



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

NEWSLETTER – 2nd SEPTEMBER 2008 (last 13.7.08)

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 Helen Sampson.

Ladies Captain

Tania has decided to step-down as Ladies Captain and we thank her for her commitment and enthusiasm as captain, which brought about much success. The new Ladies Captain will be Nicky Moore with Claire Nicholson as her Ladies Vice Captain and we wish good luck to both ladies in their new roles.

Subscriptions – NOW DUE £12

If you have not yet paid, please do so asap, to Bob Dennison, or any committee member.

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	Beverley Clump, South Cave	Cross Country

(Sun 5th Oct 08 for 3 months, 8.45am, Brantingham Hill)

Champagne League 2008 Presentation Evening, Friday 19th September, 8.00pm

The CL presentation evening will again be held at Cottingham Golf club. Cost is £11 per person and includes a first class buffet. Please pay Dave Brooke before 5th September.

Cycle Ride Saturday 6th September 08

I am organising a cycle ride around East Yorkshire of 70 to 80 miles, stopping for morning coffee and lunch at suitable cafes. Please contact Steve Holmes on 353647.

CoH Races – Ferriby 10 & Humber Bridge 10K – Volunteers Wanted

To ease the pressure on both Dave and myself we want to set up an organising committee to deal with all the arrangements for both the Ferriby 10 and Humber Bridge 10K. If interested, please contact Steve on 353647 or email stevecoh@hotmail.com. The date for our first meeting is Monday 8th September, 8.00pm at Haltemprice.

Mablethorpe – 10k, Half Marathon & Marathon, Sunday 14th September 08

The free coach will be leaving Haltemprice at **6.45am prompt** and arriving back at 6.00pm.

City of Hull AC 2008 Track Championships, Costello Stadium

Enter on the night, race numbers will be issued and events are all free of charge.

Wed 17 September 7.00pm	1 Mile (depending on ability there will be an a, b and c race).
Wed 24 September 7.00pm	5000 Kilometre (as above - there will be an a and b race)
Wed 1 October 7.00pm	4 X 400metre relay (teams will be as equal as possible)

Northern Counties Relays, Hartlepool - Saturday 27th September 08

We have organised a coach to this event, which will leave Haltemprice at 8.30am prompt, arriving at Hartlepool 11.00am approx. Men's Captain Bob and Ladies Captain Nicky would greatly appreciate your participation and support in these events. At present the coach is not full, so anyone wishing to come along to support would be most welcome and there is no charge for the coach.

East Yorkshire Cross Country League 2008 / 2009

Sun 5 th October	11.00am	Bishop Wilton
Sun 9 th November	11.00am	Drewton Woods, South Cave
Sun 14 th December	11.00am	Langdale End, Scarborough
Sun 11 th January	11.00am	Thixendale, Driffield
Sun 15 th February	11.00am	Welton Dale, Welton
Sun 8 th March	11.00am	Sewerby, Bridlington

The East Yorkshire Cross Country League is a 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, which are free of charge. However you must wear the club vest/colours to race.

City of Hull AC Winter League 2008 / 2009

Tue 7 th October	7.00pm
Tue 4 th November	7.00pm
Tue 2 nd December	7.00pm
Tue 6 th January	7.00pm
Tue 3 rd February	7.00pm
Tue 3 rd March	7.00pm

The Winter League is a series of 6 handicapped races and is open to all CoH members and meets 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 drawer 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, which are free of charge. Runners must register before 6.55pm for a 7.00pm start and if you miss your start time, the handicapper will not amend your running time.

Lads at the Lakes 2008 (by Steve Wilcox)

I would like to open dispatches with a big thank you to Mike Beadle for organising the trip, to Mike and Ian for dinner on the first night and to the group as a whole for staying out of the A & E Dept this year or indeed for not dying.

WEDNESDAY - A day of arrivals, bedroom claiming, gentle 4 – 6 mile runs, a group dinner and all followed by a trip to the pub (which for some had started at 2.00pm). This was also the day that a group was established known as the Fairfield Four. The main purpose of this group was to offer up three sacrifices to the captain so as to keep his high jinx (which involved a toilet brush, deep heat, Vaseline, a swimming cap, water from the toilet and the shower) away from the main group. To you three gentlemen we offer our eternal gratitude and we hope the body hair grows back soon.

THURSDAY - A surprisingly large number of souls were out for an early morning run around Grasmere (approx. 6 miles), before the group split for the day's activities. Trevor led a party on a 15 mile run around Thirlmere, whilst two groups (one led by Pete Blowers the other by blind luck) set out on bikes for lunch in Keswick. A pleasant 30 odd miler, unless your new to this kind of nonsense.

