

MARIE MILLER
7 FREEDOM ROAD

S6

No. 15

OCTOBER 1984

STRIDERS

NEWS

Newsletter of the Steel City Striders Running Club

(Affiliated to the AAA & WAAA)

A MESSAGE FROM THE COMMITTEE OF THE "DUKE OF DEVONSHIRE'S - CHATSWORTH CHASE"

We would like to take the opportunity of thanking all those of you who helped out, in whatever capacity, with the organisation of the "Duke of Devonshire's - Chatsworth Chase" on 23rd September 1984. Your willingness and enthusiasm to assist was much appreciated.

Also, we should like to extend our gratitude to the people outside the Striders and especially to the many friends and relatives of club members who helped as well. To do this, may we ask that our appreciation be passed on by you to those concerned.

Without the invaluable contribution of all those involved either before the race, on the day and afterwards, the event would and could not have been the success that it undoubtedly was.

We look forward to, hopefully, seeing you again next year!

Dave Ashurst (Race Director), Ian Darley, Keith Ibbotson, Rob Leonard (Treasurer), John Rothwell (Chairman of the Committee), Phil Samuels (Secretary), Ian Shepherd.

EDITORIAL

A date for your diaries. The 1985 Annual General Meeting of the club will be held on Tuesday 22nd January 1985 (7.30 pm), at the Manchester Hotel, Nursery Street, Sheffield 3. It may be worth noting that because of the ever increasing membership of the club, it may be necessary to restrict this meeting to club members only. Full details will be published in the December issue of Striders News.

More information from Ian Darley on weight training. Supervised sessions for men are now held at Queens Tower Squash Club on Wednesday evenings from 8.00pm onwards. Further details from Ian.

A reminder that with the dark nights now with us again - WEAR LIGHT AT NIGHT and be seen when out training!

BEGINNERS NIGHT

A reminder that the club has a Beginners Night on Monday evenings at 8.00pm from Queens Tower Squash Club, Norfolk Park. These weekly sessions are short runs aimed at encouraging both the absolute beginner and the novice runner to take up the sport and to introduce them to the club and group running. So, if any club members have friends or relatives who have always fancied having a 'go', but have never quite got around to it - this is for them. Men, women and even children of all ages and in whatever current physical 'shape' will be made most welcome.

NB The Beginners Night will continue into the autumn and throughout the winter if there is sufficient demand.

For further details - contact either John Rothwell or Phil Samuels.

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

CHATSWORTH CHASE TEE SHIRTS

Would the following club members who ordered Chatsworth Chase Tee shirts through the club please collect them from John Rothwell as soon as possible :-

Karen Goodison, Alan Lemons, Paul Proctor, Jane Simm, Sue Craythorne and Ron Rutter (3).

SOUTH YORKSHIRE CROSS COUNTRY LEAGUE

The following dates and venues have been chosen for this year's South Yorkshire Cross Country League fixtures :-

21st October - Carlton (nr Barnsley)
4th November - Cannon Hall, Cawthorne,
(nr Penistone)
18th November - Clifton Park, Rotherham
9th December - Campsall (nr Askern)

At each meeting a full series of races will be held including events for 8 - 11 year olds, 11 - 13 year olds, inter girls, women and junior and senior men. Races start at 2.00pm.

The Striders is affiliated to this league, therefore all our members can take part free of charge. It is hoped that as many of you as possible will take advantage of this and represent the club at each of the fixtures.

NB Rob Leonard (tel. 307385), will need a full list of members wishing to participate. Also, if everyone running meets at Sheaf Valley Baths at 12.30pm - we shall be able to arrange lifts for those without transport of their own.

STRIDERS CROSS COUNTRY CHAMPIONSHIP

After the success of last year's club championship and following on from the South Yorkshire Cross Country League, the Striders will again be staging its own series of races in parks around the city.

The first event will be held in Longley Park on December 16th and further details will be published in next month's Striders News. Other venues (dates yet to be fixed) will be Shirecliffe, Hillsborough Park and Graves Park.

It is proposed that the Graves Park race be an open event with other local clubs being invited to take part.

FORTHCOMING RACES

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

Oct 7th CUTLERS 5 x 2 MILE CROSS
COUNTRY RELAY RACE Graves Park
Contact Rob Leonard for further details.

