

CITY OF HULL ATHLETIC CLUB

www.cityofhullac.co.uk

NEWSLETTER – May 2009 (previous edition 16.4.09)

THE CITY OF HULL ANNUAL GENERAL MEETING held on the 31st of May upstairs at Haltemprice Sports Centre saw a reasonable mix of runners old and young raise some of the age old questions but also some of the real issues that affect you and your Club's future. We could say nothing much changes but then nothing ever does without the will to change be it that of the masses or of a few individuals. Topics mooted for further discussion included:

- How do we attract younger members (& perhaps it was suggested we should be targeting those in their early twenties rather than developing a specific youth policy)
- Would the time now be a ripe for a move back to Costello as a base for Club nights at least (Costello it was felt by the proposer had always been the right and proper home of COH)
- The need for greater channels of communication within the Club especially so that new(er) members could keep abreast of events and it was felt the website was perhaps the best place to meet this need.
- The state of Club finances (once again very healthy) raise the question of what we could/should be doing with the money rather than simply sitting on it/saving it for a rainy day...

These and many of those other issues festering away at the back of our minds are not decided at a stroke and certainly not on someone's, individual whim but are subject to ongoing discussion. You know who your Committee Members are. If you have strong feelings about something, let them know. Better still join the committee and work towards improving your Club.

There was some movement among Club personnel; Bob Thompson (after taking up the Captaincy to fill the gap made when John Smith's work took him to foreign parts) stepped down and having stressed that the role was really too much for one man Dave Oliver and Adam Fozzard agreed to act in concord as captain and vice captain respectively. Dave Brooke after the past few years' sterling work at the helm of the Champagne League decided to stand down and the position remains vacant whilst the committee discusses at greater length how best to manage the League in the future. Dave remains an active committee member. Paul Body outgoing. Steve Voase newly elected. Bob and Steve Cunningham proposing to liaise with Pete Taylor and Paul Body with regard to uploading and keeping current any information on numbers travelling to races and proposed Club events etc.

A small change not spoken of at the AGM nor taken at committee level but on the following Sunday morning's pack run which you have probably noticed is that your user friendly NEWSLtr is now in hands other than your Club Secretary's. Steve/Carole were glad to have one less string to their City of Hull bow and I had a keyboard idling away. As ever contributions are gladly received so dust off those similes and those metaphors... and don't forget those amerphors. (What's an amerphor?) – For knocking in nails, daft lad/lass.

City of Hull AC – Committee Members

Ray Peirson, President. Steve Holmes, Secretary. Kevin McManus, Treasurer. Bob Dennison, Membership Secretary. Pete Taylor, Results. Derek Ricketts, Vets Captain. Dave Oliver, Men's Captain, Adam Fozzard Vice-Captain. Nicky Moore, Ladies Captain, Clare Nicholson, Vice-Captain. Steve Wilcox, Kit. Dave Brooke, Steve Voase, Chris Duffey, Fiona Robinson.

CLUB SUBSCRIPTIONS are now due. Cheques for the princely sum of £12 (including free membership for spouses as usual) should be made payable to City of Hull AC and sent to: Bob Dennison, Club Membership Secretary, 19 Kingsley Drive, Willerby, Hull. HU10 6BX

