

WEST HULL LADIES NEWSLETTER Summer 2021



8 Hills run 25/04/2021



Wednesday run to Beresford Park 02/06/2021



Meet a Member

Rachel Whittaker



Member of WHL since

Not sure exactly, quite a long time maybe 10 years?

What do you do when you're not running?

I am married to Nick and have 2 teenagers Amelia and Sam aged 15 and 14. We're all quite sporty so do a lot of walking etc together and when not in lockdown I'm often ferrying the kids to one activity or another. I'm Finance director at Ideal Standard so work keeps me very busy too

How long have you been running?

I only really started properly after having the kids so about 13 years. Having 2 babies only 12 months apart was a bit hard work sometimes so that half an hour away a couple of times a week was (and still is) my 'me' time

Why did you start running?

I always loved watching the Great North Run on tv. I'd lay in bed on that Sunday morning, usually hungover, thinking I'd like to do that sometime. My work had some charity places available after I had Amelia so I signed up. I got caught pregnant with Sam soon after so deferred my place to the following year and ran my first half marathon 9 months after having him. I've done it about 8 times in total since.

Favourite distance

10 miles or half marathon, anything shorter is too hard because you have to run really fast and anything further is too hard because its really far!

Any injuries?

Not really, I suffered with plantar fasciitis a couple of years ago and since then have been seeing Kris Lecher regularly every 6-8 weeks to keep any niggles at bay

Running goals?

Gosh, where do I start? I'm never happy, want to go faster, further, harder etc. Currently my goals for this year are sub 25 min at Peter Pan PR, sub 50 10k, sub 1.50 half marathon, finally getting that magic sub 4 marathon and running 100 miles at Endure

Proudest moment(s) running related or otherwise?

As I said above I'm never really happy with my own achievements but I love seeing the kids achieve at their chosen activities. After having to drag them both out of bed to parkrun for weeks the day they both got their 10 t-shirts was ace. For myself running related it was probably my first sub 2 hour half marathon at GNR

Running alone or with friends?

Both, I love running with friends but I'm equally happy running for miles with my own thoughts.

What keeps you motivated?

Following a training plan and seeing the results!

Favourite moment in a West Hull Ladies vest?

Oh, there have been so many...Endure 2019, Midsummer madness, our GNR road trip, Cleveland Way from Whitby to Scarborough as the virtual London Marathon in lockdown last year, the trip to the Lakes, Rudolph Romps and Recces. Loads of memories with good friends

Favourite piece of running kit?

My Garmin, I treated myself to a Fenix last year and am a bit obsessed with it



New (ish) to running and got a niggle? Some tips to think about

Jan Draper

When we first take up running the freedom that comes with getting out in the fresh air, stretching out our legs and lungs can feel just wonderful! But sometimes early on in our running journey, we can encounter niggles and injuries as our bodies adjust to the new demands we're placing on them. So, what do you do? You're so keen to continue running and keep reaping the hard-won gains you've achieved. But your body might be trying to tell you something. So here are some tips I've learned over the years, to listen to my body and respect what it's trying to tell me.

