

# West Hull Ladies RRC

## November Newsletter

Bridlington Half Marathon: Di, Sarah JW, Sharron



POD Files – page 11



# West Hull Ladies Newsletter November 2016



## West Hull Ladies Committee Meeting Minute

Monday 7<sup>th</sup> November 2016.

Present - Karen, Liz, Jan, Jane, Jill, Zoe, Shelley, Amanda, Maria, Linda, Sarah JW, Sandra

1. Apologies from Annette and Anna
2. Minutes of previous meeting agreed as correct
3. Matters arising - a) "Tired of being Tired" had been a successful evening. Amanda thanked for organising. b) The run/walk group had been established - discussed later in meeting. c) Shelley had booked Hitchcock's for Christmas social - 3<sup>rd</sup> December. Thanks to Shelley.
4. A discussion took place about safety whilst out running and whether leaders should have details of all members in case of an accident. Decided the best course of action was for all members to take individual responsibility for their safety and if they felt it necessary to have their details on them. Agreed a reminder be sent out now the dark nights were here in relation to safety. **Action - Sandra to send out email.**
5. Snails Walk /Run. Carol had set up this group, which was going from strength to strength. Tonight alone 6 ladies were out. Carol had arranged through the Run Together project to attend the next available LiRF course. This was at no cost to the club. Ladies who were taking part in the group would be able to walk/run with the group and then they would if they wished to stay have to join the club either as social or full members. Annette would keep a check on this as she does with the runners from the Club. Having the Snails group that was advertised on our web page would also provide a comfort net for ladies joining the 0-5k course in January. It was agreed that Carol had done a fantastic job in setting up this new group within the Club and the committee wished to express their thanks for all she had done.
6. The Club place for the London Marathon was allocated to Liz. This was after Jane kindly offered not to be included in the draw. Thanks were given to Jane for this very kind gesture.
7. AOB - Shelley suggested that WHL provide a hot drinks stand at the New years day parkrun at the Humber Bridge. This was agreed. **Action - Shelley to progress.** Amanda stated that the Wednesday run from the Club was once again well attended and as such it was felt there was no further need to provide buddies. The Committee agreed this. The date was set for the awards ceremony - this

## West Hull Ladies Newsletter November 2016

would take place on Friday 17<sup>th</sup> Mach 2017. Karen updated the group in relation to the wearing of Aftershokz headphones in races. England Athletics was affiliated to the company who make these earphones and they are the only ones that can be used in races. Karen has a pair if any ladies would like to try them. Jill updated the group about the suggestion from Anna about having Kris Lecher do a monthly article for the Newsletter on stretches/injuries. Kris would be more than happy to do this starting in the December newsletter. The Committee then discussed the 0-5k course and agreed it would go ahead with a start date of 9<sup>th</sup> January 2017.. Volunteers were needed for this. **Action - Amanda to advertise this on the website (done)**

**Meet a Member : Jen**



**Name** Jen Walker  
**Age** 51  
**Member of WHL since** Summer 2015

**What do you do when you're not running?**

I work for Hull City Council in the Public Health Sciences department. Before that I worked for Hull PCT. My younger, more carefree and less responsible self, worked in a whole variety of jobs ranging from legal researcher, website manager, path lab assistant, nanny, newspaper seller, ant dissector (no, I am not making this up), cleaner, waitress, stage hand, baker and lab technician. (Some of this was whilst travelling the world for 2yrs in my 20s). Hobbies are music, music, music, preferably live, been going to gigs and festivals since 1980 and will never tire of it. I also enjoy walking, books, theatre, film and putting the world to rights after drinking cider. I've lived in Hull for 22 years, been married to Martin, (a former teacher, now a lab technician), for 21 years and have 2 offspring, Alex 19, a music student in Manchester, and Kate, 17, doing A levels at Wyke College.

**How long have you been running?**

Since 2011. I was never very good at sport at school, apart from swimming. Before I did the C25K in 2011 I couldn't run at all, not even for a bus with a sign on the front saying 'free trips to Glastonbury'.....

**Why did you start running?**

I am what Kris Lecher calls 'an emotional runner'!

