

## CITY OF HULL AC

# NEWLETTER SEPTEMBER 2003

### East Yorkshire Cross Country League

As you are probably aware the first race of this year's East Yorkshire Cross Country League will be held at Drewton Woods, South Cave on Sunday 28<sup>th</sup> September, 11.00am start. We would like to see a good turn out of runners but if you are not intending to run, as we are co-host with Beverley AC, we have to provide at least 10 marshalls. If you are willing to marshall please get in touch with Pete Jarvis before the event.

### Humber Bridge Winter League

If you intend to participate in the Humber Bridge Winter League, (see fixture list) could you please fill in the attached entry form and return to Pete Jarvis. Entry is £5.00 for the race series, with all monies being returned in prizes.

### Club Fixtures September 2003 – March 2004

Wed 24 Sep	Club 5k champs	Costello	6.45pm
Sun 28 Sep	1 <sup>st</sup> EYXC League	Drewton South Cave	11.00am
Wed 1 Oct	Club 10k Champs	Costello	6.45pm
Sun 19 Oct	Wolds Way Huggate-Londesboro	Londesborough	8.45am
Tue 21 Oct	1 <sup>st</sup> Winter League 3 mile	Humber Bridge	7.00pm
Tue 11 Nov	2 <sup>nd</sup> Winter League 3 mile	Humber Bridge	7.00pm
Sun 16 Nov	2 <sup>nd</sup> EYXC League	Welton	11.00am
Sun 30 Nov	3 <sup>rd</sup> EYXC League	Bishop Wilton	11.00am
Tue 16 Dec	3 <sup>rd</sup> Winter League Reg Taylor	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 <sup>th</sup> Winter League 3 mile	Humber Bridge	7.00pm
Sun 18 Jan	4 <sup>th</sup> EYXC League	Langdale Scarborough	11.00am
Sun 1 Feb	Ferriby 10	Skidby	11.00am
Sun 8 Feb	5 <sup>th</sup> EYXC League Club XC Champ	North Dalton	11.00am
Tue 17 Feb	5 <sup>th</sup> Winter League 3 mile	Humber Bridge	7.00pm
Sun 14 Mar	6 <sup>th</sup> EYXC League	Bridlington	11.00am
Tue 23 Mar	6 <sup>th</sup> Winter League 3 mile	Humber Bridge	7.00pm
Tue 30 Mar	1 <sup>st</sup> 2004 Champagne League		

### Training Sessions

Monday 5.45pm	Field next to Haltemprice Sports Centre	speed session
(from 13 October	the venue for Monday's session will change to the Humber Bridge car park)	
Tuesday 6.45pm	Haltemprice Sports Centre	club night
Thursday 6.15pm	Wauldby Green	3, 5, or 6 miles steady 7.00pm 8½ miles fast
Saturday 8.30am	Wauldby Green	3 or 5 miles plus hill session
Sunday 8.45am	South Cave Beverley Clump	long steady run

### London Marathon 2004

If you intend to run in the 2004 marathon entries must be in by the 24<sup>th</sup> October 2003.

If you are unlucky and don't get accepted we may have 3 club places awarded on the same basis as last year so don't throw your rejection slips away, hand them in to Pete Jarvis or Steve Holmes.

#### London Marathon Trip 2004

Kevin McManus and Jim Dingwall will again be organising the marathon trip staying at the 4 star Novotel Hotel, Euston Road, same as last year. The cost will be £68 approximately, so book early to avoid disappointment. Further details later.

