



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

NEWSLETTER – 13th JULY 2008 (last 18.6.08)

City of Hull AC – Committee Members

Ray Pearson, President. Steve Holmes, Secretary. Kevin McManus, Treasurer. Dave Brooke, Champagne League. Bob Thompson, Men's Captain. Tania Cream, Ladies Captain. Nicky Moore Ladies Vice 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.

Subscriptions – NOW Due £12

If you have not yet paid, please do so asap, to Bob Dennison, or any committee member.

CoH New Members

We would like to welcome to City of Hull AC the following new members who have all joined us recently: Helen Candlin, Danny Candlin, Lynda Shepherd, Richard Barnes, Ian Fenton, Pete Baker and Laura Holmes.

Champagne League 2008

22nd Jul 7.15pm Lockington - 4.0 miles - Village Hall

Cycle Ride Saturday 6th September 08

I will be organising another cycle ride around East Yorkshire but this time only 50 to 60 miles. We will stop for morning coffee and lunch at suitable hosteries along the route. If interested, please contact Steve Holmes on 353647.

Mablethorpe – 10k , Half Marathon & Marathon, Sunday 14th Sept 08

The free coach will be leaving from Haltemprice at 7.00am and arriving back at 6.00pm.

Champagne League 2008 Presentation Evening, Friday 19th September, 8.00pm

The CL presentation evening will be held at Cottingham Golf club. Cost is £11 per person and includes a first class buffet. Please pay Dave Brooke before 5th September.

CoH – 2008 Track Championships, Costello Stadium – 17th Sep, 24th Sep & 1st Oct, 7.00pm

Just turn up, events are all free and race numbers will be issued on the night.

Wed 17 Sep ONE MILE (depending on runners ability there will be an a, b and c race).

Wed 24 Sep 5000K (as above, with an a and b race).

Wed 1 Oct 4 X 400M RELAY (teams will be made as equal as possible)

Ruth Pearson's Marriage to Lachlan Dalton, 2 August 2008, 12 noon, Holy Cross Church, Carrington Avenue, Cottingham – EVERYONE IS WELCOME TO THE CHURCH
We have a few (around 8) 'evening do' places available, which takes place in the Talbot Suite, Willerby Manor from 7pm. If there is anyone who would like to come for a drink, it would be lovely to see you. If you are coming could you please let me, (Ruth Pearson) know before 25 July by texting, or phoning 0793 190 8669.

City of Hull AC Training Sessions

Tue 7.00pm	Haltemprice Sports Centre
Weds 6.30pm	Costello Stadium
Thu 9.00am	Elloughton Dale top
Thu 6.30pm	contact Bob Thompson
Fri 9.30am	Green Dragon, Welton
Sun 8.45am	Beverley Clump, South Cave
(Sun 5 th Oct 08 for 3 months, 8.45am, Brantingham Hill)	

Road Running
Track Training (track fee payable)
Pensioner's Plod
Road or Cross Country
Cross Country
Cross Country

Saturday Morning Cycle Rides

We cover various routes, 20 to 30 miles in 2 hours, starting from Haltemprice at 8.30am. All welcome, for more information ring, Steve Holmes 353647 or Mark Robinson 651428.

CoH Races – Ferriby 10 January 09 & Humber Bridge 10K June 09 – Volunteers Wanted

To ease the pressure on myself and Dave we want to set up an organising committee to deal with all the arrangements for both the Ferriby 10 and Humber Bridge 10K. If interested, please contact Steve on 353647 or email stevecoh@hotmail.com

It never rains but it pours – Summer Cycling Saturday 5th July (by Steve Holmes)

Cycling up to Haltemprice to meet the others, Stuart Black said "he thought that the wind would keep the rain off" (Stuart, stick to plumbing!) The moment we reached Haltemprice the rain came down and we set off to a wet start, heading towards South Cave and beyond. We reached our morning coffee stop after 20 miles with only one mishap, John Smith falling off his bike whilst being stopped! Fed and watered (rather a nice bacon and tomato sandwich and a can of diet coke to cancel the bacon) we set off for our furthest point, Elvington. Heading through Melbourne the rain turned from steady to torrential, we tried to shelter under some trees but after about 10 minutes and starting to feel cold we decided to press on and reach Elvington and from there on to Howden.

