



Newsletter

June 2017



Flying The Flag For Flying Feet

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Hello Ladies,

Sun's out, runs out! We've been doing some big miles this month. Some of us ladies have been representing the Teal Army at Hull 10k, some of the nutters have been running and camping in a forest in Reading and some of the WHLrs got up very early in the morning to cycle around what felt like half of the country, and there are still many more events in the calendar to come, what a year!

Shelley



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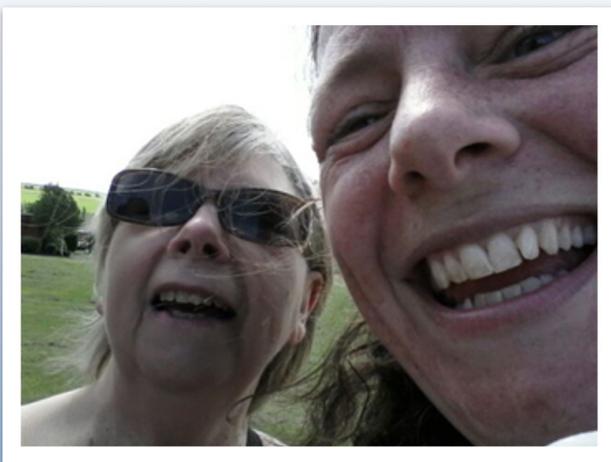
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Running Warter

Top of the Wolds 10k Challenge.

I don't know how I stumbled across this race, but I was lured in by the promise of some pretty scenery, and my mums lovely shower in Pocklington afterwards. It was a new race, so there were no results from previous years to look at, and see if I might be last or not, but I realized that I would regret not having a go.

The forecast was super, and what a pretty village Warter is. It's an estate village, so full of gorgeous houses, and we found the race HQ easily. It was funny being the only WHL- I really did miss you all! I don't think that I have ever been to a race as a solo West Hull Lady, so I made my mum an honorary member for the day.



The route here is like a spoon shape, so the first mile out of Warter, you know you will be running in reverse on the way home. This mile was quite “undulating”,

even before we had gotten to the infamous hill- the race was living up to its description of “hilly”. This mile made the descent into the village of Nunburnholme, where the church bells were peeling as we ran in.

The next section was “that hill”. As my mum pointed out- “in the car you need to get into first to get up there”!

Nunburnholme Hill, or Toddledown Hill which is its correct name was indeed horrendous and I take my hat off to all of you who have told me that you have cycled up it! I will forever call it Waddle up Hill (although on the day I was less polite than that!); I did start to run it, I really did, but soon gave in and joined everyone else walking. The whole walk was tough, but gave me chance to chat to some of the others on route. There were some “helpful” motivational posters on the way.



At the top of the hill, and past the St Johns ambulance(!), we were happy to find a level road. This led round to Nunburnholme woods. This was a welcome change, it was shady, softer underfoot, and more importantly- downhill! It also allowed me a first in running- I couldn't slow myself down, even though I felt that I should! Running too fast- fantastic!



Out of the woods, and the rest of the route followed tracks around fields, offering amazing views, then back onto the road home. It really was the prettiest route, alongside a little brook and charming cottages. The wildlife was fun to spot too. I'm afraid to say that I had another little walk on the way back into Warter, but we were soon heading up into the field with the finish line. I had just enough energy left

for a push to the finish, and just pipped another runner to the line.

At the end, you collect a water, a medal, and a voucher for tea and amazing looking cakes in the village hall. There was quite a que though, so we left and headed for the shower first, then Allerthorpe pub for lunch.

This is not a race for a PB, but it's a fantastic race for the spirit and the soul! Those of you who enjoy off- road should definitely look out for this next year. It was small (250), had a super route and was really well organised and marshalled, with two water stations and refreshments at the end.

If you can handle the hill (or right-off the hill and walk it in my case), then you are rewarded with views like this: Superb!

Anna



Endure 24

Carefully chosen outfits, plenty of food and drink, late nights and tears in the toilets. Sounds like most girlie weekends away, but this was a WHL weekend, so ours was slightly different!

Endure 24 is a 24 hour run around Wasing Park in Reading, which starts at 12:00 on the Saturday and the last lap has to begin before 12:00 on the Sunday.

The objective is to see how many laps you can manage before you can't lift your head or move in a straight line and a marshal has to sit you down and revive you with biscuits and Fruit Pastilles (not my finest moment!).

We entered 4 teams this year:

Liz D and Jan D (last year's female pair winners).

Rachel A and Zoe.

Jill J and Liz H.

Stacy, Shelley, Sarah K and Cath.

We arrived on Friday, Jill and Liz H had, once again, secured us an amazing spot alongside the run route. We unpacked and carb loaded on spag bol, some of us had done this, or other events like this before, so we knew what to expect. Stacy and Cath however were expecting a night on the tiles (or grass, we were camping), ha ha ha, no way ladies! Early to bed we went.

