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STRIDERS

NEWS

Newsletter of the Steel City Striders Running Club

(Affiliated to the AAA & WAAA)

EDITORIAL

There are still twenty or so members who have yet to pay their annual subscriptions for 1984. Would those members concerned either renew their membership forthwith, or alternatively, submit their resignations from the club to Phil Samuels (Membership Secretary) as soon as possible.

Please note that due to the Hillsborough Park Athletic Track being double booked on Friday, 6th July 1984 - the Steel City Mile event will now be held on Wednesday, 4th July 1984 with the first race starting at 6.45 pm prompt. A reminder that entry is free, but is restricted to club members only and the closing date is 1st July 1984 (Late entries cannot be accepted). For full details and entry form - see Striders News No 10 or contact Dave Ashurst.

If there is anyone in the club who would be interested in weight training - contact Ian Darley. Ian, who is usually available at Queens Tower (Monday) and Middlewood Road (Friday), is currently making enquiries on behalf of the club and is hoping to establish a weekly, supervised weight training session if there is sufficient interest.

Members are requested not to reserve places on Striders organised coach trips unless they fully intend to turn up on the day and fulfil the booking. Recent trips have lost the club money due to people dropping out at the last minute making it impossible to fill vacant places at such short notice. Enquiries are being made with a view to sharing coach trips with members of other local clubs.

Dave Ashurst is to organise next seasons Striders Cross Country Championship on a similar basis to the 1983/4 championship. Dave has also proposed and it has been agreed by the Committee, that the Graves Park race be held as a closed invitation event with other recently formed local clubs being invited to take part in a team competition. Further details will be published in forthcoming issues of Striders News.

The Monday evening beginners session has so far proved to be a success with between 5 and 15 people turning up each week. It is anticipated that the enthusiasm generated by the London and Sheffield Marathons and the Olympic Games, plus wider publicity through the local media, that the Beginners Night will continue to flourish throughout the summer and autumn.

Richard Hnat Sports has now moved to new premises at 52 West Street in the centre of town. On behalf of the club, Striders News would like to wish Richard and his staff every success with the new shop.

CLUB RUNNING VESTS AND SEW-ON BADGES

Some good news and some bad news! First the bad news. At the time of going to press the new vests were still not available. The gear has been on order on behalf of the club through Richard Hnat Sports for a number of weeks now, but the suppliers are failing to meet promised delivery dates. Richard is trying to get the matter resolved.

Now for the good news. The sew-on cloth badges in club colours and incorporating the 'Striding Legs' logo are now available from members of the Committee at 65 pence each.

All correspondence to: J. Rothwell, 26 Meadowhead, Sheffield, S8 7UD, South Yorkshire

MOORSIDE FARM TRAINING CENTRE

A report on the Striders weekend at the Centre by Craig Jenkinson.

If you like to get away from civilisation, but still be near a pub, then this is for you! The Centre, a barn converted into dormitory accommodation for up to twenty, is situated only five miles from Buxton, but still manages to offer the desolation of the Staffs/Derbys borderland. Our hosts were friendly and helpful. The meals were good and filling for even the largest appetite (although Phil Samuels would always claim that he could eat more!). There was a casual atmosphere which was conducive to a very relaxing weekend (ideal preparation for our Olympic challenge!!). The group of seven pioneering Striders put in a useful 20 - 26 miles of running over field, footpath, track and lane (it was just like a Nike advert!). The Tissington Trail, which is situated nearby, provided about 15 miles of cycling and a pleasant walk around Buxton on Sunday afternoon capped a superb weekend. The cost per person was only about £20 for full board - plus beer money!

After the success of this first visit to the Centre a follow up weekend is planned in early September to take in a fell race (thought to be!) on Thursday 6th. The intention is that club members will be able to book either from the Thursday, for a long weekend, or from the Friday through until Sunday. If you are interested and would like to come along (don't be put off by rumours about needing climbing gear to get up the hills or into the bunks in the dorms!), please contact either Gill Samuels or Craig Jenkinson as soon as possible so that reservations can be made. Both organisers are usually available at the weekly training venues.

