

Editor: Ruth Shield

Marie Miller
7 Freedom Road
Sheffield S6

No. 19

FEBRUARY 1985

STRIDERS

NEWS

Newsletter of the Steel City Striders Running Club

(Affiliated to the AAA & WAAA)

EDITORIAL

This Months issue has a number of important items which I would like to bring to the attention of the club members.

Renewal of membership is due so please take note of the article (see below). The report of the Annual General Meeting with a list of the new Committee and their posts is overleaf. I would also like to remind people that the Striders have invited 3 other clubs to our March Striders Cross Country and we hope this will be well attended by our club members.

Thankyou to all those people that have contributed material to the newsletter this month. If some of it does not appear this time it will be published in the next issue. I recieved a lot of items this month and therefore had to be selective in deciding which items should recieve immediate attention. However, keep them coming in !

John Rothwell (Secretary) is now on the telephone at his home. His number is:-
747994

LONDON MARATHON - GUARANTEED PLACES

There were 30 rejection slips in the lottery for the three guaranteed London marathon places allocated to the club. The draw was made at Queens Tower on Monday 7th January and this time the 3 successful members were Trevor Bullard, Trevor Brown and Graham Short.

Two days after the draw had been announced, Graham Short decided to decline his place. As a result a re-draw took place on 9.I.85, in the Norton Hotel after the Rowlinson run with the 27 remaining names going back into the hat. This time Richard Taylor was successful and will line up in Greenwich Park on the big day.

DUKE OF DEVONSHIRE'S - CHATSWORTH CHASE

At the AGM (22.I.85), Ian Sheperd reported that his grace, The Duke of Devonshire has said that the estate cannot be made available this year for the Chatsworth Chase but has agreed to stage the event in 1986 and perhaps biennially thereafter.

MEMBERSHIP SUBSCRIPTIONS

Your annual subscriptions for 1985 were due on the 1st of February 1985 and I would be grateful if you would all renew your membership as soon as possible. I am sure you all appreciate that membership fees are our main source of revenue and without them we will be unable to organise social events, races, coaches to events etc. A membership application form is attached to this issue of the Striders News. Would you please complete and send to me, Phil Samuels, 24, Ashland Road, Sheffield 7, together with your subscription of £5.00 as agreed at the AGM. Cheques and Postal orders should be crossed and made payable to 'Steel City Striders'. Please do not send cash through the post. If you wish to pay by cash I am available at most of the training runs and you can pay me personally.

If anyone no longer wishes to be a member of the club, could I have a short note saying so to enable me to keep the records straight. Remember, AAA rules require us to notify them of any members subscriptions which are 6 months in arrears, so let me know either of your resignation or let me have your subs if you want to keep your names out of the AAA little black book!

Best Wishes, Phil Samuels, Membership Secretary.

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

ANNUAL GENERAL MEETING- 22.1.85

The 3rd Annual General Meeting of the club held at the Manchester Hotel on Nursery Street was attended by 62 members, a good turn out given the uncertain weather. The meeting lasted just over 2 hours and many of those present contributed to make the discussions at times controversial, always interesting and overall the meeting was well worth attending.

BRIEF SUMMARY

- The minutes of the 1984 AGM the Annual Report and the Audited Balance Sheet were discussed and accepted by the meeting.
- It was accepted by the meeting that the membership subscriptions for 1984 should remain unchanged from the previous year(see Membership Renewals).
- In dismissing the 1984 Committee, Keith Ibbotson on behalf of the club, thanked the retiring members for their contributions towards the organisation of the club and in particular to Ken Richardson, one of the founder members of the club, for his work both as a member of the Steering Committee and as an elected member.
- The 1985 Committee (appointed unopposed), is as follows :-

Chairperson -	Keith Ibbotson
Secretary -	John Rothwell
Treasurer -	Dave Beech
Membership Secretary -	Phil Samuels
Running Secretary -	Dave Ashurst
Road Running Secretary -	Mike Ingham
Cross Country Secretary -	Rob Leonard
Track Secretary -	Andy Oxley
Women's Secretary -	Gill Samuels
Social Secretary -	Marie Miller
- The ammendments of the Club Constitution (see AGM Agenda - previously circulated with Januarys Striders News), were all carried*.

