

CITY OF HULL AC



NEWSLETTER NOVEMBER 2003

Wolds Way

Don't forget that there is a leg of the Wolds Way on Sunday 14 December - Thixendale circular approximately 10 miles. We will be meeting at Haltemprice at 8.00am.

Christmas Lunch

This years Christmas lunch will be held on Monday 22 December 2003 at the Cottingham Golf club, meeting in the bar at 12.30pm for a 1.00pm start. The price is £10.00 each; to book your place please let Pete Jarvis know before 17 December. This is a popular function so book early to avoid disappointment. Prior to the lunch, for the retired, part timers and those who can get away from work commitments, we have the third of our Christmas training runs from Haltemprice Sports Centre meeting at 10.00am for 10.15am start.

London Marathon – Club Entries

As last year, we have received 3 club entries for the London Marathon. The chairman and committee will choose 1 entrant each and the 3rd place will be placed into 'the hat' with all the rejection slips. These rejection slips should be given to Peter Jarvis or Steve Holmes before the Christmas handicap as the 3 winners of the places will be announced at the presentation starting at 12.30pm Haltemprice Sports Centre, Sunday 21 December.

London Marathon Trip 2004

Kevin McManus and Jim Dingwall are again organising the London marathon trip staying at the 4 star Novotel Hotel, Euston Road. The cost will be £68 approximately and if you intend to go, as soon as you get your entry form please see Kevin or Jim as places are going quickly.

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.

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.

Training Sessions

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.

Christmas Runs

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

Race Diary November 2003 – March 2004

Sun 7 Dec	3 rd EYXC League	Bishop Wilton	11.00am
Sun 14 Dec	Christmas Cracker 10k	Cayton, Scarborough	11.30am
Sun 14 Dec	Wolds Way Thixendale Circular 10m	Haltemprice	8.00am
Tue 16 Dec	3 rd Winter League Reg Taylor Trophy	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 th Winter League 3 mile	Humber Bridge	7.00pm
Sun 18 Jan	4 th 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 th EYXC League Club XC Champ	North Dalton	11.00am
Tue 17 Feb	5 th Winter League 3 mile	Humber Bridge	7.00pm
Sun 14 Mar	6 th EYXC League	Bridlington	11.00am
Sun 22 Feb	Snake Lane 10	Pocklington	11.00am
Tue 23 Mar	6 th Winter League 3 mile	Humber Bridge	7.00pm
Tue 30 Mar	1 st 2004 Champagne League		

Start Fitness, Butcher Row, Beverley

The winner of the monthly drawer for November is Russell Hardiman. December's drawer will take place at the Winter League Reg Taylor Trophy race on Tuesday 16 December.

The Beverley Challenge – Purple Vests v Boozy Beavers – BACCOH Trophy

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.

Winter League Review by Colin Langley

Hard to believe, but another Winter league is upon us, the three mile races taking place at the Humber Bridge once a month. All races except the first are handicapped to allow Pete Jarvis to work out those dreaded starting times. Well attended, the first race saw fifty four athletes battle it out around the figure of eight course. The hill at the end is as difficult as ever, a true test of stamina and fitness. Jim Crisp threw in a sprint towards the end to beat John Redmond by four seconds. Adam Fozzard and Zak Welbourn ran together, Adam just managing to beat Zak at the end. Derek Ricketts and Peter Hunsley finished inside eighteen minutes, Helen Sampson running inside seven minute miling to finish in 20:51. Club Photographer Laurie Jones sprinted over the line to take 29th place. Out of action with a broken finger due to my clumsiness, I helped marshall at the last race, and could not believe how the marshalls manage to get everyone a finishing time and position. Hilary Coveney won the race claiming 100 points. Must say that she looked a bit better than Dad finishing (must have been the long day at work Steve). Julie Foot was second to finish, Phil Lambert having a brilliant run to finish third. Then over the next sixty seconds twenty six runners finished. Numbers and times were being shouted out everywhere. Pencils were leaving scorch marks on the paper as the sea of runners turned into a huge crowd of purple vests all soaking in sweat. I know that Pete always goes on about trying to remain in order, but if you want your proper finishing position and time then this is vital. Hats off to all of the regulars involved with the time keeping, it was just amazing to see. Another successful night for the club and well done to Paul Marling who completed the course in the fastest time of 15:28.

