



Newsletter

January 2017



**Meet a
Member**

**Healthy
Burgers**

**Physio
Advice**

Plus Hull Marathon 2017

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Hello Ladies,

It's my pleasure to be able to put together this newsletter detailing all of our achievements over the last month, and what a lot of achievements there are! Plenty of parkruns, Tinsel Trails, blustery Boxing Day runs and Hull Marathon promotions.

Get yourselves a nice cuppa and some (healthy) biscuits and enjoy the read.

Shelley



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Hull Marathon Promo



Sorry ladies, I tried to get a report, but these two are saying nothing!
Although I heard from a loose-lipped Purple that it involved some running up and down.

Enter the Hull Marathon 2017 here www.thehullmarathon.co.uk
You can run the full 26.2 miles or share the route with friends as part of a
2 or 4 person relay team.

Or why not be a Marathon Maker and volunteer at the WHL water stand?



Tilbury Tinsel Trail

This seemed like a good run to do just before Christmas - a 7 mile run off road with mulled wine and mince pies to greet you at the finish.

I travelled on the morning to Epworth with Amanda - not a bad morning and we were all trimmed up in our Christmas outfits. Amanda looked good as Mrs Christmas and I went all out on mine pinning a few bows and a bit of mistletoe tinsel around my top half.

When we got there we met up with quite a few other WHL and with Christmas music blasting out it was a very festive atmosphere.

The route itself was around Epworth and Haxey mainly along the old railway line.

It was flat, very very flat and it wasn't 7 miles but

7.6 miles! Overall the course was very good - at about 5 miles I got chatting to a lady from another Club. I thought I was carrying an injury but my goodness..

At the finish we were given our medal, which was a wooden carved Christmas decoration. I loved it - together with short-sleeved T shirt.

I had to miss out on the mince pies and mulled wine due to an upset stomach - so looks like I will have to make a return visit in 2017 to see what they were like.

Overall a great run and perfect to get you in the Christmas mood. Plenty of time to work on a better costume as well.

Sandra

Holiday parkruns



Woke up and it was raining, well pouring actually and it looked horrid but we'd arranged to run two parkruns plus run from one to the other and back again as a training run who's idea was that I wonder?

Picked up Sarah Wilson and drove to Humber Bridge car park to meet up with Shelley as she had organised a cake stall at the Humber Bridge parkrun. Onward bound to Peter Pan but it was proving very difficult to extract both Sarah and I out of my warm car! But we reminded ourselves we were tough WHL and away we went and met up with lots of other lovely WHL who had a similar idea. Now I don't normally run parkruns I am the volunteer along with Oliver who shouts encouragement out at everyone that is so much easier than actually running the darned thing!

Anyway I did it sliding on the grass areas which by now looked like mud baths it was so difficult to keep your feet. I had to keep reminding myself not to run too fast because I knew I still had quite a lot of miles left in front of me, this was my long Sunday training run after all not a race!

Finally finished then we gathered lots of other WHL's plus gent and ran to Humber Bridge, up Boothferry Road (that darned road is hilly), finally made it to Humber Bridge and not long to wait before we set off. The rain was lashing down now and Humber Bridge was very very muddy, puddly and slippery. I ran with Karen and Diana. Diana knows the route well but I

found out the real reason why she does that one the most rather than the others it's because some rugby team or other trains there on a Saturday morning!!! Say no more note to self try and make it to Humber Bridge parkrun more often making sure I have applied full make-up before hand though! Then after a little dip into the WHL cake stall it was back on the road to run to Peter Pan to collect the car, that was a long way and Sarah did ask for a piggy back obviously I couldn't oblige sorry Sarah.

We made it and there was my little car waiting for me but the best bit was seeing Sarah's hubby parked next to me bearing gifts well a much needed cup of tea. Then it was home to get a hot shower and some dry clothes on.

What was wonderful about these two parkruns was running alongside lots of other WHL of all different abilities, enjoying their company, chatting and laughing despite the weather conditions. I had a ball. Thank you ladies.

