

Amanda's 50 K advice

- Rule 1** "Eat more than you think possible." (Stay hydrated too.) This advice was given to me by an experienced ultra-marathon runner and was almost certainly what got me around the Woldsman 50 miles last April. The only time I really suffered over the whole distance was for miles 37-42 miles when I knew I had not eaten enough at a feed station (didn't fancy most of it). At the next one I had 2 sandwiches, 2 pieces of cake, 2 cups of tea and 1 paracetamol – that was at 42 miles and from then to the end I was fine and finished feeling pretty good
- Rule 2** "Hardmoor's Rule: walk up hills". This advice given to me by Becca. Not totally appropriate to flat Hull so adapt to "take walking breaks regularly" and during those breaks apply Rule 1
- Rule 3** "Don't think too far ahead." Think as far ahead as you know is possible then, when you get there, repeat.
- Rule 4:** "Keep moving forward as much as you can." and when you do stop add a bit of a stretch (and maybe apply Rule 1) re-start by walking before jogging.



Wishing you all good legs and a massive bucket full of perseverance xx

Shelley's 50k Advice

- 1) Do not set off too fast.
- 2) Pick a very easy pace and stick to it, do not be tempted to go a bit faster because you feel good - you soon won't and you'll regret it!
- 3) Take a bottle of electrolytes/Tailwind. Pure water just sloshes in your belly.
- 4) Have distance intervals to aim for and then have a little drink/bit of food e.g. 3 mile intervals.
- 5) Don't set off too fast (so important that I've said it twice!).
- 6) Smile when it hurts (it honestly makes you feel better, Kipchoge does this and if it's good enough for him...)
- 7) Keep moving forward, if you want a drink/gel that's fine, just don't stop moving, even if you walk.
- 8) Practise with a bottle pack/belt on shorter runs first, they can be really annoying if you are not used to them.
- 9) Break the distance up into smaller chunks in your mind, focus on one mile at a time and it is less daunting.
- 10) Have something to look forward to for when you finish (cake/beer/bath, or even better cake and beer in the bath!)



Liz Hobson's 50k Advice

Choose your day. I did it last year on one of the hottest days of the year and it was really tough. I found it very hard to run in the heat and spent much of the challenge walking because it was too hot. I completed in 11:35:28 and to be on your feet, for that time is very tough, I did have some breaks but was concerned about the time so rushed them. If it had been cooler I am sure I would have been a bit quicker so would have been on my feet less.

Eat and drink plenty. As Amanda says particularly early on, you will probably feel ok at first so will think I don't need anything at the moment, and that could bite you in the bottom later. When I did it, although I was eating small snacky things, I started to feel really bad and a bit dizzy about 8 miles from completing. I was at Endure so luckily there were many people about and I was caught up by Kim Mcbirnie and Andy her partner who carried my ultra vest, (Andy) and talked me through, (Kim). I was also promised one of Kim's homemade pasties, which kept me going and was very nice and got me round my last lap. For this challenge I would definitely make sure you have someone with you and/or a support crew, I know we currently have social isolation but you need to make sure someone knows what you are doing.

When things get tough. Tell yourself "one step at a time" and "each step brings you closer to the end". It's also not 50k, it's 5 x 10ks which somehow sounds easier. This helps you to manage the distance in bite size chunks!

When you have completed the challenge. Make sure you eat and rehydrate at the end, after I completed my 50k I went straight to bed. When I woke up I nearly fainted and luckily Chris was with me. I can recommend very sweet tea to revive you. However try to eat something as soon as you finish and keep eating after. I also did the same thing after the London Marathon, as Jill will tell you, nearly peeing out at the restaurant at the hotel, about 2 hours after the end. I would certainly be very careful if you have to drive back home after doing this.

Good luck , I hope I haven't put you off, it's a great challenge but treat it with respect. **Also I expect a few articles for the newsletter about it!**



Me with Kim and Andy at Endure 24

Gallery



Kerry-Ann wearing her vest proudly for her HIT circuit training on 29/03/2020



Jane after her 7 mile run focusing on her downhill technique 28/03/2020



Jill after Friday Fresheners 27/03/2020



Lynne usual circuit 28/03/2020



Lyndsey interval training 27/03/2020

West Hull Ladies Zoom Committee meeting – Monday 11/05/2020 (People's frontrooms) Anna S

Present: Amanda, Annette, Anna C, Anna S, Jan, Janet, Jill, Linda, Liz H, Liz N, Maria, Sara, Sarah W, Rachael.

1. Apologies: Andrea, Caroline. **2. Minutes of previous meeting:** Accepted as a true record. **3. Matters arising:**

50K Badges - all orders were complete and delivered. **Action:** Anna S to complete last 3 100K badges when back at work. All action regarding awards evening was complete, except for a dispute over a room booking charge. **Action:** Rachel to email.

