



CITY OF HULL AC

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

NEWSLETTER - 14th JUNE 2006

Budapest Half Marathon Trip - 1st September 2006

Tourers are reminded that the next instalment for the trip is due by Friday 30th June.

The final payment must be paid by Wednesday 26th July.

Payments should be sent to Bob & Denise, 83 Kingston Road, Willerby. HU10 6AH. Cheques payable to 'City of Hull Running Club'.

We now have 24 COH tourers travelling to Budapest for the weekend. If anyone would like to join us then please contact Bob & Denise, tel: 656070 or email tomo@derede.karoo.co.uk

If you are emptying your piggy bank to buy currency for the trip, remember you are buying Hungarian Forint (HUF)

Training Sessions

Table with 3 columns: Day/Time, Location, and Session Type. Includes Monday 5.45pm (Playing fields Gorton Road), Tuesday 7.00pm (From Haltemprice Sports Centre), etc.

Champagne League 2006 - all 7.15pm start, except for races 7 & 8; staggered starts from 7.00pm

Table with 4 columns: Race Number, Day/Time, Distance, and Location. Includes *8) Tue 13th Jun (Wauldby Green, 8.4 miles), 9) Tue 27th Jun (Lockington, 4.0 miles), etc.

CoH AC Track Championship Races - PLEASE NOTE 10000M DATE ALTERATION

Table with 3 columns: Race Distance, Start Time, and Date. Includes 1 Mile (7.00pm prompt start, Friday 9th June), 5000 Metres (7.00pm prompt start, Friday 16th June), 10000 Metres (7.00pm prompt start, NOW FRIDAY 30TH JUNE)

To compete in this free event, just turn up on the day and you will be issued with a race number, to be kept for all 3 races. However, all runners are expected to help out with lap recording, if necessary. Due to expected high numbers of participants we are proposing to have 2 x 1 mile races; 2 x 5000 metres races and 2 x 10000 metres races.

Below are the results from the 1 mile track race (2 races) held on 9th June. The overall winner is Sanki Evans who completed the mile in 4:38.

Table with 8 columns: Race 'A' (Time, Number, Name) and Race 'B' (Time, Number, Name). Lists results for 1 mile track race.

East Hull Harriers, Summer League, all Tuesdays and 7.30pm start

Table with 2 columns: Date and Location/Distance. Includes 20th Jun (Sproatley, Constable Arms, 7mile), 4th Jul (Elstronwick, Crown & Anchor, 5 mile), etc.

General Race Diary

Table with 2 columns: Date/Time and Event Name. Includes Sun 25th Jun, 10.30am (Humber Bridge Half Marathon), Sun 2nd Jul, 10.00am (Mansfield Half Marathon), etc.

CoH Humber Bridge 10k

Our 10k was held on Sunday 4th June, we had an enjoyable day with good weather and of 537 people who entered, 463 actually competed on the day; the winner was Steve Bateson of East Hull Harriers in a time of 32:46. The 2 mile Fun Run was completed by 138 runners, the winner, Corey Arnott, age 15 of Beverley AC in 8:45. I would like to thank all those who helped in any way, everyone of you combined to play a part in the success of this year's race and so once again, a big thank you to you all.

Lake District Break - 19th to 23rd July 2006

For the last 3 years Pete Blowers and I have organised short break trips for club members and friends. These have taken the form of bike rides such as the C2C and the White Rose Way and a stay at Nenthead in the North Pennines. This year we are going to Ambleside in the Lake District to ride some of the cycle routes around this lovely area, or maybe do a bit of running if you wish. It's really all about chilling out and having a relaxing time and a good laugh, all spent in good company.

This year's trip will be from Wednesday 19th July to Sunday 23rd July. We will be staying at the Ambleside backpackers lodge and the cost for bed, light breakfast and free tea/coffee is £52 pp for the 4 nights (£13 per night), which is payable on arrival. I have provisionally booked 20 places (13 of which have already been taken) but more can be made available if we wish. I have promised the owner I will give him a definite figure in 3 weeks.

You can get more information at www.englishbackpackers.co.uk. If you would like to be included, or would like more details, please get in touch with me, Dave Brooke. Mobile 07717 348618, home 01482 354396, e-mail davebrooke4@hotmail.com

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



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