

No. 20

March 1985

Editor: Ruth Shield

# STRIDERS

# NEWS

Newsletter of the Steel City Striders Running Club

(Affiliated to the AAA & WAAA)

## EDITORIAL

After last month's excitement of the AGM, membership renewals and the creation of a new committee, everything has gone comparatively quiet.

Hopefully everyone is getting their membership forms back to Phil Samuels and are regenerating for another years running !

With the last of the cross country races looming up, the road and track season is getting well underway and for a comprehensive guide to events, take a look at 'Forthcoming Races', compiled by the Running Sub-Committee.

An order has been put into Ron Hill Sports for new club kit. This includes a choice of shirts and for the first time matching shorts and a womens styled kit. Those who have already seen it seem suitably impressed, so for more details refer to article

A balance sheet for the Chatsworth Chase has now been made available. For anyone interested in seeing it, please contact Rob Leonard.

If members wish to contribute to the newsletter, please feel free to, because new ideas and material are always welcome. The letters page is a particularly good way of airing criticisms, queries and ideas, so do use it. The closing date for the next issue is 25th March 1985, so if you have anything, either post it or let me have it at one of the venues.

If anyone does not receive their newsletter at anytime in the future, please let me know or a committee member know, so the problem can be remedied.

Until next issue - have a good March !

## CLUB KIT

We have completed negotiations with Ron Hill Sports regarding a supply of vests and shorts in club colours. The vests will be available in 3 styles.

Womens - a well styled vest to suit the requirements of the women runners.

Mens Plain - a vest in a much lighter material than previous vests with a cotton white band.

Mens White Mesh - as above but with green mesh below the white band.

Both mens and womens shorts will be available in the same green/yellow pin-stripe material. The mens have a sewn in cotton brief and the womens is the same style as the Lady Boston.

Cost :- Vest 30"/32" & smaller are £5.75 (all styles) 34"/36" & larger are £6.50

Shorts XS,S are £4.50 and the ML & XL are £5.15.

Attached to this newsletter is an order form. Please complete the form indicating your requirements for the coming year and return it, along with a cheque /PO/cash for the appropriate amount to :-

' Steel City Striders' and return to John Rothwell (Secretary), 26 Meadow Head Sheffield S8 7UD.

as soon as possible and by 12th April 1985 at the latest.

The club are required to order a minimum of 100 garments and providing sufficient orders are recieved from members, the goods should be available by early June.

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

## RACE RESULTS AND REPORTS

### Ward Green Six-mile Road Race. 26.12.84

Winner:- Mick Chorlton - 27.29  
Mike Ingham - 36.17  
Rachel Leonard(3rd Women) - 38.55

### Yorkshire Cross Country Annual Championships. 26.1.85.

Winner :- C.Moore (Bing) - 37.39

#### Striders

L.Parmenter (46.32), M.Ingham (46.39), G.Siddall (46.41), S.Dauris (46.50), A. Oxley (47.18), R.Stevenson (48.29), R.Booth (48.48), I.Darley (48.59), J.Rothwell (50.01), P.Atkinson(50.18), P.Lee (52.20),

The Steel City Striders were placed 25th as a team.

### Steel City Striders Cross Country Championship - 3rd race. 3.2.85.

Staged at Shirecliffe Park.

#### Results

##### Boys (1 mile)

1. Stephen Rothwell - 8.54  
2. Paul Eyre - 9.30  
3. Anthony Parkin - 9.32

##### Women (2.83 miles)

1. Rachel Leonard (19.32), 2. Ruth Shield (20.30), 3. Judy Clifford (25.00).

##### Veteran Men (3 $\frac{3}{4}$ miles)

1.Trevor Brown (24.50), 2.Peter Wilkinson (25.13), 3.Winston Bendell (27.05), 4.Les Eyre (32.32), 5. Gerald de Vane (35.29).

##### Senior Men (3 $\frac{1}{2}$ miles)

Winner :- Mike Leigh -guest runner (21.50)  
1. Graeme Siddall(23.02), 2. Laurie Parmenter (23.11), R.Chitorisci-guest runner (23.12), 3. Barry Wiles (23.41), 4. Dave Bonnington (23.54), 5. Andy Oxley (24.00), 6. Roger Stevenson (24.14), 7. Mick Derrick(24.39), 8.Bob Booth (24.57), 9.John Rothwell (25.12), 10. Dave White (25.25), 11. Paul Lee (25.32), 14. Paul Atkinson (25.35), 13. John Keen (25.38), 14. Rob Leonard (25.44), 15. Steve Ludlow (27.34), 16.Gordon Smith (29.06), John Beardshaw (29.05-guest runner), Dave Ashurst (29.25),

### 92nd Northern Cross Country Championship -9.2.85.

With Les Eyre as Team Manager, son paul forming the official Striders supporters Club and Janet, as usual the baggage looker-afterer, eight of us made our way by coach (with Sheffield AC), to Thirsk for our first crack at the 'Northern'.

