



## CITY OF HULL ATHLETIC CLUB

[www.cityofhullac.co.uk](http://www.cityofhullac.co.uk)

**NEWSLETTER –16th APRIL 2009** (previous edition 13.2.09)

CoH AC Annual General Meeting – Friday 1<sup>st</sup> May 2009, 8.00pm Haltemprice Sports Centre Cafe  
All are invited to this year's AGM and questions and comments will be welcome on the night. However if you have any detailed questions or queries you would like to put to the committee, please send in writing before 1<sup>st</sup> May to Steve Holmes, at either, 55 Woldcarr Road, Hull or by email to [stevecoh@hotmail.com](mailto:stevecoh@hotmail.com).

City of Hull AC's Humber Bridge 10k, Sunday 31<sup>st</sup> May 2009, 11.00am – Volunteers Wanted!  
Entries are being received for the above race and we hope to reach our limit of 500 by race day. We urgently need volunteers to help out with marshalling and other tasks on the day. If you are interested, please contact either: Chris Duffey (07852 317178) or Stuart Thomson for Marshals and Ellen Watkins (807297) for on-the-day tasks

### SUBSCRIPTIONS £12

Come on "fellas and fellowesses" a certain few of you still owe last years subscriptions, which were due for payment in April 2008, have you just forgotten or is it the credit-crunch?  
This year's subscriptions are now due, cost is £12, including partner. If you have not yet paid could you please do so, to Bob Dennison.

### City of Hull AC Training Sessions

Tue 7.00pm	Haltemprice Sports Centre	Road Running
Wed 6.30pm	Costello Stadium	Track Training (track fee payable)
Thu 9.00am	Elloughton Dale top	Pensioner's Plod
Thu 6.00pm	Wauldby Green, Raywell	Cross Country – medium group
Thu 6.30pm	contact Bob Thompson	Road Running – faster group
Fri 9.30am	Green Dragon, Welton	Cross Country
Sun 8.45am	Beverley Clump, South Cave	Cross Country

### EYXC: Sewerby, Sunday 8th March, 11.00am by Stu Buchan

Long after everyone else had left for home a little white twist remained on the wind besieged cliff top at Sewerby. Now this is no fancy metaphor but, as ever, just part and parcel of the documented truth of the occasion, so read on...

And ok I'll eschew the usual preamble of my motoring near disaster if only because, as some no-mark and erstwhile best friend pointed out as I set off from Sheffield at 8.30am; I could surely find my way to Bridlington blindfold, just as very small molluscs return to their exact resting place by the unique scent of their own slime trail, having spent my childhood summers there... all forty five of them... Look we did spend alternate Sundays at Withernsea and Hornsea ok, and it never seemed like an abused or deprived childhood... at least not until that cheque for the regressive hypnotherapy bounced anyway.

SO the final race of the East Yorkshire Cross Country League convened at the *Chip* Inn, Sewerby on what promised, despite the spoiling wind, to be a lovely spring day. As we jostled for position and more simply the warmth of tightly packed bodies, Bruce Allison of the organising Club (Bridlington RR) loud-haltered our last minute instructions/health and safety warning not to overtake on the cliff top paths as this would invariably send us plummeting onto unsuspecting twitchers on the beach below. Of course no one took a blind bit of notice and, to my knowledge at least, no beachcomber came to grief. The initial surge and rush of lactic to the legs was promoted by the gale force wind that was at our backs... we all knew it would be there waiting for us on our return but somehow you never quite have its measure until it's buffeting you to a standstill.

The race followed the cliff edge for a good mile or so before turning in land at Danes Dyke when suddenly things got a bit technical with the first descent of a twisting country park type stairway proving mental exercise enough and the immediate climb up the other side sapping what physical energy remained at that point. Sewerby has to win the award for the most *multi* multi-terrain course of the series as we then turned into a stretch of open road before being marshalled back across a field that was some fathoms below the water-shed and back for some dandling (sure-footedly it was to be hoped) along the cliff edge before being routed along a twisting wooded trail to throw even the best of us (not myself on this occasion) off the scent... and then back into the dips and torments of Danes Dyke and that last gasp effort for the final mile or more into the wind whose frontal assault was matched it seemed by some younger sibling's effort to blow sand into our faces too. Still how much sweeter was the refuelling in the pub afterwards as we gathered for the end of term revue and presentation for all the rigours of the run.

