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STRIDERS

NEWS

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

EDITORIAL

If you are planning to run this year's Sheffield Marathon (17.6.84) you might wish to round off your preparation by joining the longer training runs from Rowlinson Sports Centre on the following Sundays: the 20th and 27th May, and 3rd and 10th June. The runs will start at 9.15 am. Please note that it is hoped to provide drinks stations along the route on the 3rd and 10th June.

The club has recently received a copy of the report of the Working Party set up to find ways and means of implementing the resolution that athletics in the UK be administered by a single governing body. Should any member wish to borrow the 61 page report, known as the Turner Report - contact John Rothwell (Secretary). An Extraordinary General Meeting of the AAA is to be held on 9.6.84 to consider the report.

Keith Ibbotson was recently informed by his GP that a patient suffering from a sports related injury can be referred by a GP to the Edgar Allen Physical Treatment Centre for physiotherapy within 24 hours!!

The club running vests are now on order and should be available within the next few weeks. - The Committee apologises for the delay in obtaining the gear.

The club now has a training session for beginners/novice runners. The 'Beginners Night' is on Monday evenings at 8.00 pm from Queens Tower. Please try to encourage new members to come along and give it a try.

Lis Colquhoun is still looking for club members of all abilities to join in with her 'Hares & Tortoises' project based on the Avon Little Sisters scheme. If you would be interested in taking part or would like further details - please contact Lis. (See also Striders News No 9 - April 1984).

The club now has 153 members. This figure includes 44 members who have yet to pay their annual subscriptions. If you have not already renewed your membership - please do so as soon as possible. Thank you.

WEEKLY TRAINING RUNS

The club is to introduce two additional weekly training runs for a two month trial period as follows:-

SUNDAYS (From 3rd June 1984)

For: Women only
From: Hallam Grange Lawn Tennis Club
Slayleigh Lane, Fulwood, Sheffield
Start: 10.30 am
Charge: 50p (For use of changing/shower/
bar facilities)

One of the advantages of Hallam Grange is its location which will allow varied runs out of the city and into the surrounding countryside.

For further details - contact Gill Samuels who will be organising the venue.

WEDNESDAYS (From 6th June 1984)

For: Everybody welcome
From: Rowlinson Sports Centre
Dyche Lane, Sheffield 8
Start: 7.00 pm
Charge: 25p (For use of changing/shower
facilities).
Social: Norton Hotel, Meadowhead (after
run)

Many members have asked for an evening venue on the south side of the city and for a trial period we are to operate 2 venues on the same evening. This should satisfy both those who wish to continue running from Pine Grove and many of those members who either experience difficulty getting out to Stannington or feel that Pine Grove's £1 charge is too high!

Cont.....

ALL CORRESPONDENCE TO: J ROTHWELL, 26 MEADOWHEAD, SHEFFIELD S8 7UD, S. YORKS.

The Wednesday evening runs from Rowlinson will be organised on a similar basis to those from Queens Tower, Pine Grove and Middlewood Road with the emphasis being on sociable group running catering for all abilities over distances of between 6 and 10 miles. The runs will be varied and will concentrate on different routes to those regularly used on Sundays. On light nights the runs will whenever possible, be rural taking in such as Graves Park, Lightwood, Chancet Wood, Parkbank Wood, Beauchief Park, Ecclesall Woods and the Limb Valley etc. If there is sufficient demand, consideration will be given to introducing (every third week or so!) sprint, interval, hill and cross country training in Graves Park.

After the runs there will be the usual get together in the bar of the Norton Hotel across the road from Rowlinson.

For further details - contact John Rothwell who will be organising this venue.

SPORTS QUIZ NIGHT

Date: Tuesday 29th May 1984
 Time: 7.30 pm (Start)
 Place: The Manchester Hotel
 Nursery Street, Sheffield 3.

Eight teams (4 members per team) are required to contest this light hearted general sports quiz organised by Richard Hnat with prizes to be awarded.

