

WEST HULL LADIES NEWSLETTER June 2019



Hull Festival of Running 02/06/2019



Midsummer Madness 50k ladies

GALLERY



FREE THE WEST HULL
LADY ONE! Linda before the
Rock n Roll Half marathon



Maria surrendering during the
Humberbridge 10k 26/05/2019



Sharron and Karen Scott wave a last
goodbye before the Rock and Roll
Marathon 26/5/2019



Jenny, Lynne, Anna, Victoria, Rebecca, Shelly and
Karen trail running



Jill J Jane, Liz H, Linda, Rachel, and June before
the Rock n Roll 5k 25/05/2019



June and her mum after the Hull
Half Marathon 2/6/2019



Chatty Midweek run 12/06/2019

Meet a Member

Sara Ellis

Member of WHL since - 2009

What do you do when you're not running?

Work at SGS - project managing new designs for the Finish brand, being a mum to two fantastic children, Sam and Grace, obviously being very good wife too to my hubby Dave. And I try to sit and relax after running enjoying the soaps on TV!

How long have you been running? around 15 years

Why did you start running?

Rach dragged me out around 15 years ago, if not longer, we ran/walked until eventually we could a run a mile without walking! I was so chuffed to make it to a mile!

Favourite distance? Half marathon

Any injuries? No, thank goodness - just the usual aches after lots of running

Running goals? Just to keep going and enjoying it

Proudest moment(s) running related or otherwise?

Completing my first ever marathon with my BFF - Rachael, and finishing Hull marathon under 4 hours - I trained so hard to achieve that, so when I saw the time 3.52, I was so happy and very proud of myself!

Best piece of advice you've received In anything? Don't be shit!



Running alone or with friends?

Both - friends so you can have a good natter and catch up and encourage each other, but sometimes I just like to go out on my own myself, with my own thoughts. Long runs are much better with company.

What keeps you motivated?

Friends, family, knowing that running keeps me sane!

Favourite moment in a West Hull Ladies vest?

Crossing the start line in my first London marathon, wearing my vest with pride knowing all the training had been worth it.

Favourite piece of running kit?

I have a bright orange vest and I just love it - it is so comfy and shows your tan off well in the summer!

MEDAL'S OF THE MONTH



Jill's Rock and Roll haul of Medals
26/05/2019



Amanda winning her age category in the Top of the Wolds 10k 02/06/2019



Lynne's Hull Half Marathon
Medal



Jane with her Isle of Skye half
marathon medal 8/6/2019



Jan's magnificent Spinning Willy
Giants Head medal 22/06/2019



June's Battersea Park 10k
medal 22/06/2019

Minutes of the Committee Meeting

3/6/2019

All members are welcome to attend committee meetings, they are actually very interesting and there is

******CAKE****** (that got your attention didn't it?)

This month Sandra brought in her energy balls which everyone was very impressed with. This caused much hilarity with some of the more juvenile members of the committee, (sorry Jan)!

West Hull Ladies Committee meeting

Monday 3rd June 7:15pm, Cottingham Rd Baptist Church

Present: Liz H, Amanda, Rachel L, Linda, Maria, Liz N, Annika, Anna, Andrea, Sandra, Jan and Jill.

Apologies: Annette, Sara, June

1/ Minutes from the previous meeting: accepted as a true record.

2/ Matters arising from the previous minutes:

Confirmation waiting from Karen Scott regarding the request for help from the club in the Hull Marathon.

We discussed the presentation evening. **Action: Rachel to approach the Canham Turner** to book next year's evening for March 2020.

The welcome email is to be revised. **Action: Anna to redraft**, Annette asked to proof read.

Jan to contact Caroline regarding the welfare aspects discussed last time, with a view to setting out some procedures and plans. **Action: Jan to email Caroline**

3/ Facebook

Andrea updated the committee. We now have 98 members. We discussed having more representatives from other running clubs to enable the sharing of race information.

4/ Membership

Amanda updated us on the 'NEW ladies list' and the process of contacting ladies if not joined us within 6 weeks.

5/ Training

During the early Bank holiday week, the club runs had a smaller turnout but otherwise lots of ladies joining the runs. The away night at Skidby was really well attended (25 ladies).

