

CITY OF HULL AC



Supported by

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

NEWSLETTER – JULY 2005

Subscriptions 2005

Just a reminder that subs are now overdue, as from 1st April 2005. These can be paid to Bob Denison or any committee member

Training Sessions

Monday 5.45pm	Haltemprice Sports Centre, Field Opposite	Speed session
Tuesday 7.00pm	From Haltemprice Sports Centre	Club night
Thursday 9.15am	Elloughton Dale top	Pensioner's Plod
Thursday 6.00pm	Wauldby Green, Raywell	Club night
Saturday 8.30am	Wauldby Green, Raywell	3 to 5 mile cross country
Sunday 8.45am	Beverley Clump, top South Cave Hill	Cross country

CoH Champagne League 2005

28 Jun	7.15pm	Lockington, 4.0 miles
12 Jul	7.15pm	Humber Foreshore, 4.0 miles

CoH - Track Championship

21 Sep	7.00pm	1 mile, Costello Track
28 Sep	7.00pm	5000m, Costello Track
5 Oct	7.00pm	10000m, Costello Track

CoH Winter League – A series of 3 mile handicapped runs

18 Oct 7.00pm Humber Bridge top car park
followed by: 8 Nov, 13 Dec, 10 Jan, 14 Feb, 14 Mar

Race Diary

Sun 3 Jul	Mansfield Half Marathon	10.00am
Sat 23 Jul	Yorkshire Wolds Half Marathon, Bishop Wilton	10.00am

Champagne League Presentation Evening, Cottingham Golf Club

The above event takes place on Friday 16th September at 8.00pm, at Cottingham Golf Club. If you wish to attend, which I hope you do, it would help me greatly if you could fill in the form we have handed out at the last 2 races and send it to me with your cheque or cash as soon as possible. If you haven't got a form, just put a note in an envelope with correct amount and send it to me at, 4 Woodlands Road, Hull, HU5 5EF. Please make cheques payable to: D. Brooke C/L Account. Tickets are £10 per person and include a first class buffet.

City of Hull Humber Bridge 10K – Sunday 5th June 2005

On behalf of the Humber Bridge 10k organising committee, I would like to thank all members, families and friends who helped out at this year's event. Despite the rain everything went well and the Fun Run numbers were up on last year; with the main 10k race numbers remaining about the same as last year

Humber Bridge Half Marathon

A big well done to all our runners who completed the Humber Bridge Half Marathon, with temperatures well into the 30's taking its toll on many runners. However, when the going got tough our ladies stepped up for the challenge, with Lucy Chan finishing first vet 35, Tania Cream finishing first vet 40 and Lucy, Tania and Avril Wilson winning the first ladies team prize

Club Jackets

We are just about to purchase, in conjunction with Simply Running, a high quality running, windstopper, showerproof jacket with the City of Hull AC logo on. There will be all sizes, ladies fit as well as men's fit, and you can have any colour as long as it's black! These jackets normally retail at £70 - £75 but with a generous discount from Simply Running and subsidy from our club the cost will be only £35 each. If you are interested in purchasing one of these jackets please contact Carol Ingleston, who will have a sample jacket at the last Champagne League race where orders can be taken.

Training Log

We have just purchased 30 training logs and these are for sale to all members, on a first come, first served basis, price £2 each. If you require one, please see Steve Holmes.

Swaggo's and Mild Steel Posts by Pete Blowers.

It was with great disappointment whilst running on Sunday morning with the club, that I learnt so few runners understand the basics of aerial erection. I would like to use this opportunity to point out the following:

1. AX48's are far superior to Swaggo's. Swaggo's cannot pick up all frequencies.
2. Mild steel posts are a cheap alternative to their galvanised counterparts. Mild steel can and does bend. The next time we run around South Cave I will point out 2 houses on the main road that have these inferior mounting systems. Up until recently, there was 1 at number 48 but I was most relieved to see last week that it had been replaced.

So, there we have it. If you need a new aerial the best combination is AX48 with a galvanised post. In the next newsletter we shall be discussing different types of cable, and in August I will be writing about types of cable clip. Some in the club call me grumpy, but you can never call me boring.

Persistence Of Vision

Perhaps if I were less vain or more observant, I might not have **F**orked out for the overpriced, *official* finishing photo of this year's London Marathon. As it was I'd bought a nice new frame and hung it proud**L**y on the wall of the front parlour, long before I noticed its hidden subtext. I have to say, in my defence, that it was a *better* picture than previous years, as I lo**O**ked quite fresh and not the usual bedraggled, draggethrougha-hedgebackward, blotched skinned, slaving wreck. But then suddenly one day after weeks of sly, admiring glances, I saw that I was holding up my finisher's medal, as directed by the man from ACTION PHOTO UK, so as to obscure most of the last two letters of the FLORA logo emblazoned across the top of my running number. The 'A' had gone altogether and the foot of the 'R' has also been amputated, leaving it telling, as a **P**.

"The important thing is not to win but to extract the urine out of those that do"

Pierre Fredy.

University of Hull - Research Project - Volunteers Wanted

We have been approached by Adrian Midgley of the University of Hull, who is conducting a research project. He requires male competitive distance runners, aged between 25 and 45 years, non smoker, free from any chronic disease including asthma or injury, with experience of treadmill running. Volunteers will need to attend for tests etc. If you are interested, I have an application form, or you can contact Adrian Midgley, on 01482 466047, or email A.W.Midgley@hull.ac.uk or his home number is 01482 214691.



Simply Running, 4 Albion House, Albion Street, Hull HU1 3TD. Tel 222169

KOLD BLUE BANDAGE

The 'Kold Blue' bandage is a superb and innovative method of First Aid treatment. When, at a race, at the track or on an 'away' training session, that sprained ankle or pulled muscle needs treatment rather than search for the elusive bag of frozen peas, instead take the bandage from your bag and apply it to the relevant area for instant relief. The bandage is kept in the fridge and NOT the freezer, and will stay cold for at least 8 or 9 hours. If you would like more information or a demonstration please feel free to call in and see me.

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

'till the next time, good running to all!