

# WEST HULL LADIES NEWSLETTER August 2019



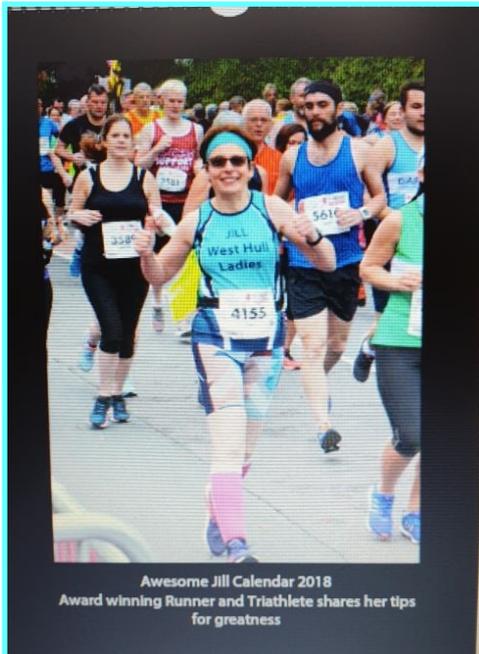
Champagne League Ladies Lockington 30/07/2019



Wednesday Evening Away night 14/08/2019

# Some thoughts on awesomeness (if there is such a word)!

Jill Jameson



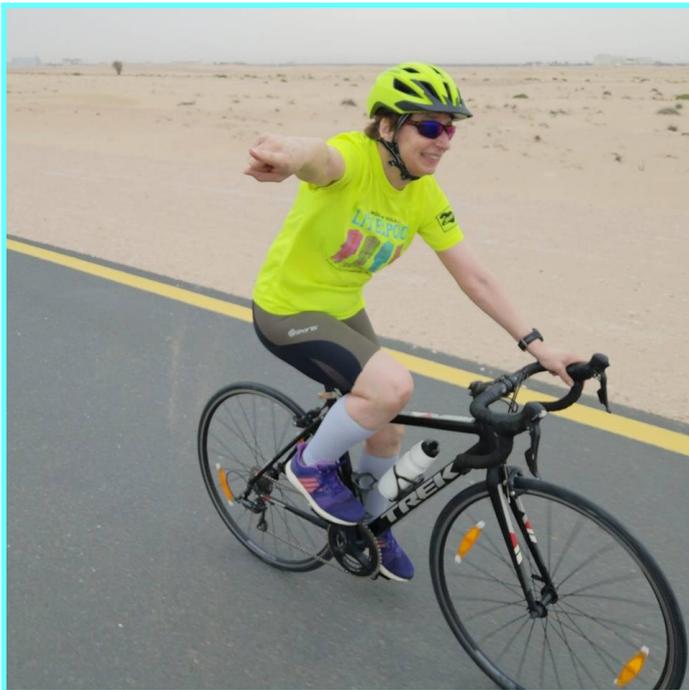
A number of years ago, my sister Liz Hobson did me the first of a great set of calendars, where she found a number of crazy running pictures of me and made it into a calendar by putting witty (sarcastic?) comments to the pictures. She called this the 'Awesome Jill' Calendar. This was almost certainly because, at the time, I tended to use the word 'awesome' quite a lot in my facebook posts when replying to my running friends etc. In fact if I had been able to create a word cloud from my facebook posts, I am sure the word awesome would have been the most dominant word!

So why am I telling you this? Well it got me thinking that 'awesomeness' and other such positive words about achievements tend to be something that we apply to others, which is great, but not that we necessarily apply to ourselves. Now I'm not saying that we should constantly bombard our facebook posts or our friends with conversation about how awesome we are, as this would clearly become insufferable (and we all know the occasional people who publicly do this all the time... yawn), but it's much more about our own internal psyche

about how we see ourselves and our relative achievements.

