

City of Hull AC

November/December 2002 News Letter

Christmas Handicap & London Marathon Places Awards

The Christmas Handicap will take place from the Country Park on Sunday 22nd December. The course is the same as last year. We will meet at the Humber Bridge top car park for registration at 10.00am. The first runner off will be at 10.30am. As is traditional, everyone who competes is requested to donate a prize to the value of around £5 and these will be presented afterwards in the bar at Haltemprice Sports Centre.

Those members who were unsuccessful with their London Marathon application can enter a draw for a club place, of which we have been granted 3 places. Steve Holmes will collect rejection slips from anyone who wishes to enter (no slip, no entry). The chairman will pick one runner, the committee will also pick one runner, these being those who the chairman and committee decide has contributed to the club in some way. The third place will go into an open draw and be picked out of a hat. This draw will take place before the Christmas Handicap prize presentation at Haltemprice Sports Centre.

Christmas Lunch

This years Christmas lunch will again be held at Cottingham Golf Club on Monday 23rd December, between 12.30pm and 2.30pm. It is a set meal at a cost of £10 each. If you wish to book places for this popular function, please let Pete Jarvis know before 20th December as there is a limit of 50 places. Prior to the lunch the third of our Christmas training runs will take place from Haltemprice Sports Centre meeting at 10.00am.

Beverley Challenge – meet Humber Bridge top car park 10.30am, Sunday 29th December

On Sunday 29th December we are hosting the first ever challenge match with Beverley AC. This will be a mixed team race, male/female, of at least fifty per side. The venue will be from the Humber Bridge Country Park, along the river foreshore to Ferriby and back; over about 4½ miles, starting at 11.00am. Points will be awarded according to finishing positions with everyone who runs scoring and even if there are more than fifty runners; the extra ones will still get some points. Because Beverley AC are a larger club this is giving them a slight advantage, unless of course all our members make a determined effort to support the day. It is not proposed to record finishing times, only positions and you will need to wear your club number. The aim of this challenge is purely for enjoyment and it does not really matter who wins as long as the first fifty in are wearing purple vests! So, whatever the weather please turn up and run or walk off some of those Christmas pounds. Afterwards we will meet up in the Country Park Inn for a drink and a chat with the 'enemy'.

Christmas Runs

As usual we are organising a run a day over the Christmas period. Just turn up and run!

21st Dec	Raywell - 8.30am	
22nd Dec	Christmas Handicap - Humber Bridge Top Car Park - 10.30am	
	Presentation - Haltemprice Sports Centre - 12.30pm	
23rd Dec	Haltemprice Sports Centre - 10.00am	
	Christmas Lunch - Cottingham Golf Club - 12.30pm	
24th Dec	Risby Fish Ponds - 10.00am	24 TH DEC CLUB: 3:00 + HIR
25th Dec	Make own arrangements!	
26th Dec	16 Barkworth Close, Anlaby - 10.00am ✓	
27th Dec	Bishop Burton, Dale Gate Road - 10.00am	RAYWELL
28th Dec	Beverley Westwood – optional hill work – Newbald Rd Cattle Grid – 10.00am	
29th Dec	Beverley Challenge – Beverley AC – Humber Bridge Top Car Park – 10.30am	
30th Dec	Beverley Clump – optional speed work – 10.00am	DALE GATE 29
31st Dec	Leconfield/Scorborough – lay bye – 10.00am	30 BLOCHT
1 st Jan	Star Inn, Sancton – 10.00am	

Fri 2 Tickton

SAT 3 RAYWELL

SUN WOLDS WAY CLUB

STATION TOP
WINTERINGHAM
23 NOV THICK

TOLLHURST

Training Sessions

We are now well into our winter schedules and support for club events and training sessions continues to expand. For example, the Monday night speed session at the Humber Bridge top car park, 5.45pm, sees between 20 to 30 speed merchants of all abilities striding round the various car parks. This session is usually over by about 6.30pm, although some of the marathon runners do go off for an extra few miles.

Our regular Tuesday club night from Haltemprice Sports Centre, 6.45pm, is as successful as ever. Usually there are 3 packs running distances from 3 to 10 miles.

Thursday nights at Haltemprice Sports Centre, is now in two parts. The first at 6.00pm is suitable for all abilities including beginners. This is followed by a harder fartlek session over a nine mile course at 7.00pm (however please note, it is possible to do less).

