



Newsletter

March 2017



West Hull Go Wild!

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Hello Ladies,

Get ready for a 'wild' newsletter this month, we've 'adder' great time at Snake Lane 10, and some of us have gone 'baaa-rmy' at Golden Fleece. Liz had a 'quack-ing' time at the National Water Sports Centre, the Snails have come out of their shells to write us a fab article and we've even got some advice on how to stay safe around dogs whilst out training, I think you'll find it a 'woofly' read. (I'll stop now, enjoy!)

Shelley



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Snakes on a Lane!



After a bit of a wobbly start this year through that dreaded lurgy etc. I was finally feeling a little more confident about taking part in this race. I'd been following my training plan from the wonderful Derek and had been getting stronger slowly over the weeks. Brass Monkey was a very slow race for me and I sure felt very unfit, Ferriby 10 was much better but I know I 'died' towards the end so this was my chance of proving to myself that I could go out there and do it justice. I travelled to the event with Rachel W, Ros and Jermaine and that was lovely to have a nice chat together before the race. Jermaine was still a little under the weather having just had a heavy cold which had got on her chest a bit. We arrived quite early because Rachel had mislaid her number and chip so she had to pick up a new one, stress which we don't need at the start of a race as Sarah JW will know! It was nice and warm in the Rugby club and there weren't too many queues for the loos but an 11am start is nearly dinner time for me and my tummy was already rumbling! In no time at all we were walking to the start and it is a long way from the Rugby Club, it was cold hanging around waiting for the start whistle but soon enough we were off. Now I had a race plan from Derek – not sure it worked too well, but here goes. He wanted me to complete the race in under 90 minutes so he set me a target of 8.57min per mile pace but to try and do 8.54min pace and to do this for 7 miles as I would be in 'gear' for the last 3 miles home.

Mile 1 = 8.25 oh dear a little too fast, will I expire?

Mile 2 = 8.26 ok I feel fine, I'm not dead yet!

Mile 3 = 8.26 I must be ok, although I'm hot should I take off a layer?

Mile 4 = 8.50 must have been a little hill!

Mile 5 = 8.33 that's better and half way – Sandra pedalled next to me cheering me on, thanks

Mile 6 = 8.38 boy that wind is now a head wind and it's strong and cold.

Mile 7 = 8.53 and this is where Derek said the race ended! So now my brain thinks it's all over

Mile 8 = 9.27 so bad, stupid brain, I know it's a steep hill just don't fall flat now, you can do it

Mile 9 = 9.07 that's better but pick those legs up only 1 mile left (crying now it's so hilly)

Mile 10 – 8.54 Phew I did it in a chip finish time of 1:28:17 so very happy with that.

I loved the race and at the finish went for a lovely coffee in a warm cafe with Rachel, Jermaine and Ros (who paid), thank you ladies I had a fab day.

WHL rocks, what fab times for all our Snake Lane ladies. Next year the race starts at 9.30 a much better time, at least my tummy won't be rumbling all the way round.

Linda

Golden Fleece

A Running Buffet

Having returned from almost two weeks in Mallorca of cycling and running my legs were definitely in need of recovery. This I duly ignored and headed off for the 15 mile Golden Fleece (the little one) but, I allowed myself concession by going out to do it as slow as I liked and treating it as “a running buffet” (thank you to Becca for that term).

There were 10 WHLs running – Becca, Verity and Liz D (of course) doing the 27 miles whilst seven of us were doing the 15. We set off together but soon split into two groups though there was not much time between us. I ran with Shelley, Karen P and the “27 milers” to the split point and not far behind were Sharron, Rachel W, Ann and Sarah JW.

The first checkpoint and jelly baby stop was Hotham at 4 miles, the next was North Newbald half way round. After a cuppa, flapjack and ‘wee wee’ we waved off Becca, Verity and Liz D (awesome girls) then the 3 of us headed on to next the feed stop at High Hunsley. Another cuppa and this time crisps. By now legs were complaining but the climb was out of the way and next section was over some fields and down the muddy Drewton path – I was looking forward to that as I reckoned my cheap More Mile off-roads would handle it really well. And they did – woo hoo. I was a bit tentative at the top then flew down feeling absolutely secure. Great shoes and very cheap (link below).

Shelley’s legs were starting to drop off and was counting down the miles but Karen P was really comfortable, her marathon training showing through. I enjoyed the sweep down through Little Plantation Woods then just a mile to the finish where more tea and cake awaited. Got the certificate and badge and tired sore legs but had a great morning running.

Thank you everyone for good company, the miles went rapidly. I had to head off but was really pleased to see Sharron, Rachel W, Ann and Sarah JW finishing. Well done everyone.

Would recommend this event and you can run or walk as much as you like so, if you have not done it before, pop it in your diary for next year.

Amanda



Amanda’s off-roads: £15 but out of stock: <http://moremile.co.uk/more-mile-cheviot-2-trail-lady-running-shoes-mm1505-9.html>

1st ever East Midlands 10k 5/3/2017

National Watersports Centre Nottingham

**PARENTAL
ADVISORY
EXPLICIT CONTENT**



Chris and me decided to have a go at this race, as it is at the same venue as the Outlaw Triathlon that Chris will hopefully be doing in July. On the day the forecast was awful but when we arrived it wasn't too bad. The venue is home to water sports and there were a number of rowing teams, and canoeists using the water. It's basically a rectangular lake and there is a grandstand area and a tower which I presume they use for judging the boat races.

We went down to the start for the compulsory toilet break. There were about 1000 entries which I think is a good number. There were a few people in fancy dress including Shrek and Princess Fiona but disappointingly no men in a pink tu tu! I have come to expect at least one in every 10k I have ran in! I went to my customary position at the back of the field and Zoe popped up to chat to me. She now lives in Nottingham

so had ran up to the centre to support us. It was lovely to see her and we had a bit of a chat before the start.

The rain started as the race started! While I was in the bunched field this wasn't too bad! However as the field spread out the course was very exposed to the elements. The course is basically two circuits of the lake, the first circuit being a bit longer than the second, it is very flat apart from a little detour up to the car park area to increase the length of the first circuit. I suspect in better weather it would be a PB course. When I am running I tend to get a song in my head and in this case the song was inexplicably "Mr Blue Sky" which was ironic given the conditions! The longer lap was useful, because it meant the lead runners didn't have to run through the field to lap the slower runners.

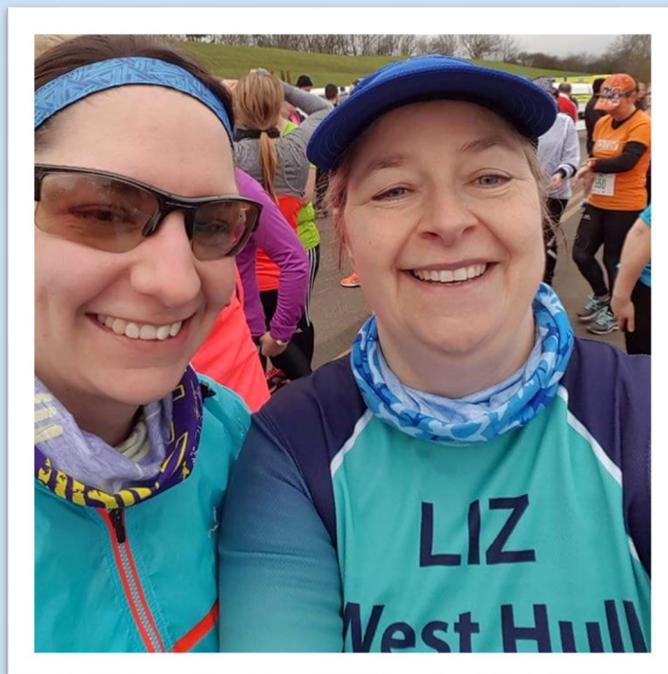
As I came into to the back straight I heard the commentator congratulate the winner and he said, "and we still have some runners completing the first lap" he sounded quite disparaging about these runners and I muttered under my breath that, "we were doing our, "F***ing best!" (I don't think anybody heard me).



