

No.17

DECEMBER 1984

Editor: Ruth Shiel

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Sheffield S6

STRIDERS

NEWS

Newsletter of the Steel City Striders Running Club

(Affiliated to the AAA & WAAA)

EDITORIAL

As most of you will have gathered, the newsletter has a new editor. I hope I can maintain the high standards John has set for me and look forward to the news, views, criticisms etc, that Striders may wish to air through the newsletter about any aspect of the Club or running activity. Please don't hesitate to write in. The newsletter depends on your contributions.

I would like to take this opportunity to thank John on behalf of the Striders for all the hard work he's put in both pioneering and maintain-

ing the newsletter for so long.

I would like to bring to the attention of all Striders, the following two articles concerning the Striders AGM and the re-organisation of the club committee. Both these concern you as members of the club so please take note.

Club vests are now on open sale at £7-50 each. A limited number of each size is available. See any committee member.

A volunteer is needed to distribute the Striders Newsletter. This is a very necessary task, so if you have time, contact a committee member.

ANNUAL GENERAL MEETING - 22.1.85

Notice is hereby given that the 3rd Annual General Meeting of the Steel City Striders Running Club will be held at the Manchester Hotel, Nursery Street, Sheffield 3 on Tuesday 22nd January 1985 at 7.30 p.m.

Notice of motions to be placed on the Agenda, including any proposed amendments to the Constitution of the club, should be forwarded to Mr J Rothwell, (Secretary), 26 Meadow Head, Sheffield S8 7UD, to be received not later than Friday 4th January 1985. Such notices must be in writing and signed by the proposer, who shall be a member of the club and a seconder, who shall also be a member of the club.

Nominations for the 1985 Committee are invited from members of the club. Such nominations must be in writing, submitted on the attached 'Nomination Form' and be received by Mr J Rothwell (Secretary), 26 Meadow Head, Sheffield S8 7UD, not later than Friday 4th January 1985. NB: Nominations must be signed by the person standing for Committee and a seconder who shall also be a member of the club.

Copies of the Agenda, The Annual Report and the Balance Sheet & Financial Report for the year ended 31st December 1984 will be distributed to all members during January and prior to the Annual General Meeting.

John Rothwell
Secretary

All correspondence to: Ms. R. Shield, 6 Edgebrook Road, Sheffield, S7 1SG

CORPORATE MEMBERSHIP

The club has reason to be proud of its growth and achievements since its formation in August 1982, but the current Committee are mindful that we should not be complacent, and should be looking to future as well as the current needs of the club members.

Three areas have been identified as needing short and medium term development, namely cross-country running, track athletics and women's athletics. In addition, providing increased opportunity for youngsters and providing coaching for those who want it are seen as in need of attention in the long term.

The 1985 Club Committee will need to spend time and energy in developing the above as well as continuing to organise running and social events which have, rightly, been the backbone of the life of the club, so far.

The current committee will be proposing a different committee structure for 1985 at the Annual General Meeting.

The essential posts of Secretary, Membership Secretary, Treasurer, and Social Secretary, will continue to be needed but the Running Secretary will have a Road Running Secretary, a Cross-country Secretary, a Track Secretary and a Women's Secretary to assist with the organisation and development of the club's running activities.

If you are willing to spend a few hours every month on the development and organisation of Striders, I invite and welcome your nomination for the 1985 Club Committee. Previous committee work is not essential BUT COMMITMENT AND ENTHUSIASM ARE!

A good club needs a good committee. If you possess what Steel City Striders needs in 1985, nominate yourself on the attached form, and return to John Rothwell.

Don't leave it to others, nominate yourself now. Keith Ibbotson.

QUEENS TOWER SQUASH & SOCIAL CLUB

Corporate Membership

Would all members, particularly those who may have joined the club recently, please note that we have negotiated a generous (group) corporate membership deal with Queens Tower. At present, for 'casual' users of the facilities at Queens Tower on Monday evenings, there is a 50p charge payable, but under the corporate membership arrangement Striders members are able to join Queens Tower on a corporate basis for only £10 a year. This entitles our members to use all the facilities (except squash), not just on Mondays, but on any day and at any time.

