



CITY OF HULL AC

NEWSLETTER NOVEMBER / DECEMBER 2007

London Marathon Trip 12th/13th April 2008 - Hooray – it's THAT TIME Yet Again!!!

Here are the details for the London Marathon Trip 2008

COACH - As in our previous years the coach travel is provided by East Yorkshire Coaches.

HOTEL - The Hilton Dartford - 4* - Package Bed & Full Breakfast. Because of the location of the hotel we have had to fully utilise the use of the coach. On Saturday following room allocation at the hotel the coach will take the runners to the Excel Centre to register then return to the hotel. Unfortunately the hotel is not handy for Central London shopping but nearby is the Blue Water Retail & Leisure Centre with many designer outlets.

SUNDAY 13th April - the coach will take all runners to the start of the marathon. The coach will then return to the hotel to take supporters to an agreed point along the marathon route.

TOTAL COST - Coach travel, overnight stay with breakfast is £72.00 PER PERSON
A non refundable deposit of £40.00 will be required.

CHEQUES should be made payable to 'City of Hull Running Club' and posted to 83 Kingston Road, Willerby. HU10 6AH.

PLEASE CONTACT Bob & Denise Thompson, tel 01482 656070, email tomo@derede.karoo.co.uk as soon as possible if you are interested. A booking will not be taken without a deposit. Previously we have had more bookings than the number of coach seats so please book early to avoid disappointment. We shall of course be doing our usual 'recky' in order to pass more details to you nearer the date.

Club History – Blaydes House, High Street, Hull – Friday 30th November, 7.30pm
Robb Robinson will be hosting a talk on the history of City of Hull AC including Hull Harriers. Refreshments will be available and all are welcome.

MARATHONS ARE EASY! – Glen Hood - Rudolph Romp, 8.30am Saturday 1st December
Marathons are easy – that is if you try lots of long distance cross country runs. It is good to read that some of you are getting to know the Wolds better doing this. The Long Distance Walking Association organise many events around the country that you can either walk or run. Typically these are 20 to 100 mile and usually have good support along the route...as long as you don't get lost! The annual 100 mile event meet in a different area each year and have a 48 hour time limit. These are NOT races. Locally, the East Yorkshire group are organising 3 events and assisting with 3 more. I have some entry forms for:

Rudolph Romp, 23 mile – Brantingham, 8.30am Saturday 1st December. £8 or £10 on the day.

The Filey Flyer, 22/16 mile – St John's Church, Filey, 8.30am Saturday 19th January. £7 or £9.
The Woldsman, 50 mile – Driffield Showground, Saturday / Sunday 26 / 27 April. £12 or £15 - refreshments, badge and certificate included. Complete the 50, 24 hours allowed, and you qualify for entry to the 100. Start times vary for the 50.
The Peatlands Way, 50/20 mile – Thorne, 8.00am Saturday / Sunday 12 / 13 April.
Capability's Overview, 24 mile – Sledmere, 8.30am Sunday 11th May.
The Tranquility Trail, 25 mile – Kilnwick Percy Hall, Saturday 28th June

All these events are likely to access areas and private land that can only be used on the day, new to you and certainly challenging. A minimum of road; some equipment may have to be carried. Make London seem easy! If I have, you can! I will be pleased to answer any questions and help you get round on most of these. The old, but not yet past it, man – Glen Hood.

City of Hull AC Training Sessions

Mon 6.00pm	Humber Bridge top car park	Speed Session and Beginners
Tue 7.00pm	Halterprice Sports Centre	Club Night
Thu 9.15am	Elloughton Dale top	Pensioner's Plod
Thu 6.00pm	Halterprice Sports Centre	Club Night
Thu 6.30pm	contact Bob Thompson	Club Night - Faster Group
Fri 9.30am	Green Dragon, Welton	Cross Country
*Sun 8.45am	Brantingham (until 23 rd Dec)	Cross Country
*Sun 8.45am	Skidby Mill (from 8 th Jan to 30 th Mar)	Cross Country

CoH AC Winter League 2007 / 2008 – A series of 3 mile handicapped races

Tuesday 4 th December 7.00pm	Tuesday 8 th January 7.00pm
Tuesday 5 th February 7.00pm	Tuesday 4 th March 7.00pm

The Winter League is a series of 6, foc, handicapped races and is open to all CoH members; meet at Humber Bridge top car park. 1 race number will be issued for the series. Register before 6.55pm - if you miss your start time, your running time will not be amended by the handicapper.

