

# Newsletter

February 2017



**Ferriby 10 Special**

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Hello Ladies,

It's been a cold start to the year, but that didn't stop lots of you getting out and braving the icy hills of Ferriby 10! We had lots of WHL out running, not me though, I had a 'no race January' rule (more on how that went wrong later!) and rode around the course on my bike. I was so proud of the grit and determination that you all showed and very jealous of the fab race shirts!

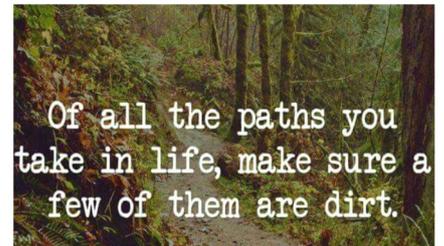
*Shelley*



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MANCHESTER  
MARATHON**

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# Ferriby 10

## Dem hills dem hills....

I had felt pretty good about this race. The recce with fellow WHL a few weeks previously went really well and we'd pootled round in a pretty good time. But pride comes before a fall and all that, so inevitably the two weeks before the actual race were a complete wipe out with the Alexander house being lurgy central. I had almost a fortnight off running before the race - not exactly good training. And on the morning itself we had to run to the start line because of a very long toilet queue. Still, at least my muscles were warm!

So I ran to the start and after a quick hello to the fab number of WHL assembled, we were off. My running buddy was Rachel W who I did the recce with: I was very grateful of her

company.

It was a super morning weather-wise and although there were a few icy patches where the sun hadn't yet peeked above the hedgerows, we got off to a fair old lick.

For those of you that don't know, basically the first half of this race is uphill. Sure, there's the occasional flat bit, but seriously, it's mostly just climb, climb, climb (see pic). My legs were heavy after so little training and I felt like I was panting the whole blooming way!

But it was lovely to see so many of our fellow WHL on foot or bicycle, and racing in club colours makes such a difference - even total strangers shout out "Come on West Hull", which is great for a boost.

So up those hills we chugged until finally there's that lovely moment where you come down to a junction at about the five mile mark (Riplingham maybe?), turn left and then the blessed downhill starts.

The plan had been to get those legs churning downhill - to coin a phrase "brain off, brakes off" - but I must admit that even by the five mile mark I was flagging.

I'd packed myself a little bag of raisins and walnuts (I can't stomach gels) with the intention of having a few at the halfway water station. But annoyingly my super duper Skins leggings don't have a decent pocket and the bag migrated its way down the inside of my leggings, down my right thigh and I ran several miles with a strange lump on the back on my knee!

By 8.5 miles I was feeling pretty grotty. Hips sore, legs and glutes feeling seriously heavy and breathing all over the place. Even the lovely distraction of my running buddy and the other familiar faces out on the course wasn't enough. I needed fuel.

So I told Rachel to carry on and I fished out my food bag from behind my right knee and scooped it down while having a little walk - I can't eat and run.

Chatted to Cat S for a bit about how tired we were both feeling, and then jogged along at a much slower pace - but at least I was running again.

A lovely chap from City of Hull called Dave gave me encouragement as I was really struggling along that last stretch before the hill. Honestly, there are some truly kind people out there in the

running community who know just what to say when you're finding it tough.

And as I took that last turn to tackle the hill I saw lovely WHL faces and my husband Rob, who had already finished and decided to come back down the last hill to give me support. And goodness I needed it. He basically kept me chugging up that blasted hill at an extremely slow jog - I think afterwards Cath remarked we'd have been faster if we walked! Anyway, thanks to him and some lovely support along the roadside, I was incredibly relieved to see the finish line.

I even tried a little sprint finish when a lady from another club (possibly Cleethorpes) took me right on the line. I won't swear here but let's just say she apologised profusely when she saw the look on my face!!

It was a couple of minutes outside what I was hoping for - chip time of 1:31:47 - but I'm still pretty chuffed and sets me a good baseline for the rest of the year. My 'A' race is Hull Marathon in September and every long run I do, especially at a good pace, feels like it's good progress towards that.

Thanks so much to Rachel W and all the other WHL who kept me going, cheered me on, and put up with my whingeing on the way round.

Onwards, upwards (up those hills), and after I finally take these compression socks off I will look forward to the next run of 2017.

