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Dave Ashurst

# STRIDERS

# NEWS

Newsletter of the Steel City Striders Running Club

(Affiliated to the AAA & WAAA)

## ARRANGEMENTS FOR THE CLUB TRAINING RUN - WEDNESDAY, 22ND AUGUST 1984

Please note that on Wednesday, 22nd August 1984, both the Rowlinson AND the Pine Grove training runs will be held from Rowlinson Sports Centre at approx 6.30 pm when members of the club are invited to accompany the LE JOG team in a run across the city on the final 'leg' of the 4th day of their Land's End to John O'Groats relay run.

The run will be about 9 miles from Rowlinson to Concord Sports Centre and for those who take part, Keith Ibbotson will be organising transport to ferry clothing from Rowlinson to Concord, or to take people back to Rowlinson after the run.

The LE JOG team are hoping for a good turn out to support them at the end of a gruelling day which will have started over 12 hours earlier in Stratford upon Avon (see also - articles entitled 'LE JOG 84' and 'SOCIAL EVENTS').

## QUEENS TOWER SQUASH CLUB - MEMBERSHIP

### IMPORTANT NOTICE

Would all members, particularly those who go to Queens Tower on Monday nights, please note that we are in the process of negotiating a generous (group) corporate membership deal with Queens Tower.

At present we each pay a 50p charge to use the facilities on Monday nights, but under the new arrangement, Striders members will be able to join Queens Tower on a corporate basis for only £10 a year. This fee will enable our members to use all the facilities (except the squash facilities), not just on Mondays, but on any day and at any time, and given this

the Committee will be giving consideration to increasing the weekly runs from this venue.

The Queens Tower management hope that all our club members who currently go along on a Monday on a regular basis will take advantage of this offer to make it worth their while administering a corporate membership scheme on our behalf. If you are interested (and surely all regulars must be!), we need to know as soon as possible, therefore let either Phil Samuels or John Rothwell have your names by the end of July at the latest.

NB: For club members who only go along to Queens Tower on a casual basis - the 50p charge will still apply and be payable.

## WOODBOURN ATHLETICS DEVELOPMENT CENTRE

On 30th May 1984 John Rothwell attended a meeting to discuss the proposed Woodbourn Athletics Development Centre. The Centre, which will include the full range of track and field facilities, will be situated on what is currently derelict land bordered by Worthing Road, Woodbourn Road, Broad Oaks and Staniforth Road in Attercliffe.

The meeting was organised by the Recreation Department and was the second of a series of get-togethers set up to establish a means of communication with the athletes/users etc via their (club) representatives. Hugh Duff of the Recreation Department reported that since the last meeting (December), the Department of the Environment have given approval for the project and that because of financial constraints, the scheme will be phased. The first phase will consist of the construction of the track which will be synthetic, floodlighting, changing accommodation, storage, offices, car parking, first aid and toilet facilities etc.

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Woodbourn Athletics Development Centre  
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Hopefully work on the Centre will start later this year and the completion of phase one is scheduled for May 1986. If anyone would like further information - please contact John Rothwell

SPORTS INJURY CLINIC

We have just received details of a new sports injury clinic which has opened at the following address :-

West Street Workout, 52 West Street,  
Sheffield S1 4EP. Tel 739074

The clinic, run by two sports therapists, Geof Ashmore L.Ch.S.R.Ch. and Bernard Nolan M.K.Acu.Ass.M.J.S.Ass., aims at enabling sportsmen and women to undergo treatment for their sports injuries at a reasonable cost and to get them back to peak fitness in a minimum amount of time.

Prices are as follows:- 1 treatment £8,  
Course of 5 treatments £35, course of 10 treatments £65.

If you have any questions about the clinic go along and have a chat or telephone the above number.

NON PERMIT RACES

A reminder to all club members that it is a contravention of the laws of the AAA/WAAA to run in non-permitted events (ie races that are not held under AAA, WAAA, ECCU or WCCA rules). How can you tell if a race has been granted a permit? It is a requirement that all advertising, printed matter, programmes and race entry forms state that the event is being held under AAA/WAAA/ECCU/WCCA (as applicable) laws. If a race entry form does not carry such a statement it may be assumed that the race has not been granted the necessary permit. Athletes belonging to affiliated clubs who take part in such events do so at their own risk and anyone reported to the AAA/WAAA for infringing this ruling is liable subject to investigation, to be barred from future competition!

