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STRIDERS

NEWS

Newsletter of the Steel City Striders Running Club

(Affiliated to the AAA & WAAA)

EDITORIAL

A reminder that the Annual General Meet- of the Club is being held at the Manches- ter Hotel on Nursery Street, S3 at 7.30pm on Tuesday 22nd January 1985. Please make the effort to attend. Voting for the 1985-86 Club Committee will be conducted and if members wish to vote for nominee's, attendance is imperative.

In November the Club recieved a cheque for £23.50 from the Registration Scheme This sun. represents the total 50 pences due to the Club from the £2.00 subscrip- tion fees paid by our members who joined the scheme during its first year.

The Christmas Party on the 21st December 1984, went very smoothly and a good time was had by all thanks to a generous buff- et arranged by the Leonard's and an ener- getic disco provided through Ian Darley. A special thank's to the Central Deaf Club for the loan of the premises.

I would like to remind people that articles are always welcome and anonymity can be assured if desired. The Newsletter now has an Agony Aunt so if you would like to write in, please do. Let's hope 1985 brings lots of enjoyable running, some good race results and the continuation of a thriving Club. All the best for 1985!

STRIDERS 100 MILE CANAL RELAY RACE.

Following the success of the team relay running on LE JOG it has been suggested to hold a similar one day event, open to all club members.

The event would be in the form of a team relay race around the popular circular canal holiday cruising route, known as the 'Cheshire Ring'.

The race would take place on Sunday 12th May. Teams would be made up of 8 runners, therefore each person would have to run about 12 miles. A further 2 non-runners in each team would be allowed, to assist with driving etc.

The start and finish of the race will be near Marple, just outside Manchester. The route would take in a variety of scenery, contrasting between the picturesque Pennine foothills that flank the Peak Forest and Macclesfield Canals and the industrial wastelands of Greater Manchester navigated by the Ashton, Rochdale and Bridgewater Canals. The final canal to make up the 'Ring' is the Trent and Mersey, which passes through the pleasant Cheshire plain.

Some basic rules would have to be observed i.e. must run on the canal towpath, but it would be left to each team to decide on how to organise themselves. This would involve in picking which direction to go round the 'Ring', when and for what distance each team member should run etc.

Each team would be required to organise its own transport, provide maps of the area and be at the start at 6am on the Sunday.

The teams will be picked according to the ability of each runner, so they are as equal standard as possible.

If you are interested then please give your name, along with your best 3 $\frac{1}{2}$ -marathon times (or predicted times if you are yet to run a $\frac{1}{2}$ -marathon), to Phil Samuels or Laurie Parmenter, who will be acting as referees along with John Rothwell, on the day.

All entries MUST be submitted by the 28th February. A meeting to announce the teams and give more detailed information on the event will be held in the first week in March.

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

RACE REPORTS AND RESULTS

South Yorkshire Cross Country League 18-11-84.

RESULTS

8-11 yrs Boys Race (1500 Metres)

Winner:- M. Crossland (DHFC)	- 6.14
Glen Parkes (21st)	- 7.02
Neil Parkes (34th)	- 7.25
Ben Howarth (50th)	- 7.49

Womens Race (6000 Metres)

Winner :- S. Singleton (SAC)	-24.48
R. Leonard (10th)	-26.58
R. Shield (20th)	-28.15
S. Franklin (25th)	-28.55
M. Howarth (26th)	-29.00
G. Samuels (30th)	-29.15

Mens Race (10KM)

Winner:- M. Plint (SAC)	-28.36
R. Leonard (91st-32.16), G. Siddall (33.04), S. Dauris (33.06), L. Parmenter (33.10), D. Denton (33.10), M. Bramall (33.42), B. Booth (34.20), M. Ingham (34.35), R. Stevenson (35.01), B. Wiles (35.08), J. Rothwell (35.56), R. Harrison (36.14), J. Evans (36.54), G. Smith (37.05), P. Samuels (37.12), L. Parkes (37.33), L. Eyre (41.46).	

Barnsley Marathon 25.11.84.

Thankfully the weather remained dry and sunny for the 850 competitors including 13 Striders who lined up outside the Town Hall for this, the 11th Barnsley Marathon traditionally recognised as the last marathon of the 'season'.

At the finish and after a dramatic battle with Middlesborough's Stan Markley, 29 year old Malcolm Mountford of Stafford AC winner of 12 previous marathons, successfully defended the individual title that he won last year. Having trailed Markley from about the 20 mile point, Mountford's experience told in the last mile as he caught and passed the Middlesborough man to win by just 11 seconds in 2.22.09. The first Strider home was Roger Rowe who started fast, faded in the latter stages of the race, but nevertheless just dipped under 3 hours clocking 2.59.25. Bob Booth improving all the time, was second home running a pb 3.07.55.

