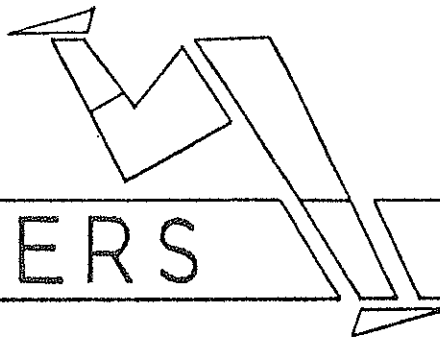




EDITORS: DAVE ASHURST  
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NO. 7

FEBRUARY 1984

# STRIDERS NEWS

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

## ANNUAL MEMBERSHIP SUBSCRIPTIONS

The annual membership subscriptions for 1984 are now due. Attached is a Membership Renewal Form. This should be completed and returned to the Membership Secretary as soon as possible in accordance with the instructions given on the form. The fees for the year, agreed at the Annual General Meeting (24.1.84), are as follows :-

Senior Membership	£5.00	
Junior Membership	£1.00	(NB Must be in full time school education)

If you do not wish to renew your membership - notice of your resignation from the club MUST be tendered in writing to the Membership Secretary. Please Note: having resigned, should you wish to rejoin the club during the current year you will be required to pay the full annual subscription.

Any member not having complied with either of the above requirements may be subject to AAA Rule 19 (A),(b) (Club Constitution - Article 8 (b)), as follows :-

"The Committee shall have the power to expel any member whose subscription is six months in arrear, providing that one month's notice in writing shall have been sent to such member by registered or recorded delivery letter addressed to the member's last known address informing of the proposed action of the Committee. The name and address of any person so expelled from the club shall be sent to the appropriate Area Association and there entered in the 'Black Book' kept for that purpose. Every person whose name has been entered in the 'Black Book' shall be suspended from competing at any meeting held under AAA Laws until the liability causing the expulsion, which shall not exceed one year's subscription, shall be discharged."

### ANNUAL GENERAL MEETING 24.1.84 (REPORT)

The 2nd Annual General Meeting held at the Manchester Hotel, Nursery Street, was attended by 57 of the club's 130 members and a few non club members. This was an excellent turn out despite the adverse weather conditions. The meeting lasted for nearly 2½ hours and provided some lively and interesting debate with many members usefully contributing to the discussions..

#### BRIEF SUMMARY OF DECISIONS TAKEN AT THE AGM

- The minutes of the 1983 AGM, the Annual Report and the Balance Sheet were received and accepted by the meeting.
- The membership fees/procedures for the coming year were agreed as proposed by the 1983 Committee (see above).

- The 1984 Committee (elected by the Annual General Meeting), will be as follows :-

Chairperson:	Keith Ibbotson
Secretary:	John Rothwell
Treasurer:	Gillian Samuels
Membership Secretary:	Philip Samuels
Running Secretary:	Dave Ashurst
Social Secretary:	R. Hnat/G. Samuels
Publicity Officer:	Elisabeth Colquhoun
Committee Members:	Ian Darley Rob Leonard Ken Richardson

Running Sub-Committee: Dave Ashurst  
Ian Darley  
Rob Leonard  
Ken Richardson  
Philip Samuels

- It was agreed that the club be officially known as STEEL CITY STRIDERS RUNNING CLUB.

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

- It was agreed that the club hold one handicap event during the year. This could be the Steel City Mile event.
- It was agreed that the club does not have one single, permanent logo and that the hare and tortoise, striding legs and the 'S' shaped runner designs all be retained and continue to be used as they have been during the past year.
- The other amendments to the Club Constitution (see AGM Agenda - previously circulated), were all carried.

STRIDERS 2ND BOXING DAY FUN RUN (REPORT)

The Striders Boxing Day Fun Run held again in Graves Park proved to be a tremendous and enjoyable success with over 50 adults and 19 children turning up to participate, the largest turn out so far for a club race.

The event consisted of the men running 3 x 1 mile laps, the women 2 laps and the children in their own race, just 1 lap and although the morning was bright and sunny, the mainly cross country course was very wet with plenty of mud in places!

The children ran first with Russell Stevenson doing well to finish first just in front of Simon Ibbotson and Miles Waldron who was third. Medals and prizes were awarded to all the children who took part.

In the senior race, taken seriously by some, early leader Dave Ashurst had to drop out after the first lap with recurrent stomach trouble to leave John Rothwell and Graeme Siddall battling it out shoulder to shoulder over the last 2 miles to finish first and second in 17.29 and 17.37 respectively. Laurie Parmenter (18.24) did well to finish third after a sprint finish with Richard Vickers (18.25) and just in front of Frank Broomhead who took the honours in the veteran men's category with a time of 18.31. In the ladies race it was Mary Howarth who finished first, well up on Ruth Shield with Jean Locking taking the veteran ladies prize.

As usual medals and prizes were awarded in each category. A result sheet is available from John Rothwell on request at a cost of 10p per copy.