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

SOCIAL EVENTS

Event: LE JOG SOCIAL EVENING  
Date: Wednesday 22nd August 1984  
Time: 8.00 pm (onwards)  
Place: The Fat Cat, Alma Street  
Admission: Free!

A fund raising social event (which will incorporate a mini auction of miscellaneous items!) with the LE JOGGERS on the night that they stop over in Sheffield en route from Land's End to John O'Groats. Please try to come along to what should be an entertaining club get together.

CLUB VESTS

Following an article in Striders News No 8 (March 1984), many members ordered a club running vest through John Rothwell or Dave Ashurst.

These vests at last became available during the week preceding the Sheffield Marathon and by special arrangement, members were allowed to purchase theirs direct from Richard Hnat Sports although the intention was and still is that club vests will only be available through the club and will not normally be on 'open' sale.

Unfortunately the vests were not manufactured to the correct specifications as stated when the order was placed and as a result the stock has been removed from sale and the vests are to be remade! It has been agreed that those members who ordered a vest through the club and who purchased theirs from Richard Hnat's prior to the marathon will receive free of charge, one of the replacements when they arrive. Most of those to whom this applies we will know about because Richard (& his staff) were asked to keep a record, but to make certain that we are aware of everyone - WOULD ALL THOSE CONCERNED CONTACT JOHN ROTHWELL AS SOON AS POSSIBLE and provide proof of purchase.

NB This only applies to those who bought one of the NEW vests!

Finally, would those members who ordered a vest some time ago and did not buy one prior to the marathon please note that you will be informed as soon as the replacements become available.

The Committee would like to apologise for the unfortunate delay and any inconvenience caused by this 'cock-up!'

LE JOG '84

With just over 4 weeks to go to the Steel City Striders Land's End to John O'Groats relay run, the organisation of the event is now well under way with a number of companies generously supporting the run by giving either financial or material assistance. They include Brinsworth based grocery concerns NISA Limited and Escafeld (Grocers)Ltd, Amdahl (UK) Ltd, Steel City Marketing Ltd, Nabisco Brands Foods, Multipower (Sports Direct Ltd) and one or two others.

For members who have only recently joined the club, or for those who may have missed previous articles in Striders News, the 900+ mile run will involve a team of 16 club members (9 men and 7 women) and is in aid and on behalf of the British Heart Foundation. An ambitious fund raising target of £5000 has been set and this money will hopefully be raised, not only from individual sponsorship (see below), but through donations from companies (eg the Anglia Building Society who are to make a donation to the BHF in return for publicity from the team calling in at branches of the Society along the route!). Also, fund raising social events are being organised throughout the run. One such event is planned for the evening of Wednesday, 22nd August at the Fat Cat on Alma Street, to coincide with the run passing through the city (see article on the front page regarding the club run on that night). The evening is being organised in conjunction with the local branch of CAMRA and should prove to be a very entertaining and sociable get together in the usual Striders tradition. All club members are cordially invited and it is hoped that as many of you as possible will come along to support the team (see article on 'SOCIAL EVENTS').

The team will also be looking to fellow club members to support the work of the BHF through the 'LE JOGGERS' by sponsoring them in their endeavours. Graeme Siddall, Ruth Shield and Rachel Leonard will be approaching members with sponsorship forms and your generosity will be greatly appreciated. If there are any members who don't get along to the weekly runs, but who would be willing to sponsor one of the team, or if anyone would be willing to take a form and seek sponsorship on behalf of the 'LE JOGGERS', please let either John Rothwell or Phil Samuels know. Again your help and enthusiasm would be most welcome.

Finally, watch the local press for features on LE JOG which will hopefully appear, along with team photos etc during the build-up to the event.

#### AAA EXTRAORDINARY GENERAL MEETING

Ian Darley and John Rothwell as representative members of the Amateur Athletic Association attended the Extraordinary General Meeting held in London on 9th June 1984.

The main business of the day was to consider a number of progressive resolutions (13) proposed by the General Committee of the AAA (plus amendments!), in response to the Turner Report regarding the formation of a single governing body for athletics in the United Kingdom.

