

WEST HULL LADIES NEWSLETTER Autumn 2021



Club away night 18/08/2021 at Welton



West Hull Ladies at the Beverley 10k 03/10/2021

**Mid-Winter Madness
Millington Village Hall
Saturday 8th January 2022**

All members welcome to come for the full or part of the day

The plan: A morning of off road runs or walks then lunch followed a wander then afternoon tea, coffee and cake (maybe mulled wine) and a session of yoga before heading home.



It is a beautiful area set in the Yorkshire Wolds [http://
www.millingtonvillagehall.org.uk/Site/Home.html](http://www.millingtonvillagehall.org.uk/Site/Home.html)

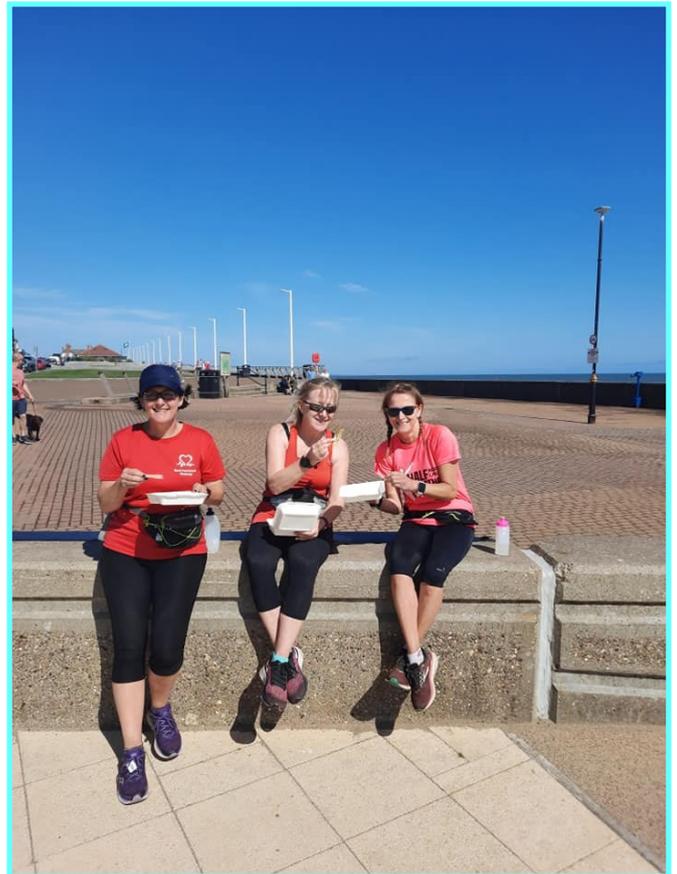
Approximately 28miles from club

Save the Date!

Gallery



19/08/2021 Sarah W Completes virtual Lands End to John O'Groats. Here she is at "John O'Groats"!



Jo, Jill H, and Jackie on their marathon training run from Cottingham to Hornsea 28/08/2021



Amanda running up the Brecons 26/08/2021



Last away night 08/09/2021



Congratulations Maria on your marriage 10/09/2021

Running in the Dark

Staying Safe

Kim Mcbirnie



The clocks have gone back, and the nights are getting darker, and unlike those balmy summer nights when we took outdoor running for granted, there are now some safety considerations that we should be aware of. Even on a club run when you are with a group of people, we must pay attention in the dark – when we are running as a group and chatting, how aware are we of what is going on around us?

- It's a good idea to wear bright or reflective clothes, or use a head torch / body light if you are running somewhere very dark. Both enable you to see, and be seen.
- Look out for other pedestrians or cyclists who may be on the pavement, but not as brightly dressed as you – you may not see them until you are right upon them.
- Cars pulling out of drives – visibility can be poor in the dark and they may not be aware of runners until the last moment.
- Watch your footing – the dark can have a flattening effect on what you see, and you might not notice trip hazards under foot, potholes, and tree roots.
- If you are going out on your own for a run, consider taking your phone with you – the torch facility can be very useful, as well as having the means to contact someone if you feel unsafe.
- If you normally listen to music, this is probably the time of year to try running without headphones.

Although this is a serious subject, don't let it put you off running in the dark as it can be really good fun - especially on those crisp winter nights when you're all wrapped up and the stars are bright. And that's what your club sessions are for, there is safety in numbers!

On a final note, did you know that the club have ICE tags that attach to your trainer laces, and are free to all members? Just ask a run leader, or mention it on Facebook and we can get one to you. (ICE stands for In case of Emergency)



Equinox 2021

Jill Jameson



Many of our runners have had a go at a 24 hour race or two, and we have seen some fantastic achievements over the years with representatives from West Hull Ladies winning and being placed at a number of these events. This write up does not document much in the way of achievement however, as I think I did fewer laps than a woman on crutches with her leg in plaster, in fact the only people that I beat were actually those that did not turn up to the event! I suppose turning up could be seen as an achievement in itself...maybe?...

Myself, Liz and her husband Chris ended up at Equinox this year after having entered it in 2020. Of course like almost every other event last year, it was cancelled due to Covid, so we got an entry in 2021. I've



done a number of these events in the past, such as Thunderrun24, as well as Endure 24 at both Reading and Bramham. The one problem I have always had with these events, apart from losing most of my toenails and getting trench-foot, has been that they tend to be in midsummer, so they are either blisteringly hot, or we are subject to horrendous thunderstorms. The idea of Equinox, 24 therefore appealed to me, given that it was in September, as the weather tends to be less volatile and a bit cooler.

The venue is at the lovely Belvoir Castle, which is really quite picturesque, and the site was on some large fields near to the lake. The course is a 10k loop, which appears to have more climb than Thunderrun24, but it did not feel like that to me. There is a steady uphill section (named 'not that hill') just after half way round and there is a short really steep hill down and then up, which had the 'creative' name of ('that hill'). They had a timing gate on the hill ascent to see who went up the quickest (total fools!!!). Needless to say, none of us won this. I did wonder if it had rained, whether we might have had to come down the steep hill on our bums, probably at great speed, but luckily it only rained after the event had finished, so we never got to try this out! (We were gutted about this obviously!).



Me and Liz were doing a pair and Chris was doing a solo. I have to say that things leading up to the event did not prepare me particularly well.

I had picked up a niggle in my back and hip, so I had not done much more than about six miles at one go, and that had included lots of walking. To be honest this is really not adequate training for such an



event!!!! In fact to attempt such an event on this level of 'training' is somewhat foolhardy! However, we were more excited by the fact that we could go in my motorhome, so ignored the (lack of) training issue!

