



**CITY OF HULL ATHLETIC CLUB**  
www.cityofhullac.co.uk

**NEWSLETTER – 13<sup>th</sup> JANUARY 2009** (previous edition 21.11.08)

CoH's Ferriby 10 Race Sunday 25<sup>th</sup> Jan 09, 11.00am

We still require several people to marshal at this event. If you would like to volunteer, please contact Steve Holmes (tel 353647 or 07815 000947) before Friday 23<sup>rd</sup> Jan.

City of Hull AC Winter League 2008 / 2009 – Humber Bridge Car Park, 7.00pm start

Tue 3<sup>rd</sup> February                      Tue 3<sup>rd</sup> March

Open to all CoH members, the first race is all off together and the other 5 are handicapped. After the first race runners names will be drawn for teams of 3 by Pete Taylor and there will be a prize for the winning team. To enter just turn up on the night and you will be given a number which should be used for all the races. Runners must register before 6.55pm for a 7.00pm start. If you miss your start time, the handicapper will not amend your running time. NOTE: From race number 3 (2 Dec) the route is being altered to make it safer for the runners. The bridge admin block path / route is being removed and a new start and finish will be introduced; on the bridge approach west pavement, north of Ferriby Road. Steve Holmes will give exact details on the night.

Yorkshire Vets Cross Country 14<sup>th</sup> Feb 09, 1.00pm & 1.30pm

This event will take place at York on the Knavesmire. Categories for ladies and men: are: V35+, V40+, V50+, V60+ and V70+.

Anyone who wishes to enter can e-mail me ([derekjricketts@yahoo.com](mailto:derekjricketts@yahoo.com)) I will then forward you <sup>EMail Details</sup> ~~you~~ <sup>with</sup>

East Yorkshire Cross Country League 2008 / 2009, 11.00am start

Sun 15<sup>th</sup> Feb                      Welton Dale, Welton                      Sun 8<sup>th</sup> Mar                      Sewerby, Bridlington

The EYCCCL is a free series of 6 cross-country races (each approx 6 miles) and comprises members of 8 local running clubs: CoH, Beverley, Bridlington, Driffield, Goole, Pocklington, Scarborough and Selby. To enter turn up on the day and you will be given a number, which should be used for all the races. You must wear the club colours to race.

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 | Haltemprice Sports Centre | Road Running – medium group        |
| Thu 6.30pm | contact Bob Thompson      | Road Running – faster group        |
| Fri 9.30am | Green Dragon, Welton      | Cross Country                      |
| Sun 8.45am | Brantingham Hill          | Cross Country                      |

London Marathon Trip – 25<sup>th</sup>/26<sup>th</sup> April 2009

Coach Travel – The coach will travel down to London on the morning of Saturday 25th April and will go straight to the Excel Centre for runners to pick up their numbers; it will then take everyone to the Hotel. The coach will take the runners down to the start of the race on Sunday as usual.

Hotel and Dining – This time we will be staying at the **Custom House Hotel**. We have arranged with the Hotel to have an evening meal on Saturday 25th and also a continental breakfast on the Sunday 26th. Both meals are included in the price.

The Total Cost - Which includes all of the above (plus, of course, hours of entertainment on the bus) is **£85 per person**, which is **non-refundable**. Please note that we cannot take a booking without full payment being made at the time of booking. To book a place, contact **Colin Langley** or **Zoe Spinks** on 01482 848926 or email [zed\\_81@hotmail.com](mailto:zed_81@hotmail.com). Cheques made payable to 'City of Hull Running Club' and posted to The Old Manse, 215 Hallgate, Cottingham HU16 4BB.

EYXCL Langdale Ltd 14<sup>th</sup> Dec by Stu Bucham

There are those who could write up a storm. Anyone might read it in their everyday voice. That they suppress the urge, the need, that they don't even recognise the potential they have, is perhaps beneficial not only to themselves but to the greater good of mankind. Too many damned writers. Meanwhile rank and length of service, you would think, ought to put certain Club dignitaries beyond the everyday bounds of ridicule... HOWEVER when Club Secretaries are in the field they should be warned not to wear their shorts inside out when the club's self-appointed gobsh@! is lurking nearby. At first he might have carried off his faux pas if only he'd made a hasty retreat and said he'd merely tucked t shirt into shorts etc but that he gamely stood there declaring all was exactly as it should be to the last or at least until Richard Thompson called his bluff, in a manner of speaking... the sight of said Secretary disappearing to the gents toilet with what looked from the rear like a full nappy was not a pretty one but you should have been there.

