



CLUB SUBSCRIPTIONS 2011 - 2012: This season's Subs are now overdue!! As stated previously renewal of subscriptions since the end of September will now cost £15. Cheques should be made payable to City of Hull AC and sent to: Bob Dennison, Club Membership Secretary, 19 Kingsley Drive, Willerby, HU10 6BX

THE CITY OF HULL FERRIBY TEN MILE ROAD RACE Sunday, January 29th 2012

The race organising committee under the co-ordination of Steve Holmes and Ellen Watkins has now got things well underway for the big day. Entry forms are out and available on the website under the Calendar tab. One of the most important areas to put in place, however and sooner rather than later, is the marshalling of the event... **SO, IF YOU ARE NOT INTENDING TO RUN ON JAN 29TH PLEASE OFFER YOUR SERVICES CONTACTING:** Steve: stevecoh@hotmail.com 01482 353647 or Ellen: nelle-the-elephant@hotmail.co.uk

THE 37th HUMBERSIDE CROSS COUNTRY CHAMPIONSHIPS QUIBELL PARK, SCUNTHORPE, SUNDAY 8th JANUARY 2012

It is proposed that athletes enter themselves for this event. Entry forms can be downloaded from the Club's website Calendar page. Runners who compete in the Championships and represent the Club will then have their entry fee reimbursed.

Humberside Championship medals will go to the first three runners in each race with team medals going to the first three teams (3 to count in all cases except Senior Men 6 to count).

Entry Fees are £4.50


Junior Women	6,500m	12.25pm
Senior Men	12,000m	1.00pm
Senior Women	8,000m	1.50pm

CLOSING DATE FOR ENTRY 31st DECEMBER 2011

2012 Cross Country Championship Dates:

The Northern Champs: Pontefract, Saturday 28th January


The National Champs: Parliament Hill, London, Saturday 25th February

CITY OF HULL WINTER LEAGUE: A series of approx 3m road races held on Tuesday nights, October through to March, from the Humber Bridge Car Park. Open to all COH members. Entry is free. The first race is 'all off together' so just turn up on the night and register. **All races start at 7pm prompt so please register before 6.50 at the latest.** Subsequent races are handicapped and are staggered starts. First home in each race will win a voucher for £20 redeemable at . The first three on handicap at the end of the series will similarly receive £50, £25 and £15 respectively.

Tuesday 2011: 6th December 2012: 3rd January, 7th February and 6th March

The East Yorkshire Cross Country League 2011/2012 Season

Race	Date	Venue	Host Club
3	11 Dec	Langdale End	Scarborough AC
4	15 Jan	Thixendale	Driffield Striders
5	12 Feb	Welton	Goole VS & Selby RR
6	04 Mar	Sewerby	Bridlington RR

All races start 11.00am prompt. No entry fee. Register & collect numbers at first race. Remember this is a competition where the fewest points win and however far down the field you may finish you could play a vital role by 'demoting' another team's runner and so costing their club more points. As an incentive all runners completing 5 races will receive a £10 voucher for  with those doing all 6 getting £25. **Steve Coveney will handicap COH runners with 1st/2nd/3rd on handicap at the end of the series receiving £50/£25/£15 resp.**

CITY OF HULL AC TRAINING SESSIONS

Mon	6.30pm	Humber Bridge Car Park	Speedwork
Tue	7.00pm	Haltemprice Sports Centre	Road Running (MAIN CLUB NIGHT)
Wed	6.30pm	Costello Stadium	Track Training (Track fee payable)
Thu	9.15am	Elloughton Dale Top	Pensioner's Plod (Walkers 8.30am)
Thu	6.15pm	Postponed until further notice *	
Thu	6.30pm	(See table below...)	Speedwork
Fri	9.30am	Green Dragon, Welton	Off-Road
Sun	8.45am	Brantingham Dale Lay-by	Off-Road

***Anyone interested in a revived steadier run on Thursday evenings should in the first instance speak with Denise Thompson**

Thursday night speedwork: Longer efforts & tempo runs to complement shorter efforts on Monday night and mid-week track sessions.

Date	Venue	Session
24 Nov	Bob's Office	Priory Park Reps
01 Dec	Swanland Pond	Fartlek Run
08 Dec	Bob's Office	Humber Bridge Tempo Run
15 Dec	Haltemprice Sports Centre	Kirkella Fartlek
22 Dec	Christmas Break	
29 Dec		
05 Jan	Bob's Office	Southfield 1500m Reps
12 Jan	Bob's Office	Summergroves Tempo
19 Jan	Bob's Office	Priory Park Reps
26 Jan	Swanland Pond	Fartlek Run

Information is also available at www.cityofhullac.co.uk For last minute changes check <http://www.facebook.com/group.php?gid=330392067890> or contact **Bob Thompson:** bobt@derede.co.uk mob: 07947354189 **Bob's Office** is: Derede Associates, Unit 14a Waterside Business Park, Livingstone Road, Hessle HU13 0EG

CLUB KIT: ...the all new **City of Hull A C** vests... chafe free and in a variety of suitable sizes are now available. Either pop into Humber Runner during business hours or see Roy Dennison, as usual on Tuesday Club nights. Price £10

THE 2012 VIRGIN LONDON MARATHON 22nd APRIL

As previously reported the Club has 3 places for the **2012 LONDON MARATHON**. Anyone who wishes to be considered for a one of these places must in the first instance be a fully paid up first claim member of City of Hull AC and have been rejected through the ballot. Rejection slips should be handed to **PHIL LAMBERT** before Monday **December 5th**, as, in the event of there being more candidates than available places, the committee will have to decide what criteria to adopt in making their choice. The final decision will be announced following the **Xmas Handicap on 18th December 2011**

LONDON MARATHON TRIP Saturday 21st - Sunday 22nd April 2012



Arrangements for the annual City of Hull trip to London have now been finalised and we look forward to hearing from anyone wishing to travel with us.

The trip is a two day event which includes coach travel to and from London, overnight accommodation in London and travel for runners and spectators to the start of the race on Sunday morning. Not to mention the hours of entertainment on the coach!!

Travel and accommodation (including breakfast) at Custom House Hotel (only a stone's throw from the ExCel Exhibition Centre as per the last two years) all for the bargain price of £102 per person.

So if you have a marathon place and would like to take the stress out of travel etc or if you simply want to support the runners, give Denise a call on 07880814783 or 01482 860166 or email deniset1958@hotmail.com

Payment can be made direct to the City of Hull Bank Account, details as follows:

Account Name: Nat West

Bank Account Number: 21947244

Sort Code: 56-00-06

Please ensure that you state your full name on the payee details, ALSO email Denise with the confirmation and your contact details.

Cheques should be made payable to 'City of Hull Athletic Club' (No variations please) and sent to 88 Norwood, Beverley HU17 9HJ (Again please include your name & contact details)

We shall confirm receipt and forward further details accordingly.

IT SHOULD BE NOTED THAT AFTER DISCUSSION BY THE COMMITTEE THE DECISION WAS TAKEN **NOT** TO SUBSIDISE THE MARATHON TRIP, AS PROPOSED, AS IT WAS FELT THIS WOULD MERELY FAVOUR THOSE LUCKY FEW GETTING INTO LONDON RATHER THAN BEING AVAILABLE TO ALL MEMBERS. HOWEVER, EQUALLY, AT THE SAME MEETING THE COMMITTEE UNDERLINED ITS CONTINUED COMMITMENT TO SUBSIDISE AND ORGANISE FUTURE CLUB OUTINGS BOTH AT HOME AND ABROAD.

City of Hull's Christmas Booze Up

Friday December 16th, 7.30pm, Larkins, Newland Avenue...
& meandering along to Sleepers and Xanders or wherever takes your fancy...

In a recent note to Membership Secretary, Bob Dennison, ex Club President and Lifetime Member Arthur Nendick wrote:

Dear Bob

Ray Peirson dropped a recent copy of the Newsletter into my post box and it joggled my memory about subscriptions as I cannot remember paying mine this year.

I am therefore happy to enclose my cheque for £15

I finished driving last year so it has not been easy for me to attend any events such as the 'Ferrily 10' which I used to 'time' at the 5 mile point.

I am convinced that the many years of training and racing has kept me fairly fit into a ripe old age and for this I shall always thank the Harriers

I shall be 94 in December and Mabel will be 91 so we have been very lucky indeed. In March we shall have been married for 70 years.

I was rather annoyed to see in the Hull Daily Mail that Hull was to promote its first Marathon in the City?

As you'll know Hull Harriers promoted a successful race for about 10 years attracting star runners from Leeds, Sheffield, Rotherham, etc. and produced our own top competitors such as Brian Cook, Jim Kirkwood, Frank Lucif, etc.

Traffic conditions in Hull are always a problem and can be difficult for strangers from another town but I do hope it goes well for the City's reputation.

Cheers & best wishes to the Club

Arthur

(Please excuse my 'old man's scribble'!)



For those of you not aware of Arthur's exploits as an athlete you can do no better than refer to the memoir edited by Gordon Jibson which is on the website under the News tab. Inspired by that you might also want to check out Robb Robinson's Club History if you haven't already done so.



