



WEST HULL LADIES NEWSLETTER December 2019



Gallery



Eve 11k over the Humber and back
10\11\2019



Dalby dash 10/11/2019



Doncaster 10k 24/11/2019



Lynne misjudging the mileage 10/11/2019



Sandra at Rudolph Romp 8/12/2019



West Hull Ladies Committee meeting – Monday 2nd December Cottingham Road Baptist Church



Minutes

Present: Jan, Sara, Amanda, Maria, Anna C, Anna S, Liz N, Liz H, Angela.

Apologies: Rachel L, Andrea, Annette, Jill.

Minutes of previous meeting: Accepted as a true record.

Matters arising

Welfare policy: carried over from last meeting *Action: Jan to email Caroline regarding the policies for the committee to look at.*

Selfies for the website: a few are outstanding, reminders to all to get a photo to Amanda (club email)

4. Membership (Maria), Email (Amanda) and Facebook (Anna C) Update

We have 95 first claim club members plus 4 second claim. One new member, one switched to 2nd claim since October meeting.

We have 106 ladies on our distribution lists. 6 are 'New' ladies i.e. not yet members.

We have 124 members on FB of which 16 are 'Specials' (not club members) and 3 members have not yet emailed the club.

List of members 1st December 2019 see Appendix: MEMBERSHIP.

5. Training update

Quieter at the moment but hoping the Christmas runs will be well attended. Lynne's downhill reps were enjoyed.

Concerned S2S runners dropping off but agreed that less confident runners were more likely to skip bad weather nights. Angela said that some runners lacked confidence to join the main club runs. Amanda to work with Angela to see if we can run a 0-5K early next year.

6. Website Update

Added to Other Stuff: Unfortunately, we are not able to allow dogs to accompany us on club runs as this would make us non-compliant with public liability insurance.

Amy added to our Prize winner list even though no prize but, 3rd lady at HOTH covering 50K in 6 hours.

Anna C continues to update gallery.

7. Running with dogs

We are not able to allow dogs to accompany ladies on club runs as this would make us non-compliant with public liability insurance. Emails have been sent to leaders to remind them of this when out leading runs. An email was also sent to all members and some information put on the website to clarify this position.

Following an issue with a member bringing dogs to runs, refund agreed.



Action: all leaders to be reminded of the rules and the website to be updated. Review of the rules before the AGM.



8. Mid-Winter Madness 30th November

Very much enjoyed by those who could make it (report in newsletter). All want to repeat.

Was wondered if too busy at Christmas time of year and better for the next one first Saturday/

Sunday in February i.e. the weekend following Ferriby 10. There was moans about that would make it 2021 before the next!!!! (But doesn't have to be, could throw in a 2020).

9. Linda's Transfer & Treasurers post

A very big thank you to Linda, for all of her hard work and commitment to the club and committee.

A number of expressions of interest in the Treasurer role had been received, following Linda's move to the south bank. After discussion the committee unanimously voted Janet Wardale as the new treasurer. It was agreed that Jan would email Janet to inform her, and also send thank you emails to the other ladies who had come forward. Jan would also email Linda to inform her so that she could liaise directly with Janet re a handover.

Thanks were expressed to all ladies who put themselves forward – a great sign that members are wanting to contribute to the club.

Action: Jan to send various emails.

10. Weekend adventures becoming weekend race report

Weekend adventures have now become Weekend race reports. Many thanks to Anna C for taking these on.

11. Athletics club Grimsby contact

A member of the above, contacted the club to request access to the facebook page for advertising events. The committee felt that it was not of great benefit to the club.

Actio: Amanda to decline.

12. AOB:

Jan: A letter has been received from the church outlining some housekeeping rules, and informing us that there may be a change to fees soon.

Liz H: Liz has researched several options for 50k and 100k badges. She showed the committee examples and discussed prices. She will also investigate fabric sew-on badges.

Maria: Maria expressed concern over stock. We have several items left and various members hold it. Action: Maria to contact Sandra and Linda to collate all stock.

All are asking how Annika is. Update from Angela: operation due before Christmas and will be seeing her soon. We send her our best wishes.