4. Membership Maria, Email Amanda, Facebook Anna C Update:

Members: We have **70** first claim club members plus **6** second claim = **76** (list below)

Email: We have **78** ladies on our distribution lists. Plus **6** 'New' i.e. not yet members

Facebook: We have **103** members on FB: **78** Club members, **19** Guests, **6** New All recipients of emails and Facebook members tie in with membership. **See Appendix for membership**

5. Treasurer update Janet:

A healthy balance was reported. England Athletics have been paid for 2020 memberships.

6. Training Update Amanda:

Our WHL Virtual training has worked out better than I could ever imagine with more ladies joining in than would come to the club runs. The training is working as a significant number of ladies are producing PBs. Well done everyone. **S2S:** Been concerned that Snails and new runners are struggling to stay motivated. Have put an announcement on S2S Facebook to encourage run/walking which is also very suitable for children and indeed the whole family. **0 -5K membership:** Of the 14 non-club members on the course, four ladies have joined the club with another one intending to join on her return to Hull.

7. Website Update Amanda:

Committee Members, Champagne League page. Rainbow Photos. Anna C continues to update the gallery.

8. Big Bobble Hats Andrea:

Andrea has received an email from the Bobble Hat company. They are currently understaffed and have recommissioned their facilities for the making of PPE. New expected delivery – late June. 23 of the 25 ordered hats have been paid for.

9. WHL 1000 Mile badge Anna C:

As many ladies are working toward a 1000 miles in the year goal, Amanda and Anna C felt that it would be nice to reward them with a badge. The committee agreed.

Action: Anna to contact firm for badge mock ups and quote. Anna to work with other committee members to confirm time span and how it can be verified. First badges to be in time for next year's Awards Evening.

10. WHL Lockdown 50K Amanda:

Committee agreed that throughout the month of June you can earn your 50K T Shirt and/or badge by running a 50K <http://www.westhullladies.org.uk/50K.htm> or (Snails only) your 25K Snails trophy: <http://www.westhullladies.org.uk/25K.htm> This could be your own DIY 50K or you could use the 12.5K mixed terrain route which Anna C and Amanda recce'd from Skidby Mill. *Action: Amanda to draft an email covering "rules, route and guidelines".*

11. Welfare Caroline:

Caroline has forwarded some information to Jan. Jan suggested it might be helpful, wherever possible, to reference England Athletics guidelines and policies and link to their website as appropriate. This was agreed to be a sensible approach. *Action: Caroline and Jan to draft a section that could be included in the Club Rules (see below), including links.*

12. Constitution and Rules update

Jan:

There was a review of the constitution around the AGM. However, more work is needed as there have been quite a few changes. To make permanent changes, we need an Extra-ordinary General Meeting, to include at least 5 people, and providing members with 21 days' notice. Jan also suggested it would be helpful to review the Constitution and Rules annually ahead of the AGM. *Action: Jan to send out the constitution and rules to the committee for reading and sharing thoughts, and then to make arrangements for an EGM by Zoom.*

13. AOB

- Amanda has closed an email account that had been set up to manage the first 6 weeks to 5K course.
- Liz H: Liz asked for any items for the next newsletter.
- Sarah W: Sarah thanked everyone for keeping the club and training sessions going through difficult times.

The date for the next meeting is June 8th.



Blister Prevention

Becca King

Blisters are very predictable. Take three elements, moisture, friction, and heat, common to your feet when you run, and the likelihood of a blister appearing is high. The longer these elements exist on the feet, unattended to, the greater the risk. So, what can we do to reduce one or more of these elements?

The first order of business is to recognize that you, and you alone, need to find what will work on your feet. Others can give suggestions, but what works for another may not work for you. What follows is a synopsis of options you need to consider.

The First Line of Blister Defense

There are several blister reducing options that should be our first level of defense. Proper socks are a key priority. Moisture-wicking socks are available from almost every sock manufacturer, and given a choice, should always be picked before an all-cotton sock. Double layer socks offer an inner layer that moves against the outer layer, reducing friction to the skin. Try several different types of socks of various thickness' and fabrics.

Lubricants are next on the list. Most runners grew up using a lubricant, usually the age-old standby, Vaseline. Many runners also use Bag Balm, a salve with healing properties. Newer, state-of-the-art lubricants may contain silicone, pain-relieving benzocaine, or antifriction polymers. The trick with lubricants is to reapply them frequently, being sure to clean off the old layer before another application. If your skin becomes too tender from the softening effects of the lubricant, then a powder may be in order.