I have actually managed, in three and a half years, to run 15 parkruns am I entitled to a tee shirt yet? (only joking)

Linda



Running Forwards into 2017

Ann Holmes

I'll start with a very quick summary of 2016. This was a comeback year - I did hours and hours over months and months of rehab on an old knee injury, and gradually got back my speed, with Beverley 10k, and then a couple of half marathons, Champagne League (a set of 10 off-road races in the summer, if you didn't know), and I even equalled my PB at Walkington 10k. This was all just fab, and I had a great 8 months of pain-free running, and a solid training regime for Hull Marathon. and then I stopped, at mile 11, barely able to walk, never mind run. Weird, really, because I never really worked out what the injury was, since it wasn't the same pain as I'd had previously with my knee.

So that was that ... I took a rest, a big, long rest ... well I stopped running almost completely after that, except for Parkrun, of course. I love Parkrun - I love hooking up with a run buddy and chatting away about this and that for half an hour, and it makes my Saturday bacon sandwich taste way nicer!

And the rest of the year went by like that, really, except my son kept saying he wanted to do Boxing Day 10k. I wasn't too worried about this, however, because he's

a flighty fellow, and he rarely follows through with his ideas, especially if they involve actually making an effort. But to my complete surprise, he did make the effort, and got himself out for quite a few training runs, and I was thus shamed into admitting that I had under-estimated the big man on this occasion, and so we both rocked up on Boxing Day for our 10k. The trouble was, he was twice the height he was on his last 10k two years ago, and I was full of lorry loads of chocolate, biscuits, mince pies and woefully under-trained, but I hid my heeby jeebies, and put on my 'Capable, fit mum, with bags of confidence' face on, and hoped that two Parkruns on the trot would be enough training to get me round.

I so enjoyed running with Anders.

Everyone found the wind a pretty brutal opponent, but I really, really enjoyed it, and so did he

- especially when he found out he'd smashed his PB set two years ago at Beverley.



So it turns out I can run 6 miles after all, and two days later I did another 6, around the Haltemprice route. This run was even better, because if you don't know this route, you basically run up a really big hill, then run through a village, and then run back down it again. In short the run went like this - up the hill, chat, chat, chat - great, this is what running is all about, then running down the hill, with my buddy Rachel - chat, run faster, quick

word, run faster, stop talking, run like hell and race each other to the end - now that made me smile like a pig in muck. I have often experienced the runner's high after a run, but

this time I got it during the run - I just couldn't stop smiling, it was just ace. And I think those two runs delivered my running mojo back to me. But I do have a plan to do things differently now, and I am wondering whether anyone else might be game to join me?

Its a simple concept - Numberless Running - no Garmin, no watch, no mileage or pacing, just pure, unadulterated running. This doesn't have



to mean running slowly, just running to feel. If I want to run further, or faster, or slower, or even take a walk break (yes - radical, I know) then I will. Neither does it mean I'm not interested in other people's numbers, because I know that numbers are pretty central to many, many runners. I'm not sure if I'll ignore the Parkrun text on a Saturday, because I think that'd be a hard habit to break, so I'm not quite ready to go completely cold turkey yet! And I

might not even keep it up, its just a bit of an idea that I'm going to try.

The central focus will be enjoyment - if I'm alone, I'll enjoy the hard work,

the solitude, the appetite boost, but if I have company, then I'll enjoy the chat and the chance to stretch myself, or help someone else to stretch themselves.

2017 is going to bring big changes in my life, because last month I quit teaching after 25 years, so I guess its a good time to bring some change to my running as well - no plans, no stressin' !!

Ann

Meet a Member

Name: Martina Akrill

Age 37

Member of WHL since – Completely brand new. I've been for one run with the 0-5k group across the Humber Bridge and looking forward to speed training this Monday (09/01/16) I've never been a member of a running club before so it's all a bit scary as well as exciting.

