience. Also running on dimly lit roads was a mistake, I ended up carrying an empty Heineken can with its silver coloured base so that I could flash it back in the general direction of the driver. This works but not as good as the fluorescent jacket that my kind colleagues in Holland club together to buy me on the second week of my stay. Longest run so far....11 miles. Also swam about 75 lengths during the month.

February mileage is lower, the month is shorter, but the hills are alive with the sound of my pounding feet....especially over on the Mickledon Straddle...this is the first Goyt Valley Striders club event of 2005 and during the “race” I really did wonder if it would be my last. The race report said the conditions were ideal; I would not like to have been out in adverse ones

There is a long climb up from Langsett – which apparently means “long hill” – reservoir and then down into the Howden and Ladybower reservoirs and back again. The major problem for me, not accustomed to how you have to pick your way around the boggy bits, stony bits and tufty bits, was where to place my feet. There was only about a mile of flat track at the start and finish. There were times on the top and during the traverse through springs and bog, up to my knee at one point, that I thought I would never see home and a warm bath again! Finishing towards the back, with the visibility at the top fading it was quite eerie. I tried to follow in Pete Hill’s footsteps until I lost contact with him on a steep bit on the return.

This was the first run where survival clothes, map, compass, whistle and water have been needed to be carried and they carried out a kit check too. I think Pete and I could have opened a shop at the top, selling confectionary, raisins and tried and recouped our entrance fee...we were both well prepared for any eventuality.

I brought up the rear of the GVS contingent and took just under 3 hours for the 13.8 miles and near 2000 feet. First home was Lloyd Taggett, took 1 hour 37 mins, must have been helicopter assisted!

Now that my place, race number 24874, has been confirmed by the staff at the Flora London Marathon, I have decided to make the charity “Daniel’s Light”, which I guess most of GVS members will be familiar with. It’s a Leukaemia charity linked with Christies but very local to Whaley Bridge and Furness Vale where Daniel’s parents live and work. Need to get sponsorship forms etc. organised.

Cloud 9 and the Wilmslow half planned, have swam 146 lengths so far this month but have only run less than 50 miles so far. Have started taking Glucosamine Sulphate to improve the flexibility of joints...hope it’s not a banned substance but I believe they are helping, as...touch wood...I’m injury free which I think (hope) is the main thing.

Less than 2 months to go to April 17th. (Stephen Sanders)

Picture from a previous GVS Away Day

See page 14 for the Away day next Sunday



AGM

Thanks to everyone who attended the AGM. The turnout was good; there were 16 people all together. As usual the whole event was very informal and following a speech from Pete (our Chairman), the presentation of prizes was made. This year's winners were:

Club Champion	Mark Richards who received the Lionel Bessant Jones Trophy
Runner Up	Kevin Day
Terry's Race	Kevin Gleave, who received Terry's trophy to keep for a year

All winners received a small gift as well.

Pete presented the chairman's shield to Mark Whelan this year – thanks Pete, I was surprised, but very honoured to receive this.

Officials for this year are:

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

Club Championship

A reminder of the format...

This year there will be 14 races in total. The best 10 scores you obtain will go towards your total.

Full details can be found on the website.

Meanwhile the races are as follows:

Race 1 Feb Mickleden Straddle 12.5m 1800'

1st	Mark Richards	(20 pts)	1:53:10
2nd	Alistair Fitzgerald	(19 pts)	2:10:24
3rd	Steve Hennessey	(18 pts)	2:11:46
4th	Will Meredith	(17 pts)	2:15:46
5th	Kevin Day	(16 pts)	2:40:33
6th	Peter Hill	(15 pts)	2:42:50
7th	Stephen Sanders	(14 pts)	2:58:42

Race 2 Mar Cloud Nine 8.5m 950'

1st	Mark Richards	(20 pts)	59:24
2nd	Steve Hennessey	(19 pts)	1:10:09
3rd	Kevin Day	(18 pts)	1:12:33
4th	Stephen Sanders	(17 pts)	1:28:34

Date	Month	Race	Distance	Climb
Race 3	6 Apr	Herod Farm	3m	1100'
Race 4	11 May	Vanessa Chappell	5m	800'
Race 5	25 May	Shining Tor	5m	1500'
Race 6	May	Eyam ½	13m	Road
Race 7	1 Jun	Kettleshulme	6m	850'
Race 8	15 Jun	Boars Head	8m	1322'
Race 9	27 Jul	Goyts Moss	6m	1100'
Race 10	Jul	Offerton 6	6m	Road
Race 11	Sep	Macclesfield ½	13m	Road
Race 12	Oct	High Brown Knoll	6.5m	1050'
Race 13	Nov	The Roaches	15m	3700'
Race 14	Dec	Cardington Cracker	9m	2500'

	Mickledon Straddle	Cloud Nine	Herod Farm	Vanessa Chappell	Eyam Half	Shining Tor	Kettishulme	Boars Head	Offerton 10	Goyts Moss	Macclesfield Half	High Brown Knoll	The Roaches	Cardington Cracker	Total
Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	Total
Mark Richards	20	20													40
Steve Hennessey	18	19													37
Kevin Day	16	18													34
Stephen Sanders	14	17													31
Alistair Fitzgerald	19														19
Will Meredith	17														17
Peter Hill	15														15