Anxiety and depression have bugged me on and off since my teens. So in 2011, after a year on meds, I started running, and have carried on running, to stop the crazies. And mostly, but not always, it works.

**Favourite distance**

## West Hull Ladies Newsletter November 2016

In general, any distance in the sunshine that takes me from my tent to the main stage via the bar.

Running wise, 10k (far enough to be a proper challenge, but nowhere near a bloody marathon!)

### **Favourite bit of running kit**

My flashing neon arm band that my son gave me and which I've now lost! I am soooo upset about this. ☹️ I hope it turns up. Other than that, I really like my yellow fluorescent vest that I ran the Hull 2016 10k in 😊. It has 'Hull Homeless Outreach' on the front and the Hull City 1904 Tiger logo on the back. I am a passionate supporter of charities working with the homeless as well as being a big Hull City supporter. (Especially no.27 Elmohamady.....)

### **Any injuries?**

I fell off a chair once while tipsy and cut my head. I also fell off my bike aged 16 and broke my elbow.

From running? Touch wood, no not so far (Unless you count my injured pride at never being able to hit a sub-60min 10k.)

### **Running goals?**

To achieve a sub 60 10k and perhaps a 2:15 half marathon... To do my 100<sup>th</sup> Parkrun on my birthday and keep doing them till I drop..... To go on training runs with Martin (*after saying he would NEVER EVER run, he's now done 3 Parkruns and is on Week 4 of C25K in an attempt to tackle the beer belly!!!*)

### **Proudest moment(s) running related or otherwise**

Getting my first tattoo aged 50.

Crossing the finish line at the 2014 GNR in one piece, in that heat, having raised £400 for charity.

Watching my kids grow into amazing, kind, lovely, (nearly) independent teenagers and telling myself how immensely proud my Dad would have been, had he lived to see them too.

### **Best piece of advice you've received**

In anything, the hardest thing is not the first step, but the decision to take it.....

### **Running alone or with friends?**

My favourite bands have been with me for decades, seen me through highs and lows, providing a soundtrack to my life that can conjure memories and feelings to cherish, so I run with 6000+ tracks on my iPod whenever I can. But if I can't have that, then friends are the best pacers, and keep me going. Running alone makes it far too easy to stop.

### **What keeps you motivated?**

Sometimes I really struggle with motivation. But I always overcome it due to the amazing, inclusive, encouraging camaraderie and love of the 'running family', out there, in all weathers, being awesome. And for that, a really massive THANK YOU.

### *Park Runs: Linda*

Because of my work and my love of making sure I get up early enough to walk Oliver I never really get the chance to 'run' a park run. But I so wanted to be part of that community that makes the effort early every Saturday morning to get out and run, or jog, or even walk the 5k.

Oliver is shy and timid so I also thought being a volunteer would be good for him to meet other people and other dogs in a park situation, living out here at South Cave we can go days without seeing another dog walker while out walking in the countryside.



So we became volunteers, mainly for Peter Pan, although we have helped at East Park (once) and Humber Bridge (twice). We have now completed 20 weeks of volunteering and I have loved doing it and Oliver has overcome a lot of shyness and has made friends with quite a lot of children, they all seem to be drawn to him!

What is good though is that being a regular you get to know other runners better whatever club they belong to or even the unattached. From youngsters to the older generation, spurring them on and making them smile. Helping and cheering on the children who run with their mums and dads and are clearly struggling with a stitch or whatever! Oliver gives them 'extra power' which enables them to carry on. Being known by Mums who sometimes leave their offspring with you while they finish the course because their child has 'broken down' during the race. The faster runners who win but always take the time to say thank you and when leaving the park always take the time to stroke Oliver.

I've been watching a lady called Liz who walks the course most weeks, I think she had something wrong with her legs, today (5<sup>th</sup> November) I saw her walking with the tail runner and she managed to do some jogging, I must admit to a few tears seeing that determination.

## West Hull Ladies Newsletter November 2016

Annette's own lovely little girl Xanthe who spent her 4<sup>th</sup> Birthday morning running the park run 'proper' for the first time, determined to complete the distance because she was now 'a big girl' and was able to have her own barcode, so proud to have been a volunteer to see her complete that with such a lovely smile on her face and being delighted that Oliver helped run her in.



