



CITY OF HULL ATHLETIC CLUB www.cityofhullac.co.uk

NEWSLETTER – 8TH FEBRUARY 2008

London Marathon Trip 2008 - Hotel Arrangements – PLEASE READ

The hotel have approached us and offered a 2 course evening meal including tea/coffee for the sum of £8.00 per person. Because of the location of the hotel and the large number of people we believe it to be a good solution to the recent 'eating' problems. Therefore the cost of the trip will now be £80.00 per person. We have had to agree to the whole group accepting this new package. Should anyone wish to make their own arrangements they are welcome to do so but the cost for the trip will remain at £80.00 p.p.

A final payment of £40.00 p.p. is due to be paid by 29th February 2008. Cheques should be made payable to: City of Hull Running Club' and should be forwarded to Bob & Denise Thompson, 83 Kingston Road, Willerby. HU10 6AH

City of Hull AC – Lads Only, Lake District Long Weekend 16, 17 18 & 19th July 2008

After last year's massively successful CoH long weekend at Grasmere, it has been rebooked, same hostel, same dates: 16, 17 18 & 19th July 2008. Check out the hostel website at www.grasmerehostel.co.uk lots of info there.

To guarantee your place, please send a cheque for £63.50 payable to Mike Beadle, to Mike at 41 Lawson Avenue, Cottingham, HU16 4EX. This will only be refundable if a cancelled place is then re-allocated to someone else.

We're telling you now so you can book your holidays at work and arrange your free time with your wife/girlfriend (Mr R, you know who you are!). This trip is always very popular due largely to Dave's organisation over the last few years and lots of club members already want places. Car sharing and bike transport to the Lake District will be organised amongst ourselves nearer the date. There is a maximum of 23 places and they are going fast, so get your fishy fingers out (Colin) and book now. This is a lads holiday you'll never forget, memories are priceless, don't be a gunner and get stuck in!

Last year, Trev Mission led a party of runners up and down Scafell Pike; an absolutely fantastic day. Dave Brooke navigated all of us to and around Coniston Water and back on our bikes, yet another brilliant day out. From the hostel front door there is a great trail route around Thirlmere Lake and others up and over the flanks of Helvellyn. See club website for last year's photos.

You don't have to run, ride or drink but it may help. It's your holiday, you do what you want. This is self-catering, so bring some food. Tea and coffee are provided free and there is a supermarket and pubs just down the road. At the hostel there is a full-on kitchen and large dining area, exclusively for our use. I will cook your first evening meal for 7pm on the day we arrive, I hope you like pasta-plus. Later a quick quiz? Accompanied by the drinks that everybody has remembered to bring: wine, beer, Lucozade etc. This first night's food and drink will be finished before last orders at the local pub. Last year there was an unplanned drink/pool/farting contest in the pub pool room. Ian Hird remains undefeated at this triathlon event.

PS – Colin, we believe is prepared to provide ambulance services again this year.

PPS – Col, don't forget your suture kit this year for running repairs, thanks Mike.

Events list:

BBQ (all gear provided on site, but need volunteer chefs)

Hill runs (Trev's going up and over Jake's Rake this year)

Road Runs and Trail runs (looking for lost bits from Mike's kneecap)

Fast long bike rides/triathlon training and slower scenic bike rides

Lake open water swimming (bring yer wetsuit/water wings)

Thirlmere has access for boats, bring yer kayak or inflatable

Bob's Boys Toys.

City of Hull AC Training Sessions

Mon 6.00pm	Humber Bridge top car park	Speed Session and Beginners
Tue 7.00pm	Haltemprice Sports Centre	Club Night
Thu 9.15am	Elloughton Dale top	Pensioner's Plod
Thu 6.00pm	Haltemprice Sports Centre	Club Night
Thu 6.30pm	contact Bob Thompson	Club Night - Faster Group
Fri 9.30am	Green Dragon, Welton	Cross Country
Sun 8.45am	Skidby Mill (from 6 th Jan to 30 th Mar)	Cross Country
(Sun 6 th Apr 08 for 3 months, 8.45am, Green Dragon, Welton)		
(Sun 6 th Jul 08 for 3 months, 8.45am, Beverley Clump, South Cave)		
(Sun 5 th Oct 08 for 3 months, 8.45am, Brantingham Hill)		

CoH AC Winter League 2007 / 2008

Tuesday 4th March 7.00pm

East Yorkshire Cross Country League 2007 / 2008

Sun 17 th Feb	11.00am	Welton Dale, Welton
Sun 9 th Mar	11.00am	Sewerby, Bridlington & prize presentation

Champagne League 2008

Entry forms for CoH members can be downloaded from the website, but must be returned to Peter Taylor no later than 27th March. Race series entry fee is £18.00.