Saturday (8.30am) and Sunday (8.45am) morning groups at Raywell and Brantingham usually see well into double figures managing to make the early start. These runs vary in distance from 3 miles upwards. If you are interested there is even a walking group. You now have no excuse! We look forward to seeing even more members supporting our efforts.

Winter League

Two down, four to go in our Tuesday night Winter League Series. Helped by decent weather and good turnouts, 35 for each race, we have got off to an excellent start, so lets hope that we can keep to the same level. The next race is on Tuesday 16th December and now that everyone has got their number, things should go more smoothly at registration but please try to register by 7.00pm. The Humber Bridge Authority has requested that we leave the car park by 8.00pm. The results are available on our web site www.cityofhullathleticclub.co.uk but for the record, the first race was not handicapped and Colin Langley won in 15:50, from Mike Haigh 16:51 and Derek Ricketts 17:08. The second race, which incorporated The Reg Taylor Handicap, was won by Elaine Smith, second was Sam Smith and third David Room. (Note the handicapper continues to favour his ladies section! Overall, Colin Langley has the fastest time of 15:39 and Sam Smith leads the league with 170 points from Dave Tucker with 164 points.

Northern Vets Cross Country Championships Incorporating Yorkshire Vets

Final preparations have now been completed for us to host the above event on Sunday 2 March 2003. Changing and parking will be at Ionians Rugby Club and the course will be up from the Brantingham area over private land; by kind permission of Mr J Garton, Brantinghamthorpe Hall and Mr J Mountfield of South Wold Farm. The presentation of awards will take place at Ionians Rugby Club. The event will require a good deal of work on Saturday 1st March marking out and clearing tracks etc and also marshalling on the day and clearing the course afterwards, so we would be grateful for offers of help from members and friends. There will be three races:

12.30pm - Ladies and over 70s

1.15pm - Mens over 50s, over 55s, over 60s and over 65s

2.15pm - Mens over 40s and over 45s.

Race Diary

1 st December, Sunday	EYCCL - Bishop Wilton, Pocklington - 11.00am
7 th December, Saturday	Rudolf Romp, 23 miles - Brantingham
15 th December, Sunday	Humber Cross Country Champs - Bishop Burton
17 th December, Tuesday	Handicap 3 miles - Humber Bridge - 7.00pm
22 nd December, Sunday	Christmas Handicap - Country Park Hesse - 11.00am
29 th December, Sunday	Beverley Challenge - Country Park Hesse - 11.00am
14 th January, Tuesday	Handicap 3 miles - Humber Bridge - 7.00pm
19 th January, Sunday	EYCCL - Langdale End, Scarborough - 11.00am
25 th January, Saturday	Northern Cross Country Championship - Manchester
26 th January, Sunday	Brass Monkey Half Marathon - York - 10.00am
2 nd February, Sunday	Ferriby 10 - Skidby Windmill - 11.00am
9 th February, Sunday	EYCCL - North Dalton - 11.00am
18 th February, Tuesday	Handicap 3 miles - Humber Bridge - 7.00pm
2 nd March, Sunday	Northern Vets Cross Country C/S - Brantingham
9 th March, Sunday	EYCCL - Sewerby Golf Club, Bridlington - 11.00am
18 th March, Tuesday	Handicap 3 miles - Humber Bridge - 7.00pm

Northern Cross Country Championships

City of Hull would like to forward a team to the above event. Taking place on Saturday, 25th January 2003 at Heaton Park, Manchester. Entries need to be in by Monday 9th December, contact Colin on 848926. Entering this race will gain you a place in the National Cross Country Championships.

Ferriby 10

The forthcoming Ferriby 10 will be held on 2nd February 2003. Entries have started to flood in so this just a reminder to club members to get their entries in early.

London Marathon 2003

Kevin McManus is again organising the trip. Coach travel and one night in a London hotel, with breakfast and return coach travel will be approximately £70 per person. Book early to avoid disappointment.