We decided therefore that we would just go and have a nice weekend in the motorhome, we had plenty of food and cake on board and... as an aside... we would have a bit of a run/walk around the course every so often, so that we could get a medal and tee shirt! Whilst the idea of taking it easy at such an event goes against the grain for me; I normally expect to lose several toenails and to have to come down the stairs on my bum after the event; sometimes you just have to try to be sensible and look after your body a bit, particularly when you are old and decrepit!

Like most 24 hour events, Equinox began at 12 noon on the Saturday. I went first for team 'Twisted Sister' and had a nice steady run/walk around the course. I was okay but struggling a bit with my hip. I passed over to Liz who looked very strong striding off with her Nordic walking poles, which we found really useful particularly when scaling 'that hill'. On Liz's return I did another lap in which I ran a bit more. I was quite pleased because I had wondered whether I was still able to run a 10k, as I have so struggled with running any more than 5k recently. On passing over to Liz I started thinking about going out again and trying to rack up some more serious miles. However, by the time I had sat down for a bit, I had to resign myself to the fact that doing any more laps would have most certainly aggravated my back and hip. When you end up walking as though you have shit yourself, it is probably time to call it a day in my view!!!



After 2 laps each, we decided to stop until the morning. Liz had enjoyed seeing the sunset on her lap, so we turned in. This is where the motorhome is such a luxury. We have a fridge to keep food and drinks cool and also have a flushing toilet on board with is fab when you need a wee in the middle of the night, and it meant that we were able to avoid the 100 metre trudge to the dreaded portaloos in the dark!!!!

Next morning Liz was as fresh as a spring chicken and me and Chris needed crutches to walk! Whilst Liz went off for another lap, I very much enjoyed myself going and supporting her at various parts of the course, taking some pictures of trees, and the scenery. I also enjoyed a very nice ice-cream, and bought myself a dryrobe, which they had on special offer, to go with the fabulous sweatshirt I had bought the previous day. They also had some Christmas running leggings for a fiver each, so...it would be silly not to buy some ha!!!

Lastly I thought it might be useful to rate this event in case anyone fancies having a go at it next year so here goes.

Medal 10/10: Definitely the prettiest 24 Hour medal I have.



T Shirt 8/10: A nice shade of purple for teams, or light blue for solos. The tee shirts have lists of names on the back for the solos, and teams for the team shirt.

Location 8/10: Lovely spot. You can see the castle on the hill. We had plenty of room to camp and were pretty near to the start finish, although people said that they were down on numbers in comparison to normal. Plenty of space however to accommodate more people.

Course 7/10: I thought the course was much better than Endure 24 Bramham as it was either grass or road with no gravel and no tree roots, and much more interesting. It was easier going than Thunderrun 24, even though it's also a bit hilly. For me it was not as good as my favourite course which is Endure 24 Reading. Not sure what 'that hill' would have been like in the rain though!

Facilities 8/10: Portaloos were actually kept very clean, and there was various drinking water points and a caravan toilet disposal point. Didn't use the showers, but they looked okay from a distance. You can, within reason, tape off spaces for groups and many running clubs had located themselves along the running track and were providing great support for all of the runners.

Atmosphere 9/10: Everyone was really friendly including the organisers and retailers. Support was really good on the course, particularly on the sections near to the campsite. Got talking to quite a few people when going around the course. They had a beer run on Friday night and a band played later on; a kids fun run on Saturday morning, and they mixed a couple of 10k runs in with the actual event, one at the beginning and one in the dark. There were busy and quiet places on the campsite, depending on what you wanted.

Retailers 9/10: Better than the other 24 hour races I've been to. Even had a place selling a few groceries and a camping retailer in case you had a tent malfunction!!! Lots of different food places too.

And finally...

Jill's running effort 1/10

Jill's shopping performance 10/10

Our Motorhome experience 10/10...we were very smug when it started to chuck down with rain as people were talking down their tents, as we were enjoying lunch. (sorry that is very mean I know...but we've been in the same situation soooo often!!!!).



West Hull Ladies Committee Meeting

6th September 2021 via Skype.

Kim McBirnie

Present: Kim, Jan, Cath, Janet, Anna S, Amanda, & Maria.

Apologies: Annette, Caroline, Rachael, Sarah W & Sara E.

1. **Minutes of previous meeting:** Accepted as a true and accurate record.

2. **Matters arising:**

3. **Reports:**

- **Membership - Maria:** We have **78** first claim club members plus **4** second claim = **82 (Up to date list below)**.

-
-

Email - Amanda: We have **82** members on our distribution list and **5** 'New' (not yet members) total **87**, the numbers match the membership.

-

Welcome email updated by Annette with input from Jan and Amanda

Signature updated to include Instagram: <https://www.instagram.com/westhullladies>

-

Facebook -Anna C: We have **106** ladies of which: **82** members, **17** Guests and **5** 'New' (not yet members). Amanda – Announce updated to remove Track & Trace

-

-

Treasurer Report - Janet: All the refunds for the meal are done. Membership from Alice Blamires, England Athletics payments for her and Victoria Osbourne. Also had payment from Catherine Greenfield of £18 for a hat.

-

-

Training – Amanda– 6 ladies have completed 1000 miles and are now starting to tally up Kilometres for the 1000K badge. Sandra now is looking like only another month and she'll bag it!

-

A further 12 ladies on track for 1000 mile, and 14 for the 1000K. That is a total of 32 ladies logging their distance, hoping more will stop being shy and pass on their tallies. It was agreed second claim members should be included. **Action:** Amanda to update the webpages and email our 4 second claim members.

Training continues to go well and seems to motivate most club members to join in.

Thanks as to the amazing leaders and to Maria for collecting up the monthly training.

All leaders have completed the safeguarding course.

Many members are starting to race again as events are put ack on the calendar.

-

Pace group 2 & 3 – Sarah & Kim: We are continuing to offer the two different paces for the Wednesday 4 mile run and it seems to be going well, it supports those who wish to progress, but also those who are recovering from or nursing an injury.

-

• **Website - Amanda:** A massive update of the site has taken place over the past couple months. It is looking fresher, and the content now reflects our club better. <http://www.westhullladies.org.uk>

We continue to get queries from the website (4 in July, 1 August, 1 September) which shows it is a useful resource.