1 st Apr 7.15pm	Humber Foreshore, 4.0 miles	registration Country Park Inn car park
8 th Apr 7.15pm	North Cave, 4.0 miles	registration North Cave Hotham Park
15 th Apr 7.15pm	Sancton, 3.7 miles	registration Village Green
29 th Apr 7.15pm	Beverley Westwood, 3.7 miles	registration Newbald Road
13 th May 7.15pm	Brantingham Chase, 4.0 miles	registration Brantingham Village Pond
27 th May 7.15pm	South Dalton, 5.1 miles	registration Kiplingcotes Cross Roads
10 th Jun 7.00pm	Kiplingcotes, 6.0 miles	registration Grannie's Attic
24 th Jun 7.00pm	Wauldby Green, 8.4 miles	registration Raywell
8 th Jul 7.15pm	Lockington, 4.0 miles	registration Village Hall
22 nd Jul 7.15pm	Humber Foreshore, 4.0 miles	registration Country Park Inn car park

Ferriby 10 – 27th Jan 08

This years race was another success with 524 entries. Our congratulations to the overall race winner Steve Bateson from East Hull Harriers in a time of 53 min 13 sec and the first lady Victoria Whitehead from Valley Striders in a time of 61 min 25 sec. Congratulations to City of Hull Ladies team for winning the first ladies team prize – Ruth Pearson, Nicky Moore and Sarah Carpenter. Also congratulations to City of Hull Mens team, who won the first mens team prize – David Hunt, Stuart Buchan and Steve Rennie. Well done Stuart Buchan for winning the first vet 45 prize. We would like to thank all our sponsors, marshalls, timekeepers, recorders, water station attendees and anyone else who helped in any way, who I may have forgotten.

Ladies Captain

Tania is looking for a lady volunteer to assist her in her duties as Ladies Captain. If you are interested, please contact Tania direct.

Mens Captain

Current Mens Captain, John Smith, has been seconded to work in China for 18 months and will be leaving shortly. We would like to wish John every success in China, I'm sure he will be missed. Therefore our replacement Mens Captain will be announced very soon.

The Filey Flyer by Steve Coveney

In the December newsletter, Glen Hood extolled the virtues of the LDWA events, particularly for those preparing for the London Marathon. Although not aspiring to London myself, I know both the training benefits and the sheer good fun to be had on these events, having been a member of the LDWA for 36 years and completed more events than I can remember (and failed on a few, all of which I can recall vividly). I first met Glen when we were both taking part in a 100 mile event in the Peak District, years before I moved to Hull. So on Saturday 19 January it was up early to get to registration in Filey in time for the 0830 start. First person I saw outside the church where registration took place was Glen, ready to act as starter with some well-chosen words and a blast of inappropriate music.

Plenty of runners there, Beverley, East Hull and Driffield clubs were all well represented but where were the rest of City of Hull? A question I was regularly asked as most of the other runners had taken part in the Wheeldale Tandem the previous week and wanted to know why our members who had taken part in that were not out on the Flyer. A very good question, but not one I have the answer to.

After a week of gales and rain, we set off under clear skies, warm for January and no breeze. Perfect running conditions although in places the going was soft to heavy. First off an excursion north along the cliffs on the Cleveland Way. Too busy chatting with a couple of the East Hull lads, we went past the appropriate footpath to the left and had to retrace our steps. The good news ... that put the overall distance up to 23 miles.

