

## CITY OF HULL AC



### NEWSLETTER MARCH 2004

#### HUMBER BRIDGE 10K RACE – being organised by City of Hull AC

As some of you may be aware, we were contacted by Doug Taylor, the previous organiser of the Humber Bridge 10k, to see if as a club we would be interested in taking over this race. After meetings with the bridge board and Hessle rugby union club, the offer was accepted. The last time this race took place, over 800 runners took part. We expect to be equally successful, and in addition to the 10k race we are organising a fun run of 2.5k and so are now appealing for volunteers for marshals, time keepers and water station servers. If you feel you can help, please contact: Dave Brook for marshalling. Gordon Jibson for timekeeping and recording. Steve Holmes for water station, late entry desk and general other duties.

Previously this event has been regarded as a charity fundraising run, and after consultation with the Bridge Master and Hessle Rugby Union Club; we have decided that Dove House Hospice will be the main benefactor and we will also be supporting a rugby union development programme. We want to see as many City of Hull AC members running in this race as possibly but if we do not get the help required, we may have to restrict our members running and request that they assist.

#### Annual General Meeting

This year's AGM will take place on Friday ~~28~~<sup>30</sup> April at Haltemprice Sports Centre at 8.00pm. If you are unable to attend and would like to ask a question, please put this in writing and forward to Steve Holmes.

#### Training Sessions

Monday 5.45pm until 22 <sup>nd</sup> March	Humber Bridge car park	Speed session
Monday 5.45pm from 29 <sup>th</sup> March	Field next to Haltemprice Sports Centre	Speed session
Tuesday 6.45pm	Haltemprice Sports Centre	Club night
Thursday 6.15pm	Haltemprice Sports Centre	Club night
Saturday 8.30am	Wauldby Green	3 or 5 miles plus hill session
Sunday 8.45am until 21 <sup>st</sup> March	Brantingham Hill, meet halfway down	Cross country
Sunday 8.45am from 28 <sup>th</sup> March	Beverley Clump, South Cave Hill	Cross Country

#### Race Diary

Tue 23 Mar	6 <sup>th</sup> Winter League 3 mile	Humber Bridge 7.00pm
Sun 28 Mar	Louth 10 mile	Louth, Lincs 11.30am
Sun 28 Mar	Ackworth Half Marathon	Ackworth, Pontefract 10.30am
Sun 4 Apr	Lincoln 10k	Lincoln 10.30am
Sun 9 May	Race for Life 5k - ladies only	Hull City Centre 11.00am
Sun 16 May	Beverley 10k	Beverley 11.15am
Sun 16 May	Leeds Half Marathon	Leeds 10.00am
Sat 22 May	Road Relay Champs - various	Sutton Park Birmingham 11.00am
Sun 23 May	Mucky Duck 8½ mile	Driffield 11.00am
Sun 6 Jun	Humber Bridge 10k	Hessle 11.00am
Sun 6 Jun	Thirsk 10 mile	Thirsk, N Yorkshire 2.00pm
Sun 27 Jun	Humber Bridge Half Marathon	Hessle 11.00am

### Champagne League 2004

A reminder to all City of Hull AC runners who are intending to participate in this year's Champagne League, that entries MUST be received by Pete Jarvis, no later than Thursday 25<sup>th</sup> March 2004. There are defiantly NO entries on the night.

### Champagne League Fixtures

Tue 30 Mar	Humber Foreshore 4.0 miles	Country Park Inn 7.15pm
Tue 6 Apr	North Cave 4.0 miles	Hotham Park Gates 7.15pm
Tue 13 Apr	Sancton 3.7 miles	Village Green 7.15pm
Tue 24 Apr	Beverley Westwood 3.7 miles	Newbald Road 7.15pm
Tue 4 May	Brantingham Chase 4.0 miles	Village Pond 7.15pm
Tue 18 May	South Dalton 5.1 miles	Pipe & Glass Inn 7.15pm
Tue 1 Jun	Kiplingcotes 6.25 miles	Grannie's Attic 7.15pm
Tue 15 Jun	Wauldby Green 8.4 miles	Raywell 7.15pm
Tue 29 Jun	Lockington 4.0 miles	Village Hall 7.15pm
Tue 13 Jul	Humber Foreshore 4.0 miles	Country Park Inn 7.15pm

