

The Extra Bits

April 2017

WEST HULL
WH
LADIES



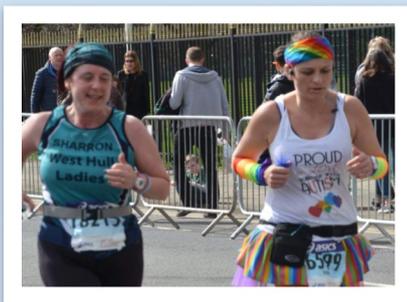
Even More Race News!

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Hello Ladies,

It's like a proper magazine this month as you get a bonus race write-up supplement! (Or did I just not read my emails properly and miss them out from the main newsletter, who knows?) with another Manchester write-up and an East Hull 20 experience from Sharron. Plus, just to be nice, I've included an extra recipe for you to try, this one isn't healthy but it's good. I think we all deserve a bit of naughty cake once in a while.

Shelley



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Rainbow Moments

I wanted to share my marathon moments, I hope you enjoy reading it as much as I enjoyed running it.

To me running is so much more than achieving a time. It is about enjoyment, it's about mental freedom and it's about finishing something that you thought you never could do.

So my first of three marathons started dressed in a rainbow tutu and Vaseline legs to prepare for inevitable rubbing from the netting of tutu! My aim was to finish - that's it. Not finishing wasn't an option.

The first few miles were uncomfortable, costume malfunction occurred and it took me a while to get my running belt in a good position. My banana in my hand was turning to mush as the sun became brighter and hotter and I felt out of sync. But the spectators were so supportive so I managed to get to mile 10 with ease and it was starting to feel good.

Then it hit me !!! I'm not sure if it was the little girl shouting go on rainbow lady or the fact I saw a mum kiss her baby on the head but it hit me and I wasn't prepared! I cried. I sobbed like a baby, completely lost in emotions, runners kindly asked if I needed water and asked if I was hurt, but I couldn't

answer I just sobbed so hard I had to walk to gain control. I decided to put my music on and I regained control through singing. And running commenced again.

Singing and running helped enormously and lots of high fives from kids and dogs made the miles just tick by before I knew it I was at mile 16 and I felt great again. Passing people that had passed me earlier gave me a huge boost.

Running on your own is incredibly lonely but it's how I trained so wasn't a shock to the system but it did feel really great to see a WHL vest (Karen and Sarah) ahead of me and to run with them for a short while.

At mile 20 the emotions hit me again but the legs were now also tired. So physically and emotionally I was ready to quit. Singing wasn't helping and my thoughts were erratic.

Then I saw her....it was Sharron. I ran along side her but she looked so focus that I didn't want to disturb her. We spent the next 4 miles not talking but naturally taking it in turns to be the lead which helped enormously to focus.

The last 2 miles we ran together and we encouraged each other to finish. We were both very emotional especially the last 0.5 miles we repeatedly said to each other we can do this we can do this! The pain was real everything hurt but we could see the finish and nothing was going to stop us now.

We finished together, cried with relief and hugged each other. I would have finished because not finishing wasn't an option but Sharron made those agony miles a little easier.

From Karen and Rachel meeting me off the train and having an evening pre run meal. To meeting Sam, Helen, Jill and Chris (and 2 more people I can't remember their names) organise getting to and from the event. I can

quite honestly say I was loved, cared for and 100% supported by all the WHL members and for that I am truly grateful.

Completing something you thought you never would in your life time gives you strength and empowers you to cope with the challenges of having a child with special needs. And running with WHL has shown me I'm not alone when facing those challenges. So thank you x

Here's to #2 of 3... Hull marathon rainbows are coming to get you

Katy



East Hull 20

I thought to myself when people mentioned this....."Hmmmmm, I wonder.....I wonder if I can do this....?????" Little ole' Shaz running in a 20 mile race.....I wonder...!!! Was I enjoying my running when this run came about.....tick, did I feel confident enough.....tick, daft enough.....tick.

Oh....why not!!!

I mentioned it to Nige, "Go on then" he said, so we both entered.

Thereupon started the training.

Ever the perfectionist who needs to 'do things right' I googled how to train for a 20 mile race, obviously, nothing helpful, just training plans for marathons (Arrhhhhh) right then Shaz, sort yourself out a training plan, of sorts!

So, from half marathon distance I upped it roughly a mile a week on the long run weekends, muscling in on a lot of Karen Scott and Sarah JW's training runs.....thanks girls.

So, EH20 day arrives, a little nervous, never ran 20 miles in my life before. Picked up my number, took as many photo's of WHL's as I could on the journey from the car to the club to collect numbers, and back (well....it

took my mind off the race). Then we were off.....

