



CITY OF HULL AC

Supported by Start Fitness, Butcher Row, Beverley & Simply Running, Albion Street, Hull

NEWSLETTER AUGUST 2006

Training Sessions

Table with 3 columns: Day/Time, Location, and Session Name. Includes Monday 5.45pm (Playing fields Gorton Road), Tuesday 7.00pm (From Hallemprice Sports Centre), etc.

General Race Diary

Table with 4 columns: Date, Race Name, Time, and Location. Includes Sun 3 Sep (Major Stone 1/2 Marathon), Sat 9 Sep (Lincolnshire Wolds 10 Mile), etc.

Beverley AC - Team Relay Challenge - Wednesday 13th September 2006. Start 6.45pm

This year the relay challenge will be the same format as last year, with teams of 4 runners of mixed ability, all running 1 leg each of the Beverley Westwood 1 mile course.

From Humber to Clumber - Tania Crème

I have recently found out about the Clumber 10k; the course is described as "one of the most picturesque courses in the country". It is at Clumber Park, Worksop, Nottinghamshire, on Sunday 8th October at 10.00am.

East Yorkshire Cross Country League - Proposed Dates 2006/2007

Table with 4 columns: Race, Date, Venue, and Host Club. Includes Race 1 (Sun 22nd Oct, Bishop Wilton), Race 2 (Sun 12th Nov, Drewton Woods), etc.

Champagne League 2006 - Presentation Evening, Friday 15th September 2006, 8.00pm

The Champagne League presentation evening will again be held at Cottingham Golf Club and as in previous years we are committed to a minimum of 100 places.

THE PRINCESS GETS TO GRIPS WITH ELECTRONICAL GADGETS!

I felt it was about time I wrote another Princess story, as there are some new members of the club such as Prince de Bois, Prince Chef and Prince Alice who are totally unaware that one of the quieter runners, who keeps herself to herself, never tells childish jokes and would never dream of dressing up, also has an alter ego called Princess T.N.T. (Tania Nike Trainer).

So are you sitting comfortably? Then I can begin, and the truth be known the Princess hasn't been sitting comfortably since summer 2005, when she was as usual jogging along on a club run from that romantically named place Beverley Clump and behind her were three Princes who actually behave more like court jesters.

With her slim-line bum she steadily improved, she was lean and hungry, hungry for success. When one happy run Prince Impossible asked her what sort of watch she had, to which she replied "a pink one with a stop and a start and if I could have found one with Barbie on I would have."

So as I end my story, I will lower the drawbridge and step into the royal grounds where my royal cats are seeking the shade, one who thinks she is an elephant, and the other who thinks he's a dog but that story is for another day.

We all have a crown on our head, so run tall and strong and wear yours with pride!

THE END, Tania x

City of Hull AC Presentation Evening, Friday 27th October 2006, 8.00pm

This year we are organising a presentation evening at The Darleys pub on Boothferry Road, to present prizes to the winners of the following awards:

The Jubilee Cup Awarded to the athlete with the lowest aggregate score in the following 3 races: Reg Taylor Three Mile Handicap (Winter League), the Christmas Handicap and the Club Cross Country Championship, (which is incorporated in the East Riding Cross Country League).

The Gordon Trafford Memorial Trophy The best performance in the Ferryby 10.

The Alex Johnson Cross Country Championship Incorporated in the East Riding Cross Country League.

The Peter Taylor Ladies Cross Country Trophy.

The Marathon Trophy Awarded to the athlete recording the fastest time in ANY marathon.

The Fastest Time in the Reg Taylor Handicap.

The Fastest Time in the Christmas Handicap.

Men's one mile trophy.

Ladies' one mile trophy.

Men's 5000m trophy.

Men's 10,000m trophy.

Ladies' 10,000m trophy

Winter League 2005-2006 January, February, March winners and league overall winner

Sports Massage and Personnel Training - with Jo Morrow

I'd like to let you all know that I have started a business as a sports massage therapist with exercise prescription and I also provide relaxation massage and personnel training. If you would like any of the following treatments, which can help enhance your performance and prevent injury or break down scar tissue from past injury, then call me on mobile 07919 032380 or home 01652 637029.

Let's Celebrate Our Foundation by Robb Robinson

The 4th November 2007 will be the 125th anniversary of our club's first run. Back in 1882 the newly formed Hull Harriers appointed George Lidiard as captain and held their first run on Saturday 4th November 1882 from the Duke of Cumberland in North Ferryby, (the old Duke stood just in front of the present building and was demolished when its replacement was built in the 1920s).

I know that there are a few individuals who will tell you that the club has changed its name and been reconstituted on more than one occasion but that is the case with virtually all organisations of any age. Our lineage is extremely old - the first harrier club Thames hare and Hounds was only formed in 1869 and there were only a few clubs around when those ten runners started out on the first of those countless runs and started the camaraderie and competition that we continue to this day.

Ambleside Adventures by Robb Robinson

This year, 14 friends of City of Hull's boy's brigade descended on the Lakes in the fierce heat of a hot Wednesday in July for 4 days of cycling, running and, of course, the odd glass of beer.