Powders can help reduce friction by absorbing moisture. This reduces friction between the feet and the socks. Dry skin is more resistant to blister formation than skin that has been softened by moisture. Beware of powders that cake up and cause blisters. Good powders will absorb many times their weight in moisture.

The Second Line of Blister Defense

The second line of defense includes a variety of options. Skin tougheners, taping, orthotics, nutrition for the feet, proper hydration, anti-perspirants for the feet, gaiters, laces, and frequent sock and shoe changes each contribute to the prevention of blisters. Some of these options may be more important for your feet than for mine.

Skin tougheners work three ways. They coat the feet for protection, toughen the skin, and if using tape, help the tape or blister patches adhere better to the skin.

Taping provides a barrier between the skin and your socks to reduce friction.

Orthotics help maintain the foot in a functionally neutral position so arch and pressure problems are relieved. Small pads for the feet may also help correct foot imbalances and pressure points. Reducing these pressure points will help in reducing blisters.

The use of creams and lotions on dry and callused feet helps soften the skin and make it resistant to blisters. The skin needs nutrients, particularly in the heat of summer and the cold of winter.

Maintaining proper hydration helps reduce swelling of the feet, often common after hours of running, so the occurrence of hot spots and blisters is reduced. When you become fluid-deficient, the skin loses its normal levels of water in the skin and easily rubs or folds over on itself, leading to blisters.

Those with extra sweaty feet may find the use of anti-perspirants helpful in reducing moisture on the feet that makes them more prone to blisters.

Any runner doing trail running should wear gaiters to provide protection against dirt, rocks, and grit. These irritants cause friction and blisters as shoes and socks become dirty.

Adjusting shoelaces can relieve friction and pressure over the instep and make footwear more comfortable. Several alternatives to shoe laces are commonly found in running stores.

For those running extra long runs or ultramarathons, frequent sock changes help keep the feet in good condition. Wet or moist shoes and socks can cause problems as the skin softens, maceration occurs, and skin layers separate. Changing the socks also gives opportunity to reapply either powder or lubricant and deal with any hot spots before they become blisters.

Proactive or Reactive

You have the option of being proactive or reactive in managing blisters. The proactive runner chooses to take steps to prevent blisters before they develop. The reactive runner treats the blisters after they develop. Many reactive runners simply think blisters are a normal part of running. Wrong! Working with the blister prevention options above can help eliminate one of the most troublesome problems in running.



Becca and Amanda

WHL

Virtual Training and Parkruns

w/c 11th May

104

Sessions

including

512

miles

TOTAL

926

Sessions

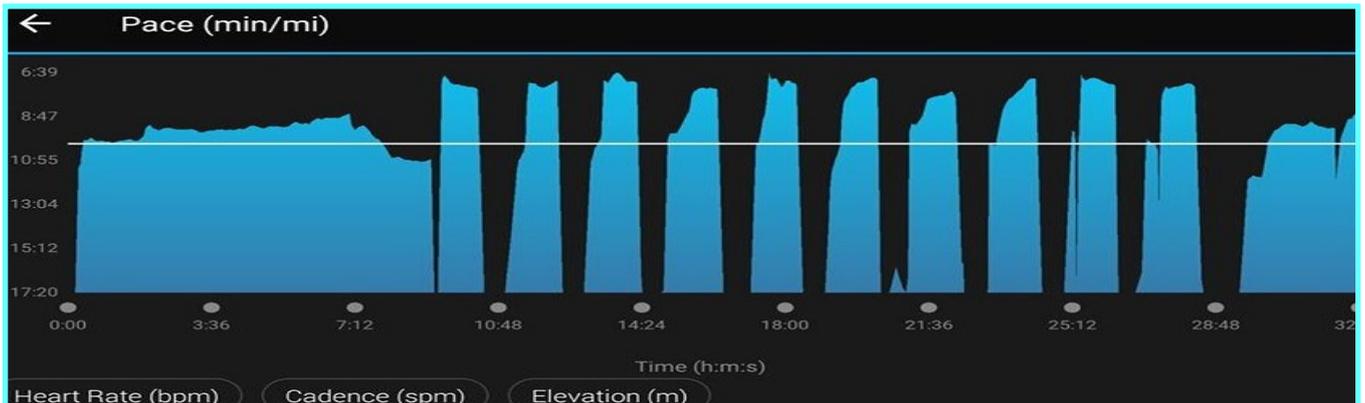
including

4,303

miles



4,303 Miles
is from Hull to Anchorage,
Alaska!!



