



CITY OF HULL ATHLETIC CLUB

NEWSLETTER – 7<sup>th</sup> JANUARY 2008

City of Hull AC – New Website

We now have a new website and address - [www.cityofhullac.co.uk](http://www.cityofhullac.co.uk)

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 29<sup>th</sup> 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 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 <sup>th</sup> Jan to 30 <sup>th</sup> Mar)	Cross Country

Starting on 6<sup>th</sup> January, the Sunday training session will have 3 months each, from 4 different start locations, as follows:

Sun 6 <sup>th</sup> Jan 08 for 3 months	8.45am	Skidby Mill
Sun 6 <sup>th</sup> Apr 08 for 3 months	8.45am	Green Dragon, Welton
Sun 6 <sup>th</sup> Jul 08 for 3 months	8.45am	Beverley Clump, South Cave
Sun 5 <sup>th</sup> Oct 08 for 3 months	8.45am	Brantingham Hill

CoH AC Winter League 2007 / 2008 – A series of 3 mile handicapped races

Tuesday 8<sup>th</sup> January 7.00pm

Tuesday 5<sup>th</sup> February 7.00pm

Tuesday 4<sup>th</sup> March 7.00pm

The Winter League is a series of 6, foc, handicapped races and is open to all CoH members; meet at Humber Bridge top car park. 1 race number will be issued for the series. Please register before 6.55pm as if you miss your start time, your running time will not be amended by the handicapper.

East Yorkshire Cross Country League 2007 / 2008

Sun 13 <sup>th</sup> Jan	11.00am	Thixendale (new route), Driffild
Sun 17 <sup>th</sup> Feb	11.00am	Welton Dale, Welton
Sun 9 <sup>th</sup> Mar	11.00am	Sewerby, Bridlington

The EYCCCL is a series of 6, foc, cross country races, each approx 6 miles and is made up of members of 8 local running clubs. You will be issued with 1 race number for the series and you must race wearing the club vest / colours.

Ladies Kit

Fiona has sourced a better, more modern style ladies running top, in club colours. However, before ordering, we need to know how many of you would be interested in buying one – if you are, please contact Fiona Robinson on 01482 651428.

CoH London Marathon 2008 – Presentation of Club Places, Sun 16<sup>th</sup> December

The 4 club places we received from London were awarded to Denise Thompson, Stuart Thomson, Paul Body and Chris Dawson. The first 3 places were chosen by the committee and the last place was drawn 'out of the hat'.

City of Hull AC History Talk by Robb Robinson 30<sup>th</sup> Nov 07

This was an excellent talk by Robb on the origins and history of our club on Friday the 30<sup>th</sup> Nov at Bayldes House. Many of the slides showed the hardiness and determination of the early runners travelling to venues and enjoying their sport; no hopping into the car and a hot shower at the club or home but the tradition of the pub still endures.

At times it was reminiscent of family gatherings when a cardboard box of photos is produced to the groans of offspring. Some at the meeting seeing photos they had hoped would never again see the light of day, lean and mean with long hair and moustaches (long shorts or short longs?) looking like early phone directory adverts. Now short shorts not as lean or mean sans hair. Fortunately being the club "also ran" I was spared this embarrassment, been there, done that but not got the "T" shirt, no one at the finish when I arrived!

The slides taken in Wales brought back many happy memories but raised a few questions:

- 1 Was the study of a pyjama clad figure taking a Welsh leak an early Lowry or a lower class Noel Coward?
- 2 If a lady had passed by would he have raised his cap?
- 3 If yes to above, which hand?
- 4 Grumpy took a picture of me at the same spot in Wales and with his usual eye for composition managed to catch the late, great Jim Dingwall at the same wall.
- 5 Is this the Welsh equivalent of the wailing wall?

Arthur Nendick was well on the ball with his quick responses putting names to faces, dates and venues. A talk well worth repeating for those unable to attend. Thanks Robb. TTFN Phil.

Christmas Handicap 16<sup>th</sup> Dec 07 – The Handicapper's View by Steve Coveney

The weather forecast threatened strong winds and a penetrating frost but 45 of City of Hull's finest braved the forecast and were rewarded with good running conditions. I detected a fair amount of moaning before the start about various runners' handicaps. This always encourages me to believe I've got those runners right at least.

The key to success in these races with a late morning start is to breakfast the correct period of time beforehand and to ensure you take on board the correct mix of simple and complex carbohydrates. Obviously nutrition is taken seriously in the Khan household as Nabs won at a canter and Lucy was fourth.