The icing on the cake though was when I was running the Elloughton 10k the other week and I heard a member of the cheering crown shout 'come on Oliver's Mum, not far now, keep going'!

What a marvellous community Park Run is and just how many people do we get to know through that event and what fun does everyone have whether they run or volunteer.

Oliver certainly loves being a West Hull Laddie Marshal and is waiting most Saturday mornings for the tell tale sign of me grabbing his high viz jacket and he's in the car as quick as possible, no chance of leaving him behind. Volunteering at an event is very rewarding.



## *Snail runners and me: Carol*

Over the summer I had been spending quite a lot of time looking out over the River Humber pondering life (as you do). Approaching 60 this year has made me think a lot about health and wanting to be fit and active for as long as I can. Sitting on a bench looking at the river, it occurred to me that as people are living longer then in all probability so would I, which means I have a longer time period in which to get fit. When my mum was 60 she was old, nowadays 60 isn't that old. This revelation inspired me to start thinking seriously about losing weight and getting fit, this is something I have struggled with on and off for a number of years, as I find it hard to stay motivated. I had become demoralised with club training runs because I was forever at the back of the pack, and I mean way back. I started going out running on my own but couldn't keep it up, I needed others to keep me motivated. I then decided to post on Facebook that I was looking for someone to run with who was happy to run at a very slow pace, and then both Jan Antons and Kathryn Arrowsmith- Cooper (thank you both so much) joined me running over the Bridge a couple of nights a week. This was great and I really enjoyed it, but was feeling quite alienated from the club. What I wanted from the club was a group for slow runners like me.

The last time I wanted something from the club ie; a 12 week 0-5K rather than 6 I asked for it and got it! So I suggested to the club that a slower Run/Walk group was needed and I would be happy to lead (probably still from the back) and so Snail Runners was born!

What have I learned?  
If you don't ask you don't get, I have also learned that I am good at motivating others and that I am a very competent and confident leader when I have to be. I feel so motivated right now. I want to do so much more to get women moving again, women that wouldn't have the confidence to access most sport/fitness facilities.



Women who are obese, who are diabetic and need to make lifestyle changes. I want to lead walking groups and FUN exercise classes that are just about moving. I feel really inspired to do this but I'm not really sure how to go ahead with it all, so will focus on my Snail Runners for now but watch this space.....

West Hull Ladies  
Newsletter November 2016

*Scarborough Ten K: Anna*

Well- this is my second favorite race (after the Withernsea 5. My criteria being "is it by the sea?" Bridlington next year!), so I was really looking forward to it. And- it certainly lived up to my expectations.

We were blessed with the clocks going back this weekend, giving us an extra hour to get up and ready. As usual I was overdressed, as it turned out to be really mild. Having not been that well prepared with spare clothes, I just had to go with the long sleeves and long legs. I also had to test out my ALDI snood, in teal of course! It was in the Christmas presents box, but I couldn't resist using it early!

I got to Scarborough quickly and parked next to some East Hull harriers, then walked with the masses down through the gardens to the Spa. I met up with Barbara and Neil, then Karen and her mum joined us. We thought about all our ladies doing Haltemprice and Brigg, and sent them good wishes.

The race has increased in numbers this year and it was very crowded at the start. I had at least one kilometer of trying to maneuver around people. My dad always quotes a farmer from All Creatures Great and Small, when he goes to the big city, and comes back complaining of "big steps and little steps Mr Herriot"- I knew exactly what he meant! After the end of the South Promenade we did seem to thin out a little, and that made it much easier to find my stride and enjoy myself.

The race felt great- really comfortable. When I felt I could speed things up a bit I did, otherwise I just settled in for the long stretch out to the Sea life center and back. I love the turning point as this is when you meet others. Giving Barbara and Karen a wave was lovely. Then back to town, passing the gorgeous beach huts. I really really want one of those- I had a sneaky nosey in them as we went past, and they are so sweet!

I managed to give the finish what felt like a sprint! However, I may have to rethink my definition of sprint after watching the finish line video!! I did not look as athletic as I had imagined!

