



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

NEWSLETTER – 10<sup>th</sup> OCTOBER 2008 (last 2.9.08)

#### London Marathon Trip – 25<sup>th</sup>/26<sup>th</sup> 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](mailto: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.

#### City of Hull AC Training Sessions

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

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

Tue 4<sup>th</sup> November      Tue 2<sup>nd</sup> December  
Tue 6<sup>th</sup> January      Tue 3<sup>rd</sup> February      Tue 3<sup>rd</sup> March

The WL is a free series of 6 handicapped races, open to all CoH members, meeting at the Humber Bridge top car park. The first race is all off together, whilst the 5 remaining races are handicapped. After the first race runners names will be drawn out of the hat for teams of 3, Pete Taylor will do the draw 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.

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

Sun 9 <sup>th</sup> Nov	Drewton Woods, South Cave
Sun 14 <sup>th</sup> Dec	Langdale, Scarborough
Sun 11 <sup>th</sup> Jan	Thixendale, Driffield
Sun 15 <sup>th</sup> Feb	Welton Dale, Welton
Sun 8 <sup>th</sup> Mar	Sewerby, Bridlington

The EYCLL 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.

#### 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](http://www.englandathletics.org), then click on Yorkshire Humber coaching.

#### Level 1 Coaching Courses:

Sat 11 Oct 08, Code YO143, Northern Ryedale Leisure Centre, Pickering  
Sun 16 Nov 08, Code YO146, Saint Pope Pius School, Wath on Dearne  
Sun 11 Jan 09, Code YO145, Keepmoat School, Doncaster  
Sat 7 Feb 09, Code YO144, John Charles Centre for Sport, Leeds

#### Champagne League 2008 Presentation Evening

We would like to thank Dave & Carol Brooke for all their hardwork in organising this years CL presentation evening and to Pete Kirk for the speeches. A good night was had by all.

#### Magic in Mablethorpe by Lucy Khan

A reminder.....If you are ever considering travelling to the sunny resort of Mablethorpe, be sure to pack a few paper bags. Especially if you do any of the following;

- A) Travel with young children
- B) Travel on a coach with very springy suspension
- C) Have porridge and Ribena for breakfast, or
- D) Decide to read a newspaper mid journey.

All of the above hazards must be avoided if you want to arrive clean and not vomit soaked. (Unlike my daughter!). Although I must send my thanks to Phoebe Moore for arranging my daughters hair whilst she was being sick. She looked lovely, at least.

The well organised event was again underway, with only a few club members attempting the full marathon. The majority of us choosing the half and a couple deciding on the 10k. The field looked to be slightly down on last year but the enthusiasm and atmosphere was still apparent. The Mablethorpe running club were very good hosts, until they decided to cordon off the only decent toilet with red tape, declaring it for 'Mablethorpe runners only'. The cheek of it! I was tempted to say, "Don't you know who we are"? But, fearing the reply, I left gracefully and used the plastic tardis like everyone else, (except Mablethorpe runners, of course!).

The sun shone beautifully as the 10k runners were set off by the Mayor of Mablethorpe (What an honour!). I guessed she was slightly older than most of the field when she announced, 'Ready, Steady.....GO!' .

The starter gun shook so much in her hand that the competitors all ducked when she pulled the trigger! Only 10 minutes separated the two races so it wasn't long before we were all gathered at the start line.

The City of Hull runners were resplendent in purple and were soon spread amongst the eager field. Steve Holmes wondered off to the front and it was cruelly suggested that it was because he thought the lead car was a burger van. Not by me of course, but by a man named Bop, (Names have been changed to protect Bob's identity). Bop then further suggested that Mr Holmes was looking around the gathering crowd in an attempt to locate the brown sauce.... This man Bop is not a very funny man because nobody laughed....(much).

At the sound of 'Ready, Steady... Go!' we were off at a blistering pace. You may remember last years report and will know that the course travels initially through a housing estate, then out to long, open roads. The sight of the wind turbines belting round at quick pace gives you an indication of the conditions, although the sun did continue to shine so I'm not complaining.

The flat course didn't offer much respite from the wind, but I must admit to feeling very relieved when I reached the 8 mile mark as this was twinned with the 21 mile marker for the marathon. That was enough to put things in perspective for me so I was suitably encouraged to push on a bit.

It was around this point that I managed to catch up to Kevin McManus for a very brief period, only due to the fact that he had admittedly set off too fast. I was about to sympathise and be very grateful of some much needed company, when a very pretty and fit looking female caught up to both of us. I think her pink Lycra shorts caught Kev's eye as she passed us because that was the last I saw of him. Although, as reporter, I feel it my duty to inform you that she later dropped him like a stone towards the finish!

