

GOYT VALLEY STRIDERS



NEWSLETTER February 2007

INTRODUCTION

A Happy New Year to everyone! Well it's a little bit late but I've been busy arranging the AGM and then I was on holiday for my 40th. Nevertheless it's here now and it's a jammed packed issue.

Of course the New Year means that memberships are now due. Many people took the opportunity to pay these at the AGM, for those that still need to pay please forward to either the Treasurer or myself.

The website is a little out of date at the moment. That should soon be rectified as we have a new Webmaster. Scott Reid agreed to take over the ropes at this years AGM and will be launching his new and improved site soon. If you have any ideas for the website then please let Scott know.

This issue contains detail of the new Ladies Club Championship and an attempt at the Welsh 3000s.

As for the front cover, well this is of course our Chairman Peter Hill. He dressed up as an Indian Chieftain at last year's Christmas Cracker race and walked away with first prize. Sorry Pete, I meant 'ran away with first prize'!

Happy reading.

Mark

Terry's Race

It was a great turn out for Terry's race held back in November. Seventeen people joined us for what was a very competitive race. The table below shows the final positions. Congratulations to Paul Hunt who, in first place, was just 33 seconds outside his predicted time.

No.	Name	Estimated Time	Actual Time	Variance	Pos
1	Ralph Longden	01:30:00	01:22:45	-00:07:15	9
2	Di Howe	01:55:00	01:47:43	-00:07:17	10
3	Peter Hill	01:15:00	01:05:10	-00:09:50	13
4	Sue Stafford	01:29:20	01:18:37	-00:10:43	15
5	Kevin Day	01:04:50	01:01:02	-00:03:48	5
6	Alistair Fitzgerald	00:58:00	00:50:59	-00:07:01	8
7	Steve Hennessey	01:15:00	01:03:48	-00:11:12	16
8	Andy Pead	01:05:00	00:52:46	-00:12:14	17
9	Shaun Coram	01:22:00	01:12:20	-00:09:40	11
10	Hannah Coram	01:22:00	01:12:20	-00:09:40	11
11	Paul Hunt	01:05:00	01:05:33	00:00:33	1
12	Phil Smith	01:12:49	01:10:40	-00:02:09	3
13	Karl Smith	01:20:00	01:17:57	-00:02:03	2
14	Alex Ledbury	01:10:00	01:03:02	-00:06:58	7
15	Andy Butler	00:59:50	00:54:50	-00:05:00	6

6	1 Joe Webb	01:15:0 0	01:04:3 4	- 00:10:26	14
7	1 Jonathan Hull	01:02:2 0	00:58:3 3	- 00:03:47	4

Training in Snowdonia

Christmas 2006 found us staying in Anglesey, and training runs had been planned to exploit the nearby Snowdonia for some hill running. During our summer holidays four months earlier I'd trialled an efficient North Wales hill routine – wake up very early, drive to Llanberis, start running up Snowdon, reach the top, after a very quick look at the view, run back down, have breakfast. It's a very simple route along the main Llanberis path, the same route as the Snowdon Race - straight up and down - with a clear and measurable objective, and great bragging value. Back in August on holiday, I'd taken advantage of the freedom of an entire morning, so had done the run twice, and got back for 1pm. Pre-Christmas duties, however, limited my free time till 11am so every minute counted.

Christmas Eve - pulled up into a very quiet Llanberis at 7.15 am, parked the car, final kit check and I was off. Still dark, though the silhouettes of the surrounding peaks were becoming clearer against the oncoming dawn. Once away from the streetlights, I started the main path that would take the best part of an hour uphill, past the tourist map that warns walkers to allow at least 3 hours to the top. The route was dry and easy to follow, and I was running easily, but a sea of cloud beyond a ridge stretching southwards showed that the airplane-grounding fog of a few days earlier was still around. My trail was clear though the rapidly rising clouds in the valley seemed to be tracking my progress and had now obscured my starting point. The ascent was straightforward - running where I could, fast walking on the steep parts; some ice towards the top, but never enough to be a problem. Dawn was just breaking just 5 minutes before the top.

