



## Newsletter

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# View from the back

By Liz Hobson

### Monthly musings January 2019

Happy New Year everyone!  
 Welcome to my, (hopefully), monthly journal in which I will chart my journey through 2019 to the London Marathon, the Rock and Roll half marathon and then to Endure 24 at Leeds and no doubt some other events on the way.



December was quite an interesting month for me. It started with the Rudolf romp experience, which I hope will never be repeated! It was 24 miles of rainy, hilly and muddy

hell, which took me and Jill nearly 8 hours, I can honestly say that it was the most difficult event I have done.

I think that I only finished because Jill cajoled me through it. She would say

“Let's have a little run” at which, I would be thinking rude replies, like,

“No F\*\*K off” but saying “Yes ok!” because I just wanted to get it over with.

We also had trauma with the nutrition. We were promising treats to each other when we get to that corner or the top of the hill. Jill had a Veloforte bar which she said was really good and she promised that when we reached a particular point we would share it. Well when it came to it this bar was so chewy I spent the next 2 miles suffering from lock jaw! The next treat was one of my favourites, Kendal Mint cake, that which was famously taken and eaten on expeditions to Mount Everest. The only problem was that due to frozen and wet fingers Jill couldn't get the packet open, Hillary and Tenzing never had this problem, they presumably had a team of Sherpas to open the thing. We finished in pitch darkness, but we did finish, which I am still quietly amazed at.

The rest of December has been a quest for me to try and retain some of the fitness from Rudolf by mixing a combination of 5 and 10 mile runs which brings me to my thought for this month....

Is a Wombling Merry Christmas an appropriate song to run to?

(No only joking) it is....

To have a training plan or not have a training plan that is the question?

While training for the two marathons I have done so far, I have not really followed a formal plan. In fact, I actively shied away from any formal plan altogether. There are a number of reasons for this, the first one is that in general I don't consider myself to be a proper runner, I am more a plucky amateur who dabbles in running, in fact. I still find running a bit of a novelty; it's what other people do, not me. Training plans are for real runners, aren't they?

When I am at work I sometimes mention to my customers that I run a bit and one of my colleagues will pipe in,

“Runs a bit, she does marathons.”

I often find myself almost surprised and have to remind myself that, “Oh yes I have ran marathons, haven't I?”

The second reason is that I suspect whatever plan I chose I would not be able to stick to it because life and work often gets in the way. I know that this would cause me to have a go at myself for not sticking to it. I would then lose all confidence and with the training, it is all about confidence, because you are almost kidding yourself you can do it. I can't think of running 26 miles but if I think of it as four 10ks and a short parkrun I know I can do it!

The third reason is that I am not getting any younger and I do have to listen to my body which sounds very pretentious! I normally try to have at least one day a week rest to recharge the batteries and generally running more than two days in a row seems to be a problem. However, I have found that mixing in a bit swimming can count as a sort of rest day and I

will try a bit of cycling too! I feel at my fittest when training for triathlons rather than marathons.

If you have a look at most of the marathon plans, they often go in 16 weeks with a combination of short high intensity sessions and probably one long run per week building up for 13 weeks and then a gradual taper up to the big day. It is generally all running which I aren't keen on as I think mixing in other stuff makes sense and hopefully helps injuries, it also helps with the boredom of running. If I get fed up of donning the trainers, I can try something else.

There is one training plan I do like and I would love to try it. One of my main loves is horse racing and I am a keen member of a horse racing club and actually own some very tiny bits of a number of horses. The way they get jump horses fit for racing is my kind of training plan. Basically they stick them in a field for the off season and fatten them up, they then work the horses fat into muscle starting with walking them and gradually increasing them up to galloping before they hit the racecourse. I did consider this around Christmas wondering if I could substitute grass for tins of Quality Street, but decided this wouldn't work for me, for a start, I find it really difficult to lose weight even when putting in a lot of miles. I think it would take me until next Christmas to convert all the fat into muscle!