Ladies are doing well in both Champagne League and Summer League. Plenty of racing happening. Various weekend runs, invites from Facebook. A very active club.

Our first West Hull Wheeler rides started earlier in the month, instigated by Sandra. Excellent cross training or alternative training when injured.

6/ Snails

Run Together website has been updated to remove contacts who were no longer members. There have been problems adding Annika's name.

Annika reported that several Snails had expressed an interest in starting to join regular training sessions. This was welcomed by the committee. She has suggested selecting two Monday training sessions to join, due to their inclusivity, and to work towards joining the steady run on a Wednesday. **Action: Annika to progress**

7/ Midsummer Madness

Amanda updated the committee on numbers, planned routes and catering/ facilities.

8/ AOB

Newsletter: Liz Hobson was thanked for a great newsletter.

Social events: A Christmas social was discussed. Suggestions included a table at a dinner dance, a meal, or a run with a lunch to follow. Rachel to look into options. **Action: Rachael.**

Next Meeting- 15th July

Thank you all.

Anna Shepherdson

TRY CORNER

What other things have our Ladies been up to this month apart from running?



Ladies looking glamorous on a night out 22/06/2019



Verity happy that the Bike leg of the Half Outlaw Triathlon is over



Shell volunteering at the Yorkshireman Triathlon 23/06/2019



Jill, Kim and Jane Exploring the Isle of Skye 06/06/2019



Gail and hubby climbing up Snowdonia on her birthday



Snail Trails



Annika and Anthea

Anthea and Annika have been chatting about how to lead and progress the Snails over the next few weeks whilst Anthea has been still "off duty" with a broken ankle.

They thought that it would be a nice idea to have three goals for Snails training these are:

1. Anthea to offer a Couch to 5k program once she has fully recovered.
2. Snails will aim to join one Friday Fresheners and Speed-Work session each month
3. Annika will be putting on a "progression session" on Wednesday that helps any Snail to work towards joining Sarah's Steady group on Wednesday (i.e.: 4-5miles of continuous running)

Liz says.....

Dear Ladies



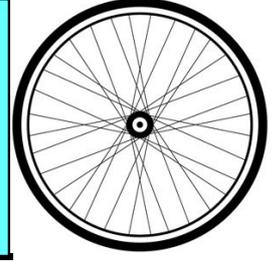
Please don't be worried about speed work, I am a slow runner but in many ways I find speed work more inclusive than ordinary runs. Although everyone runs at different speeds the sessions are designed so that the faster runners come back to the group. Essentially the fast runners run a longer distances but the group keeps together. You'll get the idea if you have a go. I try to think of it not as Speed work but more "less slow" work. I know when some of you have joined the speed work in the past, many of you were faster than me and some of the other runners, in the speedy (less slow) bits.

Love from Liz xx



West Hull Wheelers

Amanda Dean



Cycling is good cross training. It is not as much fun as running of course but if you are injured it is often something you can do whilst you recover as it has much less of an impact on your joints. Sandra is working on getting her knee better so with glorious May sunshine she pulled her bike out of the shed and off we went:

22nd May

Sandra and I got out on a bike ride. She was nervous before we started then proceeded to drop me on all the climbs!

But I bossed her on the downhills ha! (She's such a wuss).

A lovely 25 miler with cuppa and cake at Millers cafe.

We are lucky being retired... and having each other to go and out play ☐



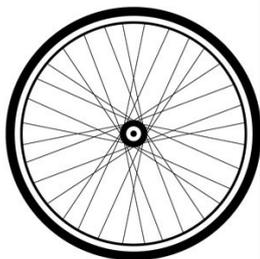
29th May

Sandra and I set off from Little Weighton collecting Linda up from South Cave for a lovely bike ride. Photo of us in Hotham Park.

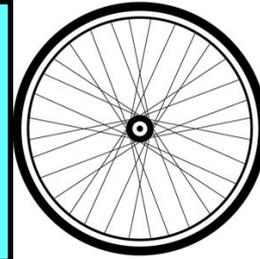
Today's café was the Ellerker garden centre.