1. See rest as part of your training. Rather than regarding time off running as a negative thing, see it as integral to developing as a stronger runner. Easier said than done, I know, but key to long-term success and injury prevention.
2. If you are really new to running, give your body time to adapt. It can be so easy to get caught up in the goal to run faster, longer, more often. So don't be too competitive either with others or yourself. Instead, give yourself time – your body will thank you in the long run.
3. It's good to work towards a goal and get a plan to help you achieve it. This might be a 5K, 10K, half marathon or whatever you'd like to do. There are some great training plans available, for example Runners' World and Garmin. So have a look, download it, adjust it if you need to, and then have it on your phone or printed out and stuck on your fridge! I love having a plan printed out that I can tick off each run as I go – I find it a great motivator.
4. Linked to the above, I have learned over time that different distances – 5K, 10K, half marathon, marathon, ultra – and whether road or trail, are all distinct and individual disciplines. I used to strive to get a PB in every race I ran (irrespective of its distance) and would be disappointed if I didn't achieve it. Now I realise that, whilst laudable to have a goal, it is unrealistic to try and get better at all these different distances every time.
5. Also linked to No.3, don't just go out and 'do' miles. Building a strong running base is important but 'junk' miles increase the risk of injury. So be intelligent with your running and stick to your plan.
6. Oh, and linked to all of the above remember the 10% rule – don't increase your mileage by more than 10% week on week. So, if you ran 25 miles last week, don't do more than 27.5 this week.
7. Your plan (see No.3, again!) should include different sorts of running such as hill training, speed, tempo and longer runs. If it doesn't, perhaps look around for a different plan. These different sorts of training help to build your overall running capacity and strength. Once again, it's not just about getting in the miles but paying attention to the quality of those miles.
8. In addition to your running, develop a routine of complementary strength and conditioning. These are exercises that focus on specific parts of your body to help build strength, flexibility and stamina. Over time these will help your running form and performance and help prevent injury. There are lots on the internet and on YouTube so have a look around and find something that works for you. Do a couple of sessions a week.
9. Yoga is a great complement to running and if you have time to build it into your weekly routine, it can be a wonderful part of your overall strength and conditioning plan. In addition to face-to-face classes, there are some great yoga teachers on YouTube for example Yoga with Adriene (<https://www.youtube.com/user/yogawithadriene>) and Yoga with Cassandra (<https://www.youtube.com/user/yogawithkassandra>). I would strongly recommend yoga.
10. If you do develop a niggle or an injury, it's important to take stock and do the right thing. So, what's the difference between the two? A niggle is like an unwelcome friend – you'd rather them not turn up and stay around but seeing as they have, you just get on with it and tolerate them! Niggles don't get worse (on the whole) and you can run with them and they don't get more painful the further or harder you go. Injuries on the other hand are different and, to continue the metaphor, are your arch enemy – the person you would have never invited to your party! Not only are they unwelcome but they can do long-term damage. Injuries get worse the more you run. You can't 'run through them' and the after-effects can be telling. So, listen to your body and make sure you get an accurate diagnosis and see someone qualified to do so. This person should also give you stretches and strength exercises to do to rehab your injury. Lots of us see Kris Lecher (07934 143433).
11. If you can afford it, see the person in no.10 regularly, not just when you're injured but for general maintenance. But I do understand that this isn't an option for everyone.

I hope these ideas are helpful, all borne out of my own experience (and mistakes) of running for the last 18 years. My last significant injury was back in 2017. Since then, I've tried to strike the balance between achieving a good training load whilst also preventing injury. That's the trick we're all trying to find!

West Hull Ladies Awards Dinner

11/07/2021



West Hull Ladies Award winners

2020

Well done everyone!

Ladies receiving awards	Awards
Amanda Dean	100K, 50K, 1000M
Amy Bradley	100K, 50K, 1000M
Angela Salisbury	25K
Anna Shepherdson	50K
Cath Dyson	1000M
Chantal Cable	1000M
Diane Pickering	50K
Gail Farr	50K
Helen Salisbury	25K
Jackie Foreman	50K, 1000M
Jan Draper	50K, 1000M
Jane Allen	50K, 1000M
Janet Wardale	50K, 1000M
Jenny Henderson	1000M
Jermaine Willan	100K, 50K, 1000M,
Jill Hood	50K
Joanne Drysdale	50K
Karen Park	1000M
Katie Mouatt	25K
Kerry Taylor	50K
Lyndsey Archer	25K
Maria Diaz	100K, 50K, 1000M
Rach Laughton	50K
Rachel Boddice	50K
Rachel Whitaker	50K, 1000M
Sandra Holdsworth	1000M
Sara Ellis	50K, 1000M
Sarah Frost	50K
Shelley Hindley	50K
Shirley Goy	25K, 30K
Stacy Foxworthy	50K

Trail Tales Lakeland 50 Take 2

28/07/2021

Jan Draper

For the first time in my runner career I have a coach! That sounds grand – and it is! Kim Cavill of Cavill Coaching (<https://www.cavillcoaching.com/>) had done me a training plan and was giving me feedback on my race preparations. The plan had fewer miles than when I'd trained for it back in 2019 but much more strength and conditioning. So, I was feeling strong and after a good taper, I was ready to roll.

I had been watching the weather forecast for a week or so, as we were in the middle of a heatwave. I am not good in heat and so was willing the temperatures to fall and even praying for rain! Sorry! I arrived in Coniston on Friday lunch time, to be greeted by Liz who was on car park duty, not an enviable task I can tell you! I got my little VW campervan settled on the school field – home for the weekend – got the ID and kit check done (queues later in the day were enormous!) and then packed my stuff ready for the following day. The LL100 runners set off at 6pm on the Friday, so it is always great to watch them set off, after the traditional playing of Nessun dorma! Only 40%-ish of those setting off from Coniston on the Friday would make it back there within the 40-hour cut-off. That's how brutal the 100 (well, actually it's 105) is.