We are also hoping Anthea is on the mend. No recent communication

Next meeting: TBC



Medals, (mugs, hoodies and hats) of the Month



Liz Nicholson's Clowes Half Marathon Hoodie



Jan Sue and Janet Wardale and their Tinsel Turbury 10k medal



Amanda with her Rudolph's Romp badge and certificate



Janet Wardale Elsecar half Marthon Medal

Recipe Corner

Midwinter Madness Vegan Pumpkin Loaf

Jan Draper

This is a gorgeously moist cake – and no-one would know it was vegan!

220g plain flour

220g soft brown sugar

70g caster sugar

250g pumpkin puree (essentially one butternut squash roasted in the oven until the flesh is soft, and the cooked flesh scooped out, minus seeds of course!)

125ml sunflower oil

75ml any plant-based milk (I prefer oat but you could use coconut etc)

1tsp bicarbonate of soda

1/2tsp salt

1/2tsp ground nutmeg

1tsp ground cinnamon

25g desiccated coconut

60g toasted chopped walnuts

1. Pre-heat the oven to 180c/Gas 4. Grease and line one 20/10cm loaf tin.
2. In a large bowl combine the flour, sugars, bicarbonate of soda, salt, nutmeg, cinnamon, and desiccated coconut. Mix until all combined. Add the walnuts.
3. In another bowl mix together the cooked squash flesh with the sunflower oil and plant-based milk until smooth and combined.
4. Fold the wet mix into the dry mix trying to incorporate as much air as you can as you fold. Fold, don't beat. Pour the mix into the prepared tin.
5. Bake in the oven for 1 hour and 15 minutes.
6. Leave to cool, then scoff!

Dates for your Diary

Presentation Evening
13/03/2020
Canham Turner Hull University

Midsummer Madness
13/06/2020
Thixendale (Endure 3 weeks later)