What do you do when you're not running? – (work/hobbies/family)

I am a single Mum to a 12 year old boy (going on 20 with his attitude) and my job is a Police Sergeant with Humberside Police. I've been a Police Officer for 16 years and ready for a career change whilst I'm still young enough.

My boyfriend is a Firearms Officer with Civil Nuclear Constabulary and is my absolute rock.

Other than running, I do ballet twice a week depending on shifts. I've danced all my life and can't imagine myself ever not dancing. I also play roller derby, an aggressive contact sport on roller skates. It's a great stress reliever! My skater name is Padbrat. This is a nickname given to a child that has grown up within the Armed Forces. Both my parents were in the RAF.

How long have you been running? – Since 16th July 2016 when I did my first 5k park run at Humber bridge. I had to jump in a bush for an emergency wee so my time was shocking. Since then, I make sure I go to the loo beforehand!

Why did you start running? – My Son lost his Father to pancreatic cancer on 21st April 2016. My Son is 12 and his Dad was 39. Whilst we were no longer together, I lost a friend. Running is something I fell into as a way of dealing with bereavement and trying to be a good role model to support my Son through his own bereavement.

Favourite distance – 10k. I did my first 10k in the Jim Dingwall race, Elloughton last year. WHL member Diane Pickering helped me believe in myself and I loved every minute after I got over the initial nervousness.

Favourite bit of running kit – Compression tights. Not sure if they really do work or if it's all in the



mind but my legs never get as tired and sore after a run as they did before I got them.

Any injuries? – I don't particularly have any injuries but I was training to be a dancer until the age of 18 so most of my joints hurt, crack, grind or click on a regular basis!

Running goals? – On 23rd April 2017 I will be running the London marathon for Pancreatic Cancer Action UK. I aren't 100% sure I will manage the full 26 miles because I am so new to running but I am doing my damned hardest to train well so I can run as much as I possibly can and raise lots of money for a worthy cause.

Proudest moment running related or otherwise – Proudest moment running related was being able to run a 5k without stopping. Prior to this I detested running. I wanted to be a Firearms Officer many moons ago but could never pass the fitness test. My Sons Father tried to help me at the time and I could never get passed a mile before giving up.

Best piece of advice you've received – Carpe Diem! (Latin for seize the day!) This was my schools motto in Germany. I've lived by it ever since. So much so, I have it tattooed on my left wrist to make sure I remember to live my life to the full every single day.

Running alone or with friends? – Definitely running with friends. The older I get, the worse I get at enjoying my own company. I can very easily get bored on my own and if I'm having a bad day mentally I can talk myself out of running within seconds.

What keeps you motivated? – My Son. I want to teach him to be fit, healthy and grab life with both hands and make the most of the time we have.

The Secret Musings of a Novice Marathon Runner

26.2 miles

I always said I'd never run a marathon. It wasn't for me. Half marathons fine, but doing 5 hour training runs? No thanks. But I also said I'd never be a headteacher and look where that got me!

Since I've joined West Hull Ladies, I've done some things I never thought I'd do, and some exceedingly crazy things, take Thunder Run for example. It was after the aforementioned crazy thing, that a certain Liz Draper told me Thunder Run was much harder than a marathon. I then read a couple of motivational running books over the summer, and that all got me thinking. I'm 53, if I'm ever going to do a marathon, then it's going to have to be soon. So, in a mad moment, I signed up for the Manchester marathon in April. I chose Manchester because it says it's flat, the Manchester area is my former home and a good friend who encouraged me to run in the early days is singing in a choir at the half way point. I thought that in the unlikely event that it goes well, it leaves the possibility of doing Hull later in the year without making a total idiot of myself. If it goes badly, well there might not be too many people I know to witness it!

I'm now at week 6 of 18 in my training plan. Karen Scott helped me identify a good plan

and along with lots of you lovely WHLs, is encouraging me along the way. Those 5 hour training runs I dreaded are still to come, however, from doing half marathons, I'm now used to doing 11 and 12 mile training runs, and there's only about 7 marathon runs that are longer than that.