Dear Dave,

I would just like to say a big thank you for all the hard work and dedication in setting the bench in Peter's memory at Wauldby Green.

I know how much Peter was committed to athletics and City of Hull A/C and to have this recognized in this way by fellow athletes is a great tribute to his memory.

I went up there quietly on my own and sat for a while enjoying the view and his favourite place and the memories.

We also went up there as a family and had photos taken sitting on "Dad's" and "Grandads's" bench and then went on a bit of a pilgrimage walking (not running!) along Wauldby and through the trees and back down the hill, truly memorable.

Please pass on my sincere thanks to all involved at City of Hull for this everlasting tribute to him - Peter would have been so proud.

I hope the dedication run goes well - my thoughts will be with you at that time.

Jane



NOW

when I first started to run I'd reached an age when most of my childhood mates had shrugged off or no longer responded to their not entirely respectful nicknames... Spaz in particular wished to distance himself from such childish stuff for some reason... although the battle waged for his birth name (Bazookamonkey) was hard won and it has to be said a bit bloody-minded... To cut a long story short it was only sometime after I'd joined City of Hull that I embraced the tendency to foreshorten everyone's surname to: Jibbo, Kirky, Dingers, Lakey, Brookey, Robbo, Blowjob, Baggott, Cocksy, Farrell, Flatty, Frankie-Boy, Big-Frank... These last two of course explaining why the climb-down was inevitable... the high ground is ever a lonely place and in a Club where there were seventeen Steve's or even Stephens' calling someone by their first name, however specific the context, sooner or later had to be qualified... SO in a moment of awkward expectation akin to that felt when asked to call your future in-laws Philip and Elizabeth rather than Mr & Mrs Windsor... Mr Jarvis/Peter/Pete, became (never) plain old Jarvo... and Liz and Phil well... for one reason or another they never did become Mummsie and Pop-pop.

All of which, is just to say that the regard in which someone is held can generally be measured by the subtle degrees of their sobriquet and that *Jarvo* was always pronounced in affection, respect and fond humour.

AND SO what started off as a pretty chilly morning for one group of City of Hullers gathered at Welton's Green Dragon awaiting those who lived nearest by... by the time we reached Raywell for the formal dedication of the bench placed there in honour of Peter Jarvis the sun was just breaking through and that extra layer and gloves were beginning to seem unwarranted.

That we were met with a multicoloured and fluorescent display of runners already gathered around the bench as we turned the corner from the bluebell woods was already a sight not to be missed (man and nature in curious harmony) and as we swooped down to swell their ranks a warm and happy feeling of fellowship washed over us. That we did not have to stand and shiver as Robbo went on a bit... sorry delivered his impeccably chosen anecdotes... though we did huddle in a nicely intimate little crowd, was surely testament of someone looking down on us and wishing us a great day's running ahead.

With so many of us setting off along the much trodden path that heads out on the Wauldby 8.4 route we would inevitably begin to stretch out but the emphasis was firmly on a nice sociable run and it was remarkable what a difference it made to have all the local Clubs present chatting away and enjoying the fine weather, brought together in something other than race mode for once. Brookey who'd done sterling work liaising with the Council (who actually 'erected' the bench and will maintain it)... especially testing his lesser-known diplomatic skills when the fools on the hill placed the concrete base on a slope... When Dave pointed this out the issue for the Clerk of Works seemed to be one of health and safety rather than the simple practical one that whilst a seasoned walker with the requisite pair of stout limbs might be able to resist the pull of gravity... his or her sandwiches placed on a napkin alongside him or her would soon slide off into the mud. 'Ah, yes. There is that I suppose.'

Where was I...? Oh yer, Brookey was alongside me heading toward the muddy crossroads and recalling the exact minute of the exact day of the exact month of the exact year that he had last run with us all... Dave Gowans idling between photographic duties had suggested he was only doing eighteen miles as he couldn't go too far, having to be in Barton before 11 for the start of the Deepdale Dash... Brookey indicated he would have to settle for something similar... and though those minutes/days/months/years may have mounted up it would seem there is a tiny seed of something germinating in the back of his mind about London 2013... That's the kind of inspirational morning it was!

At the muddy crossroads we regrouped to say our goodbyes to those turning off to complete the first of the many possible shorter routes and thereafter forged on in smaller groups mostly formed with runners whose faces were familiar enough but whom you'd simply never had the occasion to talk to before. Meanwhile Steve Coveney was doing a grand job

sometimes appearing on the track coming towards you, at others sweeping out of a track through the woods alongside you as he went to pick up another group at the rear of the pack making sure no-one was left on their lonesome... Jarvo would have been there doing just that himself he said...

This has by force been merely a snapshot... there were too many runners too spread out by the end of the 8.4 miles to give a full and reasonable account but word of mouth suggests that everyone simply seems to have thought it was a wonderful occasion. Robb had stressed the term longevity with regard to Pete and as I totted up those present on the hill for the dedication and found I could name all but a rare few of the gathering I realised that I too had been around long enough... you start out as a raw newcomer eager to run a whole lot faster and may see nothing but rivals and role models before you but all of a sudden you're part of a community and it was that spirit of community that was alive and well and kicking up its trail shoes on this particular Sunday morning.- Ed



Photographs courtesy of Dave Gowans

In the absence of space for any report on the East Yorkshire Cross Countries (two down four to go) or the Winter League for that matter... (retrospective overviews of each series will follow) it should be especially noted that in the inter-club Cross Country races we are currently leading both male & female team standings... the men by a mere 20 points from Beverley, the ladies by 27 points from Beverley and Bridlington. Still early days of course but only a sustained effort and healthy turnouts will see us keep that pole position into the new year. THE NEXT RACE IS:

11TH DECEMBER, LANGDALE END, Scarborough. BE THERE!

EAST HULL HARRIERS 'WINTER LEAGUE'

Not to be confused with our own Tuesday night races but East Hull Harriers have invited runners from all local clubs to run (though not figure in what is their internal handicap) in this series of races which are run on weekends over a variety of surfaces (mostly off road) - John Baker (EHH) is the force behind this initiative and you should already have received a list of dates and venues by email from Pete Taylor. Otherwise see East Hull's website for more details.

I can't remember whether it was Lydia or Harriet, Jessica or Yasmin who insisted on calling him Matt Bacon... the man... 'Oh, yeah,' formerly of Blue P now of the 'One Show'...but I do remember him holding onto my hand too long and engaging me in conversation of the sort... 'Well done fella how'd ya feel after that? Cheeky little race isn't it?' ...the reply, being so obvious and in no fit state to make up some equally interesting small talk, when all I wanted was a familiar friendly face at that point not some brush with celebrity... I gave him just that obvious 'Knackered...' perhaps I'm being churlish... scrub that I am being churlish... Denise got a kiss before we'd even begun... (old friend of his parents or something) Stu (allegedly) got a hug/gave a hug off/to him afterwards... but I can't quite explain the mood I was in after what had been (at least until the final few hundred yards) a pretty strong race.

That there were no friendly faces to console me... it was too cold and as there was not much to do beside mooch around the girls had wandered off to collect staff sized branches and play at hiking before adjourning to the warmth of the gymnasium and on whatever they call those particular wooden 'forms'? that grace those places rest their backsides... kids (as above) playing some ad hoc game of King/Queen of the castle on a pile of exercise mats... until, bored with that, those switches gathered earlier turned at length into hockey sticks with whatever improvised puckishness they could muster (who needs exorbitantly priced bouncy castles?) ... only added to my disappointment... ok doubly churlish I know... I really ought to have developed the maturity to deal with life not living up to my expectation by now.

But don't just take my word for it... there were those who said they really enjoyed it and would do it all again next year and maybe come and give it a proper go... (thanks Denise it was a great Club outing) but I wouldn't number myself amongst them... Not at £25 (this year at least – the suggestion being that it would be more next!)... Poorly organised generally (and not just because they sent me wrong at the very last point where it was possible to go wrong and when I was pushing on with all I had trying to hold off the guy behind...) and not sufficiently 'different' to warrant missing out on the Major Stone as we did.

Now as you might gather by the time you're reading this... probably late November time when the race was in early September... I'll have cooled off and may look upon events with more grace but this was written in the heat of my disaffection... straight off the bus or at least straight after sardines, beans, cheese on toast, banana and custard... and a long hot bath... does that still count... only the underlying venom in these words will attest to that.



So, 7.30 Haltemprice to Jimbell it 28 seated with a few spare places to Catterick Garrison for the Paras' 10 Race and an 11am race start. (Not the 'Challenge' that started 10 minutes after us... to be completed in military fatigues, boots and a 35lb backpack.)

Fuel for further disappointment that this '10' was 'Garmined' at a little over 9.4!