*In abolishing the post of PUBLICITY OFFICER and ammending the constitution accordingly, it was accepted by the meeting that the 4 'floating members would be designated to specific posts (ie Road Running, Cross Country, Track and Women's Secretary's) on the 1985 Committee. It was also agreed that because of the timing of the AGM/Election of Officers, the cross country secretary should serve on the Committee until the end of the following cross country season (ie 31st of March). In the event of a new Cross Country Secretary being elected in January it was accepted that the outgoing Secretary and the new post-holder shall work together on the Committee until 31st March.
- Under 'Any Other Business', consideration was given to the 'working document' entitled "STEEL CITY STRIDERS RUNNING CLUB- A POLICY FOR THE FUTURE", copies of which were distributed with the AGM information. After lengthy and interesting discussions centred mainly on opportunities for young people in the club, the meeting gave it's approval to the document as a means of seeking to develop the club in the future.

Full details of the new Committee will be sent out on renewal of membership and the minutes of the AGM will be circulated prior to the 1986 AGM. For further information - contact John Rothwell.

LE JOG '84

A cheque for the sponsorship money raised through the LE JOG '84 (Land's End to John O'Groat's) Relay Run held during August 1984, will be presented to the British Heart Foundation on Monday 18th February 1985 (9.00pm) in the bar at the Queens Tower Squash Club. All members are cordially invited to come along.

ST LEGER HALF MARATHON - 21.4.85

The unattached levies (50p's paid by non-club members when entering races) from the 1984 Race have not been paid. No AAA permit has therefore been granted for this years event.

Striders members are advised against entering. They should not take part in the event if it goes ahead as planned and not held under AAA (WCC & RRA) Laws etc. For further information contact either John Rothwell or Mike Ingham (RR. Sec.).

INVITATION CROSS COUNTRY TEAM EVENT
GRAVES PARK. - 10.3.85

This race, the final one in the 84/85 cross country championship, will also be a team event against other local clubs, these being; Stocksbridge Pacesetters, Totley A.C. and the Penistone Footpath Runners.

The mens will be over 6 miles, the womens over 4 miles and the boys over 1 mile. The first six men to finish will form the first team and the second six will form the second team. In the womens race the first three will comprise a team.

We are hoping for a good turn out of Striders to enable several teams to compete. Points towards the Striders championship will count as normal. The races will start at 11am from the pavilion off Derby shire lane.

MENS NATIONAL CROSS COUNTRY CHAMPIONSHIP.
MILTON KEYNES-SATURDAY 2nd MARCH 1985.

The National is one of athletics great occasions with over 2,000 runners representing in excess of 200 Clubs.

This year for the first time the Striders will be lining up with teams such as Gateshead, Tipton, and Aldershot, Farnham District (all past winners). A squad of 15 has been submitted and those 9 who are showing the best form will be selected on the day.

The race, over 9 miles is over park and farmland and many of the names seen in the last years Olympics will probably be taking part - Ovett, Cram, Coe, Hackney, McLeod. But it will be the Striders men who need your support on the day!

If you wish to travel to Milton Keynes to support the club and enjoy a great occasion, please let Rob Leonard or Dave Ashurst (Tel. 610238) have your name as soon as possible.

RACE REPORTS AND RESULTS

Morpeth to Newcastle. I.I.85

I. Darley (304th) -I.24.58.

Yorkshire Cross country Championships
5.I.85

On a bitterly cold but bright Saturday afternoon, the 21st Yorkshire County AAA Cross Country Championships were held in Hillsborough Park.

The senior mens race looked to be between defending champion Carl Thackery, Hallam-

shire and Michael Chorlton of Stainforth A.C. . These two had the lead from the gun and after one lap had opened up a gap on the chasing bunch. At 2½ miles they were still together but by 3 miles Thackery had a lead of 20 metres. This soon increased to 125 metres and Thackery went on to win by a convincing margin.

Results

C.Thackery (HH) -36.48
M.Chorlton (Stainforth) -37.26
M.Thompson (Sheff.A.C) -38.24

Striders Cross Country Championship 1984-85

Hillsborough Park - 6th January 1985.