So- after crossing the finish I said my congratulations and goodbyes to the others, who both looked much happier than we had at the start and I left. I treated myself to a trip up the hill on the vernacular lift which was fun- no extra hill training for me thank you!

I'm afraid that I might have read the stats wrong- as ever, you can make numbers say anything that you want them to! I got mixed up with gun and chip times- so I had not in fact PB'd by 5 minutes- but by 3 and a half. However- it was a ten k PB for me, so I am still delighted with that.

## West Hull Ladies Newsletter November 2016



At the start and at the finish. Hmm- I look at lot more relaxed coming into the Spa than leaving it!

## POD FILES: by Amanda & POD Bods

The pods for 4 would have been very tight with four! Thankfully, only 15 of us could make it so it was three to each fruity POD



**POD Orange** Becca, Sandra, Amanda

**POD Plum** Jane, Suzanne, Frosty

**POD Pear** Sara, Rach , Sally

**POD Cherry** Ros, Stacy, Shelly

**POD Apple** Jill, Liz H, Linda

PODS were really warm. Not much space but, put up bed provided under bed storage. Could fit two chairs with bed for third butt and the table provided a 'kitchen'

### Sandra's POD File

What a fabulous weekend - to me it exemplifies all that is great about West Hull Ladies.

Imagine sleeping in a 'pod' on a blow up mattress - being either too hot or too cold - having to lie there in the middle of the night listening to the rain pouring down debating whether to get up to go for a pee outside in the horrible weather and at the end of the 2 nights saying " what a great time I had"

Why was it great? Enjoying the company of wonderful ladies, running in some beautiful countryside. What's not to like.

Would I do it again? Can't wait!

## Dalby Dash parkrun



### Linda's POD File:

I must admit to feeling a little apprehensive about actually attending the Dalby Pod weekend after the very cold week we'd had plus the promise of torrential rain on Friday night through Saturday.

BUT I was so glad I made the effort to join all these lovely ladies on what was a fantastic WHL on tour weekend, staying in little, cute pods. They were warm and cosy and three to each pod in the end. 15 WHL braving the weather and sharing everything with each other and what a laugh we had.

It did rain all Friday night and Saturday morning and 10 of our pod ladies plus Jan who decided to join us before supporting Liz on her very foggy marathon, ran the Dalby forest park run which was wonderful as I don't normally get chance to run them, what fun. Back to camp for a shower and then out for a shopping trip to Whitby for some and Pickering for others. A lovely shopping and eating lunch out afternoon. Back in time to leave for our lovely evening meal after some of the ladies were brave and drove through dense fog to get us there!

All too soon it was Sunday morning and we had to plan the cars and get all that stuff packed up before running the Dalby Dash, the morning was lovely although some of the route was muddy, what a great run everyone had and I was so proud to be part of the 15 WHL that took part (although I did not like the 2 mile uphill start)!

Thank you for sharing this wonderful weekend with me and for making me laugh. I've had a ball.

## West Hull Ladies Newsletter November 2016

### Sally's POD File

I had been really looking forward to the weekend away, but after a really stressful 1st week in my new job I had debated not going and just staying at home to recuperate! Glad I didn't though!! I rushed home from Rotherham in the Friday night traffic to be picked up by Sara & Rachael along with all of my stuff! Debbie Watson and Linda were supposed to be coming with us too but I don't know how we would have all fitted in, as I personally had taken more stuff than I did when I went for a month in Brazil!!

We arrived later than most, and we began putting our stuff up whilst most were still in the pub! I had borrowed a camp bed from my parents and Rachael a very posh looking airbed from her friend. I had managed to figure mine out when Rachael and I both looked at the air bed and noticed a pea sized hole in the pillow section! Disaster! We tried using Sara's extensive plaster selection to cover the hole and I asked around the group for anything else we could use before we went and managed to get some industrial tape and an airbed repair kit from the farmer!

Sara and Rachael patched up the hole and I waited holding my breath!! It worked the hole was silent!! However, our joy was short lived as from where I was sitting I could hear the unmistakable noise of another hole! Nooo!!! As soon as they patched one, another would appear!! In the end Sara and Rachael patched up a few holes at different areas of the bed and hoped for the best!

