

MARIE MILLER

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NO. 2

SEPTEMBER 1983

STRIDERS

NEWS

NEWSLETTER OF THE STEEL CITY STRIDERS (AFFILIATED TO THE A.A.A. & W.A.A.A.)

EDITORIAL

The first issue of Striders News was generally well received by the club with one or two minor criticisms forthcoming. These have been noted by the editors and any further suggestions (in writing!) for improving the quality of the newsletter will be welcomed.

Apologies to Mike Ingham whose Sheffield Marathon time was unfortunately omitted from the list of the first Striders to complete the full distance, printed in last month's issue. Mike's time was a very creditable 3 hours 11 minutes. In mentioning this and to reemphasise what we said in Striders News No 1 - it is up to you, the members, to notify us of your race times and positions etc., (in writing). Failure to do so will inevitably result in omissions when we publish details of Striders results.

The club now has 100 members. Of these, 58 are senior men, 21 are veteran men, there are 20 ladies and we have 1 junior member in 13 year old Wayne Jackson. Wayne, who joined the club during August and regularly runs from Queens Tower, has turned in some impressive performances both in races at school and in his age group in other local events including a second place in the recent Grenoside Chase.

VENUES

At the meeting on 16th August, the Committee decided against adopting Beauchief Hall Country Club (off Abbey Lane) as an additional running venue. The reasons for the decision are firstly, the lack of adequate female changing facilities and secondly, the inaccessibility of the Hall, particularly during the winter months. It was agreed that an evening venue in the south of the city would still be desirable and Richard Hnat is to make further enquiries elsewhere, on behalf of the club.

RUNNING GEAR

The new lightweight club vests, including a specially styled vest for ladies, are now available in all sizes from Richard Hnat Sports, 148 Infirmary Road, Sheffield S6 3DH. Price £4.55

LONDON MARATHON - 1984

Application forms for application forms! will be available from major branches of the Nationwide Building Society from 5th September onwards.

RACE WALKING

Ever fancied a change from road racing? Why not have a go at Race Walking, a demanding sport that offers a challenge to athletes, both men and women, of any age.

Race Walking is basically an extension of normal walking. The distinctive walker's 'action' takes about 3 months to master and possibly up to 3 years to perfect the technique. As with all sports, performance is improved by regular training and experience. Part of the walker's training actually consists of jogging and medium distance running but whereas running exercises mainly the trunk and legs, the walking 'action' utilises nearly 95% of the body muscles.

If you have ever considered taking part in the 'Star Walk', Sheffield's premier Walking event, now is the time to start training for next years race and it is worth noting that many walkers who started as runners have achieved a fair measure of success in their new found sport.

If interested contact Mick Jackson. Mick usually runs from Queens Tower on Mondays or phone him on 348475. Alternatively, go along to Sheffield United Walking Club - who meet on Wednesdays, 6.45 p.m. at Beeley Wood Pavilion (behind Beeley Wood pub), Middlewood Road, Sheffield S6.

ALL CORRESPONDENCE TO: J ROTHWELL, 26 MEADOWHEAD, SHEFFIELD S8 7UD, S. YORKS.

FORTHCOMING RACES

- Oct 2nd - ROBIN HOOD MARATHON AND HALF MARATHON (NOTTINGHAM)
It is hoped to organise a club trip to this event. If you would be interested please contact Dave Ashurst or Chris Ward AS SOON AS POSSIBLE (n.b. a 50p deposit will be payable on 'signing up' for the trip).
- Oct 9th - YORK '10'
If sufficient interest is shown it is hoped to organise a club trip to this event (see Striders News No 1 for further details).
- Oct 14th - STEEL CITY '10K' (see below)
- Oct 16th - BLACKPOOL HALF MARATHON ROCKINGHAM '10'
- Oct 23rd - CHESTERFIELD MARATHON AND HALF MARATHON
Entries stating name, address, age, club and half or full marathon to:- Marathon Secretary, N.E. Derbyshire Squash Club, Old Road, Chesterfield S40 1HX
£2.50 - club members (£3.00 unattached) cheque/PO payable to 'Nedscan Marathon'.
- Oct 30th - WORKSOP TRADER HALF MARATHON
Congratulations to those of you who spotted last month's 'deliberate mistake' - This race is on the 30th NOT the 23rd as stated in Striders News No 1.
- Nov 5th - HOLMFIRTH '15'
No application forms available due to withdrawal of sponsors. The race will still go ahead and entries stating name, address, date of birth and club - plus entry fee of £1.00 (£1.50 unattached) payable to 'Holmfirth Harriers' should be sent to: Ian Moore, 20 Bradshaw Drive, Honley Huddersfield. (enclose s.a.e.)
- Nov 13th - STRIDERS CROSS COUNTRY CHAMPIONSHIP - Race No 1 (Longley Park)
see next month's issue for details
- Nov 20th - TIPTON '10'

STEEL CITY 10K - ROAD RACE

Friday, 14th October 1983 at 7.30 p.m. from Middlewood Road Training Ground.

This race will be the 5th in the series of races and fun runs organised by the club for club members (and friends!) only. The course will be 'out and back' towards Stocksbridge for 3.1 miles before returning to the Training Ground. Once again, medals are to be awarded in various categories.

Applications, in writing, to Dave Ashurst, 69 Morgan Avenue, Sheffield, S5 8QJ stating

name, address, age and membership number. Entry free, (Non club members - 50p) Numbers must be limited to 50 - so apply early please.

SOCIAL EVENTS

TALK & OPEN FORUM WITH RON HILL

Date: 14th September 1983
Time: 7.30 p.m.
Place: Hallam Tower Hotel (Hallam Suite)

Admission - 50p (non club members 75p)
Tickets now available from any Committee member, Richard Hnat Sports or by post from Eileen Bibby, 76 Rangeley Road, Sheffield, S6 5DW. Cheques/PO's to 'Steel City Striders'.

1983 SHEFFIELD MARATHON VIDEO - FILM NITE

Date: 28th September 1983
Time: 8.30 p.m.
Place: Pine Grove Country Club

Admission - 50p (non club members 75p)
Advance tickets will be available during September - or pay on the 'door'

These events have been organised at some expense. It is hoped that members will support the club by coming along to what should prove to be 2 entertaining evenings.

PRINCE OF WALES HALF MARATHON

The cool, overcast evening of Wednesday 27th July, saw the third running of Rotherham's 'Prince of Wales ½ Marathon', an out and back race from Herringthorpe to Laughton church and finishing with a 3/4 lap of the impressive Herringthorpe Athletic Stadium. Once again local 800M star, Peter Elliott, was on hand to present the winner's trophy to Robbie Sinclair who achieved a hat trick of successes in the event winning quite convincingly in a time of 1 hr 07 mins from Sheffield A.C.'s Malcolm Martin.

First Strider home was Chris Ward who did extremely well, to finish in a time of 1 hr 13 mins., followed by Dave Denton (1 hr 21 mins) and veteran Keith Ibbotson (1 hr 22 mins). First Striders lady to finish was Gill Samuels who achieved a personal best with her time of 1 hr 40 mins.

The Striders were again well represented with 27 members known to have participated. Bad news though for Steve Calvert who, on the eve of the race, sustained a back injury which may keep him out of action for a few weeks. I'm sure we all wish Steve a speedy recovery

FOOTNOTE: A number of people have asked why the race is called the 'Prince of Wales ½ Marathon'. The reason is that it was first run on 29th July, the day that Charles married Lady Di!