



CITY OF HULL AC

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

NEWSLETTER JANUARY 2007

City of Hull AC Ferriby 10, Sunday 28th January 2007

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

Marathon Training Run, Sunday 4th February - Black Mill, Hessle to Black Mill, Beverley Westwood

For all those who are doing the London Marathon or just fancy a long run, we will be setting off from Black Mill Hessle at 8.45am; heading for North Ferriby, Scout Wood, Welton, Skidby, Walkington and finishing at Black Mill on Beverley Westwood, approx 16.5 miles. Between us we will have to arrange some transport so anyone interested contact either myself, Steve Holmes or Bob Thompson.

Cycle Ride 2007

Gentlemen (and I'm afraid it is only the male members whom we address, unfortunately, due to tradition/logistics of cramped accommodation etc.) the yearly cycle ride/long weekend away, as those of you having taken part last year should know, has been booked for Wednesday 18th July through to Saturday 21st (heading home on Sunday 22nd)

The booking has been made for the sole use of Grasmere Hostel in; yes you've guessed it, Grasmere catering for up to 24 people. This is a quality hostel, check it out at www.grasmerehostel.co.uk

Interest has already been canvassed among the fourteen of us who took part in last summer's Ambleside Escapade, but clearly there are still a good few places up for grabs. The cost for booking the whole hostel works out at only £53.33 per head for the 4 nights if we meet the full quota. This is for bed and use of the hostel's facilities with free tea/coffee. Otherwise it is self catering.

Although this article is entitled Cycle Ride 2007 we also hope to organise walks and runs around this lovely area, taking a bike is optional. It is your break so you choose what you do. What you are assured of is an enjoyable time and a lot of laughs spent in good company.

Unfortunately this time around the balance of payment is expected by the end of April so firm commitment and deposits will have to be solicited.

ANYONE interested should contact Dave Brooke or Stu Buchan AS SOON AS POSSIBLE.

Dave: Tel: 354396, Mobile 07717 348618, email davebrooke4@hotmail.com
Stuart: Tel: 505790, Mobile 07732 302662, email Stuart@stubuchan.fsnet.co.uk

An initial deposit therefore of £25 is asked for by the end of January with full payment being sought in mid April when we will know exact figures. Please don't read this and then forget to do anything about it, we need to know how many of you are interested.

Register your interest and watch this space. Dave/Stu

City of Hull AC Training Sessions

Table with 3 columns: Day/Time, Location, and Session Type. Includes sessions for Monday through Sunday, such as 'Humber Bridge top car park' and 'Speed session'.

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, the handicapper will not amend your running time.

Table with 4 columns: Race number, Date, Time, and Location. Lists Race 5 and Race 6 on Tuesday 6th Feb 2007 and Tuesday 6th Mar 2007.

East Yorkshire Cross Country League

Table with 4 columns: Race number, Date, Location, and Venue. Lists Race 5 and Race 6 on Sunday 11th Feb and Sunday 11th Mar.

London Marathon 2007 - Tracy Lishman

Hi everyone, this year I am running the London Marathon as part of the 'Kids' team. 'Kids' is a national charity helping children with disability to reach their potential and they have a very informative website www.kids.org.uk.

Please send any donations to the address below, or hand to me on a Tuesday or Thursday Club run. 7 Humber Road, North Ferriby, HU14 3DN. Thanks, Tracy.

Club President

Ray Pearson has been Club President for the last five years and although he is willing to carry on in this role, he is wondering if anyone else would like to hold this prestigious position? If so he would gladly step down.

Club Kit

John Smith has now taken over the responsibilities of men's kit from Pete Kirk. I would like to take the opportunity to thank Pete for all the years of hard work that he has put into this position.

Massage Therapy & Exercise Prescription by Jo Morrow

Table with 2 columns: Service and Price. Lists Sports Massage (£25.00), Pre & Post Sports Massage (£12.00), Full body Relaxation Massage (£30.00), and Personal Training (£25.00).

City of Hull members receive a 10% discount off these prices.

Jo Morrow, 4 The Old Barn, Barton upon Humber, RSA, NABBA, IHHHT/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. New collections from: Gore Running Wear, Pearl Izumi, Ron Hill, Brooks Nightlife, New Balance, Mizuno, Puma and Asics. 10% club discount

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

There is something for everyone at Simply Running. Lightweight, windproof, breathable jackets and gilets. Fleece lined running tights. Hats, gloves and ear-warmers. Fluorescents of every description. Socks. Watches, Heart Rate Monitors and Garmin GPS. Books. Energy bars & drinks. And, of course, shoes (spikes, studs & road)

If you would like to contribute to the next newsletter, please contact Steve Holmes till the next time, Good Running to you all!