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STRIDERS

NEWS

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

EDITORIAL

Phil Samuels is now responsible for the distribution of Striders News to club members.

An application form for the 1984 Sheffield Marathon is attached to this issue of Striders News. If you require additional forms, contact any member of the Running Subcommittee

During the past 18 months the club has organised a number of social evenings (eg discos, talks, film nights etc) and again this year we hope to provide a calendar of social activities. If any of you have any ideas for forthcoming events - please let either Richard Hnat (Social Secretary), or Gill Samuels know. All suggestions (within reason!) will be considered.

John Rothwell (Club Secretary and joint Editor of Striders News) was elected on to the Committee of No. 12 District (S. Yorks and N. Derbys.) of the Northern Counties Athletic Association at the District Annual General Meeting held on 22.2.84.

Sheffield United trainer Jim Dixon has kindly offered to give treatment to any injured club member down at Bramall Lane. Anyone wanting to take up Jim's offer should contact him at the ground during the week.

POWERJOG 1983/84

The Sheffield heat of the national Powerjog competition will now be held on Thursday 19th April at Bramall Lane, from 7.00 pm onwards. The Striders, along with a team representing Richard Hnat Sports and an unknown Sheffield Select team, will face tough opposition from local big name clubs such as Sheffield AC, Hallamshire, Rotherham, Sutton in Ashfield and Holmfirth Harriers.

Your support for our team will be invaluable so please try to go along on that night for what should prove to be an entertaining sporting and social evening.

CLUB VESTS

As many of you will know, the question of club vests/running gear was discussed at the AGM. At their first meeting, the new Committee recapped on that discussion which highlighted a general dissatisfaction felt by members over the availability and quality of the current vest(s). The Committee resolved that :-

1. The original design be retained (ie green with a gold pinstripe and a white chest band incorporating the club name). It is proposed that the band be narrower and set much higher on the vest so as not to obstruct numbers etc and that the lettering be in a matching green.

2. The vests be made up in a better quality material and available in both ladies and mens styles.

Enquiries have been made and we have been quoted £6 - £6.50 for a Ron Hill make of vest, a sample of which is available for inspection at the weekly venues. It was also resolved that :-

3. The sale of the vests must be restricted to club members only and not on open sale.

To ensure this, it may be necessary for us to 'bulk' order on a quarterly/6 monthly basis subject to members requirements, therefore in anticipation of this being the way we proceed - Dave Ashurst is now taking orders, so if you will be requiring a vest or vests during the next few months - please let him know as soon as possible stating size/style etc.

NB Due to the relatively small numbers of vests that the club will need to order, it is obviously not practical from a cost point of view, or possible to obtain different styles to suit individual requirements (eg some in mesh, others in a different material etc), so at this stage we can only cater for the majority.

REMEMBER It is a requirement that you wear the registered club colours when participating in athletic events.

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

STRIDERS CROSS COUNTRY CHAMPIONSHIP RACE
CONCORD PARK - 12.2.84 (REPORT)

Following a second place at Longley Park in the opening race, his win in the snow at Shirecliffe and with one race still to go, Rob Leonard clinched the senior men's category of the Striders Cross Country Championship at Concord by taking this third event in the series after a storming finish.

The run, over a 3 lap, 4½ mile course and thankfully greeted by more favourable weather, started at a fast and furious pace with Wayne Farrell an early leader on the first lap. As the race progressed Wayne Farrell dropped back and the leading 4 runners, Dave Denton, Graeme Siddall, Richard Vickers and Rob Leonard opened up a sizeable gap over the following group headed by veteran Keith Ibbotson. Further down the field in the ladies race, Mary Howarth who did not run at Shirecliffe, never looked in danger of being challenged.

At the finish and with 200 yards to go, it was Graeme Siddall and Rob Leonard shoulder to shoulder, but it was Rob who proved to be the stronger in that dramatic finish, sprinting ahead to win by just 2 seconds in 26.51. Also in a sprint for the line Richard Vickers pipped Dave Denton to take third place in 27.03.

Second to Mary Howarth (31.34) in the ladies category was Ruth Shield whose spirited performance gave her a time of 31.58 and exactly a minute behind in third position was Lis Colquhoun, winner of the Shirecliffe race. Predictably, Keith Ibbotson was the first vet man home, his time of 27.54 bettering many of the senior men. Trevor Brown took second place with Bill Locking third.

Unlike the seniors, the vet men's category in the overall championship still remains undecided with a number of members being well placed but only having run two races. There is a similar situation in the ladies category where Jean Locking leads the rankings after 3 races but, with a number of the women having only run in 2 of the events, the championship is still wide open and will depend on the Graves Park results.

