



CITY OF HULL AC

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

NEWSLETTER - JANUARY 2006

CoH go to Europe!!! Budapest Half Marathon Trip

Would you like to take part in the Budapest Half Marathon on Sunday 3rd September 2006? Or just enjoy a weekend away enjoying the sites of this historic city? Then we need to know.

CoH are 'running' a trip to the race, details as follows –

Flight from Newcastle Airport Friday 1st September 16.30 arrive Budapest 20.10
Depart Budapest Monday 4th September at 20.40 arrive Newcastle 22.20

Accommodation 'The Budapest Hotel' in the city centre, 4 star accommodation, includes bed and breakfast.

Price for the trip will be £230.00 each.

This includes coach leaving from Costello Stadium at approximately 12 noon to airport and return; flights, hotel and taxi transfer to and from the hotel in Budapest.

It does not include personal insurance or entry into the half marathon, we'll leave that up to you. The details of the run can be found on www.budapestmarathon.com.

If you are interested, a non refundable deposit of £100.00 will be required (we have to pay for the flight and a deposit for the hotel) and payment is required by Friday 3 February.

The next payment will not be required until the spring/summer.

Please contact Bob & Denise Thompson, tel: 01482 656070 or email tomo@derede.karo.co.uk

London Marathon Trip 2006 - Urgent

Can you please make sure that all remaining balances for this year's London Marathon trip are paid to Bob or Denise before the end of January 2006.

Feriby 10, Sunday 29th January 2006

Thanks to all who volunteered to help with the organising of this race, everything now seems to be in place. Good luck to all club members who will be running on the day.

Training Sessions

Monday 5.45pm	Humber Bridge Top Car Park	Speed session
Tuesday 7.00pm	From Haltemprice Sports Centre	Club night
Thursday 9.15am	Elloughton Dale top	Pensioner's Plod
Thursday 6.00pm	From Haltemprice Sports Centre	Club Night
Saturday 8.30am	Wauldby Green, Raywell	3 to 5 mile cross country
Sunday 8.45am	Brantingham Dale, carpark half way down hill	Cross country

East Yorkshire Cross Country League 2005/06

Sun 12th February 2006, 11.00am	Welton Dale, Welton
Sun 12th March 2006, 11.00am	Sewerby, Bridlington

City of Hull AC - Winter League – A series of 3 mile handicapped races

All runners must be registered before 7.00pm as the races will start as near to 7.00pm as possible. If you miss your start time, your running time will not be amended by the handicapper.

Tuesday 14th Feb 2006	7.00pm	Humber Bridge top car park
Tuesday 14th Mar 2006	7.00pm	Humber Bridge top car park

General Race Diary

Sun 22nd Jan, 10.00am	Brass Monkey Half Marathon, York
Sun 29th Jan, 11.00am	Ferriby 10m, Skidby Mill, Cottingham
Sun 5th Feb, 8.30am	Dewsbury 10k, West Yorks
Sun 26th Feb, 11.00am	Snake Lane 10m, Pocklington
Sun 12th Mar,	East Hull 20m
Sun 12 th Mar, 10.30am	Grantham Half Marathon, Grantham, Lincs
Sun 19 th Mar, 11.30am	Louth 10m, Louth, Lincs

City of Hull AC – Christmas Handicap Race

Congratulations to Alex Heamshaw on winning this years Christmas Handicap Race. I would also like to thank Helen and James Sampson for their kind hospitality in hosting the after race presentation.

London Marathon 2006 - Club Places

This year we received 3 club places from London, of which 2 were awarded by the committee, after much thought, to Fiona Moore and Lucy Kahn and the third was drawn out of the hat, by Fiona's son Billy, and was won by Tracy Lishman. Commiserations to everyone else who put their name forward but did not receive a club place.

City of Hull AC v Beverley AC - Christmas Beverley Challenge - 4 mile race

On the coldest day for the last 10 years, with temperatures around the minus 7 degree centigrade mark, some 27 hardy runners participated for CoH but unfortunately Beverley had 30 runners; which enabled them to win by just over 200 points.

COH LADIES WIN AGAIN! (in the looks department!) - North Dalton EYXC Race

Sorry boys you might be out there in front with the points but the ladies will always win outright in the glamour stakes! What a turn out we had, it was great to see so many of our ladies battling it out across the North Dalton course. The team was boosted by the presence of Claire Swift & Alison Lingard and it was particularly good to see the return of Clare Nicholson; who, if she can master the art of the cool down run, will hopefully remain injury free. Our *Star lady* this time, with an incredible run to finish as 2nd counter for CoH ladies, has to be the Fairy Princess herself, yep Tania! It was more Feisty Princess than Fairy as Tania pulled out all the stops to fend off Scarborough's 3rd counter, well done Tania!

