

WEST HULL LADIES NEWSLETTER March 2020



0-5k Leap Year parkrun



400m sprints 9/1/2020

Coaching Corner

Amanda Dean

Blog 2:

On my first blog the sum up was: Most important!! Enjoy running, run regularly, have a target and a suitable training schedule and everything will come together J

Coaching corner in the February newsletter covered my 'coaching in a nutshell' basics of running tall and straight and over striding which was passed on at the first two Mondays of the Six Weeks to parkrun sessions.

Below covers weeks 3 to 5 of Six Weeks to parkrun about running technique:

Coaching Week Three - Perfect arms, elbow and hands

Elbows 90 deg moving directly back and forward, not across your body. Pushing back and gently rolling them forward. Relaxed hands (holding butterfly) which will be somewhere between ribs and hips.

Excessive arm movement and arms moving across body is inefficient. Think about your hand positioning now and again whilst running. Make sure not sweeping across your body or too low. Make sure both arms are moving equally.

Arm and leg movement related. If you increase your speed your arms will move more quickly. You can use increasing the arm movement to get your legs moving more quickly!

Coaching Week Four - biometrics of running

Had you touching yourself – finding your big glute muscle (bum) and your strong hamstring.

Then explained the hip flexor muscle is pathetic in comparison (top, front of thigh). Had you feel this muscle when you lifted your foot up and push forward. It works hard whilst the glute gets an easy time. Lifting and pushing your foot through is not the best way to run (but is common for new runners) and leaves you open to injury.

I then had you lifting your heel whilst feeling the hipflexor, it does just a little work and now you should feel your strong glute engaging. This is the way to run.

When you run, lift your heel a little and push through from the knee – rather than throwing your foot through. This also helps to avoid over striding and makes you more efficient.

Coaching Week Five – Shoulder Rolls

Explained that shoulder rolling is when shoulders move left to right as you run and investigated how hip movement is related to shoulder movement.

Rolling shoulders is inefficient, energy is being used to move sideways. Shoulders should be relaxed, still and facing forward and key to this is hips maintaining a neutral, forward position.

The importance of the hip position comes out through out the coaching and a short discussion on why core strength it really important at holding it all together. Try to do some core strengthening each week, home or a class.



Gallery



Ladies "enjoying" a run 14/03/2020



Jo 8/2/2020 Skidby Route



Kerry and Lindsey 26/02/2020

**West Hull Ladies Committee meeting –
Monday 10th February 2020 7:15pm
Cottingham Rd Baptist Church
Anna S**

**West Hull Ladies Committee Meeting 10/02/20
Cottingham Road Baptist Church 7.15**

Present: Angela, Linda, Jan, Jill, Liz N, Amanda, Andrea, Anna C, Janet, Anna S.

1. **Apologies:** Maria, Sara, Annette, Liz H, Rachel, Caroline.

2. **Minutes of previous Meeting:** Accepted as a true record.

3. **Matters Arising**

Jan had contacted Caroline regarding the role of Welfare Officer and research into possible policies.
Badges for 50K ladies have been ordered.
Help for Amanda - *ongoing (Action)*.
Maria's membership verification issue sorted.

4. **Membership Update** Maria, Anna C, Amanda

Members: We have 96 first claim club members plus 4 second claim = 100 (list below)

Email: We have 99 ladies on our distribution list

Plus 6 'New' and 14 '0-5K' ladies i.e. not yet members

Facebook: We have 136 members on FB of which 16 are 'Specials' (not club members), 19 not yet club members (6 New, 13 of the 0-5K). (Discrepancy of 1)

5. **Training update** Amanda

Club runs: Bit quieter on the Friday Fresheners but I think some this is because of the amazing number of ladies training for marathons and putting in long miles on Saturday/Sunday.

Wednesdays with Anna S going fine and Kerry's 10K is really appreciated. Thanks to Anna C stepping in when Anna S could not make it. Hoping SarahJW is getting on top of Plantar Fasciitis.

Mondays still very popular.

S2S dominated by 0-5K, see below. Small discussion on: when someone identified as ready for the main club we could get buddies to run with them for the first couple of weeks (a number of buddies, not just one.) as a means of comfortably joining main club runners.

6. **Website Update** Amanda

Updated: Find Us (main page, other stuff); kit page; committee mug shots: Janet, Annette and Liz N added; prize Karen P; 100K minor changes; 50K club record 5hrs 48mins; Feb Newsletter; Champagne League.

Anna C continues to update gallery.

