

No. 13

AUGUST 1984

Editors: John Rothwell
Dave Ashurst

STRIDERS

NEWS

Newsletter of the Steel City Striders Running Club

(Affiliated to the AAA & WAAA)

EDITORIAL

Happy birthday Striders News!!

This issue marks the first anniversary of Striders News. It was unanimously agreed by the Committee at their meeting on 10th July, that the newsletter should continue to be published in its present format and on a monthly basis and it is hoped that this decision is endorsed by you, the members.

As always, your views and any suggestions (in writing!) for improvement would be appreciated by the Editors and please remember - your contributions, whether they be race times, articles or letters are always welcome.

Please note: Ken Richardson will be responsible for distributing Striders News during the next few months. If you do not receive your copies, or if there are any problems regarding distribution - please get in touch with either Ken or Phil Samuels.

ORIENTEERING FUN RUN - 3.9.84

After the success of last year's Orienteering Fun Run, a similar event has been planned for this September. The run, organised this year by Les and Norma Parkes, will take place on Monday, 3rd at 7.00pm from Queens Tower Squash Club. Entry is free and is restricted to Striders members and members of Queens Tower only. On the back page of this issue of Striders News an information sheet has been printed giving full details of the event. Please note that it is important that you let Les or Norma Parkes know beforehand if you wish to participate.

On that night there will not be a training run for the beginners.

WOMEN'S CROSS COUNTRY ASSOCIATION

The club has recently affiliated to the Women's Cross Country Association. The WCCA is responsible not only for cross country running, but also women's road running in England and Wales.

RON HILL - HONORARY LIFE MEMBER

Dr Ron Hill, former European and Commonwealth Marathon Champion, recently accepted an invitation to become a Honorary Life Member of the Steel City Striders. Ron was invited to join the club following last year's very successful 'Ron Hill Talk & Open Forum' social event and is the first person to be conferred the honour of life membership to the club.

LE JOG SOCIAL EVENING - 22.8.84

As reported in last month's Striders News, the LE JOG team are holding a social evening at the Fat Cat on Alma Street to coincide with the Land's End to John O' Groats relay run passing through Sheffield. The evening will incorporate a mini-auction with all proceeds going to the British Heart Foundation. If anyone has any items that they would be willing to donate for the auction - please contact either John Rothwell or Phil Samuels. All such items donated will be gratefully received. Remember, the event starts at about 8.00pm and all Striders members are cordially invited.

See also Striders News No 12 (July 1984) for details of the club run on that night.

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

STRIDERS TRACK MEETING

Unfortunately, the proposed Striders Track Meeting, to have been held at the Hillsborough Park Athletic Stadium on 7th September 1984, has had to be postponed. The main reason for the decision to cancel the event is as a result of the sheer amount of time that has to be devoted to the organisation of the Chatsworth Chase. It is hoped to reschedule the track event for Spring 1985. The Committee would like to apologise for any disappointment caused by the postponement.

MIDDLEWOOD ROAD TRAINING GROUND

A reminder that if the Middlewood Road Training Ground is closed (Friday nights), as has been the case recently, alternative arrangements are usually made to run from Concord Sports Centre at Shiregreen.

Such runs from Concord will be at approx 7.30pm to give people time to get over to the Centre from Hillsborough. It is suggested that members meet in the foyer at the Sports Centre before getting changed.

AAA REGISTRATION SCHEME

It was reported at the South Yorkshire Athletic Association Meeting on 9th July, that the Women's Amateur Athletic Association do NOT recognise the AAA Registration Scheme! Although this will not directly affect Striders members, what it means is that women who have subscribed to the Scheme and are not members of an affiliated club, are still required to pay the 50p unattached levy when entering races.

CLUB RUNNING VESTS

In this issue it was hoped that we would be in a position to clarify the situation with regard to the new club vests, but at the time of going to 'press' (22.7.84), the matter remained unresolved. In the meantime members are advised not to purchase one of the latest vests from Richard Hnat Sports should they still be on open sale in the shop. All we can do is apologise once again, for the unfortunate and unacceptable situation in which we find ourselves!!

FORTHCOMING RACES

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

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

Aug 26th LINCOLN HALF MARATHON
(Lincoln Grand Prix Series). The coach will leave Pond Street (Sheaf Valley Baths) at 8.30am. If you wish to reserve a seat(s) - contact Rob Leonard as soon as possible. Fare £2.50.

