

# CITY OF HULL AC



## NEWSLETTER OCTOBER 2004

### \*\*\*Christmas Party\*\*\*

\*Triton Inn, Brantingham, Saturday, 11<sup>th</sup> December\*

\*5 Course Christmas Menu\*

\*Bar & Disco, Cost £21.50 per Person\*

\*£5.00 Deposit by 20<sup>th</sup> November 2004\*

\*We have just 68 places only, for what should be a great night,\*

\*so, if you are interested see Carol Ingleston,\*

\*or telephone her on 07766 540563. Book early to avoid disappointment\*

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### Training Sessions

Monday 5.45pm	Humber Bridge top car park	Speed session
Tuesday 7.00pm	From Haltemprice Sports Centre	Club night
Thursday 9.00am	Elloughton Dale top	Pensioner's Plod
Thursday 6.00pm	From Haltemprice Sports Centre	Club night
Thursday 7.00pm	From Haltemprice Sports Centre	Fartlek Session
Saturday 8.30am	Wauldby Green, Raywell	3 to 5 mile cross country
Sunday 8.45am	Brantingham Dale car park half way down	Cross country

### City of Hull 3 Mile Winter League Series - all start at 7.15pm

Tue 9 <sup>th</sup> Nov	Humber Bridge top car park
Tue 14 <sup>th</sup> Dec	as above
Tue 11 <sup>th</sup> Jan	as above
Tue 1 <sup>st</sup> Feb	as above
Tue 1 <sup>st</sup> Mar	as above

The first race of this series was held on 12<sup>th</sup> October and attracted 61 runners. This was not a problem at the finish due to there being no handicap times. However, for future races, we could possibly get 61 plus runners all coming through the finish line at the same time. So, could I please ask you to stay in line in the funnel, do not pass the person in front of you and display your number clearly for the markers.

If anything does go wrong at the finish with the recording of the times and numbers, please remember, that our finishing crew are all volunteers, who do an excellent job.

### East Yorks Cross Country League - all start at 11.00am

Sun 14 <sup>th</sup> Nov	Drewton Woods, South Cave	Host Beverley AC & CoH AC
Sun 5 <sup>th</sup> Dec	Welton	Host Goole
Sun 23 <sup>rd</sup> Jan	Langdale End, Scarborough	Host Scarborough
Sun 13 <sup>th</sup> Feb	Bishop Wilton, Pocklington	Host Pocklington
Sun 6 <sup>th</sup> Mar	North Dalton	Host Driffield
Sun 20 <sup>th</sup> Mar	Ship Inn, Sewerby, Bridlington	Host Bridlington

We require marshals for the first race, please see Gordon Jibson. Numbers will be issued by Steve and Carole Holmes on the day, so just turn up, no fees to pay.

### Race Diary

Sun 7 <sup>th</sup> Nov	12.50pm Sewerby Park XC 10k	Bridlington
Sun 7 <sup>th</sup> Nov	10.30am Guy Fawkes 10 mile	Ripley, Harrogate
Sat 11 <sup>th</sup> Dec	8.30am Rotherham 8 stage relay	Wath on Dearne
Sun 11 <sup>th</sup> Dec	11.30am Christmas Cracker 10k	Scarborough
Sun 23 <sup>rd</sup> Jan	10.00am Brass Monkey Half Marathon	York
Sun 30 <sup>th</sup> Jan	11.00am Ferriby 10 mile	Skidby Mill
Sun 20 <sup>th</sup> Feb	11.00am Snake Lane 10	Pocklington

### City of Hull Ac v Beverley AC, Challenge Race

This years CoH v Beverley Challenge will take place at the usual venue starting down on Hessle Foreshore at 11.00am on Tuesday 28<sup>th</sup> December 2004 (a Bank Holiday). So, dust down your granny or any relative that you can drag out, hung-over or not! There is no excuse, we must get the numbers out to beat Beverley for the third year running. Meet at the Humber Bridge top car park from 10.00am

### City of Hull AC Track Championship

For the first race of 1 mile, held on 22<sup>nd</sup> September, we had 28 entries, who were split into 3 groups. Race 1 was won by Stuart Thompson in 6m 8s. Race 2 consisted of 8 runners, where Adam Fozzard led from start to finish in a time of 5m 14s. Race 3 was won by Jim Crisp in a time of 4m 54s, closely followed by Zak Welbourne and Mike Haigh.

The second race of 5000m, held on 29<sup>th</sup> September, attracted 18 runners who were all set off in 1 race. The winner was once again, Jim Crisp in 16m 31s.

The third and last race, 10000m, held on 6<sup>th</sup> October again attracted 18 runners. The winner was John Redmond in 35m 51s, closely followed by Paul Marlin, Zak Welbourn and Pete Caldicott.

I would like to thank all members and non members who turned up to time-keep and record, for without their help we could not have organised this event.