In the women's race won easily by Dorothy Fellows (3.02.32) of Cannock Chase AC, Rachel Leonard making her debut at the marathon, secured the bronze medal in the

South Yorkshire Championship finishing in 14th place overall with a very creditable time of 3.27.52. Lis Colquhoun was our second woman across the line coming home in 3.34.39 (pb). (John Rothwell)

Striders Results

Roger Rowe (2.59.25), Bob Booth (3.07.55) Barry Wiles (3.08.42), Mike Ingham (3.13.45), Geoff Lowe (3.15.01), Rob Leonard (3.20.12), Dennis Stones (3.27.15-pb) Rachel Leonard (3.27.52-pb), Malcolm Hadfield (3.34.39), Lis Colquhoun (3.34.39-pb) Ruth Shield (3.39.49), Steve Hancock (3.44.25), Laurie Parmenter (3.58.00).

Primeprint and Lakeside Half Marathon 2.12.84

Striders Results

B. Franklin (1.17.49), D. Bonnington (1.20.23), R. Leonard (1.20.39), Richard Vickers (1.21.46), J. Evans (1.22.00), B. Locking (1.22.40), M. Ingham (1.23.15), D. Beech (1.24.40-pb), F. Broomhead (1.24.56), P. Atkinson (1.25.40), M. Hadfield (1.26.10), R. Smith (1.28.08), W. Bembridge (1.28.16), R. Leonard (1.28.20-3rd woman), L. Colquhoun (1.29.10), W. Bendall (1.29.25), T. Gomersall (1.30.28), K. Hale (1.31.45), C. Lees (1.32.00), A. Smith (1.33.00-pb), A. Croft (1.33.30-pb), V. Riley (1.34.00-pb) A. Henshaw (1.34.06), M. Howarth (1.34.45), J. Hunt (1.35.12), C. Jenkinson (1.35.15), I. Shepherd (1.35.30), K. Rowe (1.37.00), J. Mitchell (1.39.00), S. Memmott (1.39.00), P. Thompson (1.41.00), I. Colquhoun (1.41.00), M. Vyce (1.41.00), J. Locking (1.44.32-1st in o/50 age group), M. Miller (1.55.00), B. Wiles (1.55.00), R. Taylor (2.14.00). Times are not known for the following who also ran:- Dennis Tuft,

South Yorkshire Cross Country League 9.12.84

In the fourth and final Cross Country race in the South Yorkshire League, 19 Striders made their way to Campsall Park near Askern. The course for this race was probably the most interesting(?), with at least two feet of mud in places and a stile to negotiate. One of the more fancied runner's to come to grief being Malcolm Martin (winner of Sheffield Marathon 1982) who ended up in a boggy patch, spikeless! Probably the best run of the day was Glen Parke's 15th place in the 8-11 year old race having already played a game of football in the morning.

This series of races has been very well

supported by the club, 40 runners having taken part in all. This has led to the Club finally finishing in 13th position out of 22 Clubs, the Women finishing 7th in their section. (Rob Leonard).

Below are the results for the fourth race. 13 Striders ran in all four races and their final aggregate times have also been given.

Results : 8-11yrs Boys Race

Winner:-M.Crossland(DHTC) -5.49
 Glen.Parkes(15th) -6.25
 Neil Parkes(50th) -7.31
 Ben Howarth(56th) -7.49

Womens Race

Winner:-S.Singleton(SAC) -26.34
 Rachel Leonard(14th) -29.24
 Ruth Shield(21st) -30.40
 Mary Howarth(28th) -33.19

Mens Race

Winner:-M.Plint(SAC) -33.56
 B.Franklin(79th) -39.35
 L.Parmenter(40.53), S.Dauris(41.09), I.Darley(41.15), D.Denton(41.27), R.Leonard(41.30), G.Siddall(41.30), P.Atkinson(41.55), R.Stevenson(42.06), R.Booth(42.31), A.Oxley(43.20), J.Rothwell(45.33), L.Parkes(47.33), L.Eyre(52.38).

Overall times for four races

Boys 8-11yrs

Winner;-M.Crossland(DHTC) -23.04
 G.Parkes -26.27
 N.Parkes -28.47
 B.Howarth -30.10

Women

Winner:-S.Singleton(SAC) -98.42
 R.Leonard -108.09
 R.Shield -112.23
 M.Howarth -119.50

Men

Winner:- M.Plint(SAC). -130.03
 R.Leonard -152.52
 L.Parmenter -153.35
 G.Siddall -153.41
 D.Denton -154.09
 S.Dauris -157.07
 J.Rothwell -167.07
 L.Parkes -172.55

Striders Cross Country Championship 1984/5

Longley Park- 16th December 1984.