It's no good playing what ifs, you simply have to beat those present on the day, and, despite turning up in force both men and women narrowly missed out to strong Scarborough teams (by only 2 points in either case). Over the series of races as a whole though COH men were victorious though the ladies had to concede defeat to Scarborough by a 44 point deficit. BUT 35 of those points were ceded at Langdale End by not turning out a full team. SO after a few beers and/or mugs of tea and being buffeted to a standstill for a second time, this time by a variety of sandwiches and a scoopful of chips, the usual word of thanks to all those without whom etc... and then the prizes were handed out. From a purely COH point of view it was a bit like old times as Steve Rennie's table began to sag under the weight of silverware. However and forgive me if I miss anyone out, Adam Fozzard, Ian Hird, Richard Thompson, Steve Coveney, Nicky Moore and Clare Nicholson were also among the prizes.

So, fed and full of good cheer we tore ourselves away from the company but reluctantly and one small group or family at a time and only when we found ourselves out in the elements again, by now it was raining and sleeting and before long blizzarding snow (at least by the time I reached the Bransburton/Leven by-pass) did we spare a thought for those still out there not racing but training. Clare had decided that her lack of mileage going into London was best addressed at such a pretty location in spite of that angry zephyr and couldn't be persuaded into pie and chips before doing another '10', hence the apparently abandoned Corsa 'Twist' we began with and Nicky's other half, Richard, having dutifully supported was (and may still be, for all I know as I write, stuck in the snow drifts at Leven?) out there somewhere on his bike. AND with that charitable thought spared we took to our snug little vehicles and whisked ourselves back home to luxuriate in baths/showers eat some more of whatever we fancied (the hard work done) and to clear our diaries for next year.

---

**Massage Therapy & Exercise Prescription by Jo Morrow**

RSA, NABBA, IIHHT/IIST, BaBTec, FA Cert Management & Treatment in Sports Injuries  
4 The Old Barn, Barton upon Humber. Tel 01652 637029 or 07919 032380  
Sports Back Massage (1hour £30.00, 45 mins £25.00)  
Pre & Post Sports Massage (30 mins, £15.00), Personal Training (1 hour, £25.00)  
Full Body Relaxation Massage (1hour 30 mins, £35.00)  
City of Hull members receive a 10% discount off these prices

---

**Simply Running, 4 Albion House, Albion Street, Hull, 222169 [www.simplyrunning.biz](http://www.simplyrunning.biz)**

For all the multi-sport enthusiasts, we now stock the Zoot range of running & triathlon clothing (plus wetsuits). The women's tri-tops and tri-suits benefit from an integral support.  
They are also available in C.O.H. colours!!!

---

**Humber Runner, 229 Boothferry Road, Hessle, 647613, [www.humberrunner.co.uk](http://www.humberrunner.co.uk)**

---

**Start Fitness, 30 Butcher Row, Beverley, 861859, [www.startfitness.co.uk](http://www.startfitness.co.uk)**

Open 9.30am to 5.15pm Monday to Saturday for all your running needs

---

**City of Hull AC – Committee Members**

Ray Pearson, President. Steve Holmes, Secretary. Kevin McManus, Treasurer.  
Bob Dennison, Membership. Pete Taylor, Results. Dave Brooke, Champagne League.  
Derek Ricketts, Vets Captain. Bob Thompson, Men's Captain. Nicky Moore, Ladies Captain. Claire Nicholson, Ladies Vice-Captain. Chris Duffey. Paul Body. Fiona Robinson.

*To contribute to the next newsletter, please contact Steve Holmes, tel 353647 or [stevecoh@hotmail.com](mailto:stevecoh@hotmail.com)*