I came into the finish area and there was Zoe trying to take pictures of me and giving me encouragement which was great and I waved at the commentator who gave me a mention, so I forgave him for his earlier comments! I was happy

to be on the shorter circuit but this time it was more exposed and the wind was getting up and blowing in the rain from the side. I tried to retain the sense of humour and noticed a swallow or a house-martin on the lake chasing flies, they say the first swallow is a sign of spring so I mentioned this to a competitor but it was completely lost on him as he had headphones on! The rain was getting heavier and there were puddles all over the course, I was getting my favourite trainers dirty! The good news was that I was making progress and into the last km. At this stage I always imagine Maria and our fast km sessions in Newland park and I decided to try a bit of a sprint finish, I am never convinced that "sprint" is a word that should be used to describe the way I run, but I did increase my speed, remembering Sandra's advice to increase your arm movements and your leg speed improves. I saw Chris who was on his way back to the car as he was getting cold but he gave me some encouragement.

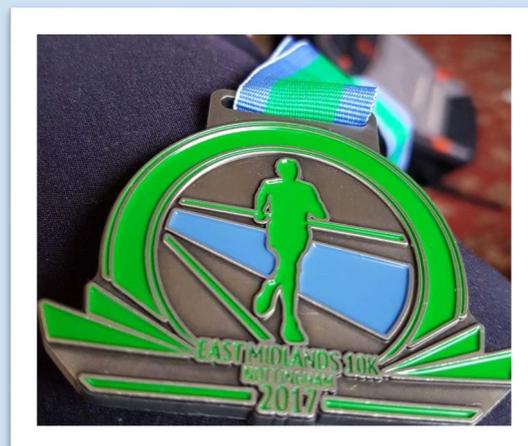
Zoe was still there and I got to the finish happy to beat 70mins on the clock time, which for me was respectable for the conditions.



We got a medal and t shirt as a memento and Zoe caught me up to congratulate me. Guess what?...the rain stopped!

My chip time was 66min 35 so I was happy. Chris got 48min 48 secs which is not far off his PB. I loved the course and the support, but hated the weather. This would make a good camping or Pod weekend, (they have them on the site), should the club fancy it. I have now done two 10ks in this area and it has lashed down on both. If we do,do a weekend here maybe I shouldn't go, (#personal raincloud!!)

Liz H



Snail Tales

I joined West Hull Ladies 0 to 5K programme on the 5th of January 2016. Heidi Mellors had completed it the year before and encouraged me to join, saying that everyone was really nice, and I have to say she wasn't wrong.

I found it really hard at first, my legs really did not want to do it, I think my calf muscles went into shock. Lots of ladies helped me overcome this: Karen Scott showed me how to stretch while we were walking, Ruth Upfold became my running mum, Kate Thompson helped me improve my running technique and breathing, Sarah Carpenter, Beryl Parkin and Christine Clune gave me endless encouragement, these were the ladies I ran with most often during 0-5.

I completed the 0-5 with my first Park Run, unfortunately I didn't manage to run it all the way but passing that finish line was very emotional for me and I did not expect that, I could have cried like a baby!

To my surprise I wanted to continue with the club, because "I can run!!" I may run slower than some people walking but. "I CAN RUN!!" I no longer have that mental block saying I can't run, or feel that I look ridiculous when I am running, I might look ridiculous but I really don't care.

I started joining in with Sandra Holdsworth when she was doing an extended 0-5K and that's when I got to know Carol Holmes.

When that group finished I joined in with the main group and did some stadium reps sessions, I didn't fancy the speed sessions and did some running from the club. But unfortunately I felt that I was holding people back as I was not as fast as others, I decided to go it alone and it was fine.

I was running around East Park 3 times a week and occasionally doing park run. Then it started to get warm and I started to find it really hard



again. With spring brought weddings, birthdays, gigs and camping and by the end of August I hadn't run for 4 months.

I wanted to get back on it. I didn't want to lose what I worked so hard for. I started back at East Park and after a couple of weeks I put on WHL FB group that I was back on it and Carol Holmes messaged me to say if I wanted to join her running over the bridge, so I did.

We went running a few times and Carol said how she wanted to make a new group with WHL for those who could not keep up with the others. I said it was a great idea and she could count on me joining it. The group "Snail Runners" started in November and we now have a brilliant group of ladies and it's getting bigger every day, and me someone who could not run for 1 minute at the beginning of last year has become a run leader I have a licence and everything! I never even thought that it was something I could do. I help Carol lead the Snail Runners and I love every minute of it and I hope I can help others become a runner and achieve their goals.

I have achieved a few of my own goals with the help of WHL. Goal 1- I can now run a 5K in one, Goal 2 -I can run it in 45 min(ish) my first one was 52 mins I conquered that in January, my 3rd is to get it down to 40 mins.

Anthea

The Secret Musings of a Novice Marathon (?) Runner (?)

26.2 miles, part 3

Well we're nearly there. 1 more long run and 3 weeks of tapering, then it's the day itself. I have really enjoyed some of the milestones along the way and have had amazing support from more experienced runners who have really helped with those long runs, with nutrition advice and in answering my many questions.

I think I've got the nutrition during a run about right now thanks to some great advice from Jill and Ann, but Saturday's long run is a chance to test that out. It's also been great to do some events along the way, the most recent of which was the Golden Fleece, now my definite favourite! Doing those long runs with the company of some lovely West Hull Ladies has been great, but when you run with someone for 3.5 hours, they start to see the real you, and it's a real bonding experience. (May I just take this opportunity to apologise for anything I might have said when I am absolutely ***** Sharron, Karen, Ann, Jill and Rachel!)

I've stuck to my plan on the whole, although work commitments make some of the mid week runs difficult. But I've managed all the long runs except for 1, and it's just the big one to come now (20 miles??!!!!)

Strangely, I'd assumed that at this stage in my training I'd be at peak fitness. Maybe I am in some ways, but I'm actually getting slower. I'm assured by people who know better (thanks Liz D) that this is ok, so I'll give her the benefit of the doubt, but it's not what I expected.