**Sian**

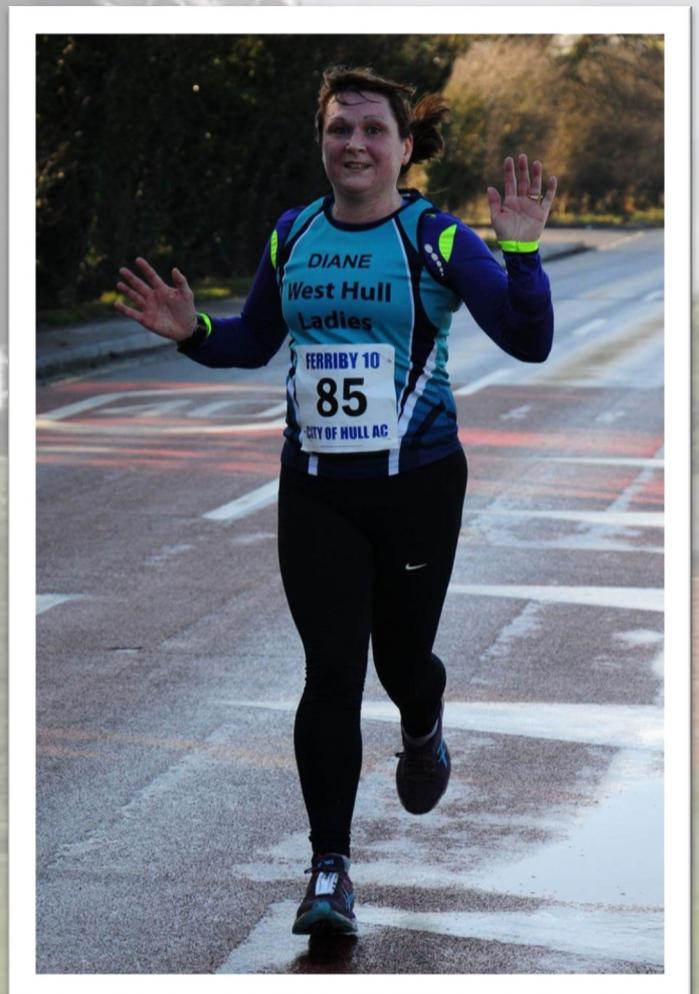
# Ferriby 10

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This was my second time running the Ferriby 10 and remembered it as a nice race apart from THAT hill at the end! After a night in with friends, wine and take away I wasn't feeling race ready and after nearly falling over a few times on the ice in the car park I really wasn't looking forward to running ( I may be used to falling over playing roller derby but at least then I have protective equipment in place).

It's always great to meet up with other west hull ladies at the start line and share our pre race nerves. As we set off the roads were free from ice apart from one stretch so had to be extra careful. The route had lovely scenery and support along the way including our very own WHL support (Sandra, Carol, Jan, Shelly and Suzanne - sorry if there was anyone else I missed). The gentle uphill were manageable for a while but around the halfway mark I felt they were getting harder- but at least the downhills made up for it. I had been worried beforehand about

running with my black and sore big toe nail (accumulated from previous races) but had made doubly sure my trainers were tied securely and thankfully it never hurt one bit. My aim was to run without looking at my Garmin, which I failed on twice, and not to focus on the miles (failed again). "Relax and enjoy" I heard Sandra shout around mile 8 - I tried!



As Skidby Mill came into view I could see how long that hill went on for, I turned the corner onto the hill and along with others our running speed turned into barely more than a shuffle. I lost count of how many people shouted "you're nearly there" - it didn't help, I knew I wasn't far away but struggled to keep my feet going. As I approached the top of the never ending hill I could see some WHL supporters cheering but was feeling a bit light headed at this point! I made my way towards the finish line and very pleased with my time as I didn't feel I'd ran that fast (official chip time 90:19 - last year was 92:53). After been greeted by Jermaine with much needed water I collected my lovely long sleeved shirt

and watched the rest of the 'teal army' cross the finishing line - all achieving some wonderful personal goals. Well done everyone! I was chatting to someone I know who is with Fitmums - she commented on the great WHL support and cheering as our members came in to finish. I agree! Although I only occasionally make it to club sessions due to work and other commitments, the support and advice from fellow West Hull Ladies is always there. I've just been brave enough to enter my first marathon - (Hull in September) inspired my a fair few of you. Thanks everyone! Next stop - Snake Lane.

**Diane P**



# The Secret Musings of a Novice Marathon Runner

## 26.2 miles, part 2

So it's now 7.5 weeks to go until the Manchester Marathon and 11 out of 18 weeks of my training plan are (almost) completed. The strategies I mentioned last time are really helping, plus motivational talks from people who have a few marathons tucked under their belts!