To make it worthwhile administering the scheme on our behalf, Queens Tower require us to join our members in 'blocks' of 10 (minimum). At the moment there are a couple of people wishing to join and as such we are looking for a few more people to make up a 'block', so if you currently go along on Mondays on a regular basis, please consider taking advantage of this offer.

If you are interested- contact either John Rothwell or Gill Samuels as soon as possible.

CHRISTMAS DISCO (22.12.84)

Queens Tower are holding a Christmas disco for their members (including corporate members!) on Saturday 22nd December 1984.

For further details- contact Queens Tower direct.

OFFICIALS

Mick Derrick and John Rothwell have qualified as AAA/WAAA Grade IV Timekeepers and Lis Colquhoun has qualified as a Grade IV starter. To qualify they each had to pass a written examination set by the Combined Officials Committee.

If any other club members might be interested in becoming qualified athletics officials, either as Timekeepers, Starters or as Track judges they should contact John Rothwell for further information and details of future courses etc.

RACE REPORTS AND RESULTS

Nottinghamshire ½ Marathon-9-9-84
Dave Beech (I.25.00).

York (Rowntrees) '10'- 7.10.84.
A fast course staged on a fine and mild day.
Graeme Siddall (56.50), Billy Kerr (57.28), Wayne Farrell (59.55)
Andy Oxley (60.30), John Evans (61.13), G.Lowe (61.18), R. Allen (61.30), A. Barnett (63.19), Frank Broomhead (65.58).

Chesterfield ½ Marathon-21.10.84.
Martin Gomersall (I.20.00), William Bembridge(I.27.00), Frank Broomhead (I.29.00), Mike Ingham (I.29.17), Laurie Parmenter(I.30.15), Ruth Shield(I.32.15), Terry Gomersall (I.33.00), Mary Howarth(I.34.50).

Worksop ½ Marathon- 28.
Report by Nicky Barnes.

We arrived at Worksop in the double decker bus dressed up as a box of 'Quality Street', (Thank's John) on a predictably dull and wet day. The team was in good spirits and proved to also be in good form resulting in some excellent performances. Several personal bests were achieved, notably Graeme Siddall's fine run making him first Strider home. Three Striders women went under 90 minutes and were amongst the prizes. Norma Parkes ran a very creditable race knocking minutes off her previous best. A special mention must be made to Bill and Jean Locking who both won prizes in their categories. All round it was a rewarding and happy event.

Results

G. Siddall(I.16.49), B.Kerr(18.33), D.Bonnington(I.19.27), L.Parmenter (I.19.48), B.Wiles(I.19.51), D.Denton (I.20.50), R.Leonard(I.22.20), E.Locking(I.22.48), B.Wilkinson(I.23.00), M.Hadfield(I.23.08), J.Evans(I.23.23), A.Mitchell(I.23.24), M.Ingham(I.23-33), B.Booth(I.23.40), G.Smith(I.25-36), V.Farrell(I.26.02), A.Oxley (I.26.09), R.Flear(I.27.26), T.Jones (I.27.41), R.Shield(I.27.55), R.Leonard(I.28.39), K.Hale(I.28.58), F.Lee (I.29.31), D.Stones(I.29.32), L.Colquhoun(I.29.47), R.Smith(I.31.07), T.Gomersall(I.31.26), P.Atkinson (I.32.36), L.Parkes(I.33.55), J.Hunt (.35.36), A.Henshaw(I.36.32), V.Riley(I.36.45), A.Croft(I.37.17), G.Hill (I.40.41), B.Keight(I.42.15), J.Locking(I.43.08), J.Simm(I.45.48), S.Franklin(I.46.19), R.Bradshaw(I.47.22), S. Page(I.49.10), R.Varns(I.49.46), J.Horry(I.57.28), J. Taylor (I.57.00), N.Parkes(2.01.10), R.Taylor(2.20.10).

Leeds Marathon-28-10-84.

'The Tough One'
Alan Howe (3.55.30).

South Yorkshire Cross Country League-21.10.84.

Nearly 600 club runners turned out at the first cross country race in the South Yorkshire League at Carlton, Barnsley, the first league meeting. Nine different races were held for the various categories with the Striders being represented in the 8-11yrs Boys race and the senior Mens and Womens races.