### London Marathon Trip 2005 – ‘Recky’ by Bob & Denise Thompson

Having taken on the responsibility of organising the 2005 trip, which has been successfully ‘run’ for the last few years by Jim and Kevin, we realised we had to take the job very seriously. As in previous years we have approached East Yorkshire Motor Services, who will provide the coach travel. The hotel is ‘The Holiday Inn, Regents Park’, which we recently visited to ensure it is of a high standard for all you marathon runners and supporters needing a good nights sleep before the big day!

The hotel is on Bolsover Street, the nearest tube station (200yds) is Great Portland Street (Circle Line). The hotel has been recently modernised, we couldn’t fault it. Excellent restaurant with reasonably priced food, tea and coffee facilities (bring your digestives, no biscuits), even a pillow menu to ensure you sleep well. Across the street is a cluster of small restaurants of various nationalities, a little further away in Charlotte Street we found another collection of restaurants, well worth the short walk. It took us 10 minutes to walk to Oxford Street. Regents Park is around the corner and also nearby is Madame Tussauds and the Planetarium.

The total cost, coach travel overnight stay and breakfast is £65.00 per person. A deposit of £35.00 will be required. There are 50 places available so ‘Book Early! Please contact Bob or Denise Thompson, tel 01482 656070 or email [tomo@derede.karoo.co.uk](mailto:tomo@derede.karoo.co.uk) as soon as possible if you are interested.

### Champagne League

I am sure we would all like to thank Dave Brooke for excellently organising the Champagne League throughout the summer and for the enjoyable presentation evening. Thanks must also go to Pete Kirk for his witty one-liners.

### Ladies Kit

Helen Sampson has just received new stock of ladies vests in sizes small and medium. So if you require one, please contact Helen.

### Start Fitness

At the last committee meeting on 4<sup>th</sup> October the drawer was made for September and Octobers vouchers which were won by Tony Dent and Pete Jarvis.

### How to Survive a Heart Attack Alone

The following is taken from the latest newsletter of the Royal Life Saving Society. Imagine the situation. You start experiencing severe pain in your chest that starts to radiate out into your arm and up to your jaw. You are painfully aware that without help, if your heart stops beating properly you have about 10 seconds left before losing consciousness. You are fully trained in CPR, but are alone and cannot perform CPR on yourself. What do you do?

The Royal Life Saving Society's Chief Medical Adviser, Dr Handley, endorses a revolutionary new technique that could buy valuable lifesaving time for anyone who suffers from a heart attack. According to Dr Handley, heart attack victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough.

The cough must be deep and prolonged, as when producing sputum from deep in the chest. A cough must be repeated about every 2 seconds without let up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain a normal rhythm. In this way it is possible to perform a DIY CPR until help arrives. Tell as many other people as possible about this, it could save their lives!

### Phil's Progress by Phil Johnson

Sunday 5<sup>th</sup> September, ok, gym, painted sister-in law's bench, etc then not too hot that night, was it teak oil used on bench? Bit better Monday, rotten again Tuesday. Out of hours doctor thinks kidney infection, drink plenty of water. Saw own doctor Wednesday night, straight into the capable arms of Castle Hill and instant relief via a catheter inserted by an attractive oriental female doctor. Yes, as the housewives down Hessle Road used to say 'trouble with his waterworks'. As many older members of the club would say 'Phil in his heyday could not pass a pantomime horse, now I couldn't even pass water!' The rumour was spread around that I had been put into respite care so Margaret could go for a girlie weekend in Barcelona.

I spent a week on ward 15. Days spent with 5 other mainly older men being advised on how to get the best from Social Services, net knickers, incontinence pads, day and night bags. Is this to be my future? This drove me out into a nice little garden where I spent my time walking the outer perimeter. 1 lap, 58 seconds, or figure of 8 course, 1 minute 20 seconds. So now I have a goal, next time I go into Castle Hill I shall try to improve by PB.

One of my random thoughts during these perambulations was of the problem caused by our runners outside the Lodge at Hotham at the start of the North Cave run.

I have suggested to Dave Brooke that catheters should be worn on this leg (pardon the pun) of the Champagne League, runners to open the tap as they pass me at the far end of the course. With a possible further handicap if I can detect no measurable flow!

Enough of this drivel. The Champagne League is over for another year and I wish to thank Dave, Carol and their merry band for making such a fantastic job of it. I am amazed at the number of runners who thank me for standing in odd places making inane comments and forgetting their names, or worse still, the wrong name. When my thanks are to the runners for turning out and giving me and very often Margaret an excuse to spend a few hours in some nice part of the country. The weather seems to have been pretty kind and apart from the odd fire engine (Kiplingcoates) and farm machinery (Lockington) things seemed to go well. Although at times Sally might consider putting Jibbo in for a bit of respite care.

#### LACES (by Steve Coveney)

I have been threatening for some time to write about laces and this morning's crop of knots coming unfastened has finally pushed me over the edge. Let me then share with you some tips I have picked up over the years. After all, the slowest you will ever go in a race is when you are stopped re-tying your laces!