#### Beverley AC v City of Hull AC Relay Challenge (by Colin Langley)

Wednesday 3<sup>rd</sup> September 2003 saw the first relay challenge between City of Hull and Beverley AC take place at the Westwood. Organised to perfection by Pete Jarvis and Beverley's Brian Richardson, the conditions were perfect for the "Jarvo" 1.3 mile course. With 4 in each team – 3 men and 1 lady, a total of 88 runners took part. Paul Marling beat Beverley's Jim McGivern by 8 seconds to claim a victory for City of Hull. Good to see him back on the scene. John Redmond ran an impressive 6:53 to take third individual place. Relative newcomer Zac Welborn completed the course in 7:14 – first next year eh Zac? Regarding the teams, Beverley AC had the first and second team to finish. The first City of Hull team to cross the line consisted of Rebecca Hill, Steve Cooper, Brendan Beech and James Sampson with a combined time of 32:58. The second team home for CoH were helped by the efforts of Pete Cauldecott who finished in an individual time of 7:17. Pete Mason made a very welcome reappearance for the third team home. The ever-improving Dawn Stark took up the third leg (not meaning to be rude!) and crossed the finishing line in 9:55. The team consisting of Stuart Thomson, Dave Lister, Tania Cream and Kevin Mcmanus all managed to finish within one minute of each other. Steve Coveney, Lucy Jude, Rob Robinson and George Slater finished the course in a total time of 35:30 to claim eighth CoH team place. The result list suggests that Gordon Jibson ran 9:31 – I didn't think he could keep quiet for that long! The rules of the relay were that it was the combined time of the first ten teams which would be compared against the same with Beverley. City of Hull – 5 hours 45 minutes and 44 seconds. Beverley AC 5 hours 45 minutes and 58 seconds. Close, but a victory for City of Hull over Beverley AC once again! We now look forward to the Christmas Challenge for our third success in a row!

#### Champagne League Presentation 5<sup>th</sup> September

The recent Champagne League presentation was a great success with over 100 people attending who enjoyed the superb buffet and many witty speeches, not least from our very own 'Butlins Redcoat', Gordon Jibson.

#### One Mile Races, Costello 17<sup>th</sup> September (by Steve Holmes)

In race one Dave Wiley took an early lead on the first lap and managed to hold on to eventually win the race, in 6:08, closely followed by Steve Holmes 6:24, Pete Kirk 6:44, Rob Robinson 6:46, Dawn Stark 6:54, Andrew Mower 7:25, Hilary Coveney 8:10, Linda Cobb 8:55. Race two was always going to be keenly contested and it was not until the last lap that Derek Ricketts put in a tremendous effort to storm in at 5:32, followed by Kevin McManus 5:48, Tony Dent 5:49, Pete Blowers 5:52, Rebecca Hill 5:52, Steve Coveney 6:06, Roy Dennison 6:08. The third race was taken by the scruff of the neck by Jim Crisp, who led from the very first bend, with Zak Welborn and Colin Langley in hot pursuit. Tightly bunched for the first lap the pack eventually spread out as the race went on, leaving Jim the eventually winner in 4 minutes 50 seconds.

The battle for second place went right to the line with Colin and Zak being eventually given the same time of 4:59, followed by John Redmond at 5:03, Pete Cauldecott 5:07, Adam Fozzard 5:14, Paul Bodie 5:18, Russell Hardiman 5:20, Alan Bayston 5:28, Wilf McSherry 5:29, Colin Smith 5:32. However run of the night must go to Zak Welborn for nearly getting the better of Colin Langley. Pete Jarvis must be congratulated for his excellent seeding of these races.

#### Wolds Way Relay 21 September (by Steve Holmes)

The late Saturday night downpour didn't deter 21 members meeting at Beverley Clump for the first practise leg of the Wolds Way - Londesborough back to Beverley Clump. Setting off from Londesborough village at about 9.15am in bright Autumn sunshine, reflecting off the golden leaves of the now turning trees, we found our route heading off towards Goodmanham, where we soon came across our first obstacle. Having to go through a small tunnel under the old Middleton railway line, our progress was blocked by large stinging nettles but up stepped Stuart Buchan to lead the way. As Stuart was halfway through, some bright person (guess that was me!) found a better route over the top of the old railway and down the other side, which we all took leaving Stuart to tip-toe his way through the nettles. Once in Goodmanham village the trail went cold, not knowing which way to go, a little local knowledge was needed and this was subsequently found in the shape of the pub landlady who pointed us in the right direction. After a few more miles running in the beautiful countryside we reached the main Beverley to Market Weighton road, where we met up with Zak Welborn and his mum and dad, who provided us with a most welcome drink. Now heading south towards Newbald and Swindale we came across Laurie Jones and his wife out for a morning walk. Into Swindale climbing steadily up towards High Hunsley, we met Zak's parents once again for more much needed drinks. Now on more familiar territory it was just a short run back to the cars - well it would have been if my legs weren't so tired. Anyway the first group arrived back at Beverley Clump in 2 hours 9 minutes, second in 2 hours 18 minutes and the last group in just over 3 hours. A most pleasant way to spend an Autumn Sunday morning. Thanks must go to Zak's parents for the support that they gave us. The next stage will be on 19<sup>th</sup> October meeting at Londesborough, 8.45am and running from Huggate to Londesborough.

