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STRIDERS

NEWS

NEWSLETTER OF THE STEEL CITY STRIDERS • (AFFILIATED TO THE A.A.A. & W.A.A.A.)

EDITORIAL

Now with the Striders firmly established, it is possible to fulfill an ambition of the Committee (and formerly the Steering Group), to produce a regular newsletter to inform and hopefully interest the ever growing membership of the club. It is with pleasure, therefore, that we welcome you to this, the first issue of STRIDERS NEWS. It is intended that STRIDERS NEWS will be published regularly each month and distributed not only to club members, but also outside the club to organisations such as libraries etc. throughout the City.

For the newsletter to 'work' and its full potential to be realised, the involvement of you, the members, is essential. Your contributions on any of the following will be most welcome:

- your race results and related 'stories'
- Comments/letters on aspects of the club or running activities in general
- Offers of lifts to races and lifts required to races etc.
- small ads

Contributions should be brief, concise and must be signed by the contributor. Obviously we can't promise to publish or print everything but we will try to include as much as possible.

AAA RULES AND REGULATIONS

At last the Information Sheet of selected rules and regulations from the AAA Handbook is available. (Your copy is attached). It is important that these be noted and observed by members intending to participate and represent the club in athletic events. If you have any queries with regard to the laws of the AAA/WAAA please contact either the club Secretary or Running Secretary.

STEEL CITY MILE

Friday, July 1st, saw a very entertaining evenings racing at Hillsborough Park Athletic Stadium with the first ever running of the Steel City Mile. The turnout was encouraging with 35 members taking part in the 5 races held over the classic one mile distance. The grading of the races led to some exciting action with the eventual winners of both the senior men's and veteran's awards coming from the final race. A small presentation 'ceremony' at which the winners and runners up received the fine trophies and medals that were to be won and a get together, afterwards, at the Park Hotel added the finishing touches to a splendid evening. The winners of the 3 Steel City Mile trophies were:

Senior Men's Mile	- Paul Green	(4.38)
Veteran Men's Mile	- Keith Ibbotson	(5.10)
Ladies Mile	- Pauline Byrne	(6.27)

Runners up in each category received medals (15) and the winners of each race were also awarded small trophies for their achievements. A full results sheet is available, on request, from Dave Ashurst.

SOCIAL EVENTS

There are two forthcoming social events:

1983 SHEFFIELD MARATHON VIDEO - FILM NITE
Full details are not yet available

TALK BY RON HILL

Date: 14th September 1983
Time: 7.30 p.m.
Place: Hallam Tower Hotel, Sheffield 10
(Bar facilities available)

Tickets will be priced at £0.50p for members and £0.75p for non-members of the club, and will be on sale before the end of August at regular club runs, alternatively contact any member of the Committee.

1983 SHEFFIELD MARATHON

For the 2nd successive year the Sheffield Marathon fell on a day not totally conducive to long distance running! with temperatures soaring well in to the 70's. As expected a large contingent of Striders members had entered the race with far ranging ambitions. For some the target of a sub 3 hour marathon, for others, just to finish in their first attempt at the distance would be victory in itself.

At the end of the day a number of personal triumphs were to be celebrated. Most notable perhaps being that of Phil Samuels whose time of 3 hours 14 minutes removed virtually 45 minutes off his 1983 London Marathon time! Congratulations to both Chris Ward and 'super-vet' Keith Ibbotson who both broke 3 hours and also to Ian Darley whose 1.19 time earned him 23rd place in the Half Marathon.

Here are the times of the first 5 Striders to finish the full Marathon:

Chris Ward	2 hrs 55 mins
Keith Ibbotson	2 hrs 57 mins
Frank Broomhead	3 hrs 11 mins
Phil Samuels	3 hrs 14 mins
Wayne Farrell	3 hrs 15 mins

What about the ladies? The only two members known to have completed the full distance were Chris Jackson, who finished ahead of Marie Miller, both coming home in under 4½ hours. In the Half Marathon, Gill Samuels came 17th in class with a time of 1 hour 46 minutes.

1984 SHEFFIELD (HALF) MARATHON

John Whetton, Race Director of the Sheffield Marathon has approached the Striders with regard to the club assisting with planning the 1984 Half Marathon course. The aim next year, is to have the half marathon also finishing in Hillsborough Park rather than at Tinsley as in the last two years.

Would any one with any ideas or suggestions please contact Dave Ashurst (Running Sec.)

RESULTS SERVICE

We intend to publish comprehensive details of club members race results in STRIDERS NEWS each month. If you want your results to be included it would be appreciated if you could let Dave Ashurst have your time and, if known, finishing position, as soon as possible.

FORTHCOMING RACES

Sept 4th	Morecambe '10'
Sept 18th*	Lincoln '10K' (6.2 miles)
Oct 2nd	Robin Hood Marathon and Half Marathon (Nottingham)
Oct 9th	York '10'
Oct 16th	Rockingham '10'
	Blackpool Half Marathon
Oct 23rd	Worksop Trader Half Marathon

Application forms for these races are available from Dave Ashurst (Running Sec.)

If sufficient interest is shown in the York '10' it is hoped to organise a club trip to the event, either with cars or a coach depending on demand. If you would be interested please contact either Chris Ward or Andrew Walker as soon as possible. Please note, a 50p deposit will be payable on signing up for the trip.

*Also being held on 18th Sept. is the MORECAMBE TO KEIGHLEY CHARITY RELAY RUN (Approx 60 miles). This is a team race. Each team to consist of 6 members with each member running a ten mile 'leg' (within 90 minutes!). The Running Sub-Committee are considering sending a team or teams to the event. If you would be interested in participating contact Dave Ashurst AS SOON AS POSSIBLE.

FORTHCOMING STRIDERS ORGANISED RUNS

SEPT 5TH - 'ORIENTEERING' FUN RUN from Queens Tower Squash Club, Park Grange Road, Sheffield 2.
SEE ATTACHED INFORMATION SHEET FOR FULL DETAILS

OCT 14TH - STRIDERS 10K (6.2 miles) RACE from Middlewood Road Training Ground. Open to Striders members (and friends!) only (limit 50). Entry free - non club members 50p.
SEE STRIDERS NEWS NO 2 (SEPTEMBER 1983) FOR FURTHER DETAILS

CROSS COUNTRY CHAMPIONSHIP - WINTER 1984
It is hoped to stage a series of 3 cross country races in various parks around the city during the winter months. The courses will be 4/5 miles long and over very varied terrain.

FURTHER DETAILS WILL BE PUBLISHED IN FORTHCOMING ISSUES OF STRIDERS NEWS.