



CITY OF HULL AC



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

NEWSLETTER - DECEMBER 2005

*Stop Press: CITY OF HULL AC, BOYS CHRISTMAS NIGHT OUT
Friday 16th December, 8.00pm PAVE, Princes Avenue – all welcome*

Training Sessions

Monday 5.45pm	Humber Bridge Top Car Park
Tuesday 7.00pm	From Haltemprice Sports Centre
Thursday 9.15am	Elloughton Dale top
Thursday 6.00pm	From Haltemprice Sports Centre
Saturday 8.30am	Wauldby Green, Raywell
Sunday 8.45am	Brantingham Dale, carpark half way down hill

Speed session
Club night
Pensioner's Plod
Club Night
3 to 5 mile cross country
Cross country

City of Hull AC - Winter League – A series of 3 mile handicapped races

There is a charge of £2.00 for this race series which all goes into the prize fund. All runners must be registered before 7.00pm and the races will start as soon as possible after 7.00pm. If you miss your start time, your running time will not be amended by the handicapper this year. .

Tuesday 13th Dec 2005	7.00pm	Humber Bridge top car park
Tuesday 10th Jan 2006	7.00pm	Humber Bridge top car park
Tuesday 14th Feb 2006	7.00pm	Humber Bridge top car park
Tuesday 14th Mar 2006	7.00pm	Humber Bridge top car park

East Yorkshire Cross Country League 2005/06

Sunday 11th December 2005, 11.00am	*Langdale End, Scarborough
Sunday 8th January 2006, 11.00am	North Dalton
Sunday 12th February 2006, 11.00am	Welton Dale
Sunday 12th March 2006, 11.00am	Sewerby, Bridlington

(*Langdale End, Scarborough, 11th Dec - we will be meeting at Haltemprice Sports Centre, 8.30am and car sharing.)

Note Date change: The North Dalton race will now take place a week earlier on January 8th 11.00am. This race also incorporates CoH AC Cross Country Championship.

City of Hull AC – Christmas Handicap Race (Fancy Dress is Optional!)

Sunday 18th Dec, 11.00am Hessele Foreshore to Ferriby and finish in Country Park
Registration will start at 10.00am in the top Humber Bridge car park outside the café.
As last year, Helen and James Sampson have very kindly offered the use of their house to hold the London Marathon club entry presentation draw, straight after this race, and refreshments will be provided. As usual, please bring a wrapped present to the value of £5 to put into the lucky dip.

London Marathon 2006 - Club Places & Rejections

If you have been rejected by the London Marathon ballot system, don't forget to see Steve Holmes (proof of rejection may be required) by 12.30pm, 18th December 2005 to be considered for 1 of the 3 club places. The committee will pick 2 places and the other 1 will go into a draw. These will be decided and awarded after the Christmas Handicap race at Helen and James Sampson's house. Just a reminder, if you are lucky enough to get a club place this year, you won't be eligible for a club place the following year.

City of Hull AC v Beverley AC - Christmas Beverley Challenge - 4 mile race

Thursday 29th Dec, 11.00am Hessele Foreshore to Ferriby and finish in Country Park
Registration will be in the Humber Bridge top car park. Come along, the more the merrier and we stand a better chance of winning, again!

Christmas Cross Country Additional Training Runs

Mon 19th Dec	9.00am, Skidby, car park near the mill
Tue 20th Dec	9.00am, Welton, near Green Dragon pub
Wed 21st Dec	9.00am, South Cave, Beverley Clump parking area
Thu 22nd Dec	9.00am, Elloughton Dale top
Fri 23rd Dec	9.00am, Welton, near Green dragon pub (Lucy has very kindly offered mince pies and tea/coffee at her house after this run)
Sat 24th Dec	9.00am, Humber Bridge, top car park
Sun 25th Dec	Merry Christmas – you can have a day off!
Mon 26th Dec	10.00am, Brantingham Dale, car park halfway down the hill
Tue 27th Dec	9.00am, Bishop Burton, turn left at pond and follow road
Wed 28th Dec	9.00am, Welton, near Green Dragon pub
Thu 29th Dec	11.00am Beverley Challenge, Country Park/Humber Foreshore
Fri 30th Dec	9.00am, Tickton, near Crown & Anchor pub
Sat 31st Dec	9.00am, North Cave, near the Church and playing fields
Sun 1st Jan	10.00am, Wauldby Green, Raywell
Mon 2nd Jan	9.00am, Brantingham Dale, car park halfway down the hill

Ferriby 10, Sunday 29th January 2006

We still require marshalls and helpers. If you would like to volunteer, please speak to Colin Langley.