TOTAL

Sessions



Miles



41

Ladies running, cycling, walking, stretching, jumping etc



Sandra Holdsworth
Today at 11:06 AM

Kerry's 10k round the garden and drive run
4mins run 1min Walk

Distance	Avg Pace
6.23 mi	12:23 /mi
Moving Time	Elevation Gain
1:17:11	0 ft

02-UK 16:14 56%

Share

Bike
21 May 2020

fitbit

111 avg bpm

134

124

Start 1:21:33

1 hr 21 min 378 calories 111 avg bpm

Heart Rate Impact Photo

Share

Dates for your Diary



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



Healthy Tea

Linda Dodsworth



I've been drinking this healthy 'tea' since the start of the Coronavirus and thought I would share the recipe which was sent to us by Mark Lauren (You Are Your Own Gym) and it really helps to boost your immune system. Even if it wasn't for the Coronavirus, flu virus, colds etc when training hard for races our immune system takes a bashing so it may help in lots of ways and it's easy to make.

2 Slices of Lemon

1/2 cup of ginger (sliced)

1/2 cup of raw honey (I couldn't find any owing to the shortages in the shops so I used ordinary runny honey)

In a container with lid mix all the ingredients

Allow them to steep for a few hours. I left them in the fridge overnight

The juices of both lemon and ginger infuse with the honey to give a syrup like substance

Add 1-2 spoonfuls of this syrup to a cup of hot water to make a healthy and delicious tea.

Start your mornings with a hot cup of this tea on an empty stomach

Add a pinch of turmeric powder to this tea if you want to benefit from its anti-inflammatory properties

You can add apple cider vinegar to this tea to make it healthier

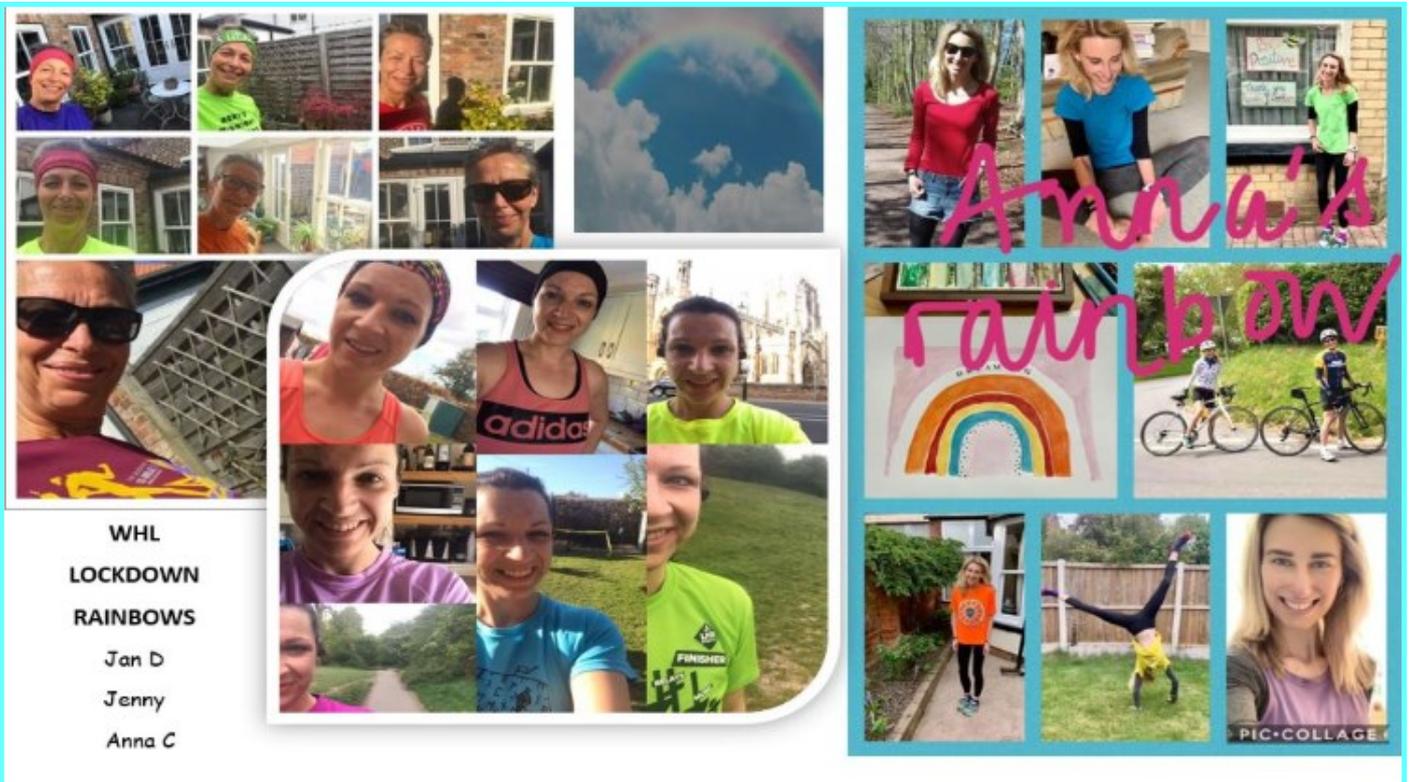
Add some cinnamon to boost the flavour or add honey if you like it sweet, but do try this. Once you do so, you will be hooked for life.