East Yorkshire Cross Country League 2007 / 2008

Sun 9 th Dec	11.00am	Langdale End, Scarborough
Sun 13 th Jan	11.00am	Thixendale (new route), Driffield
Sun 17 th Feb	11.00am	Welton Dale, Welton
Sun 9 th Mar	11.00am	Sewerby, Bridlington

The EYCCCL is a series of 6, foc, cross country races, each approx 6 miles and is made up of members of 8 local running clubs. You will be issued with 1 race number for the series and you must race wearing the club vest / colours.

CoH Christmas Handicap 4 Mile Race & Presentation – Sun 16th December 11.00am

Start and finish in the Country Park. Registration in the Humber Bridge top car park. The cost to race is a small Christmas wrapped gift to the value of £5, to be handed in as you register. Each of these will be used as prizes and all runners should receive a prize. As previous years, Helen and James Sampson have kindly offered the use of their house (Southfield Road, Hessle) to hold the presentation to award the prizes for this event and the Club Marathon places, starting at 12.30pm.

CoH London Marathon 2008 – Presentation of Club Places – Sun 16th December 12.30pm

The presentation of the 4 club places that we have received will take place at Helen and James Sampson's house, Southfield Road, Hessle. If you would like to be considered for 1 of these club places, please hand your marathon entry rejection slip to Steve Holmes before 12.30pm on 16th December. The committee will decide 3 of the places, with the 4th place being drawn out of the hat. However, to be eligible for a place you must:

- Be a first claim member and not be in arrears for membership subscriptions.
- Have applied and been rejected through the normal London Marathon ballot.
- Not have received a guaranteed club entry for the previous London Marathon.
- Additionally on at least 2 occasions in 2007 you must have either represented the club in a race (eg, EYXCL or Relays); or been a volunteer helper - including marshalling, race organising, or race event organising.

CoH AC v Beverley AC Christmas Challenge 4 Mile Race – Sun 30th December, 11.00am

Start and finish on Hessle Foreshore. Registration in the Country Park Pub car park, entry is free.

CoH AC Christmas Holiday Training Runs

Mon 24 th Dec, 9.00am	Humber Bridge, top car park near cafe
Wed 26 th Dec, 10.00am	Tickton, nr Beverley – adjacent Crown & Anchor pub
Thu 27 th Dec, 9.00am	Walkington
Fri 28 th Dec, 9.00am	Green Dragon, Welton
Sat 29 th Dec, 9.00am	Wauldby Green, Raywell
Sun 30 th Dec, 11.00am	Hessle Foreshore CoH v Beverley AC Challenge
Mon 31 st Dec, 9.00am	Beverley Westwood – cattle grid, North Newbald Road
Tue 1 st Jan, 10.00am	Sancton
Wed 2 nd Jan, 9.00am	Skidby Mill
Thu 3 rd Jan, 9.00am	Elloughton Dale top
Fri 4 th Jan, 9.00am	Green Dragon, Welton

Sunday Morning Club Training Sessions

Starting on Sunday 6th January, we have decided to alter the Sunday morning training session start location, to give 3 months each from 4 different start locations, as follows:

Sun 6 th Jan 08 for 3 months	8.45am	Skidby Mill
Sun 6 th Apr 08 for 3 months	8.45am	Green Dragon, Welton
Sun 6 th Jul 08 for 3 months	8.45am	Beverley Clump, South Cave
Sun 5 th Oct 08 for 3 months	8.45am	Brantingham Hill

NORTHERN SIX STAGE ROAD RELAYS 29/09/2007 – Adam Fozzard

A wet Saturday morning saw 6 male members of the club start the journey to Warrington to compete in the Northern Six Stage Road Relays. With Trev "Bus Driver" Misson at the wheel things were bound to get hairy - even though the beard is long gone. It was noted that our Transit had a very substantial towing bar fitted to the rear, but unfortunately the other member of the CoH "dangerous sports club" must have been parachute packing elsewhere.