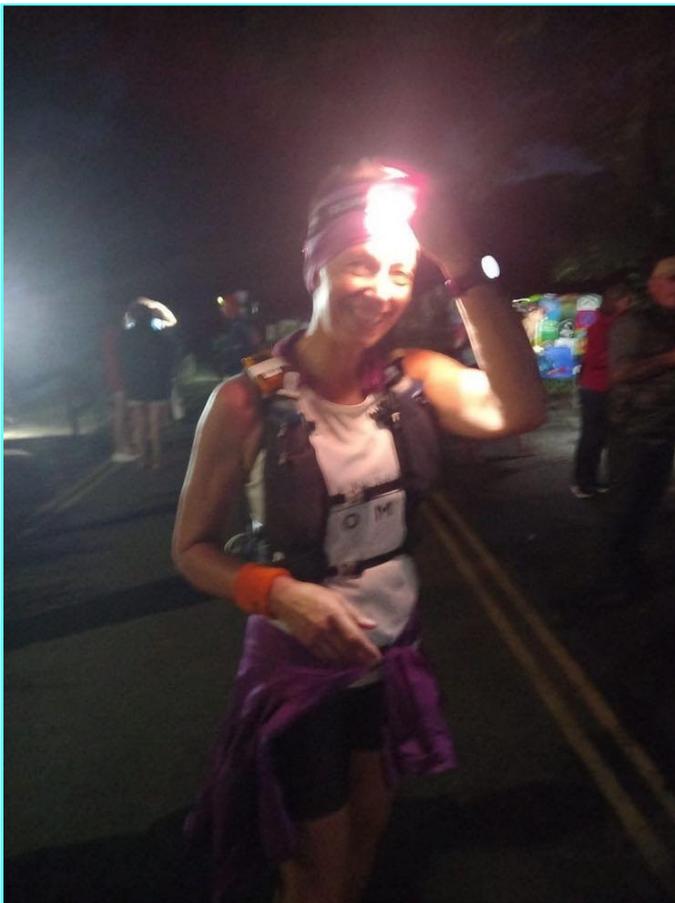
Saturday 24th July dawned and although it was slightly cooler than the previous day, I knew it was still going to be too hot for my liking. But more of that later. After the entertaining briefing (Marc Braithwaite, the Race Director is one of a kind!) we all tumbled into the coaches that would transfer us from Coniston to Dalemain, for the start of the race. I was hoping not to feel too travel sick, and in fact didn't feel too bad. After queueing for a wee, the last one for a while (wee that is, not queue!) I settled myself down under the shade of a tree and waited for the start.

I met a few friends during this waiting time, and then once in the start pen bumped into Anne Bakker, from South Cave, who was running it for the first time. As it turned out, we ran every step of the race together. But I'm getting ahead of myself!

And then, after a phased start, we were off. The first 4 miles is a loop of the Dalemain estate which is a little undulating and mainly grass. Then, back to the start area and off towards Pooley Bridge. My strategy was to drink as much as I could – using Mountain Fuel – to keep on top of my hydration and to eat something every 30 mins or so, and to do this from the off. By now, any cloud that had been in the sky was burned off and it was getting very warm. My goal, if at all possible, was to try and complete the race a little fast than the 16 hours and 1 minute it took last time. So, we took it very steady, as the trick is not to start off too fast, but to conserve as much energy as possible. We made reasonable progress for the 11.2 miles to the first check point at Howtown. When we arrived there however, there was a massive queue to get into the checkpoint, to pass the electronic tracker and then fill up with water. Liz was part of the checkpoint crew, so I knew she'd be having a really busy time.