On arrival we registered, collected the numbers, got changed and then had to utilise the coach to ferry us on to the start/finish area which was surprisingly, situated some 2 miles away at the race-course.

A glance at the programme showed that it would be a class field with a number of 'stars' taking part ; a far cry from last week when it was the Striders Shirecliffe race... today we were lining up with the likes of Steve Cram, Jim Dingwall, Carl Thackery to name but a few.

The 7 $\frac{1}{2}$  mile seniors race was in biting cold, snowy conditions and consisted of 3 very flat, fast laps around and adjacent to the racecourse. At the finish it was Cram who was first home in 35.07, meanwhile our lads, with Graeme Siddall spearheading the Striders 'challenge' in 468th place were a little way behind.

#### Results

1.Steve Cram (Jarrow & Hebburn) -35.07  
2.Carl Thackery(Hallamshire) -35.15  
3.J.Woods (Liverpool) -35.15

#### Teams

1. Sunderland 178 points  
2. Liverpool 192 points  
3. Stretford 273 points

#### Striders

Graeme Siddall (468th - 42.30), Mike Ingham (507th - 44.26), Barry Wiles(513rd) Steve Dauris (531st - 45.09), Ian Darley (560th -45.--), Roger Stevenson (571st - 46.53), John Rothwell (575th - 47.11), Bob Booth(587th - 47.50).

Race Report by John Rothwell.

#### Illingworth'10'. 17.2.85

Roger Rowe came 57th in a time of 56.28, a personal best for him over this distance

#### Notts. AC Open Meeting. 24.2.85

Andy Oxley. 80m - 10.9 sec. , 150 - 19.9 sec. (Thanks to Rachel Leonard's brother John for an impromptu coaching session ! )

## FORTHCOMING EVENTS

### Road Races.

Mar 31st - Wolverhampton Marathon.  
Adidas & Mars Wilmslow  $\frac{1}{2}$  marathon.  
Apr 7th - Huddersfield Marathon.  
Norfolk Park Relays (Staged by Hallamshire Harriers)

Apr 14th	- Worksop '6'. Lincoln $\frac{1}{2}$ marathon. Ernest Harper '10'. Stockport Marathon.
Apr 21st	- London Marathon. Ciba - Geigy '10'.
Apr 28th	- TUC '5' (Barnsley). Otter Peak $\frac{1}{2}$ marathon (Bux.)
May 4th	- Tadcaster '10'.
May 5th	- Barnsley $\frac{1}{2}$ marathon Woodhall Spa $\frac{1}{2}$ & Full mara- thon. Bingley $\frac{1}{2}$ marathon.
May 19th	- Derby $\frac{1}{2}$ & Full marathon. Stainforth '10'.
May 26th	- Birmingham marathon. Newark '6'
May 27th	- Askern $\frac{1}{2}$ marathon.
May 28th	- Hallam Chase. 8pm start.
June 2nd	- Clumber '10' (Worksop)
June 4th	- Sheffield Tigers '10'
June 16th	- Sheffield $\frac{1}{2}$ & Full marathon. Phoenix '6'
June 23rd	- Boston Marathon.
June 30th	- Piccadilly marathon. Manor 10km. (Sutton in Ash.f) Southwell 10km
July 7th	- Mansfield $\frac{1}{2}$ marathon. Pennine marathon (Hudders- field).
<u>Track Events</u>	
Mar 24th	- Notts. AC, Harvey Hadden Stadium, Nottingham.
Mar 31st	- Hull Sparten AC, Costello Stadium, Hull.
Apr 20th	- City of Hull AC, Costello Stadium, Hull.
All are open graded meetings.	
All races are held under AAA, WAAA, ECCU or WCCA rules.	
For race details ie, application forms and the addresses for the above, contact Andy Oxley (track) or Mike Ingham (road) or any available member of the Running Sub-Committee.	

STRIDERS WHO'S WHO
Terry Gomersall (in conjunction with Ruth Shield and John Rothwell), is planning to produce a directory of club members. To assist with the compilation of the 'book', which will include details of race performances, personal best times and training etc, members are invited to complete and submit the attached questionnaire at the end of this newsletter giving their particulars.
When published, copies of this unique Striders 'Who's Who' will be circulated free of charge throughout the club to all members, but remember, for the book to be a success <u>your</u> co-operation is essential, so <u>please</u> return the form as soon as possible to either Terry, Ruth or John so that you may be included.
LE JOG
On 18th February, at Queens Tower Squash Club, cheques for a total sum of £1730 were presented to the British Heart Foundation, the beneficiary of our Land's End to John O'Groats relay run. Although the BHF is a national organisation, the money that we have raised will be used to provide the Royal Hallamshire Hospital with new and much needed monitoring equipment for the use in treating heart conditions.
Once again on behalf of the LE JOG team I should like to thank all those people who supported us in our endeavours last August. John Rothwell.
BRITISH HEART FOUNDATION
To raise money, the British Heart Foundation markets the following goods:- Key-rings, car stickers, sweatshirts, tee shirts, ball point pens and lapel badges. Each of these items incorporates the BHF logo/slogans etc. For further details - telephone Ernie Wilson on Sheffield 873470
Scene..Striders Social Scene..Striders Social Scene..Striders Social Scene..Striders
This is the space to watch folks! .I will be arranging a number of social events throughout the year and their success depends on <u>YOUR</u> support.
On Monday 8th April 1985 (Easter Monday) there will be an orienteering fun run by day and a disco by night. This is being jointly organised with Queens Tower Squash club.

