

WARRIE MILLER

NO. 6

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STRIDERS NEWS

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

EDITORIAL

Don't forget - the Annual General Meeting of the club is being held on Tuesday, 24th January 1984 at the Manchester Hotel on Nursery Street, Sheffield 3, at 7.30 pm. Please make the effort to come along. Remember this is YOUR chance to have a say in the running of the club.

A reminder that ALL membership subscriptions are renewable after 31st January. Fees for the coming year will be discussed at and set by the AGM (24.1.84) and full details will be published in next month's issue of Striders News.

The club is now affiliated to the English Cross Country Union. Our application was accepted by the Yorkshire branch of the Union at their meeting held on 5th December 1983.

PRIMEPRINT & LAKESIDE ½ MARATHON (11.12.83)

It was to the 1982 'Lakeside' that the club organised its first ever coach trip and again this year, transport was arranged to the event now called the 'Primeprint & Lakeside' and run over a completely different course from the Yarborough Sports Centre in Lincoln.

The club had an excellent turn out with over 40 members either taking part or travelling to watch the race, held on a bitterly cold but sunny winter's morning.

The route, icy in patches, took in the quiet country lanes to the north of the city and proved to be an interesting course incorporating a number of gentle climbs and one particularly vicious hill at about 8½ miles. Thankfully this was followed by fairly flat roads through the outskirts of Lincoln and back to the sports centre where the final 800 metres or so was around the rutted and bone hard playing fields!

The race was won by P Flatman (City of Hull) in a time of 1.08:52 with J H Spooner (WS&E) second in 1.10:44. The winning lady was K A Smith (Grimsby Harriers), in 1.18:46.

Leading the Striders challenge in the absence of the injured Chris Ward was Graeme Siddall, whose 1.18:37 was one of a number of p.b.'s run by club members. At last, after coming so close in a number of races, Sue Craythorne dipped under 1.30. Her 1.29 earned her 7th place in the lady's race.

Other leading Striders results included:
Rob Leonard 1.19:47
Richard Vickers 1.20:15 (p.b.)
Lis Colquhoun 1.31:22 (p.b.)
Mary Howarth 1.35:--

Finally, a mention for Mike Ingham who, in keeping with the festive spirit (and for a dare!), ran the race in a Santa Claus outfit complete with cotton wool beard and all. Mike's time ... a very creditable 1.25:02 despite his 'handicap'.

FORTHCOMING RACES

Jan 22nd STRIDERS CROSS COUNTRY RACE (No. 2) (Shirecliffe, 11.00 am) An interesting course of 3 x 1.22 mile laps. Directions:- There is a car park/recreational area on the left when approaching Shirecliffe College UP Cookwood Road. The car park may or may not be open depending on Recreation Department co-operation! The 33 bus stops nearby on Cookwood Rd.

Jan 29th BERRY HILL MANSFIELD A.C. CROSS COUNTRY RACES (c/d 15.1.84)

Feb 22nd STRIDERS CROSS COUNTRY RACE (No. 3) (Concord Park, 11.00 am) A fast course! NB The race will start by the car park to the rear of the Sports Centre. The 47/48 (City/Shiregreen) buses stop nearby on Bellhouse Road.

Feb 26th LINCOLN ½ MARATHON (8.73 miles) (c/d 12.2.84) It is hoped to organise a coach trip to this event which is the first race in the 1984 Lincoln Grand Prix series. If you are interested - contact the Running Secretary as soon as possible.

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

Mar 4th STRIDERS CROSS COUNTRY RACE (No. 4)
(Graves Park, 11.00 am)

For full details of the Striders Cross Country Championship - See Striders News No. 5.

HEADSTONE HEADACHE - 17.12.83 (REPORT)

Oh what an appalling day for this notorious pre christmas event. What some people will do to get out of the christmas shopping !!!!