The conclusion then my friends is that I am not going with any formal plan beyond increasing the mileage and trying to run 3 to 4 times a week, with some cross training in between. However what I need to do is to get down to club and do some speed training. In the last couple of years I have improved my overall fitness, endurance wise, but have got slower and

slower. In fact if I was a racehorse I would be down to run in a seller race where the winner is sold at auction afterwards! This is where you can help me. From now on I hope to be attending some sessions with you and, if not, I want you to be asking me why I aren't attending because I need chivvying up a bit in that respect.

I will do my best not to slow you down too much! In the meantime, where's the Quality Street?

## Auld Lang Syne Fell Race (31-12-18): By Amanda Dean

I joined my fell running friend Becky Weight to run this. A perfectly timed race as it is on New Year's Eve and so no worries about over indulging before a New Year race.



We arrived and registered picking up our Old Legover bottle of beer. After sorting out we huddled in the car to stay warm then had a very short warm up run. We headed into the quarry 5 mins before the start to a sea of fancy dressed runners.

To the sound of the bag pipes we headed out of the quarry and onto a track which we followed uphill before turning down a field which became steep towards the bottom. Across the stream which was over ankle deep then a steep climb up to a track which continued to the top of the moor. I passed Becky along the track.

Off onto a single path to the trig point where we turned down the hill. I was running pretty well but I could hear Becky catching and I jumped to the side to let her go – she has a fell runner's downhill confidence 😊.



This brought us back to the track and a lovely descent. Here I caught Becky and as I pulled past she said the lady ahead was first in our category ... we should try to catch her, and we both did!

I was ahead until the muddy, steep slope to the stream where I queued to cross whilst she (a proper fell runner) made her own path through the water dodging the queue.

**We reached the top of the hill**



together. I think my goretex trainers had doubled in weight through the stream! Whatever, I couldn't drag my feet any faster and finished (as we should) with Becky just ahead and pleased to find she was 1<sup>st</sup> LV60.

After a little retch I enjoyed a warm cup of coffee and biscuit. Then off to the car to change and head to the pub for soup and a roll, cup of tea and to await the prize giving.



There was a table piled high with boxes of biscuits, chocolates and alcohol! The first man and lady staggered away with around 7 items including a full case of beer!

Becky's turn came and she gathered in two arms full and

once the main prizes had done it went round again! I was really surprised to get a prize (2<sup>nd</sup> LV60). Then it went round again .... You get a lot for £7 entry fee!



Information about the race: 6.8 miles, 1000ft climb.

Where: West End Cricket Club, Penistone Hill, GR 023 363

Pre-entry only as there is a limit of 400 runners

Entry Cost £7

Bottle of Daleside Beer for all entrants

Free coffee and biscuits

Prize giving afterwards at the Sun Inn, free soup and roll.

Fancy it next year? It's very doable from Hull. Less than 2 hour drive and starts at 11:30am.

<http://www.wharfedaleharriers.co.uk/events/auld-lang-syne>

## Committee Meeting 7<sup>th</sup> January 2019

Minutes

Present Jill, Linda, Amanda, Maria, Anna, Anthea, Sandra

1. Apologies from Jan, Andrea, Sarah JW

2. Minutes of previous meeting accepted as true record
3. Amanda stated the membership form had been amended. Linda and Jill were still making enquiries into the 25k award. The Newsletter had been published – Anthea thanked for this. Jill had been in touch with Carole M re Nordic Walking. Awaiting more from Carole. Possible move to Hull and East Riding dealt with Item 4.
4. In relation to Hull and East Riding Club on Chanterlands Avenue – Jill had sent an email to a representative of White City who already train from there and a representative of the Club. She was awaiting a reply and would chase this up as it was felt that a decision needed to be made before Subscriptions were due.
5. Maria offered to lead a circuit style training session involving sprints etc at the Club on a Monday evening. It was agreed that this would start on the 4<sup>th</sup> February and be held once a month. Maria thanked for starting this new initiative.
6. Amanda spoke about the struggle to provide leaders for training sessions. Agreed to put out email to members asking for expressions of interest in becoming a LiRF. Anna would be attending such a course in March but agreed to lead sessions from February. Amanda to send out email and