Saturday was hot and sunny, not what you want when you have to run, but at least it was dry, for now.

I set off first for my team and took it

steady, running with Liz D. Last year I belted out 3 laps at race pace and injured myself, this year's tactics were different, I wanted to do at least 6 laps, maybe 7.

The route is roughly 5 miles long, mostly through a forest, up and down a few hills and with support from a dancing hippy in an old VW van!



Each team had made a rough plan of what they wanted to happen, and the plans were updated as we each came in from our respective laps.

My team had decided to do a couple of single laps each to take us into the evening and then do a double lap each in the night so we could all try and get a decent amount of sleep, it seemed a good idea at the time!

We were all doing ok so far, no falls, no tears, no injuries and getting a rest when we could. The cups of teas were flowing and we were all refuelling well.

Then, to quote the Arctic Monkeys “they say it changes when the sun goes down” - Well, yes it did!

My double shift was due to start at about 1:30, I'd had a bit of a sleep after I came back from lap 3 at around 21:30, but I was in no mood to get up and run 10 miles in the dark, and in the rain. Sarah was feeling the same when she woke me up after her lap. I got dressed and nipped to the loos, here I found Rachel, looking



wild-eyed and mumbling about “f*@king \$%!tty double laps” I couldn't understand much else. I left the crazy lady and set off on my own double lap. I was tired and



didn't enjoy it, most other people on the lap seemed pretty sombre, but the woods all lit up with fairy lights lifted my mood, slightly.

I passed the 'baton' on to Stacy and wished her luck in the rain.

Luckily the morning brought better weather and we had all regained our sanity. I'd done 5 laps already, so only 1, possibly 2 more and I would be done. Lap 6 went fine. Lap 7 I ran with Jan, she had 2 laps to go to get her 100k. I pretended I was helping out but Jan was the one who got me around really. We got back at about 11:45, 15 mins before the last lap cut off point, I felt ok so decided to do another lap, to take me to 8. Jan and I took it very steady as there was no rush to be back, but 5k in and I was in trouble. Quick thinking Jan sorted me some food at a marshal point and I quickly texted Stacy to order a cheese sandwich along the route. I was back in the game (just!). Liz D came to run her mum over the line, they had both done over 100k each and came 3rd female pair!

We all did amazingly well and fully deserved the huge medals, it was such an adventure. Bring on Thunder Run!

Shelley

Endure Extra!



There's Been A Murder!

Poor Colin the Caterpillar cake was brutally mowed down whilst he took shelter from the sun under a Land Rover.

Luckily he survived enough to get eaten for Liz H's 50th birthday celebrations.

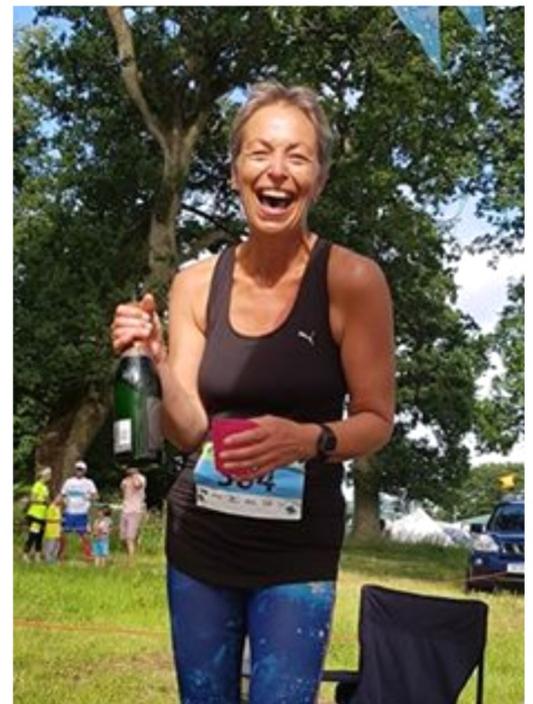


Stop! Thief!

The Halo headband stand was reportedly victim to a spate of thefts. A group of dodgy looking ladies who said 'err ner' a lot confused the poor owner with poor maths skills and made off with a headband without paying. It was returned, but only to exchange it for a nicer colour. The perpetrators have been electronically tagged.

Guess Who ...

- ... had prosecco for breakfast (again!).
- ... sleeps with a full balaclava on.
- ... can't tell the difference between Shelley and Stacy.
- ... went for a cheeky beer and a burger after her night run.
- ... listed 'ginger' as a medical condition.
- ... sat in a blanket watching the handsome male runners to go by.