How to enter

- Teams are to be made up of Striders members only.
- It is up to you - the club members - to form yourselves into teams of 4.
- Teams will be accepted on a 'first come/first served' basis.
- There is a team entry fee of £4 (£1 each). This includes a Pea/Pie Supper for each competitor (see below).
- Having formed a team, a captain should be nominated. The captain is responsible for submitting details of the team and the team entry fee to John Rothwell as soon as possible.
- If for any reason you cannot form a team yourself, but would be interested in making up the numbers in someone else's team - let John Rothwell know.

Spectators will be most welcome and will be admitted free of charge, but please note - The Manchester Hotel are providing 40 supporters only. 32 of these will be reserved for those taking part. The remaining 8 may be ordered by friends/relatives or other club members who come along to watch. Again this will be on a 'first come' basis through John Rothwell.

FORTHCOMING RACES

Due to the vast number of races in the summer months we are limiting details in Striders News to local events only. Both Athletics Weekly and Running Magazine contain information on races elsewhere in the country.

- May 9th SYAA ROAD RACE LEAGUE
 Askern '5' (7.00 pm from Askern Miners Welfare) - further details from Rob Leonard.
- May 20th DRONFIELD HALF MARATHON
 Entries to: B Griffiths, 7 Dale Crescent, Hathersage, Derbys. Entry fee £2.50 (£3.00 unattached).
- May 21st TRUNCE FOOT RUN
 (See Striders News No 8 for details, or contact Rob Leonard).
- May 28th ASKERN $\frac{1}{2}$ MARATHON (8.73 miles)
 Entries to: K McAvoy, 58 Inshore Terrace, Askern, Doncaster DN6 OAW. Entry fee: £1.50 (£2.00 unattached).
- Jun 3rd CLUMBER '10' (Worksop)
 Entries to: M I Simpson, 'Ofenbroke' 20 Kingwell Road, Worsborough Bridge S Yorks S70 4HF.
- Jun 11th TRUNCE FOOT RUN
 (See Striders News No 8 for details, or contact Rob Leonard).
- Jun 17th SHEFFIELD MARATHON
- Jul 6th STEEL CITY MILE
 Hillsborough Athletic Track. First race starts at 6.30 pm (prompt). Once again this event will consist of a series of graded races, on the track, over the classic distance. Prizes will be awarded in each category, the fastest receiving a trophy to be held for one year.
- Last year the Steel City Mile, with its sports day atmosphere, was one of the highlights of the club year. The races were competitive, but the evening was treated as a light hearted and enjoyable occasion for all members regardless of age or ability.
- Please Note: The event is only open to club members and because the races are graded, we must know beforehand who will be taking part so that the 'handicaps' can be worked out. An application form is attached to this newsletter. The slip at the bottom of the form must be completed and returned accordingly by 24.6.84. Late entries/entries on the day will not be permitted.
- Further details - contact any member of the Running Sub-Committee.

RACE RESULTS AND REPORTS

The Striders results given below will be incomplete. Contrary to public belief, the Editors do not have access to a crystal ball! Please let us have details of your times and positions etc (in writing) if you wish them to be included in Striders News. Thank you.

Louth Half Marathon - 25.3.84

Rob Leonard (1.22:--), Rachel Leonard (1.35:15 - 5th woman).

Wolverhampton Marathon - 25.3.84

Mike Ingham (2.52:--), Roger Rowe (2.59:36), Malcolm Hadfield (3.19:33), Dennis Stones (3.29:--), Les Parkes (3.47:--), Steve Hancock (3.53:55), Les Eyre (3.59:--).

Digital Reading Half Marathon - 25.3.84

A report by Ruth Shield.

Having gone so far out of Yorkshire's way, I was determined to enjoy this Reading event and besides the torrential rain and idiosyncratic bus service (inferior by Sheffield standards!) it lived up to my expectations.