By now the rain was driving across the road making cycling very unpleasant. At this point I would like to thank Chris Dawson for his map reading and sense of direction, as he managed to get us to Howden by just after 12.30pm, where a warm welcome awaited us. I can't remember the name of the pub, but the landlord showed us where to put our bikes and dripping wet we entered the bar and ordered drinks and food. A lot of the banter was heading Chris and Clare's way, something to do with Chris's washing on the radiator and Clare managing to pack her entire wardrobe into her backpack! By the time we had spent 2 hours in the pub the rain had stopped and the sun was shining, we set off now heading for Laxton and Blacktoft along very quiet pleasant roads.

The group decided to make an unscheduled stop at the Hope & Anchor pub and sitting outside on the river bank was very tranquil compared to our morning ride. After a quick pint we set off homeward over Market Weighton canal, towards Ellerker, Elloughton, Welton, Swanland and home. We cycled a total of just over 80 miles and despite the weather, we all had a great day out. My fellow cyclists were: Stuart Black, Ruth Pearson, Clare Nicholson, Bob Thompson, John Smith, Daniel Aldus, Kevin McManus, Chris Dawson and Stuart Buchan.

Laxton 10k, Weds 9th July (by Steve Holmes)

A group of us, encouraged by men's team captain, Bob, decided to run the Laxton 10k race. I can hear you thinking "never heard of it", well, Laxton is a small village about 5 miles from Gilberdyke. It was a very low key race with only 99 entrants and was promised to be a flat course, which it was but it actually turned out to be one of the nicest courses we have ran for a long while, again though, in spite of the constant rain. Pete Baker won the race in a time of 35:13 beating the course record by over 2 minutes. Second was Adam Fozzard 35:36. Richard Thompson 38:32. Dave Oliver 40:09. First lady Nicky Moore 40:22. First vet F40 Fiona Robinson 44:05. Steve Wilcox 44:15 and Steve Holmes 47:08.

Hadrian's Wall (by Steve Coveney)

Back in 1980 when I worked at the Land Registry in Durham, Chris Campbell and I organised a relay across the 80 miles of Hadrian's Wall, 9 runners and walkers from the Durham office took part. This small acorn has spawned the Land Registry National Relay, which takes place in a different area each year and attracts over 100 participants from all over the country.

On that first relay I was down for the first 10 miles, which with Alice in Wonderland logic, we started at Wallsend. Having run this in an hour (those were the days) I handed over to the next runner and then continued myself at a more sedate pace. We had walkers for the scenic parts in the middle of the Wall and at one point I, running solo, was ahead of the relay. However not far from Carlisle a fresh runner swept past me. The last few miles alongside the Solway Firth seemed interminable, but 16 hours, 17 minutes and 80 miles after leaving Wallsend, I was at the other end of the Wall at Bowness (and before last orders).

So fast forward to September 2007 and the announcement (with Chris Campbell about to retire) that the 2008 Relay was to return to Hadrian's Wall. Meeting one of the original participants in Durham, he told me they were looking to get the original team out on this year's event. Was I up for it? Sounds good I replied. "Yes, but are you up for repeating the whole thing like last time". Vanity thy name is an old runner. Have I mentioned we were in Durham's Champagne Bar at the time celebrating the birth of a friend's grandchild? The answer was inevitable.