Finally I have to give a mention to Bob 'the Gazelle' Thompson, yes I know he's not a lady, despite those shapely legs but I have to thank him for dragging me round and being 'my hero'!

Well done ladies, remember the waterproof mascara for Welton and lets try and 'claw' some of those points back!!!
Becky (Tania's deputy, deputy, deputy, deputy)

MEN'S TEAM 145 POINTS AHEAD! - North Dalton EYXC Race 4 of 6

An amazing performance once again from both the mens and ladies teams, with a sea of purple vests running the course; well done to all who turned out for CoH, with notable performances from:

Stuart Camichael who has now joined the club, and although didn't count, won the race. Zack Welbourn had a superb run, finishing 3rd in a time of 32.35, just over 30 seconds behind the 1st counter. Wilf McSherry completed the course in 35.25 to act as the vital men's 6th counter. Trevor Misson managed to curb his suicidal 1st mile to run a more evenly paced race, much to his advantage; Trev's new technique finished him in 26th place. Mike Beadle looked strong at the end as he beat Driffeld Striders 6th counter. Amongst the ladies, Tania continues to improve, finishing 10th lady and 2nd counter. A battle between Lucy and Claire saw Miss Nicholson finish 3 seconds ahead of her teammate. Star performers this time were Zack and Tania.

So, to the next race, a local one, so no excuses! Sunday 12th February – Welton Dale – 11am.
See you at training, Colin.

♪(COH) Ladies Night - Oh What A Night♪

In the bleak mid winter, frosty winds did blow
And to 'The FairMaid' the COH ladies did go
The rain poured down, the wind did gust
We rushed to the bar, make it we must!

A cozy comer we did find
A raucous pub crawl now out of our mind
Girlie gossip we do the best
Now's the time to get things of our chest

Teenage tantrums started the list
How George Best would definitely be missed
Horse riding recommended to secure our pelvis
Plastic surgery at 50, who? would not dismiss

Christmas wouldn't be Christmas without 'Secret Santa'
The evening continued with COH banter
A mountain bike weekend with pedals brand new
Large rubber gloves to impersonate that 'cock a doodle do'

What outfit to wear on the next Christmas run
The Christmas fairy had already been done
The new licensing laws, we did the best we could
But left in time to prepare for Saturday morning mud

Now it's January, and Christmas is done
We've just completed the first Cross Country run
The New Year diet, our leggings too tight
With the Ferriby 10 and 'London' in sight

So if you feel you missed out on some interesting chatter
Join us in February for the next ladies natter
An evening at Hitchcocks we've decided to do
Whatever you're doing, your ladies night needs you!

Hope to see you on **Friday 3rd February, 8.00pm**, at 'Hitchcocks' the vegetarian restaurant down Bishop Lane in Hull. Please can you let Denise know as soon as possible in order for us to book our table. Tel: 01482 656070 / email tomo@derede.karoo.co.uk

A Few More CoH Definitions of Words or Phrases, by Steve C

A Cover of Coots	All those members who are challenged in the hair department (you know who you are)
Auld Kirk	Well-known handicap bandit
Buda-pest	Person promoting an international half marathon trip
Butter Cake	Acquired by some of those training for the Marathon. Recipe from Lucy (according to Tania)
Philippic	A discourse full of invective, particularly complaints about Ferriby 10 entries (surely not!)
Run in the Family	Will it be Toby, Tania or Tom who wins the Winter League?
St Valentine's Day Massacre	Fifth race of this year's Winter League (written before the race but <u>after</u> I set the handicaps!)
Speed-dating	Putting Monday at 17-45 each week in your new calendar (with thanks to Colin for explaining this to me)
Tracheotomy	What happened at Costello last Summer
2 hour Sunday Run	Anything from 2½ to 3 hours

Change of Address

Please notify Bob Dennison of any change of address, because the A.A. (Athletic Association) must be informed. So, don't delay – change today.

Pete Mason

Unfortunately during the last Winter League race, Pete sustained an injury, a broken bone in his foot. I'm sure all of us at CoH wish him a speedy recovery and hope to see him back for the Champagne League.



Simply Running, 4 Albion House, Albion Street, Hull (01482) 222169

If you would like to contribute to the next newsletter, please contact Steve Holmes

'till the next time, Good Running to all!