The busy little town of Ambleside lies at the northern end of Lake Windermere, well placed for our subsequent forays. After an initial night spent sampling the local hostilities including the Royal Oak, The Unicorn and the inimitable Golden Rule, then a morning run up to the waterfall, we left Derek Pickering to walk round the Lakeland paths and set out on a route carefully charted by Dave Brooke.

Consternation reigned as we gathered in the hot sun amidst accumulating cars on the water's edge. Should we cycle round the southern end of the Lake, through Newby Bridge, or retreat to the Hale in the Wall in Bowness and reconsider our options? Opinions varied: several suggestions were forthcoming.

Yet the repairs seemed somewhat of a jury-rig: hydraulic fluid spilt onto the deck as we clanked our way across the lake. We reached the other side and disembarked, everyone apparently eager to tackle the road ahead. Onwards, upwards and upwards, seemingly ever upwards: through undulating stands of tall trees, mostly by way of a steep snaking road.

Hawkeshead at last in the hazy heat: the busy home village of Beatrix Potter, here most languished by the road's edge, amongst the tourists, consuming much needed ice creams; although a few hardy souls visited the outdoor clothing shop. At last we moved on, along what should have been the easiest stretch of the route but here disaster struck.

The next day, after an early morning run, we set off by car and van for Keswick where bikes were unloaded for a circular run around the outer hills of Skiddaw. At first we found ourselves in familiar territory, on part of the C to C route that several of us had traversed some 3 years before.

If you like proper pubs then this is as good a spot as you could wish for. Fine beer, brewed on site and excellent, yet modestly priced, food. The Crown has individuality and a welcome absence of that kind of corporate sterility that masquerades as an image or brand and corrodes the individual character of so many English pubs.

We lay for what seemed like long hours under the welcome shade of a tree on the broad market green whilst Alan Fowle, one of the more mechanically challenged members of the party, was taught to mend a puncture by the likes of Phil Groves.

Eventually, we restarted our trek, once more into the blistering heat. Had we been running, then the 2 long climbs we encountered on leaving the village could have been classified as brutally Buchanesque in character. As it was, Stuart and the rest of us strained every sinew for what seemed like 24 hours as we cycled to the summit, although Steve Bass demonstrated en-route just how much his hill-climbing fitness has improved since last year.

At the top we divided. Those claiming road rims or whatever, followed John Brooke and Phil Groves by 1 route whilst the rest of us went with Tony Paine by the true Reivers Route over the fells. Here, one really caught the essence of what it was all about: great mountains, green-grey open vistas, a vast blue sky. We struggled on, fighting hard to stay on our bikes, tyres constantly slipping off stones on the rubble strewn track, accompanied only by the odd curse, the occasional cry of an isolated bird or bleating from the ubiquitous sheep. Over a small stream, up a sharp rise, then downwards, suddenly, downwards: a sharpish, exhilarating descent by way of a twisting, grassy track that brought us back to trees, to the tarmac and reunion with the road riders. We flogged our bikes along a further stretch of road, with glimpses of Bassenthwaite Lake in the distance and then we were back in Keswick: around 36 or so miles all told.

Back at base, 7 men in each of 2 small rooms in the summer heat after a night on the beer is perhaps not a subject to dwell upon for too long but suffice to say that most seemed to sleep well enough amongst the assorted smells and snoring. And every morning there was the chance to run in the glorious Lakeland air before embarking on the rest of day's activities. Each evening there was time for both collective camaraderie and doing one's own thing: some read, some took the chance to watch more cycling - the Tour De France on satellite TV - whilst a few took an early opportunity for the contemplation of a quiet pint.

On Saturday, Phil Slater put his legendary negotiation skills to good effect when he secured a reduced party rate for our trip on 2 ferries to Lakeside by way of Bowness. We caught the steam train down to Newby Bridge where the anoraks, like me, were able to prognosticate on the history of the assorted rolling stock, take a pint from the vast range of real ale in the nearby pub or have a meal on the station. The final night, cheerful chat and a chance to chill once more around the delights of Ambleside, then the following day, after a last run, we headed home.

Thanks especially to Dave Brooke for his first class organisation and also to Pete Blowers for ferrying so many bikes. A great time was had by all.

The Squad: Mike Baggott (Kingston); Pete Blowers (CoH); Dave Brooke (CoH); John Brooke; Steve Bass; Stuart Buchan (Kingston); Alan Fowie (CoH); Phil Groves (CoH); Colin Langley (CoH); Kevin McManus (CoH); Tony Paine (EHH); Derek Pickering (EHH); Robb Robinson (CoH); Phil Slater (CoH);

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www.humberrunner.co.uk

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Customers can now benefit from the latest Dartfish digital gait analysis as used at the English Institute of Sport (EIS) High Performance Centres * Conditions apply

Call Andy or Sam on 01482 647613 to book an appointment

Simply Running, 4 Albion House, Albion Street, Hull, Tel: 01482 222169

SPECIAL OFFER - FORERUNNER 201

The Garmin forerunner is undoubtedly one of the best and most useful 'gadgets' for runners on the market today. With its many features such as continuously monitoring speed, distance and pace # 'Virtual' training partner # Autopause & Autolap # Re-charging unit # PC connectivity, makes this the ideal tool for all runners.

You can now take advantage of the special price of £95 (rrp £139.99) but only while stocks last

If you would like to contribute to the next newsletter, please contact Steve Holmes 'till the next time, Good Running to all