The race, one of the largest half marathons in the country, was well organised. The course remained within the city and this enabled a large crowd to spectate on all parts of the route, offering a welcome change from some of the northern races I have recently experienced, which seem intent on sending runners into the bleak and barren wastes of Yorkshire moorland.

The field offered a diverse mixture of abilities including a few 'elite' runners, many in fancy dress and perhaps the most rewarding sight, a large number of handicapped and wheelchair bound people participating. This has caused a great deal of controversy in the running world recently and most races exclude wheelchairs however, I felt that they added to this event.

A large medal was waiting at the end for the finishers along with a 'goody-bag' which held the captivating mystery of a christmas stocking and contained among other things, a mars bar, orange, shampoo, a lollipop and some fizzy pop!

Striders results

Laurie Parmenter (1.25:20), Ruth Shield (1.35:27 - pb).

York Runs '84 - 25.3.84

A report by Phil Samuels.

About 5 car loads of Striders made the journey to the picturesque city of York on a blustery Sunday in March to run the York Half

Marathon. Last year's event was excellently organised and this year's turned out to be just as good. The course was 'undulating' as they say in race literature, but very pleasant and varied with part of the run on country lanes and part along the banks of the River Ouse with the Minster in full view. The overall race winner was Jim Dingwall, a scot now running for Hull, who finished in a time of 63½ minutes with our own Mick Thompson running for first claim club, Sheffield AC, finishing just a minute behind in 4th place.

Notable performances from our other club members were Dave Denton's excellent 1.18 (pb) and Richard Vickers and Wayne Farrell who followed closely behind coming home in 1.20. Paul Lee, Jack Mitchell, Trevor Brown and Bob Booth all ran pb's - some by 15 minutes! and Barry Wiles and Rob Smith also had a memorable day crossing the line in 1.26 and 1.28 respectively. In her first half marathon Jane Galilee made it in 1.55, a superb effort.

On the whole a thoroughly good event and a good showing for the club. Unfortunately we had to hand back the cup that we won last year as an unattached club and this time were unable to defend it. Being affiliated to the AAA can have its drawbacks!

Truncheon Foot Run - 26.3.84 (4.25 miles)

Phil France (28.29), Rob Leonard (28.57), Mike Ingham (30.26).

Rotherham '5' - 28.3.84

Mike Lockwood (29.17 - 76th), Wayne Farrell (30.12 - 90th), Les Eyre (35.37 - 147th).

Teams: 1st Rotherham H (74.28), 2nd Sheffield AC (76.10), 3rd Hallamshire H (76.20), 10th Steel City Striders R C (95.06).

Spire '10' - 1.4.84

Rob Leonard (59.35), Wayne Farrell (61.15), J T Brown (64.08), J Mitchell (65.53), Ken Richardson (69.50), Sue Craythorne (71.10), Rachel Leonard (71.15), Ruth Shield (72.--).

Thamesmead Half Marathon - 1.4.84

Phil Samuels (1.25:19), Gill Samuels (1.39:--).

Stockport Marathon - 8.4.84

Rob Leonard (3.03:03 pb)

PLEASE NOTE: The views and opinions expressed in Striders News are not necessarily those of the Committee of the club.

City of Lincoln Half Marathon - 8.4.84

Report by John Rothwell.

Ideal weather conditions greeted the field of over 3500 runners who took part in this, the second City of Lincoln Half Marathon. The race started from the Yarborough Sports Centre and with the first 3 miles down hill followed by 10 miles on very flat country roads to the west of the city, the course was conducive to fast times. The fine weather brought out the spectators and for the last mile of the race there was a good crowd lining the route to cheer the runners on to the finish situated in front of the ornate grandstand at the old Lincoln racecourse. Last Year's Sheffield Marathon winner Trevor Hawes led throughout and won the race comfortably in a time of 1.05:38 to set a new course record and a personal best. The first lady home was Barbara Brown who clocked an impressive 1.21.

