

CITY OF HULL AC



NEWSLETTER JUNE 2004

Winter League Presentation Night/Run, by Steve Holmes

It is our intention to hold a presentation night/run for the Winter League series. The venue will be the Pipe & Glass pub, South Dalton on Tuesday 27th July 2004. The run will start at 7.00pm prompt, covering 5 miles, following by a presentation in the pub at approximately 8.15pm. A buffet will be provided free of charge. We also intend to invite people who have helped out during the Champagne League and the Humber Bridge 10k to join us. All club members welcome, no invitation needed, just turn up!

Track Championship, by Steve Holmes

This year's track championship will be held at Costello. The mile on Wednesday 22nd September; the 5000 metres on Wednesday 29th September and the 10000 metres on Wednesday 6th October. All start times will be 7.00pm, all members are welcome but please note that only 1 number will be issued for all 3 races, don't forget to bring it with you!

Training Sessions

Monday 5.45pm	Field next to Haltemprice Sports Centre	Speed session
Tuesday 6.45pm	Haltemprice Sports Centre	Club night
Thursday 6.00pm	Wauldby Green, Raywell	Club night
Saturday 8.30am	Wauldby Green, Raywell	3 or 5 miles plus hill session
Sunday 8.45am	Beverley Clump, South Cave Hill	Cross country

A few members have enquired about track training sessions and after enquires have been made, Friday evenings are available between 4.00pm and 6.00pm, at Costello. If interested, please contact Colin or Rebecca on 01482 848926.

Race Diary

Sun 27 Jun	Humber Bridge Half Marathon	Hessle 11.00am
Sun 18 Jul	Pudsey 10k	Pudsey 10.45am
Fri 23 Jul	Walkington 10k	Walkington 7.30pm
Sat 24 Jul	Bishop Wilton Half Marathon	Bishop Wilton 10.00am
Sun 8 Aug	Elloughton 10k	Elloughton
Sun 12 Sep	Ryedale 10 mile	Malton, N Yorkshire 10.30am
Sun 17 Oct	Bridlington Half Marathon	Bridlington

Champagne League Fixtures

Tue 29 Jun	Lockington 4.0 miles	Village Hall 7.15pm
Tue 13 Jul	Humber Foreshore 4.0 miles	Country Park Inn 7.15pm

Annual General Meeting by Steve Holmes

This year's AGM was held on 30th April 2004 at Haltemprice Sports Centre and was well attended, chaired by Rob Robinson. Steve Holmes gave a report on how he felt the year had gone. Kevin McManus reported on the healthy state of the finances. Colin Langley gave the Club Captain's report and Tania Cream gave the Ladies Captain's report (see below). The meeting was closed at 8.45pm.

Ladies Captain's Report by Tania Cream

The ladies section is steadily increasing in numbers, this is partly due to our reputation as a friendly, fun, talented and caring club. I would like to pay a compliment to the men's section, who look after us all very well indeed, ensuring that on training runs we are all safe and no one is left on their own.

The ladies have had plenty of successes throughout the year; here are a few of them:

We had teams at the Northern Vets Cross Country Championships, National Relay Events at Birmingham and Bradford. The Champagne League was a great success for our ladies, with Rebecca, Helen and Jeannie amongst the prize winners. We also got a City of Hull name on the Peter Taylor trophy. On to the track for the mile, 5k and 10k, which wasn't very well attended, which gave me an opportunity to scoop a couple of prizes. Hopefully more ladies will have a go this year. Denise had a fantastic Winter League and won the handicap convincingly. A number of us entered the Ferriby 10; Rebecca, Helen, Tania, Denise and Dawn, with prizes being won and personal bests being beaten. And, if that's not enough, we had strength left to run at the East Yorkshire Cross Country League, with Rebecca coming 2nd, Helen coming 8th and the ladies team 3rd overall the races. *One of our younger runners, Sara Davies, completed in the National Schoolgirls Cross Country Championships at Maidstone.*

It is very impressive that our ladies run at all distances from the mile up and as I am the Ladies Captain, I thought I should lead by example and so took on the challenge of the London Marathon. Since completing it a number of the ladies have sounded quite interested in taking part next year, so I hope we will have more ladies in the London Marathon next year.

