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EDITORS: DAVE ASHurst
JOHN ROTHWELL

NO. 5

DECEMBER 1983

STRIDERS NEWS

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

ANNUAL GENERAL MEETING - 24.1.84

Notice is hereby given that the 2nd Annual General Meeting of the Steel City Striders will be held at the Manchester Hotel, Nursery Street, Sheffield 3 on Tuesday 24th January 1984 at 7.30 p.m.

Notice of motions to be placed on the agenda, including any proposed amendments to the constitution of the club, should be forwarded to Mr J Rothwell, 26 Meadowhead, S8 7UD, not later than 7th January 1984. Such notices must be in writing and signed by the proposer who shall be a member of the club and a seconder who shall also be a member of the club.

Nominations for the 1984 Committee are invited from members of the club. Such nominations must be in writing, submitted on the attached 'Nomination Form' and received by Mr J Rothwell, 26 Meadowhead, Sheffield S8 7UD not later than 7th January 1984.

NB: Nominations must be signed by the person standing for Committee and a seconder who shall also be a member of the club.

EDITORIAL

Apologies to Malcolm Hadfield whose Robin Hood (Nottingham) time was omitted from the race report in last month's Striders News. Malcolm completed the full marathon in 3.25.

Richard Hnat, in conjunction with the Striders, is hoping to hold and promote a 10km event early next year as a build up race to the Sheffield Marathon. Further details regarding club involvement will be published in next month's issue.

The Committee has agreed that the club should proceed with an application to affiliate to the English Cross Country Union (ECCU), the controlling body of the sport in this country. Unfortunately, it is too late for us to actively participate in the 1983/4 season which commenced in September, but hopefully, we shall be able to arrange and enter fixtures in which all members who enjoy the challenge of cross country will be able to take part, including the limited entry competitions.

Finally, we would like to take the opportunity of wishing you all a very merry Christmas and a Happy New Year.

A CAUTIONARY TALE

The following article was received from one of our female members (who wishes to remain anonymous) and serves to highlight the dangers of running alone, particularly at night.

'Once upon a time a dedicated lady Strider decided to go for a long run. It was winter and the nights were dark so she picked a route that stuck to well lit, busy main roads and left home at 6.00 p.m. when there were plenty of people about. However, she didn't get very far. As she passed a bus stop a youth grabbed her and tried to grope her. While the other people in the queue laughed she punched his face and then broke all records for the run home. MORAL: don't go running alone, especially after dark, if you can help it. The club has 4 training runs each week - USE THEM!'

Ladies, does the club adequately provide for YOUR running needs? Your comments, views and any ideas would be welcomed by the Committee.

BRIDLINGTON 1/2 MARATHON - 23.10.83 (RESULTS)

Andrew Oxley 1.28.32 (pb)
Christine Jackson - 1.41.00

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

ORGANISATION OF THE REGULAR WEEKLY RUNS

The club tries to organise the regular weekly runs so that the slower runners as well as the faster people are provided for and yet at the same time keep everybody together during a run. One of the most successful ways of achieving this is by 'doubling back'.

What is 'doubling back and how does it work'?

- Every so often during the run the front runners jog back (picking up the slower runners) to the rear of the group and at that point alternate who stays at the back with the slower runners for the next stretch.
- Doubling back allows everybody to have a good run and go as fast as they like for short stretches at a time during the session and at the same time everyone should have had a spell at the back, bringing up the rear of the 'field'. Recently, what has tended to happen is that we have come to rely on one or two good hearted people to look after the slower runners and they invariably finish up having to stop at the back throughout the whole run.
- After a fast stretch, the gentle jog to the back provides essential recovery time (This is the principle of Fartlek/Interval training).

Who decides when to 'double-back'?

- Perhaps the most important person during a run is the person at the front, whether he or she is at the front for only 30 seconds or 30 minutes. That person assumes the role of LEADER of the run.
- The LEADER becomes responsible for setting the pace and following the route and as such, the LEADER should also accept responsibility for ensuring that the group does not get split up to the extent that those following become unsure of the route and isolated from the pack.
- It is there up to the LEADER, whoever that may be, to decide when and where to double back and to make sure that everybody following also doubles back.

