

## CITY OF HULL AC



*\* Contribute to Marns Training Centre on the road Marns*

Supported by: Start Fitness, Butcher Row, Beverley & Simply Running, Albion Street, Hull

### NEWSLETTER – AUGUST / SEPTEMBER 2005

#### Training Sessions

Monday 5.45pm	Haltemprice Sports Centre, Field Opposite	Speed session
Tuesday 7.00pm	From Haltemprice Sports Centre	Club night
Thursday 9.15am	Elloughton Dale top	Pensioner's Plod
Thursday 6.00pm	Wauldby Green, Raywell	Club night
Saturday 8.30am	Wauldby Green, Raywell	3 to 5 mile cross country
Sunday 8.45am	Beverley Clump, top South Cave Hill	Cross country

#### Beverley AC - Team Relay Challenge, 7<sup>th</sup> September 2005, 6.45pm start

Are we up for another challenge? I think so! The relays will be the same format as 2 years ago when we beat Beverley by the narrowest of margins. Teams of 4 runners of mixed ability all running 1 leg each of the Beverley Westwood 1 mile course. Meeting place for registration is on Westwood Road (top of the hill before the windmill) and for those of you who remember, it is the same place as last time. You will be given a number with a letter, which is your team race-letter, ie A,B,C,D, etc. and the number, ie 1,2,3, or 4 which is your leg number. Please turn up early for registration to familiarise yourself with your team members and the leg that you will be running.

#### Champagne League Presentation Evening, Cottingham Golf Club

The above event takes place on Friday 16th September, 8.00pm, at Cottingham Golf Club. We only have 120 places in total, of which 20 are remaining. The cost is £10 per person and includes a first class buffet. If any club member would like to attend, please contact Dave Brooke as soon as possible, tel 354396. Or just put a note in an envelope with correct amount (cash or cheque) and send it to Dave at: 4 Woodlands Road, Hull, HU5 5EF. Please make cheques payable to: D. Brooke C/L Account.

#### City of Hull AC - Track Championship Race Series, all start at 7.00pm prompt

The first race will take place on 21<sup>st</sup> September 2005. There are no fees to pay for these races, so just turn up and register and you will be given a number, which should be kept for all 3 races. Please register early so we can get the first race off on time. Time-keepers and recorders will be needed for all races, so if you have already ran, or are waiting to run, you will be expected to help out with the recording. A race cannot start without the time-keepers and recorders being in place

Wednesday 21<sup>st</sup> September 2005 - 1 mile  
Wednesday 28th September 2005 - 5,000m  
Wednesday 5th October 2005 - 10,000m

### LADIES - THIS IS YOUR CAPTAIN SPEAKING!

I am planning a get together for our ladies section. This will be to talk team tactics (or tic tacs), to discuss running and swap training tips - YEAH, I'm having a laugh! It's just a chance to chat without being breathless, sweaty and red in the face. We'll start at The Country Park Inn on Hessle Foreshore, on **Friday 30<sup>th</sup> September at 8.00pm**. I hope you'll join me otherwise I'll be Billy-no-mates and have to laugh at my own jokes - did you hear the one about the two fish in a tank? Tania x.

### City of Hull AC - Winter League – A series of 3 mile handicapped races

There is a charge of £5.00 for this race series which all goes into the prize fund. The first race is everyone off together, and the remaining races are handicapped. All runners must be registered before 7.00pm and the races will start as soon as possible after 7.00pm. If you miss your start time, your running time will not be amended by the handicapper this year. .

Tuesday 18th Oct 2005	7.00pm	Humber Bridge top car park
Tuesday 8th Nov 2005	7.00pm	Humber Bridge top car park
Tuesday 13th Dec 2005	7.00pm	Humber Bridge top car park
Tuesday 10th Jan 2006	7.00pm	Humber Bridge top car park
Tuesday 14th Feb 2006	7.00pm	Humber Bridge top car park
Tuesday 14th Mar 2006	7.00pm	Humber Bridge top car park

### East Yorkshire Cross Country League 2005/06

The league kicks off this year with the scenic Bishop Wilton course as follows:

Sunday 23 <sup>rd</sup> October 2005, 11.00am	Bishop Wilton
Sunday 13 <sup>th</sup> November 2005, 11.00am	Drewton Woods, South Cave
Sunday 11 <sup>th</sup> December 2005, 11.00am	Langdale End, Scarborough
Sunday 15 <sup>th</sup> January 2006, 11.00am	North Dalton
Sunday 12 <sup>th</sup> February 2006, 11.00am	Welton Dale
Sunday 12 <sup>th</sup> March 2006, 11.00am	Sewerby, Bridlington

All runners **must be** 17 years old or over at the 23<sup>rd</sup> October 2005. Registration details later.