Communication

We are still having difficulty making sure everyone receives newsletters etc. E-mail/web site access appears to be the main area of concern and if this applies to you, or if you change your internet provider, would you please inform Pete Taylor at Peter161146aol.com. It is disappointing for us to be told by members that they don't know what is going on at the club because they have not received newsletters. We are also hoping to publish, for members information only, an updated list of addresses/telephone numbers. If you do not wish your details to be circulated, please let Steve Holmes/Pete Taylor know. Finally, if you have computer access and would be prepared to pass on the various club information notes/newsletter etc to a member who does not have the facility, would you please contact Pete Jarvis. Any help will save a great deal of time and effort as well as the expense of postage. The newsletter is available from our web site www.cityofhullathleticclub.co.uk

The Yoke's on me

Greetings, City of Hull runners, from Darran Bilton here in tropical York (pron.Yoke) many of you will know, my self and my missus recently opened a guest house in the centre of this fair city. Contrary to popular belief it is called Beech House Hotel (not Bilton Towers Fawly Towers or Farty Towels!)

Not every reader may be aware of this fact, but I actually joined City of Hull back in 19?? as a young middle distance and cross country runner (though in those days I actually thought the more expensive the running shoes were, the better runner you would be... when the relationship is more often inversely proportional!) Of course in recent history I joined the 'mighty' amalgam that would be Kingston upon Hull A C. Well we all make mistakes don't we, and the fact that I convinced many runners to join the new 'tour de force' made mine particularly monumental. Still, all's well that ends well. I've gone in self-imposed exile by joining Leeds City AC, though I still hold my association and tie from City of Hull (the same can't be said for 'Kings-Dung').

I digress. As part of my research programme to ensure that I can give first hand experience of all the many attractions in York, the other day I ventured out to take in the York Brewery Tour, followed by a couple of quality pints (dedication to the cause, or what!) Well I enjoyed the tour, now know everything there is to know about mashing, spiles and brewsters etc, etc. However, after the tour I was having a chat with the tour guide when my brother-in-law bragged about how I was only a minute or so away from International Marathon representation. When the guide questioned whether I should be drinking ales at all, I shrugged off my compliments by mentioning that I eat anything and everything, am always hungry and love a pint or two. What was the guys reply? He simply recognised my modest attitude and followed it with a "oh, so you don't take it REALLY seriously". That taught me a lesson. That's the problem with diminishing your own efforts, sometimes people believe that you're crap! By the way, Jarvo, I know I shouldn't imbibe alcoholic beverages, I just like the taste!

Happy running, City of Hull members, keep the Club healthy, happy and well supported and be as proud to wear the purple vest as I have been. (Darran Bilton)

Beech House Hotel, York – Special Offer

Book any two consecutive nights to stay before 31st March 2003 and get 20% off the already discounted rates. Normal winter rate is £25 per person per night.

****Special officer discounted rate is £20 per person per night**** This includes full breakfast. All rooms en-suite. Fully booked all weekends before Christmas. Closed during January for refurbishment. Quote 'BHA1' Telephone 01904 634581.

East Yorkshire Cross Country League – Ladies team only 23 pints behind the leaders!

Despite the mud and the cold weather, the City of Hull ladies cross country team are performing exceptionally well in this years cross country league. After 2 races Driffield and Scarborough are in joint first place overall with 37 points each. COH ladies currently have 61. Both races have been a great success.

The first race on 29th September at Drewton saw a total of 127 runners tackle a very hilly (but dry) course. This placed the men's team in fourth place. Scarborough starting to show their strength by taking the lead with just 54 points. The relative new arrivals from Barracuda triathlon club played a vital role in providing 2 of the first 6 counters – James Sampson finishing just behind Kevin McManus and Alan Bayston crossing the line just 6 seconds after Alan Bayston.

Conditions were rather different on 17th November for the second race at Welton. The mud was there in style, providing what many (mostly those who marshalled!) considered to be perfect cross country conditions. Jeannie Coupland, Helen Sampson and Tania Wardell were the first 3 to count for the ladies. Dave Tucker decided to swim as well as run after falling 'head first' into an 'enormous lake' – do you mean puddle Dave? Derrick Ricketts ran well too, being the first over 50 to finish.

Overall the men's team now stands in a very respectable fourth place, with a total of 336 points. The next race is on Sunday 1st December at Bishop Wilton, when it is hoped that the men's team will be boosted by Mike Haigh and Wilf McSherry who are recovering from injury. (Colin Langley)

Dear Colin

Over the years I don't seem to be able to catch the handicappers eye, if you know what I mean? So what I was thinking was maybe if I sent a little gift to look on me more favourably in the future, any suggestions?