City of Hull Flora London Marathon 2009 Results

position	pl.age	no.	name	age	club	time
997	605	24732	THOMPSON, RICHARD A	M18	CITY OF HULL	3:01:07
1180	698	9519	BLOGG, KIERAN	M18	CITY OF HULL	3:04:32
1553	344	32324	AITKEN, JOHN	M40	CITY OF HULL	3:09:44
1646	905	24042	BODY, PAUL A	M18	CITY OF HULL	3:11:07
1654	246	24731	LAMBERT, PHILIP W	M45	CITY OF HULL	3:11:15
2525	1337	19450	PAUL BRUMBY	M18	CITY OF HULL	3:20:26
463	289	32260	MOORE, NICOLA	W18	CITY OF HULL	3:28:11
634	130	29863	ROBINSON, FIONA C	W40	CITY OF HULL	3:34:22
4208	631	31783	MISSON, TREVOR	M45	CITY OF HULL	3:34:29
669	412	30153	NICHOLSON, CLARE M	W18	CITY OF HULL	3:35:11
4519	945	23785	VOASE, STEPHEN	M40	CITY OF HULL	3:36:43
4933	2606	4160	ALDUS, DANIEL R	M18	CITY OF HULL	3:39:34
6384	3443	24733	WILCOX, STEVEN J	M18	CITY OF HULL	3:49:04
7134	996	32883	BEADLE, MIKE S	M45	CITY OF HULL	3:53:15
1597	993	32325	WRIGHT, FIONA	W18	CITY OF HULL	3:56:19
1629	81	29717	GOLACH, VERENA	W50	CITY OF HULL	3:56:38
4968	864	10496	SWIFT, CLAIRE M	W40	CITY OF HULL	4:41:25
16039	2904	35318	SWIFT, LEE J	M40	CITY OF HULL	4:41:26
5794	312	11808	MARSHALL, CAROL E	W50	CITY OF HULL	4:50:39

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	6.15pm	Raywell	Cross Country – medium group
Thu	6.30pm	(See Table Below...)	Road Running – faster group
Fri	9.30am	Green Dragon, Welton	Cross Country
Sun	8.45am	Brantingham Hill	Cross Country

Thursday nights: Dave Oliver and Adam Fozzard generally lead and devise the speed work sessions on Thursdays and have drawn up the following timetable. This will be updated regularly with the information being posted on the website and in these pages. All are welcome at these sessions.

Date	Venue	Session
14/05	Ionians, Elloughton	Ellerker 5x1k
21/05	Duck Pond, Brantingham	Mount Airey Tandem
28/05	Westwood, Beverley	Short hills
04/06	Green Dragon, Welton	Long and short hills
11/06	Ionians, Elloughton	Ellerker 5x1k
18/06	Raywell	Tempo run
25/06	Duck Pond, Brantingham	Mount Airey Tandem
02/07	Green Dragon, Welton	Long and short hills
09/07	Duck Pond, Brantingham	Mount Airey Tandem
16/07	Ionians, Elloughton	Ellerker 5x1k
23/07	Green Dragon, Welton	Long and short hills
30/07	Westwood, Beverley	Short hills

City of Hull Humber Bridge 10k, Sunday 31st May 2009, 11.00am: Volunteers Wanted!

Entries are being received for the above race and we hope to reach our limit of 500 by race day. We urgently need volunteers to help out with marshalling and other tasks on the day. If you are interested, please contact either: Chris Duffey (07852 317178) or Stuart Thomson for Marshals and Ellen Watkins (807297) for on-the-day tasks

NB: Kevin and Melanie will have a SIMPLY RUNNING stall at the race so if you have any unspent vouchers and/or if you would like anything in particular brought on the day, by all means contact them on the numbers in their advert below.

Windmill Way Challenge by Stewart Rhodes

I can't say for sure whether I actually knew what the Windmill Way Challenge was before Trevor Misson sent me a text late on Thursday night about a 25ish mile run on Saturday. To avoid possible offence, I hesitated before replying. So it was with this in-depth knowledge and excellent preparation that Trevor, myself, Steve Voase, Sean Bennett and Stuart Buchan arrived at Skidby

a late registration morning. A lot of us were queuing to out it's 26ish miles with 10 know like one of Distance Walkers things. So surely companions would Only Stu, who had seemed to have running a tad The event is Skidby Scouts. us were ever



Playing Fields for on the Saturday other people too register. It turns out of cross-country checkpoints, you those Long Association one of my know the route? done it before but some idea of faster than us. organised by 1st Clearly none of scouts otherwise

we would have been prepared! Wait a minute there's our friend Lucy Khan and she's got a map. A quick glance confirmed that it was a long way, that there was no chance of memorising the route and that it was Lucy's map and she was going to keep it.