I started the race with Liz Nicholson. We kept reminding ourselves to take it steady at the beginning and we did, we were very good. Around 3 miles, we both had altercations with bikes, couldn't believe it!.....firstly a chap frightened me half to death, cycling by, shouting very loudly "BOO!" in my ear!! Er....why....?!?!??? I 'effed and jeffed' at him whilst Liz promised me if he did that again, he might find a branch going through the spokes of his wheel....!!! Then, Liz nearly came a cropper with a very fast cyclist.....shouting "coming through....!!!" Arhhh, coming through on the left or coming through on the right???????

Therefore, this start had us forgetting the amount of mileage we had ahead of us, for a little while at least.... J Around 6 miles, my legs felt as though they wanted to push on, quite strangely for me.....so I went with them. I told Liz that I would keep an ear out for her and then my legs carried me away. I kind of thought I'd make the most of how they felt as I knew that the last half of this race would get very windy.....the back wind in the first half of it told me that!

I saw a couple of people manning a water station I knew, so that made me happy. Saw Liz H taking photo's, that put a smile on my face and injected a little bit of a fast(ish – come on, it is me after all) spurt as I was so pleased to see her. I remember seeing Suzanne which got the same reaction from me, isn't it strange what a familiar face does for your legs.....

Right, the swing back for the 2nd half of the race. Turning into the wind.....get ready for it.....get ready for it.....BAM!!! Straight in the face, whoa..... my legs then definitely told me that they were slowing down for this bit, fair enough then.....head down, let's get on with it! I saw my friend again at the same water station going back, which I had been looking forward to.

I think what got me through the long stretch back towards the cycle path was the fact that I was scared to death I would go the wrong way, I mean you COULDN'T go the wrong way.....it was straight up.....but I'm not very good with taking note of signs and arrows when I'm trying either to breathe/move my legs/not die..... I could see bright jackets in the distance and this made me keep going, sometimes picking up the speed when I was able, finally I was catching up to people.....and.....believe it or not OVERTAKING THEM!!! This spurred me on to catch a group further ahead. I knew that 16 miles onwards would be hard as I knew we'd be taken down the 'Dreaded Cycle Path', which is very windy and blimey, did it live up to all that!



I first walked at 15.5 miles, so I was pleased (and astonished) I'd got that far without needing a breather. Then from 17 miles I adopted the strategy of walking for a minute, whilst taking in some nutrition and a sip of water, then running the rest of that mile. Even though the wind seemed to be battering me from all angles, this strategy seemed to work for me as I also started overtaking runners on the cycle path too, couldn't believe what I was doing. Was this right?? Where they in the same race as me?? Had I indeed made a wrong turn and latched on to a club run....???!!????

Then.....that last uphill with only a few hundred metres to go....."Why...." I thought "WHY UPHILL AT THIS LATE STAGE OF A RACE....." I walked up that incline. I got the definite message from my legs of.....HA, I DON'T THINK SO MISSUS!

But then the run in to the finish, loved it! Had this (very tall) chap in sight, he was my marker, blimey did he bring me in. I caught up to him with something like 100 metres to go, then overtook him.....Again.....what was with me and this overtaking lark.....!!!!

Saw Nige just before the finish line and started crying, I was so pleased to have gotten to the finish line in a 20 mile race, I couldn't believe it, I was

so happy.

Another thing which made me happy was the fact there was a lot of buffet left in the club house.....BONUS, SO DELIGHTED.....so I totally filled my boots, well, it would be rude not to!

Saw Liz running in, that was nice as we had set off together. I remember us just stood outside, eating lots of food, Liz very much enjoying her packet of crisps!!!

Never in a million years did I think I would be able to do this, but with the help and support of various members of club I've come away being the proud owner of a superb EHH towel as the finishers gift.

3 hours 39 minutes, yeah I'll take that, SO PLEASED WITH THAT!

Sharron



Runner's Digest

Dandelion and Burdock Chocolate Cake

250g Butter

250g Self raising flour

Pinch Soda of Bicarbonate

250 ml Dandelion & Burdock

4 tbsp cocoa powder

2 eggs

50ml milk

300g golden caster sugar

1/2 tub chocolate ganache.

- Preheat your oven to 180C and prepare your cake tin.
- Cream the butter and sugar until very light and fluffy, I think that this stage is the most important.
- Sift the flour into the butter with the soda of bicarbonate and whisk the eggs.
- Stir the whisked eggs into the flour mixture.
- Mix the cocoa powder into the milk then add the dandelion and burdock drink and stir this into the flour mixture.
- Bake for about 40 mins or until the skewer comes out clean.
- Top with chocolate ganache.

Final Thoughts...



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