In terms of running, I think we are all too ready to see what we do as normal and not out of the ordinary, partly because we tend to know lots of other runners. When we do events or go out running, we compare ourselves to others and instead of saying I am awesome just for being here, we tend to negatively judge ourselves...because we see others ('proper runners') that are faster than we are, run further than we do and go to training more times a week than we do. We also criticise ourselves for not being as fast as we were in previous years and beat ourselves up for not being as motivated as we think we should be. We are critical of our body shapes, and berate ourselves for not eating healthily enough. I know this because this is exactly what I do myself, and from speaking to others I know that I am not alone.

I was looking at some statistics on activity rates in the UK recently and these were quite an eye opener in how we as runners might compare to the average person (and we are all proper runners despite what we might sometimes believe). In the UK, **20 million people are physically inactive** and levels of inactivity have risen in the past five years! The interesting thing was how they measured activity. To be honest, if I don't exercise twice a week at least, I start to worry that I am not being active enough! However, in these statistics, activity was defined as doing **one day a month** of vigorous exercise lasting 20 minutes or more!! Okay ...so you may not be doing as much exercise as you think you should be, but you are at least ahead of 20 million people in the UK already, who are glued to their sofas, and also ahead of many of the so called 'active people' who do one day a month of rigorous exercise! What seems like a lifetime ago (because I'm old!), I was one of those 20 million inactive people until I had a mid-life crisis at the age of 41! The only regular exercise I ever did before this was to run after my autistic son Mike, when he did a runner. When I did have to 'run' for any reason, I thought I was literally going to die. The thought of running a few metres, let alone a marathon was unthinkable, and I could hardly hold a conversation when going up the stairs at work! I was in quite a sorry state to be honest!



When we look at people who exercise 'regularly' we are still well up in the exercise stakes. In the UK only 13% of people report exercising regularly, and men tend to exercise more than women. In terms of the NHS health guidelines, people are recommended to do 150 mins of moderate aerobic activity a week. This includes 'brisk walking', hiking or pushing a lawn mower...not what we do...well we might do these things anyway but we also run, which is in a different league. Running and Jogging are counted as vigorous exercise, so although around 58% of women meet the 150 minutes of moderate aerobic activity, what we do is much more than this...so we are definitely in the top half of the population! So rather than comparing ourselves to other runners, if we compare ourselves to 'joe public' we can definitely say that we have some awesome traits at least!

Following on from this, just think about how far you have come since you started running and what you do, without even thinking that it is extraordinary! Most of you can pop a parkrun without even thinking about it...we don't even consider it as special. But ask the average person to run just over three miles without stopping and they would find it really challenging. For us we don't even think about the run itself...For me it's more about whether I can get my arse into gear on a Saturday morning to be able to eat breakfast early enough, so as not to vomit during the run, rather than worrying about whether I can run three miles. In fact as we know, some people run to parkrun from home, or incorporate it into their marathon training!

When you come to training sessions at the club, again it tends to be whether we can motivate ourselves to get there, rather than worrying about the distance. Often we end up running anything between three and seven miles whilst training without even thinking about it. I'm not saying that it isn't hard, but we manage to do it, and still be able to do normal things afterwards.



Mention this to the average person and they look at you as though you are crazy. Just these achievements mean that you are well up on the awesome spectrum!

So, in comparison to the general population, you are all pretty awesome and that is on top of all of the other amazing things you all do in your running events, cycling, triathlons, swimming as well as being mums, grandparents, partners, daughters, workers, carers...the list is endless.

So when we are giving ourselves a hard time because we think we are

not fast enough, or should be training more, or haven't run far enough...lets try and pat ourselves on the back and remember that in comparison to the average person, we are all pretty awesome and we should celebrate what we have achieved, and try not to constantly beat ourselves up by being too critical. On one of the internet sites I read it said that 'small steps make big wins', but we need to recognise and appreciate those small steps that we make, to achieve the big wins, whatever they may be.