9 o'clock came and off we went, along the edge of a field and out past Skidby Mill. Stu and the lead group were still in sight, but hadn't stopped and had their card clipped at what was listed as the first checkpoint. Hang on fellas, we need a clip! We need to go back and find that check point. We could win this on a technicality. But the following group soon informed us that there wasn't a checkpoint there this year just as there wasn't one last year either. Our lack of this inside knowledge had cut us adrift from the lead group but we headed out of Skidby north towards Fishpond Wood and Risby following a distant Scunthorpe runner. Follow that man! Don't let him out of your sight! Onto the road towards Little Weighton, Steve pulled up with a calf injury and hobbled back to Skiby. The Clueless 4 were now down to 3 and I'd lost my ally in keeping Trev and Sean to a sensible pace. Trevor has ideas of catching our once distant guide from Scunthorpe, so it was stick with him or get cut adrift. Through the grounds of Rowley Manor Hotel, trying not to frighten the horses and onto the road for the next check point. A car pulls up and informs us that if we keep running down the road the chap walking towards us is the checkpoint and will clip our cards if we ask him politely.

By now we're running with our Scunthorpe friend and for this next bit, for Stu Buchan's benefit, I'll quote from the essential A4 instructions the organisers give you to ensure that you can find your way. "turn left towards Low Hunsley Farm. Follow PRIVATE FARM ROAD

west, turning right along field edge". Now if you follow these simple instructions, you won't add an extra mile to the course, which will considerably help anyone trying to win this event.

Into the familiar territory of Low Hunsley Plantation and west along the track from Beverley Clump towards Everthorpe. Then into South Cave to find a checkpoint in a hall set back from the road. Refreshments enjoyed, its back to the crossroads and cut across the field (in a walking manner) up Mount Airy. Into Brantingham for a checkpoint near the church and up our old friend Spout Hill. Down Peggy Farrow onto the road, over the hill and down into Welton. More quick refreshments at the checkpoint near the mill before going up Welton Dale. At this point Trev informs us that he's going to walk for a bit. A few yards later he's off, taking Sean and our Scunthorpe friend with him. A bit of competitiveness seemed to have snuck into our band of travellers and I was the one left plodding on. Worst of all was the realisation that yet again Sean's dog Jack was going to beat me in a race. A lovely dog that has marked out most of Yorkshire as his territory.

The instructions said north to York Grounds Farm. I wasn't sure which farm that was but at the muddy crossroads I came across the first walker on the event's alternative 13 mile walk, who confirmed it was straight on. And straight on it indeed was all along the High Hunsley Circuit back to Skidby passing sensible and relaxed looking walkers. Now for the tricky bit, finding that playing field where we started. Friendly walkers shouted after me "Not that way" as I ran passed the turning.

An important point about "good form" on these events: despite what you may think you have just done, it isn't a race, so if the lady walker who finished the short course in front of you wants to chat to the guy giving out the finish times about the route, that's just fine and dandy. All your stop watches and seconds don't have any place here! As those of you familiar with LDWA events will know, this friendly approach has the benefit of rewarding participants with generous helpings of homemade cake, tea & coffee and even peaches and rice pudding. Marvellous! So we sat in the sun eating cake and watching Lucy arriving home in a respectable position. She's on good form that triathlon girl. Further back are James and Helen Sampson. Helen gets a medal for her grit. That is the grit in her grazes from an early tumble. But she got up to carry on and complete the course. Still she had something to show everyone at the Champagne league on Tuesday. Many thanks for the organisers that looked after us so well on this event, which was celebrating its 25th year. Highly recommended if you want to do something different to the Beverley 10k race. Or if you are Trev or Stu you can always use it as a sharpener for that race, which was the next day. They both did pretty good times too! Really though, the intention was to use it as a training run for the planned end of June running of the 79 mile Wolds Way which is being organised by Sean in aid of the Daisy Appeal....

WOLDS WAY RUN JUNE SATURDAY 27th JUNE

Sean Bennett, looking for a challenge to complete to help raise awareness of children's charity, The Daisy Appeal based at Castle Hill Hospital, hit upon or was pushed into the path of, by his good friend James Sampson, the idea of running the full length of the Wolds Way starting at Filey Brigg and finishing at Hessle Foreshore some 79 miles later and all in one day, hopefully, in fact, during daylight hours. Naturally once word got out some like-minded fools were keen to preserve their reputations as foolhardy distance goons to join in...

