



CITY OF HULL AC

## NEWSLETTER DECEMBER 2003

### London Marathon – Club Entries

This year we as a club were allocated 3 club entries by the London Marathon organisers and the draw was made at Haltemprice after the Christmas Handicap race on Sunday 20<sup>th</sup> December. The Chairman's choice went to Russell Hardiman, committee place went to Derrick Ricketts and the last place was drawn out of the hat and was won by Tania Cream.

### Sponsorship

We have been contacted by Hull & East Riding Institute for the Blind (HERIB) to ask if anyone running the London Marathon would be interested in raising sponsorship for them? If so, HERIB's contact details are, Carole Davy, 01482 342297 or email [caroled@herib.co.uk](mailto:caroled@herib.co.uk).

### The Beverley Challenge – Purple Vests v Boozy Beavers – BACCOH Trophy Sunday 28 December

The challenge for the Beverley AC/City of Hull trophy takes place on Sunday 28 December. City of Hull will meet at the Humber Bridge top car park for registration at 10.30am. The race/run starts at 11.00am on the foreshore west of the Country Park inn. The course follows the riverside walkway to Ferriby before returning to Hessle and finishing in the Country Park below the car parks, a distance of 4½ miles. For those new to the club, this is a mixed team race in which everyone who takes part scores points. Last year we turned out 75 members to win the trophy comprehensively. However, I have been informed from a reliable source that Beverley are determined to gain revenge this year, and whispers are that 100 plus have already signed up. It remains to be seen if they can get up early enough to make the start! Just in case I would ask you to support the club and don't let the weather put you off. Afterwards we will meet up with the opposition for a chat and a drink at the Country Park inn. Bring a change of clothing in case it rains. Please note that Winter League runners should use their allocated numbers and other members can collect a number at registration. (Pete Jarvis)

### Wolds Way – Sunday 4<sup>th</sup> January

Don't forget that there is a leg of the Wolds Way on Sunday 4<sup>th</sup> January - Winteringham circular approximately 10 miles. We will be meeting at Haltemprice at 8.00am.

### Northern & National Cross Country Championships – 18 Jan & 21<sup>st</sup> Feb 2004

If anyone is intending to run in the Northern and National, they must run in the Northern first to be eligible to run in the National. If interested see Derrick Ricketts who is arranging teams.

### Training Sessions

Monday 5.45pm	Humber Bridge top car park	speed session
Tuesday 6.45pm	Haltemprice Sports Centre	club night
Thursday 9.00am	Elloughton Dale top	Pensioner's Plod, 4 miles easy
Thursday 6.15pm	Haltemprice Sports Centre	club night
Saturday 8.30am	Wauldby Green	3 or 5 miles plus hill session
Sunday 8.45am	Brantingham Hill, meet halfway down hill.	

### Christmas Runs

As usual we are organising a run a day over Christmas, just turn up and run – all welcome.

Tue 23 Dec	Risby Fish Ponds, 10.00am
Wed 24 Dec	Beverley Clump, 10.00am, speed session and hills
Fri 26 Dec	16 Barkworth Close, Anlaby, 10.00am
Sat 27 Dec	Raywell, 8.30am
Sun 28 Dec	Beverley Challenge, 10.30am, Humber Bridge top car park
Mon 29 Dec	Dale Gate Road, Bishop Burton, 10.00am
Tue 30 Dec	Beverley Clump, 10.00am
Wed 31 Dec	Leconfield/Scarborough laybye, 10.00am
Thu 1 Jan	Star Inn, Sancion, 10.00am (note that the pub will be closed)
Fri 2 Jan	Tickton, 10.00am
Sat 3 Jan	Raywell, 8.30am
Sun 4 Jan	Wolds Way – Winteringham circular meet Haltemprice car park 8.00am

### Race Diary November 2003 – March 2004

Sun 28 Dec	Beverley Challenge	Hessle Country Park	10.30am
Thu 1 Jan	Cleethorpes New Years Day 10k	Cleethorpes	11.15am
Tue 13 Jan	4 <sup>th</sup> Winter League 3 mile	Humber Bridge	7.00pm
Sun 18 Jan	4 <sup>th</sup> EYXC League	Langdale, Scarborough	11.00am
Sun 18 Jan	York Vets XC Champs	Graves Park Sheffield	1.00pm
Sun 25 Jan	Brass Monkey Half Marathon	York	10.00am
Sun 1 Feb	Ferriby 10	Skidby	11.00am
Sun 8 Feb	5 <sup>th</sup> EYXC League Club XC Champ	North Dalton	11.00am
Tue 17 Feb	5 <sup>th</sup> Winter League 3 mile	Humber Bridge	7.00pm
Sun 14 Mar	6 <sup>th</sup> EYXC League	Bridlington	11.00am
Sun 22 Feb	Snake Lane 10	Pocklington	11.00am
Tue 23 Mar	6 <sup>th</sup> Winter League 3 mile	Humber Bridge	7.00pm
Sun 28 Mar	Ackworth Half Marathon	Ackworth, Pontefract	10.30am
Tue 30 Mar	1 <sup>st</sup> 2004 Champagne League		

### Start Fitness, Butcher Row, Beverley

The winner of the monthly drawer for December is John Redmond

### T Shirts & Baseball Caps

We still have for sale a number of good quality purple t shirts, priced £5.00 each and baseball caps, price £3.60; both are printed with the City of Hull logo. Contact Pete Blowers.