WHLrs



wobbly at first then I felt ok, it's 8 miles from the shop to my house. Boy that was a long way, it even started raining then I thought I might slide because this bike has such thin tyres, but I was ok. PHEW home safe then I had to wash and shine it up because it had got dirty.

So a few practice runs later I got a little more confident. Sarah JW took me for a ride across the Humber Bridge to a cafe then back again – 25 miles – that was a long way!

I entered a Sportive along with Sandra and Shelley, there was a choice of 100 miles or 100k. Shelley chose the 100m and Sandra and I went for the 100k.

After much faffing about deciding whether or not to buy a road bike, looking on line, calling into a few shops etc., I visited the fab Sandra for a coffee and she promptly took me to a cycle shop in North Ferriby and yes I fell in love and ordered my bike. It was soon time to pick the bike up, Hilda is her name! I then had to ride it home, a bike with drop handlebars and so light a puff of wind would surely blow me over. Sandra was watching from the other side of the street so I was a tad nervous, what if I fell off? Anyway I got going, was a bit





WHLrs



The morning arrived and we drove to the start in Thorne, met up with Shelley who was soon away on her 100 mile (pew made me tired just thinking about that), then we set off to do our 100k. I was a bit nervous but knew I was in good hands (thanks Sandra).

One thing I learned about Sportives is they feed you well! After around 20ish miles there was a feed station which gave out tea, coffee, juice, gels, BISCUITS and the stop was quite welcome, my legs felt a bit like jelly. Onwards towards our next feed station riding through little villages and lovely country lanes, we finally arrived at mile 47ish and there were tons and tons of sandwiches, cake, fruit, tea, coffee, juice etc. I wasn't as wobbly at this point maybe everything was a tad numb!

On our way towards the finish. Now Sandra said we were travelling 60 miles so she shouted out to me 'only a half marathon left Linda, let's go'. And we did but that 13 miles seemed to go on forever. We passed a sign that said we didn't have long to go, we'd already cycled 60 miles and I was beginning to feel my bum shouting at me to get off the darned thing! Well I had to keep going, Sandra was a bit in front of me (she

can pedal fast she can), I was trying to keep up, lifting my bum off the seat to ease the pain, we couldn't be that far away from the finish, 63 miles done, by now Sandra was complaining that it wasn't fair we'd been diddled. Finally into the finish and we'd covered 65 miles (that was when we found out the distance was actually 65 miles but we'd always thought it to be 60)!

I finished with a huge smile on my face, I absolutely loved it, I love my bike and can't wait to do another one.

Oh and we got a tee shirt, a medal, a buff plus a huge hot bacon sandwich and a cuppa. I'd eaten more in one day of cycling than I normally do in a week I think!

Thank you Sandra for helping me choose my bike and taking me on my first ever Sportive.

Linda D



Kris' Therapy Bench



Back Extension



What is it:

A mobility exercise to keep your lower back and spine supple

What does it do:

It helps maintain a healthy level of movement within your spine, by counteracting all the time we spend in flexion (sitting down/bending down)

Why do them:

Human beings have become more sedentary over our existence (sitting at work, sitting in the car, sitting on the couch, sitting on the toilet, sitting to eat our food etc.). This causes our spine to be in one particular position for a prolonged period of time- which can cause lower back pain and a lot of hip/ glute tightness. As runners it's important we keep our core (glutes/hips/lower back) mobile, to ensure a healthy run.

What to do (see pictures for demonstration):

- Picture A- Start in a laying face down position
- Put your hand in the press up position (roughly shoulder height)
- Picture B- Keeping the front of your hips on the ground begin to push through your arms to curve your lower back
- As you push up, try to keep your lower back and glutes (Bum) relaxed
- Only push as far as you feel comfortable (**Never push through pain!**)
- You may not be able to fully extend your arms as displayed in picture B. Don't worry, it's a

work in progress you'll get there.

- Once you have reached your comfortable height, hold for one second then return back to starting position
- Repeat this 10 times (2 sets)
- Aim for to do 2-3 times a day, especially if you sit for a living.

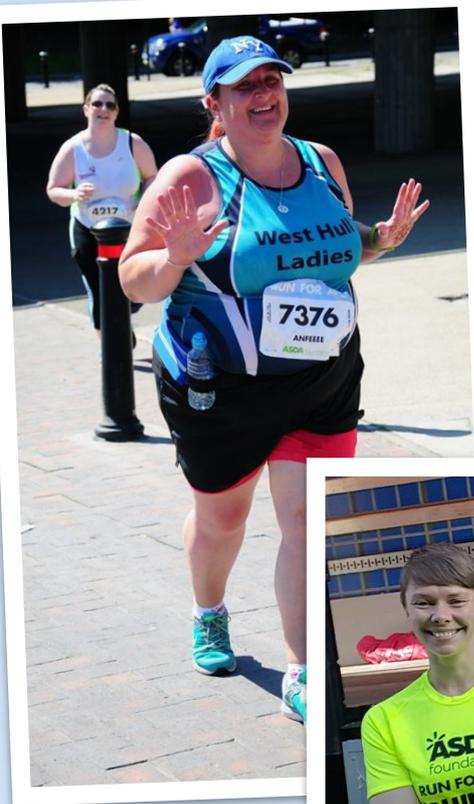
Interesting fact:

This exercise helps push fluid into the spinal column, keeping our spinal discs hydrated and rich in nutrient. The day you can no longer extend your lower back is the day your spine begins to 'fuse' and you begin to lose height.

