



NO. 3

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STRIDERS

NEWS

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

#### EDITORIAL

A date for your diaries - The 1984 Annual General Meeting of the club has been provisionally fixed for Tuesday 24th January 1984. Full details will be published in the November/December issues of Striders News.

The club has recently been given a number of 130mm x 90mm colour prints taken of the leaders at various stages in this years Sheffield Marathon. If any member(s) would be interested in these photos - please contact John Rothwell.

As the nights are now closing in, training in the dark presents the problem of not being seen by motorists. In the interests of safety - WEAR LIGHT AT NIGHT.

#### AAA REGISTRATION SCHEME

Many of you will have recently read in the press about a proposed computerised registration scheme for athletes participating in AAA events. At the time of publication the scheme had not been formally announced but, to briefly summarise the proposals as we understand them, the scheme will, by 1985, require all athletes intending to participate in events held under AAA rules to be registered with the association, through the scheme. Initially though, registration will be on a voluntary basis at a cost of £2.50 per year, but a number of the mass participation marathons, including the London and Adidas British, may require applicants to be registered as a requirement of entry in 1984.

On joining, registered athletes will get a membership card, receive a periodic newsletter and will benefit from the scheme by being entitled to personal insurance cover to/from and during events, reduced accommodation rates and discount on running gear. The scheme will also do away with the 'unattached levy' currently payable by athletes who are not members of an affiliated club.

At the Committee meeting on 6.9.83 some misgivings about the proposals were expressed but it was agreed that discussion on the matter be deferred until the scheme is formally announced by the AAA. Hopefully we will be able to give you further details in next month's issue.

#### FORTHCOMING RACES

- Oct 14th - STEEL CITY 10K - Entries closed  
If you have entered and find that you cannot run, please let Dave Ashurst know as soon as possible. N.B. The race will start at 7.30 p.m. from Middlewood Road Training Ground. Please arrive no later than 7.15 p.m. to allow time to change etc. Instructions will be issued before the start. Please obey them and remember that it will be dark. herefore, in the interests of safety, you are requested to wear light coloured gear.
- Oct 16th - BLACKPOOL HALF MARATHON  
ROCKINGHAM '10'
- Oct 23rd - CHESTERFIELD MARATHON  
(c/d 16th Oct)
- Oct 30th - WORKSOP TRADER HALF MARATHON  
(c/d 15th Oct)
- Nov 13th - STRIDERS CROSS COUNTRY CHAMPIONSHIP RACE (Longley Park, 11.00 am)  
The race, which is open to club members (free) and friends (50p entry) only, will consist of 3 x 1½ mile laps of the park including a stretch on tarmac paths (i.e. unsuitable for spikes). Entries to Dave Ashurst (or John Rothwell) as soon as possible stating category (i.e. sen/vet man, sen/vet lady etc.)
- Nov 27th - BARNSELY MARATHON
- Dec 11th - PRIMEPRINT & LAKESIDE HALF MARATHON (c/d 12th Nov)

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

## RACE REPORTS AND RESULTS SERVICE

### ORIENTEERING FUN RUN - (5.9.83)

Thankfully the evening remained fine for the 22 people who turned up at Queens Tower to run in this, the 4th event organised by the club for its members. Before the run started each entrant was given a map of the Hunters Bar/Broomhill area and participants were required to accumulate points by visiting as many of the 30 marked 'checkpoints' as possible and answering the accompanying questions. A time limit of 70 minutes was set with penalties incurred for exceeding the allotted time.

The event proved to be a successful variation from the usual Monday run with competitors disappearing in all directions to find the locations, solve the clues and struggle over unforeseen problems such as Weston Park being closed and thereby ruling out 2 of the checkpoints!

As darkness fell the runners returned and in the end local knowledge of the area proved to be an asset to Iain Colquhoun who won the event quite convincingly having answered correctly 19 of the 30 questions to amass a total of 170 points. Runner up was Mike Lockwood who scored a creditable 150 points and 3rd place overall with 140 points was Phil Samuels. Phil just pipped Queens Tower's Dave Dalton who, although scoring 150 points, incurred penalties by taking longer than 70 minutes. The Lady's race was won by Liz Price with an impressive 120 points, a total that earned her 6th place overall and finally, the booby prize, a map of the city! was presented to Gerald de Vane. Gerald capped an otherwise excellent performance by unfortunately incurring a massive 120 penalty points to finish in last place!!

A full list of results and answers to the questions is available from John Rothwell on request.

### GLASGOW PEOPLE'S MARATHON - (11.9.83)

Striders veteran Gerald de Vane 'flaunted' the club colours north of the border for, we believe, the first time when he ran in what was billed at the world's 3rd largest marathon, the 'Scots Porridge' Marathon. This well organised event was won by local runner Peter Fleming in 2:17 with Sheffield's Bill Domoney finishing 2nd. What of Gerald's own time? When asked he replied 'I'm glad to say that I finished the course...!'

### BEESTON '10' - (11.9.83)

Well done to Liz Price who followed up her success in the Orienteering Fun Run by winning a trophy in this race for being 3rd lady home in a time of 1 hr 20 minutes.

### LINCOLNSHIRE (WELTON) 10K - (18.9.83)

Another good turn out of Striders for this event run on a sunny but rather windy morning. Three members, Wayne Farrell, Mike Lockwood and John Rothwell ran under 40 minutes and there was a notable 'debut' performance from Lis Colquhoun who, with a time of 47.36 was well placed in the women's category.

### ROTHERHAM MARATHON - (18.9.83)

Only 2 striders, Mike Ingham and Frank Broomhead, are known to have been among the 350 or so starters in the Rotherham Marathon, a prestigious race that has been run for many years. This years run, which started some 15 minutes late, was contested in very windy conditions and the small field quickly spread out with runners soon becoming isolated and at the mercy of the conditions. For many of the participants, additional problems were encountered such as the route not being mile marked throughout and in the latter stages of the race, the lack of refreshments after the last official feeding station at around the 22 mile stage.

At the finish, Mike Ingham achieved a p.b. by a matter of seconds coming home in 3:06 and Frank Broomhead ran a useful 3:11 to equal his 1982 time. The race was again won by Sheffield A.C.'s Malcolm Martin.

### RON HILL TALK & OPEN FORUM

An audience of around 230 gathered at the Hallam Tower Hotel to listen to Ron Hill, perhaps Britain's greatest ever marathon runner, relate his athletics career from its humble beginnings in 1954 to his European and Commonwealth triumphs and disappointments in the Olympic Games.

Ron's half hour talk was then followed by a question and answer session during which some very searching questions were asked and interesting answers given - 'You don't get medals for touching your toes' was Ron's forthright response to an enquiry about pre-run stretching exercises!

No doubt those of us who went along came away much the wiser and inspired by Ron in the same way that he was inspired by his boyhood hero, Alf Tupper!

### FORTHCOMING SOCIAL EVENTS

After the success of last year's pre-Christmas get together at Raffles Nightclub and by popular demand! it has been decided to hold another Xmas disco incorporating a fashion show of running gear again this year. It was felt that the admission price of £4 charged last year was too high and attempts are being made to reduce the cost.

Further details will be published in next month's issue.