



CITY OF HULL AC

Supported by Start Fitness, Butcher Row, Beverley & Simply Running, Albion Street, Hull

NEWSLETTER - APRIL / MAY 2006

CoH Humber Bridge 10k, Sunday 4th June 2006

We are still short of marshals / helpers for this event and if you would like to help out, please contact Colin Langley.

Training Sessions

Monday 5.45pm	Playing fields Gorton Road opposite Haltemprice	Speed session
Tuesday 7.00pm	From Haltemprice Sports Centre	Club night
Thursday 9.15am	Elloughton Dale top	Pensioner's Pod
Thursday 6.00pm	Wauldy Green	Club Night
Friday 9.15am	Welton, Green Dragon	Cross country
Saturday 8.30am	Wauldy Green, Raywell	3 to 5 mile cross country
Sunday 8.45am	Beverley Clump, South Cave	Cross country

Champagne League 2006 - all 7.15pm start, except for races 7 & 8, staggered starts from 7.00pm

6) Tue 16th May	South Dalton	5.1 miles	Pipe & Glass
*7) Tue 30th May	Kiplingcotes *	6.0 miles	Grannie's Altic
*8) Tue 13th Jun	Wauldy Green *	8.4 miles	Raywell
9) Tue 27th Jun	Lockington	4.0 miles	Village Hall
10) Tue 11th Jul	Humber Foreshore	4.0 miles	Country Park Inn

CoH AC Track Championship Races

After the disappointment of having to cancel last year's event, due to the Costello track being relaid; I am now pleased to announce the dates for this year's Track Championship:

1 Mile	7.00pm prompt start	Friday 16th June
5000 Metres	7.00pm prompt start	Friday 23rd June
10000 Metres	7.00pm prompt start	Friday 30th June

To compete in this free event, just turn up on the day and you will be issued with a race number, to be kept for all 3 races. However, all runners are expected to help out with lap recording, if necessary. Due to expected high numbers of participants we are proposing to have 4 x 1 mile races; 2 x 5000 metres races and 2 x 10000 metres races.

East Hull Harriers, Summer League, all Tuesdays & 7.30pm start

23rd May	Hedon, Haven Arms, 4 mile
6th Jun	Coniston, Blacksmiths Arms, 10k
20th Jun	Sproatley, Constable Arms, 7mile
4th Jul	Elstronwick, Crown & Anchor, 5 mile
18th Jul	Sproatley, Constable Arms, 5k
25th Jul	New Ellerby, Railway Inn, 10k

General Race Diary

Sun 14th May, 10.00am	Gregg's 5 mile charity race, Bramham Park, Wetherby
Sun 4th Jun, 11.00am	Woodhall Spa 10k, Woodhall Spa, Lincs
Sun 18th Jun, 11.00am	Novartis Grimsby 5 mile, Grimsby
Sun 2nd Jul, 10.00am	Mansfield Half Marathon, Mansfield, Notts
Sun 9th Jul, 2.00pm	Kilburn Feast 7 mile, Kilburn, York
Sun 16th Jul, 10.00am	Eccup 10 mile, Eccup, Leeds
Sat 22nd Jul, 10.00am	Bishop Wilton Half Marathon, Bishop Wilton, Nr York

Next CoH Ladies Night Out - Friday 26th May, Green Dragon Pub, Welton

The next venue has been sorted for the Green Dragon Pub in Welton (good beer and food!) and will aim to take place on Friday 26th May. This is open to discussion if necessary. Lucy x

Has a Miracle Happened at City Of Hull?

It all started a long time ago. The wonderful news was given to me, my emotions were so mixed up I didn't know if the tear in my eye was from joy or fear, but I did know it was to be an amazing adventure and a huge challenge, with months of preparation. People congratulated me, some with that knowing smile, I was also asked if I was pleased with the news, which looking back was very tactful as some ladies aren't overjoyed by this life enhancing event. I was delighted, I wanted everyone to know of the new spirit that was within me, and I wanted to shout it from the rooftops.