Ire and loathing... Just a few simple signs... Just when I had actually been warming to the faceless squaddies who manned the route (unlike their compatriots who stood marking the way to changing/registration/'facilities' who only spoke when spoken to) as they offered words of encouragement and mostly obvious direction as red tape swung in the breeze/strong winds across nearly all possible 'wrong' turns... (have I alerted you to my disappointment at being ignored right at the very end when the choice of two paths left me guessing and offering what I had considered the universal gesture of 'I am hopelessly lost/confused – please help me' ie startled eyes, mouth agape, arms open wide/extended...one to the left one to the right... I started going the wrong way but didn't commit fully to it, stopped in my tracks and only then did the squaddies gossiping nearby/chatting away actually turn their attention back to the job in hand... it might have been after I used the F word... I admit to being a bit vague as to that particular order of events...)



Even the start was an inglorious cock-up... it wasn't clear exactly where the start line was for one thing... not alongside the START/FINISH banner tied to the barriers for starters... maybe it was those flags/banners/standards 50yards further along we furtively edged towards these... we milled about like a fistful of teenagers with nothing better to do until the overpowering non-inspirational pop was killed for a few minutes as a vague race-briefing was delivered... 'Watch out for the cattle grids of which there are many they are a trip hazard obviously... the course is fully marshalled *throughout* towards the backend of the race there are (for those of you not having run it before) two deep water features/puddles which you can either run straight through or skirt around the side as you wish...) I'll now hand you over to Matt Baker who'll....' ...describe the course as 'a cheeky little course' over and over for the remainder of the afternoon... It was also reiterated that as it was the 10th anniversary of Sept 11th a minutes silence would be observed at eleven hundred hours precisely.'

We continued to mill around, not wanting to cede poll position but not wanting to appear too pushy... A group carrying a stretcher complete with dummy invalid (weighted to correspond with an actual patient in transit) representing and in aid of a Military Rescue Regiment/Charity??... were set off... followed shortly by the sole wheelchair competitor? BUT as 11am approached there was no actual calling to order merely a 'mexican wave' of silence which swept through us... only truly hitting the front line seconds before the cannon that heralded the start was fired... startled we ran for our lives then hesitated then stopped looked around and decided en masse that what the hell we're going now and sped off aiming to get out of earshot before they could call us back....

I thought it best not to (I deliberately did not) edit or attempt to hone this diatribe, this piece of vitriol... this venting of my spleen but to let it stand as true testament to my discomposure, as a genuine reflection of my state of upsetness... I'm sat behind each of you now, reading over your shoulder... if you should sigh in fellowship once in a while I'll feel a tad exonerated although the Churlishness Management Seminars have been going quite well. – Stu



Season's Greetings to all our customers

Don't know what present to buy for the runner in your life?

How about something from the new Hi-Viz ranges from Asics, Adidas and Ron Hill?

Tights, Long Sleeve Tops and Jackets available NOW



Festive Special – adidas adiStar Ride3
Usual price £105 Now only £82



...and if it's a white Xmas don't let the snow stop you running - we now stock the Yaktrax Pro - Only £17.99



229 Boothferry Road, Hessle. Tel: 01482 647613

Toothing Bec to Bethesda

I was standing on the start line of the Self Transcendence 24 Hour Race at Tooting Bec, midday on 17th September. It had been two years and two months and 5,930 miles since my last 24 hour race. Was that enough? Too late to agonise further, the race had started and I was running gently near the back of the field. This was my nineteenth 24 hour race and one thing I have learnt is that early leaders are often heading for a fall.

In the first hour I spent some time chatting to Nick Riggs of Beverley AC, the only other local runner in the race and a newcomer to 24 hour racing. He told me that he had received plenty of advice from Stu Buchan and Jim Rogers. I decided it would be unfair to point out that they were both injured. Anyway Nick was soon lapping slightly quicker than me, a lead of 25 seconds after 10k had stretched to 2mins 50secs after 40k. Still early days, less than a quarter of the way through and I was looking forward to seeing how he handled the night.

Unfortunately Nick was now troubled by an Achilles problem and after prolonged visits to the physio's couch he was forced to retire after 41 miles. Advice from Buchan and Rogers, in the words of our editor..., *'We should have known, we should have known.'* I saw Nick at the Bishop Wilton cross country race so he is back. I am sure he will give a good account of himself in his next 24 hour race.



We had a few hours of squally showers, the remnants of some hurricane, but the night was dry, except for the puddles remaining in places on the track. I continued to circle the track, enlivened by the changes of direction every few hours. The milestones slowly fell: 50 miles in 9.12.00, 100k in 11.48.20 and 100 miles in 20.55.45. I could now focus on my target of 110.5 miles. Why 110.5 miles? This would take my average for 24 hour races back to 100 miles.

As I entered the final three hours it was getting hard and I told my wife Di that I was no longer enjoying it! This led to she and my son Tim (my fantastic support team) reading me a flurry of 'motivational' texts from my regular training partners. These helped to restore my equanimity (although I didn't believe a word) and I continued to tick off the laps. In the last hour or so my ankles were complaining when running the bends and I told myself it was good training for contouring on the RAB Mountain Marathon the following weekend.

A last 'sprint' saw me finish with a total of 112 miles 185 yards (180.425k). For those interested in these things the first 10k took me 54.40 and the last 99.00. My 24 hour average

has been restored to 100 miles 145 yards and I can consider the possibility of entering a twentieth race.

The organisation of Sri Chinmoy AC was excellent and I would highly recommend this race to anyone wanting to have a go at a 24 hour race.

I had a couple of days off running after Tooting Bec but the following Friday I picked up Stephen Walker, my RAB Mountain Marathon partner, and drove to Bethesda in North Wales for two days unsupported running in the Carneddau mountains with an overnight camp. We also had the pleasure of Sarah Carpenter's company as she was meeting her partner for the event, Naomi, in Bethesda.

The format for the class we'd entered was score orienteering, 6 hours on day 1 and 5 hours on day 2 with penalties for being late. There were 28 controls open to us on day 1 with a total of 610 possible points, controls being worth between 5 and 50 points. We accumulated 125 points with 7 minutes to spare to put us in 253rd place out of a field of 300. As I had the 24 hour in my legs and Stephen had been suffering with an injury for most of the summer, we were pleased with this.

Even better, the rain had stopped and the sun had come out by the time we arrived at the camping field so we were able to lie outside the tent chatting and dry our wet gear. Saw Sarah and Naomi when going to the stream for water (the sign said please take drinking water from upstream and wash downstream). They had also had a good day and were in 190th place with 165 points and no penalties.

Sunday dawned fine and with the grass dry, packing up was a rare pleasure. We opted for an early start and were soon heading north for a ruined sheepfold above Llanfairfechan. This route selection seemed counter-intuitive to me as the finish lay to the south and I was scarred by the previous year's experience when we had over-stretched ourselves and ended up with no points on day 2. Stephen suggested that I might be paranoid about this, so naturally I had to prove him wrong. The five hours available for day 2 seemed to flash by, especially when we had to run a long contour on a steep slope. My ankles complained when contouring and I told myself this was good training for the bends on a 24 hour race.

At this point I should perhaps explain the lateness penalties. For 1-5 minutes late you lose 1 point per minute; 6-10 minutes, 2 points per minute; 11-15 minutes, 5 points per minute; 16-30 minutes, 10 points per minute; over 30 minutes, all points lost. This concentrates the mind wonderfully. With 75 points accumulated on day 2 we were heading for the finish by the most direct route, already sure that we were into penalties but concentrating on at least hanging on to some points. It would be touch and go. In the event we were 18 minutes 19 seconds late giving us a day 2 score of 0.** Nineteen seconds faster would have left us with 5 points, so near yet so far. On the way from the finish back to registration Stephen asked if I fancied doing it again next year. 'Yes, but only if we ensure we get points on the second day!'

For the record we finished 284th. Sarah and Naomi had a solid second day ending up with a total of 300 points for 174th place.

Back home it was time to reflect on two excellent weekends and plan my preparation for the Original Mountain Marathon in Scotland, just five weeks away. - **Steve Coveney**

***Still in the dark, mathematically speaking? Why not attend a Steve Coveney master-class one of these fine Sunday mornings at Brantingham Dale. (I could do with some classmates) - Ed*

MESSAGE THERAPY & EXERCISE PRESCRIPTION by Jo Bray

(RSA, NABBA, IIHHT/IIIST, BaBTec, FA Cert Management & Treatment in Sports Injuries)

**General Sports Massage, Specific Pre & Post Sports Massage,
Full Body Relaxation Massage & Personal Training**

City of Hull members receive a 10% discount

4 The Old Barn, Barton upon Humber: 01652 637029 or 07919 032380

Chester Marathon 9th October 2011 - the first and probably *not* the last!



So I finally stopped talking about it, and got round to entering my first marathon! The training plan was pinned to the notice board in the kitchen, the hubby had agreed to the hours required, hotels were booked, and I was set.

Training run number one led to a dramatic fall up Welton Dale resulting in a big cut to my elbow, bruised kneecap, grazed hip, and a trip to A&E for some gluing and patching up. Excellent start! Fortunately the rest of the training went to plan, and I clocked up a couple of half marathon PB's to boot – 96.15 at Major Stone with 4 weeks to go, and the following week 95.30 at the Great North Run. So I felt in pretty good shape in the weeks leading up to the big day.