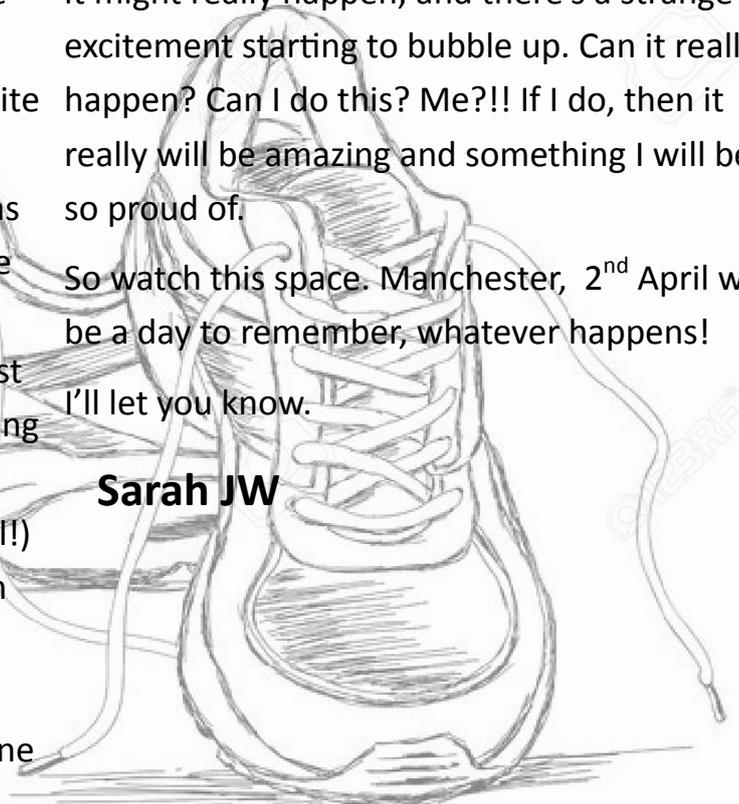
Parkruns are about 5 mins slower than they were, and my pace just seems to have settled in to a slow plod, whatever distance I do.

However, I'm starting to think about the practicalities of the day, and starting to believe it might really happen, and there's a strange excitement starting to bubble up. Can it really happen? Can I do this? Me?! If I do, then it really will be amazing and something I will be so proud of.

So watch this space. Manchester, 2nd April will be a day to remember, whatever happens!

I'll let you know.

Sarah JW



Stand Rite - No Bite! Dog Safety



If you are running and a dog comes at you barking and chasing you, the worst thing you can do is to run, reflex or move. Dogs will always chase and become more aggressive with you if you attempt to run, step around or reflex. You could also fall over and a more serious situation could result such as an attack on the face or any other soft parts of your body.

Do not stare at the dog. Keep your eyes on the dog but do not stare. Staring can result in an attack. Dogs become unsettled when being stared at.

Stand totally still when a dog charges at you, you will confuse the dogs senses. You are acting in a passive way i.e. no threat, yet not acting submissively.

When a dog meets another dog it will sniff it all over. Dogs identify other dogs and people by their smell. A dog that wants to find out who or what you are will need to come very close in order to scent you. You must allow the dog to scent you if this happens. It might even touch your leg with its nose.

By now the dog will be a lot calmer and will

probably leave you alone but don't try and run away, just keep the dog in your sight and walk quietly and slowly in the opposite direction to him. When he's out of sight then you can begin running slowly, picking up speed as you feel safe.

Summary:

Never turn your back on a dog. Stand still, freeze the action and allow the dog to sniff you. Where ever possible face the dog, but do not stare, don't twist around if a dog keeps circling you, stand still. **DO NOT RUN.** Do not try to pat the dog, keep your hands locked in front of you even if the dog appears friendly. Do not be aggressive.

If a dog launches an attack: Freeze the action. Do not move a muscle. Do not run. Do not kick out. Stand your ground. As the dog moves away, move deliberately and very slowly away from him. If you get knocked to the ground roll into a ball and cover your face, do not attempt to get back up – stay down and feign death – do not fight back, wait for the dog to lose interest.

Linda

Learning To Love Marmite

You may be disappointed when you realise this is not an ode to the marvellous household spread.

Last summer I found out I was deficient in vitamins B12 and iron, which resulted in anaemia. Since then, I've found out loads of useful advice and a lot from fellow WHL. I know a lot of you have set awesome challenges this year and I thought it would be a good time to share, so you can be mindful of the early warning signs.

Although I found out in July 2016, looking back the signs were starting to show from mid May. I thought it was a case of working too hard and getting eaten alive by midges whilst on the Isle of Skye in June.

The fact is some of the early signs that you are low in either B12 and iron are very similar:

- Tiredness (B12 and iron)
- Lethargy - even making a cuppa became a chore! (B12 and iron)
- Mouth ulcers and/or sore tongue (B12 and iron)

They can also include or go on to include:

- Muscle weakness (B12)
- Disturbed vision (B12)
- Pins and needles, often in hands or feet (B12)
- Confusion and problems with memory, understanding and judgement (B12)
- Hair loss and/or brittle nails (iron)

- Pale skin or if you have darker skin like me, check the inside of your eyelids (iron)
- Noticeable heartbeat (heart palpitations) (iron)



At my worst in July, I had or was experiencing all of the above. My hair and nails were brittle, my psoriasis had flared up and had spread onto my face. One morning as I was eating breakfast, a filling and part of the tooth fell out. I was falling apart. Luckily, the week after I had my first lot of blood tests back and I got high strength iron and B12 tablets.

Being low in either B12 or iron plays havoc on your running as your body can't get enough red blood cells to transport oxygen around. Low iron will result in fewer red blood cells and low in B12 produces abnormally large red blood cells that can't function properly. I looked back at my stats on my Garmin and they are quite telling.

I ran the Haltemprice route from Beech Tree car park in April in 53.49 and my average heart rate was 160bpm (beats per minute), a month later I was a minute slower and my average heart rate had increased to 164bpm. Compared to a 5 mile run in July, similar amount of hills and down-hills as Haltemprice, but I was running 20 seconds slower per mile and my average heart rate was 175bpm. I know changes in weather can affect your running performance but that 5 mile run was really tough in comparison and I could still feel my heart pounding long after I had finished.

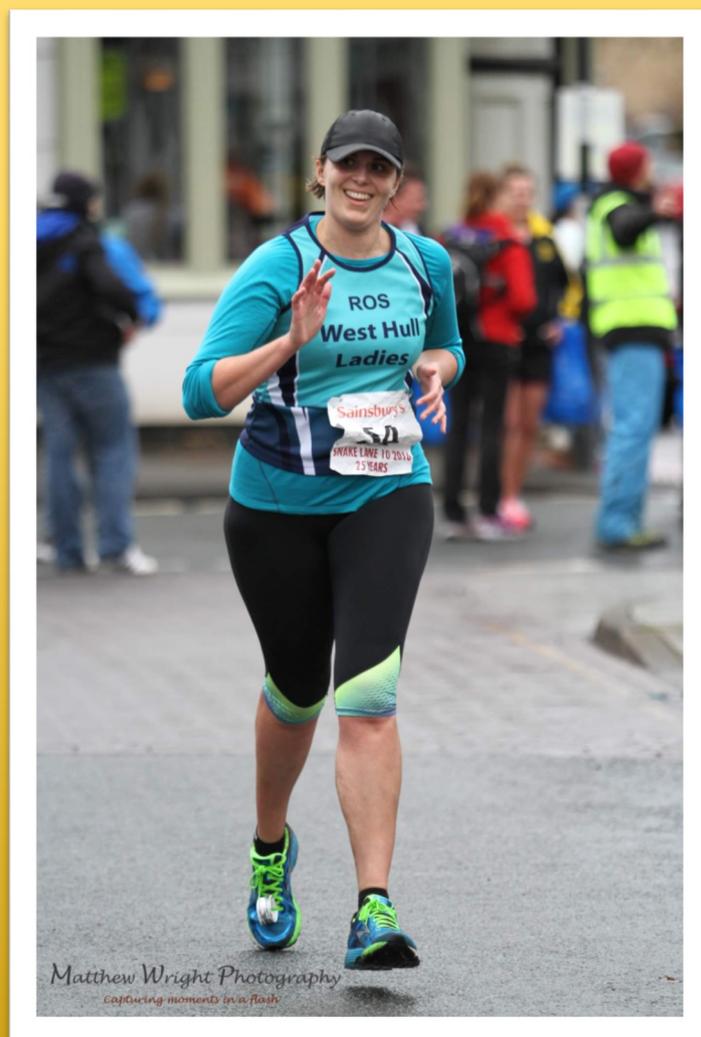
Diet can have a lot to do with low levels and although, I'm not a vegetarian, I didn't eat a lot of meat and rarely ate red meat. I didn't realise that those who exercise regularly need more iron in their diet to help repair the body. There's an interesting article on this in the current Women's Health magazine. I'm still not sure why my B12 levels dropped as I was still eating a lot of eggs and dairy.