The route continued across the main Scarborough road, through Lebberston and over the railway line, traversing the coast plain to checkpoint 2 at Manor Farm. The nature of the route changed here with a steep pull up onto the Wolds and a few miles on the Wolds Way. It was possible to opt for the shorter route (16 miles) at this stage but that was not to be thought of.

Delightful running down Lang Dale and North Dale led to Fordon and another well-appointed checkpoint. Are you meant to put on weight during a run? That cake is so good. Another climb back up the Wolds enlivened by good views of a couple of buzzards (probably checking us out for signs of weakness). The route then ran across a few fields where access had been negotiated for the day before rejoining the walkers on the short route for the last four miles along the Centenary Way. At the last checkpoint (just three miles to go) Glen informed me that I was the first City of Hull runner. Now there's something I'm not used to hearing, perhaps it's a good job no-one else came.

The next local event is the Woldsman 50 miles from Driffield on April 26/27. Looks a cracking route, I've already sent my entry in. For those of you doing London a fortnight before, take the pressure off. Look on the marathon as the last long run before the 50.

Veterans Day (A park somewhere in Keighley) Sunday 13th January

If I was as disciplined in my writing as I am in my running I would straight away look up when it was that I last ran in this very same park in Keighley but I can't be arsed... Such historical exactitude just somehow never seems to be the point... And whilst not quite a motorphobe... yes that really is the word if my search engine source serves me right... although it is almost too literal to ring true...

The car. A red car. A long red car. Okay a red Volvo Estate Car, but that's as far as my limited grasp of things automobile will allow me to go. So, all you driven souls, both male and female, who occasionally, unwittingly I'm sure, embarrass me with mechanical insights... one day I will learn to drive myself and all of a sudden start buying Automotive Bi-Monthly/Quarterly or whatever... and gag over the super models disporting themselves therein... and take to dropping Coupés and Saloons & I don't know what else's into my erstwhile dull conversation.... Welcome to the real world! But, for the time being, I remain a passenger.

So, in this particular red Volvo estate sat a mere four of COH's 'finest'; Derek Ricketts who only just missed his second vocation as human sat-nav, when safely in Keighley itself but overshooting the Race HQ and leading us instead to the far side of the Cliffe Castle Park venue, necessitating a long trudge between said red Volvo and the start/finish area... Still he could be forgiven given that the Race Organiser's information was sketchy at best and Google was clearly not up to the job of such precise location. Our driver Mr Steve Coveney (yes of course we other three each worked our handicaps the whole 7 hours we were in his company... my handicap being still my limited capacity to influence friends and win over them... I can't speak for the other two)... Steve our Volvolian Pilot on this occasion remained unflappably Covenenian even as Derek's dulcet tones suggested, 'Straight on for another three miles, I know the sign for Keighley's pointing left but look here's another one pointing up, so... and I'm sure that if we hold our nerve we're simply avoiding the busy centre of all things Bradfordian... and... we just need the A6642170...9260...471... any time now, keep an eye out boys, on the left..... I think...' 'Fine, fine', is all our driver says, as though he were merely on a Sunday morning jog around his North Ferriby stomping ground.

That there were only 4 of us, myself and Steve Rennie (unfortunately still a non-counter teamwise at this stage) was mainly down to clashes with the 4th round of the East Yorkshire Cross Country League and the previous day's (28 mile!) Weeldale Tandem, and we had no female team, although looking around, COH ladies would have faired pretty well.

Looking around too it was noticeable that the female of the species generally seem to wear the mud much better than their male compatriots ... seem to relish the opportunity to wallow in the waterlogged subsoil and sheee... y'know... compost... perhaps it's because they're more intimate/familiar with the other extreme, the far end of this range, the dolled up to the nines jaw-dropping, room-stopping sophistication of the feminine way... ANYWAY... I digress. Mr Rennie was able, through dint of his own talents to run comfortably away with the V50 silver medal, never looking to be under threat from the 'lad' in third and definitely making inroads on the race leader towards the end.