4. Mental Health Week: Kim: 20th – 26th September is run and talk week, promoted by England Athletics. Caroline and I have signed the club up to promote the Wednesday run as a mental health run and talk run – Kim will be there to lead. Jan has very kindly volunteered to hold a yoga session after the run – committee agreed that club will cover the cost of room hire at Latus. We will also be sending out mental health bitesize postcards by email each day covering different topics, this will culminate in a running and creativity competition on the weekend of the 25th / 26th - committee agreed a small prize could be funded by the club. **Action** Kim: Full details will be emailed to the club the week before.

5. Club Kit: Jan – There are still a lot of buffs, ICE tags and other items which Jan currently is looking after, which we could re-launch to the club. **Action:** Jan to look at how much there is and pass some to the run leaders who regularly attend the Wednesday run. The committee also discussed other kit that club members may like, possibly provided by PB teamwear. It has been suggested that a waterproof might be a good addition to the PB teamwear offer.

6. Instagram: Kim & Sam P- The page has now launched and has attracted a very positive response from other clubs and race organisers. We are mindful that not everyone wants to have their picture on public social media, so we will always ask for permission if we take pictures at club runs. If anyone would like to be a featured Meet the Member, please get in touch with us!

7. 100 Mile Award: Action Amanda to carry forward for the club.

8. Presentation Lunch: Amanda: *Agreed to arrange a second Award Lunch for the 14 ladies who could not attend. Action: Amanda to organise.*

9. New Contact management: Amanda - *potential members contact us via Facebook or email, the role currently involves replying and sending out information, tracking any replies and chasing those who say they wish to become members. This also includes liaising with Anna C (for Facebook) and Annette. Amanda does this, it is not a massive job and can be rewarding - easing the nerves of novice runners and answering their queries. Thank you to Janet Wardale who is willing to take this on. Action: Amanda to liaise with Janet and hand over.*

AOB

- **Amanda-** CTT membership. Payment is now due for the annual CTT membership – the committee discussed renewal. Committee agreed to continue membership, as there may be more members who wish to give time trialling a go. **Action:** Amanda to arrange membership payment with Janet (treasurer).
-
- **All** – Next committee meeting will be face to face, with some digital access for anyone who cannot attend. **Action:** Kim – Bob Knight emailed and awaiting response for room booking.
-

Thanks
Kim McBirnie

Next Meeting:
Monday 4th October 2021.

West Hull Ladies Committee Meeting

4th October

Cottingham Road Baptist Church.

Kim McBirnie

Present: Kim, Jan D, Cath, Amanda, Sarah W, Anna C, Caroline, & Maria.

Apologies: Annette, Janet, Rachael, Sara E & Anna S.

1. Minutes of previous meeting: Accepted as a true and accurate record.

2. Matters arising:

Sarah to look at a questionnaire for members, Kim to try and speak to Sports Shoes & speak to Suzy about the LIRF course & sighted guide training.

3. Reports:

- **Membership - Maria:** We have **80** first claim club members plus **4** second claim = **84**
- **New Contact Management Update - Amanda:** This role has now been handed over to Janet who has proved more than up to the task! It has proved more complex than at first sight, Janet has taken on board email access, creating contacts, editing distribution lists, liaising with New Contacts and co-ordinating with Anna V (Facebook) and Annette. So far Janet has dealt with three new contacts, as well as sending out emails to ladies who no longer engage with us. Amanda has been shadowing but doesn't think she will have to for much longer.
- **Email - Amanda:** *We have 86 members on our distribution lists which includes 5 'New' (not yet members).*
- **Facebook -Anna C:** *We have 108 people on the page, of which: 84 are members, 17 Guests (listed below) and 5 New Contacts. We continue to get requests to join our group.*
- **Treasurer Report - Janet:** We have received payment for two buffs, pins and 2 new members received. Outgoings are for 2 member payments to England Athletics.
- **Training – Amanda:** It has been great to see members out racing. Seven members have now completed 1000 miles, and Sandra & Sara have achieved 1000K on top. Three second claim members Linda, Ang K and Jo T have joined the 1000K challenge. Rachel W is almost at 1000 Miles and Linda almost 1000K. The badges are encouraging as seen by messages on Facebook and 35 members are logging their distance.
Training continues to go well and seems to motivate most club members to join in. Thanks to the amazing leaders, and to Maria for collecting up the monthly training, handing over to Sandra for the next few months.
- **Pace group 2 & 3 – Sarah & Kim:** We have noticed from Facebook that members have been quick to take on the change in name to pace groups, and this seems to have encouraged people to push themselves if they feel able, or step back if injured. It is about three months since we introduced the new groups. Suzanne Allott has volunteered to lead PG3 each Wednesday she is free – **Action:** *Kim to ask Suzy if she would like to train as a run-leader.*
- **Website - Amanda:** 1000K and 1000 M updated to include 2nd claim members, plus the updates for tallies to the end of September. Prizes updated on home page.
We continue to get queries from the website (1 September Francesca) which shows it is a useful resource.

4. Members Feedback – Sarah: Since it has been three months since we introduced the new pace groups, this would be a good point to see how our members feel this has gone. We can use it as an opportunity to gauge opinion across the board, see what is working and what is not. **Action:** *Sarah has offered to pull together a questionnaire.*

5. Accidents During Runs – Kim: Any accidents, (trips, falls etc) please make Kim aware, all details will then be uploaded to England Athletics. The purpose of recording all accidents or falls, is for England Athletics to use when designing their health and safety protocols. As a club we want to make sure that we keep inclusion and accessibility in mind, Amanda has offered to run a good running form session which will help to reduce trips and falls. We have also discussed offering a sighted guide training session for run leaders and members who may be interested – **Action:** *Kim to speak to Suzy about how to arrange this.*

6. Maria's Op – Maria: Sandra has very kindly offered to step in, and coordinate run leaders while Maria is recovering from her operation. Thank you, Sandra, and good luck with your op, and recovery Maria.

7. 100 Mile Award Update – Amanda: 2 emails have now gone to our SS contact, who sends out the club discount, however she has not responded. We were asking if they sold vouchers, how long they lasted for, could they be used in conjunction with discounts and would they need to be used in one go. **Action:** *Kim to try and speak to someone via the chat function.*

8. Presentation Award Dinner Update – Amanda: There has been another positive response to the October awards dinner at Cottingham Parks, 26 ladies have said that they would like to attend. Amanda will send out another email to see if anyone else would like to go, and to ask for deposits.