Onwards to Ferrybridge and the first toilet stop for Colin. Then it was down Burger King for breakfast, but being the disciplined athletes that we are, it was just mug's of tea all round. Before long we were being summoned back on the bus by John "The Cap'n" Smith and with a few hello sailors we were back on the M62. After 30 mins, him with the weak bladder needed to go again, but the one who eats furry animals refused to stop. Rumour has it, that it is not big enough to tie a knot in it, so other means of relief had to be found. I shalln't go into it here, as there may be children reading, but ask the man himself next you go for a check-up. And whilst you're at it, enquire as to the best way to remaining awake on all those long, boring car journeys. The ladies, I'm afraid, may have difficulty acting upon this advice.

Anyway the next nature stop was at a big roundabout in Warrington. Whilst the men emptied their bladders, a couple of children who remained on the bus decided it would be a wheeze to drive off and leave us stuck in Warrington. I'm not a grass, but it was Trev and Jason. Those of us stood on a busy road just off the motorway were relieved (get it?) to see the bus reappear, back round the roundabout to pick us up. Great joke you crazy guys! But WAIT! The funs not over. Any real comedy genius knows that the real joke is to pretend to stop, but then keep on going. 5 times. How we were going to run with our now well split sides, I'll never know.

Finally the bus arrives at the venue in Warrington and upon seeing some real runners we nearly turned around and came back home. But our nerves were stealed by thoughts of Bob "for the regiment" Thompson's fabled "for the regiment" battle cry, which he often shouts "for" the benefit of "the regiment". With testosterone levels now through the rough (all naturally occurring for any employee of WADA), we assert our manhood by the bus driver parking across half the verge. We all pile of the bus in search of the toilets and "The Cap'n" sets of to collect our race numbers. We decide on a race order and decide to place Dave "Big Hair" Oliver (© Luc the other Monday night) on the penultimate leg as he is yet to appear. "The Cap'n" starts to look worried as he'll be subbing on Dave's non arrival, but his nerves are spared at the end of the day when Dave finally appears to complete the City of Hull Northern Six stage Road Relay team. And now, on with the race:

First off was the women's event. 4 runners per team, each having to run 2 laps of a supposed 2.5 km (actually nearer 2.8 km) course. With no CoH team competing, honours were taken by Chester-le-street AC for the second year running, with Scunthorpe placing a commendable 2nd. With a short delay, it was time for the men's race to start. With an assembled field of 88 starting teams, CoH's first man Colin "Shagger" Langley was difficult to pick out in a crowded start, but was reported to be running strongly. The men's race consisted of 3 laps of the same course run by the women. Waiting for the runners to come round past the start the class of the field became evident. However Colin put up a brave fight despite "thinking I was going to come last" (that would be a first – Zoe) to bring CoH into the first change over with Adam "I'm not going to give myself a silly name, am I" Fozzard in 69th place.

After an over zealous start, Adam started to chip away at the field to gain a few much needed extra places for the club, but later paid the price for too fast a first lap. Either that or stopping for something to eat at the on course burger van.

Next into the fray was Jason Purdon who set off in 64th but soon settled in to pick up a back marker. By now the rest of CoH had learned the short cuts around the course and was soon providing its competing runners with 1st class support and just a little good natured banter.

The club reached the halfway stage in the competition in 63rd place with Stu Rhodes being the 4th leg runner. Despite being rather anxious of the level of competition, Stu put in a sterling effort and ran his socks off to finish his leg in 64th place. Next up was Haircut 100, who despite being supposedly at work, had a bigger incentive than most to post a fast time. When Dave was out running the news that there would be a mass start of the final leg runners came filtering through the crowds. Would CoH avoid the follow on? With Dave arriving at the finish in 60th place, the follow on was avoided and Trevor "John Barnes" Misson charged off on the final leg. With his go faster gloves Trev tried to gain a few more precious places eventually bringing CoH home in 55th position.

A good day out for City of Hull AC? In short – not really.

I believe that there is the talent in the club to field a male team, which is capable of pushing for a place in the first 25 and qualifying for the national road relays. A female team could do even better. In addition I know that the club has a large enough membership to field at least two male teams and a female team. Events such as the 6 stages provide an opportunity to compete against the best runners in the region. Good results at team events such as this will hopefully raise the profile of the club, attract new members, and help foster a more competitive desire within the club.