Following this Linda headed home, Sandra for her Kris physio and me to climb Elloughton Dale before sailing home to Hull.

Another glorious day.



West Hull Wheelers



Wednesday 12th June Barracuda's Duathlon

Sarah Wilson came close to backing out of this but made it. Far out of her comfort zone, which shows just how brave she was. Hoping her experience will encourage more West Hull Ladies to give it a go.

I did it! Last one in, but I did it! □□□□

I really enjoyed it even though I was last!

There was a really friendly atmosphere and I felt I'd achieved something new.



Info: Just arrive at Skidby Mill, visitor's car park by 6:30pm with running gear, bike & helmet, £3 to enter.

Date	Cliff Pratt	Simply Running
26 th June		2m/15m/2m
10 th July	2m/9m	
24 th July		4m/15m/2m
7 th August	2m/9m	
28 th August		2m/10m/2m
4 th September	2m/9m	
18 th September (18:30 hrs)		2m/10m/2m

Open Time Trials

Currently just me doing the 'opens' but I am hoping that a west hull lady will give it a go as the club has paid the insurance to allow any of you to ride any CTT event: <https://www.cyclingtimetrials.org.uk/>

Most races I don't get anything though I've been 'Lucky Jim' with a couple of spot prizes this year and I am improving. The events are very friendly and always tea and cake at the end.

I came away from the Selby TT with two prizes! See photo. One expected, 1st in my age category ... I was the only one! The 2nd for 3rd in females, not expected □. Only 8 of us but I was the oldest!





Parkrun News



4/5/2019

In addition to our 2 runners at Hull Parkrun, 11 runners at Peter Pan parkrun and 2 at Humber Bridge. We had two Parkroamers this week Lesley Mclelland completed Newport Parkrun and Sarah Wilson completed Alnwick.

“Just reporting in with my parkrun. We did Pastures parkrun at Alnwick. It’s very uneven ground and there are a couple of nasty hills thrown in, but it is stunning! You run in front of Alnwick castle and along the river it really is beautiful. Definitely not a Pb course but absolutely beautiful.”



Sarah and Peter at Alnwick

11/05/2019

4 ladies completed Hull Parkrun with 12 ladies at Peterpan parkrun including Jane Allen who managed a new PB of 28 mins 9 secs a fantastic run. Linda and Oliver were volunteering as well. We also had two ladies at the Humber bridge Parkrun.

18/05/2019

We had 7 ladies at Hull Parkrun this week and 11 at Peterpan including Claire Anthony and Claire Garbutt who both scored PBs on the day. We also had 2 ladies at Humber bridge. Jen Walker was our Parkroamer this week with a run at Normanby Hall

25/05/2019

We had 5 ladies at Hull Parkrun this week including Anna Shepherdson who was tail runner. At Peterpan there were 9 ladies including a PB for Fay Giles and a yearly PB for Jermaine *“I was really hoping for a sub 26 min time today - but still it’s a 2019 parkrun PB! Very happy to be 5th lady & 2nd in age category!”* At Humberbridge there was one lady Diane Taylor. Our Parkroamer this week was Suzanne Clarkson who did Fell Foot Parkrun at Newby Bridge. *“Just done Fell Foot parkrun. At Newby Bridge, Lake Windermere. Fabulous setting, a bit hilly. We are in the area for a Biathle activity weekend. Enjoy your weekend everyone”*

01/06/2019

There were 4 ladies at Hull Parkrun including Jen who volunteered and tail walked. Peterpan Parkrunners got a bonus when Jermaine (Core Yoga Therapy) did a warm up session. There were 14 ladies who completed the Parkrun,. We had one lady Charley Welburn-Tallis at who completed Humber bridge Parkrun for the first time.



Jermaine’s yoga session at Peterpan Parkrun

8/6/2019

No Peterpan parkrun this week but 6 ladies competed at Hull Parkrun with 3 ladies at Humber Bridge, Kate Argyle running a PB at HumberBridge. Sharon and Andrea were our Parkroamers visiting Normanby Hall.

15/06/2019

There were 6 ladies completing Hull Parkrun with a great day for Angela Salisbury and Angela Khudonazarova running fantastic PBs. There were 12 ladies at Peterpan with Samantha Giblin completing it for the first time. We also had Diane Taylor at HumberBridge Parkrun.