Oct 14th THE VICKY LEYLAND '10'
(c/d 1.10.84) Entries:- Mr J
Leyland, 171 Paulhan Street,
Great Lever, Bolton BL3 3DX

MELTON MOWBRAY HALF MARATHON

BIRCHFIELD '10'
(c/d 1.10.84) Entries:- R
Tilling, 53 Burnham Court,
Mascovy Road, Erdington,
Birmingham B23 7YW.

Oct 21st S YORKS CROSS COUNTRY LEAGUE
Carlton (nr Barnsley) - see
article for further details.

WOLVERHAMPTON HALF MARATHON
(c/d 7.10.84) Entries:- 84
Crossland Crescent, Tettenhall,
Wolverhampton WV6 9JZ.

DAVYHULME '15'
Entries :- Bob Anderson (Race
Director), 30 Newstead Road,
Davyhulme, Manchester M31 1QQ.

Oct 28th WORKSOP TRADER HALF MARATHON
(c/d 6.10.84) NB A (SYPT) double
decker bus has been hired to take club
members to this race. There will be room
for 70 people. The bus will leave Sheaf
Valley Baths at 11.00am. Fare 50p.

BERRY HILL MANSFIELD AC CROSS
COUNTRY RACES (c/d 14.10.84)
Races in all categories - start
1.00pm. Entries:- John Liddle,
10 Thoresby Road, Rainworth,
Mansfield, Notts. Further
details from Ian Darley.

LEEDS MARATHON
Entries:- J Keating, Leeds
Sports Centre, Beeston Road,
Beeston, Leeds.

Nov 3rd HOLMFIRTH '15'
(c/d 22.10.84). Entries:- Mr I
Moore, 20 Bradshaw Drive,
Honley, Huddersfield HD7 2EU.

Nov 4th GUY FAWKES '10'
(c/d 22.10.84) Entries:- Midd
Valley Runners, c/o Martin
Keeling, 2 Almsford Walk,
Harrogate.

S YORKS CROSS COUNTRY LEAGUE
Cannon Hall, Penistone - see
article for further details.

LINCOLN 10 MILE FUN RUN
Entries:- J A Cotton, 70 High
Street, Saxilby, Lincoln.

Nov 18th S YORKS CROSS COUNTRY LEAGUE
Clifton Park, Rotherham - see
article for further details.

PRESTON '10'
(c/d 8.11.84 or when 1000
entries received). Entries:- Mrs
K Welfare, 59 Ribblesdale Drive,
Grimsargh, Preston.

Nov 25th BARNESLEY MARATHON
Information from:- P Gledhill,
9 Richmond Road, Darton,
Barnsley, S Yorks.

Dec 2nd PRIMEPRINT & LAKESIDE $\frac{1}{2}$ MARATHON
There will be a coach to this
event leaving Sheaf Valley
Baths at 8.00am. Further infor-
mation & seat bookings - con-
tact Rob Leonard.

RACE REPORTS AND RESULTS

Please note - The Editors cannot 'lobby'
individual members for race results !
It is up to you to let us have details/
times etc (in writing please), for
inclusion in the RACE REPORTS AND RESULTS
section.

Lincoln Half Marathon - 26.8.84
Dave Denton (1.18:--), Ian Darley (1.21:
--), Barry Wiles (1.22:38), Bill Locking
(1. 24:--), Bob Booth (1.24:55), Mike
Ingham (1.25:30), John Evans (1.27:--),
Terry Gomersall (1.31:35), Keith Hale
(1.31:46), Roy Bradshaw (1.37:--),
Martin Brownley (1.39:14), Ray Allen (1.
1.39:30), Paul Atkinson (1.40:--), Mary
Howarth (1.41:--), Les Eyre (1.44:22),
George Appleby (1.44:22), Gordon Hill
(1.51.18), Mick Thursfield (1.52:--),
Jean Locking (1.53:--), Linda Young (2.
04:--), John Taylor (2.05:--), Richard
Taylor (2.17:33).

Askern '10' - 27.8.84
Les Eyre (1.20:40).

Longnor 'Mile' - 6.9.84
Ruth Shield (1st woman).

Longnor Fell Race - 6.9.84
Ruth Shield (2nd woman).

Wakefield Half Marathon - 9.9.84
Alan Howe (1.35:20), Les Eyre (1.40:40).

Ipswich Half Marathon - 9.9.84
Laurie Parmenter (1.29:14).