The handicap was based on everyone finishing at 54-00. So how did we do? Well the nearest was 54-01 and gets the prize from me for the most honest runner. Modesty forbids that I mention the name... oh, all right then, it was me. Still, finishing within a minute of the handicap is a creditable performance and 19 of the 41 finishers were in that band. Well done to them. Then there are the first 11 home; they are officially designated handicap bandits, I will be keeping a careful eye on them in 2008! And the last 11 home; clearly trying to work their handicap for the next Winter League, they don't fool me.

What does this race show about us as a club? Comparing this year's race with the 2004 Christmas Handicap, we had 9 more runners. 15 of those who turned out in 2004 also ran today and 7 of those ran faster times this year. So we are not all getting older and slower (although I am). Congratulations to these fine athletes, Lucy Khan, Clare Nicholson, Tania Cream, Denise Thompson, Mike Beadle, Stuart Thomson and John Pawson. You are an inspiration to us all.

I wish you all many PBs in 2008. That's always the best way to beat the handicapper. Steve Coveney

### CoH AC v Beverley AC Christmas Challenge 4 Mile Race, Sun 30<sup>th</sup> December

This year's Beverley AC v City of Hull AC Christmas Challenge race along Hessele Foreshore to North Ferriby and back attracted 53 CoH runners and 39 Bev AC runners. Using the points scored from the first 39 runners from each club, CoH won by 2601 points to 2101. The trophy now returns to CoH after a spell with Beverley. Thank you to all who turned out on the day.

### A Sunday's Idyll at Langdale End – Early December by Stu Buchan

Leaping over a stile straight into the middle of female toilette, 'Ooh I say', ought to be subject for Tom Jones/'Carry On... type adventures but no 'tis merely another day at' mill for all us hardened cross country runners, (our female compatriots merely more case-hardened to coming across the male toilet at every tree, alleyway...etc) but for many of us, hauling ourselves up the 'Pimple' for the first time, Langdale End's round of this season's East Yorkshire League proved a real eye opener... SO v. cold but, in itself not a bad day, though unfortunately, all the harm had been done on the Saturday with its non-stop rainfall.

Fortunately the now, (where would we be without them?) well established treat from the back of Sue & Tim's van, of tea/coffee, and on this seasonal occasion mince pies awaited our freefall finish. (AND also we discovered, hot chocolate and mince pies back at the Village Hall/tin hut as a half-way house between the finish and the Welbourn's hospitality suite). The pimple itself was sticky rather than too slippery... but the waterlogged track immediately over the top of it (after only two or three sidesteps, unavoidably over shoe tops) didn't bode well... OR, for us patent masochists, it boded only too well: MUDBAAATH! Hooraaaay...

Helen's 'urban myth' (we were assured by Mr Coveney that's all it was...) that the 'river crossing' last year had actually come up to her chest, proved to be no myth at all (not that I would go so far as to suggest Mr Coveney was a low down, lying, two faced... whad'ya ma call it, no, as he dissembled over the true nature of the course he did so with the careworn sympathies of a concerned parent wanting to preserve his charge's innocence for those precious few moments more...) but by the time we leapt into the stilly waters most of us were deliriously splash happy. We'd already thrown caution to the (thankfully absent) wind and ourselves down into puddles so that our team mates might avoid trench foot at least for another furlong...

We had arrived variously in convoy from Haltemprice and Ferriby/South Cave I believe... well enough represented although perhaps lacking that edge seen in the first two races, we studied the map of the course in the tin hut/Hall and tried to look as if some intellectual process were taking place... for those of you more experienced trespassers (Old Gits) the course had reverted to the old course or so I'm told as I was one of those virgin on the ridiculous and finally perilously close to charging off on a second lap as I entered the finishing field...

AND we should have been alerted to the fact that the normally fleet of foot Ruth Pearson may have had her misgivings from the off by the fluorescent armband she saw fit to wear... clearly she expected to be out there a long time...

We all had knocks... scratches scrapes bumps bruises...and Nicky's swollen knee was perhaps only the most obvious of them, SPAR SHOP SPAR SHOP!!... Take me to your Spar Shop (the local Pub being runner-UNfriendly and apparently 'All out of ice...') the subsequent bag of budget-priced frozen peas bought and applied on the way home eaten throughout the following week.... 'But mummy not peas again...please...can't we at least have runner beans today?' ...SO to get some idea, think that annual centrefold in running-magazine-terms that is the legendary 'Tough Guy' only Langdale End was more tougherer! But also more fun and more return-next-year-able! And the true enthusiasts for mud and cold and a good soaking among us...that being Clare...wanted to get out there to do it all again...as a training run...to enjoy the scenery...ASAP.....we promised we would.....but probably not for a twelve-month... - Stu-again

### Mablethorpe Races September 2007 – 10k, Half Marathon and Marathon

Due to our efforts at Mablethorpe, we have been awarded two prizes, both silver plated plates, for the Ladies team winner and the Men's team winner.