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

Club's Camping Equipment

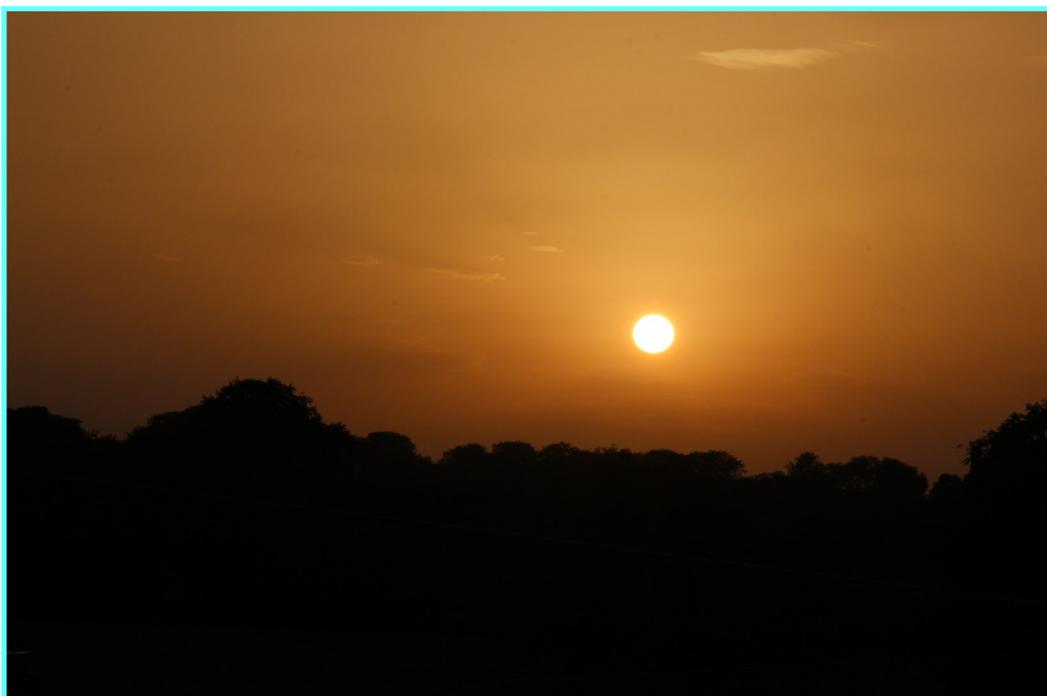
2 Event Tents with four sides

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

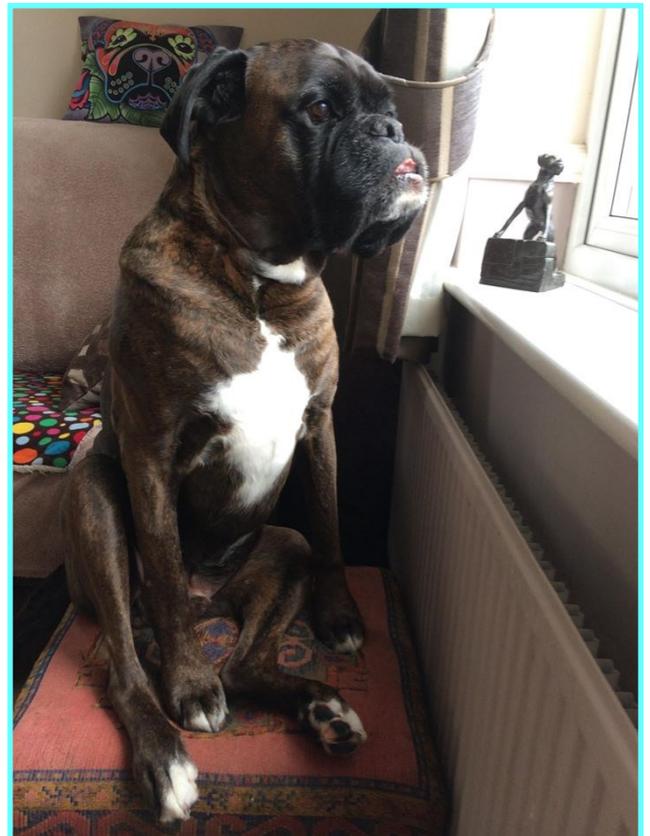


Parkrun news starts on a sad note this month. Sadly Linda's dog Oliver passed away over this period. We all knew and loved Oliver as he was a volunteer at 149 Peterpan parkruns, with Linda, and they named his regular spot. Oliver's corner in his honour.

I first met Oliver at Jan Draper's house and what a lovely quiet and friendly boy he was. Most of our runners rate Peterpan parkrun as the friendliest parkrun in the area and I think this is in part to the steady presence of Oliver and his friend Ziggy, as well as the wonderful volunteers there. I know this will be a really sad time for you Linda, but I hope that you can take some sort of consolation that every Peterpan parkrunner will think of Oliver as they trot by his corner, those that knew him will remember him and those that didn't will wonder who he was and perhaps take time to find out. I like to think that in some way Oliver will still be there cheering on the runners or if not will be engaged in organising a Doggy Parkrun somewhere over the Rainbow Bridge.

Rest in Peace Oliver

West Hull Laddie.





Parkrun News

09/11/2019-14/12/2019



Two of our Parkruns this month have had cancelations due to the weather. This was mainly due to waterlogging in the case of Peter Pan and flooding for the Humberbridge Parkrun. It seems that the Hessle country Park catches all the water in the area and it took a few weeks for the water to disperse!

Our runners have again been out in force though, overall there has been a total of 68 runners at our local Parkruns, 33 for Hull Parkrun, 22 for Peterpan, 10 for Beverley Westwood and 3 for Humberbridge.

There were shiney new PBs for Kerry-Ann Taylor, Rachel Whittaker, Samantha Giblin, Diane Pickering and Jo Drysdale. Jill Hood also managed a 1st in her Age category on 9/11/2019 at East Park.

We had just one Park Roamer this month which was Angela Salisbury who completed Pontefract Parkrun supporting a friend on 30/11/2019.

Good luck to all our Parkrunners and Parkroamers over the Christmas Period.