Aug 27th ASKERN '10'

Sep 2nd ROTHERHAM MARATHON
(c/d 18.8.84)

2ND WINDMILL HALF MARATHON

ADIDAS BRITISH MARATHON

Sep 16th LINCOLN 10K CLASSIC
(Lincoln Grand Prix Series). The coach will leave Pond Street (Sheaf Valley Baths) at 8.30am. If you wish to reserve a seat(s) - contact Rob Leonard as soon as possible. Fare £2.50.

OLDHAM 10K
(c/d 3.9.84)

Sep 23rd CHATSWORTH CHASE
(c/d 31.8.84)

Sep 30th ROBIN HOOD MARATHON (NOTTINGHAM)
(c/d 30.8.84). It is hoped to arrange a coach to this event - if you are interested please let Rob Leonard have your name as soon as possible.

ENTRY FORMS FOR MOST OF THESE RACES ARE AVAILABLE ON REQUEST FROM IAN DARLEY OR ROB LEONARD.

SOUTH YORKSHIRE CROSS COUNTRY LEAGUE

The dates/venues for the 1984/5 South Yorkshire Cross Country League fixtures are as follows :-

21st October 1984 - Barnsley
4th November 1984 - Penistone
18th November 1984 -) Venues to
9th December 1984 -) be decided

Further details - contact Rob Leonard.

RACE REPORTS AND RESULTS

Skegness '6' - 20.5.84
Paul Proctor (35.26).

Cuckoo '10' - 28.5.84
Paul Proctor (60.59).

Louth '5' - 12.6.84
Paul Proctor (28.55).

Great North Run - 17.6.84
Barry Pape (1.20:03 pb - approx 250th out of a field of 25,000 !).

Sheffield Marathon - 17.6.84

Please note: The following list is known to be incomplete. If your result has not been given - let John Rothwell have the details for inclusion in next month's Striders News.

Full Marathon: B Wiles (?), G Siddall (3.18:17), M Foster (3.20:--), R Booth (3.26:42), R Flear (3.39:41 pb), K Gilbert (3.40:--), C Kelly (3.44:09), D Stones (3.46:--), R Allen (3.47:15), Chris Jackson (3.48:--), C Jenkinson (4.00:--), G Smith (4.02:--), L Parkes (4.03:--), S Hancock (4.04:28), J Curley (4.10:--), L Eyre (4.33:02), R Bradshaw (4.45:--), G de Vane (5.15:--).

Half Marathon: C Ward (1.13:-- - 20th?), S Calvert (1.23:--), R Leonard (1.24:18), D Denton (1.24:45), R Rowe (1.25:30), I Darley (1.27:10), W Locking (1.27:44 - 2nd in 50/59 age group), W Farrell (1.29:--), M Bramhall (1.31:00), P Proctor (1.31:08), D Owen (1.33:--), R Stevenson (1.34:--), J Mitchell (1.34:--), A Oxley (1.34:36), Sue Craythorne (1.35:--), W Bendell (1.36:--), H Elliott (1.36:--), P Samuels (1.36:48), J Craythorne (1.37:--), M Hadfield (1.37:30), P Billington (1.38:--), Ruth Shield (1.38:50), L Parmenter (1.39:--), T Gomersall (1.39:--), A Croft (1.40:--), A Henshaw (1.40:--), M Derrick (1.40:30), S Memmott (1.41:--), W Jackson (1.42:44), M Jackson (1.42:44), J Hunt (1.42:59), P Howson (1.45:--), R Ashurst (1.46:--), Lis Colquhoun (1.47:--), Gill Samuels (1.47:30), Ann Wilkinson (1.49:--), C Hansford (1.50:--), Mary Howarth (1.51:--), I Colquhoun (1.55:--), Jean Locking (1.57:--), Marie Miller (1.57:--), Jackie Hunter (2.04:--), K Richardson (2.04:--), K Stones (2.07:--), Fran Robinson (2.13:--), R Lindop (2.11:--), Norma Parkes (2.16:--), Chris Burgin (2.18:--),

B Ferrar (2.28:--), Sue Perry (2.28:--), Margaret Clark (2.28:--), Rod Clark (2.41:43).

Pennine Marathon - 1.7.84
Bob Booth (3.17:30).

Stars & Stripes $\frac{1}{2}$ Marathon 1.7.84
Mike Ingham (1.25:57 - see article: 'Beyond the Marathon?').