New Year's Day was a great example of how to get through long runs. We managed to do 13 miles accompanied by lots of chatter and mutual support and it was lovely to have good company as we ticked off the miles.

So, notes to myself as I continue to train;

- Plan interesting routes, making the most of the beautiful countryside that is not too far away;
- When you don't feel like running, don't have an argument with yourself, just do it;
- Incorporate club runs in to the plan as much as possible;
- Run with other people when you can.

I'll keep you posted!

Sarah JW



Kris' Therapy Bench



Hip Flexor Stretch

Where are they:

These muscles sit deep below your abdominal muscles, cross over your pelvis and attach onto your thigh bone

What they do:

During running, these muscles are responsible for lifting your knee/leg upwards.

Why stretch them:

If you suffer with tight hips, quads or lower back this is a beneficial stretch for you.

If you sit down at work or during the day – these muscles are in a tight position when we sit, leaving them short and weak over time.

What to do (See the picture as a demonstration):

- Lunge down on one knee (use a pillow or towel to protect your knee)
- The knee that is in contact with the floor is the leg you're going to stretch
- Use something to hold onto if required
- Keep your opposite leg at a 90 degree angle
- Keep an upright posture



- Position feet as displayed in the picture
- Drop down and push through your hips
- Squeeze your glutes
- Wait until you feel a gentle stretch on the front of your hips or going down your thigh
- Hold for 30 seconds and repeat twice, on both sides
- Gently return to starting position with care

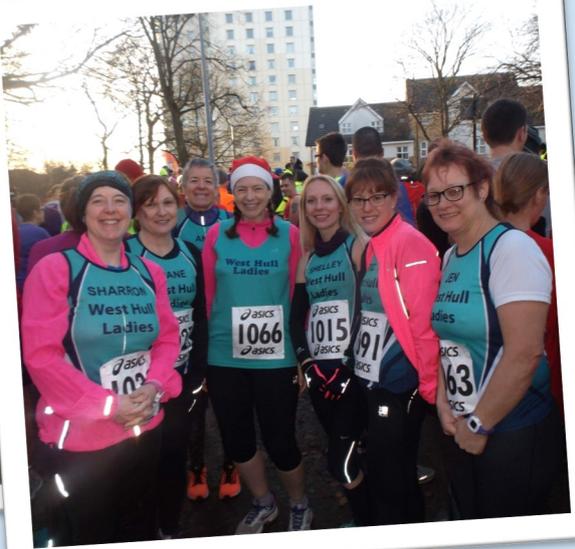
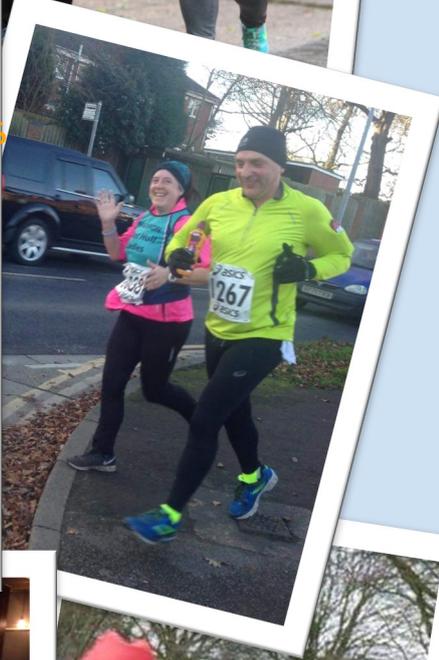
Interesting fact:

This is my personal favourite stretch and it has been over 5 years since I have gone a day without doing it.