VENUES

A reminder that the club now has two additional training venues on Sunday mornings and Wednesday evenings. On Sunday's there is now a WOMEN ONLY run from the Hallam Grange Lawn Tennis Club on Slayleigh Lane, Fulwood at 10.30 am (50 pence charge for use of the facilities), and at 7.00 pm on Wednesday there is now a run for everyone, from Rowlinson Sports Centre, Dyche Lane. For full details - see Striders News No 10, or contact any member of the Committee.

STRIDERS TRACK MEETING - 7.9.84

Following the success of last year's Steel City Mile and the anticipated success of this year's event, the club is to stage a track meeting (for club members only) on the evening of Friday, 7th September 1984 at the Hillsborough Athletic Stadium.

The meeting will consist of a series of races for men and women in the following track distances :- 100, 200, 400, 800, 1500 and 3000 metres, with a 3000 metre steeplechase and special childrens event if there is sufficient interest.

The evening will be designed to give members the opportunity to have a go at the standard track events and it is hoped that post Olympic 'euphoria' will encourage people to take part in what will be treated as a light hearted variation from the usual training/racing programme. Individuals will be allowed to compete at more than one distance should they wish to do so and for those who don't want to take part - there will be ample opportunity to assist with the organisation and act as race 'officials'.

Further details will be published in a forthcoming issue of Striders News.

OFFICIALS

During the last few years the number of athletics meetings and road races etc has increased considerably. This has meant an increase in the demand for the services of qualified officials to supervise these events. As a result local clubs are being encouraged by the NCAA District Committee to put forward members who would be interested in qualifying as officials ie as Track Judges, Field Judges, Timekeepers, Starters or Marksmen (Starters Assistants).

The initial grade for all officials is Grade iv (Probationary) and those who wish to become so graded may do so by either passing a preliminary written test paper (pass mark 65%), or as a Timekeeper by achieving 70% in a practical test. The tests are arranged by the District Committee and they are responsible for organisation and supervision etc.

If there are any members of the club who would be interested in becoming a qualified official, or if you would like further details - please contact John Rothwell.

RACE RESULTS AND REPORTS

Please let the Editors have details of your times and positions etc (in writing) if you wish them to be included in Striders News. Thank you.

St Leger Half Marathon - 15.4.84
Roger Rowe (1.19:45 pb).

Hillsborough '5' - 18.4.84
A report by Dave Ashurst.

There was a good turn out of Striders for this, the second of the SYAA Road Race League fixtures run over a tough hilly out and back course from Wisewood up the Loxley Valley to the Dam Flask reservoir. The race was won by Sheffield AC's Mick Thompson in 24.34 with D Weigal of Askern second in 25.48 and D King of Hallamshire finishing in third place with a time of 25.53.

Striders results: Chris Ward (27.55), Dave Denton (29.19), Mike Lockwood (29.19) Rob Leonard (29.24), Bill Locking (31.58), Dave Ashurst (32.26), Paul Billington (32.50), Jack Mitchell (32.52), Alan Croft (33.48), Rachel Leonard (34.12), Russell Varns (35.21), Sue Craythorne (35.27), Les Eyre (35.38), Mary Howarth (37.06).
Teams (men): 1st Sheffield (76.48), 2nd Askern (77.56), 3rd Hallamshire (78.41), 9th Steel City Striders (86.33).
Teams (women): 1st Rockingham (98.39), 2nd Barnsley RR (100.52), 3rd Steel City Striders (106.45).

Clumber '6' - 23.4.84
Rob Leonard (32.37), Mike Lockwood (33.11), Mike Ingham (33.40), Wayne Farrell (34.07), Rachel Leonard (37.44 - 3rd woman).

Woodhall Spa Marathon & Half Marathon - 6.5.84
A report entitled 'Woodhall Spa or bust!' by Gill Samuels.

The dozen or so members who, for one reason or another, pulled out of the club coach trip to the Woodhall Spa Half and Full Marathons on 6th May, missed out on an exciting if somewhat frustrating day.

The coach, hired for the first time from Groves International, arrived late at the pick-up point in town to start with and then proceeded to make an assortment of worrying noises all the way from Sheffield to the other side of Lincoln, where our rather 'laid-back' driver casually enquired "where do we go from

here?" None of us, including the driver!, had a map or knew the way to Woodhall Spa, so we opted for the most likely route out of Lincoln. Ten minutes further on, half way up a hill and as we later discovered on the wrong road altogether, the coach ground to a halt and could not be persuaded to go again.