This winter we have the East Yorkshire XC league, National XC Relays, Northern and National Champs and finally the 12 Stage Relays in March. Let's make the effort and do our club justice in these events.

Results – Northern Six Stage Road Relays 29.9.2007

City of Hull	3:12:44	55 th
C Langley	31:29	(69)
A Fozzard	30:55	(64)
J Purdon	32:14	(63)
S Rhode	33:11	(64)
D Oliver	32:34	(60)
T Misson	32:21	(55)

Or should that be Droopton Woods? – Stu Buchan

Even for runners, (and here I count myself fully representative of that motley crew) all but 10%, the percentage which proves informative and/or inspirational, of writing about running is tedious, boring, soporific, so I make no excuse for the diverticulate strain of what follows.

So, it was the 11th hour of the 11th day of the 11th month and for the very first time in my life I was tempted to touch another man's genitalia... OK we're talking hernias here and the comparison of same, my lump's bigger than your lump... 'Call that a lump... That's nobbut a prothrooshun lad' etc... But it only hurts when I sneeze and so, running six mile plus over rough, boggy terrain is nowt new to worry about... when's your operation you say? This Friday coming? Well, best make hay while the sun shines eh!?

So, there we stood big Mike and I (it could have been so much worse had it been Richard I was so deeply engaged with) moments before the race was due to start, me taking notes, picking his...brains... Exactly how far (& how fast) can one push it in our condition? Should we surge up the hill so we might ease off on the downward forces at the finish or the exact opposite and nurse our groins up the slippery slope of Eastdale so we could stretch them out over the bumpy field which we'd been granted special permission this year to gambol across? (The farmer's permissiveness here, having nothing to do with big Mick & I's state of inguinal weakness but it came as welcome relief all the same for everyone.)

Nothing to be sneezed at

The best course of action with a hernia it seems is simply to ignore it and carry on as if you knew no better. The one thing we knew for sure, big Mick & I, was that however well we ran that day, we would always finish just behind our 'condition'. How many more could say that? OK we're only talking hernia's here and even the GP gave it short shrift in his hectic schedule 'Oh yes, that'll need a little repair see the practice manager on the way out & she'll bk u in...' (Bejumpinjesus, is the whole world being cut down, foreshortened, shrunk to economise, prematurely truncated in haste to move along to the next in line who'll similarly meet not a doctor but merely an abbreviation... 'Beep, your GP today will be [REDACTED] ...OR IS IT JUST ME? Butt u sit an' u wait an' u... 'Beep beep... can Mr [REDACTED] go2roomnumberfoourpleeeeeeease...'

Race Testimonials

So me & my CoHernious chum toed the line as, thankfully, the drizzle cleared and the sun ruptured the heavy skies, on this cold November day which however proved the undoing of all those wiseacres opting for thermal L/S Ts under their vests, even spotting the occasional tights and hat, as even into the wind, it was quite mild really. Now, for us 'locals' who train most weeks out that way, Drewton's woods hold no secret but on that day you had to count it's molestation of ne'er-dowells in studs and gloves providing the greater obstacle if you missed your cue at (slippery-when-wet) stile or kissing-gate and those walking the hills to conserve their energies and whiz past you again on the flat... you who'd valiantly refused to submit to even to the extra little sting in Eastdale's tail... 'Oh soddit!, next time I'll walk...' (You know you won't.) But whilst it's all very well for you fast lads out in front the true sacrifices are made further down the field take for example Stuart Black only back from Spain 1am Sunday morn and here he was turned out loyally for his team again (no mention here of getting out of the wash/ironing will be made) and did you know he couldn't even get to the pub all day Saturday... Now that's real sacrifice.

Meanwhile on the non-sacrificial/no pain all gain front the Welbourn Mobile Café was in service again for the post-race debriefing (I do like that word) with tea and coffee aplenty whilst the lovely Pamela passed among us with home made flapjacks... aah this is the life eh?