B12 rich foods: meats such as liver, beef, fish (particularly mackerel), eggs, milk, dairy based products (yoghurt, cheeses, cottage cheese), Marmite.

Iron rich foods other than red meat (mostly from Jermaine): lentils, soya beans, tofu, butter beans, quinoa, fortified cereals, brown rice, oatmeal. Nuts and seeds: pumpkin, squash, pine, pistachio, sunflower, cashews, unhulled sesame. Tinned tomatoes, swiss chard, collard greens.

I stopped taking the high strength tablets in January and I'm keeping my levels up through my diet, which I adapted when I started to take the high strength tablets. I now eat Marmite soldiers with dippy eggs for breakfast, I hadn't eaten it since I was five years old and I have awful memories of my Mam spreading it too thickly, as she loves it and me screwing my face up. She's delighted that I now like it.

Ros

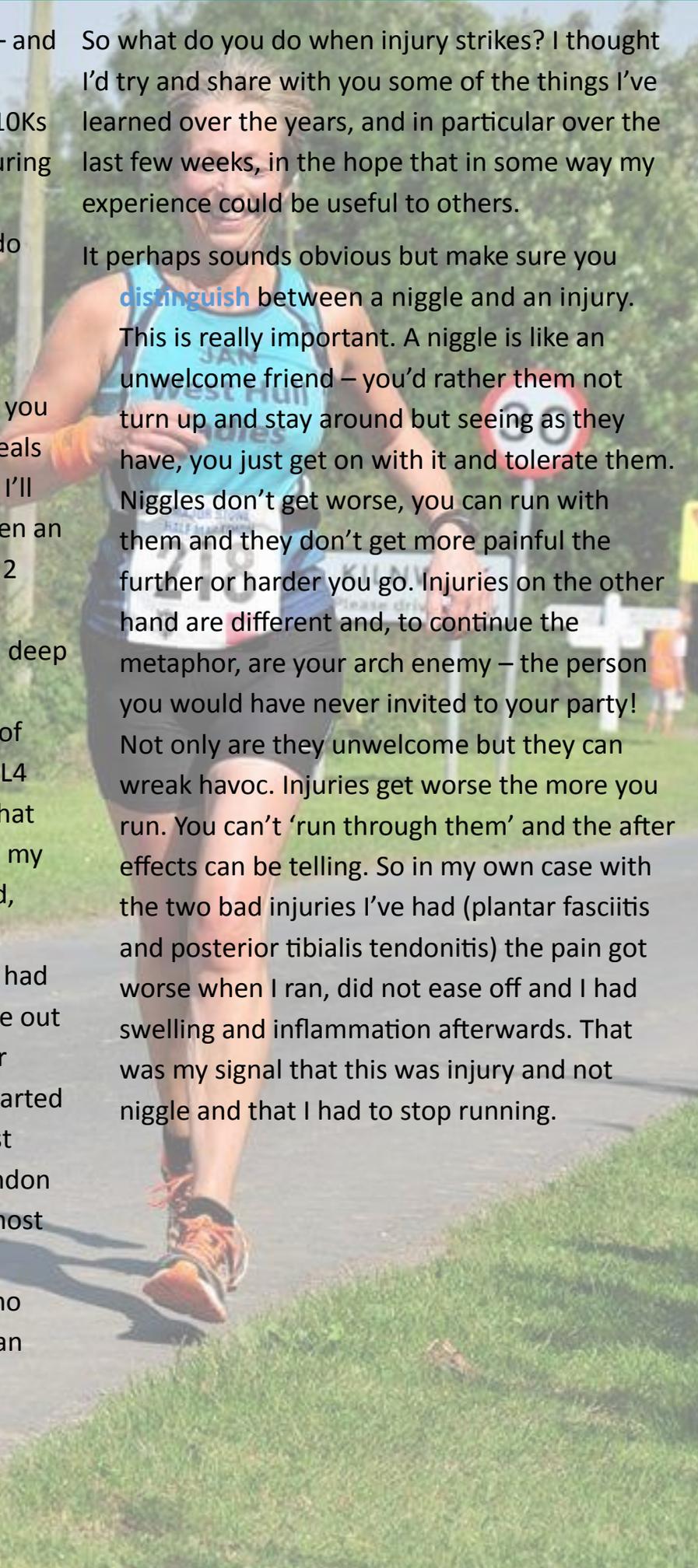


How to cope with injury ... the musings of an injured WHL

I started running quite late in life – I was 41 – and in the intervening 13 years I've run 20+ marathons, quite a few half marathons and 10Ks not to mention just a few 24 hour events! During that time, I've also had quite a few injuries despite trying hard to look after myself and do things like Pilates to try and prevent injury. Without wanting to sound like someone recounting their complete medical history, I thought it might be interesting to share with you the types of injuries I've had, as I think it reveals an interesting trend. My first real injury (and I'll talk a little more about the difference between an injury and a niggle in a moment) after about 2 years of taking up running was a pulled right Piriformis muscle (one of the muscles buried deep inside the Glutes) - a very common injury in runners. I was then injury free for a number of years before I had a prolapsed disc between L4 and L5 vertebrae. I didn't know at the time that the symptoms (excruciating pain deep inside my right buttock) were as a result of the disc and, committed as I am to running, managed to complete the Barcelona marathon! In 2015 I had Plantar Fasciitis in my right foot which put me out of running for a few weeks and then last year whilst running 55 miles during Endure 24 I started with runner's knee in my right knee. My most recent injury to my right posterior tibialis tendon started before Christmas and has been the most severe injury in terms of length of time off running. I don't recall a particular incident, no cockling over on the ankle for example, just an inability to run without pain that came on overnight and out of the blue.

So what do you do when injury strikes? I thought I'd try and share with you some of the things I've learned over the years, and in particular over the last few weeks, in the hope that in some way my experience could be useful to others.