#### Get Well Wishes

The club would like to wish Steve Hawtree a speedy recovery, as he unfortunately broke his leg falling off his bike. Hope to see you back running again soon.

#### C2C CYCLE RIDE 2003 (by Stuart Buchan)

When, at the end of the second day of our excursion we arrived at Bank House Farm to discover that there was only one bath for eight particularly smelly adult males we should have arranged for the film crew to join us there and then to record our misadventures for posterity. As it was, we left it until after the pub to really disgrace ourselves. - Picture this: Brookey is on his mobile to his beloved when Carol has to break into his hysterical laughter to ask what on earth's going on...

"You won't believe what I'm looking at," says he, "there's Baggott in front of me having a pee with the bathroom door wide open, the curtains are open and the hallway behind him all lit up...a couple of young ladies have just gone past, returning from the stables and they just muttered "Ah well" without even breaking their step. Meanwhile...somewhere, alarm has started its ear-splitting screech, the door to the TV Lounge has flown open and Slater and Buchan have tumbled out...Phil opened the kitchen door and, as clouds of black smoke forced their way around him, two pieces of slate popped out of the toaster....Stuart having quieted the smoke alarm in the passageway is now wafting his way up the stairs with colour supplement in hand trying to browbeat the foggy pall on the landing into retreat..."

If only he'd had his camera. Unfortunately, or perhaps fortunately for some of us, *someone* had used up the camera's battery playing with it in the pub just prior to these bacchanalian scenes.

Setting off from Hull at a godforsaken hour of a Thursday morning, those of us travelling in the Brookemobile; Dave himself, his neighbour Mally Baker and Stuart Buchan, were subject to the usual delay as Kevin McManus finished his toilet. When we finally made our rendezvous with the Baggottbus at the Little Chef on the A1079 outside Shiptonthorpe the first of what was to become serial pee stops was, I suppose inevitably, taken out on the sickly looking shrubbery. (And, you never know, thanks to the wonders of digital technology, these scenes could soon be appearing on a website near you...can't wait eh?) We drove to up to Sunderland then, and thanks to Dave's meticulous planning, only had to drive around the one way system three times before finding the car park with the Baggottbus, having followed Dave's direction rather than relying on his memory, waiting patiently at its barrier.

On the particularly scenic train ride to Whitehaven we were in self denial about those rain spots rather too frequently cutting tracks through the dirt on the windows. The forecast had said we would be heading away from the worst of the weather and who were we to disagree even as the facts told another story. After meeting up with Blowers and Tania on the quayside we perhaps took too long putting our bikes back together and fitting our mostly new panniers and the photo opportunity alongside the C2C sign, back wheels in the Irish Sea, was snatched just before the heavens opened. We took shelter merely 100 yards after first setting foot to pedal. Such was our first day in the saddle, WET! although after that it has to be said we were blessed with sunshine the whole way. Meanwhile Rob Robinson, wary of long descents at the best of times, was struggling to keep up because, we discovered after 25 or so of the 30 miles of that "undulating" stage, his brakes weren't working!! Hardly surprising then that our first brush with disaster involved losing our hesitant historian, just a mile outside of Keswick, which was that days destination. Of course he's a grown-up and capable of finding his own way but the finer details of our itinerary were only being released on a need to know basis by Route Meister Brooke and he didn't have his mobile switched on (but then usually over distances inside a couple of miles Robb can communicate by vocal chordloudicum anyway). Needless to say after frantic phone call to try and establish a link Robbo appeared out of the gloom with a, "Where have you been? I've been here ages". The fact that our ramshackle peleton was headed by a yellow jersey of the Utterly Butterly kind should have been sufficient warning.

