



CITY OF HULL ATHLETIC CLUB [www.cityofhullac.co.uk](http://www.cityofhullac.co.uk)

NEWSLETTER – 19<sup>th</sup> MARCH 2008

City of Hull AC – Committee Members

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

CoH AC – AGM Friday 25<sup>th</sup> April 8.00pm – Haltemprice Sports Centre Cafe

All are invited to this year's Annual General Meeting and questions and comment will be welcome on the night. However if you have any detailed questions or queries you would like to put to the committee, please send in writing before 25<sup>th</sup> April to Steve Holmes, at either, 55 Woldcarr Road, Hull, or by email [stevecoh@hotmail.com](mailto:stevecoh@hotmail.com).

New Mens Captain

Following John Smith leaving the country to work in China for some 18 months we now have a new men's captain, Bob Thompson. We wish Bob good luck in his new role.

Ladies Captain

I am looking for a vice-captain to support me in my role as ladies captain. I intend this position to be permanent but would like someone there whilst I can't be. I will be unable to attend the club from late May, probably for a few months, but I will be back as soon as possible.

The role of vice-captain involves being a contact and source of information for new members and to support them in their integration into the club. I appreciate we do all do this but it is good to have a named contact that members can call, or speak to, should any problems arise. I also attend committee meetings once a month (first Monday of each month, 8.00pm at Haltemprice Sports Centre Cafe, except August) but we could share this duty as we both don't need to be there.

This person would support me in improving the ladies section of the club. One recent idea is to have a ladies weekend / training camp. Sometimes I have encouraged / reminded the ladies about forthcoming runs to try to ensure a full team. As you are aware, the ladies in this club are very committed, determined and lovely, so this makes my job very easy.

Please let me know if you would like to be my vice-captain by the end of April. Tania x

City of Hull AC Training Sessions

Mon 6.00pm –until mid April	Humber Bridge top car park	Speed Session and Beginners
Mon 6.00pm –from mid April	Haltemprice Sports Centre field opp	Speed Session and Beginners
Tue 7.00pm	Haltemprice Sports Centre	Club Night
Thu 9.00am	Elloughton Dale top	Pensioner's Plod
Thu 6.00pm	Haltemprice Sports Centre	Club Night
Thu 6.30pm	contact Bob Thompson	Club Night - Faster Group
Fri 9.30am	Green Dragon, Welton	Cross Country
Sun 8.45am	Skidby Mill (from 6 <sup>th</sup> Jan to 30 <sup>th</sup> Mar)	Cross Country

(Sun 6<sup>th</sup> Apr 08 for 3 months, 8.45am, Green Dragon, Welton)  
(Sun 6<sup>th</sup> Jul 08 for 3 months, 8.45am, Beverley Clump, South Cave)  
(Sun 5<sup>th</sup> Oct 08 for 3 months, 8.45am, Brantingham Hill)

Note: Sunday training start location is liable to change at short notice, if unsure, please contact either, Bob Thompson 656070 or Steve Holmes 353647.

Champagne League 2008

Entry forms for CoH members can be downloaded from the website, but must be returned to Peter Taylor no later than 27<sup>th</sup> March. Race series entry fee is £18.00.

1 <sup>st</sup> Apr 7.15pm	Humber Foreshore, 4.0 miles	registration Country Park Inn car park
8 <sup>th</sup> Apr 7.15pm	North Cave, 4.0 miles	registration North Cave Hotham Park
15 <sup>th</sup> Apr 7.15pm	Sancton, 3.7 miles	registration Village Green
29 <sup>th</sup> Apr 7.15pm	Beverley Westwood, 3.7 miles	registration Newbald Road
13 <sup>th</sup> May 7.15pm	Brantingham Chase, 4.0 miles	registration Brantingham Village Pond
27 <sup>th</sup> May 7.15pm	South Dalton, 5.1 miles	registration Kiplingcotes Cross Roads
10 <sup>th</sup> Jun 7.00pm	Kiplingcotes, 6.0 miles	registration Grannie's Attic
24 <sup>th</sup> Jun 7.00pm	Wauldby Green, 8.4 miles	registration Raywell
8 <sup>th</sup> Jul 7.15pm	Lockington, 4.0 miles	registration Village Hall
22 <sup>nd</sup> Jul 7.15pm	Humber Foreshore, 4.0 miles	registration Country Park Inn car park

CoH – Humber Bridge 10K & Fun Run – Sunday 1<sup>st</sup> June 2008, 11.00am

Preparations are now well advanced for this years CoH Humber Bridge 10k race. We have received 50 entries in the first week alone, which should indicate that we will reach our expected limit of 500. If you would like to help out with this race; eg, water station, marshalling or timekeeping, please contact Steve Holmes on 353647.