We then sat down to eat our pack-up and opened a well-deserved bottle of wine! Rachael and Sara had even brought plastic wine glasses whilst I drank mine out of a Christmas mug!! We were joined by Linda, Liz, Amanda and Jill and whilst they all stuck to tea, we managed to finish off 3 bottles of red wine whilst putting the world to rights (we had decided at some point in the evening that we wouldn't be running the Parkrun in the morning!

Although the other ladies went back to their Pods at about 10pm, I think we stayed up talking and laughing until around 1pm!! I was then awoken at 5pm to Sara and Rachael trying to inflate their airbed again!! Rachael's husband ended up bringing them new beds the next morning!

The whole weekend was fab and although I came home feeling physically tired, I was emotionally refreshed and a lot happier than when I set off on the Friday.

Thank you ladies for cheering me up xx



Sally on Dalby Dash

West Hull Ladies  
Newsletter November 2016

WHL invade Whitby



Ros, Linda, Shelley, Stacy, Jill & Liz H (behind the camera) site seeing finding bargains at Whitby



**Linda:** Whitby was ace and those POD chums 'made' me spend my money by buying a new jacket!! 😄😄😄😄  
That's what I told Stewart anyway

**Jill:** POD Chums also made me spend lots of money...I bought a painting of a cat, and some very good muscle rub! Lol!



# West Hull Ladies Newsletter November 2016

## WHL invade Malton & Thornton le Dale

Myself (Sandra), Rachael, Sara, Sally Suzanne, Jane Sarah and Becca went to Malton: Mooches in the flea market and small shops and then found a lovely little cafe for lunch, gluten free so great for Rachael.

We went back to the pods and then Suzanne Rebecca and I went into Thornton le dale. Chocolate factory - had to be done. Then cafe for liquid refreshment - resisted the cakes

### Stacy's POD Files

What a fantastic weekend! Initially, I was a bit worried that the whole weekend was going to be a wash out. However, the pouring rain of Friday night, did not stop eleven West Hull Ladies putting on their trail shoes and running the scenic Parkrun through Dalby Forest on Saturday morning.

It was lovely to share a pod with Ros and Shelley, and to learn things about them that I never would have imagined. I'm not going to share any of the pod secrets, but it was nice to learn that we have more in common than just running! And, fortunately neither of them snore - good to know for Thunder Run and Endure!

Spending Saturday wandering around Whitby with Ros, Shelley, Linda, Liz and Jill was absolutely brilliant. I think we all spent a lot more money than we had intended to, but we were on holiday, so we didn't care!

Luckily, the sun came out on Sunday morning, and all fifteen West Hull Ladies on the trip ran the Dalby Dash. The race had a fantastic atmosphere, and the course through the forest was brilliant with some breath-taking views. I actually enjoyed the two miles uphill at the start of the race, and the rest seemed a lot easier after that! I was really chuffed with my time, but I'm aiming for sub 50 next year. So, same again next year ladies?

### Amanda's POD Files

Just space for a few lines from me. What a fab weekend. Airbeds squeak if touching the wall. Sandra's squeaks all the time. PODs warm and cosy.

Becca's red wine and the randomness of life.

Parkrun the most beautiful scenery, lovely route and friendliest I've ever been to. (Next time remember barcode). Fabulous visit to friends.

The Dalby Dash poem recited at the start was wonderfully bad. Two minutes silence with trumpet playing Last Post was very poignant.

Loved all the race – tough uphill push, great long down .. just that last mile.

Fabulous ladies. What a weekend. Just what the doctor ordered.

# West Hull Ladies Newsletter November 2016

## Sara's POD File

First night - we arrived around 7pm, Suzanne let us into our little POD - home for the next two nights. We unloaded our gear and proceeded to get our beds ready. Sally had a very sensible camping bed - Rach and I had borrowed a luxurious self-inflating airbed - it was so luxurious it had numerous holes in. "What was we to do dear Liza?"

Fortunately Jim the owner of the site had some tape that seemed to do the job - we covered all the holes and the bed stayed up - so we got the wine out to celebrate!