9. Midwinter Madness – Amanda: Would the club like to arrange a midwinter get together, previous mid-summer and mid-winter days have been great fun. Millington Village Hall is available on multiple dates and is very cheap to hire. Proposed date – Saturday 8th January.

AOB

Kim – It was lovely as a club to be able to take part in the #RunandTalk week through England Athletics, we were one of 200 registered clubs who pledged to offer a run open to non – members. Caroline and I enjoyed pulling it all together, and we would like to say a big thank you to Jan Draper for giving up her time to put on a free yoga class after the Wednesday run. **Thank you, Jan!**

Thanks

Kim McBirnie

Next Meeting:

Monday 1st November 2021.

West Hull Ladies Committee Meeting

1st November

Cottingham Road Baptist Church.

Kim McBirnie

Present: Kim, Jan D, Amanda, Janet W, Anna C, Caroline, & Anna S.

Apologies: Annette, Rachael, Sarah W, Sara E & Cath.

1. Minutes of previous meeting: Accepted as a true and accurate record.

2. Matters arising:

Sarah to look at a questionnaire for members, Kim, Anna V, Sam P and Amanda to produce some guidance for the next newsletter to explain training sessions and running safety, Amanda to promote midwinter madness, Amanda to chase Cottingham Parks availability & pricing for next years' awards dinner.

3. Reports:

- **Membership - Maria:** We have **80** first claim club members plus **4** second claim = **84**
- **New Contacts - Janet:** Janet is now full swing into the role as new contacts coordinator. September saw 4 approaches through various media channels, 3 of which are intending to join. October has seen a further 4 contacts.
- **Email - Amanda:** *We have 84 members on our distribution lists (1st and 2nd claim) and 11 New (not yet members), for a total of 95.*
- **Facebook -Anna C:** *We have 110 of which: 83 members, 17 Guests (listed below) and 10 New Contacts. We continue to get requests to join our group.*
- **Treasurer Report - Janet:** Finances are looking healthy; the meal is still to pay for (invoice now received) but payments are starting to come in for buffs and bobble hats.
- **Training – Amanda:** Big month for racing with members running London, Manchester, and York marathons. Racing seems to be back firmly on the agenda, and we have had ladies racing 10 miles and 10Ks including Scarborough and a fab turnout for Haltem-price.
Eight members completed 1000 miles this month, and many are getting close to the 1000 target. This has been a great motivation for members to keep running. Training continues to go well and many club members to join in, the three pace groups on Wednesdays are a big positive. Thank you to Sandra, her 10K training is popular. Thank you to Lynne who is starting to lead off road runs at weekends. Thanks to Sandra and Sam P for taking on the organisation of volunteers for the monthly training and Wednesday group leaders.

We need to do a bit more communication as many new members who may not fully understand what is going on with all the weekly training challenges etc.

Action: *Kim, Anna V, Sam P and Amanda will produce some articles for the newsletter.*

- **Pace group 2 & 3 –Kim:** This is going well, everyone on Facebook now seems to have firmly adopted the pace groups, and we have had leaders for them at every Wednesday run. It's great to see such a good turn out, and we hope to see more people coming out for PG3. Good news, Suzanne Allott has agreed to train as a run leader, and is already doing a great job supporting PG3.

- **Website - Amanda:** 1000K and 1000 M updated, Prizes updated on home page, and the main page photograph.

4. Mid-Winter Madness - Amanda: *I contacted Camilla who manages Millington Village Hall and have put a booking down for West Hull Ladies on 8th January 2022 from 9am until around 5pm. Jan has also volunteered to do a yoga session which might be a lovely way to close the day.*

Action: *Amanda to advertise to club.*

5. Presentation Award Lunch Amanda: 29 of us attended, entertained by Jill and Liz, and all agreed that the food, location, and bar prices were excellent. Most of the awards from last year have now been awarded, there are just four ladies left to receive awards which will be handed over shortly. We discussed the 2022 presentation and all at the meeting agreed Cottingham Parks would be a good venue.

Action: *Amanda to ask about evening availability for Friday or Saturdays mid-March into early April.*

AOB

London Marathon - All: We should find out how many club places we will qualify for about 3 -4 weeks after the ballot results are announced in February – the marathon for 2022 will take place in October. Watch this space!

Water Station for Haltemprice 10k 2022: Lucas has thanked the club for supporting the 10k and taking over the manning of the water station on such a horrendous day! He has asked how WHL would feel about manning it again for 2022? The committee discussed this and felt that we should be able to put this out to members closer to the time to ask for volunteers. Despite getting soaked it was actually good fun, and lovely to be able to support our ladies at the halfway point.

Thanks
Kim McBirnie

Next Meeting:
Monday 6th December 2021.

Weekly 10k Challenge – What’s it all about!?

Sam Page



Sam running the Scarborough 10k

So, you’ve probably seen my posts on the Facebook page about the Weekly 10k challenge – but what is it all about, and how can you get involved?

Wednesday nights have always been our weekly club run, a nice social gathering where we can all get together, have run and a good natter!

However, when the Covid19 pandemic hit, we could no longer run together so the club had to quickly think of new ways to keep members motivated – and so the virtual challenges were introduced!

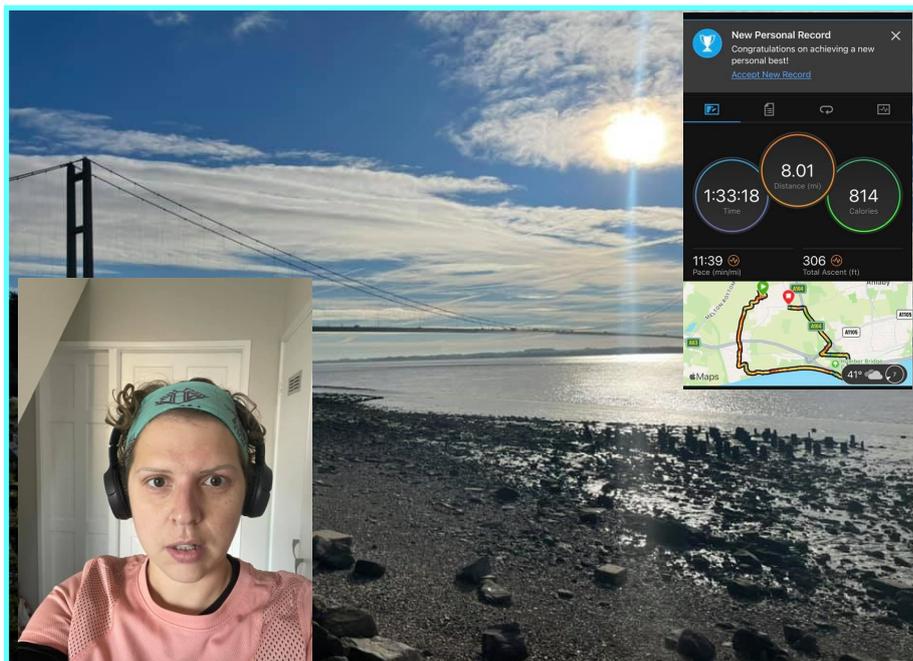
Now the world is getting back to (*dare I say it*) “normal” and we are able to run together once more, we decided to keep running (*no pun intended!*) the virtual challenges as it’s a great way for members who can’t always make it to our Wednesday club runs to keep challenging and motivating themselves to lace up their trainers and hit the pavements or trails for a longer run. It also encourages members who maybe set out to run 4-5 miles to push it a little more and achieve a 10k.