The time had come to be more responsible, to make plans. New clothes had to be bought (oh yeah) to cover my ever-changing shape. I had to consider my food choices, it was as if I was eating for two! What a dilemma the booze issue was, but boy was I glad to hear that a little in moderation would do no harm, as I do love a nice glass of wine or a real ale. Then there was the build up. Working out how to breathe correctly, simulating what would happen on the "big day", trust me it doesn't come close, concentrating on breathing can help to take your mind off the pain. The big debate pain relief or au naturel, massage to prepare and relax the body, packing your bag with essential items for a quick getaway.

These and many more issues would be thought about, discussed, and decisions made in the coming months. With help from professionals and friends I had a lot of support, I was also to learn that we are all individuals and my journey would be as different as the next woman's.

When the big day arrived, I was terribly excited, what would it be? It all started with a big whoosh, the waters came down, it was pretty damp throughout the experience, but this didn't dampen my spirits. For the first part of the labour I felt happy working steadily towards my goal. The middle part passed with no real difficulty, by now I was fully dilated: I had worked through the transition period and I was ready to push, I was not one of these "to push to push" kind of girls, I was going to do this all myself. During the last hour I knew my friends had been very helpful with their advice, but had kept the fine details to themselves (why didn't you tell me it was going to be bloody hurt? Is what I mean). But, I had to get on with it, there was no stopping me now. The epidural that had apparently been inserted was having full effect as I felt as if I was not connected to my legs - I was just going through the motions.

My support was fabulous and helped me tremendously. I remember the big guy saying "well done Tania, you're looking good, keep pushing" he may have added "on" but I was past hearing by this point. It was just the encouragement I needed, there was nothing else for it but, to keep pushing on, I had an overwhelming urge to push and with one last effort there it was, I could stop, it was done, could I believe it? Was I dreaming? Ah but it was sweet, my whole body ached, but when the object of my desire was finally placed in my arms I was so overcome with emotion, slightly shaking, I stroked it gently, it was so precious and now I had one, I was so proud.

I do realise that I am one of the lucky ones, as some have to abort midway through preparation or in the final stages, due to no fault of their own, just mother nature's cruel streak. I soon forgot the painful and difficult bits and was to find that each time this is undertaken that although the basics are the same, they are distinctly individual. I have been amused that there seem to be similarities between marathon training/running and pregnancy/giving birth, and as men run marathons, I wanted to explore the question, has a man experienced something close to childbirth?.....uuuummm---NO!

Tania proud mum of :- Thomas, 1990 - 14hrs 20mins, 7lbs 6oz. Toby, 1991 - 5hrs 23mins, 6lbs 11oz. London, 2004 - 3hrs 48mins 3oz. Nottingham, 2005 - 3hrs 41mins 1oz. London, 2006 - 3hrs 31mins 3oz. (I can also tell you what the number 1 song was when they were born!) x.

CoH AC AGM 2006

This year's AGM was held on 28th April at Haltemprice Sports Centre, and 3 more members being elected to the existing committee: Claire Nicholson, Fiona Moore and Chris Duffey. For those of you who missed the meeting, we print below 3 of the main speeches from Vets Captain Derek, Ladies Captain Tania and Mens Captain Colin.

Vet's Captain Derek Ricketts' Review of 2005/6

Last year I had to follow Tania's speech, which was memorable, especially "sat in the garden looking up at the stars". Thought this year I had to make a bit more of an effort, such a beautiful style, so I thought I'd copy it. May not have the same sort of aesthetic ring but never mind, we'll have a go.

E Mailed 12/5

Lake District Break - 19th to 23rd July 2006

For the last 3 years Pete Blowers and I have organised short break trips for club members and friends. These have taken the form of bike rides such as the C2C and the White Rose Way and a stay at Nenthead in the North Pennines.

This year we are going to Ambleside in the Lake District to ride some of the cycle routes around this lovely area, or maybe do a bit of running if you wish. It's really all about chilling out and having a relaxing time and a good laugh, all spent in good company.

