



CITY OF HULL AC

NEWSLETTER MARCH 2007

City of Hull AC Training Sessions

Mon 5.45pm until early April
Mon 5.45pm from early April
Tuesday 7.00pm
Thursday 9.15am
Thu 6.00pm until early April
Thu 6.00pm from early April
Friday 9.30am
Saturday 8.30am
Sun 8.45am until early April
Sun 8.45am from early April

Humber Bridge top car park
Haltemprice sports field
Haltemprice Sports Centre
Elloughton Dale top
Haltemprice Sports Centre, Club night (or fast run 6.30pm, see Bob Thompson)
Wauldby Green, Raywell
Green Dragon, Welton
Wauldby Green, Raywell
Brantingham, car park halfway down hill
Beverley Clump, South Cave
Speed session
Speed session
Club night
Pensioner's Plod
Club night
Cross country
Cross country
Cross country

City of Hull AC Champagne League 2007 - DEFINITELY NO ENTRIES ON THE NIGHT

Entry forms to be returned to Pete Taylor no later than 29th March 2007

(Closed to first claim members of COH, BAC, EHH, WHL, HS, WCTY and BRR)

Table with 4 columns: Date, Time, Venue, Approx Dist, Registration. Lists various races and their details.

London Marathon Fundraiser

Pay To Play Night
At
The Duke Of Cumberland, North Ferriby
On
Friday 13th April 2007
'Eyes Down' at 8.00pm

Tracy Lishman is Part of The 'KIDS' Flora London Marathon Team & Is Raising Money To Support Our Local Branch Here In Hull

Please come along and enter our quiz, play bingo and join our beetle drive!

For more info see Tracey or Denise (CoH Athletic Club)

Everyone Welcome

Race Diary

Sun 25 Mar Wakefield Hospice 10K, Wakefield - 10.00am
Sun 25 Mar Ackworth Half Marathon, Ackworth Pontefract - 10.30am
Sun 13 May Beverley 10K, Beverley - 11.15am
Sun 3 Jun City of Hull's Humber Bridge 10K - 11.00am
Sun 24 Jun Humber Bridge Half Marathon - 10.30am
Sun 24 Jun Leeds 10K, Leeds - 9.00am
Sun 16 Sep Mablethorpe Marathon & Half Marathon, Mablethorpe, Lincs
Sun 7 Oct Loch Ness Marathon, 10K & 5K - Scotland

Ladies where are you??? (Becky Hill)

Things had started to go wrong on the Saturday night with the earth shattering news that Leeds Rhinos got beaten by Hull KR. But it seems that the worse was still to come. Sunday morning dawned bright and sunny, perfect cross country weather. City of Hull ladies were lying in second place in the team event, one last race, (at Sewerby) to make sure that this position was maintained. Unfortunately it turned out that the City of Hull Ladies were somewhat invisible on this lovely morning, with not a single one to be found!!!!

I have to say it was hugely disappointing and think that we are very lucky to have maintained second place. Tanya and I were amazed when we were the only two ladies to turn up at Scarborough and to be honest if we hadn't done this I don't think we would have held on to any sort of position. Nearly half of the ladies at Sewerby where Beverley AC, so its really no surprise that despite the huge number of talented ladies that we have, they are consistently ahead of us. I know it's not always easy, as we all have other commitments but we only needed 3 to count and we are well into double figures for lady members. So come on girls lets get ourselves organised, and show them that we are a team to be reckoned with!!

London Marathon Trip 2007 - Hotel 'Recky'

Hotel - Ramada, London Docklands

Although almost at the end of the line on the DLR (Dockland Light Railway) this hotel is ideal for the Excel centre, not so brilliant for central London shoppers/theatre goers. The hotel is a modern building in the docklands area. The rooms have all the usual facilities including hairdryer (for the boys especially Colin), Neutrogena bathroom products (again for the boys) tea and coffee facilities and complimentary bottle of water (for the athletes amongst us). We had a nice meal in the hotel restaurant, average cost for main meal £14.00 and there is also a large bar area. A small gym is also on site.

Location

On the DLR the hotel is at 'The Prince Regent Station' look out for trains to 'Beckton'. Buying train tickets in and out of London this area is zone 4.

Excel Centre

The Excel Centre where all runners must register is 10 minutes walk (at slow pace) and is easily seen from the hotel. Because of the nearness of Excel we shall not be offering the collection of numbers this year.

Shopping/Eating

There is a restaurant just outside the Excel centre, which is a walkable distance from the hotel.

Take the DLR to 'Poplar' change trains for 'Lewisham' and within 15 minutes from the hotel you are in Canary Wharf. This area boasts 200 shops and several eateries. Check out www.mycanarywharf.com for more info.

Further down this line is Greenwich, alight from the train at Cutty Sark and you are in the centre of Greenwich with a brilliant market area and lots of places to eat. 'Tapas Recommended'

For Central London take the DLR back to 'Bank' where you join the main underground for Central/Circle/Northern & District Lines, this takes approx 30 minutes from the hotel.

Money, Money, Money

Please can all final payments for the trip be made a.s.a.p. Total cost of trip is £72.00 less deposit of £50 leaving balance to pay of £22.00. Cheques should be made payable to 'City of Hull Running Club' and forwarded to Bob & Denise Thompson, 83 Kingston Road, Willerby HU10 6AH. Final itinerary and roomies will be sent out in April.

