

# CITY OF HULL AC



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

*Out 18/5*

## NEWSLETTER – MAY 2005

### City of Hull Humber Bridge 10K – Sunday 5<sup>th</sup> June 2005 – HELP!

On 5<sup>th</sup> June City of Hull AC will again be organising the Humber Bridge 10K and Fun Run. To build on the success of last year's event we need to have our members out in force and not only running. So, if you don't intend running could you possibly volunteer to marshal, or help out at the halfway, or finish water stations, or on the finishing funnel? If you can help please contact, either: Gordon Jibson for time keeping and recording. Colin Langley on 848926 for marshalling. Steve Holmes on 353647 for water stations. At present with just under 3 weeks to go the numbers are up on last year so we could reach our limit of 500 runners, and to make the day a success your help is urgently needed

### Training Sessions

Monday 5.45pm	Haltemprice Sports Centre, Field Opposite	Speed session
Tuesday 7.00pm	From Haltemprice Sports Centre (not Champagne League days)	Club night
Thursday 9.15am	Elloughton Dale top	Pensioner's Plod
Thursday 6.00pm	Wauldby Green, Raywell	Club night
Saturday 8.30am	Wauldby Green, Raywell	3 to 5 mile cross country
Sunday 8.45am	Beverley Clump, top South Cave Hill	Cross country

### Race Diary

Sun 22 May	Mucky Duck 8½m, Driffield	11.00am
Sun 5 Jun	CoH Humber Bridge 10k	11.00am
Sun 19 Jun	Humber Bridge Half Marathon	11.15am
Sun 19 Jun	Novartis, Grimsby 5 Mile	11.00am
Sun 3 Jul	Mansfield Half Marathon	10.00am
Sat 23 Jul	Yorkshire Wolds Half Marathon, Bishop Wilton	11.00am

### Champagne League 2005

17 May	7.15pm	South Dalton, 5.1 miles
31 May	7.00pm	Kiplingcotes, 6.0 miles – staggered start
14 Jun	7.00pm	Wauldby Green, 8.4 miles – staggered start
28 Jun	7.15pm	Lockington, 4.0 miles
12 Jul	7.15pm	Humber Foreshore, 4.0 miles

### London Marathon 2005 by Steve Holmes

On behalf of City of Hull AC I would like to thank Bob and Denise Thompson for organising the weekend in London for the Marathon, the whole weekend went very well. We stayed at the Holiday Inn Hotel, Regents Park in the shadow of the Post Office tower, within easy reach of Oxford Street and the tube station and close to dozens of restaurants. Saturday night saw 18 of us go looking for something to eat and we eventually found a trendy Italian restaurant to accommodate us all.

Sunday morning we boarded the bus at 7.45am and off to the start arriving in good time. The day was bright and warm as the 32,000 runners milled about waiting for the start of the race, which got under way at 9.45am. Once on your way it's all about personal goals and some reach that goal and sadly others don't and are a little disappointed but personally, I think all our runners did really well. The long Sunday runs from Brantingham certainly helped and have been very enjoyable. So again a big thanks to Bob for keeping us laughing all weekend and Denise for looking after us so well

#### A Runner's Tale (or, "Is This One of the 'Pensioners Plod' Members??")

For 50 years I'd done my best all exercise to shun,  
The archetypal couch potato was I in Ninety-one.  
A set of basic golf clubs would set me back a 'oner',  
So with breathtaking naivety, I thought: 'I'll be a runner!'  
(How was I to know a runner has to pledge his life,  
And that to run is more important than his children or his wife?)

So I joined the local running club, City of Hull AC by name.  
Always bringing up the rear was my only claim to fame,  
But even so I persevered and in time became much faster.  
For I was now a servant, and running was my master.  
Five k's, ten k's, halves and fulls, running was my fix,  
It was great to be a runner, way back in Ninety-six.

But for years of pavement-pounding the price to pay was great,  
And my body hit the buffers hard in 1998.  
So I saw a host of experts, and spent a load of dough,  
Just to listen to opinions that I didn't want to know.  
Thought they finally convinced me my last race had been run.  
I'd come way back in second place, and Father Time had won.

No hills, no drills, no creatine, no more sweaty socks,  
My life was back to normal – watching footie on the box.  
But I still had my memories to last me through the years,  
And I'd be reminded daily by my precious souvenirs –  
A drawer half-full of medals, cups and several XL Tees,  
A dodgy back, a bunion and a pair of wonky knees.

I never planned a comeback, though I couldn't rule one out,  
What's a touch of arthritis or a painful dose of gout?  
Now you'll find me in the beechwoods, or jogging by the stream,  
No time now for personal bests, only time to dread,  
And enjoy the sights I'd once rushed by, and the views I'd failed to see,  
Like the half-dressed Lycra lovelies, who stop to wait for me.

#### Questions and Clues by Phil Johnson

Q Which club member was spotted running westwards on Springfield Way on 4<sup>th</sup> March hefting 2 shopping bags? Has he added on-line deliveries for Morrisons to his many accomplishments?

Clue He is a master SU DOKU competitor.

Q Which club member, whilst driving down Anlaby High Road at his usual motorway speed (36mph) had his day ruined when caught on a speed camera?

Clue He did high speed driving course with Robinsorts Funeral Directors. He also claims (with some justification), that Phil Johnson listens to Hill Billy music whilst driving like a maniac on the M62.

Q Which club member having mislaid his mobile phone, asked his wife to phone him, then created mayhem in the living room by moving videos, tapes, magazines, the cushions from the suite, then upending the settee and chairs, saying 'the bloody thing is everywhere', only to find it in the right hand pocket of the cargo trousers he was wearing?

Clue He has yet to complete 2 correct lines of even the basic SU DOKU competition and has recently had a major de-coke of his plumbing system the hard way.

Note from Arthur Nendick, via Bob Dennison

One of the £10 vouchers drawn out of the hat this week was won by Arthur Nendick (Club Ex-President). This was his reply; thought you might like to read it:

"Dear Bob, Many thanks for your letter enclosing the £10 which Ray delivered with the newsletter. I was amused to learn that my name had come out of the hat – I think the last time was in 1940 when I was called up for the Navy! I was glad to help out with the Ferriby 10 but unfortunately the Legionnaires Disease I caught last year has left me with Diabetes and Gout in my knees, which makes walking any real distance rather a problem. I always understood that Gout was a 'boozy' rich man's problem and unfortunately I don't qualify on either account.

However, as you know, I shall be 88 later this year and I am always grateful for my long time with the club, which kept me in training until I was 77. Then the Doctor advised me to cut back to 'just walking' after some Angina problems. Mabel and I still enjoy a fairly active life and it always gives me real pleasure to maintain my club membership as a tribute to keeping me fairly fit right into old age. Once again, I'm delighted to enclose my cheque for £10 as subs for a further year. With regards to all, cheers, Arthur Nendick.



**Simply Running**, 4 Albion House, Albion Street, Hull HU1 3TD. Tel 222169

SPECIAL OFFERS ON BOTTLE BELTS

Staying well hydrated should be one of the main considerations for all those runs during the long British Summer months ahead !!!!

**Natham G Trek 1**

Bottle belt with pouch suitable for keys, gels, mobile phone (bus fare home!!)

RRP £24.99 – Now Only **£19.99**



**Natham Tri Angle !**

Basic but very comfortable angled bottle belt

RRP £19.99 – Now Only **£14.99**



Newsletters

*We are always looking for articles to fill each newsletter if you would like to contribute please contact Steve Holmes*

***'till the next time, good running to all!***