This year's trip will be from Wednesday 19th July to Sunday 23rd July. We will be staying at the Ambleside backpackers lodge and the cost for bed, light breakfast and free tea/coffee is £52 pp for the 4 nights (£13 per night), which is payable on arrival. I have provisionally booked 20 places (13 of which have already been taken) but more can be made available if we wish.

I have promised the owner I will give him a definite figure in 3 weeks. You can get more information at www.englishbackpackers.co.uk. If you would like to be included, or would like more details, please get in touch with me, Dave Brooke. Mobile 07717 348618, Home 01482 354396 e-mail davebrooke4@hotmail.com

Jim Dingwall Memorial 10K - 23rd April 2006

At 12.00 noon on the day of the London Marathon, more than 1000 athletes, runners and joggers (I was in the latter category), with several hundred supporters and camp followers, were milling in and around Grangemouth Stadium, 20 miles west of Edinburgh for the 40th running of Falkirk Victoria Harriers Round the Houses races and the first 'Jim Dingwall Memorial 10K'. Runners, ranging in age from 8 to 80, took part in the three races (3K, 5K and 10K) and there were 672 finishers in the main event, the 10K, which was won in 30:13; Vet/40 32:18; Vet/50 35:11; Vet/60 36:55 (and 3 others sub 38:30). Hailey Haining, who represented Scotland in the Commonwealth Games Marathon, was first Lady in 33:26.

I met a number of Jim's former clubmates and training partners on what was a very emotional occasion. Jim's mother, Pauline, presented the Memorial Trophy to the winner, Robert Russell of Thames Valley Harriers, after hundreds of competitors had warmed down wearing T shirts with a picture of a bald and bearded Jim on their chests. A substantial 4 figure sum was presented to Cancer Research, with a commitment to continue a similar level of contribution from subsequent year's events.

Despite, myself, failing to maintain 7 minute mile pace on the day, I nevertheless, felt privileged to have taken part in an event which celebrated the life of my very good friend, Jim, and to have witnessed the high regard in which he was held, both as a runner and as a human being, by generations of athletes north of the border. It was not a difficult task to persuade them that he was equally admired and loved south of Hadrian's Wall. by Alan Fowle

Last Ladies Night Out

The last ladies gathering seems an age ago now, but the evening's events remain clear in my memory. It was an evening of quality, even if slightly lacking in quantity. On that matter, I have only this to add...

When I joined the Police Force 18 years ago, I was given the sound advice that three things would be the most likely to get me into vast amounts of trouble. These three things were known as "The 3 P's". They stood for Paperwork, Property and Policemen (or Policewomen in Phil Lambert's case!)

Now, as much as I am the most discreet of people, I can state that during our last ladies gathering, it became evident that we have experts in another set of "3 P's".

However, in relation to the ladies concerned (and you know who you are...) these 3 P's stand for Pregnancy, Pole-dancing and Prostitution! Now, remember that I said 'experts'!

I shall give nothing more away, although I should probably add that those present were, Helen, Tania, Clare Nicholson, Christine and Denise, so with that information, I shall let you be the judge of which Lady fits which P! (Keep them guessing girls!). Lucy x

London Marathon 2006

Firstly, a BIG THANK YOU, to Denise and Bob Thompson for organising this year's excellent coach trip to the London Marathon. Secondly, congratulations to all our runners who completed this year's marathon; several of who obtained 'personnel bests' and 'good for age', results.

As I was sat on the bog, looking up at my Pirelli calendar I was reminded of what one of the Bingley lads said to me at last year's Yorkshire Vets comp, "we're always pleased when CoH enter the vets races, because your lady vets are generally recognised as being the best looking set of women in Yorkshire". So, we're not going to argue with that lads are we? Case in point, what Steve Holmes must have felt like to come round that final corner at the end of the cross country at Bramley, to be met by this line of gorgeous dolly birds (still managing to look beautiful I must add, even after completing in their race), chanting Steven, Steven, Steven! You had to be there to appreciate the moment. Steve, you must have felt like a million dollars as you ran to the line and in fact everybody else called Steven who were anywhere near were imagining that it was them the ladies were chanting all! I've got lots of memories of this year but that one particularly sticks in my mind. Also, the forlorn voices of Ray and Glen when they walked up to the ladies and said, "you didn't chant like that when we were finishing..." Next year, Tania - make a note!