Original Mountain Marathon (OMM) – Becca's Birthday Treat

Amanda Dean & Becca King

We've both had a significant birthday this year and both had something to tick off the list as a birthday treat. For me, the Woldsman 50 mile, for Becca the OMM.

The OMM is a 2 day, self-supported paired navigation event. This year it was held in an area west of Glasgow, the Clyde Muirshiel National Park, close to Largs. The description of no paths, bogs and heather and no outstanding features summed it up!



We chose to do the easiest option 'Short Score' and our start time was 9:15. The base was in the grounds of Kelburn Castle and in order to get from the base to the start was a 1.8 mile walk uphill, passing the castle and through some lovely woods. The castle is amazing.

In our packs we carried: tent, sleeping bag, base mat, stove, pans, food (evening meal, breakfast, day food), water filter, full dry base layer, cag and over trousers with sealed seams, emergency bivvy bag, first aid kit, torch, drink. The packs weighed about 8.5kg.

We'd practiced run/walking with the packs and putting the tent up and did the easier option of SLMM (Saunders Lakeland Mountain Marathon) over summer and OMM Lite last year. We felt reasonably prepared, though things did not go as smoothly as hoped.

We arrived at the start with 5 mins or so to spare and waited for our slot. It was chilly but luckily for us we did not have the torrential rain battering most of the UK. We queued, gave our team number (693) and was dibbed, given a map then set off up the hill, the only available option, towards the first checkpoint.

Once up, we pulled out the map and found (a slightly hidden) first checkpoint. Checkpoints are marked with a kite which is an orange and white piece of material with the dib slot attached. The checkpoint number is clearly marked. We had one dibber between us attached to my wrist. I dibbed. First dib felt good ... until we realised the map was for the Medium Score route. No matter how hard we looked there was no Short Score option!!! Bigger. We decided to continue, as going back down, collecting new map, climbing back up did not appeal! We could use this map to navigate to the camp and follow the checkpoints and we had an extra hour to get there.



Becca was a star with the map reading. She had to remind me how to take the bearings! Oops. Soon onto it but then struggled as the small bubble in my compass last week had grown and become a nightmare. I was very frustrated. I could just take bearings but it was quicker with Becca doing it and I concentrated on distance tracking and spotting landmarks. Checkpoint 2 was straightforward, merely tussocky grass to negotiate.



However, after that one it was one long slog through bogs and heather/bracken. Our feet were very cold, Becca's were seriously uncomfortable. Just as they started to warm up another bog had them sodden again. Running wasn't an option both because it was hard work and because of the risk of tripping. And so we enjoyed walking though, even walking there were a number of trips

but thankfully no real damage. We were so glad to make it to a track for the final mile of the day, yay!!!

The penultimate dib of the day was very easy to find. Then a short walk to the final dib and into the tent to 'download'.

It had been cold all day and we were chilled through by the time we were putting the tent up. Very pleased that the rain held off until we were tucked in.



The campsite photo was taken early on. By evening it was packed, barely a foot between tents. Facilities were porta-loos and cold water with a warning to boil (which we ignored, it was clean).



Cup of tea then an early 'dinner' to get some heat into us. I enjoyed my treat mini bottle of wine whilst Becca had gone for the whisky! We both 'slept' fully dressed including down jackets that night whilst listening to the wind and rain battering the tent.

Day 2: Still raining when the bagpipes marked getting up time. No cuppa L ... too wet to get the stove out but the rain did stop for decamping which was a relief. We set off wearing pretty much everything we had including full water proofs and down jackets and felt no need to remove anything for most of the day!



We both decided we should plot the straightest course home and only varied the chosen checkpoints to head uphill when the bogs were too awful. Our day included a river crossing, 3 metres across with fast flowing water up to mid-calf (or higher?). We held hands moving sideways looking down stream, thankful that the rocks were not as slippery as they looked. Gradually the weather improved and finally, when we were a mere 3 miles from base we could take our down jackets and cags off. The photo is looking back to the west

coast which made it look like we've had lovely weather all day!

Last long trog over a track before dropping into the base. A short jog at the end as time was of essence (timeout penalties)!

Our support man Neil was waiting at base and photographed us with our post-race chicken wrap and cake.