Midsummer Madness

My 50k Experience

Maria Diaz

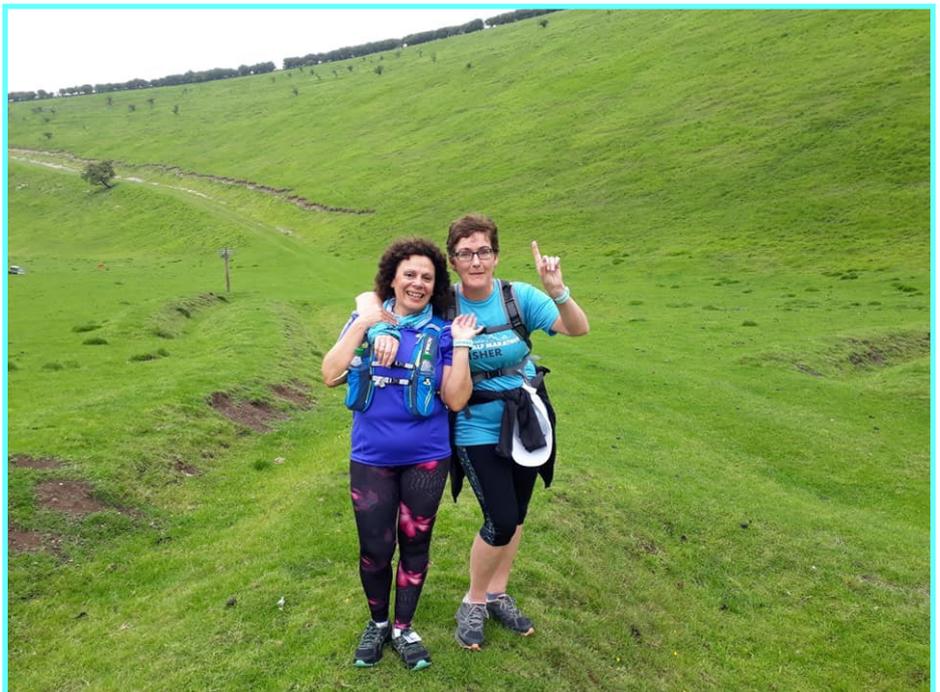


Firstly, I like to thank Amanda for organising and leading us, you kept us all going when we just wanted to curl up and never run again!!!!!!!!!! The ladies that looked after us so well by cooking and making sure we were ok the whole time. Liz H our photographer, the photos are all amazing and the running group as

together you made it possible for me. This is a bit like the Oscars!!

I was quite nervous and worried at the thought of doing 50k in 12 hours but on the day, I started to relax a little and go with the flow. Got to the hall and after greeting everyone and unpacking we set off at

9:30; IN THE RAIN!! After a couple of miles the rain stopped and the sun came out, gosh it was hilly and hilly and yes very hilly!!!! but somehow the miles just ticked by obviously helped by the company as we did laugh and talked a lot and by the spectacular scenery, everywhere you looked something was absolutely stunning, we are lucky to live in such a nice part of the Country, even the cows behaved themselves and left us alone!!! Before I knew



it, we were back at the hall for lunch after completing 16.3 miles in under 4 hours for me.



Not bad I thought at this stage but was not entirely convinced I was going to continue so while we were eating Amanda announced to us we would be setting off again at 2:30 to do 11.5 miles and I just said “ I think I will give that a miss”” to which Verity and Rachel W replied “you have already changed so get ready to go” so we set off again at 2:30. Well this was a different story now as from the minute we set off I just ached every where but