7. Six Weeks to 5K – Update

Going very well. Very positive as anyone who has led or buddied will confirm. Had concerns about injuries in the first couple of weeks but, for all except one, these are being managed with stretching etc. 20 ladies booked on the course, two did not appear. Of the 18, four are club members taking the opportunity to consolidate their running and get back to regular 3 runs per week. They will benefit from this sensible approach even though I'm sure the first few runs were easy for them. The 13 'new to the club ladies' are doing very well and we are keeping an eye out for anyone struggling. We hope the lady who has stopped for now will be able to complete at a later date.

Now into week four. At the end of the week they will run 10mins non-stop so they are well on their way to becoming comfortable runners. At this stage, it is important to encourage them to run at their own pace whilst joints and muscles become accustomed to the exercise rather than up their pace and risk injury.

Volunteers for March on Wednesdays please: to lead a group of them round 3.5 miles, 4 miles, 4.5 miles and 5 miles. Two volunteers is best as there may be big discrepancies in pace throughout the group.

8. Purchase of badges

50K Liz H has put order in for 100 x 50K badges. A member will receive one of these each time she run/walks a 50K within 12 hrs, including the first time. 25 badges need to cover this year and previous.

Action: Amanda to prepare 9 T Shirts for this year's ladies **done** (and link them later with Liz H and badges).

100K Action: Amanda to contact Sandra re 100K hoodies **done** and Sandra has ordered 5 x hoodies.

9. Presentation Dinner

Rachel has sorted out the menu, numbers coming in.

Jill and Liz H are sorting out entertainment.

All approved the invitation to Jamie and Helen Penn as special guests.

Trophies are being ordered following a discussion regarding deadlines for engraving.

Moving forward: Jan proposes a group setup to organise the 2021 presentation dinner possibly November to help with the volume of work and complex deadlines.

Action: Amanda to re-email True Grit, Member of Year nominations **done**

Action: Amanda to email 0-5K with invite to Presentation Dinner **done**

Action: Jill to order trophies

10. Welfare

Caroline has researched some documents that will be helpful to us.

She is happy to continue in the role until the AGM.

11. Big Bobble Hat

Action: Amanda to email club for interest. £18 per hat. Club to cover postage costs. **Done**

Action: Andrea dealing with company, to get a design **done** Andrea collating numbers. Will order when 25 'yeses' received.

12. AGM Roles

Date set for the AGM - 9th March 2020.

Action: Anna S to update the list of committee members and roles.

AOB

1. Club room booking now £12.50 per hour
2. Champagne League, 15 ladies booked in, 5 places remain.
3. Amanda still needs help! Training Schedule Administrator wanted

Next Meeting: AGM 9th March

Medals, (mugs, beer, t shirts and hats) of the Month



Eve Normanby Adventure Race
08/03/2020



Cath's Golden Fleece Stash 07/03/2020



Golden Fleece ladies

Dates for your Diary

Midsummer Madness
13/06/2020
Thixendale (Endure 3 weeks later)

Club's Camping Equipment

The club has the following camping equipment available to borrow for events:

2 Event Tents with four sides

1 Cook stand

1 Double stove with Gas bottle

First Aid Kit

Please email the club if you would like to borrow any of the equipment





Parkrun News

08/02/2020-
15/03/2020



We have had a total of 138 runs at Parkrun in this period. That is 42 at East Park, 78 at Peterpan Parkrun and 9 at Beverley Westwood. Over this period the Humberbridge Parkrun had to change its route and was cancelled due to flooding.

Well done on PBs for Liz Wardale, Jackie Foreman, Kerry-Ann Taylor, Aileen Mclachlan, Amy Brewster, Beryl Parkin and Shirley Goy.

Amy Brewster and Lindsey Harris record their 50th Parkruns and Sarah Wilson recorded her 300th run.

Sarah also Parkroamed twice at Pices Park and Fulham Palace and Andrea Thomson also clocked up at run at Gloucester.

We also had some very sad news as Shirley's dog Ziggy passed away. Ziggy was a regular volunteer with Oliver and will be sadly missed by all the Peterpan Park runners, I have always said that Peterpan Parkrun is the friendliest of our local Park runs and that is in part to Ziggy and Oliver at their special corner, with Linda and Shirley. I love the idea of Oliver and Ziggy starting a Rainbow Bridge Parkrun and now Oliver will have help with the scanning or the cheer leading.