We lost 30 minutes there and I knew then that my sub-16 hours was not going to be possible. That was hard to get my head around so early in the race. But I knew that unless I did get my head around it, then things might unravel. So, after refilling my three 500ml flasks and having a wee, I gave myself a good talking to: 'Just get yourself from checkpoint to checkpoint. Don't worry about the time you've lost, or the time goal you wanted. Your goal now is to just get this done'. What made this doubly hard was that the next section to the Mardale Head checkpoint is one of the longest in the race, has the most ascent (2510ft) including the vicious ascent up Fusedale, and then a long technical section down the side of Haweswater. It was as bad as I remembered and by the time I got to Mardale Head, both of us having had a little tumble along the side of Haweswater, all three of my flasks were empty and I was hot. Flasks replenished, carrot and coriander soup inside me, I grabbed a packet of crisps and Anne and I made our way out of the checkpoint for the next big climb up Gatescarth pass (1677ft). Stuffing crisps in my face and nibbling on my homemade energy balls, I just kept putting one foot in front of the other, stopping a few times to remember to look back and take in the views. It is so tempting just to keep your gaze on the ground a few feet in front of you – important of course, to avoid falling! – but you also need to lift your head, to admire the beauty of everything around you. Once at the top, the descent was very difficult as it was slatey, shaley, pebbly stuff and so hard to get any momentum going. Once off this, there were some runnable sections and a few stiles and then we were at Kentmere, the next checkpoint (27 miles). This is where I started to feel rough and cold. I had sweated so much, my vest was soaking and it is surprising how quickly you start to cool down. I had originally packed a spare long sleeve baselayer but decided that because it was so hot, and the forecast over night was for temperatures of 13 degrees, that I wouldn't need it and if I did get chilly, I would use my waterproof jacket. That was a rookie error, and one I will never repeat! A was telling another runner that I was feeling cold, and he gave me the best advice: 'Put on your jacket now, if you don't, you'll pay for it later'. So that's what I did and was so very thankful for that advice. After two cups of fresh smoothies, pasta, a cup of tea, a refill of the flasks, and a little wee, we were ready for off again and the climb up Garburn pass. After about 10 minutes I started to warm up and feel a little better, but nausea was never very far away and it lurked and stayed with me for the rest of the race.



Kentmere to Ambleside is a really nice stretch and I enjoyed the climb up Garburn, the descent into Troutbeck (we had to put headtorches on just before this), the climb up Robin Lane, Skelghyll woods and then the wonderful run into Ambleside. There is always lots of great support from people as runners make their way through the town and to the checkpoint at the Church in Rothay Park (34.4 miles). One of Liz's running friends from Leamington – Bethan – spotted me running past and came running down the road to say hi and to take photos. Anne was also met by her daughter Laura, and her son-in-law (Runar) who had himself run the 50, and won it in 7 hours and 41 minutes! He looked as fresh as a daisy!

Flasks filled again, although I was not drinking as much, another bag of crisps – I tried a cup of tea but felt nauseous. And although I wasn't feeling great, I now knew we were on the home strait. It's 15 miles from Ambleside to the end, and I knew the route very well. I had taken my jacket off at some stage but popped it back on again as the temperature was dropping and I knew that once we'd climbed up the track to Loughrigg, it would be chilly on the open fell. We met Laura and Runar again at Skelwith bridge which was a nice lift. There is a lovely runnable section along the side of Elterwater, but by now we were definitely shuffling, and Anne's knees were sore. I was

really looking forward to veggie stew at the Chapelstile checkpoint and was very pleased to see the fairy lights, lighting up the tent that was the checkpoint for the night. The volunteers at the checkpoints are amazing, tucking up 100 runners so they could have a 15-20 minute nap, asking 'have you pee'd?', helping to fill flasks, dish up stew and generally just look after you! We both had what we wanted and although it was tempting to stay longer, we didn't dally.

And then we were out into the night, which seemed to have dropped 10 degrees in the 15 mins we'd been in the checkpoint. I got out my gloves and off we set off to the last checkpoint at Tilberthwaite. There was a section out on the open in the Langdale valley, a climb up Side Pike before heading out across Blea Moss, and trying to find a high line to avoid what is usually a very, very wet and boggy stretch. This year, because it had been so dry, our feet stayed dry – always a plus! An unmanned but mandatory tracker check-in on a gate, and then a nice downhill stretch before another climb on pebbly ground. I was feeling sick and knew I was running low on energy but just did not feel like I could stomach much. Nuts and crisps seemed to be the only thing that didn't make me feel too sick. Tilberthwaite is the last check point and so darn close to the end – only 3.5 miles – so you know that you are



nearly there. But there is still a lot of work to do in those last miles and I knew what was to come. So again, no messing around, I think we sat briefly and I think I got another packed of crisps. And then we headed off up Jacob's Ladder – a set of steps in the hillside – and the last climb up to High Tilberthwaite. I can remember back in 2018 doing a day-time recce of this with Lizzie, before I knew the route and well before I have been lured by the talons of the LL50, and saying to her that I couldn't believe she had run this in the dark. Back then it frightened me in the day light, but it's strange what familiarity, experience and a completely different mind-set ('I'm an ultra-runner now!') means. It did not faze me at all, and before long we had made it up that last hill. By this time, the light was changing, and the fells looked amazing as the sky started to turn red in anticipation of the rising sun. All that remained was to navigate the very difficult descent on the other side, parallel to Coniston Old Man, which was slatey stuff again and unless you were a mountain goat, most definitely not runnable in the dark. Then we hit the miner's track and could smell the end! That is such a wonderful, wonderful feeling. Anne's knees were hurting so we fast hiked rather than run and soon we turned the corner and on to the main road into Coniston. And there was Liz!