Results

Boys(I mile).

1.Stephen Rothwell -8.14
2.Paul Eyre. -9.06

Women (2.82 Miles)

1.Rachel Leonard (19.31), 2.Ruth Shield (20.30), 3.Stephanie Franklin (20.56), 4.Sue Craythorne(21.32), 5.Mary Howarth (22.01), 6.Marie Miller(24.15).

Senior Men(3.76miles)

-Pete Wakefield(21.40-guest runner/SMAC)
1.Bob Franklin(22.12),- Another(guest runner/name uncertain),Graeme Siddall (23.06),3. Dave Bonnington(23.22), 4.Roger Stevenson(23.27), 5.Andy Oxley(23.38), 6.Barry Wiles(23.41), 7.Mike Ingham(23.43), 8.Dave Denton(23.59), 9.Rob Leonard (24.21), 10.Laurie Parmenter(24.37), Paul Atkinson(24.42), 12.Dave Beech(25.12), 13.Dave White(25.17), 14.John Rothwell (25.21), 15.Geoff Lowe (25.35),16.Rob Smith(27.07),17.Alan Croft(27.30), 18. Mick Jackson(28.01), 19.Alan Smith (28.07) 20.Dave Ashurst (29.10).

Yorkshire Cross Country Association
Championship Race.26.I.85

Winner- Colin Moore (Bingley) -37.39

Striders

Laurie Parmenter (46.33), Mike Ingham (46.35), Graeme Siddall(46.37), Stephen Dauris(46.50), Andy Oxley(47.20), Roger Stevenson(48.29),Bob Booth(48.49), Ian Darley(49.05), John Rothwell(50.20),Paul Atkinson(50.31), Paul Lee(52.15).

FORTHCOMING RACES-DARLEY'S DIARY.

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

Mar 10th Stiders Cross Country Championships. 'The last one'. Start 11.00am.Note article.

Mar 24th	York $\frac{1}{2}$ marathon and fun.
Mar 24th	Stannington College IO mile Road Race.
Mar 24th	Spire IO, Chesterfield.
Mar 31st	Horsforth Metro $\frac{1}{2}$ Marathon.
Mar 31st	The Meridian $\frac{1}{2}$ marathon.
Mar 31st	Wolverhampton Marathon.
Mar 31st	Adidas & Mars Wilmslow $\frac{1}{2}$ Marathon.

Track Meetings

Feb 24th	Notts. A.C. , Bilborough, Nott'm. 80m, 150m, 300m, 600m 3000m. All ages, Male & Female. Tartan Track, 10.30am start.
Mar 3rd	Hallamshire H, Cudworth open meeting.
Mar 24th	Notts A.C. Bilborough, Mott'm. As above.
Mar 31st	Hull Spartan A.C. Costello Stadium. open meeting.

For race details, ie application forms and the addresses for the above, contact Ian Darley or Andy Oxley (Track Secretary). For anyone interested in purchasing a pair of track spikes contact Andy Oxley who can put you in touch with a postal address for $\frac{1}{2}$ price Nike and Puma spikes.

A TRAINING SCHEDULE FOR A $\frac{1}{2}$ AND FULL MARATHON.

Many people taking to running do so at first to run the well publicised $\frac{1}{2}$ or full marathon before concentrating on other distances such as the 10KM or 10 mile etc. With this in mind and the ever growing membership of the club, runners of all abilities, the following 16 week schedule (see attached at the end of the newsletter - last page) is to help runners plan in advance, training for a $\frac{1}{2}$ or full marathon. It could be used to fit with any race but is dated to run up to the Sheffield Marathon 16.6.85.

It may seem elementary to some but many Striders are new to running and perhaps

need some sort of training plan set out in one 16 week table rather than the often published 12-16 week schedules, spread out over 3-4 months issues. This does not allow the runner to see the hard work and commitment required and what the increase in milage will be.

The amount of work put into each run is up to the individual and their fitness but basically a steady build up is required with easier days after long runs. One need which all schedules agree on is for one long run a week. To run 26.2 miles, you must get used to being on your feet for a long time.