The race; one small lap and three big ones, was officially 10k but we had to admit to ourselves, wearyingly debriefing aboard the redvolvohomewardship, that even 6m was unlikely. No matter, you can only run against yourself and the opposition who show up on the day, and that, each of us had done with gritted teeth and our usual COHposure. Derek had emerged from the changing rooms (in fact the changing registration/sports stall/tuck shop/presentation area.... room) and with his first real warm up stride in anger had pulled 'something' in the small of his back but soldiered on with the always-relied-uponable Mr Coveney reassuring him it was no doubt entirely psychosomatic... and thankfully his pain and stiffness did gradually ease off, with I swear, Derek heading into his final lap with, a perhaps merely delirious, smile.

Steve R was charging through at the front with the mud and the hills and the roots, rocks & loose dogs no match for his powers of concentration whilst the other presentable Steve had a good midfield attack of his own best efforts. And I... and I kept warm/warmed up by running encouragements of such unoriginal kidney as 'Good Running' 'Looking Good' 'Dig in now, not far... Last Effort' etc or rather not etc 'cos that's about the stretch of my vocabulary when not sat at a keyboard.

The two Steve's and Derek had gone off at 1pm whilst my race was not until 2pm, so I benefited from three supporters warming down, but, in a field led by a boast of whippersnapping vet 35s, and after a steady start I quickly lost any sense of my position in my own V45 category... only that there were at least two V45s immediately ahead (they'd overtaken me on the second lap) and I couldn't decide whether it was worth the effort to chase down one of the younger breed who technically wasn't even in 'my' race... but of course I did. Just for the hell of it. And with knobs on, sprinting for all I was worth around the waterlogged football pitch finish...

By this time the drizzle and wind and the pallor of the Keighley sky were making the finishers look like so many starved victims of a pogrom, homeless refugees in need of a nice bowl of soup/cup of tea... And Steve & I, both merely martyrs to our own unstable lower intestines having reconvened after our toilet and finding no sign of Derek and Steve trudged weary back up the bloody big hill (much harder to walk than it'd seemed to run) to EL VOL VO (where Steve had left his sandwiches) only to find no sign of the other two there either... guessing our mistake we trudged weary... anyway you get the picture... Steve managed to pick up his Silver Medal V50 in person at least, before all four of us now trudged...

Mr Coveney dropped Steve off at his own vehicle at the Humber Bridge Car Park but then graciously detoured around Hessle and Hawthorn Ave to drop Derek and myself at our respectful homes, with Derek's unVolvement decidedly slow and crook-backed, whilst mine was merely shamefaced at having dragged Steve so far off his beaten track... he did say something about 'What's half an hour between friends...' I expect I'll find out next time I come to be handicapped.

Quotes of the day:

- Steve Rennie, 'Oh no they won't be having a shower.'
- Derek Ricketts, 'Oh no, not that one, he...wouldn't know a thesaurus from a dinosaur.'
(Of a certain someone who shall remain nameless being mistaken for your sometime reporter)
- Steve Coveney, 'Not until I read the report do I know where I've been or what I've done...'
And finally; the Sheffield R.C. runner, shaking hands at the end of the race, 'Well done, good run. you sustained it really well.' (meaning, I really can't believe you managed to beat me you little squirt...)

AND: I leave you with two thoughts; firstly a mantra for the aging runner, that to be a veteran is more than anything about not going backward, and secondly a source of hope for all runners (those who read the COH newsletters at least) that one day I promise I will learn to write short. I promise, though I have got my fingers crossed behind my back and anyhow next time you want a report on an event that only four members of the club can possibly verify anyway... don't let the Club's logomaniac loose on it...

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.

Massage Therapy & Exercise Prescription by Jo Morrow
RSA, NABBA, IIHHT/IIST, BaBTec, FA Cert Management and Treatment in sports injuries

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, Tel 01652 637029 Mob 07919 032380

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

February Only Special Offer

The All New Saucony Grid Fastwitch 3, Only £45 (RRP £60)

To claim this special price please present your club membership card in store.

Start Fitness, 30 Butcher Row, Beverley, 01482 861859, www.startfitness.co.uk

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

City of Hull AC – Committee Members

Ray Peirson, President. Steve Holmes, Secretary. Kevin McManus, Treasurer. Dave Brooke, Champagne League. John Smith, Mens Captain. Tania Cream, 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.

If you would like to contribute to the next newsletter please contact Steve Holmes tel 353647 or
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