

Editors: John Rothwell
Dave Ashurst

STRIDERS**NEWS**

Newsletter of the Steel City Striders Running Club

(Affiliated to the AAA & WAAA)

EDITORIAL**IMPORTANT NOTICE FROM JOHN ROTHWELL :-**

As from 1st November I shall cease to be the Editor of this newsletter. Contrary to the rumours, Robert Maxwell has not made an offer that I can't refuse, nor have I been sacked.....honest! In actual fact I have resigned because of the need to reduce some of my ever increasing Striders workload.

In discussing my resignation, the Committee has decided that in future the Editor of Striders News should not be an elected Committee member, but should be appointed/co-opted to the post by the Committee.

Following this decision Ruth Shield was approached and has accepted the job of Editor until further notice. Ruth will commence her duties as the new Striders News 'press baron' as from next month's issue and on handing over, I would like to wish her good luck and every success.

I would like to offer my thanks to Dave Ashurst, Keith Ibbotson, Phil Samuels and Ken Richardson for their assistance with the production and distribution of Striders News, to my regular contributors for material supplied and also to those of you who actually read your newsletter each month! Finally, may I ask that you all support Ruth in her task, by continuing to submit your race results, reports and articles etc.

NB All material for publication should now be sent to:-

R Shield, 6 Edgebrook Road, Sheffield S7 1SG.

If anyone would like a complimentary copy of the 90 page souvenir Chatsworth Chase programme - contact John Rothwell.

On behalf of their many friends in the Striders I would like to say a farewell to Len and Chris Burgin who are moving to the Bristol area. We wish you both good luck and hope that you will keep in touch, continue as Striders members and spread the good name of the club down south!

Keith Ibbotson is again organising a Striders Boxing Day Fun Run. This year the event will be a fancy dress affair! See under FORTHCOMING RACES for further details.

CHATSWORTH CHASE HELPERS PARTY - 30.11.84

On 30.11.84 (8.00pm), the Sheffield Central Deaf Club are to hold a pie & pea supper as a 'thank you' gesture to those Striders members (and their friends and relatives etc) who assisted with the organisation of the Chatsworth Chase. If you helped out in whatever capacity, either with course marking, at the finish, or as a marshal etc you are cordially invited. It is hoped that as many of you as possible will make the effort to come along and enjoy the hospitality of the Deaf Club, which is situated at 2 Surrey Place (opposite the Central Library main entrance).

If you intend to come, and for further details - contact John Rothwell as soon as possible.

STRIDERS CHRISTMAS PARTY

Date:- Friday 21st December 1984
Time:- 7.30pm to midnight (Bar til 11pm)
Venue:- Sheffield Central Deaf Club
2 Surrey Place, Sheffield 1
Admission - £1.50 each. Tickets will be available during November.

CLUB LIBRARY

John Rothwell is starting to build up a small 'library' of miscellaneous athletic publications and books. These may be borrowed by club members on request. The following titles are currently available:

AAA/BAAB Publications

How To Organise An Athletics Meeting

How To Judge Track Events

Starting and Timekeeping

AAA Annual Report 1983

AAA Annual Report 1984

The Turner Report

Assistant Club Coach - Coaching Theory
Manual

The AAA Handbook (NB This may not be borrowed, but is available for inspection)

Books (Non Fiction)

The Teenage Runner by Bruce Tulloh

Books (Fiction)

Flanagan's Run by Tom McNab

STRIDERS CROSS COUNTRY CHAMPIONSHIP

Once again the clubs own cross country championship will consist of 4 races at different venues around the city as follows :-

Dec 16th	- Longley Park	(11.00am)
Jan 6th	- Hillsborough Park	(11.00am)
Feb 3rd	- Shirecliffe	(11.00am)
Mar 10th	- Graves Park	(11.00am)

The races are open to club members (free) and friends (50p entry) only.

For club members to qualify for the final championship rankings a minimum of 3 out of the 4 races must be completed and the 3 best finishing positions will be added together to give a final points total. The runner with the lowest points total in each category will be the 1984/5 champion in that category.

Many members of the club enjoy cross country running and this was reflected by the response to last year's championship which was won by Rob Leonard (Senior Men), Keith Ibbotson (Veteran Men) and Mary Howarth (Women). With many more members now in the club, we are hoping that more people will take part this year and make the competition much more 'open' in all categories.

NB If you do not wish to participate in the championship and only fancy having a go at one or two events - come along, we want to see you.

See FORTHCOMING RACES for details of the the first race (Dec 16th).

ROWLINSON SPORTS CENTRE (WEDNESDAYS)

Rowlinson Sports Centre as an alternative Wednesday evening venue to Pine Grove has been operating now for about 4 months and its success has ensured that it will continue for the foreseeable future.

In addition to the usual 7 - 10 mile run from Rowlinson each week, there is now an alternative training session which concentrates on speed work and is aimed at quality running rather than quantity of miles covered. The format of these speed sessions varies, but they usually start with some elementary stretching exercises, followed by a 15 minute jog which incorporates a number of loosening-up routines! This is to ensure that muscles are thoroughly warmed-up before any speed work is attempted. The remainder of the session is then taken up with such as interval running, repetition runs, fartlek, indian runs, paarlauf (continuous relay running in pairs), and resistance runs (hill sprints) etc; either on the road or around the floodlit area at Rowlinson.