The General Committee's main resolution, which after lengthy discussion and the defeat of an amendment put forward by Cardiff AAC, was carried by an overwhelming majority, agreed that the AAA promotes and supports the formation of a new athletic body as the "only national governing body for all amateur athletics in the UK of Great Britain and Northern Ireland" by the expansion of the constitution and activities of the BAAB to embrace all matters affecting the administration of athletics in the UK provided:

- a) that the preferred structure of the new body be a federation;
- b) that in any revised constitutions of the new body and of the AAA the area associations of the AAA shall be retained;
- c) that the voting powers of the constituent bodies of the new body and sub committees of its council of management shall "more accurately reflect" the number and size of bona fide athletic clubs in the UK;
- d) that there shall be a reappraisal of the financial sections of the Turner Report which do not constitute a viable basis for a reformed UK organisation.

It was further agreed (resolution 12) that "the men's and women's associations of England shall be vigorously encouraged to amalgamate", and (resolution 13 - proposed by Shaftsbury Harriers) "that the General Committee acts upon the resolutions passed at this General Meeting with all reasonable speed and reports on progress in each subsequent Annual Report of the Association".

Full details of the meeting are available from either John Rothwell or Ian Darley.

## RACE REPORTS AND RESULTS

Bank Holiday Monday, 28th May, saw two Striders women achieve notable race victories, as far as we know the first in open competition by club members.

In the South Yorkshire Road Race League Rachel Leonard, improving all the time, turned in another excellent performance to follow her recent 2nd place in the Woodhall Spa  $\frac{1}{2}$  marathon with a win in the Askern  $\frac{1}{2}$  Marathon. Whilst Rachel was running to victory in South Yorkshire, Mary Howarth was taking part in the tough Tansley '10' held in the foothills of Derbyshire near Matlock. Mary fresh from her 3.30 London Marathon, won her first race coming home in 78 minutes. Well done to both women, now let's see the men follow that...

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### Mars London Marathon - 13.5.84

Gordon Smith (3.40:--), John Hunt (3.42:--), Steve Memmott (3.44:22).

### Askern $\frac{1}{2}$ Marathon - 28.5.84

Rachel Leonard (59.04 - 1st woman).

### Bradford Marathon

Roger Rowe (3.01:16 - 60th).

### Tansley '10' - 28.5.84

Wayne Farrell (68.03 - 25th), Mary Howarth (78.00 - 1st woman).

### Branston Half Marathon - 3.6.84

Malcolm Bramhall (1.30:12).

### Clumber '10' - 3.6.84

Graeme Siddall (58.37 pb), Wayne Farrell (60.03), Andy Oxley (65.38).

### Sheffield Marathon - 17.6.84

For those who read his poem in last month's Striders News, we're pleased to report that Craig Jenkinson completed the Sheffield Marathon in just over 4 hours.

We intend to publish a comprehensive list of Striders results next month and so far we know the times of about 60 members who took part. If you want your result including, please let the editors have the details as soon as possible.

### Phoenix '6' - 17.6.84

Rachel Leonard (43.30 - 2nd woman), John Rothwell (44.29 - 63rd).

### Southwell 10Km - 24.6.84

Rachel Leonard (40.02 - 2nd woman)

## SPORTS QUIZ NIGHT - 29.5.84 (REPORT)

There was an excellent turn out of over 60 members, relatives and friends at the Manchester Hotel for the club's first sports quiz night organised by social secretary Richard Hnat.

The competition, held on a straight knock-out basis, was contested by eight teams of four people with Richard acting as the quizmaster and ably assisted by Audrey Gomersall as scorer.

The evening opened with a light hearted first round of 4 eliminating matches. These were followed by a break for Pie & peas! and supper over, the quiz continued with the more serious semi-finals and the closely contested final between Dave Denton's team (Dave, Chris Jackson, Gerry de Vane and Gordon Hill), and Dave Ashurst's team (Dave, Rob Leonard, Chris Shortland and John Rothwell).

In the final both sides showed a surprising wealth of local and general sporting knowledge, particularly Chris Shortland and Dave Denton for their respective teams, but at the finish it was the Ashurst 'fearsome foursome' who triumphed 39 - 31 to take the title 'Steel City Striders 1984 Sports Quiz Champions' and the prize of 4 bottles of wine.