So, if I was driven to this hymnal to hernias from curiosity over why it appears to be a peculiar male condition..., is it just that the female of the species simply have stronger joists under their pelvic floors?, ...then I wonder why it's hernia and not himnia?? And finally if you'll excuse a double anachronism all for the sake of a pretty weak pun... as Edison said to Shakespeare; 'All swell that end will?'
Stu

Calling All Athletes, Coaches, Officials, Parents & Anyone Interested in Athletics – Andy Lyons

Currently the Yorkshire and Humberside County Athletics Associations hold separate championships. Both of these events are in decline and year on year less people enter. It is now at a stage where some events are held without enough competitors to even give out three medals. Athletes will not compete and coaches will not ask athletes to compete in events where they will probably be the only competitor. One Championship where all the athletes could compete against each other will give a much needed injection to two events that are failing to provide what the athletes and coaches require. There is now an online petition that you can sign – the more the better:

www.gopetition.com/online/14874.html

This is your opportunity to help shape athletics in this area – please do your bit and show England Athletics & UK Athletics what the athletes want. If we do not push forward with this now we will have failed all our budding athletes because it will be years before the opportunity comes around again. There are lots of changes happening at the moment. This would be a change for the better

Ladies Kit

Fiona has sourced a better, more modern style ladies running top, in club colours. However, before ordering, we need to know how many of you would be interested in buying one – if you are, please contact Fiona Robinson on 01482 651428.

Mablethorpe Races September 2007 – 10k, Half Marathon and Marathon

Due to our efforts both individually and as a team, the Mablethorpe Races organising committee decided to donate a basic laptop pc. At the last CoH committee meeting it was agreed that this will be used by Steve and Carole Holmes as they carry out the various admin duties of the club; eg, permit applications, police and council race liaison and newsletters - all of which are currently produced on their steam driven pc!

Whitby Holiday?

New apartment near to beach in Whitby for rental. Short breaks available. Minimum of 3 nights. Club discounts. Check out website via google, Whitby Holiday Cottages, "Top Floors". If interested, bookings via, Fiona and Mark Robinson, tel 01482 651428.

Shoe Sale?

Adam Fozzard has a pair of Innovate RocClaw XC studs, size 43, that have only been worn once. If anyone is interested in buying these, just make Adam an offer.

Massage Therapy & Exercise Prescription by Jo Morrow,

Sports Massage (1hour 10 mins), £25.00 Pre & Post Sports Massage (30 mins), £12.00
Full body Relaxation Massage (1hour 30 mins), £30.00 Personal Training (1 hour, £25.00)

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

Jo Morrow, 4 The Old Barn, Barton upon Humber, Tel 01652 637029 Mob 07919 032380
RSA, NABBA, IHHHT/IIST, BaBTec, FA Cert Management and Treatment in sports injuries.

Start Fitness, 30 Butcher Row, Beverley, 01482 861859, www.startfitness.co.uk

Women's Saucony Grid Jazz £29.99, rrp £59.99

Full range of Heli Hansen Lifa Tops

Asics Gel Nimbus IX 2007 A/W Men's & Ladies £69.99 or 2 pairs for £100.00

Asics Trabuco Women's £34.99, rrp £75.00

Humber Runner, 229 Boothferry Road, Hessle, 01482 647613, www.humberrunner.co.uk

Exclusively available from Humber Runner now
Come in and try the new Asics Spring/Summer 08 shoe range

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Also available now for those dark morning and evening runs,
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Simply Running, 4 Albion House, Albion Street, Hull, 01482 222169 www.simplyrunning.biz

City of Hull AC – Committee Members

Ray Peirson, President. Steve Holmes, Secretary. Kevin McManus, Treasurer. Dave Brooke, Champagne League. John Smith, Mens Captain. Tania Cream, Ladies Captain. Derek Ricketts, Vets Captain. Pete Taylor, Results. Bob Dennison, Membership. Chris Duffey. Paul Body. Fiona Robinson. Claire Nicholson. Club Kit - Mike Beadle and Helen Sampson.

City of Hull AC – New Website

Our website has been refurbished and should be working in the next few days. The new address is www.cityofhullac.co.uk

*If you would like to contribute to the next newsletter, please contact Steve Holmes,
tel 353647 or stevecoh@hotmail.com*