2005 Subscriptions

Just a small reminder to those that have not paid their subscriptions for 2005; Please can you do so as soon as possible. The subs represent good value at just £10.00 per year or £12.00 for a family. The subs are the main source of revenue for the club. I will be registering people with the NoEAAA in April; this costs £3.00 per person and is paid for out of the subs. If you were a member last year and do not intend to renew this year please let me know so I don't register you and pay fees to the NoEAAA. You can call me or drop me an email at mawhelan@tiscali.co.uk

THE THREE PEAKS

I hear on the grapevine that a contingent of GVS runners are travelling up to North Yorkshire on the 24th April to take part in the 51st Three Peaks Race. If anyone is interested in taking part then you will need to contact Pete Hill. Details of the race, taken from the fell calendar are as follows:

SUN APR 24 51ST THREE PEAKS RACE BL 10:00am
24m/4500' from the Playing Fields, Horton-in-Ribblesdale, near Settle (GR 805727). £8 on entry form, available from Entries Sec. in January on receipt of a SAE. Closing date for entries is 24th March or earlier if the entry limit of 600 is reached. Website: www.threepeaksrace.org.uk

A Run Round The Orme

My excuse for missing the AGM recently was a trip to North Wales in order to run a 10k race round the Great Orme. So, I felt it only fair that I report back.

The race ran on Sunday morning, 13th Feb, on a day when most of the country was experiencing gale force winds and Llandudno was no exception! In fact, with the Orme jutting well out into the sea and the wind coming directly at it, conditions were very lively.

We set off at noon from the war memorial at the end of the promenade and were initially sheltered from the wind by the large hotels at the base of the pier. Not for long!! We soon left the buildings behind and took to the perimeter road with the sea on our right and the wind all of a sudden so strong it practically stopped everyone in their tracks. As the runners strove to maintain forward momentum, a large number of hats gave up trying and came flying back down the hill. I wonder how many replacements were sold afterwards by the attending sports outlet in the registration hall (that's one way of getting your sponsorship back).

Anyway the first 4k of the race wound uphill to reach the outermost tip of the Orme with the wind mostly head on. My windproof top billowed out behind me like a braking parachute and with head well down I was at times virtually horizontal. At the top the course rounds the headland and the wind came in sideways gusts which threatened to drag both legs out from under me as soon as my feet left the ground.

As I ran towards the finishing funnel I heard a voice say “well done Sue” and turned to see Martin Ellis (ex GVS) on the sidelines waiting to cheer on his wife Kathy – small world.

It was quite enjoyable battling the elements which helped take your mind off the efforts of actually running 6 miles. I finished in just over 49 minutes (214th out of 413) and reckon if I repeat it I can get better. Next years race is Sun 12th February and I reckon a Goyt Valley team could do well. (winners time was 34 minutes although normally they are a bit quicker).

Sue

Curry Night

I thought I would arrange a get together for a curry again. I suggest Thursday April 7th, the day after Herod Farm. Meet at the Curry House, Whaley, at 8:00pm. Please try and let me know if you will be attending so that I can provisionally book some tables.

Hoorah for the Authorities!

Justice prevails! Yes, for those people who have been members of the club long enough to remember when we used to meet for Sunday morning runs at the Youth Club, you will remember that the public footpath from Warf Road to the Memorial Park was closed by residents. At the time this was a path we used every Sunday morning. A campaign was launched to re-open the path, something that Terry Lardiner, a past member, was very keen on seeing happen. At last the path is to re-open. A public enquiry that was recently held in the village ruled that the path was a public right of way. The best way to celebrate; run along the path of course!

Website

A reminder to people about the GVS website. The new address is www.goytvalleystriders.org.uk The website now has a new look and feel with a dedicated members section. Email me for Username & Password..

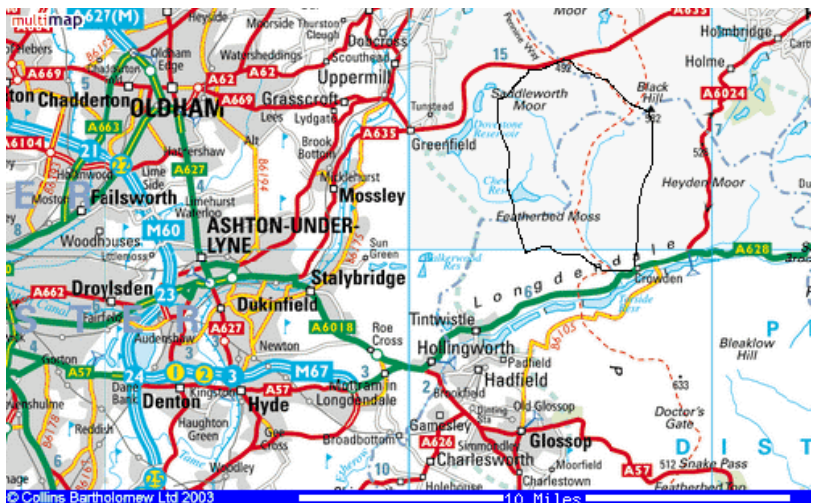
Members at the Cloud Nine



Away Day

Pete has arranged an away day for the 20th March. It will start from Crowden, onto Chew Reservoir, across Saddleworth Moors to the 625 then returning via Crowden. The route is 14 miles (that's Petes Miles!) It will be a hard run in some wild country.

Meet at the club at 8:00am. All are welcome. Please bring some body cover just in case the weather gets bad.



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 Chairman

Peter Hill
127 Buxton Road
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High Peak

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The Secretary

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The Treasurer

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