The roadside encouragement was first class from the locals and even if it doesn't quite compare to the London Marathon, it is a help. It becomes apparent when it is most needed along the long, long promenade in the last 2 miles. The back wind was very welcome but 'By 'Eck' it's a slog. I was particularly encouraged when I reached the end of the dreaded promenade, to see my family and Stu Black (beer in hand). But the moment was ruined when Stuart shouted "God you look rough" as I ran past.... At least it described how I felt, and was probably very accurate. This was later backed-up by my own husband who described Nicky Moore running past the same point as 'Looking fantastic; like a steam train' And like a Steam Train she was, winning the overall ladies prize in a fantastic best time of 1 hour 28 minutes. That's 3 minutes faster than her personal best, so congratulations go out to you, Nicola.

Some other personal Best times were broken on the day, including Steve Voase in 1.30 and Steve Wilcox in 1.39. A special mention must go to Ellen, who completed her first half marathon in just over 2 hours. The marathon magicians did us proud with Stu Buchan coming in at 2<sup>nd</sup> place and putting the aged Mayoress in to a fluster as she raced (almost) to place the medal over Stuarts head. I am sure she was blushing as she announced, "Well done young man, I'm sorry I missed you at the finish"....the saucy minx. Stuart Rhodes looked like he had just finished the 10k as he crossed the marathon finish line in a great time of 3hrs 11 mins.

The day was coming to a close as all the runners completed their tasks so a visit to the fair ground seemed like the natural end to a great day. And if you thought that Nabs was competitive at rounders, you should have seen him on the dodgems! My kids have only just been allowed to remove their neck brace.

So, to cap it all...sunshine...running...chips...dodgems....and watching Trevor doing his back exercises.....Heaven!!

#### A CAPTAIN'S TALE by The Captain

They may have seen monkeys hung in Hartlepool but now they have witnessed the purple haze that is "CITY OF HULL AC".

The troops congregated at the Haltemprice Sports Centre to commence their journey North to take on the might of the Northern Counties at the Hartlepool four and six stage road relays. The "Sensible One" made sure all were present and correct and that "Tilt" was well packed up.

The coach had hardly left the sports centre before Bob and Doc were discussing the enchanting warm-up exercise' of the Stockport ladies, Colin displaying the size of his gut, Trev talking us through his "Ironman" performance and Nico listing her aches and pains – a long journey lay ahead !. There was a brief relief to this banter when Ruth decided to use the coach's facilities and gave us a running commentary, from her throne, on their poor standard and the lack of accessories.

We entered Hartlepool town centre with Nico swallowing her third Ibuprofen tablet, WAG thinking she would be the oldest lady in the event and Nicky realising the responsibilities of being ladies captain, Trev was still talking about his "Ironman" exploits. Needless to say we were all pleased to finally get off the coach and seek the calm of registration. Teams had been selected and were primed for action – the ladies first! Four laps of about 2 and a half miles along the promenade and back. Nicky led off and set her usual high standard which saw COH in 30<sup>th</sup> position out of 50 plus teams. Ruth followed, running well, to consolidate the teams position and passing on to Nico, who ran strongly to set up a grandstand finish on the fourth leg between Wag and "Kingston" B team. Using her vast wealth of experience WAG saw off her younger opponent to see our ladies team finally home in 30<sup>th</sup> position.

I would at this point like to say that these four young ladies were a credit to our club, collectively putting in sterling performances and clearly enjoying the experience. Let's hope that this is the first of many ladies team events that our club will support.

Now to our two men's teams running a 3 and a half mile course. Led off by Stu B and Castiron, who had the extremely difficult task of running the first leg and setting the tempo for the rest of the teams. Both had fine runs and gave their respective teams something to build on. Walkington Dave, one of the Body-Langley's, Forrest and the Beardless one all turned in strong performances to consolidate their team's positions and give the remaining runners in each team the chance to beat arch rivals "East Hull Harriers" and "Beverley AC". Excellent runs from Doc, Peter B, Trev and Cookie set up grandstand finishes which saw Addo and Zak (cheered on by his girlfriend) finishing strongly and ahead of our local rivals. The boys dun good!! Our "A" team finished 42<sup>nd</sup> and the "B" team 60<sup>th</sup> out of in excess of 70 teams, if only our "C" team had been there, "Tilt" and I are raring to get to the next event! Get training "Blackie"!

It was only left to eat buns and sandwiches on the "Wingfield Castle" which lay in "Dry" dock...is that correct "Body -Langley"? The journey home was swift and we got back to "Haltemprice" with Trev just talking us through the final leg of his "Ironman" story....Hans Christian Anderson has nothing on this guy!