# MEDAL'S OF THE MONTH



June who is woman of the year for slimming world

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Eve at the York 10k 04/08/2019

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Rachel's Hardmoors Marathon Medal 4/08/2019

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June's Virtual Space station Medal  
13/08/2019

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Kim's HOTH Medal and T shirt 17/08/2019

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# Minutes of the Committee Meeting

## 16/07/2019 (Anna)

Cottingham Road Baptist Church 7.15

**Present:** Amanda, Anna C, Liz N, June, Jill, Anthea, Jan, Sara, Rachael, Liz H, Maria, Linda, Andrea and Anna S.

**Apologies:** Annette, Annika and Caroline

**Minutes from June meeting held as a true record.**

### **Matters arising:**

Rachael has contacted Canham Turner regarding the presentation evening. 13th March was decided to be the best fit, and so, Rachael will book.

Redraft of welcome email- Anna S still to action.

Welfare policy- Caroline to consider. Revisit at September meeting.

Snails had joined a couple of the Wednesday training sessions.

**Facebook:** 110 people are in the group. A link from Driffeld Striders has been invited and joined as a contact. Andrea and Amanda recapped the rules regarding new members contacting the club and joining the Facebook group. There was a reminder that new members need to email in to the club.

**Training:** Possibly fewer ladies at club runs this month but all sessions have a reasonable turn out and occasionally lots. Jermaine's/Anna's Going Loopy had 14 ladies, plus one Wednesday had over a dozen. The Wauldby off- road had around 15 ladies out, hopefully no Snails were mentally scarred by their adventure. Ladies are doing well in both Champagne League and Summer League. Plenty of racing and running happening at the weekends. Some cycling and Nordic walking has been happening too.

**Snails:** Anthea and Annika are in contact. We were glad to hear that Anthea is almost back with us. Annika is away at present, training to be covered by Jan A.

**Midsummer Madness/Mid-winter Madness:** Amanda proposed a winter event in Millington, similar to the Midsummer Thixendale event. Following a poll carried out, Saturday 30th was preferred, with a plan to complete a morning and afternoon run/ walk, with lunch, and cake at the end. Action: Rachael to book from 9- 7 pm. Midsummer: Amanda to book and plan routes. 13th June was the best fit date, accounting for other races. Maria offered to crew. The option to stay over may be added at a later date. Action Complete: Amanda booked the hall

**DW sports:** We received contact from DW Sports seeking a link to the club. The committee expressed concern over setting a precedence to commercial companies, and did not consider the benefits to be of great value to club members. Action Complete: Annette emailed to decline.

**25/ 50/ 100K recognition:** Liz H suggested that when members complete a distance challenge a second or subsequent time, we could recognise their achievement with a pin badge/ sew on badge. The idea was well received with support from the committee.

**Website update:** We discussed kit - Amanda has now updated the link on the website. Members can now use a link rather than a form.

**Hull Marathon support:** Karen had emailed the club regarding support with Saturday's registration and help on the day, with a proposed zone of the Humber Bridge. Jill had replied offering our initial support, and is liaising with the team to clarify numbers, area, and other details before we commit. Action: Contact Marathon team for further details.

**AOB:** Linda requested that we find another location to store tent and other equipment. More gas was requested for away events- Andrea offered to fill.

**Ice tags-** Linda still has some, and a list of which members have one.

**Amanda and Anna have looked at the website gallery,** and Anna has offered to tidy up and organise pictures. Action- **Anna C Membership:** Amanda reported that half of our enquiries come from the website and half from Facebook. Both recruit well.

**The next meeting Monday 9th September.**

# GALLERY



Hill training at the Humber Bridge 22/07/2019

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Well done Karen Park 23/07/2019  
Summer League presentation

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Wednesday Ladies 24/07/2019

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Cath and Stacy on holiday in Ibiza  
27/07/2019

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Jenny and Karen 17 miles run 26/07/2019

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# TRY CORNER

What other things have our Ladies been up to this month apart from running?