Many of you will recall the highly successful orienteering fun run held by the club last september. This again will be like a treasure hunt, ie, you do not need to use a compass or be able to read an O.S. map. You are simply required to follow a plan of Sheffield City Centre. Brains are more important than feet !

The fun run is open to all members and their families and there will be prizes for Junior members as well as seniors. The disco and presentations of prizes is open to all members and friends and it's FREE.

Orienteering Fun Run - start 11am. Assemble at 10.30am at Queens Tower. Approx finishing time will be 12.15pm- time for liquid refreshment !

Disco - 7.30pm at Queens Tower (bar extension).

For further details see Phil Samuels, Mike Ingham or myself.

We would like to see as many people as possible taking part in this fun run event so don't forget to pencil it in your diary now. Marie Miller (Social Secretary).

#### LETTERS

Dear Editor,

I would like to take the opportunity to comment on Dennis Tuft's thought provoking letter in Striders News No 19.

Dennis is understandably concerned that the Striders may be moving away from the philosophy of catering for the 'fun runner', but I would like to assure him that the document 'A Policy For the Future' was never intended to convey this message. All the discussions on the committee, about the paper, centred around the need to widen members opportunity to have a go at any aspect of the sport they fancied. You don't have to be an 'elite' runner to enjoy cross country for instance. In this years South Yorkshire XC league, we had some 30 runners per race. Our placings ranged from near the front to almost last, but we all had a good time !

We don't aim to attract 'elite' runners, but some of those people who joined us as 'fun' runners, joggers or whatever you want to call them, now rub shoulders with members of Sheffield AC and Hallamshire and are proud to wear the green and gold. We don't wish to disown them now !

Far from moving away from the original aims of the club, the 'Policy for the Future' document was an attempt to re-affirm our original aim - to provide a friendly atmosphere where runners of all abilities and ambitions can practice their sport.

We may well produce a Steve Overt or Seb Coe in a future Olympic games, but Dennis can rest assured that their standing in this club will be no different than that of all the Joe & Josephine Joggers who form our backbone.

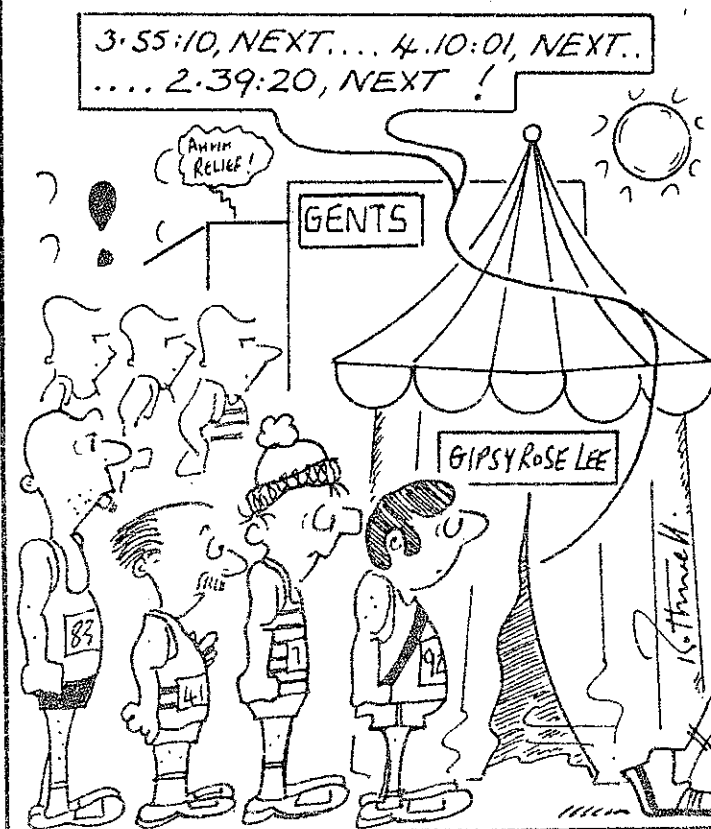
Phil Samuels.

Dear Editor,

Now that we have a new Committee and in particular an active Social Secretary, I would like to put forward a suggestion that the committee consider the possibility of organising a coach trip, without running being the priority- one that we the wives, girlfriends, children ( and any men or other interested parties), can also enjoy. Perhaps a day out in Blackpool or at Alton Towers during the summer would be appropriate.

Janet Rothwell.

## THE PAPERCHASERS



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