Lets talk about Vets in general. Amazing how at the age of 40 all male athletes suddenly acquire this extra brain power which turns them from a boy into a man - it doesn't last long of course before dementia sets in but those few years from 40 - 43 are the special years. For example - Phil Lambert becoming a vet just about coincided with the time he came onto the committee and what a difference he's made. To have somebody with Phil's ability to think 'outside the box' and ask those probing questions, which make people sit up and take notice. Imagine the scene at one of our committee meetings; Dave making a speech; Ray, outwardly nodding in approval but inwardly thinking "what the bloody hell's the old sod on about?"; Pete (taylor) cracking jokes; Colin laughing and pretending he gets the punchline; Kevin counting his money and cursing under his breath cos he's having to sign a few cheques. Tania sort of doing her nails and modelling jackets; Steve, looking at his watch cos it's half eight and he's normally in bed by then. Then there's Phil - remember, who's brought this extra level of brain power to proceedings, as Bob reads out the list of new members (Dave Jones, Bill Smith, Jim Brown and Maciej Koblinski) Phil asks the million dollar question, "can you tell me which one's the Polish lad?" Bob could have been flustered by such a question, but no, consummate professional as he is, he refused to be drawn into a rash answer, "let me think about it and I'll get back to you", was his reply. Now, with great minds like that on our committee, then the future of the club's pretty safe, I'm sure you'll agree?

Think about the Vets in this club - no matter how bad you're feeling - no matter what mishap you might have encountered; you can be sure that there's always going to be somebody who'll cheer you up by making a joke about it and having a good chuckle at your expense! I can vouch for this because of a personal experience that happened to me a few years ago. As I was laid on the grass in a field near Sancton, looking up, at this soddin' great sheet, who'd just knocked me over - I too, saw stars. But as I lay there feeling sorry for myself, I couldn't help but be moved by the witty, touching remarks made by my colleagues as they ran past. For example "I've got you beat this time you ugly Welsh B*****", was one I recall, particularly as it was made by one of my closer friends at the time! And how could I fail to be cheered up by the site of one of the marshals rolling about on the ground in hysterics. The humour that you come across in Vets athletics never ceases to amaze me. Gordon Jibson will vouch for that I'm sure. Remember the time he fell and broke his wrist at that well known beauty spot, now affectionately referred to by our older members as Jibson's Falls.

As a final example of the camaraderie in our club, I must go back to the Yorkshire Vets at Bramley this year. Vet 50's, 60's and 70's and ladies had just run. We all positioned ourselves to watch the men's vet 35's and 40's races take place. We watched all the runners go through, but no John Smith - then we see him at the back of the field - gloomily trudging along, looking as if he has the weight of the world on his shoulders. What's the matter John, dear, shouted one of the ladies - as the men weren't that bothered really, they just shouted, "get your knees up" - I can't run came the reply, I've lost my gizmo. I'm desperate, please find it for me! So, to the rescue go our lovely ladies, rushing off looking for John's gizmo. Eventually it was found, (just where he left it actually). Please let me break the news to John, before a fight breaks out, but it was Rebecca who got the device and rushed off to catch John on the second lap. So, when John realised that Rebecca was holding his gizmo - a big smile came over his face and he literally shot off! Ok, I'll rephrase that, John accelerated. Another example of the camaraderie and support shown by the vets in this club.