Three schedules are listed, 2 for the marathon and one for the $\frac{1}{2}$ marathon (from scratch). Because many Striders have a PB a few minutes over 3 hours, the first is for a sub 3 hour contender. The second is for the first time marathon runners looking to get around in a good time. The third plan is the $\frac{1}{2}$ marathon and for the beginners, probably never having run regularly and may be not at all.

Sub 3 hour contenders milage does not exceed 68 miles but 2 long runs per week in the latter stages would be the aim to accustom you to running for long periods on a regular basis. For the first time marathon the largest weekly milage would be 42 miles. The emphasis here would be on the long run with shorter runs to allow recovery. The beginners plan for the $\frac{1}{2}$ marathon starts off with 'minutes on your feet', for the first 3 weeks and on week 4 progresses to miles. On this steady $\frac{1}{2}$ marathon build-up 31 miles would be the most weekly milage and then only once.

Runners with varying 'milage' could join the schedules, at different points or use it to train for other races later in the season. (Mike Ingham-Road Running Secretary).

N.B. Dissappointed in not getting into the 'London' marathon. Fed-up with being rejected and missed out of the draw or do you just need a change? . If this is the case read on.

Many runners having started their training for spring may now be turning their thoughts to the Wolverhampton Marathon 3 weeks before London. The course, described as a PB course may attract enough attention to runners and their friends and family to enable a coach to be laid on. Those wishing to travel to Wolverhampton should give their names to Mike Ingham in order to guage numbers.

10 hardy (foolhardy!) Striders headed for the Staffordshire borderland on Friday 11th January for the Strider's 3rd training weekend at Moorside Farm.

The snow laid thick on the fields but the roads were clear for the outward journey, and after one of Daphne Fitcher's culinary blowouts we took a leisurely 2½ mile sprint to the pub in Longnor, the nearest village to the farm, for some liquid refreshment. The barman called 'time' before permanent brain damage set in and we weaved unsteadily toward the chip shop to replenish the carbohydrate stores for the return journey. A brief stop to negotiate the loan of a wheelbarrow for Roy Bradshaw's meat-pie, fish, sausage, chips and peas and we were on our way back to the farm to sleep it off.

Saturday morning after breakfast had gone down we set ourselves a six mile route across countryside taking in some superb scenery and blew away the previous nights cobwebs. We identified some ideal sledging sites and after Daphne's packed lunch and a hot shower were off again armed with fertiliser sacks filled with straw and tied with string; the perfect toboggan. The catalogue of injuries was endless. The field resembled the aftermath of the Battle of the Somme,

Isobel O'Keefe - bad leg, bruised elbow
 Dave Beech - gashed head
 John Rothwell - gashed hand, bruised bum
 Phil Samuels - bruised knee, calf strain
 Barry Wiles - 'CRUSHED' leg

We limped slowly back to the farm as the sun set slowly in the west, dragging our fertiliser sacks behind us.

After dinner we set off on foot towards Flash bar to seek out the Travellers Rest and the snow started to fall as we left.

CLUB LIBRARY

The following books have been added to the club library :-

Fiction :- Rings of Sand By Tom McNab

Non Fiction :-

National Coaching Foundation - Introductory Study Packs 1-6

1. The Coach in Action
2. The Body in Action
3. Safety and Injury
4. Improving Techniques
5. Mind over Matter
6. Planning and Practice

Undaunted we soldiered on and after arriving settled down to a boisterous sports quiz chaired by quizmaster Dave 'Coleman' Beech. Several hours later and several pints the worse for wear we staggered out with a few parting shots and two digits rampant directed towards a surly woman sat at the bar pronouncing loudly that 'jogging causes heart attacks'. The rest of the evening remains a blur but I am reliably informed it was enjoyable.

My throbbing brain on Sunday morning would lend support to the view that it had been a good night but the fact that we elected to go for an 8 mile run in the snow may suggest that our judgement had become severely impaired. Charlie Fitcher accompanied us and I felt I had done well to stay with him until he said goodbye about I mile from the end and he disappeared over the horizon in a flurry of snow and dust !. On our return to the farm we found Maria's mulled wine waiting on the table and the colour was soon back in our cheeks. As the snow had been persisting down all day long and the roads were now becoming very slippery. We polished off Daphne's fish pie and baked potatoes and bid a hasty retreat back to Sheffield before the snow threatened to strand us 1200 ft up a Staffordshire hillside.