2 weeks to go and my Garmin stopped working. Master resets wouldn't work and so it had to be sent back to Garmin, panniiiiiccc! Being so reliant on my watch to pace me the thought of running without it was terrifying! Luckily the nice peeps at

Garmin picked up on this and sent me a new replacement within a couple of days. Phew. Calm was restored.

With one week to go, tapering madness well and truly kicked in!!! Every ache, pain, sniffle, and sneeze was analysed and reanalysed – my poor husband Matt has the patience of a saint bless him! “Am I ill?” “Does my foot hurt?? I think it does!” etc etc etc.

Anyhow, I got to Chester injury and illness free. The weather forecast was pretty rubbish for the day of the run, strong winds and heavy rain, but thanks to the big man upstairs the 9th of October dawned a bit windy, but at least dry. We arrived at Chester Racecourse for the start in plenty of time – plenty of time for my hysterics, tears, and usual pre race nerves to kick in!! I spent a good hour panicking and checking out other runner's kit, gels, energy bars, flasks, wondering if I should have one of those, some of them, what on earth some of the things were for??!!!

Once I got to the start line I was determined to enjoy the run. And I really did. The support was amazing; as we left Chester the streets were lined with people, and in each of the villages en route it seemed as though the whole population had come out to support us. We had names on our numbers and it was lovely to have people shouting you on, really motivating. The water stations were the same, everyone shouted your name and cheered you on. I felt great up to about 16 miles, then we hit the first real hill. The course was advertised as fairly flat, and the first half wasthe second half was not so flat! I kept to my pace pretty well though, aiming for 8-8:15 minute miles, but mentally it started to get a lot tougher than I anticipated. At 20 miles I thought it was never going to end! Beyond 22 miles was uncharted waters for me, as that was the furthest I had ever run – and boy did I know about it. However, the spectators cheering, and the children high 5-ing as I ran past, really spurred me on! It was a scenic route, going from the town out through some small villages into Wales, and then looping back to Chester. And all of the roads were closed so it was traffic free.

The finish was back in the racecourse and it was absolutely amazing – there were spectators lining the track as we ran in and the grandstand was full of people with hooters and whistles that MBNA had handed out, shouting and cheering. I felt a bit like a celeb crossing the line!!

I finished in 3 hours 35.08, and I was really happy with that for my first marathon. I also raised £300 for the Miscarriage Association, a charity close to my heart. It was a great event, extremely well organised, with nice touches such as names on the numbers, lots of freebies, a medal and a technical t shirt. I would definitely recommend it!

Prior to Chester I only wanted to do one marathon. Just to have done it. However I may have been bitten by a marathon bug somewhere on the way round!!!

- Marathon next year anyone????!!! - **Niki W**

The logo for 'START FITNESS' features the word 'START' in a large, bold, blue, italicized font with a motion blur effect behind it. Below 'START', the word 'FITNESS' is written in a smaller, blue, sans-serif font.

30 Butcher Row, Beverley

FOR ALL YOUR RUNNING NEEDS

With the cold weather upon us we are currently stocking up on all those winter essentials so call in or view on-line

Here's wishing everyone at City of Hull a terrific Christmas and a prosperous and happy New Year - Richard

Opening Hours: 9.30am to 5.00pm Monday to Saturday

Contact: **Richard 01482 861859**, www.startfitness.co.uk

sales@exercisedirect.co.uk www.exercise-direct.co.uk www.exercise-monitors.com

Possible bit for newsletter on Brid ½ - October 16th 2011 - Stewart Rhodes

Some club members were willing to spend £255 to seek out a flat course in Amsterdam. £9 was enough to secure a place on the more undulating Bridlington Half Marathon. Must enter balance of £246 saved in my accounts.

My old friend Chris Shearwood (unattached to club or woman) came up from London to participate too. Chris is younger than me. 2 1/2 months to be precise. He's stubbornly remained younger than me ever since we went to school together. At the time of the race, this meant that I was an old git of 49, while he was a youthful 48. We both started running in our twenties, but on a good day this young chap has run the elusive sub 3 hour marathon. His unattached diary is filled with marathons, half marathons and Southampton football matches. He has the slight build common amongst distance runners, has a beard and is considered a bit of a local eccentric. Which reminds me... Steve Coveney has recommended that I get Mark Spiking to run round with me to keep him at a sensible pace. Independently, Trev sent a text with the same idea. So at the start I duly suggested this tactic to Spike, who stated his, oh too modest, target of 1 hr 35 min. 'Stick with me son and I'll get you back in sub 90 min.'

So we lined up on the sea front. Perfect running conditions, as Steve *always* says. Pete Baker ready in his shorts and vest complete with mud splatters from the Bishop Wilton cross country. Steve doesn't miss the chance to also tell Cheryl Oakshott to stick with me if she wants to get 1.28 too. Harry gets us all in order and away we go... down the sea front and onto the roads, gradually heading uphill. The pace is good with the first mile at 6 min 20. Chris and Spike are somewhere behind me and Pete and East Hull lads Steve Bateson and

Matthew Hayes are quickly disappearing into the distance. Spike pulls alongside me as we head out of Sewerby and I assure him that this pace is fine and that he just needs to relax his breathing and get in the groove. Beverley's Andy Johnson joins us, claiming he's tired and not on good form. He beat me in every Champagne League race, so I treat this claim with some scepticism. We pass 6 miles with Spike informing me that this is 40 min 10k pace, but we look for but don't see a half way marker. The 7 mile marker reassures me that we don't need to worry about negative splits, just need to keep on keeping on. Then Jason Purdon motors past me like a train. 'Didn't see you at the start,' says I. 'Started from the back,' he replies as the yards grow between us. Probably cycled to Brid and started late, thinks me.

Spike has disappeared behind me but these are good miles back to Sewerby. Soon navigating the public through the lovely Sewerby Hall gardens and out onto the cliff top. Andy Johnson is well in front of me and a glance over my shoulder reveals the consistent running machine that is my mate Chris... time to grit your teeth and make it difficult for him. I gain a couple of places along the last drag down onto the sea front and on to the finish. Chuffed with my time of 1 hour 26mins. Not far behind Jason & Andy. Not a PB but close enough. Chris came in at 1.27 followed by Spike and Cheryl. PBs for Spike and Cheryl (4th lady). Steve Bateson was 2nd man with 1.10, Matthew Hayes 8th with 1.15 and our very own Pete Baker continued his excellent run of form with 13th and a time of 1.17.

Steve C himself was tantalising close to breaking 1.35... just 2 cruel seconds over... but then that was 4 minutes slower than last year. However it's probably fair to say that last year's time was exceptionally good and the ridiculous ultra events detailed elsewhere in this newsletter may have been lingering in his legs ...still an impressive run.

The sun was shining and the waves beckoned. Chris was heard telling Lindzi that the sea acted as a radiator on a hot day. Shoes off and into the sea. At this point you may think that the North Sea in October would be pretty cold. You are right, it's f-f-f-freezing! Still that Mo Farah has a body freezer that costs millions to subject him to -70c temperatures after training. This had a similar effect for nothing. Entry in accounts book 'Saved millions £'.

Fish'n'chips and Guinness on the sea front in the sun to finish off a perfect day.

Many thanks to our friends at Bridlington Road Runners for organising this highly enjoyable race.

City of Hull runners:

Pete Baker	1:17:56
Jason Purdon	1:26:21
Stewart Rhodes	1:26:55
Mark Spikings	1:27:29
Cheryl Oakshott	1:28:25
Stephen Coveney	1:35:02
Alex Eaton	1:35:11
Steven Cooper	1:36:00
Chris Slight	1:36:25
Ian McCoid	1:38:19
Ian Fergusson	1:44:19
Dorothy Winder	1:49:55
Richard Winder	1:51:07
Kevin Rennison	1:53:16
Chris Duffey	1:59:40
Chris Tute	1:59:40



Post Script: Being a work colleague and lunch-time running mate of Steve Coveney I am often privileged to insights into that closeted world of the ultra runner. Such a revelation was granted recently when Steve... 'In all seriousness came out with the classic...'

"...He pulled away from me over the first 40 miles"

- Stew

Amsterdam Marathon Sunday 16th October - Lucy Khan

What started as a brief conversation in my kitchen one Friday afternoon, quickly progressed to a frank confession when admitting to Nabs that I had volunteered him as chief organiser for a proposed trip to Holland to run the Amsterdam Marathon!

I remember his reply quite clearly...

'That's fine. Shouldn't be a problem if it's just a few of us.'

'Errrrr... about that...!!'

Anyway after completing a degree in sweet talk, the date was set, the ferry booked and the *Idiots Guide* itinerary published. – I did suggest to Nabs that he was being slightly patronising by reminding people to remember their passports and to keep them to hand as we travelled through Customs... *I mean who would need to be reminded of that??* (More of that later!)

There was definitely an upbeat atmosphere as we boarded the ferry as foot passengers. It soon became clear that the main intention was to make the most of the social opportunities during this long weekend... the racing, for some, a mere inconvenience!

We were definitely blessed with perfect weather conditions, making our initial crossing as smooth as Chris Dawson ('s legs)... The following morning it transpired that some had not got the required 8 hours sleep but this was due to late night drinking or early hours heavy snoring (or both... Mr Holmes!)

