

Marc Miller

EDITORS: DAVE ASHURST
JOHN ROTHWELL

NO. 9

APRIL 1984

STRIDERS

NEWS

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

STRIDERS PROPOSED 10K RACE (PROGRESS REPORT)

It was reported in Striders News No 7 that the Duke of Devonshire had expressed an interest in the Striders staging its proposed 10K race on his Chatsworth Park estate near Bakewell. Since that report numerous meetings and discussions have been held and as a result it has been agreed that the race - which will incorporate a childrens event - will take place on the afternoon of 23rd September 1984. The main sponsor will be Richard Hnat Sports with the Sheffield Central Deaf Club and the Duke's 'Barn' Appeal being the joint beneficiaries. A course (6.2 miles) has been fixed and will consist of a very scenic undulating single lap of the estate over parkland and on forest tracks. Because of the nature of the course the race, to be called 'The Duke of Devonshire's - Chatsworth Chase' will have to be held under cross country laws.

So far we have received encouraging support with the preliminary organisation of the event from both the Deaf Club and the Duke's staff but, it is to YOU - the club's members - that we will be looking for assistance, particularly on the day when marshals, stewards and other officials will be required. We need to secure a commitment from members as soon as possible, therefore if you would be willing to help out along with your friends or relatives - PLEASE enter your names/addresses etc on the attached slip and return it to Ian Darley before 31st May 1984. Ian is usually available at the weekly runs. Alternatively, his home address is 11 Bradway Road, Sheffield S17 4QQ.

SPORTS INJURIES CLINIC

We have received details of a private sports injuries clinic which has recently opened. The WHITE HOUSE PHYSIOTHERAPY AND SPORTS INJURIES CLINIC is situated at The White House, 3 Sandygate Park, Sheffield S10 5TZ. Telephone Sheffield 302165/302030. The clinic is open and appointments can be made from 8.30 am - 8.30 pm (weekdays) and

9.00 am - 1.00 pm (Saturdays). A physiotherapist is also on call on Saturday afternoons and during Sundays.

A doctor with a special interest in sports injuries is available and shall decide on the necessary treatment, x-rays, investigations or further referrals etc and a report will be sent to the patients own GP of treatment/advice given.

For a schedule of prices or further details - contact the clinic at the above address.

FORTHCOMING RACES

Apr 15th ERNEST HARPER '10' (STANNINGTON)

Entries to: G. Pickstone, 202 Rural Lane, Wadsley, Sheffield 6. Entry fee £1 (club athletes). NB The race incorporates the S. Yorks. 10 Mile Championship.

ST LEGER $\frac{1}{2}$ MARATHON (DONCASTER)

Apr 16th TRUNCE FOOT RUN (see Striders News No 8 for details)

Apr 18th SYAA ROAD RACE LEAGUE

Hillsborough '5' (7.00 pm) - see Rob Leonard or Dave Ashurst for further details.

Apr 19th POWERJOG '84

Bramall Lane - 7.00 pm. Come along and support the Striders team.

May 5th TADCASTER '10'

May 6th WOODHALL SPA MARATHON & $\frac{1}{2}$ MARATHON

(c/d 30.4.84) - see Rob Leonard if you wish to reserve a seat(s) on the coach.

May 9th SYAA ROAD RACE LEAGUE

Askern '5' (7.00 pm) - see Rob Leonard or Dave Ashurst for further details.

May 13th THE LONDON MARATHON This year the whole of the race is to be televised

May 20th STAINFORTH '10' (Entry forms available)

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

REGULAR WEEKLY CLUB RUNS

The advent of many new runners of varying abilities in the club is forcing the Committee to rethink ways in which we can best serve everyone's needs without creating divisions within the club and thus ruining the present friendly atmosphere. Many ideas have been floating around and the following are to be tried in an attempt to resolve some of the problems, particularly with regard to the way we cope with outright beginners or novice runners. The 'Beginners Night' will not necessarily involve other members of the club but the success of Lis Colquhoun's 'Hares & Tortoises' Project will depend on your participation and as such, it is hoped that many of you will join in.