soldiered on. Did I mention hills??? The rain and the wind were quite brutal by this time and mostly it felt like running backwards because it was so slippery, oh and hilly nearly forgot to mention it!! We had to climb over the cow gates and it took me about 4 attempts due to cramp on both thighs, yes cramp is my big issue when doing long distance running. I got cramp again so I had to walk very slowly, Amanda come up to me and asked how I was doing so I explained and to this she just said: ”can you not walk a bit faster” you know you get to a point when running in pain you could murder someone? this was that point (sorry Amanda I promise you it was not personal) but instead I just replied “I will try my best” she left me then and I continued to walk -SLOWLY- finally got on to the road and was down hill to the end so about 2 miles left, Amanda offered me 2 pain killers as by this point running or walking were equally painful, they soon took effect so I managed to run to the end. Back at the hall and Amanda said I had only 3 miles left to do so Jo, Liz N and I set off again, they were extremely kind to come with me as they only had about 2 miles left to do. Off we went again, yes uphill off course, is what happens when base is in a valley!!! It took us 48 minutes to complete the 3 miles so you can imagine how exhausted we were at this stage but completed we did and my total running time was about 8:10 for the 50k so again thanks to all the group for keeping me going when it got really tough. Getting in and out of

the car was quite difficult and when I got home Pat had to help me undress and take my shoes off as I was so stiff I could not manage. The pain continued and got worse over the next couple of days, stairs were a nightmare up or down



but I soon recovered and was back running again by the Wednesday. Will I do it again?? Only if it can be as flat as pancake as hills are not my friends right now.

Gallery



Rebecca, Anna and Karen at Summer League Leven 10K 28/05/2019



Jenny at the Abersoch 10 k 01/06/2019



Jane's off Road Adventure around Skidby 19/05/2019



Jane looking forward Wolds 02/06/2019



Jan and Liz Draper Hardmoors Whitehorse Marathon 9/6/2019



Amanda and Fay Top of the Wolds 10k 2/6/2019



Sledmere Sunset trail 14/06/2019



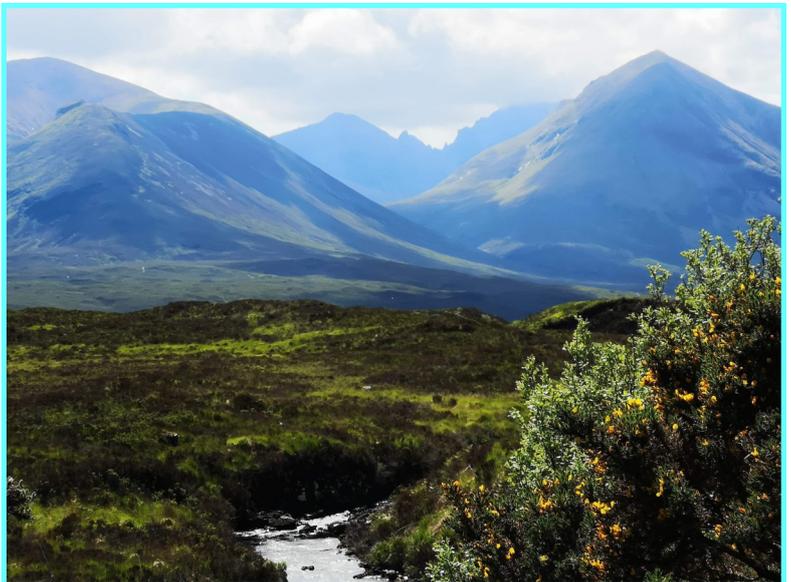
Annika, Abbie and Lyndsey 14/06/2019

Skye-ving off to do a half marathon!

Jill Jameson

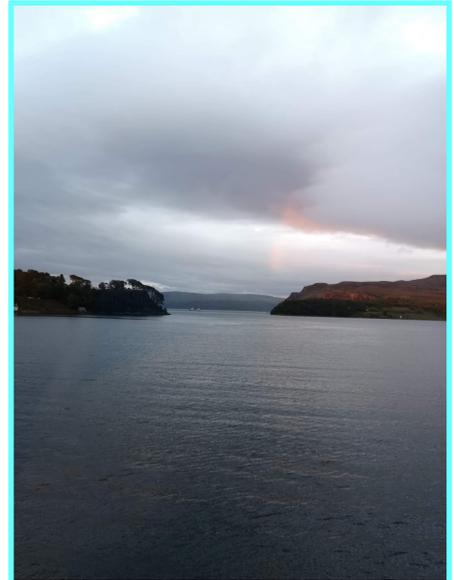
I'm not quite sure how we ended up deciding to drive 470 odd miles to the beautiful island of Skye to do a half marathon but the idea started around last October when myself, Kim McBirnie and Jane Allen, were innocently chatting about running. Now it can be a dangerous thing when runners get together like this as it is so easy to get carried away, particularly when you can, at the click of a mouse, enter an event anywhere in the UK...or in the world for that matter! We all know how it is don't we...one minute we can be browsing some events, just for interest... and then suddenly find our names in the race list...thinking how did that happen? (Note to self...hide plastic card when on computer!).