As we disembarked to our awaiting carriage, Pam decided to play 'Hide the Passport' with her son George. Fortunately no one else joined in this game but I did learn how easy it is to smuggle a small child through Customs while their mother searches frantically through her suitcase. It was all quite entertaining (though probably not for Pam). However George seemed totally unmoved by the fact that he may have been spending the next few days without his mum. Needless to say it all ended happily and Pam agreed not to play that particular game again on the return journey!

I should say that Nabs did a fantastic job of dragging all across Dam Square like a group of children on a school trip (he never gets obeyed like that at home!) and we all arrived safely at the hotel which, from the outside, looked far too small to accommodate our large group of merry athletes... But accommodate us it did and it was superbly placed right in the middle of the pubs, clubs, fun fairs, chip stalls, massage parlours and brothels... oh and it was quite near the start of the race too. Nabs, as ever, had provided; maps, directions, tram times, travel costs and everything else needed to register for the race and be self-sufficient so we were left to our own devices for the rest of the afternoon.

It would be remiss of me at this point not to comment on the antics of *some* of our party who decided that pre-race pasta, non-alcoholic hydration and an early night were merely for wimps and instead went shopping for titillating paraphernalia and came back with a good inside knowledge of the red-light district!



And so, to the race:

Amsterdam Marathon boasts a past record of positive reviews that most other large sporting events would be proud of. It incorporates both a full and half marathon and an 8k with staggered start times but with each sharing a finish in the fantastic Olympic Stadium. The full marathon was first to start at a respectable 09.30 with only a small number of us including; myself, Chris Adams, Stu Black, Stu Buchan, Graham Gagg, Judith and Andy Lawtey, Alex Fowler, Verena

Golach and Denise Thompson opting for it. We were also lucky enough to start the race inside the stadium too which allowed for a well organised 'pen' system albeit with a slow and (un)timely trudge across the timing mat. The course was well thought out and far more



appealing than pounding the streets of London through hundreds of screaming onlookers. No, Amsterdam had a cool European sophistication about it. Although the streets were initially overfull with runners, there was never a hint of 'Oggy Oggy Oggy' as even the spectators supported and admired with a certain class, clapping with respect rather than screaming 'WOOOHOOO' in your ears as you passed by. (Although I have my suspicions that most of 'em were as high as a kite!)

The course took us along the banks of the river Amstel, which, in the autumn sunshine, was just lovely and from my point of view certainly helped pass the time much quicker than the Isle of Dogs ever has. Fortunately for me I had Stu Black for a running companion. Trying to run and giggle at the same time is difficult, especially over long distances but I couldn't have asked for a better companion. I was definitely being pulled along at a healthy pace after we hit the 13 mile mark and we were kept

well fuelled with the banana chunks and plentiful drinks on offer. My race plan went like clockwork so I was most disappointed at the finishing time (3:42:40) which I can only attribute to the slow starting pace. It won't happen on the next one!

But it was the finish that was most special... knowing that you were coming into the Olympic Stadium allowed you to imagine what those past Olympians had felt as they ran under the arch, through the tunnel and into the arena filled with thousands of cheering spectators. Well it was just the same for us (almost)! Our supporters, the kids, a handful of non-runners and the half marathons awaiting their start, had congregated on the corner of the home straight with the large, purple City of Hull club flag hoisted proudly for all to see... although Cheryl Lyons, ably supported by Kirsten Dale - both out through injury - did most of the cheering... and you couldn't fail to find them all and I found it quite emotional and I felt really proud to be part of that little group of Purpleness! I ran the last 600m of the track imagining Derek and Phil tutting at my lap time... but with a lump in my throat.



As I was finishing the half marathons were just about ready to start their race which took in a similar route without the tour along the river. It was a lovely afternoon shouting everyone in to the finish and being able to buy Stu his first beer for 6 weeks! (Oh, but he did make up for it in the final 2 days of the trip!) There were some tremendous finishing times and some personal bests achieved and I would not think twice about recommending this event, even without the perfect weather conditions we experienced.

Just to further highlight Nabs' organisational skills, a meal had been pre-booked for the Sunday evening at a Thai restaurant recommended by Denise (this was our 'get-out clause' if it should turn out rubbish)... it turned out to be to everyone's liking although this may have had more to do with the fact that it was in the heart of the red-light district. I did wonder how the 5 children amongst us (only 5? - Ed) would react to the sights put before them. Bob's shirt was challenging enough but when my 7 year old daughter started laughing and pointing at a rather large lady *without* a shirt, it all got a bit embarrassing. Finally I felt I had to explain that these ladies had ended up doing this because they hadn't worked hard enough at

school!! (Let's just say the window shopping was definitely an eye-opener and I learnt from one particular display that there is a far larger selection of condoms in the world than I ever thought possible.)

So whilst the proper grown-ups went into the old town to discover the smallest pub in Amsterdam, I took the kids off for an ice-cream. I did receive some very strange looks walking a group of small children through the red light district late at night but we did find ice-cream and I somehow managed to convince the shop-owner that all these children belonged to me... Once I realised that my limited knowledge of the Dutch language had conned this man into thinking I was some kind of Mother Theresa I began to lie like a true professional... More to the point, he was so impressed by my well behaved brood and beautiful offspring that we got free ice-cram! Eee, I was so proud.



Some of us then, were responsible enough to trail home with our kiddiewinks at a reasonable hour... but the others? Well, what can I say? It would be most unfair of me to even suggest that strip joints and lap dancing clubs were visited as I wasn't there to bear witness. It would also be most unfair to suggest that Cheryl Lyons performed one of the best pole dances in Europe because I wasn't there. And I might even go so far as to say that Bob Thompson..... Ah, no, I can't... because I wasn't there!

However I would like to thank Bob (accompanied by Chris Dawson) for their rendition of 'Sweet Caroline' in the hotel corridor at 3 O'clock that morning. What can I say? I was there! No, I was touched, thanks.

There were a few faces missing at breakfast though most managed to surface... eventually. Some even managed to hire bikes and go for a ride. A few of us ventured towards the house of Anne Frank. I thought perhaps I could justify taking my kids out of school by making the trip 'educational' (other than on the topic of legalised prostitution!) so a visit to the museum eased my guilt, *slightly*. However it was almost a non-starter when we saw the size of the queue but we were relieved to see some familiar faces at the very front... thanks once again Eileen & Ellen... who allowed us to squeeze in ahead of them. (A practice commonly known as Queue Jumping of course - but the people immediately behind us were German so technically it didn't count!)

The return for the ferry was just as uncomplicated and despite Stu, Bob, Steve and Chris spending the entire afternoon in a Chinese restaurant even they managed to make the bus on time. The crossing was not quite as smooth but we did manage to congregate for long enough to receive Bob's gifts of variously titillating paraphernalia... I think Stu Black was most impressed with his leopard skin thong and miniature condoms (which my kids still firmly believe are gloves for people with tiny little hands!) AND Nabs and I were particularly touched with our special (willy) salt & pepper pots... just the thought of watching my mother grab the shaft of that salt pot and shake it over her dinner...

The downside to these gifts of course, was having to explain to the kids why... No, it wasn't a good idea to take them to school for 'show and tell'.

During the weekend I found myself telling a lot of lies. I learnt that not all women look good topless. I learnt that Cheryl has an outstanding set of abs. I re-learnt that my husband has fantastic organisational skills and can be relied upon at all times. I learnt that I have great friends in this running club.

Same time next year anyone?? - **Lucy**

AMSTER DAM RESULTS

Bib	Name	Distance	Net time	Gros time
1481	Graham Gagg	Marathon	2:42:18	2:42:56
1560	Stuart Buchan	Marathon	2:52:28	2:52:43
1755	Christopher Adams	Marathon	2:54:12	2:54:36
1569	Andrew Lawtey	Marathon	3:14:24	3:14:48
5082	Lucy Khan	Marathon	3:45:42	3:53:14
6917	Alex Fowler	Marathon	3:50:00	3:58:27
5123	Stuart Black	Marathon	3:50:12	3:57:43
4583	Judith Lawtey	Marathon	3:52:10	3:59:41
6794	Verena Golach	Marathon	4:02:35	4:11:12
6135	Denise Thompson	Marathon	4:45:20	4:58:36
6136	Susan Oliver	Marathon	5:47:55	6:01:14
15666	Andrew Lyons	Mizuno Halve Marathon	1:17:38	
15761	Owen Williams	Mizuno Halve Marathon	1:27:00	
15668	Fiona Robinson	Mizuno Halve Marathon	1:37:07	
15130	Phil Lambert	Mizuno Halve Marathon	1:37:53	15130
15686	Robert Thompson	Mizuno Halve Marathon	1:38:40	
19653	Chris Dawson	Mizuno Halve Marathon	1:39:22	
19652	Tania Cream	Mizuno Halve Marathon	1:42:43	
19963	Pamela Richards	Mizuno Halve Marathon	1:46:50	
19648	Miranda Hunt	Mizuno Halve Marathon	1:48:11	19648
15126	Steve Wilcox	Mizuno Halve Marathon	1:48:12	15126
22897	Nabiel Khan	Mizuno Halve Marathon	1:52:04	
22806	Ellen Watkins	Mizuno Halve Marathon	1:58:51	
22849	Eileen Henderson	Mizuno Halve Marathon	2:00:47	22849
19670	Steven Holmes	Mizuno Halve Marathon	2:03:27	
25819	Jacqui Dickinson	Mizuno Halve Marathon	2:11:07	
15137	Paul Body	8 kilometer	36:32	