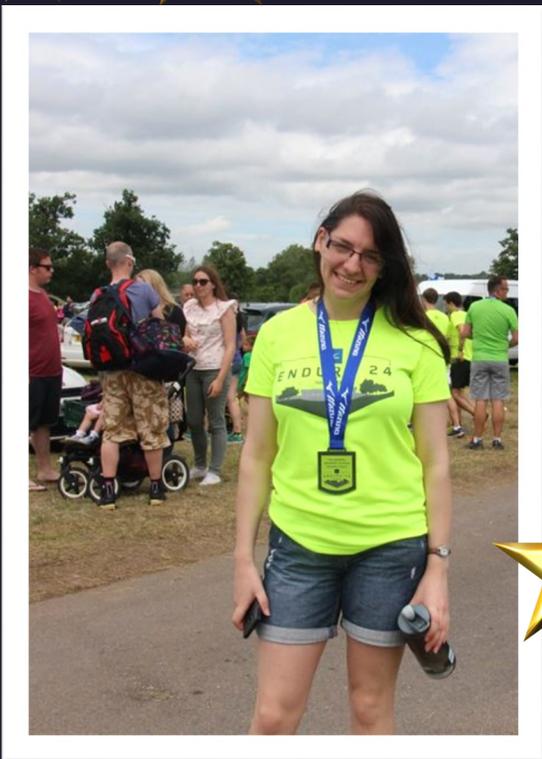
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Girls on Film



SHOW US YOUR BLING



Runner's Digest

Amanda's Grunt Cakes (because you grunt when you eat them)

- 7oz Self raising flour
- 6oz Porridge oats (I use organic ones which give more texture but any will do)
- 4oz sugar
- 1 teaspoon baking powder
- 8oz butter

Rub butter into dry ingredients until becomes a single entity.
Roll to about 1/3" (1cm). Cut into biscuits (I use a wine glass).
Place on greased baking tray and bake 180C for 30 mins.

June 2017

Learn from Other Runners



Jill says "At a West Hull Ladies away day I learnt so much about sports nutrition from other runners, should you have red or white *sports drinks*?"

JUNE 2017

Committee Meeting

Minutes 5/6/17

Present Jill, Sandra, Linda, Maria, Amanda

Apologies received from Jan Liz Annette Anna Andrea Shell

Minutes of previous meeting accepted as an accurate record

Matters Arising - Jill had purchased camping stove - Amanda had loaded photos from presentation evening onto website. Sandra now in a position to pursue the purchase of cycle vests. To continue research into obtaining buffs. Annette had been updated about the policy on advertising received by the club. Amanda had altered the Membership form to give Marias details. Angie and Sian to attend next meeting to discuss Twitter account for the Club. Awaiting update from Jan in relation to evening out.

First Aid Kit - it was agreed to purchase First Aid Kit to be used for 24-hour events and any other where it would be beneficial. **Linda to purchase**

Jan Antons would be attending LiRF on the 2nd July 2017. After discussion it was agreed that this group that would be for members moving up from the Snails would be called "Improvers". **Amanda to contact Jan for her to prepare a flyer for this new group**

Donations - Peter Taylor had given one of our ladies an entry for a race - he asked that the monies be paid into Club funds. It was agreed that this money be donated to our chosen charity. Any other purchases made by the Club for welfare purposes (flowers - cards) to come out of the main funds after discussion and agreement by Committee.

Midsummer Madness. Amanda spoke about an idea she had about an event that would take place next year for any member. Provisionally it would start at Skidby and wend its way through the countryside to Thixendale. We would hire the village hall for rest and refreshments before making our way back. As some ladies would not want to do 100k there would be other options of shorter runs/cycle rides. Everyone agreed this was a fabulous idea **Amanda to prepare and send out email to members.**

A discussion took place about leaders - it was suggested that as Ann be asked if she would like to return and take on a training session on a Monday or Friday. **Amanda to contact Ann.** Liz D had also updated that her yoga teacher had confirmed she was willing to hold a yoga class for WHL's. **Sandra to contact Liz to progress and give further details.**

Final Thoughts...

What seems so hard now,
will some day be
your warm up

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

Email: westhulladies@outlook.com

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