#### The Booth knot

As a fell runner in the 1970s I was introduced to this knot by Donald Booth. It is a bow tied in a slightly different way. Donald did not claim to have invented it but when he wrote an article about it in the Fell Runner it was christened the Booth knot by one and all, thus, as Donald himself said at the time, giving him much more recognition among fell runners than he had ever achieved in running races.

The advantage of this knot over the conventional bow is:

- IT DOESN'T COME UNDONE.

The advantages of this knot over the double bow are:

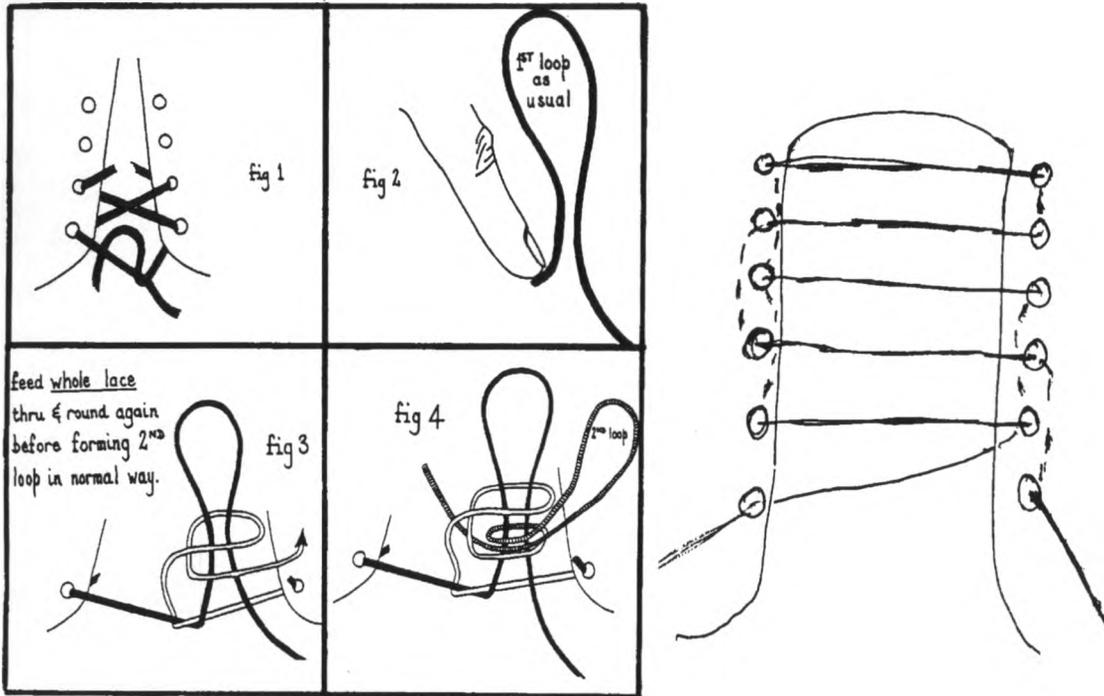
- IT IS MORE RELIABLE AT NOT COMING UNDONE;
- IT IS MUCH EASIER TO UNTIE (particularly useful in a long cross-country race when you've got a shoe full of stones);
- IT DOESN'T REQUIRE SUCH LONG LACES.

So how does it differ from the conventional bow? Basically, it is simply a matter, before forming the second loop of the bow, of feeding the whole lace through the gap and round again (see figs. 1-4, drawn by Bill Bentall, another fell runner). It feels a bit strange at first but once you've got the hang of it and find that it doesn't come undone, you will never use a conventional bow again. Individual tuition is available on request for all those who, like me, find diagrams of knots baffling. When these diagrams were first published they led to the Booth knot being described as the fell runner's equivalent of the Rubik cube. (For younger readers – have we any? – this falls into the “what we did before we had computers and mobile phones” category).

#### Lacing the Lydiard way

Many years ago I read a book from Durham library “Run the Lydiard Way” by the great New Zealand coach Arthur Lydiard. What he said made a lot of sense, so naturally I have ignored it as my performances have shown.

However he did advocate a method of lacing shoes to avoid the lower part of the lace crossing the tongue, which I still use in my cross-country shoes. The diagram below should give the idea, dashed lines are laces hidden inside the shoe.



Last, and definitely least, did you know that the aerodynamic drag experienced by runners is reduced by 0.5% if they tuck the loops of the knot back down the laces towards the toes so that the laces don't flap about? It is calculated that this will reduce your time over a marathon by 1.4 seconds. Can you afford not to do it? Perhaps one of our Aerospace, or ex-Aerospace, members can elaborate on other

#### Winter League Presentation

As you will be aware we had our Winter League presentation at the Pipe & Glass pub at South Dalton in July. Unfortunately, the event turned out not to be good value for the £240 that we paid for the room and the buffet. So if you have any ideas for next year's presentation, please let me know. We would also like to have this event much earlier in the year, nearer the date of the last race, which is 20<sup>th</sup> March 2005.

#### Newsletters

We are always looking for articles to fill each newsletter, so if you would like to contribute, please contact the editor, Steve Holmes.

'Till the next time – good running to all!