Piccadilly Marathon - 1.7.84
Roger Rowe (2.54:23 pb), Rob Leonard (2.58:--), Mike Ingham (3.13:49 - see article: 'Beyond the Marathon?').

Tiger '10' - 3.7.84
Graeme Siddall (62.42), Ian Darley (63.02).

Steel City Mile - 4.7.84
A report by John Rothwell.

The 1984 Steel City Mile event, held at the Hillsborough track, again provided an interesting evenings entertainment for the 60 members who turned up to participate and a number of others, along with friends and relatives who also came along to help or just to watch.

This year, with an increase in the number of entrants, there were 2 women's and 5 men's races graded according to ability over the classic distance of one mile. Most found the going tough on such a humid night, but the winners of each race were suitably rewarded with a superb commemorative trophy and the fastest senior man, veteran man and woman were presented with the perpetual Steel City Mile trophies to be held for 12 months. Neither the Senior Men's, or the Vet Men's records set last year by Paul Green (4.38) and Keith Ibbotson (5.10) respectively, were bettered, but Rachel Leonard, despite a back injury, predictably lowered Pauline Byrne's 1983 time by a mammoth 43 seconds to 5.44. Ruth Shield (5.55), Mary Howarth (6.01), Gill Samuels (6.13) and Ann Wilkinson (6.17) were also well inside last year's winning time.

The overall positions/times in each category were as follows :-

Senior Men: 1. G Riley (4.49), 2. T Clements (4.53), 3. R Leonard (4.55), 4. M Bramhall (4.56), 5. G Siddall (4.56), 6. L Parmenter (5.03), 7. A Oxley (5.05), 8. W Farrell (5.07), 9. J Rothwell (5.08), 10. R Vickers (5.10), 11. B Wiles (5.12), 12. B Keight (5.15), 13. P Samuels (5.16), 14. J Curley (5.17), 15. R Booth (5.20)

16. D Denton & C Shortland (5.21), 18, M Derrick (5.22), 19. R Stevenson (5.23), 20. P Billington (5.25), 21. D Owen & L Parkes (5.26), 23. D Ashurst (5.27), 24. R Smith (5.29), 25. M Hadfield (5.31), 26. H Elliott (5.32), 27. S Hancock (5.34), 28. S Memmott (5.35), 29. A Croft (5.36), 30. R Flear (5.37), 31. C Jenkinson (5.38), 32. P Howson (5.40), 33. M Brownley & G Smith (5.44), 35. L Burgin (5.54), 36. A Henshaw (6.00), 37. G Hill (6.05), 38. I Colquhoun (6.09), 39. L Eyre (6.10).

Veteran Men : 1. K Ibbotson (5.17), 2. W Locking (5.19), 3. J Mitchell (5.42), 4. J Hunt (5.55), 5. W Bendell (6.03), 6. G de Vane (6.49).

Senior Women : 1. Rachel Leonard (5.44), 2. R Shield (5.55), 3. M Howarth (6.01), 4. G Samuels (6.13), 5. A Wilkinson (6.17), 6. M Miller (6.35), 7. J Hunter (7.03), 8. S Perry (7.04), 9. J Tonks (7.05), 10. S Page (7.06), 11. C Burgin (7.28), 12. J Rothwell (7.54).

Veteran Women : J Locking (6.47).

Juniors : W Jackson (5.29).

Blackamoor Chase - 8.7.84

Barry Wiles (38.40 - 18th), Graeme Siddall (40.23 - 30th), Bob Booth (41.37 - 37th), Chris Jackson (46.42 - 72nd/2nd woman).

Goyt Valley 1/2 Marathon - 8.7.84

R Leonard (1.26:-- - 6th out of 300!).

Mansfield Triathlon - 8.7.84

A number of Striders members made the journey to Mansfield on 8th July to take part in the second Mansfield Triathlon. The following article entitled "Triathlon Temerity" ('Temerity means 'rashness' according to the Little Oxford Dictionary!), gives us mere mortals a brief glimpse into this demanding event.

This was a very enjoyable, well organised event held on a very hot summers day. Taking part from the club were :- Alan "anyone like to buy a bike?" Henshaw But there were no takers as he shouted his remark finishing the cycle ride. Gordon "Side door exit" Hill, showing a classic way to dismount from a bicycle! Malcolm "flat tyre" Hadfield who finished not realising his front tyre was well down.