Message from America by John Smith

Pete Jarvis recently received this e-mail message from John Smith, a member of City of Hull, who is working in America for a short while. "I have been keeping up to date with the news on the club website and have been training hard for the New York Marathon. I have had to do most of the training on the treadmill as the temperatures have been in the high 80's - much too hot to run in. I have got up at 6 in the morning to do my long Sunday runs before it gets too hot but I can't say it has been fun! The weather should be a lot cooler in New York so it will be interesting to see if training in the heat has helped. I will be back in Hull for Christmas, so I will keep an eye open for any runs over the Xmas period. From the newsletter it looks like the club has had a good summer with victories over Beverley? You can tell the girls that if they want to come over to Florida for some winter training in the sun, I have plenty of room! Well, I better get back to doing some work, please say hello to everyone for me and will catch up with you all over Christmas."

Overtraining by Steve Coveney

I had a poor run in the November Handicap, despite feeling up for it before the start and shattered at the finish. What was wrong? Then it struck me, perhaps I was overtraining but how could I tell if this was the problem? Browsing through the Fellrunner put me on to Rushko's test. To carry out the test lie quietly for 10 minutes at the same time each day while monitoring your heart rate (which should stay constant during this period). Then stand up and check your heart rate 15 seconds after standing, again during the period 90 to 120 seconds after standing. (If not using a heart monitor, count your heart beat between 12 and 18 seconds and multiply by 10 and again between 90 and 120 seconds and multiply by 2). If using a heart monitor, you should calculate the average heart rate between 90 and 120 seconds. Rushko discovered that when an athlete is not on the verge of overtraining, the resting, 15-second and 120-second heart rates are remarkably constant from day to day. However he found that athletes often develop higher than usual standing heart rates shortly before they descend into an overtrained condition. Apparently the most severe changes are usually in the 90 to 120 second heart rates, which increase by more than 10 beats per minute. This rise in heart rate, Rushko found, wasn't sudden but often takes place over a period of about 4 weeks, giving you plenty of time to ease back on your training. Does it work? I don't know because consultation with Pete Jarvis revealed that my problem was (you've guessed it) undertraining. Remedy: more miles, more hills, more quality. See you at the speed work on Monday night.

East Yorkshire Cross Country League Review by Steve Holmes

Sunday 16 November saw us back in action in the East Yorkshire Cross Country League this time on the reasonably flat Welton Dale course. A large turn out was expected and we were not disappointed with 140 runners taking part, of which 40 were from City of Hull. With the warm weather conditions and the lack of rain making the course a pleasant run. First back for CoH was Paul Marlin and not far behind John Redmond. The team event is still led by CoH men, first 6 runners to count, with a total of 155 points, followed by Scarborough with 191 points. The ladies team managed to hold onto third place with 51 points, from Driffield ladies on 37 points and the current leaders Beverley on 33 points.

Wolds Way Sunday 23 November by Steve Holmes

This was actually Thixendale to Millington Woods not Huggate as reported in the last newsletter! Thixendale is a quaint little village hidden away in the Yorkshire Wolds, which I personally have only visited on 2 occasions, both times whilst out cycling. If my memory serves me correctly, the only way in or out involves either a steep descent or a steep up hill slog, so I was not looking forward to the first couple of miles but we all managed one way or another. 12 hardy runners met at Thixendale, with the air temperature at minus 2 degrees and after a little confusion as to which way to go, we all set off down the road to a Wolds Way sign that we had past on the way into the village. Turning left off the main road and down into a pleasant valley for a mile or so the running then came to an abrupt halt, as we were faced with a decision – either carry on down this pleasant valley or go up the biggest hill that you have ever seen? Pete Jarvis seemed to think we should carry on down the valley but young Zak says that the only way is up and he was backed up by a Wolds Way sign pointing to the heavens! So, up we went, over into the next valley, where we somehow managed to miss the next sign to Fridaythorpe and got hopelessly lost, so as the Boy Scouts say, when lost head for the nearest road. Once on the road, we headed back to Fridaythorpe, found the correct track and yes, once again headed down a pleasant country path. Slightly downhill, the only problem with long downhill stretches is that once you can't go any lower, you have to go up and up we went. I thought the last hill was bad but this one was far worse; rising steeply to a plateau, along the plateau, then up again to the summit, where without pausing we ran down the other side to the sleepy hollow of Huggate. In one side of the village and out the other, before turning right onto the final track, heading back to Millington Woods. Total running time of 2 hours 15 minutes, which included a few stops to regroup and for Steve Coveny to look at the map, which I am sure he was reading up side down! Highlights of the morning were the magnificent views along Huggate Wold and Millington Pastures.

New Members

We would like to welcome the following 9 new members to City of Hull and hope that they all enjoy their running with us: Ian McDonagh, Mark and Alison Lingard, Jackie Spicer, Elaine Notley, Joanne Southall, Jason Shippey, Danny Latus, Mike Beadle and Julie Foot

Till the next time – good running to all!