



CITY OF HULL AC

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

NEWSLETTER DECEMBER 2006

City of Hull AC – Christmas Handicap 4 Mile Race & Prize Presentation - Sun 17th Dec 11.00am

Hessle Foreshore to Ferriby and finish in Country Park

Registration will be in the Humber Bridge car park outside the café. As usual, 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 then be used as prizes and all runners should receive a prize. As last year, Helen and James Sampson have very kindly offered the use of their house (Southfield Road, Hessle) to hold the presentation to award the prizes for this event and refreshments will be provided.

London Marathon 2007 – Presentation of Club Places – Sun 17th Dec 12.30pm onwards

The presentation of the 4 club places that we have received will take place at the above venue, ie James and Helen Sampson's house. If you would like to be considered for one of these club places, please make sure that you give your marathon entry rejection slip/letter to Club Secretary Steve Holmes before 12 noon on the 17th December.

City of Hull AC v Beverley AC – Christmas Beverley Challenge – 4 Mile Race – Wed 27th Dec 11.00am

Hessle Foreshore to Ferriby and finish in Country Park.

Registration will be in the Country Park pub car park, entry is free. Come along, the more the merrier.

City of Hull AC Training Sessions

Monday 5.45pm	Humber Bridge top car park	Speed session
Tuesday 7.00pm	From Haemprice Sports Centre	Club night
Thursday 9.15am	Elloughton Dale top	Pensioner's Plod
Thursday 6.00pm	From Haemprice Sports Centre	Or fast run 6.30pm - see Bob Thompson
Friday 9.30am	Green Draon, Welton	Cross country
Saturday 8.30am	Wauldy Green, Raywell	3 to 5 mile cross country
Sunday 8.45am	Brantingham Dale, carpark halfway down hill	Cross country

East Yorkshire Cross Country League

3	Sun 10 th Dec	Langdale End	Scarborough
4	Sun 14 th Jan	North Dalton	Driffield
5	Sun 11 th Feb	Welton	Goole
6	Sun 11 th Mar	Sewerby	Bridlington

Christmas Cross Country Training Runs – All Welcome

Sun 17 th Dec	11.00am	CoH Christmas Handicap – see details above
Fri 22 nd Dec	9.30am	Welton – with after run tea and mince pies at Lucy's house
Sat 23 rd Dec	8.30am	Wauldy Green
Sun 24 th Dec	8.45am	Brantingham Dale
Tue 26 th Dec	10.00am	Humber Bridge, top car park near Cafe
Wed 27 th Dec	11.00am	CoH v Beverley AC Challenge – see details above
Thu 27 th Dec	9.00am	Beverley Clump, South Cave
Fri 28 th Dec	9.30am	Welton
Sat 29 th Dec	8.30am	Wauldy Green
Sun 30 th Dec	8.45am	Brantingham Dale
Mon 1 st Jan	10.00am	Humber Bridge, top car park near Cafe

General Race Diary

Sun 21 Jan	Brass Monkey ½ Marathon (CD 30/9)	10.00am	York
Sun 27 Jan	CoH Ferriby 10	11.00am	Skidby

City of Hull AC Winter League 2006/07 – A series of 6 x 3 mile handicapped races

There is a charge of £5.00 for this race series which all goes into the prize fund. All runners must be registered before 6.45pm and the races will start at 7.00pm. If you miss your start time, your running time will not be amended by the handicapper.

4	Tuesday 2nd Jan 2007	7.00pm	Humber Bridge top car park
5	Tuesday 6th Feb 2007	7.00pm	Humber Bridge top car park
6	Tuesday 6th Mar 2007	7.00pm	Humber Bridge top car park

City of Hull AC Ferriby 10, Sunday 27th January 2007

We still require lots of marshals and general helpers. If you would like to volunteer, please speak to Colin Langley.

London Marathon Trip – 21st April 2007

Yes it's THAT TIME again! Here are the details for the 2007 London Marathon trip.

Coach Travel – As in previous years the coach travel is provided by East Yorkshire coaches.

The Thistle Hotel, Marble Arch – We are returning to The Thistle at Marble Arch, which we all checked out last year. The hotel is on Bryanston Street, which runs along the back of Oxford Street. The nearest tube station is Marble Arch (Central Line). The hotel has 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.

Cost - The total cost; coach travel, overnight stay with continental breakfast is £82.00 per person. This includes the travel to the start of the marathon. A non refundable deposit of £50.00 will be required. For those supporters who need a 'Full English', you will have to arrange this after your arrival at the hotel; an extra fee will be required and added to your hotel bill - which must be settle before departure.

A booking will not be taken without a deposit. Last year we had more bookings than the number of coach seats, so please book early to avoid disappointment.

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

Please contact Denie & Bob Thompson, tel 01482 656070, email tomo@derede.karoo.co.uk as soon as possible if you are interested.

Rudolf Romp 2nd December by Steve Holmes

There was a good turn out from City of Hull in this years 25 mile race / walk, although the weather was a bit dull and overcast when we set off from Brantingham just after 8.30am. Tania, Barry Buxton, Claire, Chris Dawson and myself had arranged to run together and just take a steady plod round and try to beat last years time of just over 5 hours. For me everything seemed to be going to plan as we reached our first cup of tea at North Cave, where we had our cards stamped and with mugs filled with hot tea and biscuits in hand we set off walking for a while whilst we consumed our refreshments. Now heading towards Howtham and Houghton Woods, it was at this point that faster runners setting off at 9.00am started to pass us, although Colin latched on to our little group and ran with us to the next checkpoint; due I think to a fear of getting lost in the Woods. At Sancton more tea, cake and even hotdogs were on offer, Barry going for the hotdog which he assured us was very tasty. Leaving Sancton for the long climb up to the 'self clip' at Arras Top, was where my lack of training miles started to show and so I said my goodbyes to the rest of the 'team' and started the long walk back to Brantingham. By now feeling cold and miserable and thinking it maybe time to call it a day for my running and find a more relaxing hobby but after a couple of miles the sun came out and made it a pleasant walk back. I finally finished in 5hr 43min; with Tania, Barry, Claire and Chris finishing in 4hr 40min. I would like to thank Glen Hood and the L.D.W.A for organising the race / walk, with the prize for this years best cup of tea going to the team at Sancton. I would also like to thank Tania, Barry, Claire and Chris for waiting for me at the finish, it was greatly appreciated!

Congratulations

We would like to congratulate Joanne Morrow and Steve Bray on their recent marriage.

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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, NABA, IIHHT/IIST, BaBTec, FA Cert Management and Treatment in sports injuries. Tel 01652 637029 Mob 07919 032380

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

Keep warm on those cold days with our extensive range of winter clothing.

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 40% Merino, 60% Polyester, 100% Comfort

Sportwool combines the best properties of natural, comfortable, odour-resistant Australian Merino wool, with super high wicking knitted polyester.

Introductory price only £25.00 10% club discount

Simply Running, 4 Albion House, Albion Street, Hull, tel 01482 222169
www.simplyrunning.biz

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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

CoH Christmas Night Out – Friday 22nd December 2006

Same as last year, we are having a night out, meeting in the Pave, Princes Avenue, Hull at 7.00pm to 7.30pm. All club members and friends are welcome.