### Make Mine A Trophy Bitter.

Not that I am. Bitter that is. But I think that's how one asks politely for a drink in German. And that's where this article is being penned as I drown my sorrows... as far from ridicule as my limited grasp of other tongues and my limited budget would take me (and as far as I'm aware the COH holiday-home arm has yet to reach here). What can I say?

I know, I know one should never judge the contents of a book by its cover but surely one might be forgiven for judging the contents of a box by the picture and description of its contents pasted all over it!

In the time honoured tradition of getting in there before everyone else jumps on the bandwagon, overboards the slanderbus... the happy scourge of the running fraternity/sorority, very soon learnt after that first Club-night (if you don't want to go under) is to extract the urine out of oneself before anyone else has the opportunity. But in my defence let me first ask, if you were presented with a new looking box clearly labelled and sealed with sellotape which showed no sign of having been tampered with would YOU think of opening it when all evidence suggested it wasn't your LAPTOP anyway?? Oh really!?! We can all say that now! You can see why there are no mandatory grants for higher education these days... the best education someone else's taxes can buy and he doesn't even have the good sense to undo the packaging before he spreads the 'good' news...

SO the story so far (& as far as it's gonna ever go now)... Some weeks after the Mablethorpe Marathon an email arrived requesting a safe address to send a couple of trophies that needed to be signed for. No further explanation and when I replied as straightforwardly as I could giving my address and asking for details of who'd actually won the 'awards' my correspondent simply replied that they where intended as general Club Trophies to be put in the cabinet with all our others! (Is it a singular fault of mine to see irony where simple and utter confusion is actually being generated by my ingenuous credulity??) Oh we do get into some fuss and bother, some right old pickles...

AND, when a few days later, a parcel duly arrived, bang on dinnertime as they always do, and was signed for and bundled indifferently onto the sofa until after polishing off my grub I carefully/lovingly/autistically/anally-retentively/aspergerously peeled back the brown paper packaging (no, not tied up with string, I know you were on the verge of humming it) to reveal a laptop computer' I never even considered going the whole way, not feeling that that was polite at this stage but assured that the prize within our grasp and WAS EXACTLY WHAT IT SAID IT WAS ON THE TIN!!

'EFF ME, AN EFFIN LAPTOP.' (I said.) And left it at that... or rather to my general lack of credit I didn't because, so taken aback was I, (as others were subsequently, I have to point out again in my defence... although I know, I know all these kind folk will claim to have assumed that I had actually looked inside/tasted the goods before sending in my rave/rabid report... they can't be held responsible for my gullibility...) that I messaged just about all my COH contacts in text similar to that which started this paragraph, only shall I say... I didn't use textspeak, classical or otherwise... So the scat was out of the bag/the rumour mill was underway & straight from the horses mouth, 'No, no really Stu said.'

The saga of the laptop then: 'Well how do we divide it between whomsoever has won it and how do we know who has actually won it when the Mablethorpe end is merely being glib/ironic/comedic/dry/blasé about the whole matter?' Oh well it's established at least that it is ours and again in my defence (sorry to keep making excuses for my inherent stupidity) I can only say that my email-pal/race liaison officer never once replied 'What ARE you prattling on about HAVE YOU ACTUALLY OPENED THE BOX???' I know, I know he probably thought I was being dry and witty and oh here we go 'ironic'. As someone who used to be a good friend of mine until he pointed this sorry fact out... being merely human we communicate from behind layers of armour... this meant as consolation I suppose... for something I don't remember what, benevolently but misguidedly mistaking me for someone who sought self-insight... a seeker of home truths...

SO WELL ANYWAY as the keen eyed and more thorough readers among you will have noticed in the last newsletter, the matter was placed in the hands of the COH Committee who decided that Steve & Carole would be best served in their efforts in administering and communicating Club issues by the use of the SHINY NEW, ALBEIT (according to the details on the box) – (ok, I can see that now!) LOW SPECIFICATION LAPTOP awarded to COH by the Good People of Mablethorpe's Race Organising Committee for, not just being some of the fastest guys and gals on the day but for being all round good eggs in such number.

AND SO early Sunday morning 18th November, the morning of the Beaver Trail run with our Beverley chums etc, there I am walking up the Avenue to cage my usual lift with Steve complete with laptop in protective bin-liner, against the steady drizzle, (I did mention I was borderline Aspergers didn't I?!?!?!?!?) inside a bigger carrier bag with handles for ease of (funnily enough) carrying.