Congratulations and well done on the many outstanding achievements of our vets throughout the year and for your support in the various championship races. I will be calling on you shortly for your support in the Vets Road Relays in July. Finally, a special mention for Glen Mountford who became the first ever male V35 to represent the club at Bramley. Derek

Ladies Captain Tania Creme's Review of 2005/6

City of Hull Ladies are gaining momentum in more ways than one. During the last year most of the ladies have improved their times and are regularly getting personal bests. This became apparent to me as I got fitter and started to record personal best times, but still seemed to be the same distance from the other City of Hull ladies, ahead and behind me. I then realised that we must be all raising our game. This is fantastic for City of Hull, especially if the local clubs don't get wind of our cunning plan. The ladies section now has 48 members, 8 of whom join in the last year, which is a 20% increase. This goes to show that our reputation as a friendly, supportive but hardworking club continues. At last year's AGM, my aim was for us to have a full team at each of the EYCCCL races, and the ladies have backed me all the way, even with the bitterly cold last race at Bridlington. Not only did we achieve a full quota throughout the season, we also won second team. It would be lovely if we can match this next season, or even improve.

Individually my ladies have had many successes over the year, winning many medals and awards which has raised our profile; because when we are put in racing position our calm, flawless, much pampered exteriors finds beneath it a competitive demon. As a team we have flourished, team spirit is high and we all have a caring attitude towards one another. This has been enhanced by the ever evolving ladies nights, of which we have had 4; this is a great opportunity for us to get to know each other better (that is all I am prepared to say about ladies nights). We are also developing a supportive text network, most of us are in touch on a weekly basis.

I have mentioned the EYCCCL and I will let Derek discuss the vets team. There have been other team awards, but the team award I want to mention is gaining 1st Humber-side Ladies team at the world famous East Hull 20. This is a great achievement especially as we ran most of the way together and were a great support for one another. This race proved to be a perfect springboard for the London Marathon.

In 2004 City of Hull had 1 lady run the London Marathon; in 2005 this increased by 200% as we had 3 ladies running. This doubled in 2006 to 6, 3 of whom achieved a good for age time. As I said earlier, we are gaining momentum and who knows we could be into double figures by 2007?

I also want to tell you about something that was said on New Year's Day, which encapsulated the love and respect that the whole club has for each other. Dave Brooks said that the ladies are the biggest thing that has ever happened to the club; I then replied, "so, you think my bum looks big in this?" (which I regretted immediately) and Dave said "I mean the best". Wow, what a compliment to the ladies section. It confirmed that we are more than welcome, we are now a part of the whole. I'm sure I speak for all the ladies of City of Hull that the club is very special to us and without the men's section we would not be where we are today, so the feelings are mutual.

As I have said twice before, the ladies are gaining momentum and I quote a line from a song; "...Behind every great man, there has to be a great woman".
So next time you are racing, if you look behind, you might just see one of us. Tania

Men's Captain Colin Langley's Review of 2005/06

Another year passes and City of Hull continues to grow in numbers and strength. The friendly, supportive attitude of the club carries on and we are also featuring well on the local race scene. It is great to see the club advancing at both ends of the age spectrum, with the likes of Ray Pearson and Zac Welbourne both running superbly well for their respective age groups. During the year CoH once again beat Beverley AC at the annual Westwood challenge and the men stormed to victory through-out the cross country season to take victory in the East Yorkshire Cross Country League. This was achieved through strength from numbers as well as constantly exceptional performances from the likes of Sankie Evans and Stuart Carmichael. Bob and Denise Thompson arranged a brilliant trip to London for the Marathon, with all club runners finishing the course after months of hard training. John Smith deserves a pat on the back for breaking 3 hours after following a very rigorous training programme.

As with any club, there are several key members who help make the whole thing happen and they all deserve a mention. Pete Taylor: I am sure that there cannot be another club in the country that gets race results to it's members so soon after they have passed the finishing line, with Pete's e-mail service also keeping us all upto date. Steve Holmes; for the regular newsletters, trying to write the odd bit every now and then is difficult enough, yet Steve and his wife Carole continually turn out one on a regular basis. Steve Coveney for providing the handicap times. Kevin McManus for being the Club Treasurer. Pete Kirk for being the provider of club kit.

Bob Dennison and Clive Fenby for the Monday night speed sessions. Dave Brooke for the monstrous Champagne League. Thanks too to the marshals and timekeepers who make every race possible. CoH runners have also been involved with the marshalling of races organised by other clubs and both Kingston and Beverley have both benefited from CoH's marshalling experience.