Anyway...to cut a long story short, the three of us set out on our Skye adventure, early one rainy Wednesday morning. The long drive was made easier by sharing the driving between me and Kim and stuffing our faces with lots of food and cake! Around 11 hours after starting out we arrived at our Airbnb in Portree, the main town on the island. Well what a fantastic place. We had a self contained apartment at the top of a house, which was on the shore of the sheltered bay where Portree is located. Everything about it was amazing, the view, the fresh air, the light, the sound of the sea, the Fish and Chips...and so on...Now I know this write up is supposed to be about running, but I can't not mention the lovely two days we spent sightseeing on the Island. The Thursday weather was not the best but there are lots of independent craft and arty shops in Portree which kept us occupied, (note to self...hide that bloody plastic card!!). But the Friday was glorious. We just took a trip around the Island, stopping at various viewing points. We had a picnic on an Iron Age settlement with a fantastic sea view, and saw some sea eagles. We went to a beach and saw some dinosaur foot prints (fortunately the dinosaurs had left a few million years previously, but we did see some sheep, and a hardy soul (lunatic!!) who was trying to swim in the sea). On the evening we went down to race HQ to collect our race packs and tee shirts, and purchased some fab sweatshirts. At this point, having got the tee shirt, we did discuss opting to do more sightseeing instead of racing...but the we got a tantalising glimpse of the medals...so decided that we better do the race!





The race morning arrives and with it the decision about what to wear. Me being me, I had brought kit for every literally eventuality, with leggings, capris, long shorts, short shorts, vest, tee shirt, long sleeves, plus my waterproof running leggings, two waterproof jackets and various hats, caps, buffs, headbands etc. I started off putting on shorts and a long sleeve top but sense prevailed, and I opted for my vest...thank goodness I did as it was really quite warm. So after all this... what about the race...well, it was a fabulous route. It was all on closed roads



and the views were amazing. Particularly lovely was the view of the sea at around six miles as you ran down towards the other side of the island from Portree. Needless to say there were a few hills, which were quite tough, but it wasn't as bad as I thought it might be, in fact my time was quicker than it had been at a relatively flat Liverpool a few weeks earlier! This was despite me throwing myself into the scenery in the last mile and having to be scraped up off the tarmac by a couple of burley Scotsmen...(not in kilts!). I'm not sure what actually happened, but I was running down hill and across some boards over a cattle grid and suddenly found myself flying through the air. The board was a bit warped, and I wonder if a burley Scot had landed on one end of the board and catapulted me off it...who knows. Anyway I managed to scrape all the skin off my elbow and my knee, and cramped my calf, whilst I was at it...however, there was no way that I wasn't going to finish this bloody race having travelled nearly 500 miles to do it...and the medal beckoned! So I did finish and collected my water, banana, chocolate bar and the coveted medal, I visited the first aid tent to get patched up and then bought the biggest piece of 'blond brownie' to eat, from one of the food stalls. Fortunately our Airbnb was only a few hundred yards up the road so I met up with Jane and Kim back at the apartment. So would I recommend this race...absolutely. The support was lovely and friendly, loads of families and their kids out cheering you on and organising the water stations. Lots of jelly babies if you wanted them. People from all over the UK (and the world) taking part; water stations at sensible distances along the course, awesome scenery and amazing nature (the sea eagle was watching over us from an escarpment at mile nine and squawking loudly...probably thinking what the hell are all these nutters doing?!). All in all it was a fantastic running break, away from marking essays and exams, with two lovely friends.



Meet the Member

Jo Drysdale

Member of WHL since 2017- FEBRUARY

What do you do when you're not running?