When I came to the end of the juice I was left with the lemon and ginger pulp which I ate and it was lovely so that will do you good too.

I've tried it with Apple Cider Vinegar and it's not at all unpleasant. I was advised to drink ACV when I had a bad chest and bad cough a couple of years ago (the doctor wouldn't prescribe me any antibiotics), it worked a treat after a few days. If you need some 'in home gym training' Mark Lauren is doing a free 30 day trial of his You are your own Gym exercises, he's on FB or you could google him.

THANKYOU NHS and ALL KEY WORKERS

Running the Rainbow





WHL Rainbow Run -#ThankyouNHS



WHL
Lockdown
Rainbows
Kerry
Amanda
Linda



Jermaine
Cath D
Sarah F



Fundraising for Mind

Eve Fullard



Hello Ladies, I must say, I am loving reading about all your escapades on the WHL Facebook page, hopefully I will be brave enough to run again soon, you are all doing so amazingly! I had a lockdown birthday this month so decided to do the 2.6 challenge birthday fundraiser in support of Hull & East



Yorkshire Mind. I wasn't expecting to raise much to be honest but once I'd had my first donation, courtesy of our lovely Liz Hobson, I was over the moon to see more donations come rolling in! I realised during the week of my birthday, I had also, by chance, rode 26 miles on my bike which of course gave me more leverage to ask for donations! I am now at £119 of my £150 target which hopefully I will reach, but if not, I know the charity will be grateful for any amount donated. I have been a volunteer for HEY Mind since October last year, helping on support groups and carrying out 1-2-1 mentoring with those who have requested support with their mental health. The Hull & East Yorkshire Mind are completely separate to the national charity Mind and do not receive any funding from them, they therefore rely on local fundraising in order to continue carrying out the important work that they do in this area. In recent times, there is an increasing need for services like this and so I try to support them in any way I can. As for my own mental health during this pandemic, I have found that trying to achieve something early on in the day helps me stay positive for the rest of the day, therefore jet washing and fence painting seem to have become my new hobbies! This is coupled with crafty type things like doing my first 1000 piece jigsaw, doing a Little Miss Chatterbox cross stitch for my daughter and discovering a new craft called Diamond Painting. I am also doing home school tasks with my daughter and trying to prepare my son for starting school in September, luckily, I have been furloughed from work so no longer have to juggle working from home alongside it. We have enjoyed trips to East Park for frisbee throwing and had a trip to the beach early one morning, it



was so therapeutic to see the sea and have so much space, it really does make you realise how much we take these things for granted in normal times. I also have a weekly Zoom with my good friend of 26 years which always gives me a boost. I hope all of you are keeping safe, you are all doing so well to stay motivated with the variety of exercising you are doing and it's great to see you all staying so positive, proof that exercise really does help with our mental wellbeing!

Eve's Link to donate is here

https://www.facebook.com/donate/860075504403986/?fundraiser_source=profile_tile

Recipe Corner

Jan Draper

Chocolate Peanut Butter Bites (from Aine Carlin 'Keep it Vegan')

There are loads of recipes around for energy 'balls' but I really like these ones. They are great for taking on a run and, for me, are a fabulous mix of savoury and sweet. They are a great substitute for gels and arguable better for you as they are 'real food'. So, as some of us might be thinking of attempting June's WHLs 50K Challenge, these could be just the job to take with you!



8 medjool dates, stoned (or 150g raisins)

50g pecan nuts

2 tablespoons crunchy peanut butter

1 tablespoon cocoa powder (although I tend to only put in a teaspoon)

1 tablespoon date or agave syrup

A good pinch of salt

Line the bottom of a plate/baking tray with greaseproof paper.

Put all the ingredients in a food processor and whizz until the mixture looks like course breadcrumbs.

Turn out the mixture into the bowl and then I tend to pop in the fridge for half an hour, as this makes it easier to handle.

Then make small equal sized balls (you have to get your hands in the bowl and get messy!) and place on the lined plate/tray and pop in the fridge overnight. I tend to just pop the whole lot into a freezer container and pop in the freezer and then just take 2 or 3 out as I need them. The recipe says it will make 12, but I find it makes more. They are quite rich so don't be tempted to make them too big!

Enjoy!

Ask Anna

your exercise agony aunt:

“Please help.

My running club have suggested we run 50k in 12 hours. Well, that’s longer than a marathon! It’s almost to York.