## WEIGHT TRAINING

Many runners have discovered that a weekly mileage of 60 or even 100 miles does not necessarily lead to an improvement in race times; some may even find that their times deteriorate. This is mainly because the body adjusts to a known workload, and so maintaining the same training creates a static fitness level. To increase running performance by achieving faster times, then supervised weight training is a recommendation.

Striders women who are interested in taking up weight training may do so under the supervision of a female instructor at Queens Tower on Monday and Thursday evenings between 5.30 pm and 7.30 pm. There is a charge of 50p for the use of the facilities etc. Sorry guys, women only! Ian Darley is still looking for supervised weight training facilities for the men and the manager of Queens Tower is seeking a qualified male instructor. Further details will be published in forthcoming issues of Striders News. Anyone interested, male or female, should contact Ian Darley.

## FORTHCOMING RACES

All the following races are being held under AAA, WAAA, ECCU or WCCA rules.

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

Aug 5th BARNSELEY '6'  
(c/d 13.7.84) Entries:- Barnsley  
Metropolitan Borough Council,  
Amenities & Recreation Depart-  
ment, 50 Huddersfield Road,  
Barnsley S75 1DR.

LOUGHBOROUGH HALF MARATHON  
Start 11 am. Entries:- Dr K  
Moore, 16 Berkeley Road, Lough-  
borough, Leics LE11 3SJ.

NEWARK HALF MARATHON  
Entries:- The Race Organiser,  
Edward Bailey & Son, 25 Stodman  
Street, Newark, Notts NG24 1AR

Aug 12th BOB MIDWOOD 10 MILE ROAD RACE  
(c/d 6.8.84). Start 11.30 am  
Entries:- M. McNally, 29 Haver-  
croft Rise, South Hiendley,  
Barnsley, S. Yorks.

Aug 19th DARLEY BREWERY '20'  
(c/d 4.8.84) Entries:- Mr D  
Jennings, 'Silverdale', Kirton  
Lane, Stainforth, Doncaster.

Aug 19th STEEL CITY STRIDERS - LE JOG'84  
to LAND'S END - JOHN O'GROATS  
Aug 27th ROAD RELAY RUN

Aug 27th ASKERN '10'  
Start 12 noon. Entries:- Mr K  
McAvoy, Hon Secretary, ADRC,  
58 Instone Terrace, Askern,  
Doncaster DN6 OAW.

Sep 2nd ROTHERHAM MARATHON  
(c/d 18.8.84) Entries:- Mr A C  
Braham, 167 Brampton Road, Wath  
upon Dearne, Brampton Bierlow,  
Rotherham, S Yorks.

2ND WINDMILL HALF MARATHON  
(c/d 1.8.84) Entries:- Marathon  
HQ, Town Hall, Lytham St Annes  
FY8 1LW.

ADIDAS BRITISH MARATHON  
Entries:- Vince Regan (Race  
Director), 424 St Helens Road,  
Bolton, Greater Manchester.

Entry forms for most of these races are available on request from Ian Darley or Rob Leonard.

## PARIS TO VERSAILLES 10 MILE ROAD RACE

This is it folks, the Striders are hoping to go abroad this year!

The race is on Sunday 28th October 1984 and there are 4 travel/accommodation options available through Barry Whitmore Sportsmans Travel Athletic Tours as follows :-

### Option 1 (4 days/3 nights)

Bed & breakfast in the Novotel 4 star executive package. At the Novotel there are 2 restaurants, a grill room and "L'oeuf et la Poule", a very original buffet restaurant where you can help yourself for a fixed price.

Cost:- twin/triple room - £89 per person.  
Group rates:- 10-19 people - £86 per person, over 20 people - £83 per person.  
There is a single room supplement of £39 per person.

### Option 2 (3 days/2 nights)

The Novotel 4 star mini-executive package will enjoy the same facilities as above, but is for 2 nights instead of 3.

Cost:- twin/triple room - £75 per person.  
Group rates:- 10-19 people - £72 per person, over 20 people - £69 per person.  
There is a single room supplement of £26 per person.

