



CITY OF HULL ATHLETIC CLUB

www.cityofhullac.co.uk

NEWSLETTER – 13th FEBRUARY 2009 (previous edition 13.1.09)

IMPORTANT PLEASE READ - SUBSCRIPTIONS £12

Come on "fellas (and) fellowesses" a certain few of you still owe last years subscriptions, which were due for payment in April 2008. Have you just forgotten or is it the credit-crunch? 2009's subscriptions will be due in April, so please help us to get sorted! Cost is £12, including partner. If you have not yet paid could you please do so urgently, to Bob Dennison.

If you do not pay last years subs by the end of March 2009, then your membership of City of Hull AC will cease and consequently you will not be eligible to race in the Champagne League, EYXC League or Winter League and will not be registered with UK Athletics and will not be able to claim your £2 affiliation reduction on race entries. If you are unsure whether or not you have paid, please contact either Bob Dennison or Steve Holmes on 01482 353647 or stevecoh@hotmail.com.

City of Hull AC Winter League 2008 / 2009 - Humber Bridge Car Park, 7.00pm start

Last Race of Six = Tue 3rd March

Runners must register before 6.55pm for a 7.00pm start and if you miss your start time, the handicapper will not amend your running time.

East Yorkshire Cross Country League (6 race series) 2008 / 2009, 11.00am start

Sun 15th Feb

Welton Dale, Welton

Sun 8th Mar Sewerby, Bridlington

To enter just turn up on the day and you will be given a number, which should be used for all the races. You must wear the club colours to race.

City of Hull AC Training Sessions

Tue 7.00pm

Haltemprice Sports Centre

Road Running

Wed 6.30pm

Costello Stadium

Track Training (track fee payable)

Thu 9.00am

Elloughton Dale top

Pensioner's Plod

Thu 6.00pm

Haltemprice Sports Centre

Road Running – medium group

Thu 6.30pm

contact Bob Thompson

Road Running – faster group

Fri 9.30am

Green Dragon, Welton

Cross Country

Sun 8.45am

Brantingham Hill

Cross Country

CoH's Ferriby 10 Race Sunday 25th Jan 09, 11.00am

This year, our City of Hull AC organised Ferriby 10 race received 575 entries with 495 of those actually running on the day. We received a lot of positive comment, especially regarding the marshals and their encouragement to the runners. We would like to thank all who volunteered and helped out on the day, without whom the race would not have been a success. Thanks again to you all.

City of Hull AC – Committee Members

Ray Pearson, President. Steve Holmes, Secretary. Kevin McManus, Treasurer.
Bob Dennison, Membership. Pete Taylor, Results. Dave Brooke, Champagne League.
Derek Ricketts, Vets Captain. Bob Thompson, Men's Captain. Nicky Moore, Ladies
Captain. Claire Nicholson, Ladies Vice-Captain. Chris Duffey. Paul Body. Fiona Robinson.

Massage Therapy & Exercise Prescription by Jo Morrow

RSA, NABBA, IHHHT/IIST, BaBTec, FA Cert Management & Treatment in Sports Injuries
4 The Old Barn, Barton upon Humber. Tel 01652 637029 or 07919 032380

Sports Back Massage (1hour £30.00, 45 mins £25.00)
Pre & Post Sports Massage (30 mins, £15.00), Personal Training (1 hour, £25.00)
Full Body Relaxation Massage (1hour 30 mins, £35.00)
City of Hull members receive a 10% discount off these prices

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

Open 9.30am to 5.15pm Monday to Saturday for all your running needs

Adidas clothing offer, mens and womens up to half price
Asics 2009 footwear up to 20 percent off

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

Upcoming Events

Thursday 19th February – New Balance Promotion Day
Gait analysis, footwear advice and foot measurement from an expert NB technical
representative

New Balance offers and free gifts

Friday 27th February – Brooks Promotion Day
Gait analysis, and footwear advice from Brooks technical staff

Brooks offers and free gifts

To book an appointment for either of these days call Andy or Sam on 01482 647613

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

For the more environmentally conscious of you, we now stock a range of running tops using
Bamboo Charcoal Technology.

Bamboo grows naturally in a managed environment without the need for pesticides and
fertilisers. It needs little water and is naturally regenerative. The harvested bamboo is dried,
carbonised and ground into fine Bamboo Charcoal particles, which are then woven into a
yarn. Key features: Superior wicking & breathability, Anti-microbial, Thermal Regulation,
Durable

*To contribute to the next newsletter, please contact Steve Holmes,
tel 353647 or stevecoh@hotmail.com*