### General Race Diary

Sunday 25 <sup>th</sup> Sep, 10.00am	East Retford Half Marathon, Retford, Notts
Sunday 16 <sup>th</sup> Oct, 12 noon	Bridlington Half Marathon, Bridlington
Sunday 6 <sup>th</sup> Nov, 10.30am	Nidd Valley Guy Fawkes 10mile, Ripley, Harrogate
Sunday 27 <sup>th</sup> Nov, 10.00am	Clowne Half Marathon, Clowne, Worksop, Notts

### Club Jackets

At the last Champagne League run, Carol Ingleston showed and modelled a possible club jacket. A lot of members were interested in the jacket but a few expressed concerns about the black colour and therefore not being able to wear it to run in the dark. We have now sourced another supplier, who can offer us a purple jacket, with white side stripes and our CoH logo, which is wind and showerproof. This is a similar colour layout to our running vests. We are trying to show the new sample jacket to as many members as possible before making a final decision on which jacket to buy.

### Training Log

We have purchased 30 training logs and these are for sale to all members, on a first come, first served basis, price £2 each. If you require one, please see Steve Holmes.

### Elloughton 10k

On behalf of Kingston AC, Mike Baggott would like to thank all City of Hull AC members who either took part, marshalled or timekept in this recent race.

### In Memory of Jim Dingwall

Colin Youngson writes: James Dingwall was born in Edinburgh on 30<sup>th</sup> May 1949 and died, after a long struggle with cancer, on 22<sup>nd</sup> July 2005. He was one of the finest Scottish runners of his generation and a man known for dedication, clever tactics and an open, cheerful disposition which won him universal popularity and respect. Jim had a great number of friends and not a single enemy, which is unusual since athletes tend to be self-centred. He certainly enjoyed a night out with both clubmates and rivals. Real ale and good banter sometimes inspired him to display his singing talents, honed in the church choir. He was brave, matter-of-fact and uncomplaining – a role-model.

Jim went to George Heriot's, where he had success as a sprinter – that strong finish won him countless races once he turned to longer distances. By 1968 he was running for Edinburgh University Hare and Hounds in the famed Edinburgh to Glasgow relay, a race he took part in with great distinction for many years – representing the university team (his nickname was "the Guv'nor") until 1973, Edinburgh Athletic Club in 1974 and Falkirk Victoria Harriers thereafter. His peak performance came in 1977 when he broke the record in the classiest stage number 6. Jim must have celebrated long and hard with his Falkirk team mates when they won the race in 1984. Before that he carved out a notable career as a track runner, with personal bests of 3.45 (1500m), 7.57 (3000m), 13.48 (5000m) and 28.45 (10,000m). He represented Scotland many times on the track and thrice in the IAAF World Cross Country Championship. He won the SAAA 10,000m title 3 times.

Nevertheless, it became clear that Jim was most successful on the road. By 1973 he was breaking the record in the 12 mile Ballock to Clydebank event and he went on to win countless races due to his meticulous preparation, cool head, tenacity and excellent 'kick' finish. In 1974 he entered the Harlow Marathon and steamed through in the later stages to beat 2.20 with ease. Having, in his own words, "been blown away so many times in the SAAA 5000m by Dave Black of England", he took part in the 1977 Scottish Marathon Championship and won in a new record of 2.16.05, which is still the fastest time recorded by a Scot in the event. In 1978 he was chosen to represent his country in the Commonwealth Games Marathon in Edmonton, Canada and led until halfway, despite having been affected by troubles during the flight out, which spoiled subsequent training. He completed more than 50 marathons and his personal best, which fulfilled his fine potential, was in 1983, when he finished 5<sup>th</sup> in the prestigious London Marathon in a time of 2.11.44 which is still third on the Scottish all time list.

Although his racing record was excellent and his rivals could only respect his ability and consistent success, his greatest achievement was to remain himself – a modest, positive, generous, friendly man who was always great company and an especially memorable character. My memories of Jim include many race defeats and a few surprise victories but I will remember especially training with Jim and his great friend Willie Day, in Falkirk, the Water of Leith pub crawl, the Isle of Man Easter Festival of Running (and beer drinking) and celebrations after the Edinburgh to Glasgow Relay and the London Marathon.

Alan Fowlie writes: Jim arrived in East Yorkshire in the mid 1980s to work with BP at Saltend (Hull) with 30 marathons already under his belt; these included wins at Le Quesnoy (France), Glasgow, Sea of Galilee (Israel) and Hong Kong.

With this pedigree, plus his impressive record in track athletics, he was understandably welcomed with open arms by his new club, City of Hull AC, for whom he filled a pivotal role for the next 15 years. In the late 1980s and early 1990s, in local and regional races from 3000m on the track, through 10ks and 10 miles on the road, right upto the marathon, the only question tended to be "Who'll finish second to Jim?" While based in East Yorkshire he completed a further 24 marathons, winning the Humber Bridge and Bolton events within 2 weeks of each other in 1985. He ran in 20 London Marathons between 1981 and 2003, completing the last 4 after major bowel surgery in 1998. Only 1 of these was (just) outside 3 hours.

To the unsuspecting members of his new club he introduced the concept of "serious training". 100 mile weeks at training camps in North Wales and Derbyshire and Tuesday night Kirkella Fartleks, converted many joggers into runners and more than a few runners into athletes. Jim's athletic prowess and commitment, his sociability, honesty and decency, and his infectious sense of humour all ensured that he was well loved and respected in this corner of England, as he was in Scotland.