So, after an evening spent in Keswick's hostelries for the obligatory pub meal followed by an obligatory visit to the chippy, a good nights rest and a Full English Breakfast the following morning we set out for our rendezvous with farcicality as described above. In his itinerary Dave had described this as 30 miles of very easy cycling...try telling that to Mike Baggott as he collapsed on the village lawn in Langwathby "approximately" a mile short of our lodgings. As he slept someone hid his bike in, of all places the local graveyard...meanwhile Phil had to use the facilities of the tea room on the far side of the green and Dave promptly hid Phil's bike. (No one sipping their cordials at the tables outside batting an eyelid) returning to his innocent butter-wouldn't-melt sunbathing mode alongside the now snoring Baggott. Once playtime was over Dad/Dave did treat us all to a twopenny milk popsicle which seemed to revive our aged limbs sufficiently for that last psychological drag.

The third day again saw an earlyish start as we faced the longest climbs of the trip. The days near disaster took the form of Brookey's mislaid camera.

We'd reached the highest point of the route at Black Hill and, after cream cake & teas; we made the most of yet another photo opportunity, gathering around the Hartside Summit signpost (altitude 1903 feet) at the side of the road.

Readying for the off someone's bike needed the attention of our leader momentarily before the convoy rolled on without a care in the world...however, an hour or so later with all the climbing behind us (yeh right) and after a good long descent we took a short break only to discover that Dave couldn't take our group portrait (red-handed pints in hand) as his camera was nowhere to be found! Wracking the collective brain a little, we decided that Hartside was the most likely place for it to be and thanks to the wonders of modern technology Dave was able to call the café where fortunately it had been handed in. The problem of getting back there was resolved by some friendly folk who'd been dogging us throughout the day as their works party completed the route en masse supported by various automobiles and one of their number offered Dave a lift back....Relieved, we pressed on to Allenheads to be greeted by our hostess Teresa at the outdoor pursuit centre where, after 90 miles plus over variable terrain we had our first encounter of the punctured kind on the very steps of the Lodge itself. Phil's inner tube finally gave up the ghost. However the following morning before a pedal had been turned in anger Mally suffered the same fate and it seemed something wicked lurked among the gravel of that yard. Patched together, Teresa waved us off on our longest day in the saddle; Dave said it was downhill all the way to Sunderland but then his credibility was on the low side by this stage. This final 47 miles passed relatively incident free, if you discount the good half hour lost on the outskirts of Consett as we each went in separate directions...some serious riding had to be undertaken thereafter in order to meet up with Tania only 45 minutes later than we'd arranged and well over two hours after her arrival at the car park...oops. Anyway, as we stripped down the bikes and let the team leader pile them into the Blowersvan the confectionery and flavoured mineral water went down a treat. - Can we do it all again next year Dad? Can we Mam?



Perfidious France (by Phil Johnson)

Purple jogging bottoms, green fluorescent tops and orange Nike trainers frowned upon on Euro Trash, sorry, Star and I didn't even know Gordon had travelled on it. Whatever next, Cath Wadforth (SHH) given bleak looks for wearing Ron Hills whilst shopping and chatting to Helen in Sainsburys? Phil Johnson lowering the tone at Costello showing his varicose veins, knobbly knees and City of Hull 'T' shirt among the ladies in the Spinning and Studio Resistance (Bums & Tums), classes? Should we have a sartorial committee or just expel your correspondent?

Till the next time – good running to all!

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CITY OF HULL AC – 3 MILE WINTER LEAGUE ENTRY FORM

To help Pete Jarvis with the handicapping, please use this as a tear-off slip and return to Pete as soon as possible. The cost will be £5.00 with as usual all monies being paid back in prizes.

NAME: \_\_\_\_\_

I intend to run in the Winter League and enclose the £5.00 entry fee

Could all runners please make sure that they run on the pavement and wear light or reflective clothing.