

GOYT VALLEY STRIDERS



Stephan Sanders
The Roaches 2005

NEWSLETTER January 2006

INTRODUCTION

The New Year brings new hope and for me it brings a whole new set of goals and targets; the hope is that I will stick to them! As of today, the 16th January a number of them have already gone out the window, however my running ones are still intact; that's because they're quite simple and easy – run three times a week. I know that doesn't seem challenging, but when you realise that I've not run three times a week, on a regular basis, for over three years, I think it's quite an achievement!

So what are your New Years resolutions? Maybe to run more with the Striders? I hope so. Wednesday nights are getting more popular, last week 10 runners turned out. We can do better though, so why not make the effort and turn out; you never know you might enjoy it!

On a serious note, we have the AGM coming up in February. I've booked the Navigation Inn for 10th February. I hope as many people as possible can attend. More details on the next page.

This issue also contains details of this years club championship; the first race is the Cloud 9 in March. There are a few fixtures missing from this years series, notably the Kettleshulme and Vanessa Chappell which will not be taking place.

Finally, a happy New Year to you all and I hope you have a successful running season.

Mark

The AGM and Prize Giving

The AGM and prize giving takes place this year on Friday 10th February at the Navigation Inn, Buxsworth. The start is 7:30pm for 8:00pm. As in previous years the Navigation have asked that we order our food in advance so that we can all sit down to eat at the same time. To keep things simple I suggest we order off the standard bar menu. I will distribute the menus in a couple of weeks – unfortunately the menu changes on the 1st February and they are currently at the printers!

I will need to know in advance who is coming in order to let the Navigation know definite numbers about 4 or 5 days in advance. In any case, notification of attendance would save me a lot of wasted time in delivering menus, so please be prompt with your responses!

Email: mawhelan@tiscali.co.uk

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Finally, remember that it's the prize presentation night as well. This gives you the opportunity to formally congratulate your fellow club members who have won competitions over the past year. Prizes for:

- Club Champion
- Runner Up
- Terry Lardiner Winner
- Chairman's Shield

Subscriptions

Subscriptions for 2006 are now due. Subs for last year and the year before are now well over due! As usual you can pay at the AGM or alternatively let myself or the Treasurer have your money direct.

Price for single membership has been capped at £10.00, however the family membership has been increased by a modest £3.00 to £15.00; this is to compensate for the costs paid over to the North of England Amateur Athletics Association. Subscriptions for 2007 may have to increase if UK Athletics get their way and levy a further £5.00 per annum per person; watch this space.

Terry Lardiner Race

Terry's race took place back in November. This was the 5th running of the event and as usual (apart from 2004) everything went according to plan. Yes, Kevin managed to find the route this year (only because he was following me though!).

The winner was Jonathan Hull who completed the course in 1:00:33, just 33 seconds outside his predicted time of 1 hour. Equally impressive was Alistair Fitzgerald, who finished in 7th place in a time of 53:45, by far the fastest time yet recorded.

Following the race there was a good turn out at the Shady Oak, Fernilee, where a number of the Striders enjoyed a well earned Sunday Roast!

In the Footsteps of Baldini

By Kevin Day

2005 has been a busy running year for me. Amongst the races I've taken part in are 9 marathons and 2 ultra marathons. I kicked off the marathon season back in April with a run at the Bungay marathon (Suffolk). This was followed by the Heritage Coast marathon (Suffolk), White Peak marathon (Derbyshire) and the 32.4mile Dartmoor Discovery Ultra (Princetown). The final race in this spell was the Blackpool before I had a break in the distance work.

The marathons got back underway in the middle of August where I ran the Isle of Man. I had been ill for about 5 weeks from June and struggled to find my form in the second half of the race; I still ran 3:42 and got the 2nd V40 prize. Two weeks later I took on the 36.2 mile Two Bridges Challenge Ultra, Here I went through the marathon distance in 3:42 and finished in 5:08.

September was filled with a few other events like the World Masters at Keswick. On the last weekend of the month I ran a 20 mile leg in a relay race round Norfolk in 2:28.

October started with the Loch Ness marathon at Inverness; my time was 3:20. Two weeks later I recorded 3:18 at the Abingdon marathon (Oxfordshire). On the last Sunday of the month I ran the Snowdonia marathon, in very wet and windy conditions and finished in a time of 3:43.

I turned 40 in 2005 and my birthday present was to do a special race; I chose Athens. The race is held on the first Sunday of November. My big worry was having run the tiring Snowdonia Marathon the week before I would find the testing course too much.

Athens is where the marathon started in 1896. The myth goes that Pheidippides ran from Marathon to Athens to report on the Greek victory at the battle of Marathon against the Persians; he then delivered the message and then dropped down dead. The truth is the run never took place.

Philippides, a Greek messenger, did run from Athens to Sparta in two days, a distance of about 150 miles to ask the Spartans for help with the battle, but he never went to Marathon. About 600 years after the event stories arose about a runner who ran from Marathon to Athens, later Philippides became that runner, then it was changed to Pheidippides, the story stuck around, but was elevated in the 19th Century when Robert Browning wrote a poem "Dash to Athens" in which Pheidippides arrived in Athens from Marathon and Died.