Doubling back will not always apply or be necessary. It depends on the range of abilities of those present at any given run.

CHESTERFIELD MARATHON - 23.10.83 (RESULTS)

Full Marathon:	Mike Ingham	2.56	(27th)
	Frank Broomhead	3.20	
	Dave Bonnington	3.26	
Half Marathon:	Chris Ward	1.14	(7th)
	Graeme Siddall	1.24	(36th)
	Richard Vickers	1.25	
	Wayne Farrell	1.29	
	Roger Rowe	1.30	

LE JOG '84

Some of you will already have heard of LE JOG '84 (LE JOG is derived from the initials of Land's End and John O'Groats). For those who have not, this proposed event will involve 12(16) people, hopefully club members, running from Land's End to John O'Groat in relay, over a 9 day period during August 1984.

The Committee of Steel City Striders, on behalf of the club, has agreed to 'support' LE JOG, although it must be stressed that it is a privately organised, rather than a Striders organised event.

The planning of the run is at a very early stage and it is anticipated that for the venture to get off the ground and succeed, the organisation will require a considerable commitment from all those involved. If anyone is interested in LE JOG and would like further details, please contact either John Rothwell or Phil Samuels as soon as possible.

WORKSOP TRADER HALF MARATHON - 30.10.83

Once again this race proved to be very popular with entries being closed some weeks before and one or two club members not being accepted to run.

The day was overcast, cool and breezy and the course undulating, particularly in the first 3 miles, but nevertheless conditions were ideal and conducive to good times with last year's victor, John Offord again winning in a course record time of 1.05:54. In second place was Gary Dixon who tied with D. Groves in a joint time of 1.08:04. The ladies race was won by Fleanur Adams (1.19:22), with Dawn Harris in second place. The Striders, again well represented, had an excellent day with 13 runners finishing in under 1.30 and a number of members achieving p.b.'s. Predictably, it was Chris Ward who led the Striders 'charge' coming home in 14th place overall with a p.b. time of 1.11.54 and following Chris, but some minutes behind, were Rob Leonard (1.19:48) and Graeme Siddall (1.19:50), also p.b.'s. It was a good day too for the ladies with new member Sue Craythorne again running a time of 1.31, followed by Lis Colquhoun (1.34:17) and Gill Samuels (1.36:48), both annihilating their previous best times by 9 and 5 minutes respectively.

Congratulations also to Margaret Clark. Margaret's time of 2.04, the best in her particular age category, won her a superb miniature carriage clock.

A results sheet (Striders members only) is available at 10p per copy from John Rothwell.

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

STRIDERS CROSS COUNTRY RACE - 13.11.83

The race consisted of 3 x 1 1/4 mile laps around the undulating perimeter of Longley Park and entry of 51 made this the largest field so far for a club organised event. After a preliminary jog round the course, the runners were assembled for the start, which was preceded by a minutes silence as a mark of respect on Remembrance Day. From the 'off' the front runners set a cracking pace and the field soon began to string out with non-club member Dave Englert well up on the rest of the pack. He kept this position only until the start of the second lap when Chris Ward who had been making up ground steadily, passed him and quickly opened up a commanding lead, a lead which he retained coming home in a creditable 23.09.

For many, the run proved to be a tough variation from road racing and a succession of tired runners finished in various stages of collapse. Most notable being veteran Ken Richardson who virtually stopped 5 yards from the finish and was passed by fellow Committee man Alan Henshaw on the line. The first veteran to finish was Bill Locking with Jack Mitchell just over a minute behind and Sue Craythorne won the ladies race from Mary Howarth, both running in their first ever Striders event. Jean Locking completed a husband/wife double by being the first veteran lady to complete the demanding course

Striders Results:

Sen. Men	- 1st Chris Ward	23.09
	2nd Rob Leonard	24.26
	3rd Richard Vickers	24.37
Vet. Men	- 1st Bill Locking	26.57
	2nd Jack Mitchell	28.17
	3rd Ken Richardson	29.00
Ladies	- 1st Sue Craythorne	28.52
	2nd Mary Howarth	29.44
	3rd Ruth Shield	30.00
Vet. Ladies	- 1st Jean Locking	34.49
	2nd Margaret Clark	38.08

A results sheet is available from John Rothwell at 10p per copy.