Results

Boys (1.16 miles)

1. Paul Eyre -16.17
 2. Anthony Parkin -16.18

Women (3.48 miles)

1. Rachel Leonard -28.41
 2. Ruth Shield -28.59
 3. Stephanie Franklin -31.03
 4. Sue Craythorne -31.11
 5. Marie Miller -36.57
 6. Sally Wakefield -36.57

Veteran Men(4.46 miles)

1. Keith Ibbotson -36.27
 2. Frank Broomhead -36.46
 3. Trevor Brown -36.52
 4. Peter Wilkinson -39.28
 5. Les Eyre -46.40
 6. Gerald De Vane -53.50

Senior Men (4.46 miles)

* Peter Wakefield -30.50
 * Mick Wakefield -32.13
 * Guest runners from Staffs Moorland AC
 1. Bob Franklin (32.20), 2. Graeme Siddall (32.50), 3. Laurie Parmenter (33.07), Dave Bonnington(33.20), 5. Roger Stevenson(33.29), 6.Malcolm Bramall(34.00), 7. Billy Kerr(34.09), 8. Andy Oxley(34.16), 9.Mike Ingham(34.27), 10. Paul Atkinson(34.33), 11. Barry Wiles(35.11), 12.Bob Booth(35.45), 13. Mick Derrick(37.43), 14.John Rothwell (37.59), 15. John Keen(38.18), 16. Alan Croft (38.50), 17. Gordon Smith (39.02) 18. Mike Lockwood(39.06), 19. Keith Gilbert(39.22), 20.Russell Varns(43.30), 21. Iain Colquhoun (44.14).
 Dave Ashurst and Rob Leonard DNF.

3RD BOXING DAY FUN RUN - 26.12.84

There was a superb turn out of members, friends, relatives and their children for Keith Ibbotson's 3rd Boxing Day Fun Run held as usual on Graves Park. The morning was sunny, but cool and crisp for this year's race, an enjoyable madcap affair with participants in fancy dress carrying stretchers around the park, blowing up balloons en route and taking part in a free for all tug 'o war at the end. All competitors entered into the Christmas spirit by providing a small wrapped prezzy and at the end everyone took a prize from the lucky dip. The Morning Telegraph were on hand taking photos of some of the excellent costumes which ranged from schoolgirls to charwomen, cavemen to fairies A max-wall look-a-like, Andy Pandy, Saunaman and captain Webb, to name but a few. Ian Darley went as a bag of manure!!

As usual there was a novelty event for the children with a question/answer sheet to be completed and stunts to be performed as they ran around the park.

There was no 'real' winners, but prizes were presented to the following:-

Children- 1st to finish:- Sarah Rowe
Most correct answers:- Stephen and Jenny Rothwell.
Adults - 1st to finish:- Roger Rowe and John Rothwell (joint).
Best Costume :-Mick Derrick as Friar Tuck.

*Congratulations to Roger Flear Who arrived an hour too early!

FORTHCOMING RACES

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

- Feb 3rd. Striders Cross Country Race. (No.3)
Shirecliffe- 11am start.
There is a car park/recreational area on the left when approaching Shirecliffe College up Cookwood Road. The 33 bus stops nearby on Cookwood Road.
There will be no changing facilities.
- Feb 24th South Yorkshire Cross-Country Championship Race.
Hillsborough Park - 1pm start
See John Rothwell for details
- Mar 10th Striders Cross Country Race. (No.4).
Graves Park -11am start.
- Mar 24th The York $\frac{1}{2}$ Marathon.
Also, a 2 mile and 5 mile fun run.
- Mar 24th Spire '10' (Chesterfield).

For further details of the above events see Ian Darley or Rob Leonard.

NEXT ISSUE

The next issue will contain the details of the Striders AGM and who the next year's Committee will be. It will also have the race report of the Striders Cross Country event.

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

PLATES OF MEAT COMPETITION

(by Marie Miller)

At the Striders Christmas Party a number of people attempted to identify the owners of 8 pairs of feet, as displayed on a photograph taken on Le Jog. The competition proved quite a difficult 'feat' (groan!) and perhaps accompanying smells might have helped the task. The person who guessed the most correct feet in the right order was:-

1st - Billy Kerr - 5 out of 8
2nd - Stephe Davis -4 out of 8

There was some amusing entries too. How could Keith Ibbotson possibly mistake Rob Leonards feet with Gill Samuels ??.

The solution to the quiz is :- (left to right)

Craig Jenkinson, Malc Hadfield, Rosie Adams, Craig Steeland, Gill Samuels, Ruth Shield, Lis Colquhoun, Rob Leonard.

QUOTE OF THE MONTH !

Andy Oxley:- "Hey Rachel; how about doing the Steel City Mile next year ?"

Rachel Coffey :- "...How far's that?!"

THE PAPERCHASERS