CITY OF HULL 5K TRACK CHAMPIONSHIP 2011

CITY OF HULL 10K TRACK CHAMPIONSHIP 2011

Position	First Name	Surname	Club	Category	Time
1	Peter	Baker	City of Hull AC	M	35:19.4
2	Jim	Rogers	City of Hull AC	V45	36:50.6
3	Andy	Lyons	City of Hull AC	V40	37:20.9
4	Keiran	Blogg	City of Hull AC	M	37:23.0
5	Stuart	Buchan	City of Hull AC	V50	37:41.4
6	Fraser	Ulrick	City of Hull AC	M	39:33.0
7	Shaun	Fores	East Hull Harriers	V50	39:36.2
8	Paul	Body	City of Hull AC	V35	39:38.9
9	Brian	Ward	City of Hull AC	V45	39:56.9
10	Keri	Pearson	City of Hull AC	F	41:14.1
11	Sean	Bennett	City of Hull AC	V50	42:32.3
12	Charlotte	Parker	City of Hull AC	FU20	44:19.5
13	Lucy	Khan	City of Hull AC	F40	44:49.3
14	Angela	Hickson	City of Hull AC	F	45:41.0
15	Nabiel	Khan	City of Hull AC	V40	49:07.4
16	Peter	Taylor	City of Hull AC	V60	50:14.1
17	Tim	Welbourne	City of Hull AC	V55	50:30.1
18	Elen	Watkins	City of Hull AC	F	52:26.4
19	Sandy	Hebdon	City of Hull AC	M45	54:47.4

Race 1

Position	First Name	Surname	Club	Category	Time
1	Phil	Gibson	East Hull Harriers	M45	19:38.1
2	Nick	Maynard	City of Hull AC	M	19:46.8
3	Keri	Pearson	City of Hull AC	F	20:11.3
4	Alan	Polard	City of Hull AC	M	20:19.0
5	Charlotte	Parker	City of Hull AC	FU20	20:57.4
6	Alex	Fowler	City of Hull AC	M	21:01.0
7	Terry	Hirst	City of Hull AC	M55	21:15.1
8	Fiona	Robinson	City of Hull AC	F45	21:56.3
9	Angela	Hinkson	City of Hull AC	F	21:56.5
10	Tim	Welbourne	City of Hull AC	M55	23:52.2
11	Peter	Taylor	City of Hull AC	M60	23:54.4
12	Sandy	Hebdon	City of Hull AC	M45	25:39.2
13	Elen	Watkins	City of Hull AC	F	25:41.6

Race 2

1	Alec	Gibson	East Hull Harriers	MU20	17:24.7
2	Peter	Baker	City of Hull AC	M	17:54.1
3	Chris	Adams	City of Hull AC	M	18:16.0
4	Jim	Rogers	City of Hull AC	M45	18:51.3
5	Paul	Duxford	East Hull Harriers	M45?	18:53.1
6	Stephen	Lonsdale	East Hull Harriers	M45	19:02.7
7	Alan	Bayston	City of Hull AC	M45	19:17.3
8	Stuart	Buchan	City of Hull AC	M50	19:19.2
9	Brian	Ward	City of Hull AC	M45	19:57.6
10	Shaun	Fores	East Hull Harriers	M50	20:00.2

The mixture of both old and new (and the occasional guest) is testament to the continuing popularity of Derek's Wednesday nights at the track. However, whilst well supported by runners and lap counters on the whole (and a big thanks to everyone who did turn out) we should not get too carried away - we could do better... although how we would cope if 50 runners turned up for the 10k championships it is hard to say. (We should be so lucky!)

Race 1 CITY OF HULL 1 MILE TRACK CHAMPIONSHIP 2011

Position	First Name	Surname	Club	Category	Time
1	Keri	Pearson	City of Hull AC	F	5:54.0
2	Beverley	Jackson	East Hull Harriers	F50	6:02.2
3	Charlotte	Parker	City of Hull AC	FU20	6:08.9
4	Angela	Hinkson	City of Hull AC	F	6:12.3
5	Tim	Welborne	City of Hull AC	M55	6:42.9
6	Roy	Dennison	City of Hull AC	M60	6:50.3
7	Peter	Taylor	City of Hull AC	M60	6:52.3
8	Sandy	Hebdon	City of Hull AC	M45	7:06.5
9	Kevin	McManus	City of Hull AC	M55	7:20.1
Race 2					
1	Alec	Gibson	East Hull Harriers	MU20	4:51.4
2	Mark	Spikings	City of Hull AC	M	5:20.1
3	Paul	Duxford	East Hull Harriers	M50	5:21.5
4	Peter	Baker	City of Hull AC	M	5:21.8
5	Mike	Jackson	East Hull Harriers	M50	5:23.5
6	Stuart	Buchan	City of Hull AC	M50	5:27.5
7	Alan	Bayston	City of Hull AC	M45	5:41.3
8	Ian	McCoid	City of Hull AC	M50	5:46.4
9	Shaun	Fores	East Hull Harriers	M50	5:47.2
10	Graham	Cook	City of Hull AC	M40	5:51.5
11	Brian	Ward	City of Hull AC	M45	6:01.9
12	Sean	Bennett	City of Hull AC	M50	6:04.9
13	Fiona	Robinson	City of Hull AC	F45	6:26.4

The spectacle of track racing lies in the fact that you can watch the entire race unfold... Here the bald statistics tell their own limited tale but on the night you see who has come with a game plan AND which few of those actually manage to stick to it. You get to see who charges off (bottle in hand and cursing and not just to himself) and pays for his exuberance in the home straight. And you get to see who cleverly tracks his newly discovered rival into the wind that slowed just about everyone in the 5k... and then eases out of her slipstream with two laps to go... unfortunately only to be beaten at his own game on the final lap.

We are by definition an Athletic Club but one made up almost entirely of road runners... the track though is

avoided at your own cost... As a place to sharpen your racing savvy or to fine tune your sense of pace it can't be beat BUT also as a place to pit your fitness against your training partners it provides a great evening's entertainment. In the meantime: Wednesdays 6.30pm at Costello, make it a date.

Knobbly Knee - by Nick Maynard (and slight co-author Andy Sharp)

So, after wondering what it would be like to be at the finishing line of a local race for once rather than pushing my (easily achieved!) limits actually running it, here I was at the Haltemprice 10k watching some pretty quick people that are always well ahead of me. In fact the spectator pastime has become a fairly regular habit while I deal with a little knee problem that's making even standing and walking quite a challenge.

Maybe I was looking a bit fed up on the day of this particular 10k or did it just seem as if I needed something to take my mind off things!? Well it resulted in Stu Buchan pestering me for an insight into what happened and what not to do with your knee ligaments.

A little summary of the incident itself (it was nothing too spectacular I might add!).

It was a sunny day in early October (8th to be exact.....12:03pm) and after planning a day out at the beach with the family, as is often the case my lad and I found ourselves waiting for the ladies to finish getting ready to go. 'How about a quick kick about with the ball,' said Alex 'Good idea,' I said, after all it was likely to be at least half an hour before we set off.

After 10 minutes of fairly energetic attempts (by my standards) at proper tricks, my 7 year old mini-me and his cousin Harry were showing me how to do it. In my attempt to avoid being nutmegged I made the most regrettable turn that I've ever done. I quickly discovered that knees work much better doing forward/backward things like running, but that they don't agree with fast pivoting and changes in direction. This resulted in me being nutmegged anyway....then collapsing in a painful heap on the floor and immediately thinking this is a baddie!!

Strangely, not much swelling, no bruising, squatting was ok, maybe this wasn't as bad as I thought! The x-rays all showed that no bones were broken and nothing was dislocated.... excellent I thought, the Haltemprice 10k is on after all!

A week passed by and a Specialist, MRI scan and expensive bill later, gave a verdict of a 2nd degree medial ligament (MCL) sprain (just clinging on), ruptured anterior cruciate ligament (ACL) and bruising of the thigh and shin bone marrow! The Haltemprice 10k was well and truly off... In fact I'd run for the last time this year in the 5k track championships at Costello a few days earlier.

The rehab has been fairly intense including a rather fetching knee brace to stop my leg folding in ways that it's not supposed to.

It seems that Surgery looms to reconstruct the ACL whereas MCL's fix themselves in time. With 9 months of further rehab after the operation it looks as if marshalling might be a regular hobby for a little while longer.

Some encouraging words that I received from my beloved brother-in-law who helped carry me to my hospital bed.