Results

8-11yrs Boys Race (1500 Metres)

Winner:- M. Crossland (DHTC)	-5.27
Glen Parkes (23rd)	-6.22
Neil Parkes (40th)	-6.50
Ben Howarth (49th)	-7.17

Womens Race (6000 metres)

Winner:- Sally Hales (SU)	-22.37
Rachel Leonard (13th)	-26.12
Ruth Shield (32nd)	-28.12
Gill Samuels (40th)	-29.39
Mary Howarth (42nd)	-30.04

Men's Race (10KM)

Winner:- Carl Thackeray (HH)	- 30.04
Rob Leonard (86th-39.26), Graeme Siddall (90th-39.36), Billy Kerr (40.14), Dave Denton(40.28), Laurie Parmenter(40.45), Barry Wiles(41.35)	

Steve Dauris (42.35), John Rothwell (43.44), R.Harrison (43.55), Wayne Farrell (44.36), Phil Samuels (45.00), John Evans (46.03), Dave Beech (46.07), Alan Croft (46.07), Richard Farquar (46.34), Les Parkes (46.47), Dave Ashurst (48.19).

Holmfirth '15'.

On a very wet and windy day 13 Striders turned out for the Yorkshire 15 Mile Championship; unfortunately Mike Ingham and Dave Bonnington managed to arrive 20 minutes late for the start! In a high class field several Striders had excellent runs. Results were;

Winner: D Caskell (1.17.45).
 Rob Leonard (1.34.03), Graeme Siddall (1.34.04), Barry Wiles (1.34.37), B Booth (1.37.38), B. Locking (1.37.44), John Evans (1.40.48), Richard Vickers (1.43.02), Frank Broomhead (1.43.43), Rachel Leonard (1.45.05 - 6th women, 4th S.Yorks), Terry Gomer-sall (1.46.27), K.Smith (1.48.45).

Heart Of England Marathon.

Bob Franklin finished this differcult course in a time of 2 hours 47 minutes.

South Yorkshire X-Country League.

Second Meeting At Cannon Hall, Cawthorne. In this second meeting (4.11.84) we again had 24 runners in three of the catergories. The women had some excellent runs to earn third team place on the day. After two meetings the Striders are lying in 13th place, out of a total of 22 clubs. Results were;

Boys 11-13yrs (1500m)
 Winner; M Crossland (DHIC) -5.34
 Glen Parkes (36th) -6.38
 Neil parkes (54th) -7.01
 Ben Howarth (63rd) -7.15

Women's Race (6000m)
 Winner; Sally Hales (Sheff.Uni.) -21.45
 Ruth Shield (12th) -25.16
 Rachel Leonard (15th) -25.35
 Liz Colquhoun (23rd) -26.26
 Mary Howarth (32nd) -27.27
 Gill Samuels (37th) -27.51

Men's Race (10,000m)
 Winner; Mick Thompson (Sheff.AC) -31.53
 Laurie Parmenter (38.47-87th), Dave Denton (39.04-94th), Graeme Siddall (39.31), Rob Leonard (39.40), Mike Ingham (40.07), Steve Dauris (40.19), Dave Bonnington (40.21), Barry Wiles (41.11), John Rothwell (42.04), Roger Stevenson (42.21), R Harrison (42.30), G Smith (44.13), Trevor Brown (44.13), Les Parkes (45.02), Phil Samuels (45.47), Ian Colquhoun (48.55).

Don't Forget the final race in the South Yorkshire League - 9th December.

DARLEY'S DIARY.

A look at forthcoming races, held under AAA, WAAA, ECCU or WCCA rules.

Dec 16th. A reminder of the BIG ONE, the Striders Cross Country Race. This first race of the series is to be held at Longley Park. The start is at 11am, so be there in plenty of time. Remember you need to complete 3 of the 4 races for the overall Championship.

Jan 6th. Striders Cross Country Race. Hillsborough Park-11am start. To ensure everyone finds the start, you are requested to meet at Hillsborough Track car park at 10.30am.

The race is open to club members (free) and their friends (50p). If you wish to take part please let Ian Darley, Ken Richardson or Dave Ashurst have your name a.s.a.p.