Amanda and Anna cycling to South Dalton 01/08/2019



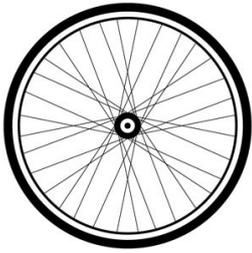
Rachel completes Ironman Zurich 21/07/2019



Building up Blood sugar levels and celebrating Helen's birthday Sam, Jill, Helen and Jo

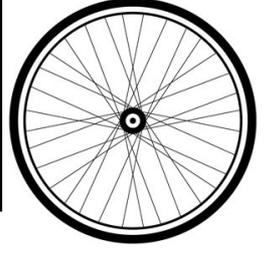


Looking after the Grandchildren Amanda 16/08/2019



# West Hull Wheelers

## Amanda Dean



### 7<sup>th</sup> August: South Dalton Village Hall

A lovely ride in the sun. Anna and I collected Jackie, Shelley and an unexpected and nice surprise, Sandra from Skidby Mill. When we reached South Dalton and everyone choose the option of an extra six mile loop round Holme on the Wolds round back through Dalton park.



We rode to South Dalton via Little Weighton, Walkington



Passing by Bishop Burton, Cherry Burton and Etton (view down into Etton).



We headed up through the village passing the amazing church (photo 3, church and Shelley).

After the left turn we had a hill to climb then turned left down into Dalton Estate. All was going well. I had warned about the cattle grid ahead then suddenly Sandra stopped – puncture!

We used the 'spray in gunge' doing as it said on the can but, although the tyre inflated, it also rapidly deflated. It said on the can that you could not now repair as normal!

She called her husband and began walking (no clipless for her so shoes fine for walking). On her insistence, four of us in our clipless shoes pedalled on to the village hall where a group of three CTC riders, Richard, Brian and Terry, had just finished their cuppas and offered to rescue. They found Sandra and soon had her sorted (she had a spare inner tube). Thank you CTC guys.



The long top road had beautiful views but, was hard going into a headwind.

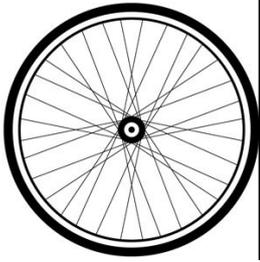
Hubby seemed OK at having been called out to a fixed bike and seemed to enjoy a coffee and cake.

It was great that we could all ride again. We choose to reverse our route (without the loop). At Little Weighton Sandra and Shelley turned right for home. Jackie dropped at Skidby Mill and Anna and I returned to the Avenues.

A lovely ride, quite hilly. Our average pace was around 13mph. Loop from Skidby 30miles. From the Avenues, 40 miles. All welcome who feel happy around this kind of distance and pace.

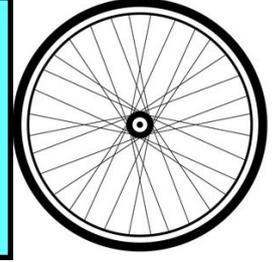


Thankyou CTC guys



# West Hull Wheelers

## Sarah Wilson



### Barracudas Skidby Mill Duathlon



Last night (7/8/2019) Amanda and I did the Barracuda's duathlon. It was my second event, and again I was nervous and a bit intimidated by the lycra clad Brownlee-esque characters around at the start. However, everyone was very friendly and encouraging.

The run route is 2.2 miles and unbeknown to us the marshal that we run round was playing with a remote control car ... which had a camera!

The 9 mile cycle route was slightly different from last time, and finishes up that hill to the mill!! I was really pleased that for both the run and cycle I was faster.



Despite this, I was last again, and further behind the penultimate person than last time. However, I just want to encourage anyone thinking about doing something slightly different to give it a go. There are plenty of encouraging people around, and if you happen to come last like me, at least you're saving someone else from it!

Next 2mile/9mile on 4<sup>th</sup> September.  
If fancy a bigger challenge,  
2mile/10mile/2mile on 28<sup>th</sup> August.