Coh Winter League 2007 / 2008 – Results

The results for this seasons Winter League series of 6 x 3 mile handicapped races are:

Race 1, 16 <sup>th</sup> Oct	First place David Hunt
Race 2, 6 <sup>th</sup> Nov	First place Steve Cunningham
Race 3, 4 <sup>th</sup> Dec	First place Frank Harrison
Race 4, 8 <sup>th</sup> Jan	First place Lisa Bobczuk
Race 5, 5 <sup>th</sup> Feb	First place Gavin Dalton
Race 6, 4 <sup>th</sup> Mar	First place Steve Holmes

Our overall series winner was Steve Wilcox with 490 points, with in second place overall Frank Harrison and in third place overall Lucy Khan. Congratulations to our winners and thanks to all who turned out for these events.

East Yorkshire Cross Country League 2007 / 2008 - Results

Congratulations to our CoH Ladies team for winning the first ladies team award, beating Beverley AC Ladies by one point! A big thank you to all the ladies who took part this year: Tania Crème, Nicky Moore, Joanne Bray, Fiona Moore, Eileen Henderson, Ellen Watkinson and Pam Richards. Our CoH Mens team came third, beaten by Beverley AC in first place and Scarborough AC in second place. It may be worth reading Adam's comments on our website regarding the mens team. Thanks also to Sue Welbourn for supplying much needed and appreciated, hot drinks and biscuits at all the EYCC events this season.

Desk Top Computer – FREE TO GOOD HOME!

Screen, hard drive with Windows XP and internet modem, keyboard, mouse, printer, scanner. All in good working order and free of charge. If interested, please contact Steve Holmes tel 353647.

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.

General and Marathon Training Advice by Stu Buchan

Of course there are a multitude of ways to skin that cat and as we find out the minute we undertake any plan of action, it becomes more a question of what we can reasonably fit in, rather than any one specific schedule for everyone and of tailoring our ambitions/goals to suit: Having realistic expectations given our base of fitness and an attainable/achievable training programme given other work/family/time commitments (& basic motivational needs etc) is the key.

So far so good and no doubt all too obvious ...but whilst I personally went from strength to strength over 5 or 6 years of 'ultra' training (although weekly mileages were never too high) based around twice a day sessions three times a week i.e. 90mins am/45mins pm with 2½ - 3 hours Friday.

OR Saturday and 3½ - 4 hours on the Sunday ... (AS AN IDEAL /PEAK TRAINING ETC...and NOT WEEK IN WEEK OUT all year round etc)... it is important to realise that John Redmond for example, who off the top of my head managed 2.25 at London? NEVER trained over 2hours (although that 2 hour run was a swift 20 miler!) and NEVER did twice a day sessions to my knowledge. He and his peers did train hard though and thought nothing of 'speedwork' on Saturday, RACING Sunday followed by speedwork on Monday ... they were made of stern stuff in them days ...and all this under the 'guidance'/slave-driver's whip of a certain Mr Jarvis ...

... FINE of course if your body can take the punishment (relative youth and/or sturdy constitution) AND that is another important factor before any plans are made... any success, any long term success is based upon/to be found in a decent spell of injury free running/training say for a couple of years uninterrupted (allowing for slight niggles that don't impede progress on the whole) (and fortunately a lot of 'injury's' will respond to a 'sensible' easing back rather than abrupt stops and re-starts etc)... SO THE MAIN THING IS REALLY TO 'STUDY' THE BASIC NEEDS OF EVERY RUNNER HOPING TO IMPROVE/REDUCE THEIR TIMES.... Endurance/Speed/REST.... (It has to hurt at times in training because it will hurt in racing and you have to condition yourself to respond.) It really ain't rocket science.

THAT'S A GOOD WORD... CONDITIONING as it is also (& mainly and chiefly) all about tricking the body into a state where it responds to increased demands placed upon it in ways you've shown it can rather than in the way it wants to (i.e. your body will always rather lay down and stretch itself out and have a good old yawn...) SO mental tricks..... learning how to relax whilst still piling on the effort (it really is just a frame of mind like riding a bike...). Watch youngsters enter races and set off too fast only to die a couple of miles up the road.... One answer to shout at them as you WHIZZ past in the closing stages, is for them to learn pace-judgement. BUT equally, left to their own devices, each time they race they will tend to get a little bit further into the race before they fade.... SO something of the two can be successfully adopted/adapted (obviously pace judgement cannot be overlooked) but also try THRESHOLD SESSIONS over a regular route of say 5 or 6 miles (something to be done individually in this case) (unless you can find that ideal training partner and no I don't mean that Garmin stick figure) and experiment; occasionally setting off too quickly and cling on just to give your body a shock and see how it responds. AGAIN IT'S A QUESTION OF WHAT SUITS YOU but variety is the key here not just to keep yourself interested etc but to stop your MUSCLES stagnating/becoming complacent, and remember the 'major' muscle you need to develop is your heart/V02 max etc and threshold running in its more traditional sustained run (just below race pace) form etc is ideal for improving that...