James himself, Trevor Misson, Clare Nicholson, Mike Beadle, Stewart Rhodes, Stuart Buchan, Steve Voase have so far joined Sean in the hills and dales for training runs/route finding exercises with the intention of doing all or part of the challenge. Having completed the route some five or six years ago I can assure everyone that it is not too arduous if taken as a pleasant day out in charming countryside rather than as something to be 'raced'.

SO anyone wanting to support Sean and his conscripts either in trail shoes or in a burger bar or ice cream van are more than welcome. The Challenge is being co-ordinated by the Daisy Appeals official fundraising team fronted by Pauline Speed who can be contacted by email on pspeedie@aol.com

HAVE CLUB WILL TRAVEL??

Do you have any ideas for a possible Club outing/coach trip to a race? If so don't just let it sit on the 'wouldn't it be good if we all went to...' shelf. Let your Club Secretary Steve Holmes know or any other member of the committee and let's fly the purple flag in some remote but idyllic spot. There's no Mablethorpe this year, though 2010 we are assured will see it bloom again. In the meantime the Harewood House Chase is on, on the 7th of June and hopefully enough of you will enter to deem a Club outing feasible. We travelled in individual cars and pushbike if you recall last year and had a great picnic after the 'approximate' 10k race. Steve Holmes has some entry forms or alternatively visit: www.bingleyharriers.or.uk

PLANKSKLUB

Now this is one of the grand old institutions I feel, which does call out for a revival, especially as the plank in question is so highly placed in the Club and our affections. Said individual upon reviving the Saturday bike rides (now that the fair weather has returned) on only the second ride managed to fall off his bike and hurt his hip a little bit. Taking his tumble half way up a very steep climb he just could not get going again so having limped pushing his velocipede to the top of said hump-backed bridge... he had to remount and head for home whilst the others present rode off into the midday sun. The Club Secretary for it was Mr Holmes incycloshortscrapedhiptopickgritoutof... never saw fit to mention his poorly hip on the following days pack run. Not much he didn't.

Massage Therapy & Exercise Prescription by

Jo Bray (RSA, NABBA, IIHHT/IIST, BaBTec, FA Cert Management & Treatment in Sports Injuries)
4 The Old Barn, Barton upon Humber. Tel 01652 637029 or 07919 032380

Sports Massage	1hour, £30.00/45mins, £25.00
Pre & Post Sports Massage	30mins, £15.00
Personal Training	1 hour, £25.00
Full Body Relaxation Massage	1hour 30mins, £35.00

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

Holiday Apartment

New apartment in Whitby available for short breaks. Close to the beach. Minimum 3 nights. Discounts for City of Hull members. Check website via Google for details: Whitby Holiday Cottages, 'Top Floors'. Anyone interested should contact Fiona and Mark Robinson, tel: 01482 651428

Start Fitness, 30 Butcher Row, Beverley,

Richard **01482 861859**, www.startfitness.co.uk

Open 9.30am to 5.15pm Monday to Saturday for all your running needs

Humber Runner, 229 Boothferry Road, Hessle,

Andy or Sam **01482 647613**, www.humberrunner.co.uk

Simply Running, 4 Albion House, Albion Street, Hull,

Kevin or Melanie **01482 222169** www.simplyrunning.biz

*To contribute to the next newsletter, please contact **Stuart Buchan**,
Mob: 07807574680 or sbuchan@sbuchan.karoo.co.uk*

This newsletter has been saved in two versions; one with and one without photo(s). This is to attempt to resolve any issues anyone may have with downloading large documents. If this is still or no longer a problem (and photographs will be kept to the odd one here and there when felt suitable) please let me know so that we can decide what is the best course for future editions.

The Newsletter is only as effective as its distribution allows it to be, SO, if you don't have access to the internet and no one you know can print a copy off for you let me know and arrangements will be made to ensure you get a copy hot off the press and that you remain fully informed on Club matters and the latest gossip – Stu for now.