



CITY OF HULL AC

NEWSLETTER MAY 2007

Subscriptions – Due 1<sup>st</sup> April 2007

If you have not already done so, please pay your subs to Bob Dennison, asap.

City of Hull AC Training Sessions

Mon 5.45pm	Haltemprice sports field	Beginners & Speed Session
Tuesday 7.00pm	Haltemprice Sports Centre	Club Night Road Running
Thursday 9.15am	Elloughton Dale top	Pensioner's Plod
Thu 6.00pm	Wauldby Green, Raywell	Cross Country
Thu 6.30pm	Wauldby Green, Raywell	Club Night – Faster Group
Friday 9.30am	Green Dragon, Welton	Cross Country
Saturday 8.30am	Wauldby Green, Raywell	Cross Country
Sun 8.45am	Beverley Clump, South Cave	Cross Country

City of Hull AC Champagne League 2007

29 May 7.15pm	South Dalton	5.1 miles	Pipe & Glass Inn
12 Jun 7.00pm	Kiplingcotes (staggered start)	6.0 miles	Grannie's Attic
26 Jun 7.00pm	Wauldby Green (staggered start)	8.4 miles	Raywell
10 Jul 7.15pm	Lockington	4.0 miles	Village Hall
24 Jul 7.15pm	Humber Foreshore	4.0 miles	Country Park Inn

CoH's Humber Bridge 10k, Sunday 3 June – Volunteers Needed!

We are short of volunteers and so if you would like to help out with marshalling please contact John Smith on 01482 352105.

Mablethorpe - Sunday 16<sup>th</sup> September 2007 – Marathon 9.30am, Half Marathon 9.00am & 10K 8.45am

We are considering organising 2 coaches to the above races. One coach for the runners setting off at 5.45am and a second coach for families and supporters setting off at approximately 8.00am. We will need to gauge the level of interest before we commit to any bookings. Therefore if you want to take part or just have a family day out in Mablethorpe, please contact Steve Holmes on 353647.

COHERE - Sunday 10 June; Sunday 8 July and Sunday 5 August.

I spent the day after the Sancton race running round the North Wolds with my old friend and Mountain Marathon partner, Jerzy Matuszewski of Stockport Harriers. We had a tremendous day visiting a succession of dry dales, many of which were new to me. This has revived my enthusiasm for exploring new countryside by occasionally travelling a bit further than Beverley Clump on a summer Sunday morning.

To try out the idea, I am prepared to lead (or shout directions from the back) three circular Wolds runs over the next few months. Meet in each case at Humber Bridge top car park at 8.30am to organise car sharing. Probably start running 9.15am to 9.30am. Distance in the 10 to 15 miles range. Dates: Sunday 10 June; Sunday 8 July and Sunday 5 August.

I have coined the acronym COHERE for these runs. This stands for 'City of Hull Exploring the Rural Environment'. This is not to be confused with COHABIT which is how, I'm told, the cognoscenti refer to the various Club nights out. This apparently stands for 'City of Hull After Beer In Town', believe that if you will! In our day out Jerzy and I covered 41 miles. If anyone fancies a long steady day out, let me know. Steve Coveney

London Marathon Trip - Thanks

A big thank you to Bob and Denise Thompson for all their hardwork in organising this year's trip to the London Marathon. As always, it was a lovely hotel and an enjoyable weekend was had by all.

London Marathon 2007 – Congratulations

Congratulations to all our runners who took part in the London Marathon. It was a tremendous effort by all in the difficult conditions of the first heat wave of the year.

City of Hull AC Annual General Meeting

This years AGM was held at Haltemprice Sports Centre on 27<sup>th</sup> April 2007. For those of you who missed the meeting we print below two of the main speeches from Men's Captain Colin and Ladies Captain Tania.

AGM – Mens Club Captain Colin Langley's Report

Over the last 12 months it has been great to see City of Hull running club grow in members and spirit. The club continues to be well organised, friendly and supportive to all of its members. There have been many brilliant results over the past 12 months and these include: A second successive victory in the East Yorkshire Cross Country League, with Stuart Carmichael having lonely runs at times but helping us secure first place; we had an amazing turn out from club members throughout the series. Stuart, Dave Oliver and Zac Welbourne represented CoH and all ran well to win the Cleethorpes Open Cross Country meeting. The following weekend, Adam Fozzard, Zac and Dave Oliver once again won the team prize in the Grimsby Cross Country Championships.

Iron Man Pete Caldicott ran well throughout the Champagne League, as did James Henderson. Dave Brooke travelled to the Lake District for the Coniston 14 and despite injury, completed the gruelling course to take fifth place for his respective age group. A team of us travelled to Middlesborough for the six stage road relays, an eye opener to many. John Ketley took first place in the 10k race organised by Beverley AC over the Christmas period. Dave Hunt ran his first marathon in New York, finishing in an impressive 2 hour 48 minutes. Mike Beadle and Trev Misson have become great marathon training partners and continue to push and compete against each other. Paul Body managed to recover from injury for the rather hot London Marathon, of which 14 male club members took part. John Smith once again followed a rigorous training programme and missed out on a pb by only a few minutes.

