



CITY OF HULL ATHLETIC CLUB
www.cityofhullac.co.uk

NEWSLETTER – NOVEMBER 2008 (last 10.10.08)

Club Places for 2009 London Marathon

This year the club has received 3 guaranteed entries into the 2009 London Marathon. As usual we invite club members to apply for these places. However to be eligible for a place you must:
Be a first claim member and not be in arrears for membership subscriptions.
Have applied and been rejected through the normal London Marathon ballot
Not have received a guaranteed club entry for the previous London Marathon.
On at least 2 occasions in 2008, you must have either represented the club in a race (eg EYXCL or Relays), or been a volunteer helper – including marshalling and race organising.

If you fall into this category, can you ensure that your rejection slip is given to Steve Holmes before the next committee meeting, which is Monday 1st December. The places will be decided at this meeting. At least one of the places will be determined by a drawer from those rejection slips received by Steve in time to be included in the draw. Don't delay, these places are always much sought after and give those who have been rejected a second bite of the cherry.

City of Hull AC Winter League 2008 / 2009 – Humber Bridge Car Parks, all 7.00pm starts

Tue 2nd December Tue 6th January Tue 3rd February Tue 3rd March

Open to all CoH members, meet at the Humber Bridge top car park. The first race is all off together and the other 5 are handicapped. After the first race runners names will be drawn for teams of 3 by Pete Taylor and there will be a prize for the winning team. To enter just turn up on the night and you will be given a number which should be used for all the races. Runners must register before 6.55pm for a 7.00pm start. If you miss your start time, the handicapper will not amend your running time.

NOTE: From race number 3 (2 Dec) the route is being altered to make it safer for the runners. The bridge admin block path / route is being removed and a new start and finish will be introduced; on the bridge approach west pavement, north of Ferriby Road. Steve Holmes will give exact details on the night.

East Yorkshire Cross Country League 2008 / 2009 all 11.00am starts

Sun 14 th Dec	Langdale, Scarborough	
Sun 4 th Jan	Thixendale, Driffield	NOTE DATE CHANGED (was 11 th)
Sun 15 th Feb	Welton Dale, Welton	
Sun 8 th Mar	Sewerby, Bridlington	

The EYXCL is a free series of 6 cross-country races (each approx 6 miles) and comprises members of 8 local running clubs: CoH, Beverley, Bridlington, Driffield, Goole, Pocklington, Scarborough and Selby. To enter turn up on the day and you will be given a number, which should be used for all the races. You must wear the club colours to race.

Christmas Handicap 4 Mile Race, Sunday 21st December, 11.00am

Race start and finish in the Country Park. Registration at the Humber Bridge top car park next to the café from 10.30am. The cost to race is a small Christmas wrapped gift to the value of £5, to be handed in as you register. Please note that the presentation this year is being held in the Country Park Pub, from 12 noon.

Christmas & New Year Holiday – 22 Dec to 4 Jan - morning training runs

This years runs will be decided at short notice. For more info contact Steve Holmes.

CoH AC, Beverley AC & Others Challenge Race, Sunday 28th December, 11.00am (free of charge)
A change for the event this year, we will be running across the Humber Bridge and back, using the same footpath out and back. Meet for registration in the top car park next to the café from 10.30am.

City of Hull AC Training Sessions

Tue 7.00pm	Haltemprice Sports Centre	Road Running
Wed 6.30pm	Costello Stadium	Track Training (track fee payable)
Thu 9.00am	Elloughton Dale top	Pensioner's Plod
Thu 6.00pm	Haltemprice Sports Centre	Road Running – medium group
Thu 6.30pm	contact Bob Thompson	Road Running – faster group
Fri 9.30am	Green Dragon, Welton	Cross Country
Sun 8.45am	Brantingham Hill	Cross Country

London Marathon Trip – 25th/26th April 2009 - It's that time of year again...