Depending on numbers present, it is sometimes necessary to split up into smaller groups of no more than 10 people per group. Everybody is welcome and it is hoped that not only the faster runners will come along, but also anyone who wishes to improve his or her basic speed.

Please note :- These sessions are totally different from the ordinary club runs, not only in the method of training, but also in the organisation of the sessions and it should be noted that although participants will not be 'coached', they will be expected to follow certain basic instructions and requirements as demanded by the group leader. Each week a programme of routines is utilised and within these routines each individual is responsible for their own work rate. Usually this type of intense training is hard work and very demanding, but it can be very rewarding.

The deadline for material for issue No 17 (December 1984) is Friday 23rd November 1984.

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

RACE REPORTS AND RESULTS

Orienteering Fun Run - 3.9.84

A report by Les Parkes.

The three month drought was ended on the night of the club's second annual Orienteering Fun Run as 32 intrepid Striders set off in pouring rain in search of clues, points and glory! Shortly before the time limit expired the first participants were beginning to arrive back at Queens Tower and the finish control point. The three of us at the finish (Keith Ibbotson, Norma Parkes and myself), looking and feeling wetter than the competitors, were handed what looked like wet tissues, but in fact turned out to be sodden answer sheets. Some were so bad that they had to be rewritten, whilst John Rothwell had had to memorise all his answers because his pen would not work in the rain! After considerable difficulty in marking the answers (collusion being suspected!), the final results were :-

Men: 1. C Jenkinson, R Flear, D Beech, 4. J Rothwell, 5. P Samuels, 6. L Parmenter, 7. M Lardon, B Kerr, 9. D Denton, 10. M Thursfield, 11. G Siddall, 12. R Bradshaw, 13. T Gomersall, J Mitchell, 15. L Eyre, 17. K Hale, 18. I Darley, 19. K Richardson 20. G Appleby.

Women: 1. M Miller, 2. K Waddicor, J Tonks C Burgin, 5. G Samuels, 6. M Howarth, 7. D Coates, L Fairfax, K Goodison, 10. S Craythorne, 11. R Shield, 12. J Wilson.

Wakefield Half Marathon - 9.9.84

S Craythorne (1.31:30 - 6th woman).

Robin Hood Full & 1/2 Marathon - 30.9.84

Marathon: Mike Ingham (2.57:51), Peter Wilkinson (2.58:25pb), Malcolm Hadfield (3.07:4--pb), Dave Beech (3.18:--), Roger Stevenson (3.30:16), Rosie Adams (3.55:--pb), Dave Dunk (3.55:--).

Half Marathon: Graeme Siddall (1.20:--), Laurie Parmenter (1.21:--pb), Bill Locking (1.23:00), Rob Leonard (1.26:--), Paul Lee (1.28:--), Ruth Shield (1.30:--pb), Keith Hale (1.31:20pb), John Evans (1.31:--), Phil Samuels (1.31:--), Terry Gomersall (1.32:--), Gill Samuels (1.37:--), Ann Wilkinson (1.38:--), Steve Hancock (1.39:--), Mary Howarth (1.39:59), George Appleby (1.40:--), Jean Locking (1.47:32pb), Roy Bradshaw (1.52:--), John Taylor (1.56:45), Alan Henshaw (2.01:--), Sylvia Henshaw (2.01:--), Gerald de Vane (2.05:--), Janet Wilson (2.09:--pb), Richard Taylor (2.13:15pb), Margaret Clark (2.14:--), Rod Clark (2.39:--).

Avon Women's 10 - 7.10.84

A report by Rachel Leonard.

Three Striders ventured southwards to the Copthall Stadium at Hendon, London to form the only team to represent Sheffield (and in fact South Yorkshire!) in the 1984 Avon Women's 10 Mile Road Championship, which this year attracted nearly 1000 entries.

Winner :-

Veronique Marot (Leeds City) - 54.20

Striders :-

Rachel Leonard 74th - 67.22 pb
Ruth Shield 91st - 68.18 pb
Mary Howarth 130th - 71.00

Wirksworth (hilly!) 1/2 Marathon - 7.10.84

Barry Pape (1.24:50 - 18th).

14th Cutlers 5 x 2 Mile Cross Country

Relay Race (Graves Park) - 7.10.84

Winners :-

Men - Ron Hill Sports (Time not known)

Women - Dark Peak Fell Runners (59.45)

Fastest Legs :-

Men - A Bristow (Brum Univ) - 8.42

Women - K Barrington (Crewe & A) - 10.35

Striders :-

Men - 1st leg - Barry Wiles - 10.49
2nd leg - Mike Ingham - 11.27
3rd leg - Dave Dunk - 12.51
4th leg - Bob Franklin - 10.44
5th leg - Rob Leonard - 10.39

Total time (5 x 2 miles) - 56.30

Women- 1st leg - Ann Wilkinson - 12.47
2nd leg - Steph Franklin - 12.52
3rd leg - Sally Wakefield - 14.31
4th leg - Rosie Adams - 13.23
5th leg - Lis Colquhoun - 12.37

Total time (5 x 2 miles) - 66.10

York (Rowntrees) '10' - 7.10.84

Once again the Striders were well represented in this race, but unfortunately no details of results have been received for publication.