You can complete the weekly challenge whenever is convenient for you, and all you need to do is post it on the Facebook page before 4pm on a Sunday, tagging me in.

Some ladies like to share a picture of their Strava routes, others share pictures of the scenery they’ve run through and some even love sharing a selfie (*glamorous lippy is optional!*), but you don’t need to do any of that and a post just saying you’ve done it is fab! We’re such a supportive club that every post gets a lot of love which is amazing to see!

Each Sunday everyone’s names are collated and shared in a celebratory round up post which is circulated on the Facebook page and via email. Personally, I always feel really proud of myself when I see my name mentioned in one of the round ups and hopefully you all do too!

Sam x



Karen’s 10k run showing her route along the Humber

York Marathon 17/10/2021

Amanda Dean



Training: The marathon cost £50 but what you are really paying for is 16 weeks of amazing training ... plus a marathon. The focus of the marathon meant I trained well and as an added extra I had some really good races matching times of a few years ago and coming first in my age category at each one: August Gilberdyke 10, September Major Stone Half and an amazing Bev 10K in 44min 46secs. There was a chance I would not make the marathon with COVID uncertainties due to our cycle trip to Majorca 10 days before so in my head was you've paid for some ace training.

Before! Probably not the best 10 days before the marathon switching a 5 mile run for 3 cycles totally 198 miles and 11,000ft of climbing but you cannot go to Majorca and not cycle - obviously. I reverted to the plan on the Sunday before the marathon which was the final tapering week. On our return we had a bit of a COVID roller coaster, nearly could not go to the marathon. Did our PCR test on Thursday and got results Fri-

day - negative 👍 . Then got pinged to self-isolate for 10 days 😞 but then completed the online form and don't have to self-isolate as double vaxed phew!

Hubby been coughing and spluttering since the flight and I keep thinking I'm getting his cold!!! Marathon nerves set in! Chest tight, legs felt heavy when I ran gently for 2 miles, can I still run? And the weather forecast was raining and cold. Argh, needed to get a grip.

During: The weather was damp to start but soon cleared and really was nice running conditions. And I could still run! Throughout I ran on feel (run easy) and checked my time when my watch pinged a mile. At the first ping I was expecting to see 9min/mile as it felt so easy was shocked to see 7mins 29secs. Slow down! I continued to run easy and the miles clicked over faster than I should have been going, steadying a little from mile 8.

It is a lovely route, I particularly enjoyed it once out of town with trees along the roads. Good support in the villages and music in various places. Sandra was at Stamford Bridge and gave me a great cheer and took my happy photo, almost flying feet. An Ed Sheeran song "Perfect" was being sung in Stamford Bridge and I got a bit emotional. This was a switch back section which I like. I got to see Karen and Sara who were not far behind me. I had been slowing to around 8mins 25secs a mile but the atmosphere gave me a boost and I popped in a 8mins 7sec mile at mile 14. Then argh, I started to need the loo, I kept running but slower and it was an uncomfortable time before I reached a portaloos at around 17.5miles. I spent two minutes in there then another few mins very slow jogging before I felt confident to get going. Thankfully, I was OK and my pace picked up until 22 miles at which point I felt sick. Very slow now to stop retching and had to walk a bit. Karen had passed me around 19 miles, looking fresh and Sara around 24 miles "Go get that PB Sara". The finish line could not come soon enough at this point and I was pretty emotional going under the finish banner. Happy with 3hrs 47mins 3secs.



After: A medal round my neck I joined Sara and Karen who were waiting for me to finish. We collected our bottle of water, T Shirt, protein drink, zero tabs and can of Erdlinger. Picked up our baggage and I tottered to hubby collection point and when a stranger said "Well done" I was so emotional I blubbed! Driven home, cup of tea, some food, and nice hot bath. Sore ankle and very tired legs. Really enjoyed my glass of wine with dinner that evening and was soon feeling much better. Blogged everyone I knew. Proud of myself.

Over the next couple of days kept myself moving, walks, indoor cycling, plenty of stretching and the stiffness receded. I managed my first gentle run on Wednesday.

I suspect in around 4 years I will have forgotten I'm not meant for road marathon races and will start my next marathon training plan 🏃🏃

I recommend this marathon for its organisation, good route and great support.

Not a marathon runner? There is an option of 6 person team and the 10 mile race too.

Race Entry Switches

Amanda Dean

There may come an instance when you have entered a race and you find you are unable to run and therefore want to pass your entry to someone else. Or you've missed the deadline for a race and later, someone else is unable to run and you would like to take their entry.

West Hull Ladies advise you to only switch numbers in the official way.

These days it is usually very easy to switch entries and without any admin charge. Generally, the owner of the race entry simply completes the change details using an online form though it may vary. It is important to follow the rules of the race organiser.

You must never just hand over your number to another person for the following reasons:

- If a medical emergency occurred and there is a mix up the wrong emergency contact could be called leading to confusion and concern.
- Insurance may be void should anything happen to the replacement runner.
- The person picking up the number may be faster and could win a prize in your name. This would be embarrassing and unfair on the person who should have received the prize. Indeed, if the person is of different sex it would be even more embarrassing. This would also reflect on our club.

Even when switching numbers using the correct method as instructed by the race organisers you must bear in mind about the England Athletics insurance. If you are a club member and switch the number to an unattached person the receiver in this instance may not be insured. So try to only pass to a person of equal insurance either both members of England Athletics or both unattached.



