

Editors: John Rothwell
Dave Ashurst

STRIDERS**NEWS**

Newsletter of the Steel City Striders Running Club

(Affiliated to the AAA & WAAA)

CHATSWORTH CHASE - 23.9.84

The following people will require the assistance of volunteers to help during the weekend of 22nd/23rd September with various aspects of the organisation of the Chatsworth Chase:

- Ian Shepherd - Car Parking, sponsors, PA system, the press, programme selling etc.
- Keith Ibbotson - Marquees, baggage, toilets etc
- Phil Samuels - Course organisation including marshals etc
- John Rothwell - The finish area

Volunteers are being and will be drawn from the pool of helpers which is being administered by Ian Darley. At the time of going to press (16.8.84), only the helpers required at the finish have actually been appointed and it is important that those concerned remember to attend the meeting on 4th September (8.00pm) at the Sheffield Central Deaf Club. At that meeting the requirements for reporting on the day and individual duties etc will be explained. If you cannot come along you must notify John Rothwell as soon as possible. NB This meeting is only for helpers appointed as Timekeepers, Time Recorders, Rope Controllers, Number Judges, Funnel Stewards, Recorders, Medal/Goody Bag Distributors, General Stewards and Results Processors.

If, by mid September, you haven't been given any specific duties and still want to help, or for further information regarding helpers - please contact Ian Darley.

PLEASE NOTE: The deadline for material for issue No 15 (October 1984) is 21st September 1984.

RACE REPORTS AND RESULTS

Mars London Marathon - 13.5.84
Dave Brady (3.39:12).

Sheffield Marathon - 17.6.84
Dave Brady (3.33:16).

Bolsover '6'
Mary Howarth (40.15 3rd woman).

Thirsk Half Marathon - 15.7.84
Marie Miller (1.48:-- pb), Jackie Hunter (2.07:--).

Rotherham '6' - 22.7.84
Mary Howarth (43.00 - 1st woman).

Prince of Wales ½ Marathon - 25.7.84
1st Mike Hird (Bridlington) - 1.05:26
2nd Mick Thompson (Sheff AC) - 1.06:03
3rd Trevor Fieldsend (Sheff AC) - 1.07:40
1st Woman - Karen Goldhawk - 1.18:32

Striders Results

Chris Ward (1.13:36), Steve Calvert (1.19:26 pb), Dave Bonnington (1.21:32), Barry Wiles (1.25:01), Ian Darley (1.25:26), Bob Booth (1.25:26), Roger Stevenson (1.25:27), Wayne Farrell (1.25:40), Dave Owen (1.28:37), Gordon Smith (1.29:30), Andy Oxley (1.29:36), No 585 (1.29:41), Steve Memmott (1.30:43), Mike Ingham (1.31:40 - in fancy dress/also doing Tour of Tameside), Roger Flear (1.31:50), Dave Beech (1.32:10), Jack Mitchell (1.32:23), Mick Derrick (1.32:47), Winston Bendell (1.33:29), No 1707 (1.34:20), Mal Bramhall (1.34:30), Keith Hale (1.35:04), Malcolm Hadfield (1.35:46), Les Parkes (1.35:58), No 4122 (1.37:29), Mary Howarth (1.38:41), Alan Henshaw (1.38:58), Martin Brownley (1.40:26), Chris Jackson (1.40:46), Les Eyre (1.41:27), Gordon Hill (1.41:41 pb), Sue Craythorne (1.41:46), Stuart Crapper (1.41:59), Lis Col-

quhoun (1.42:15), No 1761 (1.44:42), Russell Varns (1.49:--), John Hunt (1.49:52), Ken Richardson (1.56:37), Dennis Tuft (2.01:--), Sarah Twentymen (2.05:--), Richard Lindop (2.07:32), Janet Rothwell (2.09:12), Norma Parkes (2.13:50), Richard Taylor (?).

Seven Go Mad In Tameside - 22/28.7.84
by Phil Samuels

"Let's go and do the Tour of Tameside '84" chortled Rachel.

"Jolly raatherr" said young Laurence.

"Whizzo!" chorussed Graeme, Philip and Robert.

"What a beastly wheeze" added Michael and Ruth.

So the seven mounted their trusty bicycles and set off over the Pennines on another adventure into uncharted territory.

The six races over seven days had been designed by a maniac. The first, on Sunday lunchtime, was a seven mile road race run in blistering heat over an "undulating course" (or so it said in the programme!). "A proper stinker" guffawed Michael.

Monday evening saw our gallant crew climbing a mountain in a six mile fell race which made Bill Locking's lung bursting runs seem like a jog round the park. "Golly gosh" wheezed Rachel.

The eleven mile Tour Across Tameside on Tuesday was flat for the first 8 miles then it climbed unrelenting for the last 3 and our noble adventurers collapsed into a heap on reaching the finish. "What a rotter!" gasped Ruth.

Wednesday was a rest day, but while the others put up their weary feet, Michael went and sleep-ran the Prince of Wales Half Marathon in his pyjamas! "Gosh that was brave Michael" stuttered Robert.

The 'New Balance' half marathon on Thursday evening saw our jaunty joggers circling Ashton town centre over a 'moderately hilly' 5 lap course to the tune of 'Charlots of Fire' blasting out from the PA van. "Phew, I'm pooped and I've got a rotten blister" complained Graeme.

Friday and the six mile cross country race brought 3 laps of a course apparently designed for BMX or cyclo-cross. Hawthorn bushes ripped lumps of skin off our weary heros and the sandy banks

drained the last few drops of energy from their aching muscles. "I'll be jolly glad when we get back to blighty" puffed Laurence.

The final race along the canals of Tameside on Saturday morning was the first flat run of the week, but the 52 miles of racing had taken their toll and no amount of persuasion could make the legs of our 'stupid seven' go any faster. They staggered over the finish line at the end of their double-marathon, relieved at having reached the end of their adventure. "Bugger this, I'm off to the pub!" said Philip and they all lived merrily ever after.

Results of Tour of Tameside 1984

Winner: E Hellebuyck (Belgium) 4.27:08

Striders

Rob Leonard	104th	5.27:15
Mick Ingham	156th	5.39:44
Laurie Parmenter	178th	5.43:33
Graeme Siddall	234th	5.58:56
Phil Samuels	263rd	6.05:55
Ruth Shield	305th	6.19:18
Rachel Leonard	367th	6.53:33

Newark Half Marathon - 5.8.84

Barry Pape (1.17:33 pb).

Bob Midwood '10' - 12.8.84

Rob Leonard (63.--), Rachel Leonard (75.--).

FORTHCOMING RACES

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

Oct 7th ROWNTREE AC - YORK '10'
(c/d 11.9.84). Entry Fee: £1.20.

Oct 14th WARRINGTON HALF MARATHON
(c/d 28.9.84). Entry Fee: £3.00.

Oct 21st CHESTERFIELD MARATHON
(also includes a $\frac{1}{2}$ marathon).

Oct 28th WORKSOP TRADER HALF MARATHON
(c/d 6.10.84). Entry Fee: £3.00.

Entry forms for all the above races are available from either Ian Darley or Rob Leonard on request.

CLOTH BADGES

At last the cloth badges, in club colours and incorporating the 'striding legs' logo have been reprinted and are now available for sale to club members. The cost per badge is 65p and they may be obtained from John Rothwell.