### Option 3 (2 days/1 night)

Ideal for those who cannot take Friday/ Monday off work.

Cost:- twin/triple room - £49 per person.  
Group rates:- none.  
There is a single room supplement of £13 per person.

### Option 4 (4 days/3 nights)

FIAP AD budget package. Bed & breakfast, restaurant and cafeteria available.

cost:- twin/triple/4 & 6 bedded rooms - £69 per person.

Group rates:- 10-19 people - £66 per person, over 20 people - £63 per person.  
There is a single room supplement of £18 per person.

Travel is by luxury coach with departure points at Manchester (options 1 & 4 only) and London.

### Other costs:-

Manchester to London (return) transfer fare (Options 1 & 4)	£12.00
Race entry fee	£5.00
Insurance cover	£6.00
Optional Saturday excursions	£3.50

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Paris to Versailles 10 Mile Road Race  
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The details quoted here have been obtained by Ian Darley. If anyone is interested in going over to France for the weekend, either to run or just to spectate - please get in touch with Ian as soon as possible for more information and a race entry form! Ian has expressed a preference for Option 1 at a group rate if sufficient people are interested.

CHATSWORTH CHASE - 23.9.84

The organisation of the 'Duke of Devonshire's Chatsworth Chase' is now well under way. Race entry forms/posters are available for distribution on request and adverts are appearing in current issues of Running Magazine. The event is being sponsored primarily by Richard Hnat Sports and assisted by Brooks, Ron Hill Sports, and Running Magazine with the Derbyshire Building Society sponsoring the medals and medal ribbons and the TSB donating a number of trophies. During the weekend of the 22nd/23rd September, the BBC are filming a programme for the deaf which will feature the Sheffield Central Deaf Club, one of the joint beneficiaries of the Chase, and it is almost certain that the cameras will be in Chatsworth Park to film the race as part of that programme.

On 22nd June, the organising Committee went out to Chatsworth to take a look at the proposed course to be used for the race. It will be a very scenic single lap of the estate and run on varied terrain. The fun run and start of the Chase will be across open meadow before the course narrows and takes in rough moorland paths. After about a mile there is a stiff climb over open, uneven pastureland. Once up the hill and back on the level, the route enters the most picturesque part of the course along woodland paths with breathtaking panoramic views of the estate below. Having passed the Hunting Tower and skirted the 2 isolated tree lined lakes the course begins to descend, gently at first, through the woods behind Chatsworth House. Soon the track becomes a rough tarmac path and there are one or two hairpin bends to add to the excitement as the descent gets steeper. Then its back out into the open to finish across the meadow near where the race start will have been.

One of the natural hazards that most race organisers don't have to contend

with will be the wildlife. On the evening when the Committee were there both sheep and deer were roaming free and unconcerned across the proposed course!!!

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We want the race to be prestigious and capture the imagination of the running world. Having been given permission to hold the event in Chatsworth Park is a good start, in fact we believe that it is a real scoop, BUT we must ensure that the organisation is second to none otherwise the reputation of the race AND the club will be tarnished. We have estimated that about 200 officials will be needed on the day to act as marshals on the course, staff the finish, act as stewards etc etc etc. The club has 160 members and so far Ian Darley has received only about 60 offers of help...YOUR assistance would be greatly appreciated. PLEASE let Ian Darley have your name and/or the names of friends and relatives who would be willing to help - as soon as possible.

PUBLICITY

About 1700 Information Sheets advertising the club were given out in Hillsborough Park to runners as they completed the Sheffield Marathon/1/2 Marathon. The Committee would like to take the opportunity of thanking in particular, Rachel Leonard and Nicky Brown for their help and also those club members who assisted with distributing the leaflets after having just finished the race!

CLOTH CLUB BADGES

Unfortunately, at the time of going to 'press' the sale of the cloth badges had been suspended. This is because, contrary to the manufacturer's claims, the badges do not retain their colour when washed. The firm concerned have accepted that they are defective and have agreed to reproduce them.

NEXT MONTH :-

Special anniversary issue  
Exclusive report on the Steel City Mile  
PLUS!!!  
The next installment in our great serial  
- "CLUB VESTS!"

ALL THIS AND (NOT MUCH) MORE IN  
STRIDERS NEWS NO 13 (AUGUST).