The training plan has included a few races, so since part 1 I've done the Brass Monkey Half Marathon which was not a nice experience for some reason and Ferriby 10, a really enjoyable run on a sunny, crisp January morning. Each week now I'm running longer distances than I ever have before. Last Saturday I left home in South Cave just after 7am, and ran to Peter Pan parkrun. Unfortunately it took longer than I thought, and the parkrun had been going for 15 minutes when I arrived. However, I managed to catch up with the Tail Runner (our own Linda Dodsworth) and completed it, plus a couple more laps to get me to 17 miles. By the end my legs really hurt, but I found that I recovered a bit faster than I have before, so that gives me hope that I am improving, even though I was very slow by the end, and a bit weepy!

I don't think I've got my nutrition right yet, so my next job is to research that.

Useful tips I've picked up:

- Don't think about the long runs 3 weeks away, only think about what you have to do this week;
- Divide runs up into sections rather than be daunted by the distance to come;
- It's better to be under prepared and stay injury free than to push yourself too much and get injured.

So I'll keep going! The Golden Fleece is the next milestone, but by then 15 miles should feel easier, as I should have done 19 the weekend before. In the meantime, training and nutrition tips appreciated.

Keep running ladies!

**Sarah JW**





# Mud, Trails and Torches

It's been a mucky month. I had planned not to race in January, I didn't like the thought of getting cold, dirty and wet - famous last words!

To be fair, I can't blame the lovely WHL for my filthy trainers, it's the fault of my friends in other clubs. It all started with a last minute entry to the Dalby Forest Headtorch 5 mile trail run. There used to be a time when I would have laughed at the thought of running up and down big muddy hills in a cold, dark forest on a Saturday night, but I absolutely loved it. I went with some friends from the Humber Triathletes and we all ran together, stopped each other from slipping and had a good natter. There were around 600 people running in the forest that night, we were bunched up to start with but soon spread out, there was a magical moment when I was running down a fir lined track, my



breath steaming in the cold air and stars shining brightly above, life really doesn't get any better. Well maybe the fish and chips and a flask of tea at the end was another highlight of the evening.

The next day brought more headtorch fun, with a hilly and muddy 10 mile hike around Nunburnholme in the Wolds, luckily I had just bought waterproof walking boots and trousers as I stomped halfway into a flowing stream before I realised it wasn't a puddle - oops!

It took me 30 mins to scrub my trail shoes and walking boots clean and I clogged up the sink with some good old Yorkshire mud, but the next Friday saw me off road hill training in the dark with my second claim club City of Hull. My shoes are still in a bin liner in the car boot, I daren't look at them!

If you've never tried trail or headtorch running I really recommend it. It's a much more liberating experience compared to running on roads or track. So I urge you to embrace the mud ladies, and enjoy some proper filthy weekends, go on - it washes off!

**Shelley**

# Snail Tales

Last February/March time I finally (after 3 years of trying) completed my 025K with the club and did my Park Run! I felt so pleased with myself, not just for doing it, but for realising I needed a longer time frame like 12 weeks rather than 6 and actually asking for it. This was a big deal for me because I'm a 'giver' and always have been, so it's not easy to ask for something! Thank you so much Sandra Holdsworth for giving your time: 3 nights a week for 12 weeks was a huge ask, I know.

So there I was, finally able to run 5K, finally able to become a proper club member, but it didn't take long to realise that I just wasn't in the same league, as other members. I soon started to feel demoralised so I tried going out running on my own, and needless to say that didn't work for me, with too many negative thoughts going on in my head. For this to be a good experience, I realised I needed to run with others, I knew there were other slower runners so I arranged regular runs over the bridge with a couple of others. It started to occur to me that there must be lots of other slower runners out there and wouldn't it be nice to find a club who had other slower runners. I went to 'Fitmums' a couple of times because I was told they do shorter distances but I didn't find the experience helpful because, as with



most clubs they focus on distance rather than pace. I realised that if I wanted it so badly I should do it myself. I wanted to feel part of the club again and so did the others who had been running over the Bridge with me, so I informed the committee that I would be organising a 'slower runners' group called The Snail Runners. In order to still feel part of the club, I decided we needed to meet at the same time and place as the regular club training on Mondays and Wednesdays and we have now started running over the Bridge on Sunday afternoons. I'm thrilled that the group seems to be growing and it now has 2 run leaders.

I feel very passionate about trying to attract women that really don't believe they can run. I feel very passionate about encouraging women to try and be more active. This all started because I was fed up of always being at the back. All my lovely Snails have improved so much guess where I still am, but I feel a great sense of pride watching them all run on ahead of me.