By the time I reached the summit, most of the mountain was encircled by the cloud base about 1,000 feet below, and it looked just like the sea had come in and swamped the whole country, except for one or two other peaks that stuck out like islands. It was a magical sight, and I felt humble and privileged to stand looking westwards with the just-risen sun behind me casting Snowdon's shadow all the way to the horizon over the flat sea of grey-becoming-pink clouds. My classical background reminded me of Homer's rosy-fingered dawn. To the north of the sunrise I could make out the Derbyshire peaks, and I wondered if anyone over there was doing the same as me. After some more mint cake and water, and a brief chat with a couple of walkers (who'd set off from Pen-y-Pass at 5am) I was off again – they seemed more than a little envious when I said that it would take me only 40 minutes to get back.

Descending is always tricky on this path - one slip or trip can cause a lot of damage; loose rocks, scree, jagged fixed rocks, and ankle-turning ground, very steep in places, all conspire with the sore legs to test your concentration and resolve; also, the upcoming clouds by now had made the surfaces a bit slippery. I saw just one other walker on the path, and reached the town again less than 2 hours after I started. After a quick change outside the car, I treated myself to a visit to Pete's Eats for breakfast. There's something about a full fry-up that really satisfies after a hard run – probably the combination of a comfortably full stomach and the self-righteousness of training – plus returning unscathed, meant I got back before 11am and only just after the others had got out of bed.

Mark Richards

Committee Meetings

Committee meetings are now scheduled for the second Tuesday in every month. Unless otherwise stated they are held at The Navigation Inn, Buxsworth and commence at 9:00pm

Vests

Club vests are available at an attractive price of £12.00. Members are requested to wear their vest when racing as this helps promote the club. There is the other small additional point of complying with UK Athletic rules as well!

London Marathon

Congratulations to Sarah Ledbury who won this year's entry to the Flora London marathon. Along with Sarah we have at least two other runners taking part. Phil Smith will be running her first Marathon (read more about this below) and Kevin Day will be taking part. The London marathon takes place 22 April 2007.

Note from Philomena Smith

Phil is running her first ever marathon; the London Marathon on 22 April 2007. To aid motivation she is organising a sweepstake; this involves buying an envelope for £10.00. Inside the envelope will be a time. Whoever has the nearest time to her finishing time can win up to £200 (if all envelopes are sold). The remainder of money will go to charity.

Times will be available from the beginning of March from Phil on training nights. Let her know if you are interested before they all go!

Phil Smith.

Terry's Race

After running Terry's race with my wife, Hannah, in November, I decided that it would only be fair to have a real go myself! This was prompted by the guilt of seeing everyone come in puffing and panting after pushing themselves on the day, whereas I wasn't.

Hannah did put in a sterling effort on the day. She wanted me to point this out in the article and that I struggled to keep pace with her and I was on my hands and knees with weakness trying to keep up with her!

What I really wanted to know is what time I could have done it in if I had tried my hardest. So on the 23rd December 2006, Andy Pead and I set out to do the race again. I would predict a time and Andy would keep pace with me; well I was hardly going to be able to outrun him, not yet anyway!

The conditions were similar to those on the original race day and so I set a time of 59:30; just under the hour. The first half of the run was pretty sedate and I kept a moderate pace. In the second half, just after 'The Street', I picked up my race pace and flung myself into it. Every bit of strength I had went into the second half and I was pushing myself to the point of exhaustion as I reached the end. I checked my watch (for the first time), and I managed to finish in 58:28; just 1:02 off my expectations. I was very pleased with the time and look forward to running the route again next year.

Next time putting the total effort in on the day!

Shaun Coram

WELSH 3000s

Alistair Fitzgerald, Paul Hunt and Will Meredith are arranging a weekend away in June to run the Welsh 3000's.

For anyone who doesn't know: the Welsh 3000's (formerly known as the 14 peaks) are a route over every 3000ft peak in Snowdonia. Generally walked from South to North i.e Snowdon to Foel Fras near Aber on the coast - the route does incorporate road crossings/cut off points (Nant Peris, Ogwen) for anyone not wishing to do the whole thing which we won't be rushing anyway. The distance is about 27 miles with 13,000ft of climb

Accommodation, travel etc have still to be arranged. If you're interested in the weekend then get in touch with Will Meredith at the following:

Will Meredith
35 Grovesnor Street
Leek
Staffordshire
ST13 5NA

Email: will@muncachong.wanadoo.co.uk

Shady Oak Tough 10k

The Shady Oak Tough 10k takes place on the 16th May 2007 from the Shady Oak pub, Fernilee. This is an important fund raiser for the club and we need helpers and runners on the night. Full details can be found on the website or by contacting the race director Kevin Day.