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Girls on Film



Runner's Digest

Scott Jurek's Mushroom & Lentil Burgers

<http://www.scottjurek.com/lentilmushroom-burger/>

1 cup dried green lentils (2 1/4 cups cooked)
2 1/4 cups water
1 teaspoon dried parsley
1/4 teaspoon black pepper
3 garlic cloves, minced
1 1/4 cups finely chopped onion
3/4 cup finely chopped walnuts
2 cups fine bread crumbs (see note*)
1/2 cup ground flax seed (flax seed meal)

3 cups finely chopped mushrooms
1 1/2 cups destemmed, finely chopped kale, spinach, or winter greens
2 tablespoons coconut oil or olive oil
3 tablespoons balsamic vinegar
2 tablespoons Dijon mustard
2 tablespoons nutritional yeast
1 teaspoon sea salt
1/2 teaspoon black pepper
1/2 teaspoon paprika

In a small pot, bring the lentils, water, parsley, 1 garlic clove, and 1/4 cup of the onion to a boil. Reduce heat and simmer, partially covered, for 35 to 40 minutes, until the water is absorbed and the lentils are soft.

While the lentils are cooking, combine the walnuts, bread crumbs, and flax seed in a bowl. Add the nutritional yeast, salt, pepper, and paprika and mix well.

Sauté the remaining onion, remaining garlic, the mushrooms, and greens in the oil for 8 to 10 minutes, then set aside. Remove the lentils from the heat, add the vinegar and mustard, and mash with a potato masher or wooden spoon to a thick paste.

In a large mixing bowl, combine the lentils, sautéed veggies, and bread crumb mixtures, and mix well. Cool in the refrigerator for 15 to 30 minutes or more.

Using your hands, form burger patties to your desired size and place on waxed paper. Lightly fry in a seasoned skillet, broil, or grill until lightly browned and crisp, 3 to 5 minutes on each side. Extra uncooked patties can be frozen on wax paper in plastic bags or wrapped.

Makes a dozen 4-inch diameter burgers

***Note:** to make the bread crumbs, you'll need about half of a loaf of day-old bread. Slice the bread, then tear or cut into 2- to 3-inch pieces and chop in a food processor for 1 to 2 minutes, until a fine crumb results. The walnuts can also be chopped in the food processor with the bread.

January 2017

The importance of the pre race pee. Don't get caught out...



Jill says "Go before you go, and always wash your hands!"

Monday 9 th Amanda, Linda Sandra Fartleks	Wednesday 11 th Sandra, Maria	Friday 13 th Karen, Carol M Sara Friday Fresheners
Monday 16 th Linda, Jill Maria 10' intervals	Wednesday 18 th Sandra, Maria	Friday 20 th Karen, Carol M Sara Friday Fresheners
Monday 23 rd Amanda, Jill Linda Stadium Reps	Wednesday 25 th Sandra, Maria	Friday 22 nd Karen, Carol M Sara Friday Fresheners
Monday 30 th Amanda, Linda Jill Hill Training	Wednesday 1 st Sandra, Maria	Friday 3 rd Karen, Carol M Sara Friday Fresheners
Monday 6 th Amanda, Linda Jill Uni Surprise	Wednesday 8 th Sandra, Maria	Friday 10 th Karen, Carol M Sara Friday Fresheners
Monday 13 th Amanda, Linda, Jill Maria Fast K	Wednesday 15 th Sandra, Maria	Friday 17 th RESTING for parkrun on 16 th Sara Friday Fresheners