Thank you Becca! An amazing adventure. Love the kit I had to purchase and I'm sure I'll use it again ... but not necessarily on the OMM J



Stats: Cost £90 each. Day 1, 12miles, 2,000ft climbing. Day 2: 11 miles, 1,500ft climbing.

We scored 180 points on day 1, 140 on day 2 and finished 14th out of 18 female pairs.

Midwinter Madness

Anna C

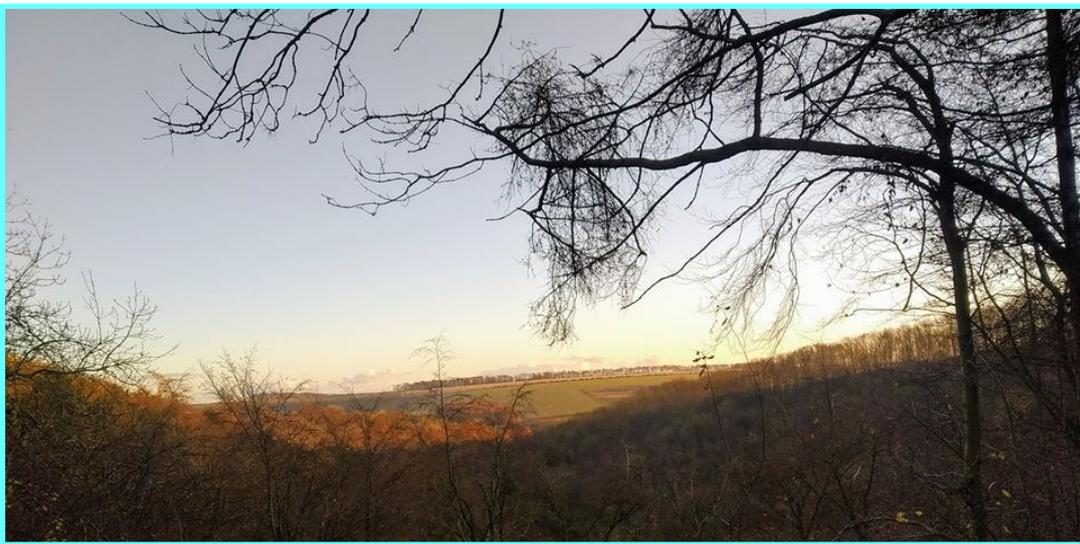
11 ladies completed the challenge, all at different levels and different mileage depending on whether walking or running. It was a wonderful day with lots of special memories to be taken away. Here is a little taster of what we experienced!

Crisp, frosty and cool, the journey into Millington felt like we were driving into a Christmas card. Upon arriving at the Village Hall, we dropped our belongings and huddled to the nearest radiators. Time ticking on, we reluctantly unglued ourselves and bundled up - hats and scarfs galore. Amanda once again came to my rescue. Whilst I thought it was a good idea to bring my trusted hot water bottle with me, I neglected the thought of wearing double leg layers in minus temperatures!

The time arrived to set off - 9.30am on the dot. Maria stayed at base (I don't think her toes ever did warm up!) and Amanda led Kerry, Jackie, Jo and Janet off on their 12 mile run; a couple of novices unaware of what madness lay in store! Jan and I followed on walking - me looking like the Michelin man and glam Jan looking as glamorous as ever.

The route was certainly beautiful. Muddy and hilly in parts - but that's all part of the madness! The views over Yorkshire however, were simply beautiful and breathtaking. 6.7 miles later, Jan and I returned back to the village hall to Maria, who had done a wonderful job of transforming the room and preparing lunch. A few minutes later, the runners arrived back all rosy cheeked and Kerry covered in mud after an unfortunate slip. Shortly after, Stacy and Rachel W arrived at base. These hardcore runners ran Peter Pan parkrun first thing (Rachel also running to parkrun and continuing to set a new PB!) and followed on to Millington to trace the 6 mile route.