Yours hoping to win just one race, TT Hull

Dear TT Hull

Over the years many things have been tried, boot loads of products from Reckits, new aerals, free hair cut, the odd bag of tomatoes, offers of a villa in Spain for two weeks. Even Darren Bilton tried a Christmas cake laced with whisky in a vain attempt to try and confuse the handicapper! So it's all been tried and sad to say all have failed, although one, possibly last thing that has not been tried, I know Pete is partial to a plump goose on Christmas day!

Dear Colin

Over the years if I must say I've been quite a good runner but sadly injuries have troubled me in recent times but that is not the real problem, every time that I try to make a come back and fail I tend to put on another stone in weight and now weigh 24 stone - even the kids call me Chubba. Yours in hope PL Skidby

Dear PL Skidby

I have given your letter a lot of thought and decided to investigate this thoroughly, so I rang Mrs Featherstone at the station canteen, 'oh Phil' she said, 'loves his food, usually comes in about 8.00am for two bacon butties and a Mars bar for later. Then back at lunch for a cooked dinner with extra chips and he just loves the jam roly-poly, most days he has 2 helpings and we usually see him just before he leaves to check if there are any leftovers.' I think I can see a picture starting to emerge, so I also rang your wife and she informed me that your diet is going really well and when you come home for tea you're always starving, having hardly eaten all day so your wife usually makes you a big meal but no pudding. So I've come to the conclusion that if you cut out the Mars bar the weight will drop off.

Members Profile

Name: Colin Langley

Married/Children: No/ 2 cats

Club Position Held: Club Captain

Previous Club(s): Never really got into LAs. too many young ladies wearing very little. Found it difficult to control myself - oh sorry, running clubs White City (Hull) RRC

Favourite Run: Really enjoy them all – meet some superb people

Favourite Race: Has to be Ferriby 10, I couldn't believe it when I broke the hour for the first time

Favourite Food: A tin of cod and shrimp Felix cat food

Favourite Drink: Lager

Best time 10k: 35:22 Haltemprice

Best time 10m: 58:53 Ferriby 10

Best time ½ Marathon: 1hr 16 min Great North

Best time full Marathon: 2hr 50min Telford

What you like best about the club: Pete Jarvis - he has the most amazing interest in everyone at the club, and can remember results in seconds and is one of the most positive people that I have ever met.

What improvements you would like to see: More people doing the new hill reps on a Saturday morning

Is Running Better Than Sex?

Ten reasons why running is better than sex

1. While there are running injuries there are no RTDs (running transmitted diseases)
2. You can run in public without getting arrested
3. You can legally get prizes and money for running
4. Running doesn't produce offspring
5. If you run with someone, they don't expect an emotional commitment
6. You can run with people of the same sex without any social stigma
7. The only protection you need is a pair of decent running shoes
8. You can run with someone much younger (or older) than you without people talking behind your back
9. If you are married you can run and spend time with other people without your partner divorcing you
10. If you are male you don't have to beg to run

Wear Your Logo With Pride

Recently an old man spotted the Hull Harriers logo on my reflective jacket and said "I used to be a Harrier before the war." Then he regaled me with tales of running near Welton, finishing up with baths in the out-houses at the Green Dragon. He also had a very eventful war but Peter would only swing the lamps if I told you.

Another old chap;* on crutches (no, not one of the Sunday Brantingham pack) asked me if Dennis Briggs was still with the club, then said "ask him if he remembers when we put itching powder in his running shorts?" Bet Dennis had a personal best that day.

Some years ago a barber once told me his Dad had been a Harrier and claimed that a rather attractive nubile young lady provided tea and a little more than a hot bath back at the black hut on Anlaby Park Road South to the first runner home. Doing wonders for personal bests but that I think is an urban folk tale. Now we have showers to avoid our aged runners having to climb into a bath.

So, wear your badge, you may hear a few more tales of the unexpected if you do.

If this piece of trivia does appear you will know that I have redeemed myself with the censor as my last 3 efforts have failed to pass the handicapper, even though fellow club members know I always grovel when I meet him. (TTFN Phil and *definition of 'old chap' – someone a bit younger than me)

As this is the last newsletter before Christmas, the committee would like to wish you all a Merry Christmas and a Happy New Year.