We'd started (that is myself, Kieran Blogg, Richard Thompson, Daniel Aldous and Steve Holmes) from Haltemprice in the hope that a few more would be travelling direct. We let Steve do the driving: a) because he was the only one who knew the way and b) because he needed more 'leg' room. The rain had ceased but Saturday's near constant heavy drizzle assured us of a wet welcome up at Scarborough. Afterwards the organising Club was free to admit that had the race come a day earlier they would have had to cancel though not a word of this was mentioned beforehand. The first sign that our feet wouldn't be dry for much longer came about a mile from Langdale itself where a dip in the road was completely flooded out; Steve slowed to a crawl which, apart from that dash to the loo, he happily sustained for the rest of the afternoon, always one for getting 'value for money' over the fleeting reward of a PB. So-and-anyways we arrived in good time to find the COH ranks thankfully swollen with fast lads and faster still alike. The ladies team in the end unfortunately consisted only of Clare Nicholson but then; Beverley, Driffield, and Selby also failed to turn out full ladies sides so with three races to go all is far from lost. The men's team proved just strong enough, given the reduced numbers throughout, to win on the day but again, Christmas out of the way, the men will likewise have to be on their mettle come the next race should they hope to maintain their small margin in the overall standing.

In another of those 'he must be joking' moments just before the start (after having already traipsed through waterlogged country trail for a good half mile and been corralled in a field for long enough to feel in certain danger of developing trench foot (if we'd have had any feeling left in our feet at that point that is) Stuart Backhouse of Scarborough AC announced that the river crossing this year (on yet another wholly different course) was only 'so' high but that a rope and two marshals in wet suits would be on hand in case anyone got into difficulty... yeah right. No YEAH RIGHT, believe it! SO we set off still buoyed by the Steve in reversible shorts incident and, so we thought, ready for anything.

Because the course followed the river along the bottom of the dale for the first three miles it was comparatively flat but that would not be true to the tale whose adventure was more in nature's trip hazards and the odd bottomless abyss masquerading as a mere puddle. Just about everyone fell at some point I think and I imagine that everyone like myself only discovered the minute cuts and grazes from the thorny undergrowth when they finally settled in their bath and wondered why their legs were stinging so much. For those of us with a short attention span and cartographically challenged anyway the climb 'halfway' through went on for far too long, forming as it did, not merely the stiff rise between two relatively flat sections but curving around and eating up the 'best' part of the return journey too. SO what did we have? A long way sprint along rutted and flooded trail where concentration was at a premium, then a deep, thigh-high/waist-high rope-clinging crossing of the river leading straight, soggy bums n inov8s, into a two mile or so climb weaving from side to side in vain hope of securing a decent foothold. All about seemed to be walking I for one, joined 'em.

And meanwhile, the Club's young-gun-tyro on this occasion, Kieran Blogg knew his brand new, bright yellow inov8s wouldn't remain that colour for long but he'd failed to connect the unremitting rainfall on Saturday with the need to carry a spare pair of shoes on Sunday (or any spare kit come to that). Not surprisingly I don't think he was tempted by the warmth of the Langdale facilities, a farmers muddy puddle alongside the finish area, although having taken a spectacular nosedive down the final precipitous descent he may just as well have dived in head first. Mr Holmes whose more stately arrival at the finish meant he was drier than most had to suffer the soaring temperature in his car on the way home as we others dried out. It wasn't until he nodded off a couple of times that any of us sensitive souls appreciated that his continual queries if we were warm enough in the back were anything more than his putative parental concern. Sorry Steve. And thanks Steve. Next EYXC League venue: 11.00am Sunday 4th January Thixendale.

EYXCL Thixendale, Sunday 4th Jan by Stu Buchan

Maybe the fact that the leading lady had *On Tour* printed across the back of her running vest was a sign but at least THICKDALE as those of us directionally-challenged individuals should have it renamed, was not in fact as muddy as its name suggests this year. Near freezing conditions in the early hours and not much rainfall for the past week or so, saw the going underfoot being quite firm and in fact those mapmatical wizards who arrived early enough to put a little thought into such matters chose to run in road shoes, the sense of which I only fully appreciated some way and a few stile clammers-up-and-over into the race, having been myself precisely one of those whose imprecision with ordnance survey co-ordinates saw me screeching to a cambered halt a few minutes before the start, having detoured through Fimber and Needley-Much-More-Fingerpost-Come-Pointly, 'half a mile' from the start/finish area needing to urinate more urgently than I needed to fuss with my footwear which I expected would be wet soon enough anyway. Be warned, with age ones bladder gets not weaker but willier and if an hour's disciplined restraint is keyed into your subconscious, say that of any ETA, then the lock gates will immediately spring a leak the minute the big hand hits twelve. Grit teeth as you will the least of an embarrassing predicament, whilst still indeed young enough, is the crazy person's dash for the nearest thing remotely representing decorum. Usually bold as brass attitude serves best. SO no one wore their shorts back to front this time not as far as I am aware and if anyone did let the side down, honourably, in the name of motivational self-ridicule, then I arrived too late to be party to it. Sorry if what follows is a little dry.

