



CITY OF HULL AC

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

NEWSLETTER DECEMBER 2006

City of Hull AC - Christmas Handicap 4 Mile Race & Prize Presentation - Sun 17th Dec 11.00am

Hessle Foreshore to Ferryby and finish in Country Park. Registration will be in the Humber Bridge car park outside the café. As usual, the cost to race is a small Christmas wrapped gift to the value of £5, to be handed in as you register. Each of these will then be used as prizes and all runners should receive a prize. As last year, Helen and James Sampson have very kindly offered the use of their house (Southfield Road, Hessle) to hold the presentation to award the prizes for this event and refreshments will be provided.

London Marathon 2007 - Presentation of Club Places - Sun 17th Dec 12.30pm onwards

The presentation of the 4 club places that we have received will take place at the above venue, ie James and Helen Sampson's house. If you would like to be considered for one of these club places, please make sure that you give your marathon entry rejection slip/letter to Club Secretary Steve Holmes before 12 noon on the 17th December.

City of Hull AC v Beverley AC - Christmas Beverley Challenge - 4 Mile Race - Wed 27th Dec 11.00am

Hessle Foreshore to Ferryby and finish in Country Park. Registration will be in the Country Park pub car park, entry is free. Come along, the more the merrier.

City of Hull AC Training Sessions

Table with 3 columns: Day/Time, Location, and Session Name. Includes sessions like 'Humber Bridge top car park', 'From Haltemprice Sports Centre', 'Eloughton Dale top', etc.

East Yorkshire Cross Country League

Table with 3 columns: Race Number, Date, and Location. Includes races like 'Sun 10th Dec Langdale End', 'Sun 14th Jan North Dalton', etc.

Christmas Cross Country Training Runs - All Welcome

Table with 3 columns: Date/Time, Location, and Notes. Includes runs like 'Sun 17th Dec 11.00am CoH Christmas Handicap - see details above', 'Fri 22nd Dec 9.30am Welton - with after run tea and mince pies at Lucy's house', etc.

Handwritten notes: 29, 30, 31 with arrows pointing to specific dates in the training runs table.

General Race Diary

Table with 4 columns: Date, Race Name, Time, and Location. Includes 'Sun 21 Jan Brass Monkey 1/4 Marathon (CD 30/9) 10.00am York' and 'Sun 27 Jan CoH Ferryby 10 11.00am Skidby'.

Massage Therapy & Exercise Prescription by Jo Morrow

Table with 2 columns: Service and Price. Includes 'Sports Massage (1hour 10 mins) £25.00', 'Pre & Post Sports Massage (30 mins) £12.00', 'Full body Relaxation Massage (1hour 30 mins) £30.00', and 'Personal Training (1 hour) £25.00'.

City of Hull members receive a 10% discount off these prices.

Jo Morrow, 4 The Old Barn, Barton upon Humber, RSA, NABBA, IHHHT/IIST, BaBTec, FA Cert Management and Treatment in sports injuries. Tel 01652 637029 Mob 07919 032380

Humber Runner, 229 Boothferry Road, Hessle, tel 01482 647613 www.humberrunner.co.uk

Keep warm on those cold days with our extensive range of winter clothing.

New collections from: Gore Running Wear, Pearl Izumi, Ron Hill, Brooks Nightlife, New Balance, Mizuno, Puma and Asics.

SPECIAL OFFER

Montane Bionic Sportwool Long Sleeve T-Shirt 40% Merino, 60% Polyester, 100% Comfort

Sportwool combines the best properties of natural, comfortable, odour-resistant Australian Merino wool, with super high wicking knitted polyester.

Introductory price only £25.00 10% club discount

Simply Running, 4 Albion House, Albion Street, Hull, tel 01482 222169 www.simplyrunning.biz

Looking for the ideal running present for that special person in your life, or just something to treat yourself? There is something for everyone at Simply Running. Lightweight, windproof, breathable jackets and gilets. Fleece lined running tights. Hats, gloves and ear-warmers. Fluorescents of every description. Socks. Watches, Heart Rate Monitors and Garmin GPS. Books. Energy bars & drinks. And, of course, shoes (spikes, studs & road)

We at SIMPLY RUNNING would like to take this opportunity to wish all members of City of Hull, and their families a very Merry Christmas and a healthy, injury-free New Year.