BEGINNERS NIGHT

John Rothwell and Phil Samuels are to organise and establish a regular beginners night on Monday evenings at 8.00 pm from Queens Tower starting from the 30th April 1984. The sessions - which will not interfere with the normal runs - will be geared up to cater for those people who wish to take up running/jogging and are starting from scratch or who have so far done very little and wish to improve.

The aim will be to introduce people to running, to the club and to give encouragement and the confidence to continue with the sport. So, if any of you members have husbands/wives, other relatives or friends etc who have always fancied having a 'go' but have never quite got around to it - this is for them. Men and women (and even children!) of all ages and in whatever current physical 'shape' will be made most welcome.

HARES & TORTOISES PROJECT

This idea is based on the Avon 'Sisters Project' which proved to be a tremendous success in the build up to last year's Ladies Avon 10 Road Race (for report - see RUNNING MAGAZINE - November 1983) and Lis Colquhoun is willing to set up a similar scheme within the Striders.

The idea would be to get together groups of 2 - 5 people of mixed ability, either male or female and encourage them to train together, both at the club runs and on other occasions when perhaps it is difficult to come to club nights. They would compare notes once every few weeks at an informal social evening, get to meet with other club members participating in the scheme, pick up a few tips etc and generally enjoy themselves! Hopefully such a project would benefit everyone and help all to improve. This is certainly what happened with the Avon 10 sisters and the organisers were so impressed that they are currently looking for 'big sisters'

for this year's event.

Lis would like to hear from club members of all abilities who would be interested in taking part in the project - to be called 'Hares & Tortoises' after the club logo. Lis has sought advice on how best to set up the scheme and has received a brief but encouraging reply from Alison Turnbull, the Assistant Editor of RUNNING MAGAZINE. If enough people are interested a meeting will be held as soon as possible to get things underway. Remember, this project could benefit everyone and be of real assistance to beginners. Please think carefully about it.

NB Lis can be contacted at the weekly runs, through other members of the Committee or at her home address which is 68 Bates Street, Sheffield S10 1NQ.

RICHARD HNAT SPORTS

In the near future Richard Hnat Sports is to move from Infirmary Road to new premises at 52 West Street in the centre of town. Richard has offered the club space above the new shop to convert into changing areas with shower facilities but we would have to arrange for the work to be carried out and would have to finance the conversion. In return club members would have virtually unlimited access to use the facilities and free of charge.

As they stand, it is almost certain that the club's funds will be inadequate but nevertheless we should like to ask if there are any plumbers/joiners/general builders etc in the Striders who would be willing to come along and advise us, give some indication of the work necessary and also some idea of the potential cost involved. If YOU can help - please contact any member of the Committee as soon as possible.

SOCIAL EVENTS

The following social events are planned :-

QUIZ NIGHT

Richard Hnat is to organise a 'Quiz Night' for club members on an evening sometime during May. The format has not yet been decided but members are likely to be invited to form teams of 3 and the competition will probably be organised on a straight knock-out basis.

Further details will be published in next month's Striders News.

SHEFFIELD MARATHON PARTY NIGHT (17.6.84)

A sociable get together in the evening after the Sheffield Marathon.

Further details will be published in next month's Striders News

STRIDERS CROSS COUNTRY CHAMPIONSHIP RACE
GRAVES PARK - 4.3.84 (REPORT)

Graves Park, venue of past 'nationals' provided the setting for the final event in the Striders own cross country championship with a course, perhaps the toughest of the four, consisting of 3 x 1.25 mile laps over varied and often hilly terrain.