Please follow the rules of the race organiser – don't just do your own thing.

Happy Racing West Hull Ladies

Recipe Corner

Brazil Nut Roast Wellington

This is a really nice recipe but does take some doing.

I always make the amount below and freeze half of the stuffing and half of the nut loaf mixture. If you are making the full batch for eating you will need 2lb puff pastry.

This amount of pastry and half of the stuffing / nut loaf mixture will feed 4 greedy people or 6 good eaters or 8 normal. Serve like a Sunday dinner with potatoes, veggies and veggie gravy. Left-overs can be re-heated or eaten cold.

Pastry

1lb Frozen puff pastry

1. Roll out 12" x 14"

Stuffing

8oz white breadcrumbs (food processor)

1oz chopped parsley

Grated rind of lemon

1 tblsp lemon juice

1 teaspoon dried thyme

1 teaspoon dried marjoram

1 tblsp grated onion

3oz butter

2. Mix all above together, will become a single lump.
3. Knead it then make half of it into a 10" sausage.
4. Lay sausage down middle of puff pastry.

Nut Loaf

2 lg onions, chopped

2oz butter

1lb brazil nuts, finely ground (food processor)

8oz fresh, fine breadcrumbs (food processor)

½ teaspoon dried thyme

3 tblsp lemon juice

2 eggs, beaten

good pinch nutmeg and cinnamon

salt & pepper.

5. Fry onion until soft, add all other ingredients and mix well.
6. Makes a crumbly type of mixture.
7. Pile half of the mixture over the sausage, on the puff pastry.
8. Fold up pastry to enclose the mixture. Tuck in the ends.
9. Place on large, greased baking tray - join down, make steam holes in top.

Bake 200C for about 30mins - until brown and crisp.

Gallery



Angela Salisbury on her run in Spain 27/10/2021



Gail running in the Helvellyn 15k perfecting her jazz hands technique!



Cath, Rachel, Stacey, Jackie and Kerry at the Gainsborough & Morton 10k 7/11/2021



Anna and Janet walking through the Dalton Estate 12/11/2021

**Dave Mcdonald
Haltemprice 10k
31/10/2021**



Ladies before the run



At the drinks station

Awards Dinner 24/10/2021



The event was at Cottingham Parks



Jill and Liz entertaining the troops



Our chair Jan takes over



Helen Salisbury



Shirley Goy



Jenny Henderson



Janet Wardale



Gail Farr



Helen Pickering



Shelley Hindley



Anna Shepherdson

Parkrun

Versus

Non-Parkrun Anna Cartright



Parkrun

If you haven't heard of parkrun, now is the time to find out! Parkrun is a free, 5K weekly timed event held every Saturday at 9am across hundreds of parks across the UK...no...in fact the world! The best thing about parkrun is that community spirit runs at its core and is probably one of the most inclusive running events about. You can run, walk, Nordic walk or even skip, pushing for a personal time...or simply running the course with friends, your dog, your pram...it's the best! Whether it's your first 5K or your 50th, parkrun is about coming together on a Saturday morning and doing some exercise.

Virtual non-parkrun

So, what is a non-parkrun? Since COVID, lockdown sadly ceased all races and running events, including parkrun. But, in rainbow spirit, the running community remained positive and ingeniously decided to keep events running virtually. And that's what we decided to do for parkrun! A virtual non-parkrun simply means that you run your own 5K (around abouts) at your chosen area and record your own time and route. The great thing about this, is that you can choose when you want to run and where you want to run.

Current situation

Now, we have the best of both worlds! Lucky us. Parkrun events are now back on a Saturday morning (yay!) but, you also have the option of running your own virtual non-parkrun at any time during the week – or of course do both! Whichever you decide to do, make sure to tag me, @annavictoria and I will include you in the weekly roundup.

Local parkruns to us:

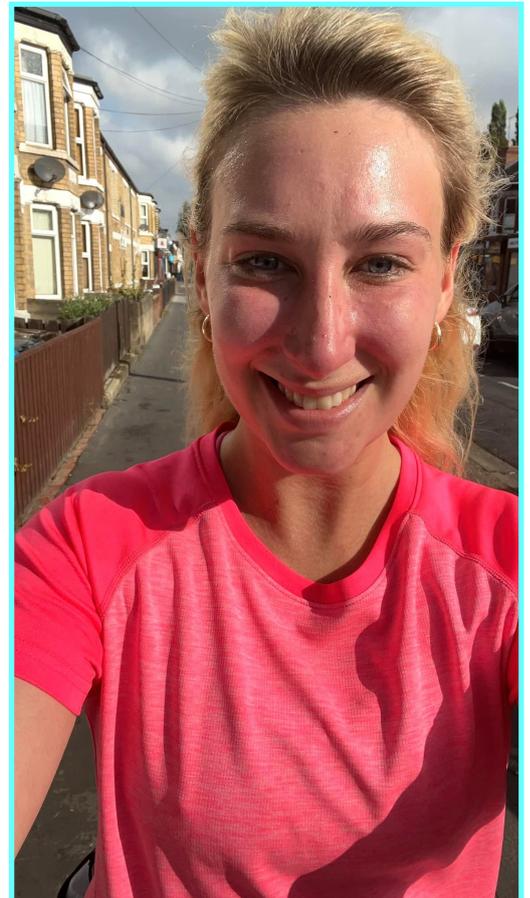
Peter pan: <https://www.parkrun.org.uk/peterpan/>

Hull (East Park): <https://www.parkrun.org.uk/hull/>

Humber Bridge: <https://www.parkrun.org.uk/humberbridge/>

Beverley Westwood: <https://www.parkrun.org.uk/beverleywestwood/>

For all other information, here is the official website for parkrun:
<https://www.parkrun.org.uk>