After the successes of previous years we are pleased to let you know that the arrangements for the 2009 Marathon trip are up and 'running' (excuse the (terrible) pun). Please book early to avoid disappointment, as in previous years there have been more bookings than coach seats! The details for the 2009 trip are as follows:

Coach Travel – We will be using East Yorkshire Coaches as per previous years. The coach will travel down to London on the morning of Saturday 25th April and will go straight to the Excel Centre for runners to pick up their numbers; it will then take everyone to the Hotel. The coach will take the runners down to the start of the race on Sunday as usual.

Hotel and Dining – This time we will be staying at the **Custom House Hotel**. The Hotel is conveniently located directly opposite the ExCel centre and has good transport links into central London via tube and DLR. We have arranged with the Hotel to have an evening meal on the Saturday 25th and also a continental breakfast on the Sunday 26th. Both meals are included in the price.

The Total Cost - Which includes all of the above (plus, of course, hours of entertainment on the bus) is **£85 per person**, which is **non-refundable**. Please note that we cannot take a booking without full payment being made at the time of booking.

If you would like to book a place, please contact **Colin Langley** or **Zoé Spinks** on **01482 848926** or email zed_81@hotmail.com. Cheques should be made payable to 'City of Hull Running Club' and posted to The Old Manse, 215 Hallgate, Cottingham HU16 4BB.

Coaching Courses

For anyone interested in taking up coaching, the following level 1 courses are an introduction to coaching skills, with a major emphasis on the "how to" skills. There is a large practical element to the courses with the theory being taught through the practical parts. The courses are all one day (9am to 5pm) after which your coach pass and licence will be produced and sent out to you within 8 weeks. Following a CRB check, you will be qualified and insured to coach under the support of a coach qualified at level 2 or above. Application forms are available on the UKA website: www.englandathletics.org, then click on Yorkshire Humber side coaching.

Level 1 Coaching Courses:

Sun 11 Jan 09, Code YO145, Keepmoat School, Doncaster
Sat 7 Feb 09, Code YO144, John Charles Centre for Sport, Leeds

The Original Mountain Marathon, October 08 by Steve Coveney

You may have seen the news the other weekend that thousands of fell-runners were lost in horrendous conditions in the Lake District during a mountain marathon. You may even have seen a runner being interviewed (wearing a Beverley 10k hat) who said "You expect it to be tough, it's tough even when the conditions are good." That was one of very few accurate statements that appeared in all the media hype. The man making it was my partner for these events (Jerzy Matuszewski of Stockport Harriers) and the hat he had just borrowed from me. So this is my story of the event. It is no doubt inaccurate in parts, biased in others, but it has one advantage over most of the media reports – I was at least there.

Friday afternoon I picked up Jerzy in the M61 services and we were off to Seathwaite in Borrowdale. You may remember from your geography lessons that this is regularly the place that has the highest rainfall in England. (If you didn't know this or had forgotten, see Jibbo.)

The drive along Derwentwater showed the extent of flooding from the previous week's rains: the top rail of the bridge on the path to Manesty was just protruding above the waters of the much enlarged lake. For those of you not familiar with this event, (which used to be known as the Karrimor Mountain Marathon) the stated objective is:

"The competition is to test the team's fitness, equipment, navigational ability and ability to traverse mountainous terrain in safety, over a period of two days. From the start to the finish on the second day, including the overnight camp, the team is a self sufficient unit, responsible for its own safety and well being. Outside help cannot be sought or accepted unless the team has retired or is seeking help for an injured party."

This year's programme included this prophetic statement:
"It is generally considered that the OMM gets more than its fair share of bad weather, indeed the competition was arranged in October to enhance the challenge."

Friday night we camped in a field close to the start, taking a pummeling from the gale force winds tearing down the valley from Great Gable and Scafell Pike. Still at least it was dry, even if we did have to venture out occasionally to prevent the flysheet disappearing down the valley. One team went for a meal and came back to find their tent had blown away. They never found it.