**PLEASE NOTE :** The views and opinions etc. expressed in Striders News are not necessarily those of the Committee of the Club.

LE JOG '84

(18 - 28 AUGUST 1984)



The LE JOG '84, Land's End to John O'Groats Road Relay (see Striders News No 5), is to be run in aid and on behalf of the British Heart Foundation.

It is hoped that fund raising social events will be planned along the route and on the Wednesday night when the run stops in Sheffield, a social evening is being organised in conjunction with CAMRA at the Fat Cat on Alma Street.

At present the accommodation is being arranged, a route has been tentatively planned and members of the team are writing to firms and organisations seeking sponsorship in an attempt to reduce the cost of such items as mini bus hire, fuel, accommodation and kit.

If anyone would like further details, please contact either John Rothwell, Phil Samuels or any member of the team.

The LE JOG team will be as follows: Malcolm Bramhall, Steve Calvert, Iain Colquhoun, Lis Colquhoun, Malcolm Hadfield, Rob Leonard, Rachel Leonard, Marie Miller, Laurie Parmenter, Liz Price, John Rothwell, Gill Samuels, Ruth Shield, Graeme Siddall and Craig Steeland.

FERRIBY '10'

(REPORT)

By a Striders News reporter!

On 15th January a few of the less sensible members of the club braved the snow, wind, hail and ice and made the trip to Hull for the annual Ferriby '10' Mile Road Race.

The race started at midday in a blizzard and as we turned the FIRST corner to face the wind, Gill Samuels suddenly regained her senses ..... and ran back to the changing room !!! The rest of the field, sadly depleted due to the weather, soldiered on round a tough course, the first five miles of which were uphill into the wind and driving snow.

The finish was a welcome sight and Rob Leonard and Graeme Siddall coming home in just over the hour had a commendable run. Wayne

Continued .....

Farrell followed them finishing in 62 minutes and Phil Samuels completed the run in 67½ minutes (looking like something the cat dragged in!). The best performance of the day was perhaps that of Rachel Leonard, who in her first race over this distance ran a creditable 75 minutes, 5 minutes quicker than she had hoped for.

#### FORTHCOMING RACES

Feb 26th LINCOLN ½ MARATHON (8.73 miles) (c/d 12.2.84). Please contact the Running Secretary as soon as possible should you wish to go to Lincoln on the coach.

BARTON A.C. X-COUNTRY RACES  
Senior men - 6 miles, Ladies 2½ miles. Entries To:- K R Clark, 'Westwinds', 70 Brigg Road, Barton on Humber, South Humberston. Fee 60p (c/d 11.2.84)

Mar 3rd NATIONAL X-COUNTRY CHAMPIONSHIPS (at Newark, Notts). A chance to see the cream of Britains distance runners in action.

Mar 4th STRIDERS CROSS COUNTRY RACE (No 4) (Graves Park, 11.00 am). Assemble in the car park at the Bunting Nook/Hemsworth Road entrance to the park. Buses 20/33 (Hemsworth) and 2 (Outer Circular) pass the entrance. This is the last race in the championship. Contact Dave Ashurst for further details.

Mar 18th 12 STAGE ROAD RELAY TRIALS (Norfolk Park, 11.00 am). This club organised event includes Vet. men's and ladies race. Assemble by the pavillion at the top of the park. Access from Granville Road/Norfolk Park Road/St Aidens Avenue. The race will consist of 4 x approx 1500m laps on the road. The first 15 senior men will form the squad for the NCAAA 12 Stage Road Relay to be held on 7th April. Further details will be published when available.

Mar 25th YORK RUNS '84 (Half Marathon/one fifth Marathon/3000m Fun Run) - contact Dave Ashurst for further details.

WOLVERHAMPTON MARATHON  
Club member Dennis Stones is hoping to arrange a mini bus to this well organised and prestigious race. There are still some spare places, so if you would be interested in

joining the trip - please contact Dennis as soon as possible. His home phone number is Sheffield 390005.

#### OTHER RACE DATES WORTH NOTING

Apr 1st SPIRE 10 (Chesterfield) c/d 9.3.84

Apr 4th POWERJOG 1984

Apr 8th CITY OF LINCOLN HALF MARATHON

Apr 15th ST LEGER HALF MARATHON (Doncaster)

May 6th WOODHALL SPA FULL & HALF MARATHON

May 13th LONDON MARATHON

Jun 17th SHEFFIELD FULL & HALF MARATHON  
On the course devised by Dave Ashurst.

Jul 6th STEEL CITY MILE (Provisional date)

Jul 15th LINCOLN 10 MILE CLASSIC

Aug 18th STEEL CITY STRIDERS LE JOG '84  
to (Land's End/John O'Groats Relay)  
Aug 28th

Aug 26th WELTON HALF MARATHON

Sep 9th ADIDAS BRITISH MARATHON

Sep 16th WELTON 10KM

Dave Ashurst has application forms and further details for a number of these races.