Getting older, getting slower – Round the Orme again

The Nick Beer 10k road race round The Great Orme (Llandudno) follows the perimeter road round this lump of rock and is loosely divided into two halves –
5k up and 5k down!

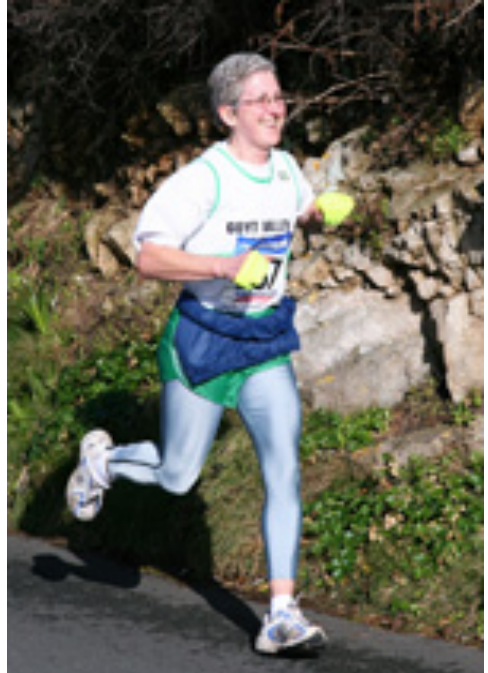
I first ran the race in 2005. The weather was appalling; my performance quite good.

In 2006 I tried again. The weather conditions were much better; my performance much worse. Whilst other people knocked a couple of minutes off their previous year's time, I managed to add two on.

In 2007 I decided to try again, give it my best shot in my new age category 'OAP'. I adopted the scout motto 'be prepared' and attempted a little more training. I ventured out to a Tuesday night session and in retrospect I must thank Joe for dragging us uphill from Whaley car park to Eccles Pike summit via the Silk Hill, Western Lane and the quarry road. Needless to say I wasn't thanking him much at the time (no breath for one thing!) but without that I would have been even more unprepared for the uphill race to come.

The weather this year was perfect, dry, sunny but not too warm and very little wind except at the very top. The course follows a series of 'S' bends which fool you into thinking you are on the last climb until you turn the corner to find yet another ascent. I heard one poor bloke comment just before the first blind corner that he was surprised to reach the top so soon. I hadn't the heart to put him right.

I set off at a steady pace, 'saving myself' for each new climb. Then I ran a controlled downhill pace 'saving myself' for the run in along the promenade. Of course, by the time I reached the flat seaside run-in I realised I hadn't 'saved' enough of myself and as other younger models picked up speed I could summon up no response.



The photo shows me in downhill mode. My husband reckons I look much too relaxed and unstressed and he's probably right. I added yet another two minutes to my time – no change there then! More training required.

Bring on 2008, I'll be there -- probably Sunday 10th Feb @ 12 noon.

Ladies Club Championship

There is a trophy for the ladies club championship but this has not been fought over for several years. However, due to the influx of new lady members over the last year the committee has decided to re-invigorate the competition. Therefore, the ladies club champion will be decided from the existing races, where your best 6 will count towards your total score. The person with the highest number of points wins (minimum of four races to count). Of course you can still compete for the overall Club Championship as well.

Contact details on the website

Some members have asked if I would put members contact details on the protected area of the website. I have been reluctant to do this without the express consent of each member.

Therefore, if you are happy to have you contact details i.e. name, address and email placed on the members area of the website then please let me know. Either telephone or email confirming relevant details.

Accounts as Presented at the AGM

2005/2006			
Income	£	Expenditure	£
Subscriptions	412.00	Affiliation Fees	108.00
Tough 10k Entries	492.00	Tough 10k Expenses	388.83
Eccles Pike Entries	366.90	Eccles Pike Expenses	198.09
Vests	120.00	St Johns Ambulance	20.00
Interest	3.41	Unattached Levy	82.00
		FRA Relay Entry	45.00
		Postage & Stationery	44.95
		Website Hosting	59.00
		Banner & Car Stickers	138.96
		AGm Prizes	132.54
		Trophy Engraving	19.00
		Vests	324.94
	1394.31		1561.31
Balance @ 1.1.06	570.85	Balance @ 14.1.07	403.85
	1965.16		1965.16

Curry Night

You ask, we deliver! No not a take away but an organised curry night. Scheduled for Thursday 22nd March 2007 at 8:45pm. Let Mark or Pete know if you will be attending. Venue is Saffron at Disley.