1984 RUNNING SUB-COMMITTEE

This year the Running Sub-Committee, responsible for the running activities of the club is made up of 5 members of the full Committee as follows :- Dave Ashurst, Phil Samuels, Rob Leonard, Ian Darley and Ken Richardson. Their individual responsibilities are :

Dave Ashurst

Dave has overall responsibility for developing and co-ordinating the running activities of the club, convening and chairing the

meetings of the Sub-Committee and providing an information service to club members on races and aspects of running within the club etc. Dave will continue to organise the club's own events, plan fixtures, promote and encourage participation in local road and cross country leagues etc and obtain race information and entry forms.

Rob Leonard

Rob will be responsible for organising coach trips to races (ie booking coaches, taking names/collecting deposits and fares etc). Rob will also assist Dave in establishing and developing the running side of the club.

Phil Samuels

As well as being Membership Secretary, Phil is also on the Sub-Committee and has been given overall responsibility for the organisation of the weekly training runs including the introduction of a more varied programme of training during the summer months. Phil's brief is to cater for all abilities and he will be assisted by Ken Richardson.

Ken Richardson

Ken has agreed to look after new members to the club and in particular beginners and novice runners by welcoming them, ensuring they have an enjoyable run and encouraging them to join the club.

Ian Darley

Last but not least, Ian will co-ordinate transport arrangements to selected races to which demand does not warrant the organisation of a coach trip. Ian has also agreed to assist with the club's own events.

All enquiries regarding the running activities of the club should be made to members of the Sub-Committee - REMEMBER they are there to provide a service to you, the club member - please use them. Also, all the Sub-Committee members should have a supply of entry forms for most of the races advertised in Striders News.

NEW YORK MARATHON '84

ACT Specialist Travel are organising their 8th tour to the 'Big Apple' for this year's New York Marathon, to be run on 28th October. The package includes travel, 7 nights at a hotel near the race HQ and within 5 minutes walk of the race finish, guaranteed race entry, a tour of the course and a daily get together with Vince Regan, who will be giving advice on training and how to make the most of the NY social scene !! The prices are £489 (triple bedded room) and £499 (twin bedded room). Single rooms are available at £12 a night extra. Full details are available from ACT Specialist Travel Ltd., 17 Chorley Old Road, Bolton BL1 3AD or tel. Vince Regan (0204 655566).

FORTHCOMING RACES

Mar 18th 12 STAGE ROAD RELAY TRIALS
(Norfolk Park, 11.00 am) This club event includes yet men's and ladies categories. Assemble by the pavilion at the top of the park. The race will consist of 4 x approx 1500 metre laps on the road. Further details from Dave Ashurst.

Mar 25th YORK RUNS '84
(Half marathon, one fifth marathon and 3000 metre fun run). If you require a place on the coach - contact Rob Leonard as soon as possible.

Mar 26th TRUNCE FOOT RUN (see article)

Mar 28th SYAA ROAD RACE LEAGUE - ROTHERHAM '5' (6.45 pm) - see article

Apr 1st SPIRE '10' (Chesterfield)

Apr 7th NCAAA 12 STAGE ROAD RELAY (Heaton Park, Manchester)

Apr 8th LINCOLN HALF MARATHON (c/d 12.3.84)
It is hoped to organise a coach to this event. If you are interested, contact Rob Leonard as soon as possible.

Apr 15th ST LEGER HALF MARATHON (Doncaster) (c/d 24.3.84)

Apr 18th SYAA ROAD RACE LEAGUE Hillsborough '5' (7.00 pm) - see article.

Apr 19th POWERJOG '84 (see article) N.B. This event has been rearranged from 4.4.84

Apr 22nd EASTER HALF MARATHON (Stretford)

Apr 28th RANK XEROX 10K (Birmingham)

Apr 29th MANCHESTER CITY 10K

TOUR OF TAMESIDE (22nd - 28th July 1984)

Organised by Ron Hill Sports, this event which takes place in the Tameside region east of Manchester, involves running a total of 52 miles in 6 individual races within a week. Entries are only accepted for all 6 races at a cost of £10 and final positions are worked out on the aggregate times over the races which are as follows :-
Sun 22 July - 7 mile road race
Mon 23 July - 6 mile hill race
Tue 24 July - 11 mile run across Tameside
Wed 25 July - Rest Day
Thu 26 July - Half Marathon
Fri 27 July - 6 mile cross country race
Sat 28 July - 9 mile canal race

Further details from Dave Ashurst who also has application forms.

