

## CITY OF HULL AC

### NEWSLETTER OCTOBER 2003

#### Christmas Runs

As usual we are organising a run a day over Christmas, so just turn up and run! New members are especially welcome.

- Sat 20 Dec Raywell, 8.30am
- Sun 21 Dec Christmas Handicap, 10.30am, Humber Bridge top car park  
Presentation, 12.30pm, Haltemprice Sports Centre Bar
- Mon 22 Dec Haltemprice Sports Centre, 10.00am  
Christmas Lunch, 12.30pm, Cottingham Golf Club
- Tue 23 Dec Risby Fish Ponds, 10.00am
- Wed 24 Dec Beverley Clump, 10.00am, speed session and hills
- Thu 25 Dec Day off if you want!
- 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, Sancton, 10.00am
- Fri 2 Jan Tickton, 10.00am
- Sat 3 Jan Raywell, 8.30am
- Sun 4 Jan Wolds Way – Staxton Top to Winteringham, meet Haltemprice car park 8.00am

#### Christmas Lunch

This years Christmas lunch will be held on Monday 21<sup>st</sup> December 2003 at the Cottingham Golf club, the price will be £10.00. Meeting in the bar at 12.30pm for a 1.00pm start; if you are interested see Pete Jarvis as soon as possible. Prior to the lunch, the third of our Christmas training runs will take place, starting at Haltemprice Sports Centre at 10.00am.

#### Club Fixtures September 2003 – March 2004

Tue 11 Nov	2 <sup>nd</sup> Winter League 3 mile	Humber Bridge	7.00pm
Sun 16 Nov	2 <sup>nd</sup> EYXC League	Welton	11.00am
Sun 23 Nov	Wolds Way – Thixendale/Huggate	Huggate	8.45am
Sun 7 Dec	3 <sup>rd</sup> EYXC League	Bishop Wilton	11.00am
Tue 16 Dec	3 <sup>rd</sup> Winter League Reg Taylor	Humber Bridge	7.00pm
Sun 21 Dec	Christmas Handicap 5 miles	Hessle Country Park	10.30am
Sun 28 Dec	Beverley Challenge	Hessle Country Park	10.30am
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 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
Tue 23 Mar	6 <sup>th</sup> Winter League 3 mile	Humber Bridge	7.00pm
Tue 30 Mar	1 <sup>st</sup> 2004 Champagne League		

### Training Sessions

Monday 5.45pm	Humber Bridge top car park	speed session
Tuesday 6.45pm	Haltemprice Sports Centre	club night
Thursday 6.00pm	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.	

### Wolds Way

Don't forget that there is a leg of the Wolds Way on Sunday 19 October, Huggate to Londesborough. Meeting at Londesborough at 8.45am. The next one will be on 23 November, Thixendale to Huggate, meet Huggate 9.45am.

### London Marathon Trip 2004

Kevin McManus and Jim Dingwall will again be organising the marathon trip staying at the 4 star Novotel Hotel, Euston Road, same as last year. The cost will be £68 approximately, so book early to avoid disappointment. Further details later.

### Track Championship - Race 2 - 5000 metres

A slight drop in numbers for the 5000 metres allowed us to run just 2 races with the B race going first. Pete Blowers was always going to be favourite for this one and romped in to finish first. Race A saw a tremendous battle between Jim Crisp and Colin Langley with not more than a second separating them for 11½ laps, when Jim put the peddle to the metal to leave Colin in his wake. Also having a good run was Pete Caldicott who finished third. Run of the night must to Jim Crisp for that great last lap.

### Track Championship - Race 3 - 10000 metres

A cooler night greeted our 10000 metre runners and with a very good turn out of lap counters, we accommodated all the runners in 1 race. John Redmond led from the start, closely followed by Pete Caldicott but it was toward the rear that a real battle was emerging. Helen Sampson taking an early lead over Tania Cream but as the race developed they swapped the lead several times, with Tania eventually gaining the upper hand. Run of the race must then go to Tania Cream for achieving a personal best of 45:13.

### Big Thankyou

Paul and Jessica Body would like to thank all the generous people at City of Hull who clubbed together for our wedding gift of Debenhams Vouchers. We had a great wedding day and really appreciated the kind gift and lovely messages in the card. As I've always known COH runners are a fantastic bunch of people....Paul Body

### Captain Barclay

In his absorbing history of the Club, Robb Robinson refers to Captain Robert Barclay's feat of walking 1000 miles in 1000 hours in 1809 at Newmarket. An earlier feat of the Captain brought him to our area when in 1801 he was successful in walking 90 miles in under 21 hours, in fact taking 20 hours 22 minutes. The course was a measured mile on the York-Hull Road with a turning post at each end. This was his third attempt and for it he placed himself under the training of a tenant farmer, Jackey Smith. Barclay himself was the sixth Laird of Ury.

Jackey Smith was a hard task master who, on the final day of training had Barclay walk a full trial in the rain and up to the ankles in mud. For the event Barclay wore a flannel close shirt, flannel trousers and night-cap, lamb's wool stockings and thick-soled leather shoes.

Later Barclay himself became a trainer using Smith's methods. He gave the following advice for beginning runners, after they had "purged" themselves for twelve days with Glauber's salts (sulphate of sodium). Another popular purgative used by runners was "first a little salt and senna leaves, and then a little ginger and Spanish liquorice".

Your regular exercise should be 20-24 miles a day. Rise at 5 a.m. and run half a mile at top speed uphill, then walk 6 miles at a moderate speed coming in about 7 to breakfast consisting of beefsteaks or mutton chops underdone, with stale bread and beer. After breakfast 6 miles at moderate pace then at 12 lie down in bed for half an hour. On getting up, walk 4 miles and return to dinner (same menu as breakfast) at 4 p.m. Immediately after dinner run half a mile at top speed then 6 miles at moderate speed. Take no more exercise that day (very important!) and to bed about 8. Next day the same. After three or four weeks take a sweat. For this run 4 miles in flannel clothing, take a hot drink and then go to bed for 25-30 minutes, covered by six to eight blankets. After a gentle 2 mile walk well wrapped up in your warmest clothes, return to breakfast before commencing the usual day's exercise routine. Time trials are also an important feature of the training, these may be anything up to 110 miles.

Barclay was very concerned with diet. Lean beef, mutton (occasionally) and poultry legs are preferred. Do not eat veal, lamb, pork, fish, eggs; fatty or greasy substances, in particular milk, butter, cheese; salts, spices and seasonings. Vegetables were also avoided, although biscuits and stale bread were allowed. The only liquor allowed is old home-brewed beer (no more than three pints a day) and half a pint of red wine after dinner. And if the above inspires you to go 1000 miles in 1000 successive hours, remember that William Gale, in 1877, walked 1,500 miles in 1,000 successive hours.

#### T Shirts & Baseball Caps

Pete Blowers still has a number of good quality purple t shirts, priced £5.00 each and baseball caps, priced £3.60. If you require one of these, see Pete.

#### Winter League

Pete Jarvis is still looking for marshals to help out at these events, see fixture list. If you can help out, please contact Pete.

Till the next time – good running to all!