Committee Meeting

Minutes 9/1/17

Present: Maria, Karen S, Amanda, Sandra, Linda, Shelley, Martina, Liz N

Apologies from: Jan, Liz, Anna, Annette, Andrea, Jill

- Minutes of previous meeting agreed as accurate
- In relation to a talk from Mr Rickets City of Hull **Shelley to arrange a convenient date.**
- 0-5k Amanda updated the Committee that all had gone well this evening with some 14 ladies on the course.
- A discussion took place concerning whether men were allowed as guests to run with WHL. It was agreed that we were advertised as a Ladies only running club and whilst some of us maybe happy to allow male members of others Clubs on runs from the Club we could not speak for all members. Agreed that we should consult all Committee Members on this and that it was maybe an item for the AGM. **Sandra to email all Committee Members**
- We now have a thriving Snails Section within the Club but it was felt that there should be something to facilitate members moving from the Snails to the regulars. Carol H had suggested that thought be given to providing a group for Ladies who were running 12-minute mile pace. Agreed that we would try and incorporate this within the Club.
- Amanda expressed her concern that we were low on Leaders at the present time. Jan Antons had asked if she could attend the Leader in Running Fitness Course. It was agreed that the Club should fund this. **Action Amanda to inform Jan of the Committees decision and ask if she would be prepared to lead the transition group.**
- Steps are in place to set up a Junior park run in the City and the organisers had contacted Clubs to ask for any donations. **Agreed to donate £100 to this - Linda as Treasurer to organise**
- Our membership of the Yorkshire Vets Association was up for renewal. We agreed that, as we never sent a team to these races that we would not renew **Linda to email Yorkshire Vets to inform them of our decision.**
- Karen stated that she was having difficulty registering new members, as forms were not being completed correctly. A discussion took place and it was agreed that **Shelley would update the form and Sandra would do item for newsletter explaining different classes of membership.**
- The AGM would be held on the 6th March 2017 after training. Karen stated that we were registered as catering for three disciplines - Cross Country - Road Running and Race Walking. Suggested that we should take out Road Walking and replace this with Track and Field. **To be put on the Agenda for the AGM to be agreed.**
- Awards Evening. This would take place on Friday 17th March 2017. Agreed that the prizes would stay the same and we would not have an additional award this year for the Winter league hosted by City of Hull. **Jill and Linda to organise trophies. Jill and possibly 2 others to discuss allocation of prizes and also send out email explaining how to vote for Member of the Year and True Grit Award. Sandra to organise 100k awards.**

Confused Over Membership?

1st Claim

UK Athletics (UKA) allows athletes to be members of more than one club. The Club to which you pay your first England Athletic Membership fee to is your **First Claim Club**. This will always remain your first claim Club, whether or not you let your membership lapse. Your first payment ties you to that Club. The only way to change this is to obtain a copy of 'change of first claim club' form from the UKA . This enables you to resign from your original club but this has to be approved by UKA at their monthly eligibility committee.

You generally enter races under your first claim club but can enter under your second claim club if circumstances allow. An example of this is you belong to a fell running club as a second claim member. WHL does not 'do' fell racing so you can enter under your second claim club.

2nd Claim

You can belong to more than one Club but whilst you can only have 1 First Claim Club you can have as many 2nd Claim Clubs as you like. Many people train with a second club and so join as a second claim member. This is at a reduced rate as you are already paying your first claim club to be affiliated to UKA.

Social

This is offered to any ladies who do not wish to be affiliated to UKA and just want to be a member of the Club. They do not receive any of the benefits being a member of the UKA brings.

Benefits of England Athletic Membership

These are many and varied but include

- Personal profile page on Power of 10. You will need to register for your profile on either Power of 10 or Run Britain Rankings. West Hull Ladies use the Run Britain Rankings when allocating improver and beginner trophies at the yearly presentation awards evening.
- Reduced entry for UKA road and multi terrain events (minimum £2)
- Discounts at Running Shops
- Eligibility for club places at the Virgin London Marathon
- Insurance for affiliated clubs and their members.

These are just a few of the benefits. They are being updated all the time so it is worth taking a look at www.englandathletics.org/registered-athlete.

The important thing to remember is that the first Club you join will always be your first claim club until such time as you fill out the necessary form and send it to UKA.

So please take care when filling in your Club Membership form. It will make the secretary's job so much easier if she has the right information.

Hope I haven't confused you any more.

Final Thoughts...

“Always remember your first run, always think about how far you have come 😊.”

– Nat

#ThisGirlCanRun

Website: <http://www.westhulladies.org.uk>

Email: westhulladies@outlook.com

Facebook: <https://www.facebook.com/groups/westhulladies>