General Race Diary

Sunday 15 th Jan, 1.00pm	11300m, H/Side AA XC Champs, Grimsby
Sunday 22nd Jan, 10.00am	Brass Monkey Half Marathon, York
Sunday 29 th Jan, 11.00am	Ferriby 10m, Skidby Mill, Cottingham
Sunday 5 th Feb, 8.30am	Dewsbury 10k, West Yorks
Sunday 26th Feb, 11.00am	Snake Lane 10m, Pocklington

Change of Address

Please notify Bob Dennison of any change of address, because the A.A. (Athletic Association) must be informed. So, don't delay – change today.

Club Jackets

We have now received the club jackets, sizes xs, s, m, l, xl. We have discounted the price for you and they can be bought for £25 each. If you would like a jacket, or have already ordered, please see, or ring, Steve Holmes on 353647.

London Marathon Trip – 22nd to 23rd April 2006

Following our Hotel 'recky' the details for next year's marathon are as follows and as in previous years the coach travel is provided by East Yorkshire coaches.:

Thistle Hotel, Marble Arch - The hotel is on Bryanston Street, which runs along the back of Oxford Street. The nearest tube station is Marble Arch (Central Line). We couldn't fault the hotel, although it didn't have the pillow menu (as last year) nor the biscuits to have with the room tea/coffee, so pack your own digestives. There is a restaurant and coffee shop and pleasant bar area. Nearby of course is the shopping on Oxford Street and across the road is Hyde Park to stretch your legs, reach the far side of the park for Harrods on Knightsbridge. There are several small eateries scattered nearby, the best area being Duke Street, which straddles Oxford Street.

Total Cost - Coach travel and overnight stay with continental breakfast is £72.00 per person. This includes the travel to the start of the marathon. A non-refundable deposit of £40.00 will be required. For those supporters who require a 'Full English', you will need to arrange this after your arrival at the hotel, an extra fee will be required and added to your hotel bill, this must be settled before departure.

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

Contact - Denise & Bob Thompson, tel. 01482 656070, email tomo@derede.karoo.co.uk as soon as possible if you are interested. Book early to avoid disappointment, last year we had more bookings than the number of coach seats!

Rudolf Romp by Steve Holmes

It's always been one of those runs that I have tried to avoid, 23 miles of mud on a cold December day just didn't seem like fun but when Steve Coveny started to persuade people to enter, I thought maybe I should give it a go. Off went the entry form and a registration slip and instructions came back. All the previous week the weather had been partially cold and wet and when I received a text from Helen on Wednesday saying that she was defiantly going to run, I knew there was no backing out now.

Saturday dawned damp and grey with the prospect of rain over lunchtime and at 7.45am there was a knock on the door and Stuart Buchan had arrived for a lift, and off we went to registration. Walking up to the village hall I couldn't believe the amount of people who were getting ready for this walk/run. We met up with Helen and Tania, both a little nervous about the run ahead, so at the start we had our pre-race prep talk from Glen Hood and with that over headed out of Brantingham towards Mount Airey. To our delight everyone was walking up, Helen said it was a tradition to walk and not being ones to break with tradition, we also walked up! Once at the top we again started to run, down into South Cave and towards Weedly Springs and then North Cave, were we had a nice cup of tea and biscuits.

Setting off this time heading for Hotham, through this quaint village and out to Houghton Woods, in one end, straight through and out the northern end. We now had Sancton in our sights and the next cup of tea and this time ginger cake, after deciding against the hot dogs that were on offer. A long but not too difficult climb out of Sancton upto the top of Arras Wold and the added excitement of been able to self clip our progress cards! After which we ran a long stretch to our next checkpoint were we again met up with Glen and the best cup of tea so far; Helen went for the tea and cake, Tania tea and a jam sandwich and myself tea and cake. It was at this point we decided it would be quicker to have our refreshments on the move instead of stopping and chatting. Now heading towards Newbald and High Hunsley and back on familiar territory, it was at this point we started making up ground on a lot of runners who had passed us in the early stages of the run, giving us that boost that you sometimes need in a race.

East Dale was particularly muddy, nearly falling on a couple of occasions, and at the last tea stop we decided not to partake and to press on and see if we could finish just under 5 hours. Still pacing more very tired looking runners, we checked in at the penultimate checkpoint, just half a mile to the village hall, finally arriving in 5 hours 3 minutes.

A big well done to all City of Hull runners who took part, particularly Helen and Tania, it was most enjoyable, especially Tania's jokes! Also thanks to the Long Distant Walkers Association for organising this run/walk and the marshals who provided tea/cakes and cheery chat. So, would I do it again? Yes, most definitely!