Deepcar Chase (Fun Run) - 15.9.84
Tied to running in the Fun Run because of
his age, Wayne Jackson finished 3rd in
the event behind two 15 year old Rother-
ham Harriers.
Wayne has been selected to run in his
school (Myers Grove) cross country team
in the Sheffield League during the coming
season.

Lincoln 10K Classic - 16.9.84
Chris Ward (34.11), Rob Leonard (36.26),
Ian Darley (36.51), Barry Wiles (37.05),
Paul Proctor (37.30), Bill Locking (37.
35), Mike Ingham (37.36), Trevor Brown
(39.39), Howard Elliott (39.39), Rachel
Leonard (39.48 - 6th woman), Terry
Gomersall (40.09), Craig Jenkinson (40.
20), Gordon Smith (40.20), Barry Keight
(41.05), Russell Varns (43.00), Mary
Howarth (43.00), Alan Croft (43.00), Les
Eyre (45.28), Jean Locking (47.48), Linda
Young (49.50), John Taylor (52.55), Gerry
de Vane (54.00), Richard Taylor (57.30),
Margaret Clark (60.58), Rod Clark (78.00)
Andy Oxley (Result not known).

Leicester Charities $\frac{1}{2}$ Marathon - 23.9.84
Laurie Parmenter (1.27:57), Ruth Shield
(1.32:31 pb - 2nd woman).

Mersey Marathon - 23.9.84
Roger Rowe (2.50:23 pb).

Chatsworth Chase - 23.9.84
Sen Men (17 - 39): 1. T Leonard (31.17)
2. M Deegan (32.21)
3. M Francis (33.10)

Vet Men (40 - 49): 1. I Wainwright
(35.58)
2. R Luke (36.45)
3. D Trickett (37.13)

First woman: S Carey (38.07)

Women (17 - 35): 1. A Deegan (40.15)
2. J Spence (40.16)
3. N Bargh (40.30)

cont/...

Vet Men (over 50): 1. R Lucas (40.23)

Women (over 35): 1. S Carey (38.07)

First male deaf competitor: R Luke (36.45).

First female deaf competitor: J Atkins (1.20:38).

Congratulations to Colette Mooney, Carol Atkinson, Marie Wright, Rachel Coffey and Kate Waddicor who, having joined the club during the summer as beginners, completed the Chatsworth Chase. Also, to Junior Member Paul Eyre on completing the Family Fun Run.

LE JOG '84

At shortly after 6.35 in the evening on Monday 27th August and amidst a wave of total apathy, the LE JOG team ran into John O'Groats at the end of their 900 mile relay run from Land's End.

The rain stopped and the sun came out during that last afternoon, but for a team that should have been elated it was something of a grand anticlimax, for the bleak cottages and crofts of John O'Groats, nestling unceremoniously in that top north east corner of mainland Britain signalled not only the end of the run, but also the conclusion of an adventure.

The watch, recording a cumulative time of 4 days, 17 hours, 46 minutes and 55 seconds was stopped, champagne corks popped, there was a waiting telegram and a photo session which was followed by the ritual signing of the 'book' in the First and Last Hotel, in which all LE - JOG journeys may be recorded for posterity.

When the muted early celebrations were over it was off to the ... cafe for bacon and eggs whilst Lis phoned an interview through to Radio Hallam. Then afterwards, yes, sure we went to the pub, sure we had a 'few', but perhaps the real celebrations had taken place the night before, on Gill's birthday, but then that's another story...

Next morning we were back in the minibuses, our homes for nearly 2 weeks, and on the road again this time homeward bound. But the adventure was not quite over. Still to come was our brief flirtation with Wanlockhead, Scotland's highest village with its antiquated youth hostel masquerading as an old folks home!, Mal Bramhall's birthday present and the team picnic near.... Blackburn!

To tell the full story of LE JOG in a few brief paragraphs would be impossible. It

has been suggested that we hold a club social evening which would incorporate a talk on LE JOG and your views on this suggestion would be welcome, but in the meantime, perhaps a few poignant/humorous/ heartfelt extracts taken from the team's diary may be of interest :-

Day 1 - 19.8.84

"Two hitch-hikers approached me -!?!- one asked for a lift. I wasn't sure if he was being sarcastic, but I refused as I was finding the baton more than enough to carry" - Ruth Shield.