### Ladies Race for Life, Hull City Centre

We have received a request from the Race for Life organisers asking for volunteers to hand out medals and water at the finish, from 10.00am-12.00pm on Sunday 9<sup>th</sup> May. If you are interested, please contact Jill Campbell on 0191 5193827 or 07881 812173, or email: [jill.campbell@cancer.org.uk](mailto:jill.campbell@cancer.org.uk)

### Start Fitness, Butcher Row, Beverley

The winner of the monthly drawer for February was Christine Hemingway.

### Arthur Mendick

Arthur recently visited New Zealand, where he unfortunately contracted legionnaires disease and pneumonia and had to spend a considerably amount of time in hospital. He has now recovered enough to be allowed home and is making steady progress to a full recovery. We wish him well.

### Bridgeside Chiropody & Reflexology Practice, 11 Heads Lane, Hessle

One of our new members, Jackie Spicer, would like to offer a discount on chiropody treatments to all City of Hull club members. If you are interested, Jackie can be contacted on tel 01482 643462.

### The Princess and the PB by Steve Coveny

I was very honoured when the Princess said I might accompany her on the Snake Lane 10, provided I could keep up. Having braved the blizzard at the start I wasn't quite so sure, but we battled on to Bishop Wilton where the sun shone, the course was downhill and all was well with the world. Approaching the 7 mile mark I went through a bad patch and the Princess (who was running well) became restive. She informed me that she needed to get to the finish as soon as possible as the public would be wanting to cheer her in; Sir Peter Charming (who was far in front) would be getting cold waiting for us and anyway, noblesse oblige. At the Princess's words I must have looked sad because she took pity and told me the following tale which the name of the race had reminded her of.

Once upon a time Sir Peter Charming and Sir David Rivulet set off on a warm summer's day from Beverley Clump. They ran down Comber Dale, along the old railway and up East Dale. At the top of East Dale, as they came out of the trees, Sir David kicked a large flat stone and an adder, which had been sunbathing on top of it, reared up and bit Sir David on the right buttock. Sir Peter at once took charge, had Sir David lie down, made sure he was comfortable and then ran off for help. Sir Peter sprinted back down East Dale, raced up Comber Dale hurdling the stiles and arrived back at Beverley Clump in record time where he found the Baron Jarvis. He quickly panted out his story to the Baron who told him that the only thing to do with snakebites was to place your mouth against the bitten skin and suck out all the poison, then spit it out. Sir Peter waited no longer and was off like the wind back down Comber Dale and up East Dale to the spot where Sir David lay.

"I saw Jarvo" Sir Peter panted.

"What did he say?" pleased Sir David, "What did he say?"

"He said" said Sir Peter, "He said...you're going to die!"

By the time the Princess had told me this I felt much better and was able to run all the way to the finish where the Princess was clocked at 76:59 – a new PB for her. The above is a fairy tale. The experts say many fair tales are based on a folk memory of an actual event and so it is with this one. So congratulations to Tania for her new PB.

Till the next time – good running to all!

Annual Subscriptions

Annual subscriptions for the year 2004/05 become payable on 1 April 2004. The rate for this year is £10.00 for adults and £5.00 for juniors and those in full-time education. It would be appreciated if these subscriptions could be paid as soon as possible to save the Subscription Secretary the job of chasing up late-payers. Please complete the following form to confirm your personal details and forward, with your payment, to Bob Dennison, 19 Kingsley Drive, Willerby HU10 6BX.

If you do not intend to renew your membership you must send in an official letter of resignation to Club Secretary, Steve Holmes, 55 Woldcarr Road, Hull HU3 6TR.

.....  
Tear off slip

I enclose my City of Hull AC Subscriptions for the year 2004/05

Adult: £10.00 Junior & Full-time Education: £5.00 (Delete as appropriate)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone No. \_\_\_\_\_

E-mail address \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_