See also 'Cross Country Championship' article

POWERJOG 1983/84

The object of this competition is for teams to run a 3 x 1 mile relay on a variable speed treadmill.

There are 16 regional heats of 8 teams in each with the heat winners qualifying for the finals to be held at Wembley on 12th May 1984.

The Sheffield area heat is to be staged at Bramall Lane on Wednesday 4th April and we will require 3 'flyers' - ideally, sub 5.15 milers - to represent the club in the event. If you would wish to participate, please contact Dave Ashurst.

CROSS COUNTRY CHAMPIONSHIP 1983/4 (PREVIEW)

The Striders Cross Country Race in Longley Park on 13th November 1983 was probably the first taste of cross country running for many club members and the Running Sub-Committee were overwhelmed by the response to the event. Following this success, it is intended to go ahead with organising a series of similar races for members over the winter months, to form a championship competition. The Championship will consist of a further 3 races at different venues, offering very interesting and varied courses as follows:

- 22nd Jan 1984 - Shirecliffe (11.00 a.m.)
- 12th Feb 1984 - Concord Park (11.00 a.m.)
- 4th Mar 1984 - Graves Park (11.00 a.m.)

To qualify for the final championship rankings a minimum of 3 out of the 4 races must be completed and the 3 best finishing positions will be added together to give a final points total. The runner(s) with the lowest points total in each category will be the 1983/4 Champion.

With 3 races left, it is not too late for those who missed the Longley Park race to compete in the championship.

Please let Dave Ashurst know of your intention to run in these races as soon as possible.

NB: if you do not wish to participate in the championship and only fancy having a go at one or two of the events - come along, we want to see you!

ROWNTREE A.C. YORK '10' - 9.10.83 (REPORT)

The record field for this well established event included a number of Striders members. The race, which incorporated the Yorkshire 10 Mile Championships, was run in a persistent light drizzle on a course that took in the flat country roads to the north of the city before returning to finish at the Rowntree's factory.

A Dewhurst of Holmfirth won in a time of 48.46 with Dave Allen (ASVAC), winner of this year's Sheffield Half Marathon, a close second in 48.47! The quality of the field can be seen by the fact that the first Strider Chris Ward, with an excellent time of 54.24 finished in 82nd place!

Holmfirth, with 4 counters in the first 15 took the team prize.

Other Striders Results:

Wayne Farrell	59.49	(309th)
Graeme Siddall	61.23	(409th)
Rob Leonard	62.47	(482nd)
Dave Bonnington	64.26	(576th)
Malcolm Hadfield	65.58	(665th)
Laurie Parmenter	67.08	(722nd)
Dave Ashurst	67.11	(725th)
Russell Varns	76.26	(1031st)
Ruth Shield	78.36	(1065th)