#### London Marathon 2007

The LONDON MARATHON on the 22<sup>nd</sup> April is coming round fast and this year I am hoping to make my participation in the event have a direct benefit to people who have had strokes and to their carers and families. In 2005 with the kind help of many of you, I raised in excess of £2500 in aid of the British Heart Foundation in memory of my Dad. This year I would love to gain contributions towards the development of a THERAPEUTIC GARDEN at ALDERSON STROKE UNIT in Hull.

As an OCCUPATIONAL THERAPIST based at Alderson Stroke Unit and in the community, I am always trying to think of and develop new mediums which can be used for therapy; the regaining of functional and life skills, confidence, relaxation and well-being. Given that Alderson Stroke Unit is in the middle of a built up area, access to a positive relaxing outdoor environment is limited for people recovering from strokes before returning home.

A large area of relatively undeveloped land surrounds the unit and it is my intention with the help of financial and material contributions and volunteers, that the area is developed into a resource. This could be used for gardening, leisure, exercise and educational individual and group sessions; or simply as a place for patients and residents and their family and carers to get away from the confines of the stroke and residential units and gain access to natural light and fresh air.

I am looking for contributions of materials, money and or equipment to get the project underway as soon as possible. If anybody has contributions, advice, ideas, thoughts, or contacts to offer me, I would love to hear from you. From you runners just a pound or two (of money, bulbs or compost) would be great.

I can be contacted at Alderson Stroke Unit, Linnaeus Street, Hull, HU3 2PD, Tel: 01482 336912 or on mobile 07985 443771, or on (some of) the training runs. Kind regards Clare Nicholson.

#### London Marathon 2007 – Tracy Lishman

Hi everyone, this year I am running the London Marathon as part of the 'Kids' team. 'Kids' is a national charity helping children with disability to reach their potential and they have a very informative website [www.kids.org.uk](http://www.kids.org.uk). Every penny raised by me will go directly to the local branch in Hull. So, please help me to raise funds for this very worthwhile charity and help local children and young people less fortunate than ourselves by contributing in any way you can. Please send any donations to the address below, or hand to me on a Tuesday or Thursday Club run. 7 Humber Road, North Ferriby, HU14 3DN. Thanks, Tracy.

#### Marathon Advice – Taper (Stuart Buchan)

As we head into the last two weeks of marathon training, now is the time to be considering your taper. Avoid at all cost the temptation to squeeze in a last, eyeballs-out mega run, better to be well rested and hungry for it than still carrying training miles in your legs (and risking injury to boot) as you toe the line on April 22<sup>nd</sup>. Have confidence in the winters' mileage and stick with your routine whilst easing back on the miles; just do less on the same days you would normally run. That last LSD run on the 15<sup>th</sup> needs to be something well within your compass and 60 – 90 mins tops, nice and relaxed. Although speed work can be maintained into the last week, (those of you 'racing' Tuesday night will probably find that is enough to keep you sharp) it should be 'marathon specific'. I find that slipping 3 x 4 min efforts in the middle of one of my regular runs works a treat (just enough to remind your body what 'race pace' feels like). Extra drinks (depending on your normal regime anyway) are also to be recommended throughout the last two weeks. It's not only about being well hydrated on the day but generally too. Eat well, although as you cut back on the miles your appetite won't drop off immediately so you'll already, effectively, be eating more so no need to binge/carbo load in the last couple of days really. Sleep patterns are just that: patterns. It's no good simply having an early night on the Saturday (that's unlikely anyway) so try to bank an extra hour or even just half an hour every night during these weeks, or at least whenever you can. Above all relax, the hard work has been done (if it hasn't, then it's too late) and all you can do now is enjoy the day. And don't worry if none of this applies and you've had a 'less than perfect' last couple of weeks...stay positive, it's a funny old game...

Jimmy Grievous Bodily Harm (Only feels like it for the first few weeks, honest, any first timers out there.) Hope your Training has gone well so far...Good luck to everybody on the 22<sup>nd</sup>.

#### Coast to Coast (by Steve Holmes)

Would anyone fancy cycling coast to coast all in one day as a bit of a challenge? No definite plans yet but I thought end of June early July. Would probably travel across to the west coast Friday and stay overnight; setting off early Saturday aiming to finish at the east coast late Saturday. If interested just let me know.

#### City of Hull AC Annual General Meeting

This years AGM will be held at Haltemprice Sports Centre in the room at the back of the café at 8.00pm on Friday 27<sup>th</sup> April 2007. If you can't make it but have a concern you would like answering, write it down and either pop it in the post or pass it onto me:  
Steve Holmes, 55 Woldcarr Road, Hull HU3 6TR. [stevecoh@hotmail.com](mailto:stevecoh@hotmail.com)

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#### Massage Therapy & Exercise Prescription by Jo Morrow

Sports Massage (1 hour 10 mins), £25.00      Pre & Post Sports Massage (30 mins), £12.00  
Full body Relaxation Massage (1 hour 30 mins), £30.00      Personal Training (1 hour, £25.00  
City of Hull members receive a 10% discount off these prices.  
Jo Morrow, 4 The Old Barn, Barton upon Humber, RSA, NABBA, IHHHT/IIST, BaBTec,  
FA Cert Management and Treatment in sports injuries. Tel 01652 637029 Mob 07919 032380

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**Humber Runner, 229 Boothferry Road, Hessle, tel 01482 647613**  
[www.humberrunner.co.uk](http://www.humberrunner.co.uk)

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**Simply Running, 4 Albion House, Albion Street, Hull, tel 01482 222169**  
[www.simplyrunning.biz](http://www.simplyrunning.biz)

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*If you would like to contribute to the next newsletter, please contact Steve Holmes*