Jim spent most of his working life as a research chemist with BP (first in Grangemouth and latterly in Hull) although, in the few years before his early retirement, he worked in staff development and training. The Methodist Church played a major role in Jim's life and it was through the church that he met his wife, Margaret, who he married in 2000 and who survives him.

### DIDN'T WE HAVE A LOVELY DAY THE DAY WE WENT TO ESHOLT? - by Tania Cream

Sunday 26th June was a lovely sunny summer's day. For some it would be spent mowing the lawn or weeding the borders, but not for the vets of City of Hull. All armed with foolproof maps, we set off to the vets relay races in Esholt. Some went straight there, but my car took the scenic route (just like last year) one of these days I'll get it right!

Having got our numbers and order of play from Team Captain Derek, we jogged to the start - It was going to be HOT. Janice Fisher-Moody did us proud with a most impressive 1st leg (third in category). I was the 2nd leg, with Avril Young running 3rd. We were delighted to finish 5th ladies team. Our other ladies team of Tracy, Eileen and Dot were hot on our heels finishing 9th ladies team.

The men had 3 teams, they all ran very well, their star larkers being Phil Lambert and Trevor Misson. It was a case of when the going gets tough, City of Hull get going! After the fast and furious relays, we jogged steadily back to the cars, where we all sat on rugs and ate our pack ups. We looked like a field of Borage, a sea of purple. We investigated the insides of our sarnies, trading items we didn't want; it felt rather like a school trip. Eventually with team photo taken we couldn't dally any longer and it was time to go. On the way home my car felt the need to do a lap of honour around a roundabout, some say I was lost again, but now you know the truth!

Home at last - what a lovely day, I hope more of you will join us next year in Esholt.

### Champagne League Handicap 2005 – Some Boring Statistics, from Steve Coveney

Yes, statistics, this is strictly for nerds and anoraks. I am working on the theory that (like burying bad news) this is a good edition of the newsletter to slip in a boring article, as the highlight will be the piece on cable clips (which is bound to be a riveting read)!

It is surprising how many of you tell me when we're out training that you scored no handicap points. In fact out of 184 runners who ran in at least 1 race 134 did score points. Out of the remaining 50, 17 ran their races in such a pattern that they were never handicapped. Sankie Evans finished 6th on handicap at Kiplingcotes but did not score points as he had not ran 4 races by that time (a rule which cost me points in the same race!).

If you do not run more than half of the races you will not give yourself much of a chance of scoring points – a further 23 fell into that category. Those of you still awake will have realised that still leaves 9 to be accounted for. You will also have noticed that the more races you run the better your chances of scoring mega-points. The person who has informed me most often of their lack of points is (you guessed it) Pete Blowers! Pete only ran 6 races and was only handicapped in 3. Moral: - run more races or at least pick more that are potential point-scorers. Interestingly, if you graph Pete's results they resemble an AX48.

So you need to try to run all 10 races if you want to score points. 51 runners completed every race this year, my congratulations to them. All but 1 of them scored handicap points. So what had Bob Thompson done to offend me? I don't know. My advice to Bob is ... to take advice from Denise who finished in the top 10 overall.

In fact Bob did score points in the Green Jersey, which is the competition to focus on if you are running with consistency. Out of the 9 runners who (you'll remember!) ran more than half the races but never finished in a points-scoring position, all but 1 did score points in the Green Jersey. So what advice can I give Bill Ayton who ran 7 races but failed to score points in either the Handicap or the Green Jersey? Bill, I think you're probably just too honest. It's a jungle out there and it's full of handicap bandits.

So finally, what of those who did score handicap points? 48 did so in only 1 race, 34 in 2 races, 23 in 3 races, 20 in 4 races, 5 in 5 races and 4 in 6 races. Bandits one and all, as Pete Jarvis warned me!

Sue Hunt & YPI West Hull Runners

For those that don't know her, Sue Hunt was a runner with White City (Hull) RRC for many years, who has now decided to form a new running club, catering mainly for ladies new to running. I am sure we at City of Hull AC wish Sue and her members all the best and one way that we can help is participating in the Quiz night that West Hull Runners are organizing. Sue has helped out and supported City of Hull AC on many occasions and so we would appreciate you show your support for this event.

Y.P.I. WEST HULL RUNNERS  
INVITE THEIR RUNNING COLLEGUES  
TO A  
SPORTS QUIZ SUPPER NIGHT  
AT THE Y.P.I. ON CHANTERLANDS AVENUE  
2<sup>ND</sup> SEPTEMBER 2005, 8.00PM START  
£2 PER PERSON, INC QUIZ & SUPPER  
CHILDREN WELCOME (NO CHARGE FOR UNDER 12'S)  
PRIZE MONIES - £25 WINNERS TEAM, £15 2<sup>ND</sup> PLACE

Any Queries, Please Contact Susan Duffey: [Shunt35@yahoo.com](mailto:Shunt35@yahoo.com), Tel 01482 447468

*if you would like to contribute to the next newsletter, please contact Steve Holmes*

***'till the next time, good running to all!***