Remember next time - be there or be square !

Report by, Phil 'scoop' Samuels, our roving and ranting reporter.



ITS FOR REIN YOUR NECK. THE LOCALS ARE SCARED TO DEATH IN THE DARK

LETTERS

Dear Editor,

I found John Rothwell's paper on his talk at the A.G.M about the future policy of the Striders to be very stimulating. If other member's thinking has been aroused as much as mine, then we should be in for some lively discussion during the coming months. The idea of developing in the five ways suggested seems to me to be the result of a good deal of hard thinking, inspired I suggest by ambition. It seems the underlying theme of the paper is the desire (or ambition) to see the Club members in major county or national or dare I say it, international events. This could be the result if these ideas are pursued successfully. In a few years given reasonable success, the major athletic events at Crystal Palace or Meadowbank or Cosford could ring as much with the name 'Steel City Striders' as they do now with 'Pheonix', 'Kent Invicta', or the 'Essex Beagles', We could become a spawning ground for atheletes of the class of Cram, Oveett, or Coe. We could for instance train the 1500 metre winner of the 2004 Olympics - just 19 years away. Well, why not ? . He/She has got to train somewhere and there is no shortage of good athletics in Sheffield.

But is that the sort of thing we want to do ? . If you add a sixth category to John's list and call them 'Fun Runners', you find this is the hard of the Striders and nearly all of the 'new wave' running clubs. There is no doubt in my mind that these fun runners can co-exist with the fast runners and it is completely wrong to suggest that the fast runners should go around apolagising for being fast - that's Crazy ! Equally anything which threatens to damage that wonderful spirit which has grown up in the last 5-10 years among previously non-athletic people or fun runners, who know they will never be in among the placeings but who regularly pick up those priceless $\frac{1}{2}$ or full marathon medals, is to be deplored.

Could it not be argued that there have always been clubs for the fast or elite runners -?. So what is wrong with anyone who is in this category joining one of them - leaving first claim with the Striders of course ! Should we not accept that there are plenty of clubs for the experts and not attempt to compete with them, afterall there is enough competition between runners without having competition between clubs. Or is this what the Striders want ? We certainly seem to be asking ourselves a lot of questions.

Yours sincerely,
Dennis Tuft.

If anyone would like to respond to this your letters would be most welcome. (Ed.)

STRIDERS HOLIDAY 1985.

If you have'nt chosen a holiday yet, why not join in with a party to go away this year ? It would ideally be an active holiday, either home or abroad. Some ideas - self-catering cabin/cottage somewhere scenic. Snowdonia has a complex with jogging trails, beaches etc; Scotland has the IAAF Edinburgh games in July; or maybe a trip abroad to run in an event. Any interested persons, contact Andy Oxley or Malc Hadfield at club meetings or by phone. Andy - 384494, Malc - 392263.

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

THE PAPERCHASERS

THIS NEW COMMITTEE'S
A BIT KEEN ISN'T IT ?



