

CITY OF HULL AC



NEWSLETTER JANUARY/FEBRUARY 2004

Training Sessions

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

Race Diary

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| Sun 1 Feb | Ferriby 10 | Skidby | 11.00am |
| Sun 8 Feb | 5 th EYXC League Club XC Champ | North Dalton | 11.00am |
| Tue 17 Feb | 5 th Winter League 3 mile | Humber Bridge | 7.00pm |
| Sun 22 Feb | Snake Lane 10 mile | Pocklington | 11.00am |
| Sun 29 Feb | Open XC Meeting 6 miles | Baysgarth Park, Barton | 1.20pm |
| Sun 7 Mar | Norton 9 | Norton, Nr Doncaster | 11.00am |
| Sun 14 Mar | 6 th EYXC League | Bridlington | 11.00am |
| Sun 22 Feb | Snake Lane 10 | Pocklington | 11.00am |
| Sun 7 Mar | Norton 9 | Norton, Nr Doncaster | 11.00am |
| Tue 23 Mar | 6 th Winter League 3 mile | Humber Bridge | 7.00pm |
| Sun 28 Mar | Ackworth Half Marathon | Ackworth Pontefract | 10.30am |
| Tue 30 Mar | 1 st 2004 Champagne League | To be advised | tba |
| Sun 4 Apr | Lincoln 10k | Lincoln | 10.30am |
| Sun 23 May | Mucky Duck 8½ mile run | Driffield | 11.00am |
| Sun 6 June | Thirsk 10 Mile | Thirsk Racecourse | 2.00pm |
| Sun 6 June | Humber Bridge 10k | Hessle | 11.00am |
| Sun 27 Jun | Humber Bridge Half Marathon | Hessle | 11.00am |

Swapping Numbers in Races

Pete Jarvis has received a telephone call from John Templeton of Northern Counties, explaining that clubs and officials could be in serious trouble if members are found to be swapping race numbers. To support John in this matter, any club member found to be swapping race numbers could face disciplinary action.

London Marathon Trip 2004

There are just 4 places left on our trip, if you are interested, or know anyone that would be, please contact Kevin McManus. The cost for coach travel to and from London and 1 night bed and breakfast in a 4 star hotel is £67.

London Marathon - Sponsorship

Tania is running the London Marathon to raise money for the Alzheimer's Society. If you would like to support this charity, and give me a boost during my marathon training, please either see me at training or give me a ring on 01482 667503. Thanks in anticipation.

Tania x.

T Shirts & Baseball Caps

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

New Members

We would like to welcome the following new members to City of Hull AC; Colin Spicer and Malcolm Baker. We also welcome on a temporary basis, Michael Wilsmore from Plymouth who will be joining us for a 9 week period while he is staying at Leconfield.

Northern Veterans X Country Championships 18 January 2004 by Steve Coveny

While the youth of the Club girded their loins to go and get lost in the vicinity of Langdale End, 2 cars packed with venerable campaigners set out to show off the purple at this year's championships at Graves Park in Sheffield. The drivers, Dave Brooke and Glen Hood swapped the lead along the motorways until the intricacies of the navigation around Sheffield gave Dave a slight edge resulting in the first success of the day – a parking spot 10 metres from registration. Glen was soon there as well and we had plenty of time for registration and a jog round the course.

The course was a pleasant 2.5k lap, first downhill then a steady climb before levelling off again (not like last year then). Graves Park is set on the top of a hill with good views over to the Peak District. The sun was shining, there was no wind to speak of, the frost was just going out of the top of the ground making it ideal for spikes or studs. Ideal racing conditions in fact. Damn, no excuse there then.

First race off was the 50-69 year old men running 10k and the ladies and over 70 men running 5k. That meant all the City of Hull runners were in the 1 race. In our club of course under 50s are not considered veterans, in fact they are usually referred to as the youngsters! First to show down the hill was Richard Winder using his long legs to good effect then up the hill Steve Coveny pegged him back. Meanwhile the in-form and pre-race CoH favourite Pete Blowers (a man the handicapper should be keeping an eye on) sat in behind for a lap and a half before moving effortlessly away to be 1st CoH home in the over 50's race. Alan Fowlie, just recovering some form after injury, overtook Steve on the 3rd lap setting up a contest that was to continue all the way to the finish. Dave Brooke was also pacing himself well and running strongly in the later stages.

And what of the over 70's race? Glen Hood and Ray Pearson were both competing in the over 75 category and acquitted themselves nobly, Glen coming 2nd and Ray 3rd. An inspiration to us all.