The race, a 5Km fell run held annually from the Sportsman on Redmires Road, requires competitors to make their own way to (and back from), the Headstone, a gritstone monolith on the rugged moors to the east of Rivelin Dams. In the early morning fog and rain the runners, some 200 including a number of hardy Striders, assembled for the start. Each and every one of them surely a masochist to the core! After a short delay and the passing on of pre race instructions by the organisers - including dire warnings of disqualification for going 'out of bounds' - the 'gun' went off to signal a mass charge through the gate and on up to the 'Three Merry Lads' where the runners left the road for the tortuous descent down into the Rivelin Valley.

For the leaders the fast early pace set the scene for a new course record to be established, a record that J Maitland, the overall winner achieved with his time of just over 25 minutes, 2 minutes inside the previous best set last year. For the rest of the field the run became a test of willpower and required dogged determination to keep on running particularly on the tough hilly stretches which caused many to adopt strange new running techniques such as scrambling on hands and knees or bowling downhill head over heels ...

First Strider home was Phil France, 49th in 33.26 despite somehow overshooting the Headstone! Following Phil in 60th and 63rd places respectively were John Rothwell (34.12), who finished with blood pouring from a superficially gashed knee and Phil Samuels (34.36), with Graeme Siddall and Rob Leonard coming home a couple of minutes behind. Only two Striders ladies took part, Liz Price and Gill Samuels. Both did well to finish in just over 40 minutes. Finally, a mention for Wayne Jackson, the club's only Junior member. Wayne completed the course in 37.20, an excellent time for the 12 year old who beat many of the senior men in the race!

HOLMFIRTH '15' - 5.11.83 (RESULTS)

Ian Darley	1.33:44	147th
Dave Bonnington	1.36:53	176th
Phil France	1.37:36	180th
Rita Norman	1.56:57	312nd
Les Eyre	1.59:19	319th

SHORT STORY

"FROM A RABBIT TO A HARE" by Roger Rowe

The reminiscences of a club member

What does a broken down, recalcitrant, 38 year old ex rugby player (proudly wearing a tattered old rugby shirt), do when the London Marathon is shown on the TV? Slide further into his armchair behind his parson's paunch? Open another can?

"...you could do that dear!" "Of course I could!"

"Why don't you?" "Oh I'm not bothered" ...slides further down and turns the TV off.

A month later, at work: "...Sheffield Marathon next month Rog ... fancy trying the half?" "Oh! No ... at work too ... I'm trapped" "OK ... it's no real problem !!!"

Training ... one quickly came to the conclusion that 2 miles around Totley in the dark (to avoid recognition), wasn't going to get me very far; Off to a sports shop .. in town (I didn't know Richard Hnat's existed then!). Yes sir, these shoes are ideal for road running (Oh the pride at not being called a jogger) so off I went, armed with a beautiful new pair of cross country shoes (!) ... well, I didn't know any better.

After a whole month's preparation, running all of 10 miles a week, I was ready. Yes, I did finish ... in under 2 hours ... but I could hardly walk for a week! BUT, I was bitten

As an apprentice rabbit, along with all other rabbits everywhere, the first thing that happened was ... injury. "Yes, doctor it hurts .. aaaaah!" "Yes, I'm a runner (chest swells with pride) ... stop running, NEVER!"

Funny how running is so subversive. "Yes, I know two toe nails are falling off ... but they don't hurt much, honest" "OK, I know what a blister looks like ... can you help me doc?"

Races ... six weeks after the 'Sheffield' another 'half' ... YIPPEE! 25 minutes off the time ... don't mind talking about a personal best now! Another six weeks ... a marathon "Would all athletes please assemble at the start" ... me, an athlete? I finish in under 4 hours - on 20 miles a week !!!

Another 'half' ... another p.b. and I am an athlete ... the AAA Registration scheme says so!

Well I might not be a hare yet, but at least I'm a bigger rabbit (and the wife's an apprentice rabbit too ... told you it was subversive!

Roger Rowe

Roger Rowe joined the Striders in September, his p.b. times are 1.27 for the half and 3.55:30 for the full marathon. Ed.