



CITY OF HULL AC

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

NEWSLETTER – 20th July 2006

Training Sessions

Monday 5.45pm	Playing fields Gorton Road opposite Haltemprice	Speed session
Tuesday 7.00pm	From Haltemprice Sports Centre	Club night
Thursday 9.15am	Elloughton Dale top	Pensioner's Plod
Thursday 6.00pm	Wauldby Green	Club Night
Friday 9.15am	Welton, Green Dragon	Cross country
Saturday 8.30am	Wauldby Green, Raywell	3 to 5 mile cross country
Sunday 8.45am	Beverley Clump, South Cave	Cross country

General Race Diary

Sat 22nd Jul, 10.00am	Bishop Wilton Half Marathon, Bishop Wilton, Nr York
Tue 25 th Jul, 7.30pm	EHH 10k – New Ellerby Railway Inn

Beverley AC – Team Relay Challenge – Wednesday 13th September 2006, Start 6.45pm

This year the relay challenge will be the same format as last year, with teams of 4 runners of mixed ability, all running 1 leg each of the Beverley Westwood 1 mile course. Meeting place for registration is on Westwood Road (top of the hill before the old windmill). You will be given a number with a letter, which is your team race letter, ie A, B, C, D etc and the number, 1, 2, 3 or 4 which is your race leg number. Please arrive early for registration.

Champagne League 2006 - Presentation Evening, 15th September 2006, 8.00pm

The Champagne League presentation evening will again be held at Cottingham Golf Club and as in previous years we are committed to a minimum of 100 places. I hope, therefore, that you will support this event and we would like to see as many of this year's competitors as possible (and their partners) at the function. The cost of the evening, which includes a first class buffet, is £10.00 per person and if you are interested, please contact Dave Brooke before 6th September 2006. Cheques should be made payable to D. Brooke, and forwarded to D. Brooke, 4 Woodlands Road, Hull, HU5 5EF.

City of Hull AC Presentation Evening, Friday 27th October 2006, 8.00pm

This year we are organising a presentation evening at The Darleys pub on Boothferry Road, to present prizes to the winners of the track championship, cross country championship, best male and best female and other prizes.

Sports Massage and Personnel Training – with Jo Morrow

Hi to you all, sorry I haven't been to the club for a while, I've had the stress of moving and planning a wedding! Now that we are settled in our new home, I'm hoping to get back training with you at the club. I'd like to let you all know that I have started a business as a sports massage therapist with exercise prescription and I also provide relaxation massage and personnel training.

If you would like any of the following treatments, which can help enhance your performance and prevent injury or break down scar tissue from past injury; then call me on mobile 07919 032380 or home 01652 637029. City of Hull member's receive a 10% discount off these prices:

- Deep tissue sports massage, £25.00 for 1 hour 10 minutes
- Pre or post event massage, £12.00 for 30 minutes
- Full body relaxation massage, £30.00 for 1 hour 30 minutes
- Personal training £25.00 for 1 hour

See you all soon, Jo and Steve
Jo Morrow, 4 The Old Barn, Westfield Road, Barton upon Humber, DN18 5RQ

Subscriptions - Now Overdue

This year's subs were due for payment on 2nd April. However there are several people who have not yet paid; if you are one, would you please pay Subs Secretary Bob Dennison, asap, either cash or cheque. Thanks.



229 Boothferry Road Hessle, Tel: 01482 647613 www.humberrunner.co.uk



Simply Running 4 Albion House, Albion Street, Hull, Tel: 01482 222169

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