Linda, Jill and Liz visited us and we had a great fun, we also put the world to rights! Amanda then popped to say hello and around 10 our guests left. 3 bottles of red wine later, around 12.30, we decided it was time for bed too! The fun didn't stop here however, around 5am Rach and I awoke to find ourselves fully deflated and laying on the floor!!! We inflated and got back in - to wake again on the floor around 7.30 - obviously we hadn't fixed the holes! No park run for our POD on Saturday - (too much red wine). The ladies all did great who took part and seemed to have thoroughly enjoyed themselves.

Second night - Rach had called her husband Kev about the airbed and he very kindly drove to Dalby and brought Rach and I a camp bed each to sleep on - thank you Kev!

After a scary drive in the fog to the pub, a much enjoyable evening ensued. Great food, drink and company! I think everyone had a fun evening and very much enjoyed themselves. The fog had lifted and it was a much easier drive back to the PODs. I think everyone pretty much went to bed to be ready for Dalby Dash on Sunday. A much less eventful night for us and I think I actually got some sleep. Rach woke up freezing, somehow the heater had got turned off - but this was soon resolved.

Up at 8 for packing everything up and off to Dalby Dash around 9.30. Such a well organised event and the 2 minutes silence was very moving. The race was tough - but after the first hill it wasn't too bad and was an enjoyable run.

A great fun weekend and hope we can do it again soon.

Rach, Becca, Linda & Sara  
working hard on Dalby Dash



West Hull Ladies  
Newsletter November 2016

WHL Eat out in Thornton Le Dale (Buck Inn)



Photographer Liz H



# West Hull Ladies Newsletter November 2016

## Jane's POD File

Friday started with a scary drive to Dalby Forest in the dark with my fabulous navigator Frosty.

Altogether there were 15 of us, me, Frosty & Suzanne who were sharing a pod then Sara, Rachael L, Sally, The Jameson sisters Jill & Liz, Linda, Shelley, Stacey, Sandra, Becca, Amanda & Ros.

On Saturday after not much sleep due to heavy rain all night & the noisiest air beds known to man, some of us decided on the Dalby park run. It was cold, wet & pretty miserable but we are hard core WHL. We arrived to find the wonderful Jan waiting for us which was a lovely surprise for us all. The course was great although a bit muddy & undulated in places, the colours & beautiful scenery made up for the intensity of the run especially the slope at the finish! That's just cruel! 30.17 not bad for a trail park run.

Afterwards we headed back for showers & b-fast before splitting up. Amanda went to visit a friend. As the weather was pretty miserable, Becca, myself, Frosty, Suzanne, Rachael L, Sara, Sally & Sandra decided to visit Pickering for a stroll round & a coffee & bite to eat in a lovely coffee shop. The others all decided to visit Whitby!

The evening was spent carb loading. We enjoyed a very tasty meal at "The Buck" in Thornton-le-Dale. (Driving there in horrendous thick fog).

I slept a little better on Saturday night as it didn't rain, however myself & Frosty as stated earlier, had the noisiest and not the most comfortable air beds. Any movement resulted in this awful creaking noise that echoed throughout the pod. Poor Suzanne!

In the morning we all packed up our belongings into cars, had a quick bite to eat, then headed to The Visitor Centre to collect our race number & congregate before the Dalby 10k race

Myself & Frosty had decided to do this challenge together! So off we set trotting along nicely until the climb began! "How long is this bloody hill". We had 2 miles of trudging up the road until it finally levelled out, before descending down a track for 3 miles (after a quick drink at the water station). It was great to run with my Bessie mate & felt awesome to cross the line together. We had conquered winter marathon training together, and now this. We had done it. (Our prize, a Ron Hill green cap). After congratulating the others we had a quick change of clothes before setting off back home. Thanks ladies for being great company & making my Dalby experience a fantastic adventure with amazing people!

Till next time!!!. Xxx♥☐

West Hull Ladies  
Newsletter November 2016

**An ode to Dalby 10k.**

By Shelley

There was a young lady called Shelley,  
Who had pre-race nerves in her belly,  
She ran up a big hill,  
Huffing and puffing until,  
She heard Sandra yell 'go on girl, give it some welly!'

There was a young lady named Stace,  
Whose new trail shoes were totally ace,  
She dodged all the mud,  
And ran really good,  
But Shelley still beat her at Dalby parkrun (not all poems need to rhyme).