On Saturday the weather was foul and forecast to get worse. All classes were operating bad weather courses. We were on the Long Score class which involves visiting as many point-scoring controls as possible in a given time but losing 2 points a minute for every minute you overrun that time. Normally the first day is seven hours but in view of the bad weather our time was cut to six hours. A mixed blessing as it carried the prospect of another hour in a tiny tent in bad weather. Anyway we were away at 8-33 on the staggered start and were then issued with the map showing the controls and their allotted points and the finish. It is only at this stage that you can start to plan your route, all part of the challenge. We headed up on to Seathwaite Fell via Styhead Tarn to our first control, a re-entrant on the far side of the summit plateau.

Rain was already torrential, wind pushing us around as we picked our way amongst the crags to locate the control hidden way in a hollow identical to several others in the immediate vicinity. Careful compass work, aiming off, and probably a slice of luck later and we had the first points in the bag. Our next objective (described as "knoll, north east side") was down in Wasdale. This involved a major loss of height but scored good points and we also hoped that there might be less wind lower down. No such luck!

Having lost all that height we had a gruelling flog back up Gavel Neese to Beck Head, the col between Great Gable and Kirk Fell. Here it was decision time, turn right traversing across the face of Great Gable below Gable Crag or left round Kirk Fell to Black Sail Pass. Left had potentially more points on offer but the prospect of some epic stream crossings. By this stage we had more interest in survival than points so opted for Gable, Brandreth, Grey Knotts and then contouring round Fleetwith Pike to the finish at the east end of Buttermere. By this time the becks were foaming torrents, little chance of coming out if you slipped in there. Whole hillsides were several inches deep in water everywhere. I have never seen so much water in forty years of fell experience.

We arrived at the finish within the time limit to be told the event had been cancelled. Not a complete surprise as we had already seen that the area where the overnight camp was to have been was under several inches of water. Fortunately the start and the car was only four miles away over Honister Pass so we set off. Honister was an experience, floods, rocks being swept across the road, the wind blowing you backwards in the worst squalls. The top came eventually and as we jogged down the other side I was contemplating driving home and a late entry in the Haltemprice 10k. However as we started down the lane leading to Seathwaite Farm I remarked to Jerzy that there were lots of people who had gone down in front of us but no cars were coming back out. The reason for this became apparent when we came to a section where the lane was flooded above knee-deep for 150 metres. We waded through but there was no chance of driving out until it stopped raining.

Still, we had dry gear in the car and spent a comfortable night there. It stopped raining at 3am and by the time it was light the waters had receded and the roads were open. I was giving Sarah Carpenter a lift home and was quickly able to establish from the organisers that she and Naomi were one of the teams that had not yet returned to the finish. But that is her story. Suffice it to say they turned up safe and sound and Sarah was fit enough to push the car across the two very muddy fields, so I didn't have to seek assistance from the tractors. Back home by mid-afternoon to discover I had apparently been part of a major "emergency". Emergency? What emergency?

No doubt in years to come people will ask each other "were you there in 2008"? For all of you who are inspired to have a go next year, in 1976 the midway camp was flooded during the night. The result was that entries trebled in 1977. On the event website www.theomm.com the organisers say: "We can foresee that, as a result of all the publicity that has arisen with this year's event, there will be an increase in applications for the 2009 OMM. We plan to reserve 25% of next year's places to teams that started in this year's event. After that "all applications" will be put into the draw in the usual way." Steve Coveney

The East Yorkshire Cross Country League, Drewton Woods, Sunday 9th November by Stuart Buchan
Whether it was felt to be a tactical move or one made on the grounds of health and safety, what was lost in the woods from this year's Drewton course was found in the hills as the new route took us predominantly up and up which can't really have been on a course that finished at the same low point as it started.