Day 1 - 19.8.84

"Dead bumblebees, a butterfly, dead birds and even a toothbrush - all the flotsam that I noticed between the white line and the grass verge. The white line goes on forever. I tried changing from one side of the road to the other, but it is still there...like a tightrope which I must focus on or I may fall off!" - Marie Miller.

Day 2 - 20.8.84

"...half a mile down the Wellington Road in Taunton an old lady stopped me and asked 'Are you one of those runners?' 'Yes', I said assuming she'd heard about us on the radio. 'I've got something for you here', she said opening her shopping bag. I jogged on the spot to have a look! 'It's a bottle of pop' she said '..and an apple' offering them to me. I declined with thanks explaining that I couldn't carry them!" - Gill Samuels.

Day 2 - 20.8.84

"At four miles I was given a drink of electrolyte. I poured it over my head!? I thought it was water...." - Mal Bramhall.

Day 4 - 22.8.84

"This was the run with the rest of the Striders. The turn out from the rest of the club was incredible" - Laurie Parmenter.

Day 5 - 23.8.84

"I needed some Vaseline to smear on my legs. Out of the minibus sprang ----- with tub in hand. As we ran along I smeared the stuff on, and handed the tub back to ----- . He then dropped his pants and started stuffing the stuff up his !?\$/ . Funny bloke!" - Laurie Parmenter. (Who can guess who the 'funny bloke' was?)

Day 5 - 23.8.84 (When the chips were down - still on the road at 11pm and trying to

make the youth hostel)

"Great team spirit - think we were un-stoppable"

"Superb spirit in this 'one helluva team' Still buzzing when I got to bed"

"Great run in the cool of the night. What a team!"

Day 5 - 23.8.84

"Ah well, bet I sleep tonight - won't matter where I bed down tonight!" - Lis Colquhoun. (NB All the team shared the same dormitory that night!!).

Day 6 - 24.8.84

"At 1½ miles I hit 'THE WALL' (Hadrian's) - Gill Samuels.

Day 7 - 25.8.84

"...a bloke cycling to John O'Groats passed me, so I decided to follow him.." - Malcolm Bramhall

Day 7 - 25.8.84

"What a disaster! The morning team had arrived at the changeover about an hour early after discovering their stretch was 8 miles short. They dropped Craig J off at the junction and carried on. Meanwhile, the afternoon team parked in a layby 100 yards up the road from the junction. There they both sat for about an hour waiting for each other and wondering where the hell the others had got to!" - Phil Samuels

Day 9 - 27.8.84

"Thanks to on hell of a team and thank God that's over!" - John Rothwell

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The LE JOG team would like to thank everyone who sponsored us in our endeavours. All proceeds will be going to the British Heart Foundation and when a final total is known, we shall let you know how much much was raised. We would also like to thank those who assisted in the organisation of various aspects of the run, particularly Terry Gomersall for help with stationery, and Keith Ibbotson and Alan Henshaw for setting up the club run across Sheffield. Many thanks to everyone who supported the team in the run across the city on that Wednesday night and later at the social evening at the Fat Cat. Particular thanks also to Sue Perry for donating her plaster encased leg to the fund raising cause!! (The team hope you get better soon); and finally a big thank you to everybody who turned up along the route at various places,

invariably just in time to 'rescue' the team.

CLUB PHOTOGRAPHS

Copies of the club photographs taken at Queens Tower on 6th August will shortly be available to members at the following prices :-

size - 6½ x 8½ £1.65 each
size - 5 x 7 £1.35 each

NB Prints are black and white only.

If anyone would be interested - contact Howard Elliott (Tel. 581531).

FOR SALE

Size 8 NIKE INTERNATIONALIST - worn only once/done 6 miles. Perfect condition. £20.
Tel 581531

Size 8½ ADIDAS INTERVAL II (Track spikes) Hardly worn - £3. Contact John Rothwell.

CLUB VESTS

At last the new club vests have arrived and initially will be made available to those members who placed orders through the club back in February/March. Therefore, if you ordered a vest and still wish to take up that order - you should see John Rothwell as soon as possible and before November 9th. After this date any unsold vests will be made available on a 'first come...' basis to other club members.

Please note - the vests are £7.50 each and are only obtainable through the club.

The Committee now propose to take orders for vests every 4 - 6 months as was the original intention and full details of the next order planned will be published in Striders News No 16 (November 1984).

PLEASE NOTE : The deadline for material for issue No 16 (November 1984) is Friday 19th October 1984.

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