If you don't feel like running round in all the mud why not offer your services to help marshal the course? If there is anybody out there willing to help see Ian Darley. There are NO changing facilities. Buses to catch are, 81,82,83- Middlewood Road. 42,53- Penistone Road.

Jan 13th. Ferriby '10', Hull. This date is still to be confirmed, but keep it mind.

Jan 20th. Fenland 1/2 Marathon, and Mass Fun run.

Entries to;
 Mrs J Banns (Race Sec.)
 37 Durham Avenue,
 Sleaford, Lincs.

c/d 6th Jan 1985.

Jan 26th. Men's Yorkshire Cross Country Championship Race.

Please give your name to Ian Darley if interested. After all the Striders X-Country races, there should be no reason why we shouldn't have one of the largest teams on the day. Don't leave it to the usual few to show the club colours, RUN YOURSELF.

Please take careful note of the calender of events attached, for 1985. All the races listed are for this area. It is hoped that as many of you as possible will run in these events

STRIDERS CHRISTMAS PARTY (21.12.84)

Date:- Friday 21st December 1984
Time:- 7.30pm to midnight (Bar till 11pm)
Venue:- Sheffield Central Deaf Club
2 Surrey Street, Sheffield 1
Admission- £1.50 each. Tickets are available from either John Rothwell or Gill Samuels.

BOXING DAY FUN RUN - A REMINDER.

Venue:- Graves park - 11.00am.
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 distance $1\frac{1}{2}$ miles) and
11.30am Adults Fun Run.

Fancy dress is obligatory for adults but optional for kids.
Entry fee for all will be one wrapped present per person, minimum value 30p, maximum value 50p. make a note in your diaries and come along and enjoy the festive spirit.

Be warned, there could be some surprises in store.

CLUB LIBRARY

There are two new additions to the club library:-

The Complete Book of Running
by James Fixx

Womens Running.

Both may be borrowed from John Rothwell on request. A list of available titles was published in issue 16 (November 1984).

FOR SALE

New Balance 455 size (US) $9\frac{1}{2}$, D fitting.
Used once only to achieve 1 hour 20mins in Chesterfield $\frac{1}{2}$ Marathon at first attempt!
Cost £34.99. Accept £15.00.
Contact Terry Gomersall . TEL.369397.

NEXT ISSUE

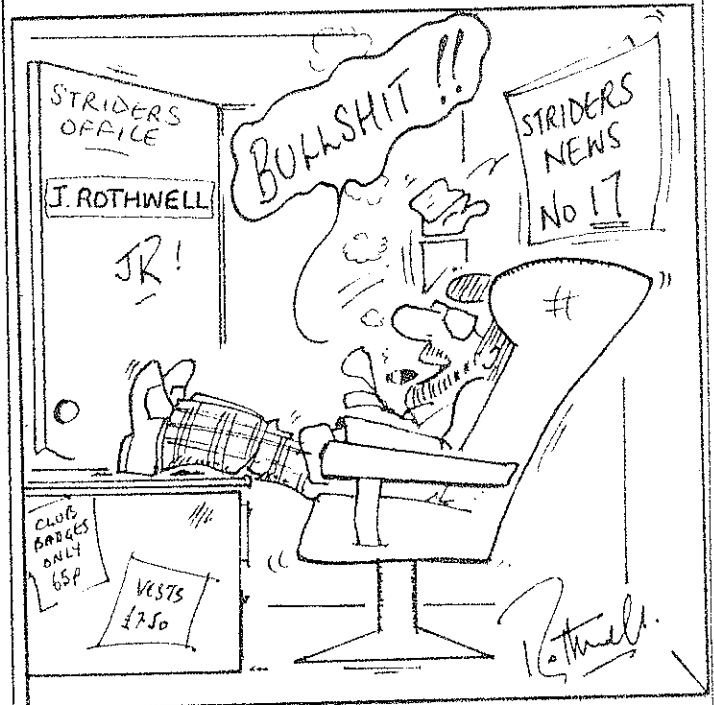
The next Striders News issue will contain details and results of the Barnsley Marathon, the Lakeside $\frac{1}{2}$ Marathon and the forthcoming races including the south Yorkshire League and the Striders Cross

Country race.