By now it was 10.20 am; the half marathon started at 11.00 am, with the full marathon getting under way an hour later. Whilst the driver went in search of a telephone we took it in turns in trying to start the coach ourselves to no avail and then some of the more intrepid and desperate members of the party decided to hitch a lift. By now though, most of us had given up hope of getting to the race on time.

Eventually the driver returned and hands above his head, announced that he had arranged for a couple of minibuses to come from Lincoln to take us on to Woodhall. It was 11.40 am when the buses finally arrived and we had just 20 minutes to get the marathoners to the start line! It wasn't easy for them - getting changed on a bus moving at top speed round the winding country lanes of deepest Lincolnshire, but they did it and made the start with only seconds to spare. Not the ideal pre race build-up, but it certainly got the adrenalin flowing!

Having missed their race, several of the half marathoners decided to have a bash at the full distance and there were some excellent performances from them despite being under trained for the 26+ miles and the difficulties of the journey to the race.

Results: Chris Ward (2.44:-- pb, 6th), Mike Lockwood (3.03:-- first Marathon), Richard Vickers (3.04:-- pb), Graeme Siddall (3.06:-- pb), Phil Samuels (3.10:-- pb), Barry Wiles (3.29:-- pb), Les Eyre (3.50:-- pb), Alan Croft (3.57:-- pb) Lis Colquhoun (4.02:-- first marathon), Roy Bradshaw (4.04:-- pb).

A number of members did get to run in the half marathon although some started late, and Rachel Leonard, who was not on the coach (What did she know?), did well to finish runner-up in the women's race with a pb time of 1.32:--.

Askern '5' - 9.5.84

In contrast to the large number of club members who took part in the Hillsborough '5', only 3 Striders made the trip to Askern for the final race in the SYAA Road Race League series :- Andy Oxley (29.50), Bob Booth (30.28), Dave Ashurst (31.11).

Mars London Marathon - 13.5.84
Malcolm Hadfield (3.14:-- pb), Mary Howarth (3.33:-- pb), Ruth Shield (3.35:-- pb), Jane Tonks (4.36:-- first marathon), Gerry de Vane (5.02:-- pb).

Stainforth '10' - 20.5.84
Rachel Leonard (1.08:59).

POWERJOG '84

The luck of the draw certainly wasn't with the Striders as we made our debut against other, more experienced local clubs in the regional heat of the national Powerjog competition held at Bramall Lane on 19th April 1984.

After just a half hours practice on the unfamiliar treadmill Rob Leonard, Dave Denton and Bob Franklyn, representing the Striders, were thrown in at the deep end by being paired to run against a useful Rotherham Harriers 'A' team in the opening race of the evening.

A steady, but nevertheless creditable 5.17 first mile by Dave Denton saw the Striders already 150 metres down, but a smooth changeover allowed second man Rob Leonard to quickly get into his stride and at times match the Rotherham number two pace for pace. Rob's excellent 5.03 mile was followed by a gutsy 4.59 last leg from Bob Franklyn. At the finish, our lads with a total time for the 3 miles of 15.20, were nearly 300 metres down on the Rotherham team, a strong trio which included Tony Leach and all of whom finished in the first 7 of the recent SYAA Rotherham '5'.

The event provided a very entertaining evening with a number of well known local athletes turning up to represent their clubs and although on this occasion no one dipped under 4 minutes for the mile, one or two runners came very close. In the final, which had to be restarted due to a mechanical fault on one of the treadmills, it was Sutton-in-Ashfield Harriers who were the victors beating the Rotherham 'A' team in a hard fought battle, to go through to the national finals at Wembley.

FORTHCOMING RACES

The diary of forthcoming races is now being compiled by Ian Darley.

Jun 24th BOSTON HALF MARATHON

Jul 1st OTLEY HALF MARATHON
Start 11.45 am. Entries:- G Baines, 90 Harrogate Road, Rawdon, Leeds LS19 6ND.