S Yorks Cross Country League - 21.10.84

STOP PRESS!! Youngsters Glen and Neil Parkes and Ben Howarth have excellent runs representing Striders in 8 - 11 year olds category in the opening S Yorks Cross Country League fixture at Carlton, Barnsley. Full results next month

FORTHCOMING RACES

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

Nov 11th RIDDINGS CROSS COUNTRY RACES

- Nov 18th S YORKS CROSS COUNTRY LEAGUE
Clifton Park, Rotherham. Contact
Rob Leonard for details.
- Nov 25th BARNESLEY MARATHON
- Dec 2nd PRIMEPRINT & LAKESIDE $\frac{1}{2}$ MARATHON
There will be a coach to this
event leaving Sheaf Valley Baths
at 8.00am. Further details and
bookings - contact Rob Leonard.
- Dec 9th S YORKS CROSS COUNTRY LEAGUE
Campsall Park, nr Askern.
Contact Rob Leonard for details.
- Dec 16th STRIDERS CROSS COUNTRY RACE
(Longley Park - 11.00am)
The race will start from near
the Crowder Road entrance to the
park. The 20 bus (Southey Green)
stops 10 yards from the start.
The race, which is open to club
members (free) and friends (50p
entry) only, will consist of
3 x 1.25 mile laps. Those who
did not take part last year are
advised to walk/jog the course,
which is unsuitable for spikes,
beforehand. Remember there are
NO changing/shower facilities.
If you wish to take part - you
are requested to let Ian Darley,
Ken Richardson or Dave Ashurst
have your name as soon as poss-
ible. ALSO, volunteers are
needed to assist as marshals
and at the finish etc. If you
would be willing to help please
let Ian Darley know. (See also
article 'STRIDERS CROSS COUNTRY
CHAMPIONSHIP').
- Dec 26th STRIDERS 3RD BOXING DAY FUN RUN
(Graves Park - 11.00am onwards)
The fun Run will take place near
the Pavilion at the Cobnar Road/
Derbyshire Lane entrance to the
Park and will consist of :-
11.00am Kids Fun Run (max dist-
ance $1\frac{1}{2}$ miles); and
11.30am Adults Fun Run
FANCY DRESS OBLIGATORY!
Entry fee for all will be one
wrapped present per person, min
value 30p/max value 50p. Make a
note in your diaries now and
think about an original present
and decide on your fancy dress.
- Jan 1st MORPETH TO NEWCASTLE ROAD RACE
(c/d 17.11.84). Entries: Dept.

of Recreation & Leisure (Community Recrea-
tion Division), Morpeth to Newcastle Road
Race, 7 Saville Place, Newcastle upon Tyne
NE1 8DQ.

SEARCH FOR A LONDON DRINKING RUNNING CLUB

A report by Craig Jenkinson - our Capital
correspondent!!!

Good old Running magazine provided me with
all the names and addresses I needed in my
search for the London incarnation of the
Striders. I couldn't be expected to con-
tact them all, so I chose the ones whose
names would look good on a running vest. I
wrote quoting my albeit feeble performan-
ces and expressed a desire for some 'soc-
ial fun running'. A couple of AC's which
had accidently slipped into my list
replied rather coldly with photocopied
letters and application forms (sounds
just like the Striders! Ed.), and one had
the cheek to supply what I interpreted as
a list of qualifying standards. As I knew
I would, I responded to a 4 page letter
from the Secretary of the Serpentine
Running Club.

Arriving by the said lake in Hyde Park at
10am, I realised that I had misread the
letter. First Saturday in the month is a
4.2 mile handicap race around the lake. I
was soon introduced to the organiser who
let me run off scratch. After 3 weeks rest
and physio treatment, I took it easy and
recorded 29.52 - a time to attack in Nov-
ember's race. Then it was back to the
clubhouse. Yes, they've got a clubhouse,
a rather cramped stone built building
which proved to be a gatehouse at one of
the park entrances. The tea, coffee and
homemade cakes all seemed rather civilised
but then horror of horrors, someone sugg-
ested a visit to a local hostelry!!! and
I thought the Striders could drink. As I
stumbled in my drunken stupor down the
steps of Notting Hill tube station, I
thought 'This is the club for me' and as
an afterthought added '...but I'm damned
if I'm going to be called a Serpie!'
(Serpie being their abbreviation and
having rather unfortunate connotations -
or is it my twisted mind?).

I didn't meet Geoffrey Cannon on my first
visit, but I did meet half the people he
has written about in the October edition
of Running magazine. Never mind, my hero
will turn up sometime, when I shall
shatter my illusions by burning him off
in the handicap race!

Craig Jenkinson.