Trevor "wot red lights?" Brown, who (so he says), had all the traffic lights favouring him; and "panic-stricken" Ken

Richardson who seemed to have everything going against him on the morning of the event.

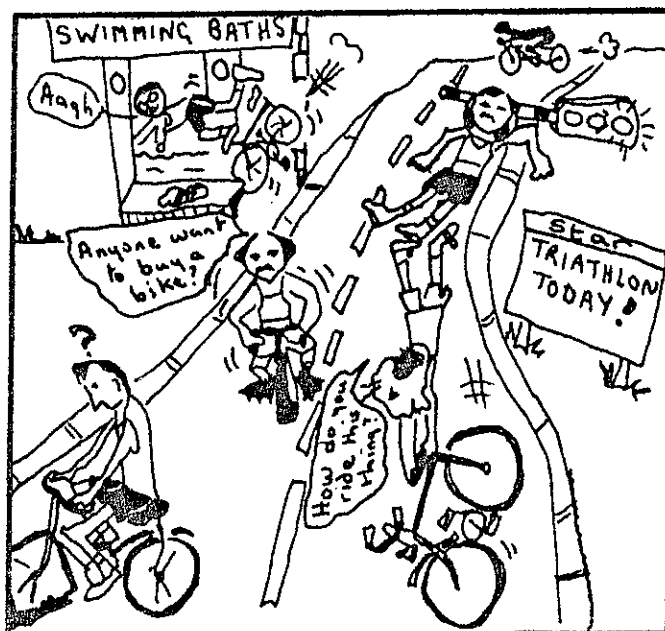
Unknown to the others Barry Pape was the Striders 6th representative in the event. Barry, only recently recovered from tendonitis, had trained hard for this his second attempt at the triathlon, cycling 760 miles, running 280 and swimming 8 miles during the previous 8 weeks.

The event, organised on a time trial basis began at 7.00am with the last of the 212 competitors away at 10.00am. The first 'discipline' was a 3 mile cycle race. This was followed by a 500 yard swim, a 19 mile cycle ride and then a 6 mile run on road and through sanded forest (at this point it became obvious why Gordon brought along a bucket and spade!).

At the finish Barry Pape, 2nd on the leader board for a long time, was eventually accredited with 5th place overall and 3rd in his age group with a superb time of 1.43:54. The finishing times of the other 5 were as follows :-

Trevor Brown (2.00:02), Alan Henshaw (2.13:12), Malcolm Hadfield (2.17:37), Ken Richardson (2.19:54), Gordon Hill (2.30:03).

They rode; they swam;
They rode; they ran;
And finished like this:



Cartoon by Jackie Hunter

PLEASE NOTE: The deadline for material for issue No 14 (September 1984) is 17th August 1984.

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

Southport Beach '10' - 15.7.84
Ian Darley (63.00).

Lincoln 10 Mile Classic - 15.7.84

Chris Ward (57.--), Barry Pape (58.45 pb), Rob Leonard (58.46 pb), Dave Denton (1.00:10), Roger Rowe (1.00:17), Barry Wiles (1.00:30), Mike Ingham (1.00:32), Graeme Siddall (1.01:24), Tony Clements (1.01:27), Mal Bramhall (1.01:45 pb), Wayne Farrell (1.02:15), Richard Vickers (1.02:40), Bill Locking (1.02:45), Laurie Parmenter (1.03:20 pb), Barry Keight (1.05:30), Jack Mitchell (1.05:30), Howard Elliott (1.07:02), Terry Gomersall (1.07:38), Alan Croft (1.08:--), Les Parkes (1.08:44), Ruth Shield (1.09:56 - 4th woman) Chris Hansford (1.11:16), Ray Allen (1.12:15 pb), Mary Howarth (1.12:26), Les Eyre (1.12:--), Russell Varns (1.14:55), Jane Tonks (1.24:36), Gerry de Vane (1.28:48), Fran Robinson (1.32:15), Norma Parkes (1.34:14), Debbie Pearson (1.35:04 - Beginners Night 'graduate'), Margaret Clark (1.40:--), Rod Clark (1.50:--).

BEYOND THE MARATHON ? - 1.7.84

By Mike Ingham.

Wanting to find something beyond the classic 26.2 mile marathon distance, I got out my past issues of Running Magazine and scoured the advertisements for the possibility of two races in one day. Having already entered the Mansfield (Stars&Stripes) Half Marathon, start time 9.00am, I found the ideal opportunity with the Piccadilly Marathon, start time 3.00pm. Enough time to drive over to Manchester, have a sandwich, a trusty Mars bar and a few drinks to top up!