**Carol**



# Meet a Member

**Name:** Stacy Foxworthy

**Age** 33

**Member of WHL since** – August 2015

**What do you do when you're not running? – (work/hobbies/family)** I am a primary school teacher, and teach 10-11 year olds. So, when I'm not running, I'm usually planning lessons or marking books. It's not all work and no play though! I do like a nice glass or two of Baileys every now and again, as well as a cheeky glass...I mean bottle of Asti. I live with my boyfriend (Marv), and our two cats (Kev and Shezza). Since becoming a mother to two cats in 2015, I now consider myself a girlfriend/runner/ teacher/ crazy cat lady.

**How long have you been running? –** I started unning years ago, but when I started I was more of a 'jogger', and didn't push myself as I lacked motivation and found running boring. I would jog three laps of the park, and then boredom would force me to go home and eat chocolate which I'd clearly earned after three laps! Then I discovered Parkrun.

I thought Parkrun was the best thing ever as it meant I didn't have to run on my own. I'd also done a couple of 5ks and 10ks prior to joining West Hull Ladies, and had always maintained an ok level of fitness. I was always eager to do more running, but was a bit of a wimp. It took me a while to pluck up the courage to join WHL. However, I'm glad I did!

**Why did you start running? –** I don't like the gym. I joined West Hull Ladies as I wanted to push myself to run more. Running makes me feel good, and that's a good enough reason for me!

**Favourite distance** – it used to be 5k, then 10k, but now I really enjoy distance. I love the feeling of running further than before. I have only run one marathon, but I think 26.2 miles has become my favourite.

**Favourite bit of running kit** – My West Hull Ladies vest obviously!

**Any injuries? –** Thankfully not – just a few niggles. Last year, I had a few pre-marathon niggles, but it was nothing that couldn't be sorted out with a visit to Kris. I did, however, once have to pull out of a 10k race after spraining my ankle running to the toaster to save my toast from burning.

**Running goals? –** To run a sub 22 minute Parkrun. My PB is 22.17 so I'm close, but still so far! 5k has become my nemesis.

**Proudest moment running related or otherwise –.** Completing the Hull Marathon in 2016.

**Best piece of advice you've received** – The best piece of running related advice I received was from Amanda, or it could have been any of our wise West Hull Ladies, and it was to always run your own race. I always bear this in mind whether I'm running out with the club on a Wednesday night, marathon training, or running a race.

**Running alone or with friends? –** With my West Hull Lady friends.

**What keeps you motivated? –** The post-run feeling, and just being ok with myself. The West Hull Ladies have been inspirational to me, and now I am inspiring my non-running friends to start running. All of this, and of course looking and feeling good in my skinny jeans and hot pants. (I don't wear hot pants any more, but they used to be my favourite!)



# Kris' Therapy Bench



## Hamstring Stretch

### Where are they:

This group of muscles start on your bum bone, extending down the back of your leg and attach just under your knee joint

### What they do:

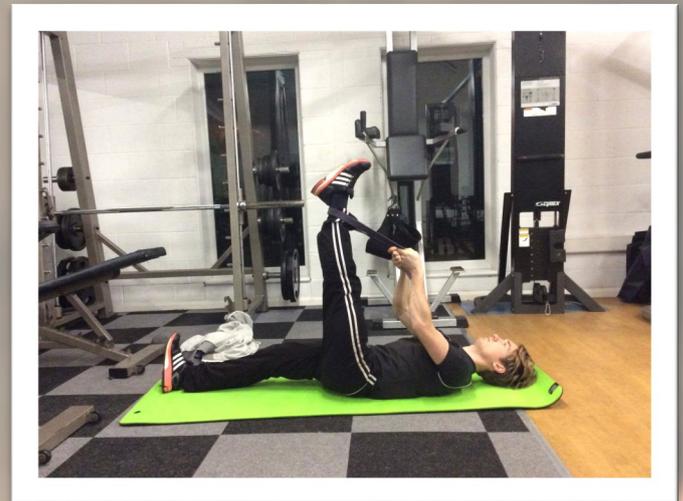
During a run your hamstrings help 'unlock' the knee as you extend your foot forward, just before you strike the ground. They also help decelerate the body

### Why/when to stretch them:

If you suffer with tightness or pain down the back of your leg, suffer with sciatica, or if you sit down a lot during the day. Because they attach just under your bum, when we sit down we constantly load them.