All of my friends think that this is madness. Only fool’s would contemplate this idea, let alone enjoy it! People don’t run for a whole day for fun.

Trouble is, I can’t get the idea out of my mind. I have already spent hours designing routes, finding flapjack recipes and counting my trainers.

What should I do?”

Feeling Unfit from Hull

Aunty Anna Says:

You are indeed quite mad to contemplate such a ridiculous feat. Lockdown has probably affected you in more ways than you think.

However, the phrase “if you can’t beat them join them”, or the newer FOMO (“Fear of missing out”) might just apply here. I recommend that you join in just so that you can talk about it afterwards, and of course, collect your badge at

the next awards evening.

Who cares if you can’t walk up or down stairs for a week, or cry more times during the day than you have all year?

Plus – it will give your bored curtain twitching neighbours something to gossip or laugh about.

Stop doing it if you hate it- what’s so wrong with that? You will still have run more than the majority of (sane) people in the world that day.



So to attempt this crazy feat my top tips are:

Don't think of it as 50 k- that's a really really long way! Try to think of it as a day out running.

Check in – someone at home needs to be your “team”, or check in on facebook, to give you some moral support and a virtual hug.

Learn some great stretches from Yoga Guru Jermaine Cherie to make your body feel normal again.

Have a change of clothes, and a freshen up each time.

Don't stop too long between laps- you'll really not want to start again!

Eats loads of proper food. A few gels won't cut it. Try to have decent food between each lap. We had jacket potatoes, sandwiches and flapjack. And lots of tea.

Do the laps however you like. Maybe you'd want to get two together done in the morning while you feel fresher. Maybe reverse the route if it's the same lap- just so you don't get bored.

Plan toilet stops and or shops en-route. Or, if off road, get used to what Training Guru Amanda calls “wild wees”

You will walk. That's OK.

Stop doing it if you hate it- what's so wrong with that? You will still have run more than the majority of (sane) people in the world that day.

The reality is- I feel like a fraud writing all that. I hadn't planned any of it - the only reason I did it was because my lovely club members persuaded me to go out each time. I was only going to do the morning run. But the others dragged me into round two. Then I realised that it was only one more run and I had done the whole thing. And in that last run they waited time after time for me to catch up. It really was a club effort. But I loved it, and I love the fact that I did it.

Have fun you wonderful crazy ladies!



Bat out of Hell (Twister Sisters and Friends)

Jill "Jammy Jameson," Liz "Mad dog" Hobson, Angela "Wheels" Salisbury,
Eve "Pink Guitar" Fullard and Shirley "The Helmet" Goy

London Marathon is cancelled and Parkruns are banned,
Everywhere in the country tonight,
There's no club runs and no events,
My training plans have gone out of sight.
There's a virus in the air and everyone is scared,
And there is no one left on the streets,
And down in the suburbs where we used to do training,
There is just the old wheelie bin that used to trip me off my feet.

Oh West Hull Ladies you're the best club in this whole world
You're sure working right,
And wherever we all are and wherever we all go,
You will always bring is some light,
But I gotta get out, I gotta break out now,
Before this virus starts to spawn,
So we gotta make the most of our last run together,
Before we have all to run alone.

Like a bat out of Hell I will run when Speed training comes.
When the ban is over, like a bat out of hell I will run, run, run.
Like a bat out of Hell I will run when Speed training comes.
But when the ban is over
And Corona 19 goes down,
And Social isolation is through,
I'll even do my dynamics properly,
When I return to run with you.

I'll be doing Friday Freshioners like Usain Bolt,
With my new Teal Addidas Lites,
They'll be support not neutral,
I'll even try not to heel strike,
I won't over pronate, my shoulders will be back,
My trainers will be well worth the cost,
I've got to keep my energy levels up,
Or my fitness could be lost.

<https://drive.google.com/file/d/16-yhetiPVe-pwQbyVcEvUT2tMGuurv1n/view?fbclid=IwAR0QHDpW4XuInbkEMH0SVH7Cp-c2t5eOMF7JM-pKMgzal5rTN-eNT2ciloo>

PLEASE NOTE NO ANIMALS WERE HARMED
DURING THE MAKING OF THIS VIDEO
ALTHOUGH BENNI IS NOW HAVING COUNSEL-
ING FROM "Let's Meow"



I know that I'm damned if I never get out,
And maybe I'm damned if I do,
But with every other beat I've left in my heart,
West Hull Ladies I'll be damned with you.
If I gotta be damned, you know I want to be damned,
Running speed training with you,
If I gotta be damned, you know I want to be damned,
Gotta be damned you know I want to be damned
Gotta be damned you know I want to be damned
Running speed training,
Running speed training,
Running speed training with you.