Kevin, Melanie and Storm-Dominique Hayward

CoH Christmas Night Out - Friday 22nd December 2006

Same as last year, we are having a night out, meeting in the Pave, Princes Avenue, Hull at 7.00pm to 7.30pm. All club members and friends are welcome.

If you would like to contribute to the next newsletter, please contact Steve Holmes till the next time, Merry Christmas to you all!



City of Hull AC Winter League 2006/07 - A series of 6 x 3 mile handicapped races

There is a charge of £5.00 for this race series which all goes into the prize fund. All runners must be registered before 6.45pm and the races will start at 7.00pm. If you miss your start time, your running time will not be amended by the handicapper.

Table with 3 columns: Race Number, Date/Time, and Location. Includes '4 Tuesday 2nd Jan 2007 7.00pm Humber Bridge top car park', '5 Tuesday 6th Feb 2007 7.00pm Humber Bridge top car park', and '6 Tuesday 6th Mar 2007 7.00pm Humber Bridge top car park'.

City of Hull AC Ferryby 10, Sunday 27th January 2007

We still require lots of marshals and general helpers. If you would like to volunteer, please speak to Colin Langley.

London Marathon Trip - 21st April 2007

Yes it's THAT TIME again! Here are the details for the 2007 London Marathon trip.

Coach Travel - As in previous years the coach travel is provided by East Yorkshire coaches.

The Thistle Hotel, Marble Arch - We are returning to The Thistle at Marble Arch, which we all checked out last year. The hotel is on Bryanston Street, which runs along the back of Oxford Street. The nearest tube station is Marble Arch (Central Line). The hotel has a restaurant and coffee shop and pleasant bar area. Nearby of course, is the shopping on Oxford Street and across the road is Hyde Park to stretch your legs; reach the far side of the park for Harrods on Knightsbridge. There are several small eateries scattered nearby, the best area being Duke Street, which straddles Oxford Street.

Cost - The total cost; coach travel, overnight stay with continental breakfast is £82.00 per person. This includes the travel to the start of the marathon. A non refundable deposit of £50.00 will be required. For those supporters who need a 'Full English', you will have to arrange this after your arrival at the hotel; an extra fee will be required and added to your hotel bill - which must be settled before departure.

A booking will not be taken without a deposit. Last year we had more bookings than the number of coach seats, so please book early to avoid disappointment.

Cheques - should be made payable to 'City of Hull Running Club' and posted to 83 Kingston Road, Willerby, HU10 6AH.

Please contact Denise & Bob Thompson, tel 01482 656070, email tomo@derede.karoo.co.uk as soon as possible if you are interested.

Rudolf Romp 2nd December by Steve Holmes

There was a good turn out from City of Hull in this years 25 mile race / walk, although the weather was a bit dull and overcast when we set off from Brantingham just after 8.30am. Tania, Barry Buxton, Claire, Chris Dawson and myself had arranged to run together and just take a steady plod round and try to beat last years time of just over 5 hours. For me everything seemed to be going to plan as we reached our first cup of tea at North Cave, where we had our cards stamped and with mugs filled with hot tea and biscuits in hand we set off walking for a while whilst we consumed our refreshments. Now heading towards Hotham and Houghton Woods, it was at this point that faster runners setting off at 9.00am started to pass us, although Colin latched on to our little group and ran with us to the next checkpoint; due I think to a fear of getting lost in the Woods. At Sancton more tea, cake and even hotdogs were on offer, Barry going for the hotdog which he assured us was very tasty. Leaving Sancton for the long climb up to the 'self clip' at Arras Top, was where my lack of training miles started to show and so I said my goodbyes to the rest of the 'team' and started the long walk back to Brantingham. By now feeling cold and miserable and thinking it maybe time to call it a day for my running and find a more relaxing hobby but after a couple of miles the sun came out and made it a pleasant walk back. I finally finished in 5hr 43min; with Tania, Barry, Claire and Chris finishing in 4hr 40min. I would like to thank Glen Hood and the L.D.W.A for organising the race / walk, with the prize for this years best cup of tea going to the team at Sancton. I would also like to thank Tania, Barry, Claire and Chris for waiting for me at the finish, it was greatly appreciated!

Congratulations

We would like to congratulate Joanne Morrow and Steve Bray on their recent marriage.