TRUNCE FOOT RUNS - (PREVIEW)

The Trunce Foot Runs are a series of cross country races starting on Monday 26th March at 6.30 pm and thereafter every 3 weeks - until 10th September. The races start and finish at the Waggon & Horses public house at Oxspring near Fenistone. The course, the same for each race, is 4½ miles and fairly demanding.

Points are awarded for the first 20 finishers and also for improved performances over the seasons races. Last year's race entry fee was only 25p - payable on the night, so no pre entry forms are required. A computer printout of the nights results is available (free!) in the pub about 30 minutes after the race has ended.

There is a large playing field and childrens playground adjacent to the car park.

If you require further details - contact Rob Leonard.

THE SYAA ROAD RUNNING CHAMPIONSHIP - 1984

The South Yorkshire Athletic Association (SYAA) Road Running Championship will be run over a series of 13 local races with a minimum requirement of 8 of the events to be completed for eligibility for the final championship rankings.

The races are as follows :-

Ernest Harper '10'
T.U.C. '5'
Stainforth '10'
Phoenix '6'
Barnsley '6'
Rotherham Half Marathon
Bob Midwood '10'
Darley Brewery '20'
Rotherham Marathon
Askern '10'
Askern Half Marathon
Barnsley Marathon
Ward Green '6'

Runners will score points in accordance with their finishing positions in the above races. ie 1st S Yorcks competitor - 25 pts
2nd S Yorcks competitor - 24 pts
3rd S Yorcks competitor - 23 pts
etc.

All the SYAA events are open to men and women in both the senior and veterans categories.

Dave Ashurst and Rob Leonard are co-ordinating the Striders participation in these events. For further information - please contact either Dave or Rob.

Please note : Club vests must be worn

THE SYAA ROAD RACE LEAGUE - 1984

The South Yorkshire Athletic Association (SYAA) Road Race League for 1984 consists of three 5 mile races at different venues around the region. The final league tables will be worked out on aggregate time after the three events and the individual runner and the team with the lowest aggregate time will be declared the winners.

The entry fee for each race is only 10p ! and the dates are as follows :-

Mar 28th - Rotherham (6.45 pm)
Apr 18th - Hillsborough (7.00 pm)
May 9th - Askern (7.00 pm)

Please note: Club vests must be worn
Further details from Dave Ashurst.

COUNTY QUALIFICATION & TEAM EVENT ENTRY

Each year certain races are designated to incorporate county championship events, eg the Sheffield Marathon will again host the Yorkshire County AA Marathon Championship this year and the Rowntrees AC, York '10' last year incorporated the County 10 mile championship.

It has been brought to our attention that a number of members who entered these and other races that included County championships and who were entitled to participate in those championships (at no extra entry cost !), did not do so because they were uncertain as to their eligibility.

The County qualification rule (AAA rule 110 (A), (a) & (b)) is basically as follows :- Any member of the club who was born in the County of Yorkshire or has been a bona fide resident in the County for a continuous period of 9 months prior to the date of the race is entitled to take part in county championship events. If any member has a query with regard to their eligibility - please contact John Rothwell (Secretary).

Many of the mass participation races incorporate a team event (again at no extra cost) and as teams are not usually nominated beforehand, the first 3 runners of a club to finish count towards that clubs placing in the team event. When entering races with a team event, members are requested to enter themselves for the team event as well. Remember, YOUR result could mean the difference between the Striders winning or coming second !!!

MARDON ILLINGWORTH '10' - 19.2.84 (RESULTS)

Rob Leonard	60.30
Mike Ingham	62.05
Dave Bonnington	63.30

RUNNING WEEKENDS (MOORSIDE FARM CENTRE)

Club member Craig Jenkinson has received information regarding a converted farmhouse near Buxton catering for up to 20 people. In close proximity to the Moorside Farm Training Centre there are road running courses on lanes and bridlepaths and cross country through the forests around the reservoirs of the Goyt Valley. Also, just 4 miles away... there are 20 miles of flat cinder tracks... ideal for training. As well as running, the Centre caters for ponytrekking, cycling and climbing and there is a good selection of pubs in the area.

The cost for adults is £7.50 per day with reductions for children. (This excludes VAT but there is a discount for group bookings). Accommodation is on a dormitory basis (sleeping bags required), with shower/drying facilities and the cost includes bed, breakfast, evening meal and a packed lunch.

Craig is prepared to organise weekends (or longer!) at the Centre and hopes to arrange the first for the easter holiday period if there is sufficient demand. If successful, further weekends can be arranged during the summer. If you are interested - contact Craig before 25th March - He is usually available at the evening training sessions or alternatively phone him on either Rotherham 2141 ext 6089 (work) or Sheffield 53537 (home).



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