HALF AND FULL MARATHON SCHEDULES

	SUB-3 MARATHON.		1 ST TIME MARATHON.		BEGINNERS HALF.	
	PLANNED	ACTUAL	PLANNED	ACTUAL	PLANNED	ACTUAL
WEEK 1 FEB. 24 25 26 27 28	6		6		8	
	4		2		4	
	4		4		5	
	7		4		1	
	1		1		8	
	MAR. 1	5		4		5
WEEK 2 MAR. 2	6		1		1	
	TOTAL.	32	20		30 MINS.	
WEEK 3 MAR. 3 4 5 6 7 8 9	8		8		12	
	5		3		1	
	4		5		5	
	8		3		8	
	1		1		5	
	MAR. 8	6		4		10
WEEK 4 MAR. 9	7		1		1	
	TOTAL.	38	23		40 MINS.	
WEEK 5 MAR. 10 11 12 13 14 15 16	10		10		20	
	5		2		1	
	5		5		8	
	8		3		5	
	1		1		8	
	MAR. 15	7		4		10
WEEK 6 MAR. 16	7		2		1	
	TOTAL.	42	26		51 MINS.	
WEEK 7 MAR. 17 18 19 20 21 22 23	10		10		3	
	5		4		2	
	8		5		2	
	8		3		1	
	1		1		2	
	MAR. 22	8		4		2
WEEK 8 MAR. 23	5		4		1	
	TOTAL.	44	30		11	
WEEK 9 MAR. 24 25 26 27 28 29 30	10		10		3	
	8		4		2	
	5		5		2	
	8		3		1	
	1		1		2	
	MAR. 29	8		4		1
WEEK 10 MAR. 30	5		4		2	
	TOTAL.	44	30		11	
WEEK 11 MAR. 31 APR. 1 2 3 4 5 6	13		12		4	
	8		5		2	
	5		5		2	
	8		5		1	
	1		1		3	
	MAR. 5	10		4		1
WEEK 12 MAR. 6	6		4		2	
	TOTAL.	50	35		13	
WEEK 13 APR. 7 8 9 10 11 12 13	15		12		4	
	8		5		3	
	5		2		3	
	8		8		1	
	1		1		3	
	APR. 12	10		4		1
WEEK 14 APR. 13	6		4		2	
	TOTAL.	52	35		15	
WEEK 15 APR. 14 15 16 17 18 19 20	15		13		5	
	8		4		3	
	8		4		3	
	8		8		1	
	1		1		3	
	APR. 19	10		5		1
WEEK 16 APR. 20	5		4		3	
	TOTAL.	54	38		17	

	SUB-3 MARATHON.		1 ST TIME MARATHON.		BEGINNERS HALF.	
	PLANNED	ACTUAL	PLANNED	ACTUAL	PLANNED	ACTUAL
WEEK 17 APR. 21 22 23 24 25 26 27	18		14		5	
	5		4		3	
	9		4		3	
	8		8		1	
	1		1		3	
	APR. 26	13		6		1
WEEK 18 APR. 27	5		4		4	
	TOTAL.	58	40		18	
WEEK 19 APR. 28 29 30 MAY 1 2 3 4	18		10		6	
	5		4		3	
	10		4		4	
	8		8		1	
	1		1		3	
	MAY 2	1		6		1
WEEK 20 MAY 3	13		3		4	
	5		3		4	
WEEK 21 MAY 4	5		3		20	
	TOTAL.	59	35		20	
WEEK 22 MAY 5 6 7 8 9 10 11	20		14		6	
	6		4		4	
	9		4		4	
	8		8		1	
	1		1		3	
	MAY 10	13		6		1
WEEK 23 MAY 11	6		4		5	
	TOTAL.	62	40		22	
WEEK 24 MAY 12 13 14 15 16 17 18	20		16		7	
	5		4		4	
	13		4		4	
	8		8		2	
	1		1		3	
	MAY 17	15		6		1
WEEK 25 MAY 18	6		4		5	
	TOTAL.	67	42		25	
WEEK 26 MAY 19 20 21 22 23 24 25	22		18		8	
	6		2		4	
	10		4		5	
	8		8		2	
	1		1		3	
	MAY 24	15		6		1
WEEK 27 MAY 25	7		4		5	
	TOTAL.	68	42		27	
WEEK 28 MAY 26 27 28 29 30 JUNE 1	20		20		10	
	10		2		5	
	10		4		5	
	8		8		2	
	1		1		3	
	MAY 30	13		4		1
WEEK 29 JUNE 1	7		4		4	
	TOTAL.	68	42		29	
WEEK 30 JUNE 2 3 4 5 6 7 8	19		13		10/12	
	5		4		2/4	
	9		4		6	
	8		8		2	
	1		1		3	
	JUNE 7	10		3		1
WEEK 31 JUNE 8	5		4		6	
	TOTAL.	55	36		31	
WEEK 32 JUNE 9 10 11 12 13 14 15	10		10		6	
	5		4		4	
	8		4		4	
	8		8		4	
	1		1		1	
	JUNE 14	4		4		2
WEEK 33 JUNE 15	1		1		1	
	TOTAL.	35	30		20	
JUNE 15			RACE		RACE	
			RACE		RACE	