

CITY OF HULL AC



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

NEWSLETTER DECEMBER 2004

City of Hull Christmas Handicap, Sunday 19th December

Registration will take place in the Humber Bridge car park opposite the cafe. The race will start at 11.00am prompt down in the country park, heading off to Ferriby and back, finishing in the country park where we started. Could all runners please bring a small gift, to be handed in before the race. These will then be used as prizes at the presentation in Haltemprice Sports Centre bar which should start about 1.00pm.

London Marathon Places

The club has received 4 places for the 2005 London Marathon and as dictated in the covering letter, these places should go to members who work for the good of the club. At a recent committee meeting it was decided to award 3 entries to members who help in the running of the club and 1 entry will be put into a drawer, to be held at the Christmas handicap.

Could all members who would like to be considered for this drawer place, hand in their rejection letter to a committee member before, or on the day of the Christmas Handicap by 12.30pm.

Christmas Cross Country Training Runs

Sat 18 th Dec	8.30am, Wauldby Green, Raywell
Sun 19 th Dec	11.00am Christmas Handicap, Country Park Hessle - meet Humber Bridge top car park for registration
Mon 20 th Dec	9.00am, Skidby, car park near the mill
Tue 21 st Dec	9.00am, Welton, near Green Dragon pub
Wed 22 nd Dec	9.00am, South Cave, Beverley Clump parking area
Thu 23 rd Dec	9.00am, Elloughton Dale top
Fri 24 th Dec	9.00am, Humber Bridge, top car park
Sat 25 th Dec	Merry Christmas – you can have a day off!
Sun 26 th Dec	10.00am, Brantingham Dale, car park halfway down the hill
Mon 27 th Dec	9.00am, Welton, near Green Dragon pub
Tue 28 th Dec	11.00am, Beverley Challenge, Humber Bridge top car park
Wed 29 th Dec	9.00am, Bishop Burton, turn left at pond and follow road
Thu 30 th Dec	9.00am, Tickton, near Crown & Anchor pub
Fri 31 st Dec	9.00am, North Cave, near the Church and playing fields
Sat 1 st Jan	10.00am, Wauldby Green, Raywell
Sun 2 nd Jan	8.45am, Brantingham Dale, car park halfway down the hill
Mon 3 rd Jan	9.00am, Beverley Westwood, top Newbald Road near cattle grid

From Monday 20th December to Thursday 23rd for all those still working, normal club nights will continue as usual.

Training Sessions

Monday 5.45pm	Humber Bridge top car park	Speed session
Tuesday 7.00pm	From Haltemprice Sports Centre	Club night
Thursday 9.00am	Elloughton Dale top	Pensioner's Plod
Thursday 6.00pm	From Haltemprice Sports Centre	Club night
Thursday 7.00pm	From Haltemprice Sports Centre	Fartlek Session
Saturday 8.30am	Wauldby Green, Raywell	3 to 5 mile cross country
Sunday 8.45am	Brantingham Dale car park half way down	Cross country

City of Hull Ac v Beverley Ac - 4 Mile Challenge Race, 28th December

This years CoH v Beverley Challenge will take place at the usual venue starting down on Hessle Foreshore at 11.00am on Tuesday 28th December 2004 (a Bank Holiday). Meet at the Humber Bridge top car park from 10.00am. Club members who have Winter League numbers, can just turn up with the number. If you are bringing a friend or relative, see Steve Holmes for registration and number.

City of Hull Ac - 3 Mile Winter League Series

Please register by 7.00pm as the race will start as soon after 7.00pm as possible

Tue 14 th Dec	Humber Bridge top car park
Tue 11 th Jan	as above
Tue 1 st Feb	as above
Tue 1 st Mar	as above

Well done to Tom Newman on winning the first handicap race on 9th November.

Please remember to stay in line in the funnel, do not pass the person in front of you and display your number clearly for the markers.

East Yorks Cross Country League - all start at 11.00am

Sun 23 rd Jan	Langdale End, Scarborough	Host Scarborough
Sun 13 th Feb	Bishop Wilton, Pocklington	Host Pocklington
Sun 6 th Mar	North Dalton	Host Driffield
Sun 20 th Mar	Ship Inn, Sewerby, Bridlington	Host Bridlington

NOTE: Races 23rd Jan and 13th Feb venue/host club have been swapped to avoid lambing that will be taking place at Langdale End in February.