FORTHCOMING RACES

- Dec 26th - STRIDERS BOXING DAY FUN RUN (Graves Park, Sheffield - 11 a.m.)
The run will start from the Pavilion near the Derbyshire Lane entrance to the park and will incorporate a children's race. Entry will be as usual, open to members, family and friends and a small entry fee (non-members 30p, members 20p, children 10p) will be levied. Medals are to be awarded to ALL children and the best placed adults in each category. NB there is no pre run entry, just turn up on the day, whatever the weather!!!
- Dec 27th - GRANVILLE GASPERS LAST GASP '83
11.15 a.m. from Ash House on A625 (400 metres from Dore Moor Inn). Road & path course through the Limb Valley. Entries to Ian Wainwright Tel. 304187 (home) as soon as possible. Fee: 50p.
- Jan 1st - MORPETH-NEWCASTLE ROAD RACE
Entries closed
- Jan 15th - FERRIBY '10' (HULL)
(c/d 10.12.83) please note, this race is not on the 8th as stated in last month's Striders News.
- Jan 22nd - STRIDERS CROSS COUNTRY RACE (Shirecliffe, 11.00 a.m.) - see article
- Jan 29th - BERRY HILL MANSFIELD A.C. CROSS COUNTRY RACES (c/d 15.1.84)
1.7k and 12k for all categories
Entries and details from: John Little, 10 Thoresby Road, Rainworth, Nr Mansfield, Notts.
- Feb 12th - STRIDERS CROSS COUNTRY RACE (Concord Park 11.00 a.m.) see article
- Feb 26th - LINCOLN 1/2 MARATHON (8.73 miles) (c/d 12.2.84) This is the first race in the 1984 Lincoln Grand Prix. Forms from Dave Ashurst/STRIDERS CROSS COUNTRY RACE (Graves Park, 11.00 a.m.) - see article
- Mar 4th - STRIDERS CROSS COUNTRY RACE (Graves Park, 11.00 a.m.) - see article

AAA CHAMPIONSHIPS - 1984

The Running Secretary has recently received details of the 1984 NCAAA Championships. This consists of the Senior Track and Field Event (2.6.84), the under 20's Track and Field/Senior 10,000 metres event (21.7.83) and the 12 stage Road Relay Race to be held on 7th April 1984 at a venue yet to be decided. The race involves teams of 12 runners with each member running a leg of approx 4 miles and it is hoped that the Striders will be able to enter a team in this prestigious

event which attracts many of this country's top clubs.

If we are to participate, our best possible team will need to be selected and to do this it is proposed and has been agreed by the Committee that the club hold a 'trial', over 4 miles, in Norfolk Park on Sunday 18th March 1984. The run, which will incorporate the usual ladies and veterans categories, will be open to all members irrespective of age/ability etc and it is hoped for a good turnout to make the day a club event for everybody.

Finally, if there is sufficient interest, a coach trip to the race on 7th April will be organised so that we can take along a contingent of supporters to cheer on the Striders team!

Further details will be published in a future issue of Striders News.

DOVEDALE DASH - 6.11.83 (REPORT)

Organised by the Derby Mercury Running Club, this well known, but little publicised fell race again attracted a large field of both serious and not so serious runners. The start was a hectic affair as over 1500 people swarmed over the mist shrouded hill side and down the valley towards the River Dove. Within minutes the race came to a sticky halt for some as shoes were 'lost' in the thick, cloying mud and for others, the prospect of a soaking soon became reality as the knee deep river had to be forded. After the early excitement the runners settled into a stride over the gently undulating fields until the next set of obstacles in the shape of fences, gates and thorn hedges were reached. With little regard for personal safety the runners leapt, climbed, scrambled and crawled their way over or through these countryside hurdles and onward across the rutted fields and up and down the fells until the final ascent, a rocky climb of about 1/2 mile up to the finish. At the finish the organisation was to be commended because within minutes of crossing the 'line', the results were pinned up and available for inspection. So much for the computer technology used at many events. After the race, with shower and changing facilities non-existent, a number of runners went back down to the Dove to clean up, turning the river bank into a kind of open air slipper bath!

Striders results were as follows:

Phil Samuels	37.04	268th
John Rothwell	38.13	383rd
Ken Richardson	42.00	952nd
Liz Price	46.00	1057th
Gerry de Vane	53.00	-

STEEL CITY STRIDERS
(Affiliated to the AAA & WAAA)

1984 COMMITTEE NOMINATION FORM

On completion, this form should be forwarded to Mr J Rothwell, 26 Meadow Head, Sheffield S8 7UD, to be received not later than 7th January 1984.

Name:

Membership Number:

Address:

.....

Tel No:

Please say - in not more than 50 words - how you would hope to contribute as a member, to the work of the Committee and to the running of the club during the coming year:-

.....
.....
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.....
.....

Signed:-

Date:-

Secunder:

Membership Number:

Address:

.....

Tel. No:

Signed:-

Date:-

(Secunder)