It has not all been about running either, the men have had several social nights out, where even Pete Blowers managed a smile once or twice! Dave Brooke arrange a bike ride from Middlesbrough back to Hull, which was thoroughly enjoyed by all who attended. In summary, onwards and upwards for an ever growing, friendly Club. Colin

City of Hull AC Living Legends - ALAN FOWLIE (The Flying Scotsman), by Peter Blowers

It is difficult to know where to start with this icon but I am sure when you have read this it would be a good cure for insomnia, that's if you don't drop off half way through!

Alan was born in the "Granite City" of Aberdeen on the east coast of Scotland a long long time ago; in fact 1942. He was educated at Robert Gordon's College Aberdeen and later went on to university in Aberdeen; also attending Loughborough University. His alleged qualifications are too numerous to mention. Before running, his first love was hockey, which he played till the age of 35. He captained Scottish schoolboys Scottish University and English University in successive seasons and also gained 4 full Scottish caps and represented Yorkshire 25 times. Alan is married to Anne, an educational consultant and has 2 children, Martin (an ornithologist) and Ruth, a clinical psychologist.

As modesty is not one of his better qualities he was delighted and over the moon when I mentioned I was doing a piece on him and quickly furnished me with piles of information from his running career. So here is a brief edited summary of his efforts and by the way, when I refer to Alan as the Flying Scotsman I am not comparing him to that speedy locomotive of the same name, but the state he finds himself in when he has taken a diazepam and G & T before he has the courage to board a plane!

Alan's Personal Best's are as follows.

DIST	LOCATION	AGE	TIME
1Mile	Hull (track)	44	5.02
5K	Hull (track)	46	16.34
10K	EHH League	43	33.42
10M	York	44	56.40
Half Marathon	Lincoln	48	76.41
20M	Spennorth	43	2hr 05.46
Marathon	London	43	2hr 45.00

Alan also has 3 veteran Scottish caps to his credit, 1 for Vets 50 in Northern Ireland, 1 for Vets in Wales and 1 for Vet 60 cross country champion of Scotland in 2003.

When I mentioned to Robbo that I was doing a piece about Alan he prompted me to write about the time Alan went to see a specialist of some kind and after an examination the guy said, "Alan you have the head of a 50 year old and the body of a 25 year old", but Robbo thinks he was referring to a 25 year old horse! There was also the time when Alan took all his PB's to the camping holiday in Wales (sorry training camp) and without Alan's knowledge someone got hold of them and pinned them up on the toilet wall for the use of! (I remember Alan lying naked on a sun bed in Wales, allowing the sun to worship his physique Phil Johnson)...

Mike Baggot reminds me of his first night with the running club back in the early eighties. After the run the group invited Mike to the "Top House" in Hessele for a beer and he found himself sitting next to Alan, so Mike who has an interest in cars, just to break the ice said to Alan, "what car do you drive?" Alan's reply was "a blue one". Later on Alan pulled Mike to one side and said "By the way, we don't wear track suits in the pub. When Mike got home his wife Maureen said "how did you get on?" he replied very good, a great bunch of lads apart from one bloke who was a right prat! Later Mike and Alan went on to be great mates and Alan must have a lot of good friends, because I have noticed that when we go away he tends to spend all his spare time writing postcards. Although I never actually saw him put any stamps on them! Alan's other interests now are swimming, walking with Pocklington Walkers and conservation work with the Scottish National Trust. He is also perfecting the art of house-husband-ship.



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PEARL IZUMI 'TRY ON' TOUR 06



Simply Running along with Pearl Izumi will be in attendance at the Beverley 10K on Sunday 14 May. As well as taking advantage of the many special offers available at the Simply Running stall, you are invited to 'test run' a pair of Pearl Izumi shoes.

All wear testers will receive a free pair of Pearl Izumi socks.
If you like the shoes you test, you can buy them at 25% discount.
So come along and see us at the Beverley Leisure Centre from 0930hrs.