A terrific day out was enjoyed by all and we want more! Bring it on! Next time 3 men's and two ladies teams please! THE CHOSEN ONE

#### List of Credits

The Chosen One – Bob Thompson  
The Sensible One – Carole Holmes  
Doc – David Olive,  
The Beardless One – John Aitken  
Stu B – Stuart Buchan  
Forrest – Stuart Rhode

Peter B – Peter Baker  
Nico – Clare Nicholson  
Wag – Fiona Robinson  
Nicky – Nicky Moore  
Ruth – Ruth Dalton  
Castiron – Jason Purdon  
Addo – Adam Fozzard  
Trev – Trevor Misson  
One of the Body-Langley's – Colin Langley  
Cookie – Graham Cook  
Zak – as himself "Zak Welbourne"  
Zak's girlfriend – as herself  
Tilt – Steve Holmes (also known as "Indiana Holmes")  
Walkington Dave – Dave Hunt

EYXCL, Bishop Wilton Cross Country Sunday October 5<sup>th</sup> by Stu Buchan

Words are easy. They're a pushover. Line them up in the right order and deliver them on time and they usually get you what you want. 'I think I'll have a pound of those sausages at the back there. Yes, it is. Glorious for the time of the year. Thanks now. Bye.' The body is more of a mystery. Train it as you will, when you drive it deep into the countryside and crank it up a hill it has a mind of its own and if the fancy takes it no purchase can be made. (Did you see what I did there?)

Anyway enough of me... the nice man from Pocklington RR, our hosts and Pasture Masters of precipitous descent, did politely warn us that the going was likely to be slippery and with due deference to those big innocent ears close to hand, and not to put too fine a point on it, that there was a fair amount of shinola in them thar hills. Every field had its cows was all he would say. So be careful, be very careful. Suddenly whilst most of us were still in half sleep/half awake mode, we were charging up that first climb, the one that sits back and says I told you so when you reach its false crest too quickly, spitting phlegm with quaking quadriceps and an inner voice whispering 'Damn, you've shot off too soon again.' Perhaps it was just the cold air intake that had left you breathless with that dull ache in your chest, but then the fast lads/lasses braved singlets as they tippy-toed through the cowpats so it can't have been that bad and us injuns further back found comfort in last season's base-layers anyway.

I was perhaps fortunate to experience both top and tail and the various stations on the way again, though not with a great deal of attention I'm afraid, for me it was that kind of race, for others it seemed largely a question of how well you coped with the conditions underfoot, the rain having fallen on Saturday and during the night, with the wind not really a factor. For Pete Baker, new to the game (and had no one had a quiet word?) tackling and being tackled by the mud in ordinary road shoes (though he was by no means the only one to fall) it was a definite undulating learning curve although he still came home well to the fore. Watch out when he's put properly to stud.

CoH turned out in force with Stu Carmichael and Steve Rennie finishing first and second and with Adam closing in fourth whilst Nicky, Clare and Elaine (Nicky and Jo's third half... still jet lagged, oh yeah go tell it to the hills) sure footed their way to victory in the ladies race. The lesson for the men at least is that they could do better and may have to should the other clubs strengthen their sides over the coming months. Meanwhile the by now traditional trade-off between a gentle warm down to ease out the muscles and the desperate need for a cuppa and bonhomie found heavily in favour of the Welbourn Charabanc with only the disciplined few jogging off and then I suspect only so far as to empty their bladders the better to take their pleasure after their dose of pain. In the words of our Captain Bob, stardate 2008 – 11 – 09 Drewton Woods, the next mudfest, BE THERE.

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

**Start Fitness**, 30 Butcher Row, Beverley, 861859, [www.startfitness.co.uk](http://www.startfitness.co.uk)  
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](http://www.humberrunner.co.uk)  
New Autumn/Winter clothing now available - 10% club discount  
Collections from Ron Hill, Mizuno, New Balance, Brooks, Adidas and Gore  
Be seen on those dark nights with the Ron Hill Vizion and Brooks Nightlife ranges

**Simply Running**, 4 Albion House, Albion Street, Hull, 222169 [www.simplyrunning.biz](http://www.simplyrunning.biz)  
The days are getting shorter, the temperature is dropping  
and the grip on the duvet in the morning is getting stronger!!!

We are now taking delivery of the new range of hats, gloves, jackets, tights, thermals,  
fluorescent/reflective clothing, running bibs, lights etc.

So stay warm, dry and be seen.

**City of Hull AC – Committee Members**

Ray Pearson, President. Steve Holmes, Secretary. Kevin McManus, Treasurer. Dave Brooke, Champagne League. Nicky Moore, Ladies Captain, Claire Nicholson, Ladies Vice Captain. Bob Thompson, Men's Captain. Derek Ricketts, Vets Captain. Pete Taylor, Results. Bob Dennison, Membership. Chris Duffey. Paul Body. Fiona Robinson. Tania Cream. Club Kit – Steve Wilcox and Fiona Robinson

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