When Frenchman Pierre de Coubertin got the Olympic games idea into action, to be staged in Athens in 1896, another Frenchman Michel Breal, inspired by the stories of Pheidippides run, came up with the idea of a race to honour the feat by running a race from the town of Marathon to the Panathenean Stadium (Athens Stadium) Athens. The Event was to be called the Marathon; the distance was 40 km (24.8 miles).

It was an early start for the race, as we had to be at the finish to get a bus to the start at 6am, I had travelled with Steve

Hennessy for the race, we were both half asleep climbing on to the bus, the start was almost 25 miles away.

We arrived at the athletic stadium on the edge of the town of Marathon just after 7am, the race was due to start at 8:30 and it was quite chilly. I have to say I wasn't really feeling like a run, I felt like I could manage about 26 feet never mind 26 miles. As the clock ticked nearer the start, we got changed and I had a little warm up, although my legs didn't seem to want to operate that well.

We put our bags on the baggage lorry and wandered back to the start area, it was announced that the race was being started by the course record holder and Olympic champion Stefano Baldini. He did his speech, then I noticed him by the fence talking to some of the runners, so I went over to him, and shook his hand and he signed my race number and wish me luck in the race, this seemed to give my spirits a lift.

I took up my place at the start with Steve, the gun went and off we went, it had started to get a bit warmer by now, we passed through the start and out of the stadium on to the road. The first 10 km of the course is pretty flat, I had got going and seemed to be going without any problems, the temperature started to rise but luck was on our side as some clouds arrived and helped to keep the temperature perfect for running.

From 10 km the course climbed almost constantly until about 32 km gaining around 1000ft in the process I went through halfway a couple of seconds under 1:40, I was feeling quite good, I had noticed on the road the blue running line that had been used for the Olympic marathon, and I had started to follow it from around 15 km, at around

20 km I started to run alongside a local runner from Athens, we shared a word or two and some jelly babies, we took it in turns to push the pace but at around 32 km I pulled away from him.

We had pulled each other along up the long climb; I seemed to be going well as each km passed I felt stronger, I don't tend to look at my watch as I find it doesn't help me, but I felt I was going well, I was looking to finish in just under 3:30, knowing that although I was going well the climb would take a lot out of us, from 32km the race starts to go downhill steadily to the finish.

I pushed myself out when we started to make our descent, I planned to push the last 10 km hard as I could, with just over 4 km to go I was getting tired, just as I was passing the 39 km mark I passed a French runner, we wished each other luck, he was looking very tired, we shook hands and I pushed on

The race had great spirit, it was a very friendly race, everybody had great respect for each other, it was a runners' race. After passing the Frenchman with 3 km to go I noticed the Olympic rings on the road, this gave me a great lift, I said to myself am I going to die like de Lima or am I going to finish strong like Baldini in the Olympic marathon, I touched my race number that Baldini had signed, gritted my teeth and pushed all my remaining energy into the final bit of the race. With a km to go I could see the Panathenean Stadium, this gave me another lift, we had to pass the stadium and go down the road about another 200 meters, I turned the corner towards the stadium and made a final push up the hill to the stadium entrance, just before we turned into the stadium I saw a clock, it gave me another great lift because I knew I was well under my 3:30 target.

I entered the stadium and looked up I could see the finish line and also the Olympic rings at the far end of the stadium. I hit the track with just over 100 meters to go and sprinted down the track and over the finish line.

I punched the air and felt a great achievement, I had run an Olympic marathon course but more than that I had run the historic route of the very first marathon and to add to my sense of achievement, I had run a season's best finishing in a time of 3:17. Steve completed the race in 3:38. We would both like to go back and do the race again, it's a low-key city race, just over 2500 runners finished the course, it's a testing race with history and a finish you can't beat for inspiration. The following weekend it was back to the club championship at the Roaches race, no rest for the wicked!

The Whaley 6

As you know the race has not run for a couple of years due to closure of the pub and more recently the landlords unwillingness to host us. Undeterred, we are about to launch another attempt at getting the race back into the fixtures calendar. Kevin Day and Steve Hennessey have agreed to see what can be done to resurrect the race – rebranded as a 10k. If everything goes according to plan and they can talk the landlord round we will try and put the race on in April.

If you have any ideas for sponsorship then please let Kevin or Steve know.

Club Championship 2005

This years club Championship went right down to the wire. The winner was Kevin Day who triumphed at The Cardington Cracker to take the Championship by one point in a total of 183 points. Steve Hennessey was second, scoring 182 points. Last years champion was Mark Richards who scored 180 points. Lets hope next year is equally exciting.