parkrun

Parkrun

parkrun



Cath at Clumber Park parkrun
28/08/2021 with her brother-in-law
and niece



Diana , Apricot and Stewart at Humberbridge
Parkrun 28/08/2021



Suzanne on her 250th parkrun on 11/09.2021 what a fantastic
achievement

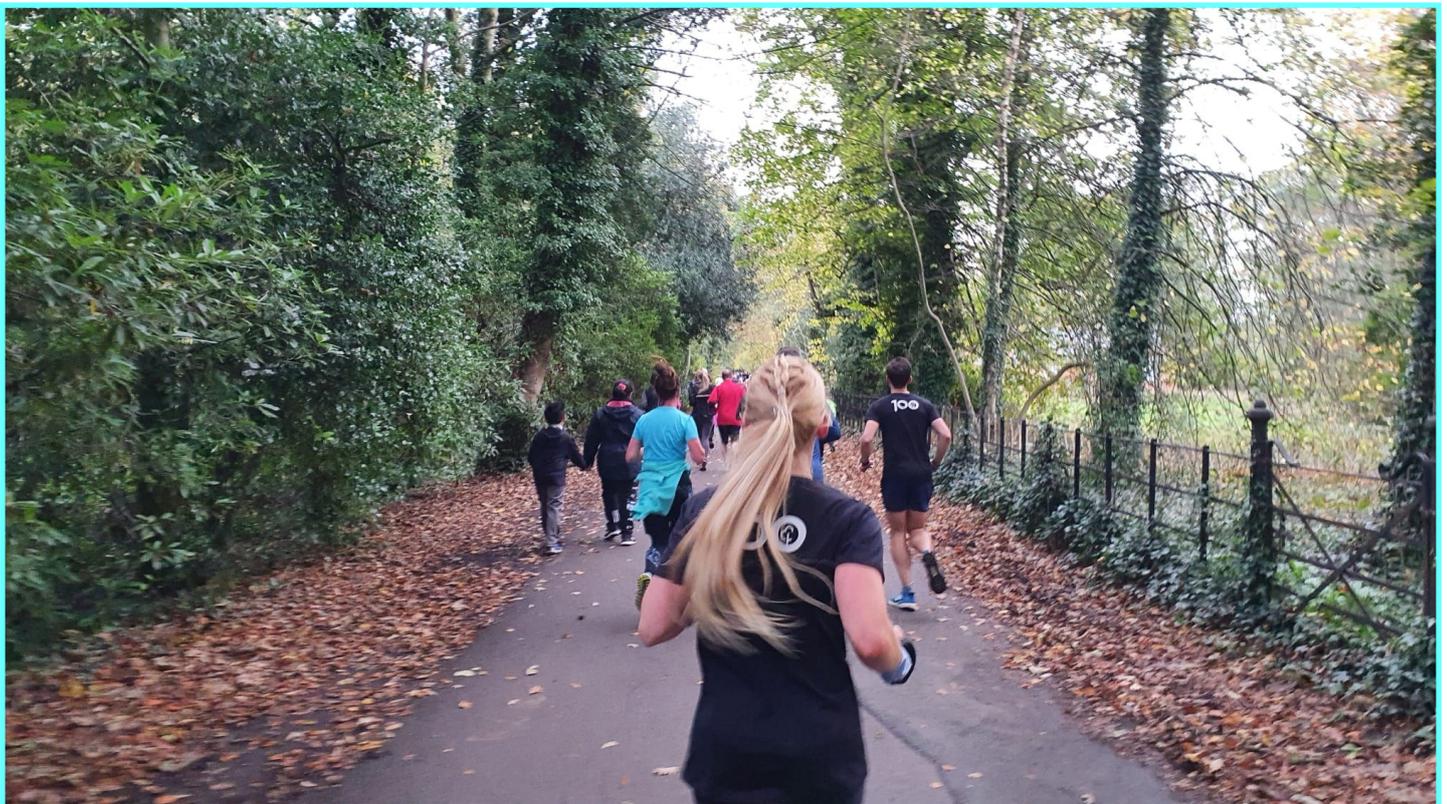


Vicky, Janet, her daughter Lizzie and Jan Sue
Beverley Westwood parkrun 9/10/2021



Stacy at Hull Parkrun 23/10/2021

Shirley and Bob her dog marshalling at
Seaton Parkrun, Devon 18/09/2021



Shelley at Croxteth Hall Parkrun 06/11/2021

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



Show us your Bling



Shirley's race for life haul 5/9/2021



Amanda at the Major Stone half marathon
5/09/2021



Eve part of the 5K world record attempt



Cath's t shirt and Medal from Cleethorpes 10k
19/09/2021

Blinga bling bling and Hats and mugs



Sarah, Kim, Sam and Suzanne showing off their Grusome Twosome hats 09/10/2021



Gail and her hubby Wayne also wearing their hats

9/10/2021



Diane with her Haltemprice 10k mug



Sarah with her Hubble Bubble 10k medal
31/10/2021

View From The Back

Liz Hobson

Equinox 24 Belvoir Castle 18/9/2021-19/09/2021

This is an event that we had had booked for ages. Due to Covid it had got cancelled last year and so on Friday 17th we found ourselves on our way to our first 24 hour event in what seems like years. We had decided to do this one instead of Endure because we had decided that Bramham Park was all together far too hot in July.

This year we also had the added excitement of having Jill's ace motor home and this meant that we didn't feel like the military expedition of previous years. Our party consisted of 3, me and Jill were a duo named "Twisted Sister" and Chris was a solo. I don't think any of us had trained seriously for the event we all thought that we would be likely to walk the 10k course and see how it went.

The campsite opened at 12:00 and we got there about 12:30 and found our spot in the motorhome and caravan bit of the field. It was great to have the motor home as apart from the awning and switching the gas on there was very little setting up to do and we had a leisurely lunch smugly watching other people put their tents up!

The site was beautiful with a lake at the bottom which the video briefing stated we weren't allowed to swim in! We were lucky with the weather although it was slightly tricky in that in the sun it was hot but was a bit chilly when cloudy. Opposite the lake was Belvoir Castle perched high on a hill.

We went to register picking up our numbers and purple t shirts which had all the names of the teams on the back and for Chris a light blue solo t shirt with all the solo runner's names on the back. I thought this was a nice touch. There were also some nice stalls including Equinox merchandise Jill bought a very smart hoody. I might have bought one too except I prefer one with a full zip as I have problems finding the head hole in the pull over ones, possibly they should make them with a light so I can find my way! There were also a lot of takeaway places.



We were a bit boring and sat outside the motorhome in the evening with our dryrobes on listening to the band which was playing. We also had a lovely look at the not quite full moon and admired the castle which was lit up at night.

Equinox like most of these events starts at 12 noon on the Saturday and runs until 12 noon on the Sunday. If you are still on the track after the 12 noon finish you finish the lap you are on. We therefore had a bit of time to kill on the morning which meant that we could once again we had a chance to peruse the stalls I managed to find some skins leggings which would do for walking and had proper pockets always a boon! All the stalls took card payments which was good, (I think)!