Many thanks are due to Dennis Briggs who came and gave sterling (and vocal) support. It seemed as if whenever you were struggling, at whatever point on the course, Dennis was there to cheer you on. A real example of the CoH club spirit. Look forward to seeing Dennis racing at next year's championships.

In the team competition the 50-59 CoH team was 9th and the "all runners" team was 11th, making us in each case the leading team from both Hull and the East Riding. As well as being the Northern Championships the race was also the Yorkshire Vets Championships. In the results below the 1st position is in the race overall, the 2nd is in the age category of the Northern's and the 3rd in the Yorkshire's.

Northern Vets – Results:

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|--------------------|-------|-------|------|------|------|
| Glen Hood | M75 | 27-17 | 44th | 2nd | 2nd |
| Ray Pearson | M75 | 31-16 | 56th | 3rd | 3rd |
| Pete Blowers | M55 | 43-14 | 42nd | 18th | 15th |
| Steve Coveny M50 | 44-25 | 58th | 26th | 20th | |
| Alan Fowlie | M60 | 44-32 | 59th | 9th | 6th |
| Richard Winder M50 | 46-28 | 74th | 31st | 25th | |
| Dave Brooke | M60 | 47-17 | 82nd | 14th | 9th |

Ferriby 10 - review by Steve Holmes

After the appalling weather in the week prior to this year's Ferriby 10 mile race, it was a welcome relief to wake up on Sunday morning to find that the rain had stopped and the sun was shining and the temperature had risen some 10 degrees. We had over 400 entries proving that this race is becoming more and more popular, again. I would like to personally thank: all marshals; timekeepers and recorders; canteen staff; Clive and Elizabeth for the 5 mile water station; Pete Blowers and Tania Crème for promoting the race so well; Pete Taylor and his wife for the speedy turn around of results; all sponsors; Jeanie on the final water station and Carol Brooks for handing out so many mugs! If I have forgotten anyone, please accept my apologies and thanks.

Breadcakes

We have discovered that the 'best breadcakes in Hull' can be found at Breadcakes Galore, 388 Hessle Road, which is run by Andrew and Dawn who very kindly donated 72 breadcakes for the Ferriby 10, and very tasty they were to!

City of Hull AC Nativity by Tania Creme

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|--------------------|---|
| <u>Baby Jesus</u> | Adam Fozzard, he looks like Matt Lucas who plays the baby in Vic & Bobs Shooting Stars. |
| <u>Virgin Mary</u> | Dave Brooks, because that's virgin on the ridiculous. |
| <u>Joseph</u> | Clive Ferby, because he is a carpenter. |
| <u>Donkey</u> | Pete Blowers, because he often makes an ass of himself. |
| <u>3 Wise Men</u> | Robb Robinson, Steve Coveny & Ray Pearson, because they are. |
| <u>Angels</u> | Anyone who looks good in tinsel & lycra. |

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| <u>King Herod</u> | Anyone who put in a duff prize or didn't put one in for the Christmas Handicap. |
| <u>Innkeeper</u> | Mr & Mrs Jarvis or Mr & Mrs Sampson, for their wonderful hospitality over the Christmas period. |
| <u>Shining Star</u> | The light in the Humber Bridge car park, which draws us to the Winter League races. |
| <u>Shepherds</u> | Steve Holmes and Colin Smith, because they look after everyone so well during training runs, sometimes I even want to go BAA! |
| <u>Angel Gabriel</u> | Gordon Jibson, because this always seems to be the biggest speaking part. |

Well done to all who secured these prestigious parts! Next year we could put on a production of Peter Pan, I wonder if the lost boys might be played by the front runners of the Scarborough cross-country team?

THE PRINCESS AND THE THORN by Tania Creme

"Hello everyone, it's good to be back, with quill in my hand and running shoes at the ready."

The Princess is so thrilled to have secured a place in the London Marathon, she read up about various aspects of marathon training; she particularly liked the idea of carbo loading. She got to work immediately and munched her way through all the Christmas choccies and mince pies, had huge portions of pasta washed down with buckets of Chianti. The Princess couldn't believe that this training was so easy, especially as she was being told that it was going to hurt (Actually her abdominal muscles did hurt on occasion when stretched a little too much). Then one day she re-read the article and realised that it said carbo loading should start 4 days before the race, and NOT 4 months before as she had thought. As a special treat she is allowed to suck on a carrot stick!