## Dates for your Diary

**Midwinter Madness**

**30/11/2019**

**Millington Village Hall**

**Presentation Evening**

**13/03/2020**

**Canham Turner Hull University**

**Midsummer Madness**

**13/06/2020**

**Thixendale (Endure 3 weeks later)**

## Club's Camping Equipment

The club has the following camping equipment available to borrow for events:

**2 Event Tents with four sides**

**1 Cook stand**

**1 Double stove with Gas bottle**

**First Aid Kit**

Please email the club if you would like to borrow any of the equipment

## Volunteers required for the Hull Marathon

Just reminding people that we are trying to get a group together to do some marshalling at the Hull Marathon. We will be doing the Humber Bridge so will be finished fairly early and shouldn't have to deal with mad motorists! It will be fun and we will be able to support all the runners as they go across the Bridge. We have some volunteers already (thanks peeps) but we really need some more so if you are not running, please volunteer. I'm thinking of doing a lunch at mine (as I live in Hessle) for our volunteers when we have finished, as it will be around lunch time...so it will be a good laugh! If you want to do it, please either PM me or email the club!

**Jill Jameson**

parkrun

## Parkrun News

20/07/2019

27/07/2019/

03/08/2019

10/08/2019

parkrun



Oliver immortalized in cake for Peterpan Parkrun 03/08/2019

This month we have had a total of 63 local parkrunners. 19 at Hull Parkrun, 30 at Peterpan parkrun, 5 at Humber Bridge and 9 at Beverley Westwood.



Anthea Marshalling at Parkrun

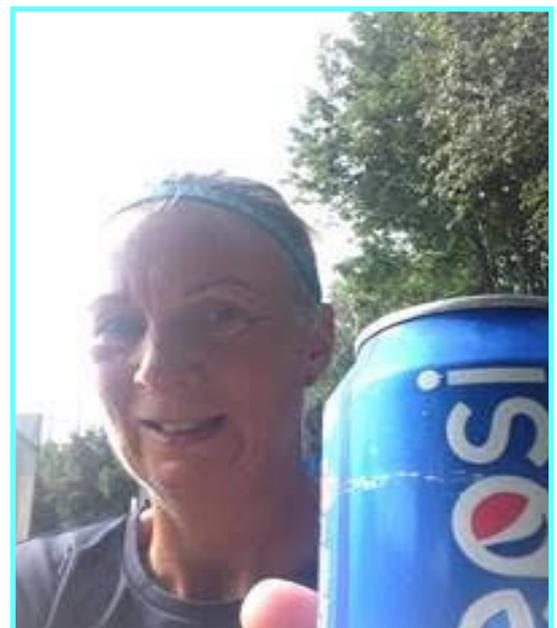
**Well done to all our ladies running PBs this month.**

**They are**

**Claire Anthony, Jan Draper, Anna Cartright and Janet Wardale.**



Suzanne at Southampton Parkrun 10/08/2019



Karen Park who incorporated the Humber Bridge Parkrun on 3/8/2019 in her 20mile training run



## Parkrun News

20/07/2019

27/07/2019

03/08//2019

10/08/2019



### Lots of international Parkroamers this month



Debbie at Roosevelt Parkrun 27/07/2019

Sharron Wiley was our first international Parkroamer this month completing the Jamaca Pond Parkrun in Boston USA 20/07/2019

Debbie Watson was at Roosevelt Parkrun 27/07/2019

Shelley Hindley ran West Park parkrun in Germany where they had to run a 5 k to get to the start!

Anna saw castles, rabbit warrens and lots of sand at Guernsey on 03/08/2019.