'I've known Nick since way before his first pair of Ron Hills. I've seen him through weight lifting belts and I've pounded the Costello stadium with him to boom-boom music during circuit training obsessions. I have to say though that I did not see the running thing coming. A Great North Run here, a 10K there and his wardrobe began to fill with luminous stretch fabric. By 8th October 2011 this Running Man had evolved into a street pounding, Lycra bearing specimen straight from the pages of an athletics magazine. Yet there he was - he looked normal, no deformity of the leg, no blood... normal, yet he's on the floor, screaming in pain and he can't stand up. It was a touching scene but still very puzzling. Nick grunted and gasped like a mother in labour but we found a way to the hospital. He was now a forlorn figure on crutches and his marathon through injury was only just beginning, no gorilla suit, no waving to the crowds just a haunted stare in his eyes, and a little bit of pain!'

The moral of the story is.... to realise that as an aging footballer it's sometimes better to be nutmegged by a 7 year old! - **Nick**



6 & 4 Stage Road Relays - Birchwood Business Park Warrington Saturday September 24

Despite entering 37 men and 18 women and sharing a 52 seater coach with East Hull Harriers each of us hoping to turn out 3 male and 3 female teams... as ever, injuries, prior commitments and last minute phone calls put paid to both our more lofty ambitions. Nevertheless between the two of us there wasn't much room on the bus. Technically it being their bus that we'd gone halvesies in EHH had bagged all the back seats by the time it pulled up at Haltemprice. Not that we were bothered. We were too busy sorting out vests for those having just joined us who found themselves immediately drafted into the COH away squad. The new vests were still at the printers at this stage (the ink taking longer to dry than anticipated or something) so a variety of old stock and something borrowed, something purple was being tried on for size... so what's new.

Although still September the 'Indian summer' had abandoned us and a light drizzle that did clear met us as we arrived. Fortunately the Business 'Park' had been effectively sealed off and a large cafeteria was given over to the exclusive use of athletes... We set up team COH headquarters... (our hardier 'cousins' from across the river mostly choosing to brave the elements) and registered teams (we managed 2 male teams and a full ladies team plus 1) just in time for a text from Graham Gagg (1st leg A team!) saying he was stuck in traffic and could we hold on.... We could but as the cafe emptied with runners going off on warm ups and visiting the loo and all, team management held its breath... Fortunately with a good half hour to spare Graham made his entry, quickly pinned on his number and double-knotted his chip onto his shoe blissfully unaware of the collective exhalation...

The standard at Championship events is always high and for those new to it something of a surprise if not an out and out shock. The Ladies team was entirely made up of such runners: Keri Pearson 19.07, Niki Whitaker 19.49, Cheryl Oakshott 19.21 and Angela Hinkson 20.05... times which brought them home in 25th place eleven minutes adrift of the winning team from Morpeth with a fastest leg from Lauren Howarth of Leigh Harriers of 15.41!



But our ladies, which included Lynda Hields also wearing the purple vest for the first time and who ran as our 'incomplete' B team with a time of 2.59, rallied by their (alas injured) captain Cheryl Lyons, reportedly enjoyed themselves and seemed inspired not only to repeat the experience but to get down to the track and come back fitter and stronger.

COH men: years of experience coupled with runners so 'new off the boat' as yet to find their land legs... my plan of having a C team entirely made up of those up and comers had again fallen prey to injury etc... But everyone gave their all for the sake of the team, finding that extra yard that always seems to be present at relay events. A tricky little course 4.9k for the women 6k for the men quite a few tight turns and at times narrow paths and even for the more experienced it was all too easy to go off too fast and struggle in the latter stages... yeah right. So gritty performances from those nursing injuries or returning to the fray after 'career' breaks etc with Pete Baker running the fastest leg for the A team and Dave Oliver for the B... though once again it has to be put into context of the fastest leg of 17.18 by a Liverpool Harrier, Johnny Mellor and we can only look on and wish when we report that Leeds City won overall some 19 minutes ahead of our A team. For the record our ladies finished 5 places behind KUH but 5 places ahead of EHH. The mens A team in 56th followed EHH in 42nd and Beverley in 53rd. Our B team in 77th were a good 3 minutes up on EHH B.

City Of Hull 'A'	02:07:45	City Of Hull 'B'	02:19:01
Graham Gagg	21:12	Stuart Buchan	22:34
Pete Baker	20:43	Stewart Rhodes	22:14
Christopher Adams	21:22	Andrew Lawtey	23:10
Kieran Blogg	21:36	Ben Rumford	25:43
James Rogers	21:51	Nick Maynard	23:25
Andrew Lyons	21:01	David Oliver	21:55

Northern Cross Country Relays - Graves Park Sheffield Saturday October 1

The weekend following the Road Relays a somewhat smaller group of us were in Sheffield for the 'Northerns' for a two mile blast round the (corner of the) park. Again loftier ambitions had floundered and of the 21 men (no women) entered only four made it: Graham Gagg 12.22, Stuart Buchan 12.59, Kieran Blogg 12.10 and Pete Baker 12.25... nevertheless in what turned out to be a glorious summer day (odd running cross country, even donning spikes, when there was no mud to be seen) low turnouts were par for the course and only 24 teams competed for the Senior Men's honours.

Pete had driven myself and Kieran across whilst Graham, at University there had run up from home (up being the operative word) and this time he was left waiting on us as my own 'local' knowledge of Sheffield had become less certain the nearer to the venue we got... ok we realised before we hit Chesterfield ok and the wonders of modern mobile telemetry soon had us back on track... We collected numbers and decided our tactics... Graham off first to set us up, me on second to lose a bit of ground that Kieran and Pete would then make up and then some... it sounded like a plan.

2 miles... not too much room to pace yourself especially when those sweeping past may be on an entirely different leg or in an entirely different league... we all knew what we'd let ourselves in for, eyeballs out gutsy running, it'll all be over in a little over 10mins a belief that proved a tad more economical for some but not for the Leeds A team (again) whose four runners were all inside 10.30... their B team finished 5th all home in under 11mins.

A good day out and an enjoyable run but why these Championships which doubled/tripled/quadrupled as South Yorkshire Champs, Veterans Champs and the traditional 'Cutlers Relays' were so poorly attended is anyone's guess... just a victim of too full a calendar?

National Cross Country Relays - Berry Hill Park Mansfield Saturday November 5



The weekend before and at the Haltemprice 10k prize giving, where these things were decided, confidence was high that finally we would have 3 male teams (only 4 per team/only 12 runners) and at least 2 female teams (3 to count/only 6 runners) and a minibus seemed the best option for the trip to Mansfield. As the week stretched out though two things became apparent... that Andy Lyons would be driving and as his daughter Emily would be running we would be arriving in Mansfield late morning whilst most of us wouldn't be running till mid afternoon (PLENTY of time for that all

important warm up then)... and secondly that despite even having accosted several passers-by on Tuesday night's club run, numbers were going to be down... In the end the only thing in shorter supply than runners were replacement drivers so Saturday saw our depleted crew depart from Haltemprice sports centre 9.45 sharp... those who either didn't feel the need to 'warm' up in the pp... persistent rain for two hours or who wanted a fast getaway to be back in good time for bonfire shindigs electing to travel under their own steam.

What a change from Sheffield. What a change from the previous morning enjoying post-run cake in the sunshine. We arrived with the rain having thinned out and with lingering optimism that things could only get better... that they did for as long as it took us to walk from the minibus to the KUH gazebo register our teams/pick up numbers and chips this time to be strapped round ankles with Velcro and only thereafter give us a good soaking... although Jo and Owen had managed to pitch their two man tent/COH headquarters before the worst of it which did at least keep our bags dry. Pete meanwhile preferred to shelter in the allegedly £30,000 mega structure that was Notts AC's gazebo and tucked into his Alf Tupper-like pre-race meat pies undetected or at least tolerated as a poor relation...

Plus ça change... (sounds wetter in French is all) a last minute call literally 9.44am (well perhaps not quite that late but cut me a little slack why don'tcha?) meant we were our last 'extra' man down and I would have to forego the luxury of acting as travelling reserve and soil those nice new spikes which had hardly got a dusting at Sheffield and risk the tight calf sustained whilst speed training (not such a risk in the end as I never really got out of second gear).

So Emily had run for KUH in the under 13 girls race with her team of 3 finishing 35th out of 85 and we were free to do as we pleased with the hour plus that remained before the ladies were due to go... so jog round the accessible bits of the course familiarising ourselves with possible trip hazards and racing

lines? ...build slowly through a whole routine of calisthenics that would guarantee to leave you primed for a lung busting effort just at the right moment? ...OR return to the minibus out of the rain and have another meat pie or two? ...

The drizzle was all but spent by the time the senior ladies lined up to race and with only 3k to complete on each leg the initial pace was fast and furious... so fast that Keri Pearson, again leading off the A team, was back and un-Velcro-ing her timing chip at the far end of the finishers pen without Fiona Robinson on 2nd having seen her go past. Oh... sugar! Fi blamed the new fangled crop



top Keri was wearing as it presented a much smaller area of purple for aging eyes to focus on. ☺ (Sometimes a smiley is the only thing between you and a good kicking.)

It's hard to know how much time/ground was lost maybe upwards of a couple of minutes which at the end of the day may have seen them in the low 70s rather than the 82nd place they actually secured with Jo Hall picking off a few more of those Fi had failed to reel back in.