Oh West Hull Ladies you're the best club in this whole world (etc)

Like a bat out of Hell I will run when Speed training comes. (etc)
Well I can see myself running up the road faster,
Than any West Hull Lady has ever gone,
My nipples are raw but my soul is ripe,
And no one's gonna stop me now, I'm gonna make my escape,
But I wanna go running with you,
And I missed the godamn curve, now my knee is in a state,
And I missed the godamn curve, now my knee is in a state.



Now I'm down in the gutter by the side of the road,
Torn and twisted and searching for my SOS tag,
And I'm hoping that someone will have seen that I fell
And the last thing that I see is my Garmin, still loggin,
Coz I haven't bloody paused the bastard display.
Like a Bat out of Hell
Now I'm down in the gutter by the side of the road,
Torn and twisted and searching for my SOS tag,
And I'm hoping that someone will have seen that I fell
And the last thing that I see is my Garmin,
Still logging, still Logging,
Still Logging, still logging,
Coz I haven't bloody paused the bastard display.



Like a bat out of hell etc.

SANDBAR HALF MARATHON

ENGLEWOOD FLORIDA

Linda Dodsworth



Water Station Manager

After losing our Oliver just before Christmas we decided to treat ourselves to a long break in sunny Florida. I thought it would be a great idea to have a look to see if there were any races I could enter and there was. 9th May 2020 and lovely half marathon in Englewood, the ocean on one side and a beautiful trail path which would provide shade where the runners would be running. Started at a Tiki bar and food was provided after the event for entrants and their families. Perfect.

Of course you know what happened, we couldn't go because of the Covid thingy and I had been following a HM training plan religiously. It kinda put a damper on things and I lost my mojo a bit knowing I wouldn't be spending a month away in the sunshine in my favourite place, even staying in the villa we used to own before we had Oliver.

WHL to the rescue, lots of support, encouragement, training runs – all virtual of course – gave me my mojo back and I decided I'd carry on with my HM training as though I was actually going to run it. I really enjoyed the training and a few weeks ago a chap on our reservation who is



into cycling decided to cycle 140 miles for charity by going round and round our inner circle (which is like a little road that is just a tad over 400 metres). He raised over £600 for the NHS and we all came out and cheered him on and it was a fab morning. He said I should do the same with the half marathon.



Well I always run for Buddy's Boxer Rescue and they were having a tough time what with the lockdown and everything, not being able to have their fun day which makes a lot of money for the rescue. So I decided to run round and round for this worthy cause on the same day that I should have been running in Florida.

I'd practised a few rounds during my training, the most being 10k which was just over 20 laps. Stewart worked out I would have to run round 43 times – GULP!

The morning came and it was hot already even at 7am. I started my 'race' at 8am and already people were sat in the PJ's on their decking clapping and cheering me. I started counting the laps – would I lose count? – I didn't. Stewart was sat in a comfy chair being in charge of the gels, lucozade and water and what a great water station manager he was. Although he didn't let me stop to drink, oh no, he jogged alongside me while I took a mouthful then took away the bottle. As time passed the heat intensified and I knew I was going to be a little red at the finish but I was thoroughly enjoying myself as more and more neighbours came out to cheer. Before long I'd counted 42 laps so the end was in sight and they all started to make their way to the finish line. At last I'd past the point on my 43rd lap but they had worked it out a bit wrong and I had to run just a tad short of 44 laps – that last lap was a bummer I can tell you. Finally it was done in 2hrs 10mins which I didn't think was bad seeing as I didn't have anyone to 'chase'. I ran through the 'finishing' tape, I came first, was first lady and I got the course record! But the best prize was I raised £445 for Buddy's Boxer Rescue which is amazing. I didn't get a medal or tee shirt though!



TRY CORNER

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



Anna with Amanda and Be Rebecca 29/03/2020
walking round Lazaats



Sarah W on her Bike 11/04/2020



Dean Household Bike ride 05/04/2020



Jill and Liz Nordic walking 22/05/2020



Anna doing a cartwheel!

VIEW FROM THE BACK

Liz Hobson

Lockdown Edition



Well it's been an interesting couple of months! I think if anyone had told us what was going to be happening in 2020 I think we would have all thought they were ridiculous! This time last year I was just doing my write up for the London Marathon. I feel really sorry for all of you, training for things this year that have been cancelled. Currently I have the Castle Triathlon (25th and 26th July) holding on by its fingertips and Equinox (September).

I honestly can't see the triathlon been on and have some anxiety about the fact that I haven't been able to get swim fit because the pools are closed. In theory we might be able to do some open water swimming now, but normally I have a winter of swimming behind me before I attempt anything outside! In terms of triathlon people often ask me which are you best at. I generally answer I am equally bad at all of them! I also don't have a favourite, with sprint triathlons I love the fact that by the time I am getting sick of one discipline, I am due to change to another. I also like the varied training I find it more interesting and rather than have a training plan, (sorry Amanda), I tend to do the training I feel like on the day taking into account of the weather.