### What to do (see picture as demonstration):

- Lay on your back, on a firm surface
- Lift your leg up, keeping your knee locked out
- Use a towel or band to wrap around your ankle for assistance
- Keeping your leg straight as you pull it towards your head
- Keep your foot 'relaxed'
- Keep your head 'relaxed' and on the floor
- Aiming for a mild stretch down the back of your leg, anywhere from your bum to behind your knee
- Keep your opposite leg flat on the floor
- Hold for 30 seconds and repeat twice, on both sides



- Gently return to starting position
- Repeat 2/3 times a day

### Interesting facts:

Because we only have three hamstring muscles and we have four quadriceps muscles (thigh), they should be 25% weaker than your quads. However, because runners tend to use their quads a lot more when running, the quads get a lot stronger. Leaving our hamstrings more like '50%' weaker than our quads. Which is often the cause of a lot of muscular imbalance injuries, when relating to running.

Kris Lecher  
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# Girls on Film



# Runner's Digest



## Caroline Bradbury's Healthy Pancakes

1 banana

1 egg

Mush together

I used a stick blender

Fry in a dash of oil  
and serve!



# February 2017

Nutrition is Crucial



Jill says "Here's what I bring to an average Parkrun!"



**FEBRUARY 2017**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 18:15 0-5K in Six W 18:30 Speed Work:	31	1 Feb 18:00 Club Training 18:15 0-5K in Six W	2	3 18:15 Club Friday Fr 18:15 0-5K in Six W	4	5
6 18:15 Speed Work: 18:15 0-5K in Six W 19:00 Committee M	7 19:00 CoH Winter L	8 18:00 Club Training 18:15 0-5K in Six W	9	10 18:15 Club Friday Fr 18:15 0-5K in Six W	11	12
13 18:15 Speed Work: 18:15 0-5K in Six W	14	15 18:00 Club Training 18:15 0-5K 3 mile s	16	17 18:15 Club Friday Fr	18 9:00 Beginners park	19
20 18:15 Speed Work:	21	22 3 mile surprise: Anc 18:00 Club Training	23	24 18:15 Club Friday Fr	25 9:00 Beginners Park	26 Snake Lane 10
27 18:15 Speed Work:	28	1 Mar 18:00 3 mile Surpris 18:00 Club Training	2	3 18:15 Club Friday Fr	4 Golden Fleece	5

# Committee Meeting

## Minutes 6/2/17

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Present Jill, Linda, Shelley, Maria, Jan D Amanda, Liz, Sandra

- Apologies received from Andrea, Annette, Anna
- Minutes of previous meeting accepted accurate record
- Matter arising. A) Shelley in process of obtaining convenient dates for Mr Ricketts to talk to the Club on training. B) Regarding male guests running with the club agreed that was not possible on the allocated training days but on other ad hoc runs ok. No need for this to be taken any further. C) Amanda confirmed Jan Antons happy to lead a middle group (between snails and main group D) No payment made yet to Junior park run - Linda to continue. E) Linda to email Yorkshire Vets informing them we would not renew our membership. F) All in hand re Presentation Evening and awards.
- AGM Amanda offered to do the catering for the AGM and for committee to provide cakes.
- Amanda updated the Committee on the progress on the 0-5K.
- Jan had sent out email outlining Presentation Evening. Linda and Jill to meet to decide on winners for individual awards. **Jill to send out email asking ladies for information on how they had improved during the year.** Agreed that this would add to the information to hand to ensure awards given out as fairly as possible. It was agreed after a discussion that if a member won 2 awards from the member voting (True Grit and Member of the Year) then it should stand.
- Spoke re email received from City of Culture concerning our entry on the website Gethullrunning.org. Agreed to do this **Liz D to complete our registration - update our entry.** A discussion took place about Social Membership and it was agreed this was a bureaucratic nightmare to administer and as our fees remained at £30 maybe there was no need to offer it anymore. **Sandra to place on Agenda for AGM.** Also discussed the possibility of a welcome pack for new ladies. **Sandra to progress.** Jill stated she had been approached by the organiser of the Hull Marathon to see if on the Saturday before the Marathon we would give out numbers to participants. Felt this was not a good idea and numbers would be better posted out. We would be happy to as in previous years do the bag packing. **Jill to contact organiser and inform him of our decision.**

# Final Thoughts...

I cannot even imagine where I would be today were it not for that handful of friends who have given me a heart full of joy, picked me up when I needed it, supported me when I felt I couldn't stand.

And gave me fresh perspective to face another day.

Thank you, love you.

You know who you are.

*Trylife*

**Website:** <http://www.westhullladies.org.uk>

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**Facebook:** <https://www.facebook.com/groups/westhullladies>