It perhaps sounds obvious but make sure you **distinguish** between a niggle and an injury. This is really important. A niggle is like an unwelcome friend – you'd rather them not turn up and stay around but seeing as they have, you just get on with it and tolerate them. Niggles don't get worse, you can run with them and they don't get more painful the further or harder you go. Injuries on the other hand are different and, to continue the metaphor, are your arch enemy – the person you would have never invited to your party! Not only are they unwelcome but they can wreak havoc. Injuries get worse the more you run. You can't 'run through them' and the after effects can be telling. So in my own case with the two bad injuries I've had (plantar fasciitis and posterior tibialis tendonitis) the pain got worse when I ran, did not ease off and I had swelling and inflammation afterwards. That was my signal that this was injury and not niggle and that I had to stop running.



The next step is to get an accurate **diagnosis**.

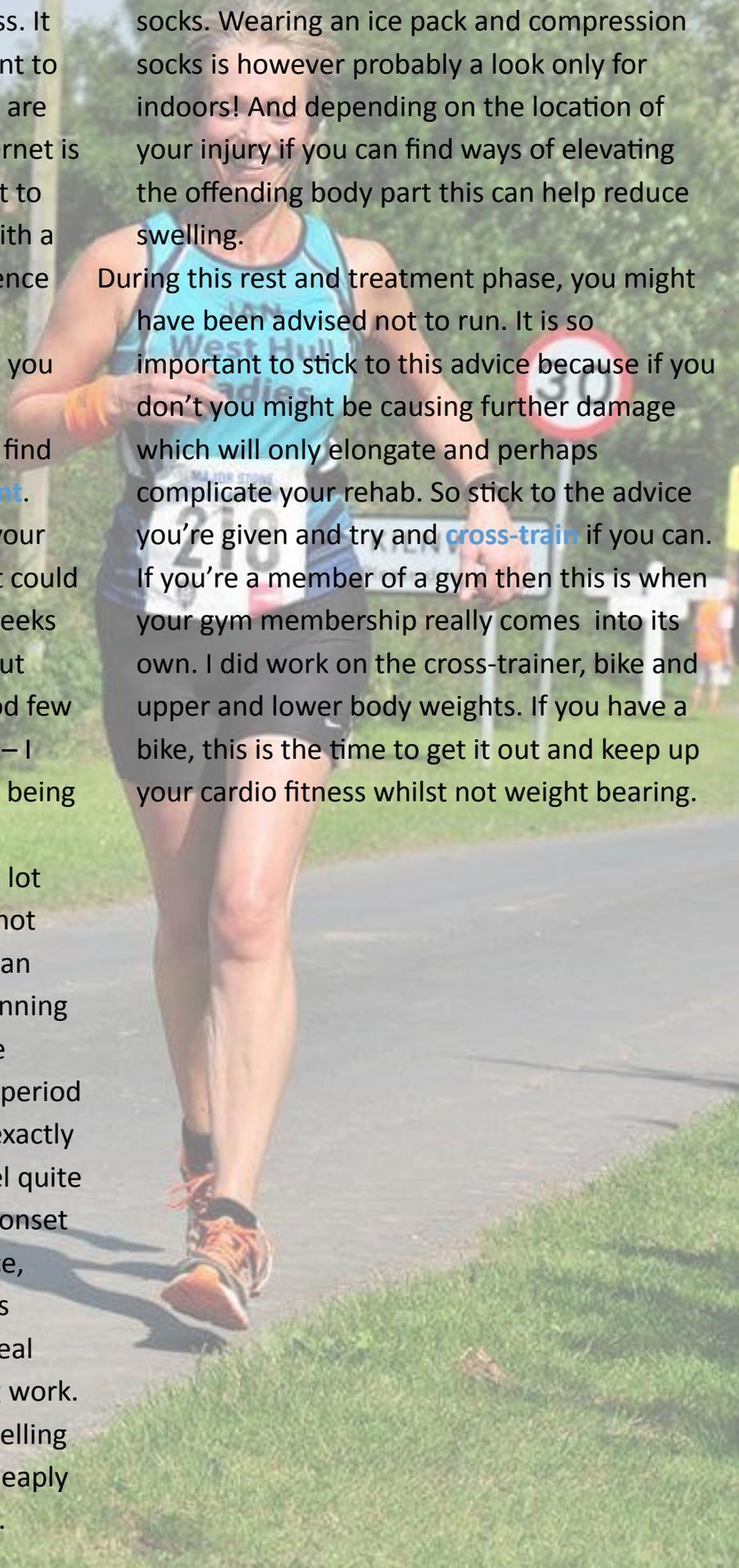
Most of us are really good at doing our own internet research, consulting books and runners' magazines. We know our bodies and our symptoms and this is really important knowledge in aiding the diagnosis process. It sounds really obvious but it's so important to get the correct diagnosis. Sometimes we are pretty good at self-diagnosis but the internet is full of conflicting advice so it is important to get a professional opinion. This comes with a financial cost of course but in my experience it's money well spent if you come away knowing exactly what is wrong and what you can then do to rectify it.

Then comes the phase which some runners find extremely frustrating – **rest and treatment**.

Depending on the nature and extent of your injury this could be just a few weeks or it could be longer. My plantar fasciitis took 3-4 weeks to settle before I could start to think about getting back to running. And it was a good few months before it had settled completely – I was lucky as it has a nasty reputation for being very persistent. My recent injury – the posterior tibialis tendonitis – has taken a lot longer and I had to accept that this was not going to be a quick rehab. At times you can doubt whether you'll ever get back to running let alone return to previous performance levels. But if you can reframe this whole period as a key part of your training – which is exactly what it is – then perhaps it might not feel quite as bad. In the acute phase following the onset of an injury the usual advice is to Rest, Ice, Compression and Elevation (RICE). Rest is important to give your body chance to deal with the inflammation and do its healing work. Ice helps to reduce inflammation and swelling and you can buy an ice pack relatively cheaply which you can keep in the freezer/fridge.

Apply the ice pack as frequently as possible during those early days – I still stick one down my sock when working at the computer! Compression works to minimise swelling which you can achieve by wearing compression socks. Wearing an ice pack and compression socks is however probably a look only for indoors! And depending on the location of your injury if you can find ways of elevating the offending body part this can help reduce swelling.

During this rest and treatment phase, you might have been advised not to run. It is so important to stick to this advice because if you don't you might be causing further damage which will only elongate and perhaps complicate your rehab. So stick to the advice you're given and try and **cross-train** if you can. If you're a member of a gym then this is when your gym membership really comes into its own. I did work on the cross-trainer, bike and upper and lower body weights. If you have a bike, this is the time to get it out and keep up your cardio fitness whilst not weight bearing.



During this time you can also use a **foam roller** to work out those lumps and bumps deep inside the muscles. OK it hurts, but it helps to smooth out the muscles fibres which can all knot together and cause tightening. Even though the site of my current pain is on the lower inside of my right ankle I know that there is also something related going on deep inside my calf, so I've been working hard with the roller to try and flush it out. Your living room can get taken over by foam rollers, yoga mats, resistance bands and Pilates balls – but it's all worth it!