RIP Ziggy xx



Shirley and Ziggy



Sarah 300 Parkruns

Presentation Evening

13/03/2020







Presentation Evening

Award winners

100K winners

Rachel Whittaker

Cath Dyson

Amy Bradley

Karen Park

Jermaine Willan

Verity Pick (second time)

Stacy Foxworthy (second time)

50k Winners

Maria Diaz

Rachel Whittaker

Rebecca Johnson

Anna Cartwright

(Mad Dog) Liz Hobson

Shelly Hindley

Jan Draper

Cath Dyson

Andrea Thomson

Liz Nicholson

Sharron Wiley

25k Winner

Shirley Goy

10k Award

Gail Farr

Newcomer of the Year

Anna Cartright

Improvers of the Year

Gail Farr and Rachel Whittaker

True Grit Award

Sharron Wiley

Member of the Year

Anna Shepherdson

West Hull Ladies AGM meeting – Monday 9th March 2020 7:15pm Cottingham Rd Baptist Church Anna S

Present: Jill, Linda, Maria, Amanda, Jan, Anna C, Anna S, Suzanne, Liz H, Liz N, Caroline, Sara, Rachael L.

Apologies: Annette, Janet, Angela, Andrea.

Minutes from the previous AGM were agreed as a true and accurate record.

Election of officers:

Chair – Jan D. Nominated by Jill and seconded by Liz H.

Meeting Secretary – Anna S. Nominated by Rachael, seconded by Sara.

Member Secretary – Maria. Nominated by Linda, seconded by Amanda.

Treasurer – Janet. Nominated by Maria and seconded by Anna S.

The following roles were nominated by Jan and seconded by Maria:

Liaison – Annette & Amanda.

Coach – Amanda.

Welfare Officer – Caroline B.

Social – Rachael L and Sara.

Newsletter – Liz H.

10K series – Liz N.

Treasurer Report: The club has a healthy balance and made a small profit this year.

West Hull Ladies Accounts Annual Report 2019

	RECEIPTS	PAYMENTS	Profit/Loss	NOTES for 2019
Misc	£125.00	£ 943.89	£-818.89	Out: LiRFx3 £420, CTT £30, Website £72. MSM + MWM cost £120
Membership (England Athletics)	£2,940.00	£1,590.00	£1,350.00	Club income: membership
Clothing	£56.00	£59.95	£-3.95	2 Hoodies purchased 1 cycle top and some buffs sold
AGM - Presentation Evening	£577.99	£1,027.27	£-449.28	Presentation Dinner subsidised £5pp. Trophies £260
6 Weeks to 5k	£0.00	£0.00	£0.00	
Total	£3,698.99	£3,621.11	£77.88	Small Profit

Members Secretary: Maria reported 95 members full claim, and 4 second claim.

Coach Report: See Appendix II

Jan thanked everyone for their contributions over the year and the meeting closed following the receipt of the reports.

Appendix I: Chair's Report

2020 has been a busy, active and positive year for the Club with steady membership and lots of ladies doing lots of running! Many of our runners have been regular supporters of our local park runs – as well as being tourists elsewhere – and have also engaged in races of all sorts of distances, ranging from 5K through to 24-hour ultras. In addition, we have supported other local events such as the Champagne league and continued to be a supporter of the running scene in Hull and around East Yorkshire. And Amanda might say a little more about all this in her Coach Report. I think we continue to be a supportive running club and I hope continuing to be supportive, responsive and inclusive to all runners.

I am grateful to all those on the committee who have worked hard over the last year to 'keep the show on the road' so to speak. A lot of people put in significant work, often behind the scenes, in order to ensure the club runs smoothly. I would particularly like to thank Amanda for all that she does for the club. Not only is she our coach, but she also does such a lot which is not always seen in terms of administration and organisation. I'd also like to thank Annette who also does a lot of admin even though she is not able to run with the club. During this year we also had a change of Treasurer and I am grateful for all that Linda did before she left us – and grateful too to Janet for taking over this role. Anna as Minute Secretary and Maria as Membership Secretary have also done sterling work for the club during this year. Liz Hobson has done a fabulous job on the newsletter this year too – rallying everyone's contributions and putting these together in such a wonderful way. And all other members of the committee – it's always risky naming a few individuals! – but the club is so very grateful to all your hard work and commitment to the club. To coin a phrase 'we all need you' to make sure that the club runs smoothly and goes from strength to strength.

So we look forward to another year, another year of running, promoting the benefits of this to each other and to new members and to continuing to be part of Hull's great running scene.

Jan Draper
March 2020

Appendix I: Coach Report

Snails to Steadies: It has been a turbulent year for the Snails starting with Anthea Baines breaking her foot and being unable to continue leading. Unfortunately, Anthea is still recovering and not yet able to return to the club. At this point, we moved the training runs to match the club start times so that if no leader available the club could more easily help.