I have added another discipline into the mix, I have to say that Nordic Walking and walking generally. has kept me sane, (I know most of you are considering if I was sane in the first place). My daughter Hannah has been with us over this period and we have done a lot of walking. I am so lucky to live in the country and we have had some glorious weather during this time, (is anyone else frustrated that we have had fantastic weather and nowhere to go)? I have found that walking and Nordic walking allows me to see things I don't always see. Taking time to watch the larks singing their heads off, seeing hares and rabbits it has been fantastic and something that I will look back on and remember with joy. It has certainly helped me deal with everything else. I have still been working although I am not a health or care worker and am in awe of people who are. I just have to work in an office and wash my hands and socially distance.

Another thing that has kept me going is how we as a club have kept together and supported each other. The Virtual training sessions have been great and although I haven't managed any myself, it's been a fantastic addition to the club and something that I know the committee are keen to carry on with, as well as the proper sessions when finally we can get together. I love the spreadsheet from Liz N, and am always interested to see how far we have got this week. The rainbow jerseys have been great, (I haven't done this yet and am currently experimenting with wigs). I have loved



Bridlington Easter Dash Nordica Walking Medal
(Virtual 5 miles)

the virtual parkruns and the garden 10ks, it has really been fantastic. I have also loved the hidden messages using the street names. It's something I can't really do here as we don't have many street names and the ones we do seem to begin with "L" I was wondering if I could manage something in Welsh at one point! It has also been interesting to see how you have coped with everything, from Jermaine's on line Yoga sessions to Sandra's back garden running and Linda's USA half marathon in Lincolnshire. Carol and Graham who run East Riding Nordic Walking have also been great and I when I can, I have managed to "Zoom" in on sessions they have run. Had anyone heard of Zoom before lockdown because I don't think I had?

I hope you have enjoyed the newsletter and please keep sending me articles.



With regard to the Lockdown, let's hope we are past halfway, a point I always look forward to reaching when I am in a race. I am so happy that we can now meet with one person to exercise. Keep supporting each other and keep posting. Stay safe and good luck with all the challenges you have to face, either in running or in real life!

(I could say "Stay Alert!" but I won't!!)

WHL Virtual 50k

4 Laps: 12.5 K Each Lap

WHL Virtual 50K

4 laps: Each lap is 12.5K

Start point: Car park at Skidby Mill.

Head uphill along the pavement passing the Mill House (on your left).



At the cross road (Give Way to cars) turn left and continue crossing the road and passing the Half Moon pub. Continue towards the church then turn right on Church Rise.

At the end of Church Rise continue through a gate into the field.

Follow the path which bears left (don't go down the slope into the middle of the field).



At the far side of the field you can follow the track to the left or prettier footpath to the right which rejoins the track:

Continue following the track/footpath. Footpath signs point the way (look for orange tags on the signs stating Beverley 20).



You come out onto Dunflat Lane. Turn left and pass the parking space on the left.



Continue along Dunflat Lane passing Folly Lake Café on the right, a lovely big house on the right before reaching the footpath which you follow right:



This is a track that becomes tarmac when you reach the farm on the left. Keep following the road.



At this point (below) your road continues curving left (**note your return will come from the road on the right**).



At the end of the single track road you reach Little Weighton Road, Walkington. Turn right.

At All Hallows church you continue along the path.



Look out for the footpath on the right which you follow:



Follow the footpath through the kissing gate and continue with the fence to your right.

It turns into a grassy path. You'll pass a fallen tree. Continue to the Kissing Gate in the far right corner of the field.



Go through the gate and turn right. When you reach the single track road you are at the house/bungalow mentioned on page 3, turn left.

You are now returning on the same road/track to the same gate (photo pg 2) gate which takes you onto Dunflat Lane. Turn left.

Look out for the footpath on the right which takes you back to Skidby. This information sign is almost opposite the footpath:



The footpath goes up the field, turns left at the top then you need to look out to follow the footpath right at the end of the hedge. Turn right, don't go straight on.



At the end of the footpath you reach Little Weighton Road where you turn left.



Follow the footpath sign. (This is a narrow path, difficult to maintain 2 meter from any on coming walkers. If you prefer you can follow the road through Skidby picking up the route at the church).



You will pass this garden (black sheep on the grass) which might be selling jams:



At the end of the path you come out onto Church Rise. Turn right and retrace your steps to Skidby Mill i.e. on the main road at the church turn left, pass the Half Moon pub then turn right.

Go to your car, eat/drink, and be merry before doing your next lap (stop after 4).

MAP – Distance markers in Km