You also need to work hard at **stretching** to increase your flexibility and **strengthening** exercises to increase your core strength and balance. I don't know if you noticed that all my injuries have been on my right hand side? This is likely to be as a result of a biomechanical imbalance so if this kind of thing is at the root of your cycle of injuries, you need to address the fundamental cause, or else other injuries will keep popping up. If you've consulted a professional for your diagnosis, he or she will be able to advise you about the sorts of stretches and exercises you should be doing. In addition, *Runners' World* often has useful exercise routines you can do. This latest injury has really brought it home to me that unless I really work hard on my right side – strengthen foot, calf, quads, hamstrings and hips – then I'm going to continue to have problems on that side.

During this rehab period you need to **eat and drink** well. If, like me, you battle with easily putting on weight then you'll need to reduce your calorie intake as you won't be burning as many calories. You will also need to make sure you're having enough protein to help the body's repair process. You can also try and increase your intake of foods that have

anti-inflammatory properties such as whole grains, avocado, blueberries and cranberries. So you've done all the above, been a really good WHL and heeded all the advice you've been given and you're now ready to **start getting back** into the running groove. My strongest bit of advice is to make sure that you go steady, don't overdo it and just return very gradually building up slowly but thoroughly. The more experienced we become as runners – the more miles under our belts I guess – the better we become at 'reading' our bodies and listening to them. So this is a time when you really do need to listen to what your body is telling you. I had 7 weeks of no running at all (just gym work) so I started with 10 mins on the treadmill and slowly, over a number of weeks, built up to 30 mins. Then I felt confident to try running out in the big, wide world – and that felt so good! This however is the really dangerous point - you feel so good to be back out running that the temptation is to do too much, too quickly. But resist and be patient! Don't increase more than 10% each week. If you take this rehab nice and steady and continue to do all the stretching, rolling and strengthening exercises – you will be a stronger runner!

I'm not out of the woods yet with this injury. I still haven't got the full range of movement in the tendon and scar tissue means it's hard to touch and slightly swollen, particularly at the end of the day. But I'm moving in the right direction and am now up to 60 minutes running outside. I've learned a lot about posterior tibialis tendonitis and the importance of stretching and strengthening exercises. As well as being patient! And I'm so looking forward to being out with you all again and wearing my WHL vest with pride!

Jan D

Cycling Time Trial (CTT)

Affiliation

There are a number of club members who are now taking to the bike for cross training, a means of training when 'run injured' and for fun. Indeed, I have heard (on the grapevine) we are looking at organising a club cycle jersey.

Time trials are a way of competing in cycling which is NOT racing (racing involves close contact with other cyclists). In a time trial you are set off individually and your time taken on completion. Usually set off at 1-minute intervals with slower riders off first.

There are a number of events in our area and the cost is low e.g. between £5 and £10 per event.

In order to participate you must have CTT membership but this cannot be acquired individually and requires our club to become affiliated to CTT. This only costs £30 for the year. The committee all agreed this suggestion and I have applied and West Hull Ladies now have CTT affiliation.

If you wish to book yourself into a time trial visit: <https://www.cyclingtimetrials.org.uk> You will have to register yourself on the site then find an Event (filter on Yorkshire area) and select West Hull Ladies as your club. Would love to know if anyone decides to give it a go.



Club Affiliation

There is no individual membership to CTT. Membership is for Clubs/Teams.

Once affiliated any member of the Club/Team can enter any CTT event.

Whilst competing all competitors are covered for £10,000,000 third party insurance.

Riders in clubs/teams that have paid the commercial fee can carry advertising on their race clothing.

Please note that a manufacturer's logo is not considered to be advertising.

The affiliation form can be downloaded from the forms section and then sent with the correct remittance to the appropriate District Secretary.

Amanda

Meet a Member

Name: Sam Wishart

Age 40 (OUCH!)

Member of WHL since – Unsure...I think April 2016

What do you do when you're not running? – (work/hobbies/family) When I'm not running I love spending time with my friends and my lovely husband. I love baking, and I'm a fair weather cyclist J. Don't tell my husband... but I think I deserve a new bike this year!!!

How long have you been running? – I've been running on and off for 11years. But WHL have enabled me to become far more consistent. I think they are amazing, and I'm not sure why I ran alone for so many years!

Why did you start running? – My friend had just completed the 2005 London Marathon, and I was envious of her. She offered to 'teach me'. It sounded easy, so I agreed!!! The trauma of her shouting 'just to the next lamppost' will stay with me forever LOLLOL

Favourite distance – 10k – I remember when that use to seem like climbing a mountain. Now I love it, especially the Haltemprice 10k Recce's. I moan all the way round, then feel so chuffed at the end!!! Apologies to the people having to listen to me moaning!!

Favourite bit of running kit – My newly purchased Ultimate Direction Hydration Vest...I can pretend to be a real runner now ;)

Any injuries? – Shin splints in the past, and the odd twinge. Thankfully Kris Lecher keeps me on the straight and narrow

Running goals? – I'm running the Manchester Marathon 2nd April. A very last minute decision, a case of seizing the moment. I have no huge expectations of myself, except to get round and hold that medal. I'd like to run the Hull Marathon in

September too, as it's the City of Culture year. We will see if I change my tune after Manchester!!!

There are many exciting things going around in my head....I love the idea of the Northampton Cakeathon. The medal looks amazing...and I love eating cake J

Proudest moment running related or otherwise –

Running 18 miles on Sunday with some fab friends.

Best piece of advice you've received – “You succeed by taking part” – Kris Lecher

Running alone or with friends? – With friends, almost all the time. How this has changed over the years. With friends, the miles seem so much shorter.

What keeps you motivated? – My running goals, being able to run and spend time with friends at the same time. Running lifts my spirits. I'm nearly always on a diet, so it helps with that too. Will need to be even more careful now I'm 40!



Kris' Therapy Bench



Gluteus Maximus (Glute Max) Stretch

What is it:

This is essentially your main bum muscle, covering almost your entire rear pelvis. It is appropriately placed to protect your pelvis from fracturing, if we fall.

What it does:

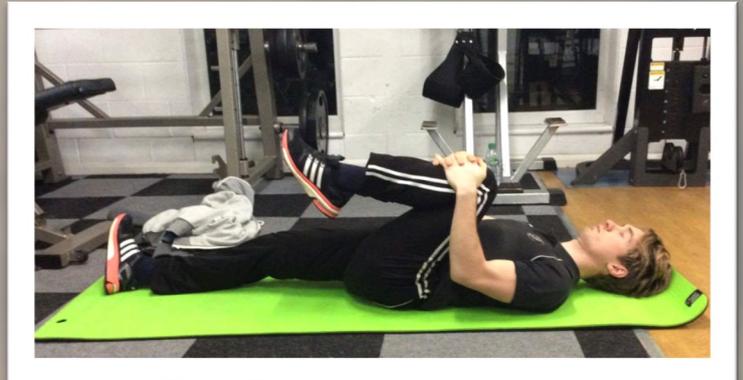
This muscle powers you up those hills. When you push down on the floor your glute contracts and springs you forward and upward

Why stretch them:

All your lower limb muscles will not function to their full potential if your glutes are not at theirs.