I would like to take this opportunity to share something Pete Jarvis said to me when I was quite new to the club and was concerned that I was slow and could possibly come last in a race. He told me that the people who lose are the people who don't even take part at all. These words spurred me on to continue and get where I am now. And to finish, I think we are in for a very exciting year with fresh talent emerging and our ladies striving to achieve their personal goals.

London Marathon by Tania Crème

YES I'VE DONE IT! The Flora London Marathon, as if any of you thought I wouldn't! I would like to say that the response to my request for sponsorship was amazing, and I raised a total of £655.40 for the Alzheimer's Society. If anyone still wishes to honour their outstanding pledges, then I can still send it off to them. Thank you to all who helped. Tania x.

Humber Bridge 10k, by Steve Holmes

It took a lot of hard work to organise this event, but after the successful day we had, it was well worth all our efforts. We received 406 entries for the 10k and 102 for the fun run; our ladies on the late entry desk, Linda, Joanna, Rachel and Carole processed over 200 10k and fun run entries on the day, taking over £700. Dave Brooks would like to thank all marshals who supported all the runners on the fun run and the 10k. We have had a lot of feedback, all saying how friendly, and willing to give encouragement, all our marshals were. Gordon Jibson would like to thank all the finishing crew who processed all finishers with such efficiency. We would also like to thank Hanna and Claire for handing out the medals with such enthusiasm and big smiles. Thank you also to Jeanie and Anna on the finishing water station; Clive and Liz, Toby and Tom on the half way water station; Claire and Lucy on the first aid station (sorry for putting you through all that) and last but not least, thank you to Hessele Rugby Union club for a warm welcome and a great day.

Sadly one runner, Steve Morris, was taken ill at the finish line and had to be taken to hospital suffering from a heart attack. Everyone from City of Hull wishes Steve a speedy recovery.

Humber Bridge 10k, by Christine Hemingway

Just a short note to congratulate and thank the organisers and marshals, for a splendid day at the first City of Hull, Humber Bridge 10k. The setting was great and the marshals did a notably fine job. I was particularly pleased to see Rebecca and Colin marshalling on the west leg of the bridge coming back again, but did wonder where runners were expected to go wrong at this point – over the edge!? (I was tempted, it was a hot day) oh, and would someone please give Glen Hood a drugs test, I just can't catch him!

Future Newsletters

If anyone has any items they would like to put in future newsletters, please contact Steve Holmes.

Club Kit by Pete Kirk

To enable me to complete the sale of kit, which was passed onto me by Margaret Brookes when the old Track and Field section wound up, I need to dispose of the following, all at knock-down prices! You will notice that most of it is suitable for children, so come on, purchase something for your son, daughter, grandson, or granddaughter! If anything takes your fancy, you can contact me on 01482 647911.

Item	Make	Size	No	Remarks	Price
Vest	Ron Hill	X/S	5	Boy	£3
Vest	Ron Hill	S	2	Male	£3
Vest	Wasp	30"	2	Girl stretch fabric	£1
Shorts	Ron Hill	X/S	5	Boy	£3
Shorts	Ron Hill	S	3	Male	£3
Shorts	Viga	22/24"	11	Boy	£3
Shorts	Viga	S	7	Male	£3
Shorts	Viga	X/L	1	Male	£3
T shirt white sort sleeved		X/L	6	CofH logo on front National Junior Athletic League Div Champs Logo on back	Free

(Size code: X/S extra small S small M medium L large X/L extra large)

City of Hull Christmas Party, Tania Creme

Don't miss the coolest party of the year! Venue the Triton Inn, Brantingham, Saturday 11th December. Cost approx £23 per person, club members will be subsidised. So, if you want to tempt your taste buds with some mouth watering food, jive with the hottest chicks and grooviest guys, shake your bootie, have some fun, oh yeah, I nearly forgot and get in the festive spirit or drink some festive spirit! Then fill in the slip below and give to your very own Mother Christmas with a non refundable deposit of £5.00 per person by the end of August. We only have 66 places and they are going fast, so don't miss out, do the right thing!

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NAME _____

NUMBER OF TICKETS _____ NUMBER OF CLUB MEMBERS _____

TEL NUMBER _____

To Tania, tel 01482 667503 before the end of August. HO! HO! HO! You never know who will drop in!

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Till the next time – good running to all!