**Liz H's POD Files**

It was great having all the Pods for our club and it was a really relaxed atmosphere because we all knew each other. The pods reminded me of western covered waggons, I half expected some Native Americans to turn up any moment! I shared with Jill and Linda, and in general although they are supposed to sleep 4 people, three was an ideal number. We were really cosy and I found out that in addition to Jill, Linda also talks in her sleep. I think she was calling to a dog, "come on!" so I presume she was missing Oliver. Jill called about "looking for something in a field!" (Possibly Oliver I aren't sure!!).

## West Hull Ladies Newsletter November 2016

I enjoyed the Parkrun despite the weather! Dalby is a lovely place to run. It was great as always to have everyone's support as I was digging deep up the hill, (there are advantages in being slow I have my own support group!).

The social side was great too and both pubs we went in did excellent meals. It was lovely to talk to Sandra and Amanda on Saturday night about the marathon and looking at the pictures everyone seemed to have a great time. On the Saturday I went to Whitby with Linda, Jill, Shelley, Stacey and Ros. It was a bit cold at first but we warmed up after Fish and Chips and shopping! It's just great to mooch around Whitby and not have to worry about kids, husbands and families just for one afternoon!

The Dalby Dash on Sunday was tough but we had gorgeous November Sunshine which brought out the best of the forest. The first 2 miles or so is up hill, i found it hard, the downhill was better and I was surprised to come in under 75 mins, so was reasonably pleased. At the end I was handed a bottle of water which I swigged but to my surprise found it was black current flavoured and carbonated, YUK! Luckily Jill rescued me having been back to the car and brought me some Zero tabbed water. The memento was a baseball cap which is great as you all know I nearly always wear a hat when running.

The best thing about the weekend, spending it with my lovely West Hull Lady "sisters"! The worst thing that black current carbonated water not good after a run!

My Garmin hill profile ....



### POD Files: Complete

## Bacon and Egg Cups *from Becca*



This is the kind of thing you can whip together on a Sunday night and simply warm first thing before breakie for the rest of the week.

If the price of parmesan is a bit steep, feel free to add in cheddar or whatever cheese you like.

Preparation time: **10 mins**

Cooking time: **20 mins**

Serves: **2**

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### Ingredients

A little melted butter for greasing  
6 rashers bacon  
40g parmesan  
2 eggs

### Method

1. Preheat your oven to 200C.
2. Grease two cups of a large muffin pan (or use ramekins) with a little melted butter.
3. Lay the bacon strips in the cups (or ramekins), overlapping so that there are no holes in the cup. Bake in the oven for 5 minutes to "set" the cup.
4. Take them out, sprinkle them with cheese before cracking the egg into the cup. Fold the ends of the bacon over the yolk of the egg.
5. Return to the oven and bake for a further 15 minutes.
6. Allow to cool for a few minutes and remove from the ramekins, using a paring knife or palette knife.
7. This is delicious served with a little salad of rocket leaves, halved cherry tomatoes and sliced avocado. In this shot, we've garnished them with a little dollop of cream cheese.

## West Hull Ladies Newsletter November 2016

### **Yoga stretch for runners:** *From Becca*

It really eases out your hips, hips flexors, ham strings, IT band attachments etc. I love it! You have to do it once in each side but I've only shown the left here. Also it gets easier with practice. I really struggled with getting comfortable at first but now I can stay in the position ages.



1. Begin on your hands and knees in Table Top pose
2. Bring your left knee forward and place it next to the inside of your left hand
3. Extend your right leg back and lower your hips to the floor. Ensure your left heel is inline with your right hip and keep your foot flexed to protect your knee
4. Press your hands into the mat, roll your shoulders back to expand your chest and come into a slight backbend
5. Exhale and slowly walk your hands forward to bring your upper body down over your leftleg. Feel the stretch throughout your left hip, thigh, groin muscle buttocks as you breath deeply and relax
6. Stay in the pose for as long as comfortable
7. To come out, inhale and slowly walk your hands towards your body and to come upright and return to Table Top

### **Beginners Modifcation**

Place a folded blanket or cushion under your hips

**Be careful** if you have knee or hip inflammation