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

- Lay on your back, on a firm surface
- Place your hands on top of your knee and interlock your fingers
- Bring your knee towards your chest using your hands



- Keep your opposite leg flat
- Keep your head flat on the floor
- Wait until you feel a gentle stretch
- Hold for 30 seconds and repeat twice, on both sides
- Gently return to starting position

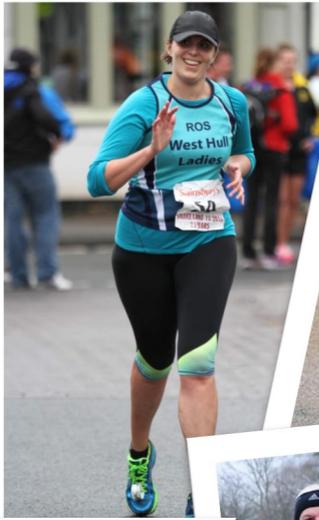
Interesting fact:

Your Glute Max is the strongest muscle in your body, capable of lifting over twice your body weight

Kris Lecher
Graduate Sports Rehabilitator (BSc Hons)
Running Biomechanics Coach
Brantingham Parks Gym
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Girls on Film



Peanut Butter Cheesecake

Base

3tbsp melted coconut oil

2tbsp peanut butter

160g pecans

2tbsp raw cacao/cocoa powder

Filling

½ cup cashews, soaked in boiling water for 20 mins so they soften

2tbsp peanut butter

2tbsp coconut oil

3tbsp maple syrup

¼ cup (60ml) soy/nut milk

Pinch of salt

Chocolate Top

200g Dark chocolate

- Blitz all of the base ingredients in a food processor. Add the base to the cheesecake tin (you might want to line it with cling film), pressing down firmly so you have a bottom and sides.
- Set the bases aside in the freezer while you make the filling. To do this, drain your soaked cashews and add them to the food processor with all the other ingredients for the filling and mix together until a smooth, creamy mixture is formed with no pieces of cashew. Then put the filling on top of the bases and put back in the freezer to set.
- Melt the dark chocolate in a bain-marie. Pour the chocolate over the cheesecake and put back in the fridge for at least an hour to set fully.

Runner's Digest

Jermaine's 'no sugar' banana, walnut, fig and date loaf.

Ingredients

100 g softened butter
(and a little extra for greasing)
140 g caster sugar (I replaced this with 2 very ripe mashed bananas)
1 egg (beaten)
225 g plain flour (I replaced with wholemeal flour)
2 tsp baking powder
4 very ripe bananas (almost black on the outside)
85 g chopped walnuts
8 dates finely chopped (can add as many as you like)
2 figs chopped
50 ml milk

- Heat oven to 180C/160C fan/gas 4. Grease a 2lb loaf tin with some butter and line the base with baking parchment, then grease this as well.
- In a large bowl, mix together the butter, 2 mashed bananas and egg, then slowly mix in flour and baking powder. Peel, then mash the bananas. Now mix everything together, including the nuts, dates and figs.
- Pour your mixture into the tin and bake for 1 hr, or until a skewer comes out clean. Allow the cake to cool on a wire rack before removing from the loaf tin. The loaf can now be wrapped tightly in cling film and kept for up to 2 days, or frozen for up to 1 month. Defrost and warm through before serving.
- Don't be shocked if it comes out a lot paler than you would expect a banana loaf to be.

Runner's Digest

Linda's Healing Turmeric Paste

Ingredients

Divide or multiply as required:

- 60g of turmeric powder
- 250 ml of water- or more in reserve if needed - about 1 cup . (depending on your make of turmeric you might need more)
- 1 ½ teaspoons of freshly ground black pepper
- 68g or 70ml or 2.4oz Raw cold pressed Coconut Oil/cold pressed or extra virgin olive oil.

- Place Turmeric and water into a pan and put on a low heat and simmer.
- Simmer for approximately 7-10 mins adding more water if needed if your paste is looking too dry.
- Remove from the heat, stir in the coconut oil/olive oil and freshly ground black pepper.
- Mix well and leave to cool. Once cool place in your chosen storage container-this will keep for 2-3 weeks.
- Can be frozen if there is too much or for easier consumption!

Humans: ¼ teaspoon twice daily (best with food). Gradually increase over 4-5 days, If no loose stools then increase your dosage- Repeat until you feel a reduction in pain. If you get loose stools/ or a rash reduce your dosage until you have settled down before commencing (its a way of detoxing)!

Please start with small dosages, increase by a ¼ of a teaspoon each week until you feel you have your desired result is felt or seen. Some people find 1/4tsp twice daily works while others progress up to 1tsp 3 times a day. There is no set amount other than what works for you. Good luck!

I am now on one teaspoon a day, take it slowly because I didn't (my friend forgot to mention the body getting rid of toxins and they can only be gotten rid of one way)!!

HEALING COCONUT TURMERIC SMOOTHIE

1 cup coconut milk

1 banana

$\frac{1}{2}$ cup mango

1 tbsp coconut oil

$\frac{1}{2}$ tsp turmeric

$\frac{1}{2}$ tsp cinnamon

$\frac{1}{2}$ teaspoon ginger

1teaspoon chia seeds

Blend all ingredients until smooth. Enjoy!
Turmeric has been around for centuries in Ayurvedic and Chinese medicine to treat a variety of health problems, going from pain control, digestive aid to fighting cancer and Alzheimer's.

March 2017

Hydration



Jill says "Hone your drinking while running technique"

MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27 Feb	28	1 Mar 18:00 3 mile Surprise (Hull Sports - Latus Training) 18:00 Club Training Run	2	3 18:15 Club Friday Fresheners (Hull Sports - Latus Training)	4 1 Golden Fleece	5
6 18:00 Speed Work: Maria : Fast K (Sports Club WHL) 19:00 AGM (Bar Hull Sports - Latus Training)	7 19:00 CoH Winter League 2.9 miles (Humber Bridge Car Park)	8 18:00 Club Training Run	9	10 18:15 Club Friday Fresheners (Hull Sports - Latus Training)	11	12
13 18:15 Speed Work: Jan : 10' Intervals (Sports Club WHL)	14	15 18:00 Club Training Run	16	17 19:30 Club Presentation Evening (The Back Room, 175A Hallgate, Cottingham (HU16 4BB).)	18	19 1 East Hull 20
20 18:30 Speed Work: Amanda : Hill Training (Humber Bridge Car Park)	21	22 18:00 Club Training Run	23	24 18:15 Club Friday Fresheners (Hull Sports - Latus Training)	25	26
27 19:15 Speed Work: Linda : Stadium Reps (Sports Club WHL)	28	29 18:00 Club Training Run	30	31 18:15 Club Friday Fresheners (Hull Sports - Latus Training)	1 Apr	2

AGM Meeting Minutes

6/3/17

Present Jill, Amanda, Sandra, Andrea, Linda, Karen, Shell, Liz D, Carol H, Ann H, Suzanne, Anna, Maria

Apologies from Annette, Jan, Sarah JW

Minutes from previous AGM 2016 agreed as correct

Chairs Report. Jill reported how the Club was going from strength to strength. 3 training sessions were provided every week and thanks were given to the leaders, Sara, Maria, Linda, Amanda, Jan, Karen, Sandra, Jill and Carol M. Impromptu runs were also held throughout the week advertised mainly on Facebook. Many ladies also joined City of Hull for track sessions on a Wednesday evening.

Carol Holmes had also set up the Snails group - Carol was thanked for this.

As a Club we continue to participate in races both local and further afield.

Endure 24 saw Liz and Jan Draper win the pairs event and TR24 saw Linda and Rachel take 3rd place.