THE AGM

There was a great turn out at this years AGM. Things went pretty smoothly and the committee was voted en-bloc to continue in their current positions.

The prize winners for 2006 were:

Club Championship

Club Champion:	Andy Butler
Runner Up (Joint):	Steve Hennessey Peter Hill
Third	Kevin Day

Terry's Race

Winner	Paul Hunt
Runner Up	Karl Smith
Third	Philomena Smith

Chairman's Shield

Awarded To	Kevin Day
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A further special award was presented to Andy Jones who was awarded Life membership of The Striders.

Website

A new web master was appointed at the AGM. Scott Reid has taken over design, maintenance and content of the website. Scott's interested in hearing members thoughts about the website and what developments you would like to see; if you have any ideas let Scott know. Contact details on back page.

Club Championship 2007

14 races have been chosen for this year's club championship. As in previous years the best 10 races will count towards your total score. The first race has already taken place and the results can be found below. The next couple of races are detailed below. Full details of all the races will be on the website shortly and regular updates will be published in future newsletters.

Race 1 – Tigger Tor

1.	Alistair Fitzgerald	1:23:15	(20 pts)
2.	Andy Butler	1:26:09	(19 pts)
3.	Will Meredith	1:41:50	(18 pts)
4.	Peter Hill	1:48:27	(17 pts)
5.	Julia Easter	2:43:21	(16 pts)
6.	Steven Berry	2:43:23	(15 pts)

Race 2 – Cloud Nine

SUN. MAR 4. CLOUD NINE (R). CM. 11.00 a.m. 8.75m/950' from Brunswick Wharf, Congleton (GR SJ865634). £5 to the organiser or £6 on day. Teams free. PM. Over 18. Registration at Congleton Leisure Centre, Worrall Street (SJ862632). Free soup and roll. Hot showers, safe baggage. Extensive prizes. Details: Pete Doyle, 9 Higginson Close, Congleton, Cheshire, CW12 3SU.

Race 3 – Kinder Downfall

SUN. APR. 1 KINDER DOWNFALL FELL RACE (R). AM. 11:00am 10m/2500' from Hayfield Village Centre Bridge Crossing (GR 037870); Registration at Hayfield Scout Hut. £3.00 to organiser by March 28th; cheques payable to D.Soles. Limit of 300 runners. Details. David Soles, 2 Cotes Lane, Hayfield, High Peak, SK22 2 HL (01663) 741658

Race 4 – Eyam Half Marathon (13th May)

Race 5 – Rainow Fell (6th June)

Race 6 – Boars Head Fell (13th June)

KNOW YOUR RUNNING NEIGHBOUR!

Long Distance Runner

What is there to be said about someone who likes the solitude so much that they will run across hundreds of miles of perilous terrain to find it. No desert is hot enough and no Artic expanse cold enough for these guys. In fact, the longer the distance and the harsher the terrain the better; this is the stuff dreams are made of for the long distance runner. You're not actually classed as a LDR until you take your trainers off after a long run and half your foot falls off with it! You will usually find this type regaling you with tales of when a tribe of hungry cannibals chased them on one of their rainforest jaunts or some other equally insane story; you also know it is probably true! The ultimate dream of the LDR is to find a not too distant planet, ten times the size of Earth and run round the bugger.

Marathon Runner

Not too dissimilar to the LDR and has been know to dip ones toes into the realms of the LDR by doing the occasional Ultra distance run, but only as a tourist. Where the LDR loves the solitude the opposite can be said of the marathon runner. They like to talk and boy can they gab, they can talk a glass eye to sleep. Marathons provide the forum and copious amounts of people for this type of runner to talk to. They talk about the facts, figures and compare times, not only from recent marathons but also from all the marathons they have ever done! Beware all other runners because you will not be able to escape the marathon runner, they can run and pace themselves to ensure they manage to talk to everyone on their training run or even a race! These guys are professional- do not take them lightly.