It was interesting looking at some of the running clubs to see how they had set up. There was one club called Marples which looked very serious their HQ looked like some kind of wartime command centre with two massive whiteboards. I half expected a map with ladies in headphones moving little runners along the table, it was clear they were going for it in a big way. Our Twisted sister strategy was that Jill was going first and then I would go after we decided to keep it simple! We also had our Nordic walking poles as we had heard the course was hilly!



At 12:00 Jill and Chris lined up for the start. There was the usual countdown and they were off. As I watched the field come through I have to say I was a bit emotional, this was an event we had long planned for and it seemed like such a long time since we had been in an official event. Jill and Chris came through towards the back because they were walking. As usual there was some fancy dress, notables included a Mr Blobby and a sumo wrestler. There were also a few men and woman in tutus which I think is compulsory in these events.



As I had to wait for my turn, I returned to the motorhome and had some lunch and realised that I could see the first speedy competitors race up the hill opposite the lake while I was relaxing and drinking my tea. We weren't sure how long the lap would last because we had not done the course so we had arranged to ring each other as we came back towards the finish. I got changed into my walking gear and waited. After about 1 hour 45 I got my call from Jill and went towards the changeover area. It worked out well as I didn't have to wait too long for Jill to come through. She said she liked the course but it was hilly and then I was off.

The course is really in two halves. The first bit being quite flat and you basically start in a big field but it has great views of the campsite and you can see everyone ahead. I tried to keep a good rhythm with the poles and also not trip up any speedier runners. I was wearing my "Meow" leggings and I have to say everyone was very complimentary about them. I was asked a couple of times where I had got them from. (Sturdy By Design). I think the thing you realise is how friendly and encouraging people are, particularly when you are slow. They tend to think you are on a solo run so I felt a bit of a fraud when people tell you that you are

looking strong and you are barely a mile into your first lap! After the big field you return back toward the campsite and go over lake via the bridge. The course doubles back so you see other competitors further down the same lap as well as ones starting their new lap. I saw Chris at that point as we crossed over. He was just starting his 2nd lap. It's when you get over the bridge that the hills start and really this is the 2nd half of the course.

Equinox reckon that there are two hills they call them "Not that Hill" and "That Hill". My first task was to get up "Not that Hill" this hill is a long drag type hill. I guess it's a longer version of the Beverley Westwood Parkrun hill up to the Mill. I think if I had been running it I would have found it really hard but with the poles and walking it was ok, in fact I probably went quicker than some of the runners. The lap halfway point is up this hill and just past and at the top there is the drinks points and as it was a hot day, they were doing a roaring trade. The ladies were very friendly and offered to fill my own drinking bottle as well. We then turned round to go left down the hill and you could see a most spectacular view of the castle and campsite it's worth doing Equinox for that view. You then had to descend a sharp downhill before you had to climb up "That Hill". Now to me you are actually going up and down the SAME hill but in different places and they have actually created this on purpose to make the course more difficult and to get the 10k in. In truth "That Hill" is a shorter sharper hill and very steep. On Saturday they were timing the hill climb and there was a prize for the best climber. The summit is marked by two pennant flags and two trucks. I did have a thought as I looked up the hill that you might win one of the trucks a bit like in golf when you get a hole in one. I found the best way was to just concentrate on keeping a good strong step and not look at the top. I would just glance up to see if I was going in a straight line, because if you looked at how far you have to go it was a bit soul destroying. I have to say I was so pleased I had the poles because they helped so much. After what seemed to be hours I reached the top and what is then great is that the rest of the course is more or less downhill back towards the finish although it is still about 3k to go.



There was no sign of Chris at the van but Jill had mentioned that he had been back and gone back out again so I refuelled on some scones and watched the runners climb the hill I now knew to be "not that hill". It didn't seem that long before Jill came back and I was off again. I felt ok if a bit tired and plugged on back up the course. I had started about 5:45 and I realised that I hopefully would get the sunset and as it was still a clear beautiful day hopefully it would be a good one.

As I walked you could see that the sun was just going down and if I was lucky and cracked on I might just get it, at its best when I climbed onto the viewpoint just before I had to go up "That Hill". I have to say I did time it well and stopped to take in quite simply a fantastic scene, other runners and walkers also stopped. Such moments make life worthwhile and I always try to take them in properly as well as get my camera out to take a picture, which although good didn't really do the view justice.



I looked and took pictures for about 5 mins and then descended the hill to take on "That Hill" again. It was tough but I could still glance back to see "That View" as the darkness started to draw in. As I said the course is quite easy on you at this point and I went into the campsite, I rang Jill but she had hurt her hip and had had enough for the day so I made my way back to the van and we had supper as Chris having done 3 laps had also finished.

We woke up on the morning but both Jill and Chris were slightly crocked and I was stiff but felt as though I could manage another lap. I had a few blisters so changed my boots and went off again. I really enjoyed the lap although I was a bit tired and Jill popped along over the bridge and took some pictures and walked along with me for a bit before retiring and leaving me to tackle "Not that Hill" and "That Hill" for the last time. One of the things you realise is that there are a number of people struggling because they have been going overnight. In comparison I felt reasonably fresh and again the poles helped a lot. I had to laugh as one lady as we were coming up to "That Hill" offered me a fiver for use of my poles. I said she would have to throw them down to me as there was no way I was getting up the hill without them! I have to say taking that hill for the third time was hard and I am in awe of those people who did multiple laps. I finished the lap with a lady who had done the whole event with a cast on her ankle and a stick she said that she was likely to get a lecture from her specialist. I asked her how she managed the hill but she said it was the downhill that had been the biggest problem for her. I haven't looked to see how many laps she did because I think it will make me feel bad! Also at the finish there was a guy from the Marples team who had clearly ended himself and was recovering in the finish area. Not surprisingly it was their team that won the event.



I returned to the finish and saw Jill who had bought a new dry-robe then I picked up my medal and got back to the van just as the rain started. We then had lunch again enjoying the fact we could smugly watch people pack their tents away in the rain. We talked about the times we had been packing away after these type of events in the past and how great it was to have the van!

Overall we really enjoyed the weekend we were keen not to put pressure on ourselves and not go mad with the laps because none of us were really fit. The course was great interesting and tough but fair and that view and that sunset made the weekend worthwhile.

Overall we really enjoyed the weekend we were keen not to put pressure on ourselves and not go mad with the laps because none of us were really fit. The course was great interesting and tough but fair and that view and that sunset made the weekend worthwhile.