Sarah Wilson ran an undulating Jersey Parkrun, on 3/8/2019, where she was beaten by Darth Vader, a gorilla and a banana, but she did finish in front of the teddy bear and

the annoying man who spent 5k telling us all what an amazing runner he was! (not as amazing as Sarah clearly)



Anna at Guernsey Parkrun 03/08/2019



Shelley at West Park Parkrun in Germany 3/8/2019

# The many ways of tying your trainers

## Maria Diaz

### **FIT TO BE TIED**

*There's more to tying your laces than you think. If you're experiencing blisters, it could be worth experimenting with a new way to lace up*



#### **NARROW FEET**

Foot sliding around inside your shoe? This lacing system tightens

the shoe more than the usual techniques, giving you a snug feel so you can get on with your run.



#### **WIDE FEET**

This lacing method loosens the entire shoe, especially around the

midfoot and gives your feet more space. This can also be useful for runners with high arches.



#### **TINGLY TOES**

Experience pins and needles in your toes while running? Miss

out the bottom eyelets to increase blood circulation to your feet and relieve pressure.



#### **THIN ANKLES**

The loops at the top of this lacing system pull the foot tighter around

the ankle, giving you a more compact feel. Particularly useful on uneven terrain.

# Gallery



Angela 7k 28/07/2019



Friday Training session 26/07/2019



Verity trying to find the Druids / Temple



4.8 miles training run 7/8/2019



Sharron, Cath, Andrea and Liz HOTH 17/08/2019



21.5 miles down the Trans Pennine Trail  
17/08/2019

# I ran the landscape shaped by ice and fire!

## The Isle of Mull Half Marathon

Saturday 27<sup>th</sup> July 2019 1:30pm, Craignure, Isle of Mull

Liz Nicholson



Our ferry leaving without us

This race has been on my wish list for a few years. Compared to our local half marathons, it's a small race with around 170 places and sells out every year. The race also has a 10K and a children's race.

We were staying with my sister in Tobermory on the Isle of Mull. Hull to Tobermory takes about 10 hours, including a ferry from Oban to Craignure. My husband (Matt) and I drove up on the Friday, heading for the 6:30pm ferry. We should have arrived with plenty of time to spare but traffic jams in three places meant that we missed our Ferry and got there as it headed out of port!

There were only two other sailings that day and we managed to get on the last ferry at 9:45pm. There was a bit of time to wait but we'd had enough of driving for a while, so we stretched our legs, found some pasta for tea, and recharged a little.

The weather had been hot and clear on Friday, so clear that we saw a minky whale from the ferry! On Saturday, we woke to see that we were in a mist that didn't lift all day. A heavy rain warning had been issued but luckily it stayed relatively dry until mid-afternoon...mid-race.



The Route

Race registration was in the Craignure Village Hall, where I picked up my race bib and my sister, niece and I collected our bright pink race t-shirts. My sister and niece were working the first water station and I stayed at the hall while they set off to find it. With the race briefing over at 1:15pm, everyone walked to the start, on the other side of Craignure... "a wee half a mile walk away" said the race director...it was just under a mile!

The race started at 1:30pm. The route went past the hospital and the old peoples home (waving at the old people), then out onto the main road, back past the village hall up a hill, around a cone and back down again, past the village hall (again), back past the start line and out on the main road, towards the finish in Salen.

I started off too fast (no surprise there!) and found myself running too fast and right at the back! I was just wondering if I had over stretched myself with this race when a lady running next to me expressed the same concern. We decided that if we were

last then we would be last, it didn't matter...no worries. As it happened, we started to overtake a few people on the first hill, then I relaxed and let my legs go on the way back down (pat the ground, pat the ground...).

Now, I need to tell you that the scenery on Mull is gorgeous, it can truly take your breath away, but on this day it was somewhere out there in the mist and rain. Most of the race was run on the main road – the longest stretch of road that isn't single track. For main roads though, it was quite a nice one, with sea and mountains in the distance through the mist, tree lined roads, the occasional sight of coastline and hairy ginger cows.

It was tough in places, particularly on the long uphill stretches, but it was not as hilly as I had feared. It was wet most of the time and by the end I was completely soaked, but the rain had thankfully stopped.

The last half mile was uphill into Salen (arrgh!) but at the end, my sister was there holding up a medal for me!