Annika Schoene then took up the reins and was an inspiring and lively leader. At this time, the Snails were rebranded to Snails to Steadies (S2S) to encourage a wider audience to the group with thoughts of progressing to the main club runs. Unfortunately, Annika had to step back in preparation for spinal surgery. We very much hope the surgery has been successful and she will return to run with us again. Thankfully, Angela Salisbury stepped in to become our S2S representative and continues to manage the group. This group is now in its third year and continues to provide a place for women needing a run/walk strategy at a very steady pace and also 'hand holding' for ladies to join in the Monday and Friday club sessions and to join the Wednesday Steadies run when they are ready.

A big S2S success this year was the Six weeks to parkrun. Four club members and 15 non-club members joined in. Thank you for the support from club members leading and buddying. The leap day, Peter Pan parkrun with cake was fabulous.

We wish all those who joined the course all the best and hope they continue running.

Monday 'Speed Work' night Most ladies find that the distance passes much quicker with a bit of effort thrown in. Your fitness benefits massively by exerting yourself however, it is fine to just come and run. We aim to design the sessions to be suitable for all levels with different distance/time reps/intervals possible. Thank you to all the leaders who make this possible.

Wednesday Steadies Sarah Wilson continued leading the Wednesday steadies until the dreaded plantar facilitis meant she had to step back. Anna Shepherdson has taken over leading most Wednesdays – thank you Anna. This week she will lead out a 4 mile route with some of our 0-5K ladies joining her. The pace of this group is 11-12min/mile. It is a good place for anyone moving up from the Snails group who need more of a challenge. Thank you Sarah and Anna. And, a new and very welcome Wednesday run is Kerry Taylor's 10K runs.

Friday Fresheners A great little run with 'fresheners thrown in' to bring the weekend in, many thanks to Sara Ellis.

Extras: There are many extra runs arranged, weekend off-roads, race recces. Check out Facebook and if you need someone for a run just blog 'can anyone join me for a run'. Give distance and pace and hopefully you'll find there is someone else looking for a run.

Racing: West Hull Ladies race! Any distance from parkruns to ultras. Mostly hoping for a PB but others just proud to finish (and get the T Shirt). Parkruns are always very well attended. Thank you to Anna Cartwright who publishes both our weekly parkrun news and Racing Reports:

Champagne League 2019 was again very positive with a third of the ladies who joined in taking prizes. Summer League 2019 also produced some WHL prize winners.

Specials: We had our second Midsummer Madness at Thixendale village hall for a day. Four ladies used this to join the 50K club probably in the most difficult way – off road and hilly. We liked this so much we went on for a Midwinter Madness at Millington village hall. A lovely run-walk day with soup, rolls, mulled wine and cake.

Thank you: A massive thank you to all our leaders and to all who organise runs for club members. Moreover, thank you to all of you who get out and encourage each other to stay motivated and to enjoy running – don't ever forget, enjoying running is the top priority of your training.

Keep the adventures going.

Amanda Dean
March 2020



TRY CORNER

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



Sharron racing the train 08/03/2020



Amanda and Sarah walking around South Dalton
19/03/2020



Jenny after trampolining 08/02/2020

VIEW FROM THE BACK

Undercover Zil



Mad-Dog Lizzy Hobson

In this month's View from the back we have managed to obtain an exclusive interview with West Hull Ladies' super group, Teal Eye Spam's song writing duo, Crazy Jill Jammy Jameson and Mad-Dog Lizzy Hobson.

I managed to see them backstage while they prepared for their sell out gig at Scunthorpe's Grand Old Oprey.

Zil: My first question is to ask, what made you change direction from Exercise Videos to dominating the pop charts?

Jammy: Actually it's a funny story, I got a call from Simon Cowell, at first I thought it was a joke, but it seems that he had seen our Prancercise video last year, I can remember what he said exactly,

"I think you're utter rubbish but I may be able to make some money out of it, name your price!"



Jill Jammy Jameson

Mad-dog: I am sure he says that to all his artists!

Zil: So what was the price?

Jammy: Well, at first, neither of us were too sure we wanted to work with Simon, we've always preferred those artists who work their way up, serving a bit of an apprenticeship so originally we turned down his offer. However he persuaded us by promising that we could work with top industry professionals and the best session musicians.

Mad-dog: And there was the Sportshoes.com voucher.

Zil: Yes I can understand that was an offer that would be difficult to refuse. So was it Simon that brought in your two collaborators Anna "Cool Dude" Cartwright and Hannah "how did I get persuaded into doing this" Hobson?