Work and relax with family (in other words - pub!)

How long have you been running?

started at 11 years old with City of Hull but got the bug again when I joined WHL.

Why did you start running?

Wanted to combine 3 things I enjoyed- talking! - meeting people and running - think I've accomplished it.

Favourite distance? nothing specific but starting to enjoy off road adventures.

Any injuries? Not yet

Running goals? Hull marathon this year and applied for London 2020

Proudest moment(s) running related or otherwise?

running related - pushing myself to join WHL when I



didn't know anyone and forcing myself to say yes to stuff even when feeling daft and out of comfort zone.

Best piece of advice you've received In anything?

Treat others how you want to be treated.

Running alone or with friends? with friends

What keeps you motivated? 3 F's - Friends, fun and fitness.

Favourite moment in a West Hull Ladies vest?

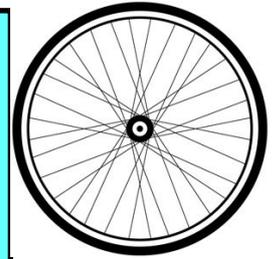
Thixendale 50k last year, Endure 2018 - Fab weather, Roche Abbey half marathon this year, Too many to mention really!

Favourite piece of running kit? Trainers



Great Yorkshire Bike Ride

Sarah Wilson 15/06/2019



A couple of years ago I was persuaded to give cycling another go, having not cycled since my teens. I bought a hybrid bike and discovered again that cycling could be fun. Soon afterwards I cycled the coast to coast with a group of friends and loved it. That spurred me on to buy a road bike to complement the hybrid. It's mainly been a summer activity as in the winter, long working days and dark evenings aren't conducive to much cycling. This year, just after Christmas, my brother in law suggested that we did the Great Yorkshire Bike Ride together. He and his partner had done it last year and had really enjoyed it. They told me stories of multiple cake stops, and I was sold! I signed up straight away, only to discover that they only tried to sign up on the Wednesday before the event, when entries had closed! We were on our

own.

It was an early start. We left home before 7 and arrived at Wetherby Racecourse along with thousands of others, to queue for the start, me proudly wearing my West Hull Wheelers top. It was about 8.45 when we set off in a group of 20. The first 10 miles or so we rode alongside the A1, then we turned east across country. The first drink stop was at 13 miles. A chance to stop, have a drink and a nibble before setting off again. We cycled through some really pretty villages through varied terrain- it was lovely. I started to



feel tired and hungry so we stopped for an unscheduled refuelling before carrying on to drink stop 2. The hills started soon after this and I have to admit to being defeated and getting off to push. However, I wasn't alone and it was at this point that I got talking to some other cyclists. At the top we were rewarded with a lunch stop. It was fab, sandwiches, drinks, pasta, chocolate bars....well it would have been rude to turn it down....

More hills after lunch and another push. We went through Malton and then climbed again. Eventually we found ourselves on some very high ground with stunning views (I must have warmed up by then as there was no more pushing!) Finally after 54 miles we got to another drink stop. I was feeling it now.

Legs ached, neck hurt.... I put my head down and gritted my teeth and before I knew it, we were at the final stop and at last, there was the fabled cake! Only 10 miles to go now, but one last challenge -

about a mile's climb which was hard with tired legs, but the finish was close. A long down hill run rewarded us for our hard work, and in to Filey where we could see beautiful views of the coast round to Flamborough. 72 miles completed, the furthest I'd ever done in a single day, and anyone who knows me well will know that the cup of tea was a welcome sight!

A bus took us and our bikes back to Wetherby as we shared tales of our day with other cyclists. It was great, 'a ride, not a race', with marshalls at every junction and extremely well organised and I felt so proud to have completed it. I would highly recommend the Great Yorkshire Bike Ride to anyone who enjoys cycling. Just think of the cake....