The overall race winner was again non club member Dave Englert (21.24) who beat Rob Leonard, always some 50 yards adrift but nevertheless confirming his superiority in the Striders senior mens category with his third victory from the 4 races in the class. It was the ladies category that produced the most exciting racing of the day. The pre race build up had ensured that the adrenalin would be flowing and with the three previous races each producing a different winner - Sue Craythorne (Longley), Lis Colquhoun (Shirecliffe) and Mary Howarth (Concord) - the ladies championship was still wide open. Joining these three were Ruth Shield, second in the last race and an outside contender for the title and the rapidly improving Rachel Leonard, a non qualifier for the final rankings but in a position to play a major part in deciding the final placings. The race started with Ruth Shield, although well down on the overall leaders, forcing an early pace that opened up a useful gap between herself and Mary Howarth. Could she keep this up? As the race progressed into the third circuit it was obvious that Ruth's tremendous piece of early front running would, barring accidents, ensure her a well deserved victory. Meanwhile Mary Howarth, although feeling the strain, had by now built up a 1½ minute lead to secure second place over Lis Colquhoun who, along with a number of other runners, had lost precious seconds following Ken Richardson off the course at the beginning of that final lap. The ladies finishing times were as follows: Ruth Shield (25.15), Mary Howarth (25.52), Lis Colquhoun (27.31), Rachel Leonard (28.43), Sue Craythorne (28.45) and Jean Locking (31.41).

In the vet. mens category, club Chairman Keith Ibbotson emulated Rob Leonard by heading the veterans rankings with HIS third victory. Keith's time was 22.32 with Trevor Brown the second vet. home in 23.12.

FINAL CHAMPIONSHIP RANKINGS

Only 21 club members qualified for the final rankings (ie completed a minimum of 3 out of the 4 races - see Striders News No 5 for full details) as follows:

Senior Men: 1st Rob Leonard 3 points, 2nd Richard Vickers AND Graeme Siddall 8 pts, 4th Phil Samuels 19 pts, 5th Roger Stevenson 22 pts, 6th Dave Owen 27 pts, 7th Andy Oxley 32 pts, 8th Bob Booth 35 pts, 9th Dave Ashurst 42 pts and 10th Les Eyre 63 pts.

Veteran Men: 1st Keith Ibbotson 3 points, 2nd Trevor Brown 6 pts, 3rd Bill Locking 7 pts, 4th Jack Mitchell 12 pts, 5th Ken Richardson 16 pts, 6th Gerald de Vane 20 pts. ...
Ladies: Any disappointment that Mary Howarth might have had at not winning the Graves Park race was soon dispelled after hasty calculations had confirmed that her second place would be sufficient to ensure overall victory in the ladies category - by just 1 point. ... The final ranking was as follows: 1st Mary Howarth 5 points, 2nd Ruth Shield 6 pts, 3rd Lis Colquhoun 7 pts, 4th Sue Craythorne 8 pts and 5th Jean Locking 14 points.
The Committee would like to thank those members, relatives and their friends who helped with timing, recording and marshaling etc throughout the championship.

LINCOLN ONE-THIRD MARATHON - 26.2.84

Lincoln, always a popular venue with the club again saw another good turn out for this year's One-Third Marathon, the first race in the Lincoln Grand Prix Series. Many Striders dipped under the hour for the 8.73 miles with Dave Denton (51.46) the first to complete the course - changed from last year and this time incorporating a vicious hill at around the half way point. Following Dave were Rob Leonard (52.20), Mike Ingham (53.45), Wayne Farrell (55.00) and veteran Bill Locking whose excellent time of 55.40 earned him 3rd place in his particular age group. Once again the ladies fared well with Lis Colquhoun (62.00), Rachel Leonard (62.59), Ruth Shield (63.00) and Rosie Adams (63.00) all featuring in the first 20 women and each scoring Grand Prix championship points. The men finished in 9th place in the team race but unfortunately there was no ladies team event. Had there been, we most certainly would have won it !!

CLUB BADGE

At their meeting on 28.2.84, the Committee agreed to proceed with the production of a sew-on cloth badge for track suits, vests and sports bags etc. The 3" diameter badge, in club colours, will incorporate the Striding Legs logo and should be available from the Secretary (John Rothwell) within the next month - price about 60 pence. If used on the club vest, members are asked to display the badge above the name band and on the LEFT hand side.

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