The finish - Running towards my sister!

I crossed the finish line in 2:26:40, finishing 152 out of 166, very pleased with the race. The medal inscription reads, "I ran the landscape shaped by ice and fire!". We all had a wee whisky to celebrate!

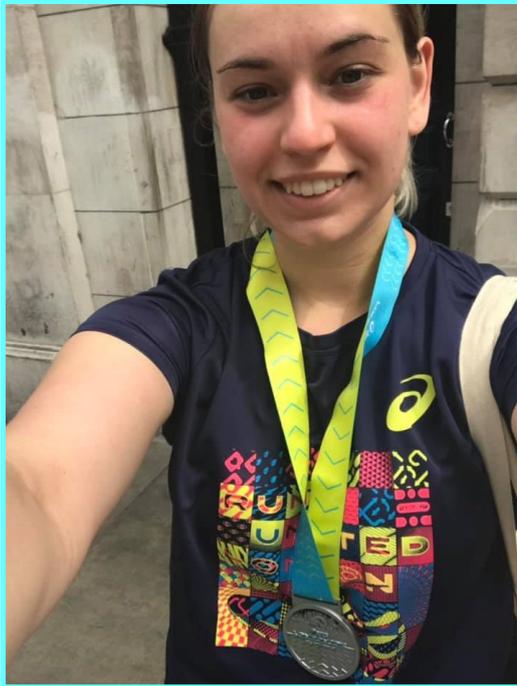
Xx Liz





## Snail Trails

### Annika completes her LiRF Licence



I have finally received my LiRF license to lead running groups, which I'm super excited about!

At the end of June I attended the LiRF course and spend a day running around in the hot sun and learning loads of new techniques for warming up and cooling down as well as organising sessions. There were plenty of other people from local running clubs but also from other cities, such as Leeds and the atmosphere was super relaxed and friendly throughout the day. The whole course was well structured and fun - both instructors were super knowledgeable and passionate about teaching the group.

Here are three of my main takeaway points from the day:

1. Always plan/check your routes in advance and make sure you know the route - otherwise you might have to be collected in a car
2. Training has to be varied - whilst sometimes hill and speed training seems torture, it is essential in order to progress and become a better runner
3. Warm Ups are important no matter how long you have been running for (I might have to get this tattooed on my forehead as a permanent reminder to myself) - they help to set your body up for the training session ahead

I'm now looking forward to putting some of the things I have learned into practice during the Snail sessions (get ready Snails :-)) and help others progress in their running journey!



# **Recipe Corner**

## **Performance Enhancing Flapjack**

### **Jill Jameson**

#### **Banana and honey flapjacks.**

This is quite a nice recipe for a flapjack that has no refined sugar. It uses the honey and bananas as a sweetener.

**200g porridge oats**

**100g dried stoned dates chopped or dried apricots chopped (or anything else)**

**30g desiccated coconut**

**50g chopped nuts (I use pecans, but most nuts like walnuts or almonds are fine)**

**30g pumpkin seeds (with a few extra to sprinkle on the top of the flapjack)**

**30g sunflower seeds**

**100g butter**

**3 tablespoons of honey**

**2 ripe bananas (mashed).**

Mix all the dry ingredients together in a bowl.

Melt the butter, then add the honey and mashed bananas to the butter and mix up.

Add in the dry ingredients to the butter, honey and banana mixture and make sure it well mixed up.

Grease a baking tray (I tend to put some baking parchment in too) and squash the mixture into it using the back of a spoon. Sprinkle some pumpkin seeds on the top of the flapjack.

Put in the oven at 180 degrees for around 20 minutes, or when the edges start to darken. Don't over cook it as it goes dry. I cut it whilst its still hot in the backing tray, then let it cool a bit before turning out onto a cooling rack.

If I'm feeling particularly naughty, I will put melted chocolate on the top as well (lol!), and I've also been known to put a chopped mars bar in these, which is actually nice!...but they are tasty as they are without being adulterated with chocolate!

