



CITY OF HULL AC

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

NEWSLETTER NOVEMBER 2006

London Marathon Trip – 21st April 2007

Yes it's THAT TIME again! Here are the details for the 2007 London Marathon trip.

Coach Travel – As in previous years the coach travel is provided by East Yorkshire coaches.

The Thistle Hotel, Marble Arch – We are returning to The Thistle at Marble Arch, which we all checked out last year. The hotel is on Bryanston Street, which runs along the back of Oxford Street. The nearest tube station is Marble Arch (Central Line). The hotel has a restaurant and coffee shop and pleasant bar area. Nearby of course, is the shopping on Oxford Street and across the road is Hyde Park to stretch your legs; reach the far side of the park for Harrods on Knightsbridge. There are several small eateries scattered nearby, the best area being Duke Street, which straddles Oxford Street.

Cost - The total cost; coach travel, overnight stay with continental breakfast is £82.00 per person. This includes the travel to the start of the marathon. A non refundable deposit of £50.00 will be required. For those supporters who need a 'Full English', you will have to arrange this after your arrival at the hotel; an extra fee will be required and added to your hotel bill - which must be settle before departure.

Cheques - should be made payable to 'City of Hull Running Club' and posted to 83 Kingston Road, Willerby, HU10 6AH.

Please contact Denise & Bob Thompson, tel 01482 656070, email tomo@derede.karoo.co.uk as soon as possible if you are interested.

A booking will not be taken without a deposit. Last year we had more bookings than the number of coach seats, so please book early to avoid disappointment.

City of Hull AC Training Sessions

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| Monday 5.45pm | Humber Bridge top car park | Speed session |
| Tuesday 7.00pm | From Haltemprice Sports Centre | Club night |
| Thursday 9.15am | Elloughton Dale top | Pensioner's Plod |
| Thursday 6.00pm | From Haltemprice Sports Centre | Or fast run 6.30pm - see Bob Thompson |
| Saturday 8.30am | Wauldby Green, Raywell | 3 to 5 mile cross country |
| Sunday 8.45am | Brantingham Dale, carpark halfway down hill | Cross country |

City of Hull AC Winter League 2006/07 – A series of 6 x 3 mile handicapped races

There is a charge of £5.00 for this race series which all goes into the prize fund. The first race is everyone off together, and the remaining races are handicapped. All runners must be registered before 6.45pm and the races will start at 7.00pm. If you miss your start time, your running time will not be amended by the handicapper.

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| 3 | Tuesday 5th Dec 2006 | 7.00pm | Humber Bridge top car park |
| 4 | Tuesday 2nd Jan 2007 | 7.00pm | Humber Bridge top car park |
| 5 | Tuesday 6th Feb 2007 | 7.00pm | Humber Bridge top car park |
| 6 | Tuesday 6th Mar 2007 | 7.00pm | Humber Bridge top car park |

East Yorkshire Cross Country League

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| 3 | Sun 10 th Dec | Langdale End | Scarborough |
| 4 | Sun 14 th Jan | North Dalton | Driffield |
| 5 | Sun 11 th Feb | Welton | Goole |
| 6 | Sun 11 th Mar | Sewerby | Bridlington |

General Race Diary

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|------------|-----------------------------------|---------|---------------------|
| Sun 26 Nov | Clowne ½ Marathon | 10.00am | Clowne, Worksop |
| Sat 2 Dec | Rudolph's Romp 23 Miles | 8.30am | Brantingham Village |
| Sun 21 Jan | Brass Monkey ½ Marathon (CD 30/9) | 10.00am | York |
| Sun 27 Jan | CoH Ferryby 10 | 11.00am | Skidby |

City of Hull AC – Christmas Handicap 4 Mile Race & Prize Presentation - Sun 17th Dec 11.00am

Sunday 17th Dec, 11.00am Hessele Foreshore to Ferryby and finish in Country Park Registration will be in the Humber Bridge car park outside the café. As usual, the cost to race is a small Christmas wrapped gift to the value of £5. Each of these will then be used as prizes and all runners should receive a prize. As last year, Helen and James Sampson have very kindly offered the use of their house (Southfield Road, Hessele) to hold the presentation to award the prizes for this event and refreshments will be provided.

London Marathon 2007 – Presentation of Club Places – Sun 17th Dec 12.30pm onwards

This presentation of the 4 club places that we have received will take place at the above venue, ie James and Helen Sampson's house. All rejection slips must be handed over to Club Secretary Steve Holmes before 12 noon on the 17th December.

