



CITY OF HULL AC

NEWSLETTER SEPTEMBER 2007

CoH AC v Beverley AC Challenge - Team Relay Race – Wednesday 12<sup>th</sup> Sep, 6.45pm start  
Are we up for another challenge? This year the team relay race will be the same format, with teams of 4 runners of mixed ability, all running 1 leg of the Beverley Westwood 1 mile course. Meeting place for registration is Westwood Road (top of the hill, near the old windmill). You will be given a number with a letter, which is your team race letter, and the number your race leg number.

Coach Trip to Mablethorpe - Full & Half Marathon and 10k - Sunday 16<sup>th</sup> Sep 2007  
We are organising a free coach to the above races and I still have a few places left, so if anyone fancies a day out, just get in touch with me, Steve on 353647.  
**The coach will leave Haltemprice Sports Centre at 6.00am on the dot, so don't be late.**  
We should arrive at Mablethorpe at about 7.45am to 8.00am.  
The 10k starts at 8.45am. Half Marathon starts at 9.00am. Full Marathon starts at 9.30am.  
I have been told that there are showers after the race but these may get very busy.  
We will be leaving Mablethorpe at 4.00pm, arriving at Haltemprice Sports Centre at about 6.00pm.

City of Hull AC Track Championship 2007  
Wednesday 26<sup>th</sup> Sep 7.00pm – one mile  
Wednesday 3<sup>rd</sup> Oct 7.00pm – 5000 metres  
Wednesday 10<sup>th</sup> Oct 7.00pm – 10000 metres  
Our track championship takes place at the Costello Stadium and is a series of 3 races, as above, which are free of charge and open to all CoH members. One race number will be issued and should be used for all 3 races. If possible, it would be helpful if you could bring a non-running supporter who would be prepared to lap mark for you.

CoH AC Winter League 2007 / 2008 – A series of 3 mile handicapped races  
Tuesday 16<sup>th</sup> October 7.00pm  
Tuesday 7<sup>th</sup> November 7.00pm  
Tuesday 5<sup>th</sup> December 7.00pm  
Tuesday 8<sup>th</sup> January 7.00pm  
Tuesday 5<sup>th</sup> February 7.00pm  
Tuesday 4<sup>th</sup> March 7.00pm  
The Winter League is open to all CoH members and meets at the Humber Bridge top car park. The first race is all off together and the remaining races handicapped. One race number will be issued and should be used for all 6 races. Runners must register before 6.55pm, for a 7.00pm start. If you miss your start time, your running time will not be amended by the handicapper.

East Yorkshire Cross Country League 2007 / 2008  
Sun 21<sup>st</sup> Oct 11.00am Bishop Wilton  
Sun 11<sup>th</sup> Nov 11.00am Drewton Woods, South Cave  
Sun 9<sup>th</sup> Dec 11.00am Langdale End, Scarborough  
Sun 13<sup>th</sup> Jan 11.00am Thixendale (new route), Driffield  
Sun 17<sup>th</sup> Feb 11.00am Welton Dale, Welton  
Sun 9<sup>th</sup> Mar 11.00am Sewerby, Bridlington  
The EYCC is a series of 6 cross country races, (each approx 6 miles) and is made up of members of 8 local running clubs: CoH, Pocklington, Beverley, Scarborough, Driffield, Goole, Selby and Bridlington. To take part just turn up on the day and you will be issued with a number, which should then be used for all the races, which are free of charge; however you must wear the club vest/colours to take part.

City of Hull AC – Committee Members

Ray Pearson, President. Steve Holmes, Secretary. Kevin McManus, Treasurer. Dave Brook, Champagne League. John Smith, Mens Captain. Tania Crème, 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 Training Sessions

Mon 5.45pm	Haltemprice sports field	Beginners & Speed Session
Tue 7.00pm	Haltemprice Sports Centre	Club Night Road Running
Thu 9.15am	Elloughton Dale top	Pensioner's Plod
Thu 6.00pm	Wauldby Green, Raywell	Cross Country
Thu 6.30pm	Wauldby Green, Raywell	Club Night – Faster Group
Fri 9.30am	Green Dragon, Welton	Cross Country
Sat 8.30am	Wauldby Green, Raywell	Cross Country
Sun 8.45am	Beverley Clump, South Cave	Cross Country

General Race Diary

Sun 16 <sup>th</sup> Sep, 8.45am	Mablethorpe Full & Half Marathon and 10k
Sun 14 <sup>th</sup> Oct, 12.00pm	Bridlington Half Marathon
Sun 28 <sup>th</sup> Oct, 10.30am	Worksop Half Marathon
Sun 25 <sup>th</sup> Nov, 10.00am	Clowne Half Marathon

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.

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.

Thank you!

Many thanks to Dave Brooke for organising and booking the lads annual cycle / run / get intoxicated week away. All who participated had a fantastic time, so many, many thanks DAVE. Now the bad news, Dave's not sorting this out anymore, but the good news is that Grasmere Hostel is booked for 2008, same time, same place! I'll be taking all deposits early in the New Year, so if you are interested, contact me, Mike Beadle.

PS Who is this bloody Gasselé? Up the Regiment!

Congratulations

Congratulations to 3 of our members on their recent marriages:  
Rebecca Hill to Pete Fielding-Smith  
Sarah Painter to Pete  
Sara Taylor to Adam Miller

**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,  
RSA, NABBA, IHHHT/IIST, BaBTec, FA Cert Management and Treatment in sports injuries.  
Tel 01652 637029 Mob 07919 032380

**Start Fitness, 30 Butcher Row (opposite Marks & Spencer), Beverley, 01482 861859**

Asics Gel Kayano S/S 2007 models, both mens and ladies now £69.99

Asics Gel 1120s, mens £49.99 or 2 pair for £90.00

Asics Cumulus S/S 2007 models, both mens and ladies £49.99 or 2 pair for £90.00

Asics Gel Nimbus S/S 2007 models, mens and ladies £59.99

Asics 2120 S/S 2007 models, £54.99 or 2 for £100.00

Sizes are selling, so please phone for availability

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**Humber Runner, 229 Boothferry Road, Hessle, tel 01482 647613**

[www.humberrunner.co.uk](http://www.humberrunner.co.uk)

Humber Runner Summer Sale Starts Monday 3<sup>rd</sup> September  
30% off a wide range of clothing from Ron Hill, Asics, Brooks, Mizuno and more

Science in Sport (SiS) in association with Humber Runner present  
"Nutritional Strategies for Endurance Athletes"

Michael Fish of Science in Sport will be delivering an informative presentation of all aspects of nutrition with particular emphasis on endurance athletes

Date: Monday 24<sup>th</sup> September, Time: 7:30pm

Venue: Warners Sports Medicine Centre, Pickering Road

Cost: FREE

To reserve your place and ensure you receive your free sample products please call Andy Lyons on  
01482 647613 or 07876 205347

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**Simply Running, 4 Albion House, Albion Street, Hull, tel 01482 222169 [www.simplyrunning.biz](http://www.simplyrunning.biz)**

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*If you would like to contribute to the next newsletter, please contact Steve Holmes,  
tel 353647 or email: [stevecoh@hotmail.com](mailto:stevecoh@hotmail.com)*