Fun Runner

These guys dream of the big time, glamorous finishes, cheering crowds and fireworks exploding. Mention the words 'Fun Run' or 'Charity' and they are scrambling to sign up for a race. They quickly let all their family; friends and even strangers on the bus know they are going to do a race. Their training kit usually comprises of a tatty t-shirt, old knee length shorts and 'Silver Shadow' trainers, whilst their race kit would comprise of a gorilla suit and a Santa Claus outfit. They train for the oncoming race by doing Nell McAndrews DVD aerobic workout and they make sure they have stored 'Everyone wants to run the world' and 'Keep on running' on their ipods for race day. They don't do times, distances or PB's; they just want to finish, even if it takes a week. In fact the heavier and more ridiculous the running outfit the more chance they have making onto the front page of 'Marathon News'. They will get their five minutes of stardom, even if it kills them, don't get in their way!

Competitive Runner

The running kit of this particular runner comprises of a cupboard full of different coloured tight Lycra, with trainers made from air itself. They shave their legs twice daily and have 'go faster' stripes tattooed on their calves. These people are elite, the fanatics of the running world. Words to the wise though, try not to let onto them if you meet them on training runs; they will look through you as you or no one else exists whilst they are running. A building could explode into flames in front of them and they would not notice, that's how focused they are. The only time you may grab their attention, is when you come just behind them in a race.

They will usually say something like 'hard luck mate, better luck next time' and smile, hoping of course that you don't. However, if you come one place before them you will be their nemeses, a mortal enemy to them for the rest of their lives. If you find when passing a fellow runner that you do not let on to them, then you have indeed become a competitive runner.

Jogger

These people are the strollers of the running world. They amble around without a care in the world, looking at the fluffy bunnies and mulling over the state of the environment as they run. You can tell a jogger just by looking at their expression of glazed eyes and a ridiculous but calming grin. These people have no real aim in what they do and they do not care. No races to train for, no speed work or distance to motivate them, they are not even looking at what they do as exercise. They jog along taking in the views and occasionally blocking the path of any old women who want to walk past them. These are the hippies of the running world and if you happen to chance upon conversing with one, they will hold you in a hypnotic trance and you will awake not even realising you had a conversation. Though next time you pass a tree, you may feel like hugging it!

Fell Runner

Now we come to the strangest of all the above runners, the Nesbit's or Clampett's of the running world. The average fell runner has a cupboard of mud and somewhere under all that mud reside their trainers.

Lurking in the furthest corners of that cupboard also resides the running kit, which has been haphazardly flung together from 'Running Shop' sales items that no other self-respecting runner would wear. The 1970's running kit approach to style is the bible of this runner, the point being that you're not going to see the kit for mud anyway. The Fell runner has an obsession with hills and the higher the better and if there's none high enough, just run up the same one again and again until you're knackered. They run through terrain that no self-respecting cow or sheep would venture. Fields, forests, hills and waist deep through icy rivers they will run. After a fell race you will usually find all of the Fell runners in the nearest 'Real Ale' pub, drinking beer with bits in and laughing about how their bits nearly fell off wading over the icy cold river. They never pick routes, the routes simply pick them and if they get lost they just keep going until they find a pub. Beware of these runners for they are strange local people with equally strange ways. Fell runners never die; they just grow longer beards, drink more beer and find bigger hills to run up.

Shaun Coram



Alex and Sarah
Ledbury at the
Xmas Cracker

Away Days

February Away

Sunday 25th February

The route is a reconnaissance of the Howarth Hobble, well half of it anyway. Should be about 20 miles. The route will start in Todmorden, West Yorkshire. Meet at the club at 8:00am.

For further details give Peter Hill a call on 01663 734756

March Away Day

Sunday 25th March

The route is that of the Kinder Downfall which takes place a week later. Peter Hill is offering to lead this to allow new members who have not completed the race before to become familiar with the route. Meet at the club at 8:00am.

For further details give Peter Hill a call on 01663 734756

April Away Day

Sunday 29th April

A route that we have done before in Malham. About 13 miles taking in Gardale Scar – Malham Tarn – Malham Cove. Again peter has kindly offered to lead this. Meet at the club at 8:00am

For further details give Peter Hill a call on 01663 734756

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
Whaley Bridge
High Peak

Tel: 01663 734756

The Secretary

Mark Whelan
11 Shallcross Mill Road
Whaley Bridge
High Peak
Sk23 7JQ

Tel: 01663 733930

The Treasurer

Di Howe
Eastwood
25 Elnor Lane
Whaley Bridge
High Peak

Tel: 01663 733382

Website

Scott Reid
174 Buxton Road
Furness Vale
High Peak

Tel: 01663 749330