The day starts at 6.00am; breakfast and ready to leave at 7.15am for the Mansfield race which starts on time. I set off for a steady run. 2 miles in 12.10, a bit quick with 37 miles still to go, so I ease up to reach 5 miles in 32.20. The course is undulating! up hill and down hill are both painful on the knees, are there no flat roads in Mansfield?. 10 miles in comfort (64.30), not far to go now. Soon it's into the park, with one tenth left I see the clock at 1.25 and counting, so it's a quick spurt to the finish in 1 hour 25 mins. and 57 secs. A few drinks then it's off to Manchester for another 26.2 miles with 7500 others.

The time is soon 2.50pm and I take my place for the start of the Piccadilly

Marathon. Did I have a psychological advantage over the others around me who had yet to start? I was $\frac{1}{2}$ round already! or, was I totally mad? 3.00pm and off we go. How fast to set off is the problem, so I carry on as normal to "get some in" as they say. At 5 miles in 32.50, 10 miles in 65.45 and 13.1 in 1.28:05. A marathon done and things are going well. Then at 14 miles I begin to feel ruff! and start to slow. Have I hit the wall with 12 miles to go? Still, a drink to come at 15 miles, but only water at all the feeding stations (how I'd love a drink of orange). I reach it in 1.43:20 and take time with my drink then off again still worse for wear. At 18 miles another drink and a welcome ice pop from a spectator. I suddenly feel better and settle back into 8 minute miling. 20 miles reached in 2.23:35. Into the last 6.2 now and as I begin to pass others running slowly or walking (non of that!) it makes me feel good and surprisingly the miles pass well. 25 in 3.04:50. Only 1.2 to go and the crowd is thickening, urging all runners on. Into the park now and feeling strong I finish in 3 hours 13 mins. and 49 secs. Everything now is all worthwhile, my 39.3 miles over. It's off to find my bag, then a tasty ice lolly (I would have paid anything for it), whilst I relax and watch the other runners coming in.

Beyond the Marathon? The answer was YES!

RUNNING DIARY & LOG

Bruce Tulloh's 1985 Running Diary & Log (to be published on 1st October) is available to athletic club members at a discount price of £3.00 (will normally be on sale at £3.50). If any member would be interested in ordering a copy through the club - please contact John Rothwell.

WEIGHT TRAINING

Supervised weight training for men is now available at Queens Tower Squash Club on the following days each week :-

Wednesday : 6.30pm - 7.30pm

Friday : - Lunchtime -

For further details - contact Ian Darley. (For details of the weight training facilities for women - see Striders News No 12).

STEEL CITY STRIDERS
RUNNING CLUB

PRESENT

THE NEW 1984 'ORIENTEERING' FUN RUN!!!
(70 minutes time limit)

Monday 3rd September, 1984
at 7.15 p.m.

(Assemble 7.00 p.m. when details will be circulated)

FROM

QUEENS TOWER SQUASH CLUB
Norfolk Park, Sheffield 2

OPEN TO STRIDERS MEMBERS AND MEMBERS OF QUEENS TOWER SQUASH CLUB ONLY

There is no entry fee but entrants who are not members of Queens Tower will be required to pay the usual 50p charge for use of Queens Tower facilities

PRIZES TO FIRST MAN AND FIRST LADY

The event is loosely based on the principles of orienteering in that participants will be required to accumulate as many points as possible by visiting as many 'CONTROL POINTS' as possible in the allocated time (70 minutes). The location of the 'CONTROL POINTS' will remain secret until 15 minutes before the start of the run, when details will be circulated. Entrants will be given a map with 30 'CONTROL POINTS' indicated and a list of 30 accompanying questions to answer. The answers to these questions will provide the basis for scoring the event.

PARTICIPANTS WILL NEED A PEN OR PENCIL AND A WRIST WATCH FOR THE EVENT,
THESE ITEMS ARE IMPORTANT SO REMEMBER TO BRING THEM ALONG WITH YOU.

It is hoped for a good turn out for what should prove to be a fun run in every sense with map reading ability, navigation, ingenuity, local knowledge and time keeping equally, if not more important than actual running ability.

If you wish to participate please contact

LES or NORMA PARKES

at Hillsborough (Fridays) or Pinegrove (Wednesdays), or telephone on

695815

before 1 September, to give an idea of numbers.