If anyone feels inclined to write a brief report of any of these events or any others that have not been mentioned in the above, please let Ruth Shield know to prevent doubling-up occurring.

As well as the traditional ones of the Newsletter being continued it is felt that a wider participation of Club members actually contributing to the Newsletter would improve not only the Newsletter but overall club communication. If anyone has anything to offer in the way of crosswords (relating to not just running but sport in general or Sheffield etc.) or writing letters with a view to someone perhaps becoming an Agony Aunt/Uncle. Sketches, Puzzles or anything will be willingly accepted. If material is not forthcoming the Newsletter is in danger of having a RUTH'S RAMBLINGS/RAVINGS (a little like the above) so, don't be bashful- BE BRAVE
Deadline for next issue is 23rd of December.

MERRY CHRISTMAS AND A HAPPY NEW YEAR !



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

NORTHERN COUNTIES ATHLETIC ASSOCIATION - NO 12 DISTRICT

1985 CALENDER OF EVENTS

JANUARY

Tue 1st	Rotherham H&AC	Road Races	
Sun 20th	Stainforth AC	Open Cross Country	12.00

February

Sun 24th	SYAA	Cross Country (Hillsborough)	13.00
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March

Sun 3rd	Hallamshire HAC	Open Track Meeting (Cudworth)	12.00
Sun 10th	Askern DRC	Norton Nine	12.00
Sun 17th	Hallamshire HAC	Dronfield Half Marathon	11.00
Sun 24th	Stannington College	10 Mile Road Race	11.00
Sun 24th	Chesterfield AC	10 Mile Road Race (Spire 10)	

April

Sun 7th	Hallamshire HAC	Norfolk Park Relays	11.00
Sun 14th	Hallamshire HAC	Ernest Harper '10'	14.00
Sun 21st	Whirlow Hall Farm Trust	Road Race & Fun Run	11.00
Sun 28th	Barnsley RRC	TUC '5'	12.00

May

Sun 5th	Barnsley RRC	Half Marathon	
Mon 6th	Penistone Footpath Runners	Hartcliff Hill Fell Race	14.00
Sun 19th	Stainforth AC	10 Mile Road Race	12.00
Mon 27th	Askern DRC	One-Third Marathon	12.00
Tue 28th	Hallamshire HAC	Hallam Chase	20.00

June

Tue 4th	Sheffield Tigers RUF C	Tigers '10'	18.30
Sun 16th		Sheffield Marathon	10.00
Sun 16th	Phoenix Social Services	5 Mile Road Race	

July

Sat 13th	Penistone Footpath Runners	Thurlstone Chase (Fell Race)	14.00
Sun 14th		Silverwood Half Marathon	15.00
Wed 18th	Pilsley	Hardwick Hall 6 Mile Road Race	19.30
Sun 21st	Dorothy Hyman TC	Open Athletics Meeting	11.00
Wed 24th	Rotherham AC	Prince of Wales Half Marathon	18.30
Wed 31st	Barnsley RRC	Locke Park Races	18.45

August

Sun 4th	Barnsley RRC	Barnsley '6'	12.30
Sun 11th	Barnsley RRC	Bob Midwood '10'	11.00
Sun 18th	Stainforth AC	Thorne 20 Mile Road Race	10.00
Mon 26th	Askern DRC	Askern Road Races & Askern '10'	11.00

September

Sun 8th	Stainforth AC	Open Track Meeting	12.00
Wed 11th	Doncaster Plantworks AC	10K Road Race	
Sat 14th	Penistone Footpath Runners	Penistone Show 10K Road Race	14.30
Sun 15th	Mexborough Montague Hospital	Half Marathon	11.00
Sat 21st	Hallamshire HAC	Yorkshire Road Relays	
Sun 29th	Barnsley RRC	Open 10K & Vets 10K	11.00

October

Sun 13th	Rockingham YAC	Rockingham Road Race	14.00
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November

Sun 10th		Penistone '10'	
Sun 24th	Barnsley RRC	Barnsley Marathon	11.30

December

Sun 15th	Pilsley	Festive 6 Mile Road Race	11.00
Thu 26th	Barnsley RRC	Ward Green '6'	11.00