Predictably, because of the nature of the course, there were some noteworthy performances from the large contingent of Striders taking part with many members achieving pb's. Two results that deserve a special mention are those of veterans Bill and Jean Locking, both running their first half marathon. Bill was 4th vet home in his age group with an excellent time of 1.21:17 and Jean's 1.50:48 saw her take 3rd place in her particular age group to win a superb digital watch. Well done Bill and Jean.

Striders results:

Mike Lockwood (1.18:48 pb), Richard Vickers (1.19:40 pb), Mike Ingham (1.19:52 pb), Bill Locking (1.21:17 pb), Laurie Parmenter (1.23:42 pb), Trevor Brown (1.23:58 pb), Phil Samuels (1.24:06), Andy Oxley (1.24:50 pb), Jack Mitchell (1.25:30 pb), Roger Stevenson (1.26:13), Craig Jenkinson (1.27:15 pb), Winston Bendell (1.30:37), John Hunt (1.30:40 pb), Barry Keight (1.32:--), Roy Bradshaw (1.33:00 pb), Steve Memmott (1.34:--), Ruth Shield (1.34:39 pb), Ray Allen (1.35:46), Les Eyre (1.35:55 pb), Graham Short (1.39:21), Russell Varns (1.40:02 pb), Nicky Brown (1.40:43 pb), Iain Colquhoun (1.49:10), Jean Locking (1.50:48 pb), Gerald de Vane (1.55:54 pb), Dennis Tuft (1.57:10), Fran Robinson (2.01:50 pb), Margaret Clark (2.07:--).

Scarborough Half Marathon - 15.4.84

Chris Ward (1.11:13 - 5th), John Hudson (1.12 - 12th).

Ernest Harper '10' - 15.4.84

A report by Roger Stevenson

There was a field of only 100 for what has been described as the country's toughest 10 miler - The Ernest Harper '10'. Unfortunately, due to the clash with other meetings in

the area, the Striders had only 2 runners competing on a day that started abysmally, but thankfully remained fine for the duration of the race.

Rachel Leonard finished in 96th position with a time of 75.54 and Roger Stevenson was 64th in 64.32. The event incorporated the South Yorkshire 10 Mile Championships and when the results were announced it was congratulations for Rachel, for her useful time on this course had earned her 3rd place and the bronze medal in the womens championship.

The overall race winner was Chris Maddocks of Sheffield AC in the amazing time of 49.48. Dave Englert of the Sheffield United Walking Club who featured prominently in the recent Striders cross country races was 25th with a very creditable time of 57.30.

Historical note: Ernest Harper was a well known local athlete in the 20's and 30's. He came from Stannington where the race named after him is held annually. During his distinguished athletic career Ernest gained a medal in the marathon in the Berlin Olympics of 1936.

LE JOG '84

The LE JOG team have recently negotiated a generous sponsorship deal with the Brinsworth based grocery concerns - NISA Ltd and Escafeld (Grocers) Ltd for the provision of the clothing for their Land's End to John O'Groats relay run during August.

The team are currently seeking two 12 seater minibuses. If anyone has any suggestions, please contact John Rothwell as soon as possible.

The first of what will hopefully be a number of articles in the local press appeared in the Morning Telegraph on Tuesday, 19th March giving the background to and details of the run.

SHEFFIELD MARATHON PARTY NIGHT

Date: Sunday 17th June 1984

Time: 7.30 pm onwards

Place: The Manchester Hotel
Nursery Street, Sheffield 3

Admission - £1.60 each. Tickets available during May/June from any member of the Committee.

After the race - come along and relax and share in the day's experiences with other club members, friends and relatives etc. A buffet supper will be provided and there will be a private bar for those suffering from dehydration!!!!

DUKE OF DEVONSHIRE'S - CHATSWORTH CHASE

A message from the Chairman.

Have you returned your 'helpers' form to Ian Darley at 11 Bradway Road, Sheffield S17 4QQ yet?