Gallery



Jane, Jill and Jo after the
Sledmire 10k 14/06/2016



Jan, Anna and Amanda Wolds Recce 16/06/2019



Waiting for the Fire brigade training run
17/06/2019



Rebecca Johnson and Jenny
Henderson Champagne League
Kiplingcoates 18/06/2019



WOT NO CAKE, three Chads Linda, Sandra
and Jen, away run 19/06/2019

VIEW FROM THE BACK

It's hard sometimes when you have been training for an event for such a long time to know what to do when it has finished. I was training for London for over 4 months and since London. I have spent the last month doing short aimless 3-4 mile runs. The good news is that due to a job change I have managed a few training runs with the club on Mondays. It's great to see everyone and also to see new members too. I also enjoyed the Rock n Roll weekend at Liverpool. I did the 5k on the Saturday and the half marathon on the Sunday, it's a fab event and I would really recommend it although it's not cheap, the medals are fab and there is music about every mile. I really have fallen in love with Liverpool, which is like a big version of Hull! It was great to meet up with other WHLs and also other Hull runners. It was particularly lovely to have Sharron and Karen Scott supporting us at the beginning of the half marathon despite the fact they were due to start the marathon later.

Just like London there was a lot of standing around at the start, which is unfortunately the lot of the slow runner. It got me thinking about things that runners at the back have to put up with. I am sure that runners at the front have to put up with a lot as well, but I can only talk about my experiences. (I do remember a champagne league which was a handicap race and I was one of the leaders I was petrified that I was going the wrong way, so I guess this is an issue for lead racers!)

I have to say there has been stuff in the press about how some of the London slow runners were ridiculed and insulted, I saw none of this at London, however given that it has an 8hr cut off time, so even I was well in front of the packing up stage! I do think there has to be a quicker way of starting the races, the Rock and Roll half had a fraction of the field of London but it still took a good 30 mins to start. This was because they started in waves so effectively held each sector up. There was I guess no more than 10000 people this seemed excessive.

My three leading annoyances

Toilets, there are never enough and there is always a queue! I lost about 7 minutes at the Rock n Roll half waiting for the loo, bearing in mind there was only about 5 people in front of me. I was wondering if someone was reading a newspaper, at one point! Also if they aren't emptied they can be in a terrible state. Jill had a particularly traumatic experience on her London marathon, when it appeared that someone had, had a sprinkler attachment on their bottom!!

Water, I have had a few occasions when the water has ran out by the time I get to the stations, particularly in the later stages of a race. This happened once at Snake lane, as it's in February I guess it wasn't too bad. You also get a very small amount in a paper cup as they are clearly rationing the water when you get to the station. I always take my own supply which means that I have to carry extra weight and tend to wear an ultra vest as it's the most comfortable way of carrying it. Also so many people dump their water that it's like running through a ford, with plastic bottle trip hazards thrown in! and don't get me started on the Lucozade sports drinks sticky patches or getting gel packets or jelly babies stuck to the soles of my trainers!

Tee Shirts and Medals, I must say I have never not had a medal... yet! I have however not had a t shirt, (at Hull in the two person relay) and also had to make do with the wrong size, at London the only option left was an extra small or and extra large! This I think is caused by the organisers getting less than they need, expecting that not everyone will actually turn up, although I suspect at London this is very unlikely. It's also caused by people changing their mind on what size they want, because the sizes vary and checking the fit when they see them at the end. Many races actually print the size on the number and don't allow you to change unless you swap it when everyone has finished, this in my view should be made legally binding!

Entertainment, It's also common that races where there is entertainment for that to have finished by the time I get there! This happened twice at Liverpool where I got the tail end of the song, as the singer announced he was taking a short break! So there are my pet hates, I would be interested in what other people think.

We have lot's of excitement coming up with Endure 24 on the horizon. I know lots of WHLs are going and I will be flying solo for the first time. I am also trying to look at booking some different races from now on. At the expo in London I won a free place for the Geneva 20k in November, I have persuaded Chris, Jill and Kim to come with me and we have already booked a Hotel, it's called the Edelweiss and there is free fondue apparently! Thanks for all your nice comments about the last newsletter. It's only as good as your input, so send me articles if you can. Also if you have any ideas about what we can include please let me know.

Liz xx



Dates for your Diary

Midwinter Madness
30/11/2019
Millington Village Hall

Caption Competition

Caption Competition

Any Ideas for a caption for this picture ladies? Please let me know via email!

Midsummer Madness 08/06/2019

Anna and Sarah