Mad-dog: Yes Hannah brought the studio expertise and was able to tidy up our vocals and Anna brought in some much needed class and style to the proceedings. Particularly when you have lyrics about shite we really needed some class believe me!

Zil: How did you chose the songs for the Album?

Jammy: Well they chose themselves really. We were keen to ensure that there was a strong running theme to the album, so any song which had anything that vaguely rhymed with run was picked.

Zil: How did Portaloo come to be picked then?



Industry Professionals Hannah "how did I get persuaded to do this?" Hobson Anna Cool dude Cartright

Zil: How did Portaloo come to be picked then?

Mad-dog: I am afraid that was me, my main musical influences being Eurovision.

Jammy: And the Wombles

Mad-dog: Actually it's Electro womble and better than Status Quo!

Zil: Were there any creative differences then, I am detecting a bit of tension in the group?

Jammy: Well I was upset that we couldn't do "Running all over the world!"

Mad-dog: You know that we couldn't manage the complex guitar playing.

Zil: Er Tell me about the message in Portaloo, I gather it's one that many runners will recognise?

Jammy: We were looking to reflect the runner's angst when they suffer from jogger's belly. There you are desperately needing to go and the relief of seeing a Portaloo in the distance. It's a common problem in running, the lack of facilities and then the cleanliness of them, particularly if like Mad-dog you are a slow runner.

Zil: The lyrics are very poignant, "Portaloo I was relieved when you came in sight, Portaloo didn't expect you to be full of shite!" I can feel the distress of the runner in those lyrics.

Mad-dog: There's also the runner's dilemma.

Zil: The runner's dilemma?

Mad-dog: Is it better to use a disgusting Portaloo or go alfresco in the bushes?

Zil: Mmm I see, so why did you decide to do the old Beach Boy's Classic?

Jammy: Actually it was the first song that we recorded?

Zil: Was that because you wanted to cover the Beverley 10k Bag-gate riot?

Jammy: Yes it was a great platform to cover that famous incident.

Mad-dog: I thought you said it was, because you don't have to rhyme it because every line ends in "now".

Jammy: Shh!

Mad-dog: Sorry. No it was about Beverley 10k.

Zil: Anyway I would like to thank you for taking time out of your busy schedule to talk to our West Hull Ladies Newsletter. What is next for Teal Eye Spam? Are the Bio Pic rumours true? I understand that Meryl Streep is interested.

Jammy: I couldn't possibly comment.....



Hannah is currently thinking of changing her

Portaloo

https://drive.google.com/file/d/16WITtjWOQcmcd3jgObn5VrPvT_pyox8i/view?usp=sharing

Run run run

<https://drive.google.com/file/d/1cRVKggqXNzS44CcpdB24bUQ2VtRWf8tdv/view?usp=sharing>

VIEW FROM THE BACK

Liz Hobson

Well it's been an interesting week to say the least! Was it only a week ago when we were celebrating West Hull Ladies and having a great evening? Here we are now without any "official" club runs, any events and even Parkrun has perished.

What I want to do for the next Newsletter is have a Coronavirus Special, it's wrong to say this will be a celebratory special but what I am hoping for is something which shows how we as a club can carry on and still keep together as a group. The internet is both an awful and wonderful thing. Awful because of the misinformation, which gets banded about but wonderful because it allows us to keep in touch. Imagine if this was going on without the internet. In my view this period will be a watershed moment for working from home. The technology has been available for a few years but firms have generally been reluctant to embrace it, now they are going to have to and they may find it's an improvement. I think that live events may well stream more things on line etc. While undoubtedly this virus is a bad thing there may be some good that comes out of it. I personally have to believe that.

OK so what I am hoping for the next newsletter is some articles about how we are managing. What are people doing instead of club runs, are we still doing Friday Fresheners? Articles perhaps coping with social isolation, how are we coping with the Children been at home all the time? There are also other articles which I hope to see, recipes are also useful, particularly those from ingredients made from the only ingredients left on the supermarket shelves!

The most important thing though is that we stay as safe and well as we can. It's a bloody pain in the backside but it is as it is. What I do know is that getting through this period will be a damn sight easier with the club than it would have been without it. We have a fantastic support network with strong ladies with many different and valuable skills that we can all lean on. We might not be wearing the WHL vest in anger at the moment but it's still there and as strong as ever.

Stay safe and support each other and try to keep on running.



"C-19 we're coming for you!"

<https://youtu.be/HAuPR2oByUI>