It started respectfully again after the minutes silence for the fallen of the great wars. I started by overshooting the turn off by the dog kennels and had to hang a turn at Drewton Hall unfortunately witnessed by Phil Lambert running to his marshalling point at the bottom of Diamond Cottage (ah, the poetry of place names so much gentler than *house at the bottom of the bloody great hill...* not that we got to sweep down it this year) so I thought I'd best confess. Arriving late I had to squееeeze (not quite making it as I heard the thwack of wing mirror on wing mirror... I think, at least, there was no blooded body behind me as I glanced in my rear view...) past just about everyone already parked up the chalk hill. I then had to leave the dimensions of my car which I still haven't got the measure of yet in plenty of space, whilst only seeming to manoeuvre it more precisely, to race up the hill, modelling my nice new thermal T but leaving my vest and number behind (again Cptn Bob & Mr Black on hand to tell tale if I didn't) so, had, to, race back to, car, raceback up the, hill... all before a foot had been raised in anger; not an auspicious start.

A cautious start for the majority then, in full knowledge of what lay ahead... I got into my stride as we passed the quarry and the track narrowed down to the stile-cum-gate-now-thankfully-a-jar. By that time I was flying and as we sped down the hill I was speeding faster than most... just like the old days I thought... eat mud, feast your eyes on my studs as they slip away, my mind fat-headedly ran on, eat mud. It went on like this for oh, a good mile after that which took me to the top of that new climb which stops short of East Dale but which is the steeper for it, still passing left right and centre; wherever I could get a grip. What happened after that, and it was probably just a lack of miles in my legs, lungs and mental softness born of too late a lie-in, witnessed a marked dropping off as each of my rivals retook me, oh, with kind words... *eatmud yrself... huff*, I think it went... but what actually happened was that at the top of that first real climb surprised to pass Mr Rennie I asked if he was okay and he said 'Something's wrong, I just haven't...got...any...energy' upon which he raced off and it was my body that declined to follow. Steve, still finishing top 20 was much slower than expected, so hopefully he was just nurturing a cold and will be back pumping all cylinders soon.

It had started out a calm day when the dog walkers among us had been toileting their charges in the early a.m. but the club's meteorological division had apparently declared it would be a wild one...but you only truly discover whether the choice of running apparel was correct mid-race by which time, either way, it's too late...AND the wind whispering through the woods, for us on the hoof at least, was not too bad and with the warmth of the sun breaking through some of us had reason to regret being too parcelled up in base layers and tights and gloves BUT the beloveds spectating and the marshals 'whom-without', found no escape from the determined wind whisterling into their bones. Sight that just about saved the day #1: Luc in tights, and Ok a thermal top, trying to bring his wife back to life from under at least six visible layers with the mighty warmth of his arm around her shoulders as they walked along...

Now I cannot speak for anyone else but I would guess that the majority of runners felt this version of Drewton Woods had it just about right. A quick glance over the results shows both Beverley and Scarborough pushing the men's team this time and Scarborough Ladies narrowly besting COH. Next one down the line: **Langdale End, Scarborough, 14th December**, where apart from the sheer pleasure and...let me whisper it and pretend you don't hear TORTURE, which that course holds in store, **your team needs you to be up on your toes**. SO, finally, if there is a god of Drewton Woods that we worship in our shorts and our studs then that god is not Pan but Momos; a god whom if he had not existed I might have made up. He is not a kind god. He is the god of ridicule.

He tests us then laughs at our failures AND if there was sanctuary to be had from this supposed father of dryads, we cupt it once again, thankfully, in both hands outside the Timandsuemobile*. (*In that order only because it all sounds Greek to me...) – Stu

Whitby - New apartment near beach for rent. 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.

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

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Open 9.30am to 5.15pm Monday to Saturday for all your running needs

Humber Runner, 229 Boothferry Road, Hessle, 647613, www.humberrunner.co.uk

Humber Runner Christmas Bonus

From 1st-24th December spend over £100 and our gift to you this Christmas is an EXTRA 5% discount off clothing and footwear*

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* For full details ask in store

Simply Running, 4 Albion House, Albion Street, Hull, 222169 www.simplyrunning.biz

City of Hull AC – Committee Members

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*To contribute to the next newsletter, please contact Steve Holmes,
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