One 'trick' imparted to me years ago by 'Jarvo' was to think of your arms when making efforts (and probably whilst running generally).... rather than thinking how tired your legs are think about the relaxed flow of your arms because as you pump those upper limbs your legs will automatically be moving at the same rate. Breathing too is of course a major factor in relaxation under stress. So practice deep/regular/relaxed breathing as you make your efforts the next time you do speedwork. Think of yourself lightly floating over the ground too. Think positive, don't let tiredness enter your mind. It's hard to explain how you do these things exactly, like those tottering first attempts to balance on two wheels, when the stabilizers finally come off, you just have to believe and to persist.

So the variations of speedwork, hill work (both up and down) fartlek (individual and group work) timed and/or marked out reps etc (long and short) are almost without end BUT they need to be applied within some structure that has some definite aim and that comes down to the individual applying his/her intelligence to their specific needs... no junk miles no wasted sessions (not that every session should be hard or demanding, of course not) but even steady recovery runs should be a step in the right direction etc. Above all though you should remain flexible and not worry if you miss a specific session that you'd pencilled in... see how you can incorporate it or something like it into a run later in the week - that's the challenge!

RELAXATION... (the other kind!) relax and it will come... Easily said of course but my 'major' improvement began the moment I started to incorporate a steady lope around the streets mid-week instead of yet another eyeballs out/hang on to the faster lads session etc... not only allowing recovery of the body but recalling to the mind why it is that we find ourselves charging through the streets anyway... that we do fundamentally enjoy the simple act of running.

I don't know if I can be any more specific than that without knowing individual programmes etc but I always feel 'it' has to come from the individual themselves at the end of the day. All advice is welcome, indeed eagerly sought, but the 'intellectual' demands of putting it all together for yourself brings genuine satisfaction, true insight and is essential to your own motivation.

Some people I know like to be told precisely what to do, even lead by the hand, and appear to flourish under such a regime... but I don't personally see how that works.

MEANWHILE: The importance of getting hydration right cannot, I think, be over estimated. No one ought to be excused these days for starting a major race without being properly hydrated! EXPERIMENT in training and in low key races.

For the marathon my routine is usually 500-750ml isotonic (flavour/make of your choice) on the way to the race (an hour and more before the start) and then 500-750ml water to keep sipping away at as you hang around for the start etc...

WITH and this is my main tip (Because it works for me!!) SPECIFICALLY a full MAXIM GEL (they come in 100g sachets designated as 3 servings but take the whole thing) sometime within the final ½ hour before kick-off with 'plenty' of water... i.e. just keep on sipping.

My source of Maxim is Holland and Barratts. AND I know, I know, that people have their own tastes and preferences but Maxim ain't paying me out and it does work, I can certainly tell the difference between LSD workouts with it as opposed to those without as staying power/endurance is that much greater! (I don't think it's entirely or even significantly psychological...)

Besides these specifics everyone should be well aware of good hydration these days... not over-hydration as last minute panic during the event, but continued daily sensible hydration essential to recovery and energy levels as part of your very lifestyle.

I must confess to having written most of this some time ago, since when I've become a born again or rather an evangelical convert to the recuperative powers of regular sports massage. Again you can read the articles a hundred times but still you fudge along because you've never bothered in the past and got away with things generally, on the whole, forgetting all those days here and weeks there missed through niggles and tears, ALL of which might have been avoided had knowledgeable hands pinpointed tight muscles and straining ligaments before they could develop into anything too serious. Ok it hurts!! Grown men cry etc even at the hands/elbows of 'little birds' but, y'know no pain no gain an' all that... Highly recommended.

I hope this proves useful and not just a regurgitation of the usual old clichés of 'advice'. It's a body thing. No it's a head thing. No... You go figure it. Best of Luck. - Stu

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**Start Fitness, 30 Butcher Row, Beverley, 01482 861859, [www.startfitness.co.uk](http://www.startfitness.co.uk)**

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City of Hull members receive a 10% discount off these prices.

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

**MARCH MADNESS!**

Monday 17<sup>th</sup> March - Saturday 30<sup>th</sup> March

All Clothing Reduced by 30%

Long sleeve tops, tights, jackets, shorts, t-shirts, vests

Everything is reduced - (Compression wear excluded)

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*If you would like to contribute to the next newsletter  
please contact Steve Holmes, tel 353647 or [stevecoh@hotmail.com](mailto:stevecoh@hotmail.com)*