Tom, we all hope the chaffing heals soon. It was hoped that this would be the wettest day of the trip and for a while felt like the wettest day on record, however the sun shines on the righteous and it would seem on groups of smelly runners, so the return leg although not bathed in sunshine went some way to drying us out. Spirits were kept high with singsongs, general piss taking and trying to poison Pete Storey. What fun! The day's activities were topped off by 4 Barracudas going for a swim across Thirlmere. As the sun was in evidence at this point this was very pleasant, although the panic that ripped through three of the swimmers when they saw a sharks fin speeding towards them was short lived when it turned out it was only Trevor doing backstroke. Phew! The evenings entertainment was a trip to Ambleside (thanks for organising the taxis Phil) which involved beer, shit fish and chips, a very nice curry and one of our group who is old enough to know better trying to start a fight with a folk duo who were singing very badly in the pub (whom to be fair were bloody annoying).

FRIDAY - 2 groups set out for Langdale with the intention of a gentle cycle over Wrynose and Hardknott passes. The first group of 6 idiots ably guided by "The Rattler" set out for a kill or cure 7 mile run which took in a 25% climb and although death did seem imminent at one point we all arrived safely. There we met the second group who guided by Trevor had cycled there. Pete Storey was providing back up with his van and had kindly transported the necessary bikes and provisions. For anyone who does not know these passes they involve climbs and descents of 25 and 30%, which is like trying to ride up the side of your house. Most made it over the first, some made it over the second and despite a truly death defying display of stunt riding by Chris "I'm just a cook" Dawson, all made it to the pub. Spirits were kept high with the thoughts that death would be pleasant in comparison and giggling at the lady who called me a "flunking cat" from her car. What an odd thing to call someone, at least her V for victory sign was uplifting! Having established himself as King of the Mountains, Dave Wood decided he wanted to cycle back by the same route and was bravely joined by the Gravel Brothers. The allegation that this was in part due to one of them having dropped some money on the way is truly scandalous! The rest of us turned Pete's van into a mini bus and went in search of ice cream. Thank you Pete from the bottom of our hearts. For a change the weather wasn't bad, it was bloody awful. As for the evenings entertainment, Grasmere for beer and food.

SATURDAY - It was decided we would participate in a group activity, meeting at Langdale we would all head up towards Stickle Tarn, where those wishing to could carry on up to Jakes Rake. Typically we couldn't even get out of the same car park as a group, and so two groups headed up. One led by Trevor and the other by Rattler. Both groups made it there and back safely, so well done guys. The weather improved dramatically and we found ourselves in T shirt and shorts. We then also found ourselves in fleeces, waterproofs, hats and gloves. And whichever bright spark told Colin that dressing up as Spiderman would help his climbing, you should be ashamed of yourself. The true test of courage and fortitude was still to come however! Who would survive a barbecue cooked by Rattler and Colin? Although good for us but rather boring for the reader, we all survived a very pleasant meal. So, off to the pub.

SUNDAY - With the words "pack up and bugger off" still ringing in our ears, the four Barracudas once more headed off for a farewell swim in Thirlmere. This time the sun was not in evidence and the water was bloody freezing, still we provided some happy holiday memories for the spectators.

I however take umbrage with the term "bloody idiots" and prefer "mentally challenged". A quick apology to the French family who thought they had spotted and photographed the legendary lake monster. This was just Mike taking a final dip without his wet suit on. In life it is important to try something different and learn new things.

And the main things I learned on this trip were, why the bunks around Trevor's were still free and that it is possible to sleep with ear plugs in and in Dave Woods case ear defenders on as well.

When Ian says a route is mainly flat with a gentle down hill section, put your bike away and finally the best way to dispose of a body and to keep sharp objects away from Colin. Someone remind me of what he does for a living again?

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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Full Body Relaxation Massage (1hour 30 mins, £35.00)
Personal Training (1 hour, £25.00)
City of Hull members receive a 10% discount off these prices

Start Fitness, 30 Butcher Row, Beverley, 861859, www.startfitness.co.uk

(Open 9.30am to 5.15pm Monday to Saturday)
Adidas new range half price mens & ladies clothing -
eg mens long sleeve compression tops, all sizes £14.99
Asics running shoes mens & ladies, Autumn/Winter 2008 20% off rrp

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

SUMMER SALE
Starts Monday 1st September
30% off a wide range of t-shirts, shorts and vests
Up to 50% off selected shoes

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

The weather may not be sizzling but our prices are, with 20% off all summer clothing until the end of September 08, with further reductions on selected sales items.
If you don't take advantage of these special offers someone else will!!!
Offer open to club members only.

*To contribute to the next newsletter, please contact Steve Holmes,
tel 353647 or stevecoh@hotmail.com*