The Story of the Christmas Tree

"One particular Christmas a long time ago, Santa was getting ready for his annual trip...but there were problems everywhere. Four of his elves were poorly, and the trainee elves did not produce the toys as fast as the regular ones, so Santa was beginning to feel the pressure of being behind schedule. Then, Mrs Claus told him her mum was coming to visit. This stressed Santa even more. Then when he went to harness the reindeer he found three of them were about to give birth and two of them had jumped the fence and were out heaven knows where. More stress.

Then as he began to load the sleigh one of the boards cracked and the toy bag fell to the ground scattering all the toys. So, frustrated, Santa went back into the house for a cup of coffee and a nip of whisky. When he went to the cupboard he discovered that the elves had hidden the whisky so there was nothing for him to drink. In his frustration he accidentally dropped the coffee pot and it broke into hundreds of little pieces, all over the kitchen floor. He went to get the broom and found that mice had eaten all the straw from which it had been made.

Just then the doorbell rang and Santa cursed his way to the door, he opened it and there stood a little angel with a great big Christmas tree. The little angel said cheerfully, "Merry Christmas Santa. Isn't it just a lovely day? I have a beautiful tree for you. Isn't it just a lovely tree? Where would you like me to stick it?" Thus began the tradition of the little angel on the top of the Christmas tree."

I found this story a couple of years ago and thought I'd like to share it with you all. A VERY MERRY CHRISTMAS, I shall be running the Christmas Handicap in fancy dress, so, if you would like to join me and bring joy to the world that would be great. All those who run in C.O.H. vests (on this occasion) I shall assume are pirates and have grown up! All those suffering from Peter Pan syndrome I look forward to seeing your creations! LOL, Tania (Santa 2002, Pirate 2003, Angel 2004, ?? 2005!) xx.

If It Wasn't For You

If it wasn't for you lot
I'd be slow and fat
and my hips would look like my mother's

If it wasn't for you lot
I couldn't eat cakes
and my legs would look like my brother's

If it wasn't for you lot
my Sunday mornings
would be spent reading papers in bed
with no inspiration to get up at all
it would be easier waking the dead

If it wasn't for you lot
my chocolate tin
would be cold and empty and dark
I would have to spend more time cleaning
and taking my kids to the park

If it wasn't for you lot
as Christmas draws near
I'd share a pint in the pub with my hubby
I would make an effort
to try and look nice
but would walk out the door looking chubby

I would not have to trail through knee deep mud
with the bulls and the pigs and the cows
I could stay at home
and dust my shelves
and Hoover the stairs in my house

If it wasn't for you lot
I'd be quite content
with my armchair, slippers and telly
with my thunderous thighs
my bulging hips
and an arse that wobbles like jelly

If it wasn't for you lot
I'd be more professional
and work extra hours at my job
but I'd miss my Sunday morning runs
and all those insults from Bob!

I'd miss those extra little loops
that Mr Coveny throws our way
when you turn the next corner...
and think that you're home
but you're bloody miles away

So...because of you lot
my Christmas this year
will be one big festive surprise
I can eat double portions
have two Christmas puddings
and an extra ten mince pies

I wish you all seasons greetings
as we meet for a run, or two
and I know that I might not be last up the hills
...and it's all because of you

Happy Christmas from Lucy x



Simply Running, 4 Albion House, Albion Street, Hull, (01482) 222169

VIDEO GAIT ANALYSIS

New, improved video gait analysis now available. Please phone for further details.

If you have been finding yourself a little unsteady on your feet when out enjoying the delights of Raywell and Brantingham, and it is not because you have picked up the hipflask instead of the drinks bottle, then perhaps it is time to look at the new Inoveight Mudclaw. Softer heel cup makes it more comfortable than the Inoveight Mudroc, and the aggressive, sticky rubber outsole will take ascents, descents and mud in its stride.

Special price for club members £57.00 (rrp £64.99)

We at SIMPLY RUNNING would like to take this opportunity to wish all members of City of Hull, and their families a very Merry Christmas and a healthy, injury-free New Year. Kevin, Melanie and Storm-Dominique Hayward

Seasons Greetings

On behalf of City of Hull AC, I would like to thank Kevin, Melanie and Storm for their continued support with the Ferriby 10 & Humber Bridge 10k races and also Richard, of Start Fitness, Beverley and wish them all a Happy Christmas and a prosperous New Year

If you would like to contribute to the next newsletter, please contact Steve Holmes

'till the next time, Merry Christmas & a Happy New Year to all!