The club already has a reputation for being 'professionally organised and we aim to confirm our reputation with impeccable organisation of the Chatsworth Chase, but we need your help - to act as stewards, marshals, car park attendants, course marshals and general 'dogs-bodies'. Don't leave it to other members of the club. If you have not returned your form - act NOW. Please.

Keith Ibbotson (Chairman)

LETTERS

Roger Rowe follows up his article 'From a Rabbit to a Hare' which appeared in Striders News No 6, with the following letter which he has tentatively entitled 'A Rabbit Graduates!':

I'd like to add my two-penny-worth to the high/low milage debate by way of a report of my experience leading up to the Wolverhampton Marathon.

After 8 whole months of running and at the age of 38 - just before christmas '83 - I decided that just going out and running as the fancy took me was probably not the right way to prepare for racing. This rather haphazard method had in those first 8 months brought me a pb of 87.33 for the $\frac{1}{2}$ marathon and 3.55:30 for the full. Not exactly earth shattering you will agree, but not bad for an 8 month old rabbit; and all based on 'I wonder how far I should run today?' type training.

Well, I decided that in my first full year of running I should have some realistic goals for 1984 and perhaps even a training schedule of some sort. But what sort of schedule? Much advice was sought and all of it seemed rather contradictory; so going my own way, I decided on the following targets - 83 minutes for the $\frac{1}{2}$ marathon and 2.53 for the full distance - this being based on a pb at 10K of 36 minutes and 14K in 53 minutes. OK, so far so good, but what sort of schedule?

For 3 months now I have run between 35 and 40 miles a week: 10 increasing to 22 on Saturdays, 9 decreasing to 2 on Sundays, 4 fast on Tuesdays and 6 - 7 $\frac{1}{2}$ on Wednesdays and Thursdays. That's it! and no cheating going out for extra crafty runs! Did it work? Well, on Sunday 25th March, I along with 7000 others ran the Wolverhampton Marathon. It was a cold day, a bit blustery. I start-

ed at 7 minute pace but after a couple of miles my right calf tightened up and hurt from then on (NOT a good start). I increased the pace to 6.35 between 2/3 miles and arrived at $\frac{1}{2}$ way in 86.02 (a new pb!). The leg hurt and I had doubts, but still continued at 6.35's. It got harder and harder, but still in doubt I continued to push, chatting to other athletes here and there. I arrived at 24 miles in 163 minutes. Fine I thought, 17 minutes for 2.2 miles - no sweat! Then literally 100 yards later the left leg cramped up and reduced me to a relative crawl. 2.2 miles later I crossed the finish line in 2.59:36 - a modest 55 minutes off my previous pb! and remember, on 35/40 miles a week, at the age of 39 and a runner of 11 months!

What I would sincerely like to know now, with my 40th birthday 11 months away (and vet. status), is where from here? I do not believe that the targets I have set myself will prove too difficult, so who is going to advise me on my next tentative steps? No doubt many Striders friends will recognise their first steps in the above narrative ... OK, fine, fancy passing on some of the accumulated knowledge to a (recently graduated) hare!!!

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Club Chairman, Keith Ibbotson has agreed to co-ordinate the passage of the LE JOG relay run through Sheffield and writes:

The LE JOG team will be 'hitting' Sheffield on Wednesday 22nd August 1984 arriving at Rowlinson Sports Centre at approximately 6.30 in the evening.

I'm looking for club members to give the team support as they run across the city to Chapelton from Rowlinson on that night. Please make a note in your diaries and turn up at Rowlinson to run with or cheer the team as it goes into the second half of its journey from Land's End to John O'Groats. We will also need some drivers to transport club members either back to Rowlinson or on the the Fat Cat on Alma Street where the festivities will continue with the LE JOG/CAMRA organised social evening in aid of the British Heart Foundation.

Think of how much lift you get from seeing club members, friends or relatives along the route when you're running a full or $\frac{1}{2}$ marathon.... then think of how much lift we can give the LE JOG team as they arrive in and run through the city at the end of another tiring day, a day that will have started 12 hours earlier at.....Stratford upon Avon!

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