City Of Hull 'A'	82nd	City Of Hull 'B'	
Keri Pearson	12.28	Lynda Hields	14.38
Fiona Robinson	15.27	Tania Cream	14.48
Jo Hall	14.26		

Fastest leg of the day went to G Steel of Charnwood AC who were the winning team in 31.05 as opposed to COH's 42.22. Locally we were just behind Beverley who finished 78th and just ahead of Cottingham Fitmums A team in 84th (NB Cott Fitmums had three teams out!)

Hard on the last of the ladies... in fact not long after Jo had set out on her final leg the leading men were off and charging through the field, something of a shock for Jo, whose first Cross Country race this was anyway, but one she weathered and quickly got back into her stride... To return to the theme of quality opposition again we need only point out that Stuart Carmichael on our opening leg ran a very respectable 17.33 for 64th place to show that generally we were on a hiding to nothing. BUT that's just not the point... getting the best out of yourself is what counts and pitting yourself against the best is ultimately encouraging and running as part of a team drags out that extra percent not normally accessed. Yeah... wet and miserable maybe but the climate back in the minibus on the way home was heavy with that indefinable quality of camaraderie or was it just the giddiness of exhausted bodies?

And the records have COH A team 75th out of 157 with our B team 131st with local rivalry passing in the form of Beverley AC who finished in 127th.

City Of Hull 'A'		City Of Hull 'B'	
Stuart Carmichael	17.33	Owen Williams	20.51
Andy Lyons	18.34	Jason Purdon	21.40
Chris Adams	19.36	Mark Spikings	21.28
Pete Baker	20.30	Stuart Buchan	22.28

HOLIDAY APARTMENT

New apartment in Whitby available for short breaks. Close to the beach. Minimum 3 nights.

Discounts for City of Hull members.

**Check website via Google for details:
Whitby Holiday Cottages, 'Top Floors'.**

Anyone interested should contact

Fiona and Mark Robinson, Tel: 01482 651428





Simply Running

4 Albion House, Albion Street, Hull

Simply Running Has just marked its 10th Birthday and would like to thank all those Club members who have supported the shop over this period. To celebrate the occasion and with Christmas just around the corner, we have numerous special offers, too many in fact to mention here so simply call in and ask for details.

May we also take this opportunity to wish you all a Merry Christmas and a FIT & HEALTHY New Year! – Kevin and Melanie.

www.simplyrunning.biz

For further information please phone/email/visit the website or shop.
Kevin, Melanie & Maisie (the dog!) **01482 222169**

PLANKSKLUBPLANKSKLUBPLANKSKLUBPLANKSKLUBPLANKS

Firstly if you must use a supermarket trolley to pretend like you're Superman/woman best keep it quiet and say you took a tumble in the woods whilst doing the cross country at Drewton. Secondly if it only just occurs to you that a marathon is a bloomin' long way when the race organisers send you a fold out map half the size of your living room wall make sure you're downwind of any friend of Plank Hall when you admit to this. AND thirdly if you hope at least it's not windy for the weekend of the Amsterdam marathon, don't remark upon this when jogging alongside the clever so-and-so who is bound to point out that not for nothing is Holland's national symbol a windmill!

And whilst still in the Netherlands we had to admit collectively all those ladies travelling with us to the stately home of plankdom as, despite that little matter of 26 miles to race on the Sunday, all they wanted to do on the Saturday was drag their men folk around the many and varied lingerie stores that seemed to be on just about every street corner... strange neck of the woods. Or should that read crooked-neck?

Well, anyway, to return a couple of months and to that text from Gaggy on his way to the Six Stage Road Relays but 'Stuck in traffic in glossop...' and what the race report itself failed to mention... that it was only when Graham, having finally shown and about to disappear for whatever warm up he could now squeeze in, that Kieran piped up... 'Er, what leg am I on again?' and when our estimable team captain with that long-suffering edge to his voice explained for the thousandth time... 'Then why have I got a different number to Graham then?'... that we realised Graham was wearing Stu's number and Stu... well let's just add that when we all got home and immediately sourced the day's results on the internet we also found that Pete Baker's fastest-run-of-the-day-in-a-purple-vest had been attributed to one of his team mates not within a few hundred miles of Warrington at the time... it would be fair to say Stu was not having a good er, day... and well, people in plank houses... – Father Plankmas

CHRISTMAS HOLIDAY TRAINING RUNS 2011/2012

DECEMBER			
Friday	16th	9.30am	Welton (Green Dragon)
Sunday	18th	11.00am	The Christmas Handicap
Monday	19th	9.00am	Humber Bridge (Car Park - Cafe)
Tuesday	20th	9.00am	Bishop Burton (Dale Gate Road)
Wednesday	21st	9.00am	North Newbald (Village Green)
Thursday	22nd	9.00am	Tickton (Hull Bridge Road - side road)
Friday	23rd	9.00am	Sancton (Side road after Star Inn)
Saturday	24th	9.00am	South Cave (Little Wold Lane)
Monday	26th	10.00am	Skidby Mill
Tuesday	27th	9.00am	Mill to Mill (Hessle Foreshore - see below)
Wednesday	28th	9.00am	Broomfleet (Near the church)
Thursday	29th	9.00am	Grannies Attic (Kiplingcoates)
Friday	30th	9.00am	Beverley Westwood (Nth Newbald Rd - cattle grid)
Saturday	31st	9.00am	Beverley Clump
JANUARY			
Sunday	1st	10.00am	Walkington (Playing Fields)
Monday	2nd	9.00am	Welton (Green Dragon)
Tuesday	3rd	7.00pm	Winter League (Race 3)

CHRISTMAS FRIDAY AT LUCY'S: Yet again this year we are invited back to Lucy's on Friday December 16th for the usual debrief and refuelling after the regular 90min/8mile amble through the surrounding countryside. All are welcome so come along and enjoy the run or have a walk if your knees ain't what they used to be. Good company guaranteed and CAKE! The run starts at 9.30am from the Green Dragon in Welton.



THE CHRISTMAS HANDICAP - Sunday 18th December:

Meet at the Humber Bridge car park. Just turn up on the day but in good time to register for the 11.00am start. All runners will be handicapped. The race will be followed by the usual exchange of gifts/prizes (remember to bring along; biscuits, a bottle of wine, chocolates etc, suitably wrapped and to the value of no more than £5) as each runner according to handicap position is called upon to take his/her pick. This year we have Bob Thompson to thank for his hospitality as we shall be reconvening at his office on Livingstone

Road for the post-race presentation etc. **The decision on who has been allocated the Club's London Marathon places will also be announced during the course of the afternoon.**

BOXING DAY AT THE LAMBERT'S: A return to Phil & Carol's again after the Boxing Day run scheduled for a 10am start from Skidby Mill on the 26th. One of those days when you secretly hope for cold and inhospitable weather just so the festive fare back at Mill Rise is all the more welcome.



THE MILL TO MILL RUN: Tuesday 27th of December:

Running from the Black Mill on Beverley Westwood back to the Black Mill on Hessle Foreshore (approximately 15 - 17 miles) Being a point to point this does require a deal of organising with runners needing to be ferried to the start and cars having to be picked up afterwards etc. **Runners should therefore gather at the Black Mill car park** (right turn immediately before the Country Park Inn) **on Hessle Foreshore no later than 9.00am for a 9.30 start from Beverley.**

City of Hull's Christmas 'Do'



After a very successful evening last year the City of Hull traditional (Indian) Christmas Meal is to be held at the Voujon restaurant in Anlaby once again.

The venue is booked for 9.00pm
Wednesday 28th of December
meeting across the road for a swift half in the
Anlaby Park Public House at 7.30pm.
(Upper limit - 40 diners)

The meal itself will be a buffet style served to the table with a whole variety of dishes to hand. (Watch out for those bright orange ones if your palate is not so 'cultured') *

A deposit of £10 per person should be paid to Lucy Khan or Fiona Robinson
Register your interest before 10th Dec with
Lucy: 07850189899 or Fi: 07984330643

* For those who like their spices in a salt and pepper pot a steak 'n' chip alternative can be arranged!



Useful Numbers	Home	Mobile
Phil Lambert (Club Secretary)	01482 846969	07944603588
Peter Taylor (Results Secretary/Website)	01482 658800	
Bob Dennison (Membership Secretary)	01482 657655	
Stuart Buchan (Men's Captain)	01482 504733	07807574680
Cheryl Lyons (Ladies Captain)	<u>01430 470691</u>	07764251370
Bob Thompson (Treasurer)		07947354189
Dave Brooke (Club Chairman)	01482 354396	07581581978

Cheryl asks that the Ladies text her so she has your numbers or let her know your emails so that she can more easily get in touch when raising teams.

Numbers as above, email: aclyons@aclyons.karoo.co.uk

To contribute to the next newsletter please contact Stuart Buchan

Home: 01482 504733 Mob: 07807574680 or sbuchan@sbuchan.karoo.co.uk

If you do not receive this newsletter by email send PETER TAYLOR your email address: peter161146@peter161146.karoo.co.uk

MERRY CHRISTMAS