So the training continued...and on one Friday morning she set off across the Humber Bridge with some of the handsome Princes and a big smile on her face, but that was all to change. The wind started to blow, and the rain started to fall, and the chill factor dropped. They ran past a lady walking her dogs and when asked "I bet I know what you are thinking," she replied "Yes you are!" The weather got so bad that the gusset was blown out of Sir Mike Hardy Beastle's shorts. Sir Peter Charming spat and it landed on the other bank of the Humber. They battled on, with the bad weather and even worse jokes. The rain was now being blown straight into their ear canals, each time they picked up a foot to take a step it was blown in all directions, we must have looked like the ministry of funny walks! So on they ventured to South Ferriby. The Princess was by now sure that they had made a man of her that day, and when she took off her T-shirt she would find a hairy chest! But, she started to struggle; she thought she had a stone in her shoe, which wouldn't go away. She took off her shoe but couldn't find the stone, so put her shoe back on. Off she went and a few steps later the pain was back, she took off her shoe again and still there was no stone. By now she had lost the main pack of Princes, she was feeling guilty for slowing them up also she was worried that they would think she was making a girlie excuse to stop. The rain persisted and the wind blew. She started to run again, the pain was now just too much, she was sure she would have to limp back. So she stopped again, took off her shoe, took off her sock, the brave Sir Peter Charming who was still with our distressed Princess, looked at her bottom, no, I mean looked at the bottom of her shoe, whereupon he found a thorn. He bravely removed the offending item and placed the shoe back on the fair maiden's foot. The Princess in true girlie style started to cry with relief. She realised that she was still a Princess and not a man. The other Princes ran back to ensure the welfare of our Princess. With the thorn removed the Princess found her joie de vivre and bounced all the way back to the carriages. Moral "Running is like a beautiful rose bush, but, watch out for the Thorns."

Love Tania x.

Athlete, Runner or Plodder?

Answer the following (truthfully) to find out what sort of runner you are:

- You're training schedule for the week is:
 - 6 times, with at least 1 run over 20 miles, a speed session and some quality cross country.
 - 3 to 4 times with a long run on Sunday of maybe 10 miles.
 - Once or twice depending on what football is on the tv. Sunday could be up to around 8 if you feel adventurous and not suffering from a hangover.
- The next race you are considering is:
 - Full marathon, trying to automatically qualify for London with a good time.
 - Half marathon, trying to get a PB but feeling satisfied that you finished.
 - 2.30 at York as you have a hot tip.
- Your running club considers you:
 - First choice to represent at County level and a role model for youngsters.
 - Dependable to turn up on training runs no matter what the weather and all this despite running the last 4 miles by yourself even in the dark.
 - To join another club.
- Fartlek training is:
 - Essential to your training programme to fine tune you to a power finish whilst racing.
 - Not really bothered, as running a 5 minute mile for a 10k is not your main goal.
 - Associated with 5 pints of lager and a curry.

- 5 After a hard day at the office you are totally shattered, this is when:
- You are delighted you got up 2 hours early to get an 8 mile run in before the long day ahead and therefore coped better throughout the day.
 - You drag your weary bones around 4 miles, hate every minute, but feel satisfied with your efforts.
 - Reach for the nearest whisky bottle to compliment the Chinese meal you collected on the way home.
- 6 A marathon is something:
- To spend 3 months hard training for with high mileage and proper nutrition so as to get a sub 2:30 time.
 - To spend 6 months gradual training so as to get round 26.2 miles regardless of time.
 - That is now called a Snicker.
- 7 The club decides to change it's image and has new kit colours, you:
- Don't care as long as it is made from the correct material so as not to impede your performance.
 - Prefer the old colours but will go with the flow.
 - Are really cheesed off, as it doesn't suit your shades or shoes.
- 8 One evening the club Coach demands more effort after a lacklustre training session from everyone, do you:
- Take on board what has been said and immediately do another 30 minutes hard work.
 - Feel ashamed at having let yourself and the club down.
 - Head home satisfied that at last we are all equal.
- 9 Your handicap for a club 4 miler is:
- In the form of a 24 hour clock.
 - Virtually the same as 90% of the runners.
 - The same as the vet 90 guy.
- 10 A training log is:
- An essential part of your daily routine to check on your progress throughout the year.
 - Annoying, as it can pick flaws in your ability and a pain to remember to fill in after every run.
 - Quite useful as a beer mat.

- Mainly A's: You are a fine figure of an athlete, running is your one and only love; marriage, children and work do not enter into the equation. You would regard a niggling injury more of a burden than your house being demolished to build a motorway.
- Mainly B's: You are probably the same as the vast majority of runners; a full time job and children take up most of your time and you see a 20 minute run at 10pm as a bonus and better than doing nothing. If only you could squeeze in another session in your busy lifestyle.
- Mainly C's: Have you considered plodding down to the local and joining the darts team?

Till the next time – good running to all!