# East Hull Harriers Summer League Anna Shep

What can I tell you all about the East Hull Harriers Summer League?



I'm not sure, as all I seem to remember are lots of lovely evening runs along pretty lanes in the sunshine!

It all starts in April, taking the alternate Tuesday slot from the Champagne League. The races take part in the villages to the east of Hull- into Holderness. Distances range from 4 miles to 8 miles.

Here are my top ten reasons to do

the summer league 2020:

- 1) It will make you find your cheque book- entry is old style- envelope, stamp, postbox.
- 2) Racing in the evening is so much easier to fuel for.
- 3) It's the perfect remedy for a stressful day at work.
- 4) You will discover some beautiful lanes around Holderness.
- 5) You will develop an encyclopaedic knowledge of the pubs of the East Riding.
- 6) You will develop an encyclopaedic knowledge of the pub toilets of the East Riding.
- 7) Running over summer is usually far too hot- the evenings are the best temperature to be out in.
- 8) Its a total bargain at £30 for 8 races.
- 9) You are (almost) guaranteed a Ten K pb at Leven.
- 10) You get to hang out with lots of lovely West Hull Ladies!

See you next year!  
Anna



# VIEW FROM THE BACK

## Going Arty in Edinburgh

I am writing this month's article from a secret Airbnb location in Edinburgh. We are currently here on holiday and to support my daughter Hannah's play, (Hangnail), which is on this week. I have never been to the fringe before and I have to say it's an experience to be here and finally I have seen Edinburgh when it hasn't been raining. That's not to say it hasn't rained and I think we have seen just about every kind of weather this week! This included a fabulous morning run in Holyrood park up one of the hills, (I am sure this Hill has a name, Arthur's seat or something!). I got halfway up the hill, on the road, (I don't do trails generally after a traumatic Rudolph's romp), and the heavens opened. I have to say there were plenty of other runners round although they weren't a particularly friendly bunch, in general the walkers said "Hello" back but the runners ignored me. Clearly running is a serious business in Edinburgh. There was also a park ranger in a landrover, presumably they have to rescue people from time to time, it's not like in the Hull Parks where the worst thing they deal with is people not putting their dog poo in the bins! I decided to turn round after 1.5 miles and retrace my steps back to the flat, I didn't trust my wonderful sense of direction to try a round route. Just the one run but lots of walking as we are only about half a mile from the centre where the shows are.



On the subject of shows, one I have seen by a Hull ladies' company, (the Roaring Girls) is called Beach Body Ready. This is a show that everyone, particularly woman should go to see. It is about three women sharing their experiences of not been happy with the way they look and in general I can't think of any woman who is. It got me thinking about, my own experiences and how often my thoughts dwell on the way I look and to a lesser extent what I am eating and what exercise I am doing. It's funny how things stay with you from childhood and teenage times. I hate the thought of parties and socializing, it makes me anxious. It's one of the reasons why you will tend to find me behind a camera rather than in front of it, is that I hide behind it. I spent a childhood going to parties where I always seemed to wear the wrong thing, if it was a long dress party I would be in a short dress or vice versa. I also remember turning up in a chestnut brown kaftan to a party where the host, (a friend?), took one look at me and pronounced, "Good God!" It also doesn't help that I really find clothes shopping boring so possibly this is why my clothes choices are so questionable, or is that I expect to fail?

This is not to say I am an unhappy person and currently I am the happiest that I have ever been with the way that I look and the way that I feel in myself. This is in part due to running and been fitter and also been a part of our supportive club; because nobody judges how you look and in lycra there is nothing to hide, it is what it is! Having watched this play and also read a book called "Just Eat it" by Laura Thomas, (thanks for the recommendation Annika), I am resolved to not dwell on these things anymore. I am now deciding, what I can achieve with the time I have been wasting thinking about this crap! Oh and does anyone know where Chestnut Brown Kaftans can be sourced from? .....in lycra?

Liz Hobson