Suffice to say it is a lovely little spot nestled away at the end of a long windy road that leads to its pub door, a road that seems unlikely to the newcomer...but being single tack after the first couple of miles it ain't worth turning back, having started this freefall to the bottom of some valley somewhere you're committed, thankfully you round that final bend and runners, all colour shape and size after their festivities, come into view. SO I personally de-Daewood and made good my discomfort then zipped back to the car as everyone else finished up their morning's networking for replacement partners for the Wheeldale Tandem next weekend. I only got to the start with time to nervously pull my socks up the once were I normally like to pull them up three times at least. Even the beginners knew what to expect with that first climb sorting the men and women out from the boys and girls AND its not all about the charging off...and of course many of us finding ourselves atop the first and even the second subsidiary climb soon afterwards, ahead of the mass field, swiftly found ourselves on the long drift backwards as the more cautious/more experienced paced their effort better.

Talking to Neil Ridsdale of the home club Driffild shortly afterwards he noted that the change to the course these last couple of years was specifically designed to make it a more technical challenge which is where he as a true countryside aficionado had hoped to pick up points. Apart from the initial 400 metre surge up the road I think I'm right in saying that the rest of the course was genuine cross country, although as I've already said the going underfoot was hard this year. It is I guess basically a loop, of a little over six mile it was generally felt (and Garmins seemed to prove it) with a long steep climb at the very start, with a few less severe ups and downs twists and turns, till the last mile or so when...through a skirt of gorse/hawthorn/sweetbrier...whatever...suffice to say it cut your legs to shreds and was unavoidable...and down a twisting, angled bank before the final breakneck descent onto the playing field where clumps of runners awaited each fresh arrival with a hack spitting coughers chorus...Or was that only me?

There was a much better turn out, now that the heaviest of family commitments (shopping/boozing) over Xmas were over from all the competing clubs compared to Langdale End. City of Hull notably turned out a ladies team and with Elaine Storey finishing 3rd overall ably supported by comeback queen Rebecca Fielding-Smith and ever-present vice-captain Clare Nicholson only narrowly missed out on first team on count back whilst actually scoring the same number of points as Scarborough on the day and Scarborough's overall lead is there to be shot at. COH men meanwhile, if not strengthened exactly, had the usual strong dependable tired faces sufficiently to the fore with Steve Rennie finishing 3rd also and ably supported by Richard Thompson, Ian Hird, Stu Buchan, Zack Welbourn and Colin Langley as the six counters. COH men finished second, similarly behind Scarborough, though we continue to hang onto first overall though Scarborough are closing in fast. Many more made the journey and enjoyed the run/day out, Tim and Sue's tea and biscuits the regulation life-savers as we cooled down to a shivering masse, before wending our way vaguely (some of us) south again. Travelling support was found in Dave and Carol Brooke... rumoured sightings of the Great Bald Utterly Butterly Bird out on a few turkey trots are not being quashed, so be warned you vets of a certain age. AND a note to the more inebriate of you out there; speaking to the ex-COH now Goole Viking contingent as personified by Mike Baggott, he pointed out that the landlord of the local hostelry was most welcoming and would be more than pleased to sell his

rejuvenating liquids to any number of muddy-ish hordes that descend finally on their tucked-away little gem...so next year remember to bring your left-over xmas-drink gift vouchers with you. The next race is at **Welton Dale, February the 15<sup>th</sup>**. Plenty going on between now and then I know, but whilst Goole are the organising club, it's more properly our stomping ground so let's make sure we take a hold of both team competitions with our best turn out yet.

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

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**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

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

January Sale Now On

30% off a wide range of clothing from Mizuno, New Balance, Montane, Pearl Izumi, Gore and more  
eg Gore Ladies Instinct Tight Was £50.00 NOW ONLY £35.00

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

We at SIMPLY RUNNING would like to take this opportunity to wish all members of City of Hull, and their families a healthy, injury-free and rewarding 2009. For those that are starting to put the miles in for 'London', we have some big discounts on selected Asics & Brooks shoes, whilst stocks last.

We are now stocking the Newton Running Shoes. Please ring for further information about these innovative running shoes or visit their website - [www.newtonrunning.com](http://www.newtonrunning.com). Both Melanie and I have sampled them and have been very impressed.

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City of Hull AC – Committee Members

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

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