Members had participated in helping at events as Marshalls and again provided a water station, Marshalls and packed bags for Hull Marathon.

Liz Draper took the London Club Marathon place and several ladies had Good for Age Places or had been selected in the general ballot.

2 ladies represented GB - Amanda at the World Duathlon Championships and Suzanne at the Biath. Both ladies were awarded £100 from Club funds, as they had to finance the trips themselves.

The club made purchases of an events tent and Club flag.

In relation to kit most of the old style kit had been sold and the new style was available on line. Maria and Sandra were thanked for their part in this.

Communication is a key part of the Club and the Facebook page is second to none. Thanks were given to Andrea Karen and Ann and now Carol H for managing this.

In relation to emails Annette and Amanda were thanked for their hard work and thanks also to Linda for her weekly weekend adventure report and Andrea for the parkrun reports. Leaders for the standard and Snails club runs, as well as the adhoc runs, are encouraged to send in training reports to ensure members receive feedback about all the runs to help maintain inclusivity throughout the club. Thanks were given to Anna who until recently produced the monthly newsletter and to Shell who had taken over. Both ladies produce/produced excellent newsletters, which all ladies love to read.

All Committee members were thanked for their hard work. Liz D for the 10k improvements and Facebook advertising. Maria and Amanda for the Advent run, Jan for organising the Celebration evening, Shell for organising park run awareness events. Amanda for the website and Zoe for maintaining upcoming events.

Meeting at Hull Sports (Latus Training) still worked and we now share the venue for our committee meetings with Hull Thursday cycle club.

Jill finished by thanking all members for making the club so fantastic. The Committee then thanked Jill also for her excellent work with the Club

Linda as Treasurer then gave her report stating that the finances were in good order as of 6th March 2017.

Karen as Club Secretary stated that we had a record number of first claim member 93, 6 social members and 1-second claim member. This would probably alter for the 2017/18 year when we usually lose 10%. Karen went on to thank Carol for bringing further members via the Snails and Linda for how they both worked so well together.

Lead Coach Report - Amanda spoke about the training sessions offered by the Club - Mondays being primarily speedwork - Wednesday had caused some concerns because of the low turn out sometimes from the Club due to track sessions and other runs led away from the club. This had now settled down and more members were attending. Friday nights usually offered threshold sessions. The Snails had filled a gap that the Club had not been able to and again Carol was thanked. The 0-5k course had gone well but as a Club we struggled at times to resource it with the leaders we had available. Amanda went on to say what a friendly supportive group of ladies we had as members.

AGM Meeting Minutes

6/3/17

Membership. A discussion took place about whether as a Club we needed to offer social membership. It created confusion amongst ladies and extra work for the Secretary. Also by not being a full member the benefits such as discounts were not available. The full membership fee of £30 was felt to be very reasonable. A vote was taken and it was agreed that the Club would cease to offer this type of membership.

Voting - the committee members were voted in as follows

Chair	Jill
Treasurer	Linda
Secretary	Karen
Minutes Sec	Sandra
Lead Coach	Amanda
Racing Officer	Liz D
Newsletter	Shell
parkrun	Andrea
10k Series	Liz D
Radio	Linda
Liaison	Annette
Press	Liz D
Events	Jan, Anna
Voice	Maria

The AGM was then closed but members then discussed the following

Amanda spoke about the possibility of the Club being affiliated to the CTT, which would enable ladies to compete in cycle time trails if they so wished. The cost of this to the club would be £30. It was agreed that this was a good idea especially as we had many members who were keen cyclists. Action Amanda to complete application process.

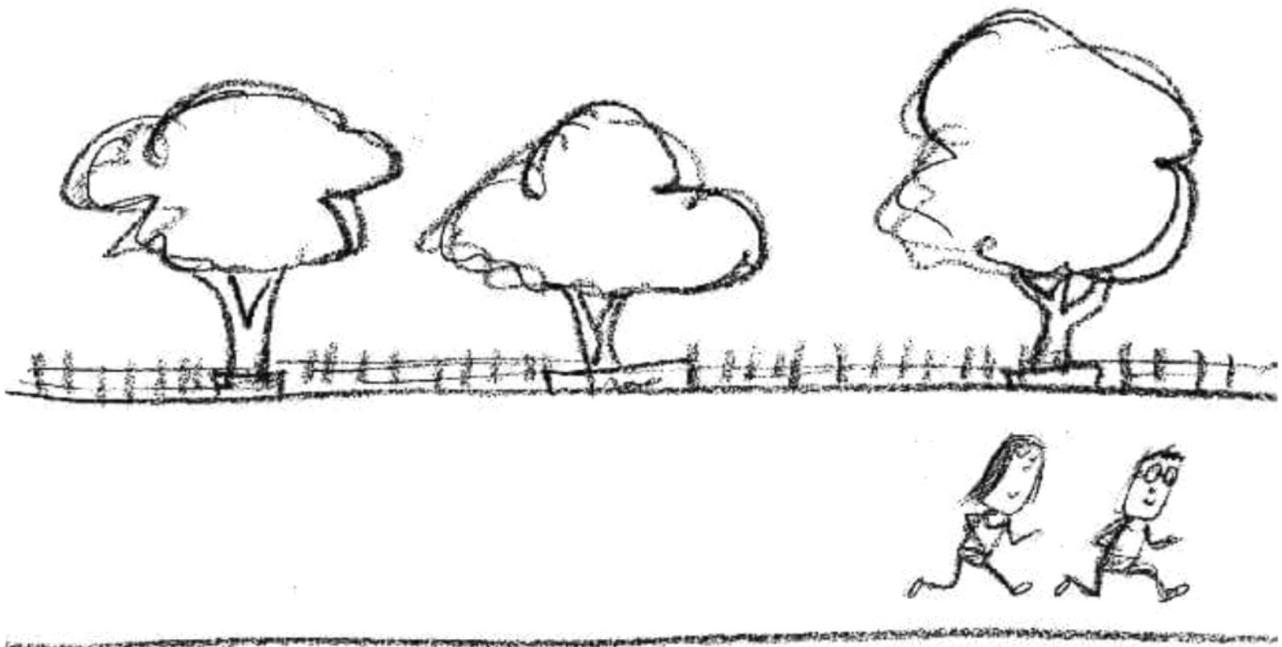
Liz D stated that she would be running the London Marathon for Preston Road Women's Centre and wondered if any other ladies would consider doing the same. Action Liz to email Club Members

Ann spoke about the web site and whether it should be altered to be more inclusive. As a Club we celebrated everyone's achievements and it was felt this should be published more on the site. At the present time most photos were of ladies that had won prizes but the Club wasn't just about that. It was agreed that everyone should have a look at the web site and suggest how it could be updated. It was also suggested that maybe the club did not need to stipulate that before ladies could join they had to be capable of running 15 minutes or 1 mile. This had now become out-dated because of the Snails. The Snails also to have a link on the left hand side so anyone looking at the site could get more information as to what the Snails offered. Action - members to forward suggestions to Amanda who administers the web site.

Carol informed the Committee that she would be attending a course to become a Mental Health Ambassador. Maria expressed an interest in this and Carol agreed to forward her details. The course was organised by England Athletics.

Final Thoughts...

HAPPINESS IS



...running with a friend.

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

Email: westhulladies@outlook.com

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