



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

NEWSLETTER – 18th JUNE 2008 (last 11.5.08)

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

Owing to an increase in the fees we have to pay UK Athletics for each member, it was decided at the recent AGM that subs be increased from £10 to £12 per member as from 25th April 2008. If you have not yet paid, please do so asap, to Bob Dennison, or any committee member.

Mablethorpe – 10k 10.00am, Half Marathon 9.45am & Marathon 9.30am, Sunday 14th Sept 08

After last years success we will again be organising a free coach trip to the Mablethorpe race day; leaving Hull at 7.00am and arriving back again at 6.00pm at Haltemprice. If you are interested, please contact Steve Holmes as soon as possible phone 353647 or email stevecoh@hotmail.com.

Day Long Cycle Ride with Steve Holmes – REVISED DATE NOW Saturday 5th July

I am organising a day long cycle ride, leaving Haltemprice at 8.30am. Cycling towards South Cave, North Cave, North Cliffe and stopping for morning coffee at a cafe on the A614, near Market Weighton. Heading off towards Everingham, Melbourne, Sutton on Derwent, Elvington, Wheldrake, Howden, Gilberdyke, Newport, North Cave, South Cave and back to Haltemprice. The route is approximately 70 to 80 miles. We will stop for lunch at a suitable pub on route. If you are interested, please let me know, phone 353647 or email stevecoh@hotmail.com

Saturday Morning Cycle Rides

Now the fine weather is here, we have started our Saturday morning cycle rides; usually completing 20 to 30 miles in 2 hours, setting off at 8.30am from various locations. All are welcome and for more information contact either, Steve Holmes (as above) or Mark Robinson (tel 651428)

City of Hull AC Training Sessions

Tue 7.00pm	Haltemprice Sports Centre	Club Night
Thu 9.00am	Elloughton Dale top	Pensioner's Plod
Thu 6.30pm	contact Bob Thompson	Club Night
Fri 9.30am	Beverley Clump, South Cave	Cross Country
Sun 8.45am	Green Dragon, Welton	Cross Country

(Sun 6th Jul 08 for 3 months, 8.45am, Beverley Clump, South Cave)

(Sun 5th Oct 08 for 3 months, 8.45am, Brantingham Hill)

Champagne League 2008

24 th Jun 7.00pm	Wauldby Green, 8.4 miles	Raywell
8th Jul 7.15pm (swapped with last)	Humber Foreshore, 4.0 miles	Country Park Inn car park
22nd Jul 7.15pm (swapped with above)	Lockington, 4.0 miles	Village Hall

Whitby Holiday

New apartment near to beach in Whitby for rental. 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.

CoH – Humber Bridge 10K & Fun Run – Sunday 1st June 2008

405 entered our 10k race of which 339 completed the route on the day, with Steve Bateson, EHH winning in a time of 32:38. Second Andy Swearman, Birchfield Harriers in 34:12. First lady Melanie Hayward, Beverley AC in 36:45. Second lady Erika Johnson, Swaledale RR in 40:35. In the Fun Run 51 runners completed the race, with Andrew Harding, Beverley AC winning in 8:46. Thank you to all the volunteers helpers - without you the race would not have been a success.

Harewood House Chase 10k, Sunday 8th June – review by ‘the grey-haired person, aka Stu Buc’
Once again the only real question mark hanging over the day, like the majestic wingspan of a red kite, was: ‘Do things ever get much better than this?’ And as the assembled COH picnickers lounged in the sun after a delightfully scenic (ok hilly) run through the grounds, surrounding roads and footpaths of the estate and that red kite (ornithology courtesy of Mr Steve Holmes) circled ever lower, drawn by the initial pale flesh below blooming into tastily cooked pinks, the quick towel down and liberally applied deodorants did at least keep the flies away from gourmet grub and cheese butties without discrimination.

The whole affair was very low key, surprisingly so for an event organised by Bingley Harriers especially in such surroundings and on such a glorious day, but low key in the best possible way, friendly & relaxed yet well marshalled and efficiently run. That the race was 10k-ISH & GPSes had it at 5.9 at best, actually took some of the pressure off. That some of us were talking up injuries and a lack of training/form even at the Humber Bridge car park rendezvous before we set off in COH convoy; took even more pressure off. What can I say, in the end we ran well and we travelled in significant number, significant enough to make our mark (apart, that is, from the Bingley ringers packing the first few elite places). All our ladies; Nicky, Fiona, Clare and Lucy won prizes, I think I’m right in saying, Nicky actually finishing fifth overall. We did have more men running though we didn’t pack quite as well. (So it goes.) **BUT** on such a lovely day, race debrief was more a question of managing the not so private transition from race shorts into summer casuals etc and after a few glasses of wine onto an impromptu game of rounders cum baseball... just to keep the kids happy... you know how it goes... I forget which BIG kid it was who first stormed off, stamping their feet, pretending to take a loo break rather than admit defeat, ‘I’m not out, I’m not out. I’m not!’

So anyway as the afternoon threatened to break into full on competitive one-upmanship, which reminds me, if you ever do find yourself in such a lark-about-with-a-rounders-bat-&-tennis-ball situation, whatever it takes, make sure you’re on Nabs & Lucy’s side... they know and show no mercy: ‘She’s out she is. No she is. She’s out.’ – (‘But, but Mummy, aw Daddy...’) suddenly a lone cyclist shakily dismounts in our midst and begins to adjust his handlebars as though nothing special had occurred. Trevor, having set out with the Barracuda lads for a ‘30 miler’ had apparently taken a left when the others went right or something along those lines and 65 miles later arrived to cheer us on. ‘C’mon Trev where’ve ya been, the race finished hours ago!’ What impressed us most though was that despite our best attempts to dissuade him/tempt him with fine wine and all our sun-spoilt leftovers he was determined to make the return journey by pedal power alone. He did too, making it a 130 mile round trip and then warming down with a 30 minute run. Respect Trevor. Respect.

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 and ladies

1120s £34.99 mens, 2120s £44.99 both mens and 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

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