City of Hull AC v Beverley AC – Christmas Beverley Challenge – 4 Mile Race – Wed 27th Dec 11.00am

Wednesday 27th December, 11.00am. Hessele Foreshore to Ferryby and finish in Country Park. Registration will be at the Country Park pub car park, entry is free. Come along, the more the merrier and who knows, we may win?

Christmas Cross Country Training Runs – All Welcome

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| Sun 17 th Dec | 11.00am | CoH Christmas Handicap – see details above |
| Fri 22 nd Dec | 9.30am | Welton |
| Sat 23 rd Dec | 8.30am | Waudby Green |
| Sun 24 th Dec | 8.45am | Brantingham Dale |
| Tue 26 th Dec | 10.00am | Humber Bridge, top car park near Cafe |
| Wed 27 th Dec | 11.00am | CoH v Beverley AC Challenge – see details above |
| Thu 27 th Dec | 9.00am | Beverley Clump, South Cave |
| Fri 28 th Dec | 9.30am | Welton |
| Sat 29 th Dec | 8.30am | Waudby Green |
| Sun 30 th Dec | 8.45am | Brantingham Dale |
| Mon 1 st Jan | 10.00am | Humber Bridge, top car park near Cafe |

City of Hull AC Ferryby 10, Sunday 27th January 2007

We still require marshals and general helpers. If you would like to volunteer, please speak to Colin Langley.

Sankie Evans – CoH

We recently received a letter from Sankie reporting on his present life in Africa: "Hello runners! Hope all is well. A news update as promised. I have found a running partner already, he is only 16 years old but he seems to be able to keep up with men when I'm training. The terrain is very hilly and with an altitude of 1700m, it took me a while to become accustomed to training in Nakfa. I have slowed my life down considerably and I'm loving it. We cook on paraffin stoves, have washing / bathing water delivered by a donkey; purify rainwater (stored under our garden) for drinking and cooking and we have 3 to 5 hours of electricity per day. Entrea is very peaceful, the people are friendly and welcoming and the students are fantastic. Nakfa, probably the most remote place I have ever been, is surrounded by mountains. So far, the daytime temperature (in the shade) has ranged from a maximum of 28C–32C; the night time has ranged from 16C–20C. This week we got our first rain and it absolutely pelted it down, in just 10 minutes we filled up a whole washing up bowl!

On my 10 minute walk to school I usually see camels, donkeys, goats and children. The latter often try to run with me on the evenings, when I'm out running. Some of the teenagers can run with me for 5 minutes, they are all really keen to see how far they can go. Sometimes, due to the noise they make, you would be forgiven for thinking there is a race going on. I'm missing the long runs with you guys. No doubt the new cross country season has started, so good luck to you all. Let me hear your news. I will try to drop you a note every couple of months. The post takes between 18 to 25 days. Bye for now, love from Sankie."

City of Hull Christmas Night Out –Friday 22nd December 2006

As last year we are having a CoH Christmas night out, meeting in the Pave, Princes Avenue, Hull at 7.00 – 7.30pm. All club members and friends welcome.

Massage Therapy & Exercise Prescription by Jo Morrow

Sports Massage is a deep tissue technique, which can help restore full range of movement from a previous re-occurring injury. It helps breakdown scar tissue and with correct exercise prescription can aid you to a full recovery. If you are a professional or amateur athlete; pre and post massage should be an essential part of your training programme, as it aids faster recovery, prevents injury and enhances your performance. If your lifestyle is stressful a relaxation massage is a must. Stress has many negative factors on your health and well being. A poor diet along with stress can lead to a reduction in life. Nutritional and dietary advice can be given.

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

Keep warm on those cold days with our extensive range of winter clothing.

New collections from: Gore Running Wear, Pearl Izumi, Ron Hill,
Brooks Nightlife, New Balance, Mizuno, Puma and Asics.

SPECIAL OFFER

Montane Bionic Sportwool Long Sleeve T-Shirt
40% Merino, 60% Polyester, 100% Comfort

Sportwool combines the best properties of natural, comfortable, odour-resistant Australian Merino wool, with super high wicking knitted polyester.

Introductory price only £25.00 10% club discount

Simply Running, 4 Albion House, Albion Street, Hull, tel 01482 222169

If you would like to contribute to the next newsletter, please contact Steve Holmes 'till the next time, Good Running to all!