#### PROPOSED STEEL CITY 10K ROAD RACE

There have been 2 major developments with regard to this proposed event to be staged by Steel City Striders, sponsored by Richard Hnat Sports and held in April as a build up race to the Sheffield Marathon - see Striders News No 5.

Following numerous discussions with the South Yorkshire Police over suggested routes from Rowlinson Sports Centre, we now have been informed in writing, by the Chief Superintendent that it is South Yorkshire Police policy not to give permission for any road races apart from existing events to be staged in the city! .... now for the good news .... The race was to have been held in aid of the Sheffield Central Deaf Club and Philip Timm, their Secretary, has received a letter from the Duke of Devonshire stating that His Grace has expressed an interest in the staging of a similar event on his land - the Chatsworth Park Estate near Baslow!

Without doubt this could be a scoop for the club and we will keep you informed of developments in forthcoming issues of Striders News.

**YORKSHIRE X-COUNTRY CHAMPIONSHIPS (7.1.84)**

By a Striders News reporter

It was a cold blustery day as I made my way through the crowds going to the Wednesday v Barnsley cup tie at Hillsborough, but my destination was not the football stadium but to the park for the little publicised Yorkshire Cross Country Championships.

A couple of hundred or so runners lined up for the start adding colour to this winter's afternoon and as the gun went off there was a charge for a good early position before the muddy and somewhat contrived course narrowed into a sharp hairpin bend. The runners soon began to string out and after a circuit of the athletic track it was back out into the park with pre race favourite M. Chorlton of Stainforth leading the field on the first of the 5 x 1½ mile laps. Local cross country star Carl Thackery of Hallamshire was in hot pursuit and soon Chorlton, recovering from illness, was passed by the Harriers man who took up the initiative with a vengeance. As the race progressed the Holmfirth duo of Alwyn Dewhurst and Graham Ellis were hard on the heels of the leader but Thackery was moving through the mud like a machine occasionally increasing his lead and never really looking in danger. The spectators were in good voice with the Hallamshire fans sportingly encouraging Dewhurst and Ellis to chase their own man, (In how many sports would this happen?), to them everyone was a winner from first to back marker. What a contrast to the other sporting event being held just a few hundred yards up the road.

**RESULT:** 1. C Thackery (Hallamshire) 38.41  
 2. A Dewhurst (Holmfirth) 39.05  
 3. G Ellis (Holmfirth) 39.17

Striders Mick Thompson, running for first claim club Sheffield AC was 6th. Well done Mick!

**MIDDLEWOOD ROAD TRAINING GROUND**

If, on arrival, the Middlewood Road Training Ground is closed (Friday nights), please wait at the entrance to the car park until 7.00 pm. Alternative arrangements to run from the Concord Sports Centre at Shiregreen will be made.

**RESULTS**

**CHESTERFIELD HALF MARATHON (23.10.83)**

- Mary Howarth 1 hour 35 minutes

**RAWMARSH ROAD RACES - 5½ MILES (2.1.84)**

- Roger Rowe 30 mins 54 secs

**STRIDERS CROSS COUNTRY CHAMPIONSHIP RACE SHIRECLIFFE - 22.1.84 (REPORT)**

The 2nd race in the championship series was greeted by conditions normally associated with skiing rather than cross country running!

Due to the adverse conditions the planned course had to be changed and the 20 or so brave souls who managed to get up to Shirecliffe were faced with a 4 lap run of just over 2½ miles.

After a cautious start with the runners testing the conditions, non club member Dave Englert passed the early leader Rob Leonard and soon began to string out the field. Behind Dave and well up on the sadly depleted Striders contingent were other 'guests' Bob Franklyn and Sheffield United footballer, Steve Charles.

Even over such a short distance the terrain and soft snow were energy sapping and it was Dave Englert whose stamina rather than speed gave him overall victory in 16.26 from Bob Franklyn in second place. Rob Leonard and Richard Vickers were the first Striders to finish in 17.26 and 17.38 respectively with Keith Ibbotson winning the vet. men's category and Lis Colquhoun taking the ladies prize in a time of 22.30.

In the championship rankings after the first two races, the leaders in each category are as follows: Sen Men - Rob Leonard (3 pts), Vet Men - Bill Locking (4 pts), Ladies - Sue Craythorne (3 pts). Remember - it will be your 3 best finishing positions out of the 4 races, added together to give a final points total.

Thanks to all who turned up at Shirecliffe and made the event worthwhile (Ed.).

**STRIDERS CROSS COUNTRY PLANS FOR 1984**

Judging from the enjoyment that many of you have derived from the Striders organised X-country races, the club intends to develop further this side of our running activities.

As reported in last month's newsletter, the club is now affiliated to the ECCU and hopefully we will have teams entered in the South Yorkshire Cross Country League next season as well as representation in the 1985 Yorkshire and South Yorkshire championships. If you will be interested in representing the club at X-country next season - which starts in September - bear this in mind when planning your training sessions during the year. In the coming months Striders News will carry regular articles informing and advising on cross country training and events.