Lunch was extremely welcome - homemade vegetable soup, broccoli soup and warm bread, followed by a selection of cakes with a compulsory big pot of tea. Once defrosted, the group divided into two groups. Joined by Verity; Maria, Jan, Stacy, Rachel and Jo went off on the 6 mile run, this time running it in reverse. Apart from a very testing hill to start, it was agreed that this route was better and more pleasant done in reverse.



Amanda, Kerry, Janet, Jackie and I went out for a 4 mile autumnal walk. Both groups experienced glorious weather - the views, colours and lighting were once again breathtaking. I know I definitely had the biggest smile on my face. A highlight for us was taking a breather half way through at the top of the hill, squeezed onto a bench overlooking the vale. A peaceful, yet memorable moment.



The runners arrived back first and shortly after we walked in to the delicious smell of mulled wine. With the temperature dropping - this was a welcome sight and a perfect end to a perfect day.

Thank you to everyone who came - it was a fabulous Midwinter Madness. Special thanks to Amanda for organising, leading and making it happen. Thank you also to Maria, Amanda and Jan for cooking/baking and Maria again for staying at base preparing lunch.



Let's hope we can do these events more often.





West Hull Ladies Christmas Carol Karaoke Guess the Carol



Oh Come West Hull Ladies, fast runners
and steadies,

Oh come, ye oh come ye to Newland
Park,

Come and do fast "k" s,

Come and do Freshioners,

Oh come and you'll get fitter,

Oh come and you'll get fitter

Oh come and you'll get fitter,

And break a record

Oh large Website of Sports Shoes dot
com,

With running kit to buy,

We see lots of gorgeous things

Which will make our feet fly,

For in thy webpage shineth,

Lovely things in teal

With West hull ladies discount code,

10 percent is the deal.

Hark the West Hull Coaches shout,
Keep those feet from turning out,
Always keep your shoulders back,
So you can breathe and can relax,
Up your cadence and pump your
thighs,

This is brilliant exercise,

Don't you ever over step,

Your Dynamics don't forget,

Hark The West Hull Coaches Shout

Keep those feet from Turning Out.

VIEW FROM THE BACK

Liz Hobson

Dreams

I am always amused by people who say that you can achieve anything if you dream big. We often see this when someone has achieved something really major. A good recent example was the 100 meters world champion Shelly-Ann Fraser-Pryce who said that if you dream hard enough you can achieve what she has done. While I admire her dedication in achieving dreams, she is the record holder for the most medals and is altogether a fantastic athlete, there are only a handful of people who can win the 100m world title and I am certainly not one of them!

At school, where I was possibly the slowest runner in my year, I would have given anything to have been competitive and got one of those "1st" stickers on sports day. I was lucky in that I was quite good at academic subjects, but still I would have loved to have been able to run quickly but ultimately it was never going to be! In general my dream at school was to have been a show jumper but again the fact that I didn't have a horse and it was only when I was older that mum and dad could afford to send me for lessons, that I started riding. When it came to it, I was as equally not talented when it came to riding, as I was running. (I am sure that Jill can remember a memorable lesson when I fell off a pony about 5 times!) I still carry the scars to this day!

This year I have been lucky enough to have realised one dream, thanks to West Hull Ladies, and that was to run in the London Marathon, and it has got me thinking about dreams. Once I started running regularly I knew that a marathon was possible for me, in fact the biggest difficulty was getting a London Marathon place. In general while it's fantastic to have dreams I think they have to be realistic and be manageable because otherwise they will be impossible and then unachievable, and ultimately be upsetting. So in general I think the best thing, for me, is to dream small rather than dream big.

I am not sure what dreams I have for next year, I am already booked into a couple of events and it's likely that my goals will revolve around triathlons, I am hoping to swim freestyle, not breaststroke, round a lake, cycle more hills and get a bit quicker over the 5k parkrun distance. I have already started with my Christmas present from Chris which is a smart turbo trainer and this weekend I virtually cycled up Box Hill, although was disappointed to not see a virtual Jane Austen's Emma at the top!

This will be the last newsletter of the year and so I would like to wish everyone a Merry Christmas and Happy New Year. I hope that all your dreams whether they are big or small come true and that Santa brings you lot's of running gear in teal.