Race Diary

Sat 11 th Dec	8.30am Rotherham 8 stage relay	Wath on Dearne
Sun 11 th Dec	11.30am Christmas Cracker 10k	Scarborough
Sun 23 rd Jan	10.00am Brass Monkey Half Marathon	York
Sun 30 th Jan	11.00am Ferriby 10 mile	Skidby Mill

London Marathon Trip 2005 – by Bob & Denise Thompson

By now most runners will know if they have been accepted or got a club place for the London Marathon. if so and you intend to go on the club trip you **must** get in touch with Bob or Denise Thompson as soon as possible, tel 01482 656070 or email tomo@derede.karoo.co.uk

The hotel is on Bolsover Street and has been recently modernised, with the nearest tube station Great Portland Street. The hotel has an excellent restaurant offering reasonably priced food, tea and coffee facilities (bring your digestives, no biscuits), even a pillow menu. Across the street is a cluster of small restaurants of various nationalities, a little further away in Charlotte Street we found another collection of restaurants. It took us 10 minutes to walk to Oxford Street. Regents Park is around the corner and also nearby is Madame Tussauds and the Planetarium. The total cost, coach travel overnight stay and breakfast is £65.00 per person. A deposit of £35.00 will be required. There are 50 places available so 'Book Early!

Wearing the Purple Vest

Just a reminder, could all runners participating in inter club races, when ever possible, wear the club colours, it looks better for people watching to see the vast number of City of Hull runners. Men's kit can be purchased from Pete Kirk and ladies kit from Helen Sampson. Helen has just received new stock of vests in sizes small and medium. There is also a new members discount price of shorts £5 and vest £5.

Start Fitness – Monthly Voucher Drawer

At the December committee meeting the drawer was won by Ray Pearson and Angela Whiting.

Update from Eric & Jean Wilson

Just to tell everyone that I am finally out of the Anlaby Road Royal Hotel, 6th floor, after rather a longer stay than I had been expecting. I was sorry to read about Phil's little stay in Castle Hill but tickled by his write up on waterworks. I would like to express mine and Jean's thanks, for all the cards, phone calls and well wishes from everyone, especially when I was at my lowest, which we both appreciated very much. My appetite is coming back now and I am pleased to say, which was very worrying, as I had lost over 2 stone in weight, a lot for a little one such as me. The nurses, doctors etc were magnificent in all they did and I can't praise them enough. I was moved a few times and luckier than Phil, as I was sharing for a short time with the ladies. Anyway, I am getting about for short walks with Jean now and feeling stronger each day, so I am looking forward to seeing everyone again when it gets better weatherwise. To all a very Merry Christmas and a Happy New Year to come, injury and sickness free we hope.

A few CoH definitions of words or phrases - from Steve Coveney.

Baker's Dozen	Half marathon run by Andrew Mawer
Bridgework	Hard sessions every third Monday (no longer favoured by dentists?)
Chantilly Lace	Decorative way some ladies fasten their trainers
Hilarity	Mirth engendered watching runners ascend the Pimple at Langdale End
Jib-boom	Gordon's eastern mantra
Pregnant Pause	Lucy's recent absence from training
Race-hatred	Effect of that last hill on the Ferriby 10
Robotics	Science of writing the Club's history
Run-of-the-mill	Ferriby 10
Sampson	Legendary character from Judges seduced by Helen of Troy
Stud Poker	Implement for cleaning mud off the sole of cross-country shoes
Tannic Acid	Experienced by anyone who suggests the Abbey Dash is short (... but it was an excellent PB, Tania)
Trainer pants	A medical condition in which even the sight of running shoes brings on shortness of breath

- Kevin and Melanie Hayward have very kindly offered to part sponsor the Ferriby 10 and donate two £10 vouchers to be spent in Simply Running, in return Kevin will advertise any special offers in the newsletter. Kevin has the new ASICS 2100 now in stock priced £72.00



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Simply Running CHRISTMAS SPECIAL

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- Navigation capabilities allow you to mark & save locations.
- Up to 15 hours use on rechargeable lithium-ion battery (charger included).

Newsletters

We are always looking for articles to fill each newsletter, so if you would like to contribute, please contact the editor, Steve Holmes.

The committee would like to wish all members and their families
a Happy Christmas and a Good New Year running