STARS AND STRIPES HALF MARATHON
Start 9.00 am. Entries:- Mansfield District Council Leisure Services Department, 58/60 Leeming Street, Mansfield, Notts NG18 1NG

PICCADILLY MARATHON

Jul 2nd HATHERSAGE GALA FELL RACE
(3½ miles/700' ascent)

Jul 3rd HOPE FELL RACE
(4 miles/650' ascent)

Jul 4th STEEL CITY MILE
Hillsborough Athletics Stadium
(See Striders News No 10 for details and entry form).

Jul 7th THURLSTONE CHASE
(4½ miles) Start 3.00 pm.
Entries:- Graham Morrison, 8 Balmoral Close, Thurlstone, Penistone, Sheffield S30 6RT.
Entry fee £1.25 (c/d 30.6.84)

Jul 8th MOSSLEY '10'
Start 11.00 am. Entries:- Jack Haslam. 10 Higher Dunsicar, Egerton, Bolton BL7 9TE.

BARRON MEATS '10'
at March, Cambs. Start 1.00 pm
Entries:- Mrs S Smith, 12 Kingsley Street, March, Cambs.

Jul 15th LINCOLN 10 MILE CLASSIC
(Lincoln Grand Prix Series)
It is hoped to organise a coach to this event. If you are interested - contact Rob Leonard as soon as possible.

Jul 18th BAMFORD CARNIVAL FELL RACE
(3.75 miles/600' ascent)

Jul 22nd/28th TOUR OF TAMESIDE (6races)
Entries:- Ron Hill Sports, PO Box 11, Hyde, Cheshire SK14 1LL

Jul 25th PRINCE OF WALES HALF MARATHON
Start 6.30 pm. Entries:- Mr C Wing, 41 Renishaw Avenue, Rotherham, S Yorks.

Aug 1st LOCKE PARK ROAD RACES (BARNSELY)
(5 miles) Entries:- D H Bennett 40 Newhill Road, Monk Bretton, Barnsley S71 1XH. Entry fee 60p

Entry forms for most of the above races are available from either Ian Darley or Rob Leonard.

THE AAA/ESSO 5 STAR CROSS COUNTRY AWARD
SCHEME FOR YOUNG PEOPLE (9 - 16 YEARS)

The club has recently received details of the AAA/Essso Award Scheme for clubs and schools.

The aims of the scheme are to encourage in young people a long term interest in cross country running and to acknowledge effort and prowess in the sport. The awards (graded from 1 star up to 5 star), are gained by accumulating points in three areas of involvement :-

1. Training - to take place anytime, anywhere over a training period of 10 weeks.
2. Competition - A race of any sort eg class, school etc with points awarded for finishing position, and
3. Time trial - Run against the clock with points awarded for performance against standard times.

Dave Ashurst and John Rothwell are to

introduce and co-ordinate the Striders involvement in the award scheme and this will hopefully be the first stage of a longer term aim to provide regular training/racing facilities and opportunities within the club for youngsters. On completing the scheme, participants will receive an attractive certificate and a se-on badge indicating the grade achieved.

If you have a son/daughter/neice/nephew or young friend who would be interested in taking part in the scheme later on in the year, or if you would like further details - contact either John or Dave. Please note, that for a youngster to take part it will not be necessary to be a member of the club, but it is hoped that the enjoyment from participating in the scheme may encourage young people to join the Striders which in turn will lead to the formation of an active junior section.

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The following poem was poignantly written by Craig Jenkinson on the 7th May, the day after the Woodhall Spa Marathon which he ran in but didn't finish.

MARATHON BLUES

How do I face my friends and foes;
The people at work, the people at home?
Confident, fit, hungry to go;
Yet struck at oneself, the fatal blow.

What was it stopped me, guess I'll never know,
Sure didn't run too fast, and nor too slow.
That far before, surely should have done it again;
Was it lost will, belief, that defeated my claim?

The brickwork stood before me, I'd reached the first fence;
Of that hurdle, speak in reverence, for it is awesome, immense.
My mind rattled hard, against seemingly impregnable fortress;
Yet lacking will, defences eroding, wanting the prize less and less.

And so I failed, at '22', where so many others succeeded;
They know consolation is not enough, for me, one of the defeated.
And yet they'll help me to live, to fight another day;
Of course I'll be back, June victory will vanquish failure in May.

by Craig Jenkinson

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