It was a successful year for all involved and I feel that the club is more united than ever. However, after four years as Club Male Captain, I feel that the time has come to step down and allow someone else to take the helm. John Smith has kindly offered to take on the role and I wish him every success with steering the club forward.

AGM Ladies Club Captain Tania Crème's Report

At the last AGM I had two goals for the year. The first was to have a team of ladies at each East Yorkshire Cross Country League race but we only had two ladies at the Scarborough race and none at the last race at Bridlington. The second goal was to win a team prize at the EYCCL and this we did achieve and took second team prize despite not having a full team. I don't think we could have won the first team prize, as the ladies of Beverley AC seem to be in a league of their own.

We do have a healthy number of ladies and there doesn't seem to be a month goes by without a new lady joining, although we did unfortunately have a resignation from one. This lady felt that we didn't cater for the improving runners and there is the possibility of being left behind. As a committee we addressed this point and felt that Monday Speed Sessions could be used as a beginners / improvers night but we have yet to see if this will be a success. All that would indicate that as a team we have stood still for the year and there is nothing wrong with consolidating at times, BUT this is not the case.

We have had many successes, which are too numerous to mention, both individually and as a team. We are getting quicker, for example Becky's sub 40 min 10k, and longer – I am so proud that we had 7 ladies who completed the London Marathon, 5 of whom ran under 4 hours. I have high hopes for the coming year as we have several dedicated and committed runners who are all striving to improve. It is never certain who will feature in the team and there is healthy competition between ourselves. We are not relying on the talents of 1 or 2 runners but we have a strong (and beautiful) team to choose from.

Aims for the next year are, 1) to resume the ladies nights and 2) to have a full team at each EYCCL race. Some of you may remember a couple of years ago during my report, I gave an illuminating speech suggesting that we should all be thanking our lucky stars to be running. After I finished London this year, one of my sons sent me a text to say, 'well done, you're a star!'; which got me thinking - dangerous I know! I will now explain how we are all stars. According to scientists, the earth was formed by the big bang, when a cloud of stardust swelled, becoming increasingly dense and forming the planet. Molecules from the earth's surface reacted and evolution occurred for us to be here; therefore we were formed and are made from stardust!

Men's Captain – John Smith

For those of you who don't already know, following a bit of arm twisting by Colin, I have now taken over as Men's Captain. I would like to thank Colin for all his hardwork and support of the club over the past 5 years as Men's Captain, having made the decision that it was time someone else to have a go! I did ask Colin what was involved and he told me that I just had to make sure the men turned up for the East Yorkshire Cross Country League. The other incentive was that Mike Beadle will be taking over responsibility for the club kit. That made it seem like quite a good deal!

Having agreed to the job I will do my best to help maintain our club as both friendly and open to runners of all abilities, as well as supporting all our runners in as many top level events as possible. So, if you have any ideas, suggestions or things we could do better, please grab me (ladies only!) or a committee member on a club night, or email me on [johnjohull@aol.com](mailto:johnjohull@aol.com) or [john.i.smith@smith-nephew.com](mailto:john.i.smith@smith-nephew.com)

City of Hull AC – Committee

Steve Holmes, Secretary. Kevin McManus, Treasurer. John Smith, Mens Captain. Tania Crème, Ladies Captain. Derek Ricketts, Vets Captain. Pete Taylor, Results Secretary. Bob Dennison, Membership Secretary. Dave Brooke, Champagne League Organiser. Chris Duffey. Paul Body. Fiona Robinson. Claire Nicholson. While new club kit can be obtained from Mike Beadle or Helen Sampson.

From: One forgotten to the dance.

Through all the streets I thought I'd run  
I concluded quite by chance  
That no, we do not jog my friend  
But neither do we run  
We dance my friend, we dance.

This insight did not come of much  
Mental anguish or fatigue,  
But in some odd remark was found  
That, freely I concede.

Yet this lore was proof to me  
Against the load borne by our knees  
And if your rivals do not dance,  
Their loss my friend.

Their loss is guaranteed.

Anon.

How I ran the times I ran

I trained like someone with no talent.  
I trained till I fell asleep, then trained in my sleep.  
(Though I wouldn't recommend it.)

Anon

---

Massage Therapy & Exercise Prescription by Jo Morrow

Sports Massage (1hour 10 mins), £25.00      Pre & Post Sports Massage (30 mins), £12.00  
Full body Relaxation Massage (1hour 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, IIHHT/IIST, BaBTec,  
FA Cert Management and Treatment in sports injuries. Tel 01652 637029 Mob 07919 032380

---

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

---

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

---

***If you would like to contribute to the next newsletter, please contact Steve Holmes, 353647***