CLUB CHAMPIONSHIP 2005															
Name	Mickleton Straddle	Cloud Nine	Herod Farm	Vanessa Chappel	Eyam Half	Shining Tor	Kettleshulme	Board Head	Offerton 10k	Goyt Moss	Macclesfield Half	High Brown Knoll	The Roaches	Cardington Cracker	Total
Kevin Day	16	18	16	18	20	17	-	18	16	18	-	20	18	20	183
Steve Hennessey	18	19	19	14	19	15	-	19	18	17	-	19	19	-	182
Mark Richards	20	20	20	20	-	20	20	-	20	20	-	-	20	-	180
Stephen Sanders	14	17	-	17	18	16	16	17	14	15	-	-	17	-	161
Jonathan Hull	-	-	-	19	-	18	19	20	19	19	-	-	-	-	114
Alistair Fitzgerald	19	-	17	-	-	-	17	-	17	-	20	-	-	-	90
Peter Hill	15	-	-	16	-	-	15	-	14	-	18	-	-	-	78
Andy Butler	-	-	18	-	-	19	18	-	-	-	-	-	-	-	55
Kevin Gleave	-	-	-	-	-	-	-	-	-	-	19	-	-	-	19
Will Meredith	17	-	-	-	-	-	-	-	-	-	-	-	-	-	17
Shaun Coram	-	-	-	-	-	-	-	-	-	16	-	-	-	-	16
Daniel Herdwhite	-	-	-	15	-	-	-	-	-	-	-	-	-	-	15

Club Championship 2006

The races in this years Club Championship are listed below. There is a mix of road and fell, which should give all an opportunity to shine. As usual, the best 10 races out of the 14 listed will go towards your final total. Let the battle commence!

Race 1

Cloud 9, Sun March 5, 11am (Fell) 8.75m/950
Brunswirck Wharf (GR SJ865634) Leisure Centre,
Congleton

Race 2

Herod Farm, Sun March 26, 11am (Fell) 3m/1100
Drovers Inn, Primrose Lane, Glossop 9GR 033929) £3

Race 3

Oldham ½ Marathon, Sun April 2, 11am (Road)
Sport Centre, Lords Street

Race 4

Eyam ½ Marathon, Sun May 7, 10.30am (Road)
Village Centre

Race 5

Rainow 5, Wed June 7, 7.30pm (Fell) 5m/750
Robin Hood Pub, Rainow, £3

Race 6

Boars Head, Sun June 14, 7.30pm (Fell) 8m/1322
Boars Head Pub, Shrigley Road North, Higher Poynton £3

Race 7

Round the Resers 5 (Tintwistle) Wed June 21, 7.30pm
(Road)(prov)

Race 8

Offerton 10k, Wed July 5, 7.30pm (Road) (prov)

Race 9

Peak Forest, Sun July 9, 11.15am (Fell) 6m/650

Race 10

Lantern Pike, Sat September 16, 2.30pm (Fell) 5m/1050

Race 11

Macclesfield ½ Marathon, Sun October 1, 10am (Road)(prov)

Race 12

Langley 7, Sat November 4, 2.30pm (Road)(prov)

Race 13

Roaches, Sun November 12, 10.30am (Fell)15m/3700

Race 14

Stockport 10, Sun December 10, 11am (Road)(prov)



Steve Hennessey
The Roaches 2005

Future Events

Snowdon Horseshoe

It has been suggested that the Striders have a weekend away in Wales and tackle the Snowdon Horseshoe. This is a conceptual idea, but if there is enough interest it would make a great trip. Discuss with fellow runners and let us (Kevin, Steve or myself) have your views over coming months.

FRA Training Weekend

Several years ago the Striders attended an FRA Skills Navigation course at Elterwater Youth Hostel in the Lake District. The event was excellent, but we have had little opportunity since to use the skills learnt. It has been suggested that it may be a good idea to take a contingent up to this years course.

The event takes place over the weekend 22nd-24th September and the cost is £60 for FRA members or £75 for non members.

Let me know if you are interested as we will have to book fairly early to guarantee our places. If you need any further encouragement I am glad to report there is an excellent pub within two minutes walk!

AWAY DAY

Title: **HILLY AWAY DAY WITH HILLY**

Training run on Kinder with Peter Hill. A tough run over serious terrain. Consists of the route which was used as the navigation leg of the 2004 FRA Relay.

Date: 12 February 2006

Time: 9:00am

Meet: Sports Centre off Park Road (Football Pitch)

Distance: 9 (Peter) Miles

Ascent: Depends which route we take!

Bring: Whistle, Compass and full waterproofs.

Provided: Map

Mountain Biking

On New Years Eve a group of the Striders, that's Steve, Kevin, Jonathan and myself went on a Mountain Biking expedition into the wilds of the White Peak. This was a new experience for some as they waded through mud, mud and more mud!

After the ride and to my surprise the group all said how much they enjoyed it and couldn't wait for the next ride. In response to this I've organised another ride on Saturday 18th February. The route is simple, around Ladybower, Derwent and Howden. Interested? Drop me a line for further details.

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
11 Shallcross Mill Road
Whaley Bridge
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Tel: 01663 733930

The Treasurer

Di Howe
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25 Elnor Lane
Whaley Bridge
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