### Wolds Way, Sunday 14th December - review by Steve Holmes

Thixendale 10 mile circular attracted just six hardy runners but it turned out to be the best run so far of our staged running of the Wolds Way. On leaving Thixendale we headed north past the cricket pitch where a flock of sheep were happily enjoying breakfast, well, I suppose there is no call for cricket in winter. On a little further to the first climb of the day and a long steady slog but once at the top we enjoyed magnificent views both to the north and to the south. Now running on high ground all the way until we dropped down into Wharram-Le-Street which was our furthest point of this run, a quick turn round and back up the hill had us heading for Wharram Percy, a deserted medieval village tucked away at the end of a long valley. Once there we spent some time just walking around the old ruined church and looking at the inscriptions on the grave stones; we could have stayed longer just soaking up the sheer beauty of the place but time was pressing and we had another hill to climb to reach the top of the valley which would leave us with just 2½ miles back to Thixendale. Highlights of the run were Steve Coveney's map reading, never got us lost once, and the magnificent views enjoyed all morning. Total time out was 2 hours 10 minutes.

### Message from Germany

Pete Jarvis has received a message from our member based in Germany, Kevin Hodsman sending Best Wishes to all at City of Hull.

### Christmas Handicap, Sunday 21<sup>st</sup> December – review by Steve Holmes

An excellent turn out for this years Christmas Handicap race on a circular route from Hessle Country Park to Ferriby along the river foreshore and back. There were 46 runners and a pleasing number of marshalls and timekeepers. First back and winner was Jason Shippey who had to sprint to the line to hold off the first lady, Denise Thompson, followed by second lady Rebecca Hill. Following the race, a presentation was held at Haltemprice Sports Centre where Gordon Jibson presented the prizes for the 1 mile, 5 thousand metres and 10 thousand metres, mens and ladies track championship winners.

### Congratulations

Our congratulations go to Zack Welbourn for taking 6<sup>th</sup> place in the under 17 category and to Alan Fowlie for taking 1<sup>st</sup> place in the vet 60 category both in the recent Humberside Cross Country Championship held at Scunthorpe.

### As It Was - Or Was It?

It was a fine summer Saturday afternoon in the fifties and the crowd around the grass track was waiting for the start of one of the highlights of the meeting. The Yorkshire Copper Works Annual Open Sports Day was taking place at the firm's recreation ground in Leeds and I was competing the next event – the one mile handicap. Earlier I had been talking to some runners from Leeds Harehills Harriers, whom I knew, and my thoughts were that Joe Salt from Rochdale was likely to be the winner. He was on form and had been given a reasonable starting mark. My mark was in front of his and I decided I would try and stay with him if he overtook me. The stewards were checking that the runners were all on their correct marks, an ok was given to the starter and BANG – we were on our way. I settle down to my racing pace and concentrated on the runners in front of me. We had completed two laps and were into the third when Joe was at my shoulder and then passed me. I tucked in behind him and found myself being pulled round at full stretch. Then it was the bell and we had caught up with the leaders. Joe was racing away and my legs turned to jelly. Runner after runner came past as I struggled to keep going amongst the herd heading for the finish. In the changing tent afterwards the Harehills lads had a good laugh at my efforts. Then it was a bus to the station and a train home. Not many people owned cars in those days! The following year I completed again, same venue, same crowd, same marquees – rather like a Groundhog Day. There as one difference as far as I was concerned – no Joe Salt. This time I finished third. The prize was a golden teapot on a golden tray, value 3 guineas. Cash prizes were not available at that time. What a pleasant little story you might say – except that is isn't true. Well, the events are correct but, after checking my race notebook I find that the timescale is wrong. The actual sequence was 1953, 3<sup>rd</sup>, winner H Bate. 1954 unplaced, winner J Cadman. 1955 unplaced, winner J Salt. Perhaps this should be a warning to veteran runners to be careful when recalling past races as the mists of time can muddy the waters – if I can use two idioms in one sentence. I can't remember what became of the teapot and tray but it was fun taking part and great to occasionally come away with a prize. Keep Trying. by Ray Pearson.

### City of Hull AC Nativity

As it is Christmas time I was just wondering if City of Hull AC were to put on a performance of the nativity, who would play the characters and why?

1. Baby Jesus
2. Mary
3. Joseph
4. Donkey
5. 3 wise men (could be tricky)
6. Angels !
7. King Herod
8. Innkeeper
9. Shining star
10. Shepherds
11. Angel Gabriel

Please give your suggestions to Steve Holmes before the next newsletter.

### True or False?

Recently Rebecca Hill was seen in Alders carrying a large Early Learning Centre carrier bag – is this a vain attempt to finally educate Colin?

### Some thoughts to ponder on other than running - especially for those who are marathon training.

- 1 He who laughs last, thinks slowest.
  - 2 A day without sunshine is like...well, night.
  - 3 Change is inevitable - except from a vending machine.
  - 4 I feel like I'm diagonally parked in a parallel universe.
  - 5 Nothing is foolproof to a sufficiently talented fool.
  - 6 Just remember if the world didn't suck, we'd all fall off.
  - 7 The latest survey shows that 3 out of 4 people make up 75% of the world population.
  - 8 If the shoe fits, get another one like it.
  - 9 Give a man a fish and he will eat for a day, teach a man to fish and he will sit in a boat drinking all day.
  - 10 When you go to court, you are putting yourself in the hands of 12 people that weren't smart enough to get out of jury duty.
  - 11 Light travels faster than sound. This is why some people appear bright until you hear them speak.
  - 12 And my FAVOURITE: I wonder how much deeper the ocean would be without sponges.
- Keep on running, Love Tania.

### Seasons Greetings

The committee would like to wish all our members and families a Merry Christmas and a Happy New Year.

Till the next time – good running to all!