7. purchase stop watches for new leaders.
8. Amanda informed the Committee that although we had no new members joining the Club save for those joining the Snails. We did have 90 members at present. Agreed that we would monitor the situation as 90 was still a good number.
9. Anna spoke about the Gender Recognition Act and her concerns about a local race she had entered and, on the entry form you were asked to stipulate whether you were Female Male or Non-Binary. She queried this and was told by Sports Entry Solutions that they were acting on guidance from England Athletics. The concern was that if a male self-identified as a female he could win prizes over woman. Anna to contact England Athletics for clarification.
10. Presentation Evening. Jill to put out email re True Grit and Member of the Year Award and collate results of members achievements for other awards. These results would have to be in for mid-February to allow awards to be purchased. Jill to put out email and collate results.
11. AGM to be held 11<sup>th</sup> March 2019. Linda to book room for this and all other meetings including next Committee Meeting 4<sup>th</sup> February. Linda to book room

## Possible club move to Hull & East Riding Sports Club

Dear Members,

Linda and I (Jill) went for a chat with Hull and East Riding Sports and Social club (across the road from Latus) to enquire about running from this club instead of the Latus Gym. We have looked into this option as we feel that, although we don't pay anything to be at Latus, that we don't really have the facilities that we need as a running club. We met with the chairman of the Trustees and some committee members from White City Running club. All of the people present were very happy to accommodate us if we decided to move across from the Latus Gym. From what we saw of the facilities myself and Linda would certainly encourage members that it would be very worthwhile to move across. We have passed this by the committee group and all responses have been positive.

The Secretary of White City suggested that we could organise with them on one of the evenings, to run from Hull and ER, so that our runners could see the facilities for themselves so we have arranged an "Open Night" at 7:15pm on Wednesday 30<sup>th</sup> January when Karen from White City will show us around. Please come and take a look and maybe bring a bit of money for a drink at the bar after.

This will be on the agenda at the next committee meeting on Monday 4<sup>th</sup> February. All are welcome to come and give their views.

Before any club decision is taken there will be a survey to get the views of the whole club.

The main issue that we foresee being potentially a sticking point for our members is the increased costs involved for each member, however we still believe that the option would be excellent value for money, for what we would be able to get both as a club and as individual members.

As you know we currently charge members £30 per year for club membership. This includes registration to England Athletics, which is £15 per member. On top of this all members would need to join Hull and ER Social club which is £25 per year (renewable from October 1<sup>st</sup>). From April 1<sup>st</sup> this reduces to half price (£12.50), and there are concessions for anyone over 60 years old who only have to pay £12.50 per year.

Whilst this would represent a considerable increase in overall costs per member, (£55 for members up to age 59; and £42.50 for members aged 60+), the club and members would get considerable benefits.

For the club we get:

- Access to clean warm changing rooms, toilets and showers (we would need to purchase a small bank of lockers if we needed these).
- Access to the bar and function room whenever it is open (9am to 23.30pm every day).

- Reasonable price drinks and food.
- Ability to be able to book the function room with bar; or the meeting room, both for free, for any club events.
- Access to use the sports field perimeter for training.
- A suitable noticeboard space.
- Space to store items if we needed this.
- Apart from this, individual members can get the following:
- Access to the bar and function room whenever it is open (9am to 23.30pm every day).
- Use of badminton courts (Just a cost for lights).
- Ability to be able to book the function room with bar; or the meeting room for free, for personal events, like birthdays etc...

Myself and Linda felt this was really good value for money. The atmosphere is really friendly across there, and it would give us the opportunity to socialise after a run, or organise talks or other events for our members. We would have no problems in getting a space for committee meetings and we could even do things like have a social run and drink every month if we fancied this. White City have said that they do an informal social run every Sunday at 9am and that anyone from our club would be welcome to join them in this run.

**Hope you enjoyed this newsletter.**

**Thank you to all who contributed.**

**If you would like write an article please Email it to [woolymammouth@gmail.com](mailto:woolymammouth@gmail.com) by the 20<sup>th</sup> of February.**