So one Friday evening in June Mike O'Brien, Darren Cavill and I drove to Heddon on the Wall ready for a 6 o'clock start at Wallsend on Saturday morning. The farm we stayed at had diversified into providing bunkhouse accommodation for walkers of the Wall. The lady who took our money explained that they had converted the pigsties to provide the accommodation, but it was better than it sounds! Saturday morning dawned grey with a thin drizzle falling, a typical dreich Northumberland day looked on the cards. A team of 8 runners from my office had volunteered to provide me with company every step of the way, all secretly hoping to have the chance to use some of my own motivational phrases when I struggled, vengeance takes many strange forms.

Darren and I started on time. One difference was immediately apparent. The Hadrian's Wall Path National Trail had been opened in 2003 and the problems of footpaths being blocked with barbed wire, which had been a feature in 1980 were no more. The route was also well signed. The way continued ever westwards up and down successive hills. I explained to each runner that the route undulated pleasantly and each time I said it, it rang a little more hollowly. Finally after 4½ hours the hill out of Chollerford climbed 100 metres in half a mile and I took my first walk. By now it was hot and humid and the 8 mile stretch over Sewing Shield Crags, Crag Lough and Peel Crag left me dehydrated, a stupid mistake on my part. At Steel Rigg I was re-united with the car support and got several pints of liquid down me. This was half way and I am assured that I looked dreadful.

The midges were biting voraciously at Steel Rigg so this forced me on to Chesters, Gilsland and Birdoswald. This was a tough 12 miles where I alternated walking and jogging and waited for the effects of rehydration to kick in. Fortunately it is very scenic and contains the best stretches of the Wall so it was a portion to savour. The 20 miles from Birdoswald to Carlisle went well with lots of steady running (which probably looked more like a shamble but felt good to me). Hadrian should have stopped his Wall at Carlisle. I have abiding memories from 1980 of the route from Carlisle to Bowness along the Solway Firth seeming interminable. It was exactly the same this time! Darren was able to make full use of the opportunity to repeat phrases which I use to encourage others when they are struggling. It had no effect on me whatever. I simply thought "I recognise this rubbish".

The advantage of continuing to put one foot in front of the other is that ultimately you reach your destination. So it was that shortly before one o'clock in the morning I completed my journey. It had taken over 2½ hours longer than in 1980 but as my wife pointed out, I was double the age I was then.

Would I recommend it if you want to have an 80 mile run? Yes, but remember the reason we chose it as a natural objective is that we were based in Durham. So if you aspire to a similar feat I recommend doing the Wolds Way in one go. Stuart Buchan can tell you all about that.

Cycling - Beverley 5k Classic/National Road Circuit Racing Championship – 1st & 3rd Aug
Hull Thursday Cycle Road Club/Kingston Upon Hull AC still require a number of marshals for the above race on Friday 1st Aug and for the East Yorkshire Classic Cycle Race on Sunday 3rd Aug. On the Friday night marshals will be required from 6pm until about 9pm. On the Sunday the race takes a 90 plus mile route around the East Yorkshire Wolds, so times required will depend on your marshalling point. If anyone would like to help at either of these events please contact Andy Lyons on either andy@aclyons.karoo.co.uk or mob 07876 205347, or call in at the Humber Runner Shop.

Whitby - New apartment near beach for rent. 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.

Start Fitness, 30 Butcher Row, Beverley, 01482 861859, www.startfitness.co.uk
New range of Asic Shoes, Autumn/Winter 08 Models – all with at least 20% discount off
Older Range Kayanos, now £59.99 – mens & ladies
Asic 1120s, £44.99 – mens & ladies

Massage Therapy & Exercise Prescription by Jo Morrow
RSA, NABBA, IIHHT/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)
Full Body Relaxation Massage (1hour 30 mins, £35.00)
Personal Training (1 hour, £25.00)
City of Hull members receive a 10% discount off these prices.

Humber Runner, 229 Boothferry Road, Hessle, 01482 647613, www.humberrunner.co.uk
Adidas has now arrived at Humber Runner!
We are pleased to announce that East Yorkshire now has an Adidas Running Specialist store

Call in and try the new range of Adistar and Supanova footwear
Coming soon the new Autumn/Winter Adidas clothing collection

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