And I burst into tears! Anne's daughter Laura was there, and so mothers and daughters ran the last few hundred yards together, and I was blubbing away! After literally running together every step of the way there was no way we weren't going to cross the line together, so 17 hours and 8 minutes after starting, we crossed the finish – and that was just so, so, SO good. Every single runner is announced as they move from the finish line into the marquee, and all the supporters (yes, many stay up all night!) clap. That is such a wonderful experience, I just cannot describe it. There are tears in my eyes as I write this now! The medal is duly placed around the neck and then everyone has an official photograph and Anne and I had one together too.

And then ... I sat down, knowing that I didn't have to get up and run again! And then the bit I had been looking forward to for about 20 miles: Lizzie brought me veggie chilli and a pint of beer! All I can say, is that this feeling is



rather like the feeling immediately after you have given birth. I jest not! During labour you CANNOT imagine going through this again and ever, ever, ever having another child. But as soon as you hold that baby in your arms, nature has a cunning way of making you forget all the pain, immediately! And so it is with the Lakeland 50. In the dark, dark moments when you're feeling like nothing else on earth, and you're cold, can't stomach anything and yet you've got another 15 miles and nearly 3000ft of climbing to do, you say 'There is NO WAY I am doing this again!' But as soon as that beer was in my hand, I knew that my resolve never, ever to do this again, would quickly slip away. This is such a great event. It is so, so much more than a race. The whole weekend, from camping on the school field, to queuing to have your mandatory kit checked, to seeing old and making new friends, to getting on a bus to take you to the start, to the fabulous presentation ceremony at 12 'o' clock on Sunday – it really is THE most amazing adventure!

So ... the ballot opens on 1st September. And I think my laptop will be open and my fingers poised ready!!

West Hull Ladies Craft Club



Lyndsey's card for her friend's birthday



Anna setting up her stall for the Avenue's Front Yard Sale.



Eve's necklace



Shirley's Parkrun Volunteer jacket for Bob

Great Newsome 5 Miler June 2021

Anna Shepherdson

To be honest there weren't many things that I missed throughout the various lockdowns, but running races was definitely one of the few. Two summers without the Summer League had passed- and I really did miss them. This race, hosted in my neck of the woods at a local brewery seemed a perfect replacement. I also love an evening race and this fitted the bill.

Whenever I enter a race I have to sort of dare myself to have a go- and this one was particularly challenging. I felt very nervous about it. But as the event approached I did my usual planning: tracking the route on Google Maps rather than having an actual training plan and preparing! But I was sure that everyone else was feeling a bit under par following lockdowns and the lack of structured running too.



After a gorgeous drive there, on an impossibly hot evening, I parked up in the field and went to register. Sandra and I got in the queue for the brewery shop nice and early! We also had a giggle at how just parking in a field and queuing for a port a loo was exciting after so long! After collecting our selection of beers we had a mingle with lots of running friends. (It was a small event, with just under 100 participants.) It was great to see Sandra, Angela K, Martina and Shirley.

Soon we were at the starting line all ready, then off. After a sluggish start, I soon found my stride. What a difference running with others was- just enough pressure to push me a bit. The first 3 miles felt great. I was so pleased to see my splits afterwards- those first 3 miles had been- 9.37, 9.50 and 10.10. Those are speedy for me, so gave me a real confidence boost. I managed to overtake a few others too, to get myself into a comfortable place.

Mile 4 was trickier- the heat was getting to us all- I was flagging a bit. It was also difficult to visualise the rest of the route, as it was a new race. I just aimed to hang on in there!

The last mile was much nicer, as there was some shade and two wonderful women with a water gun! Actually- the support round the course was surprisingly good. Mile 5 was also prettier as the road snaked around a couple of farms. The finish line was a very welcome sight, and the buzz afterwards was great. Sandra and I had a little walk afterwards, enjoying the gorgeous evening, then headed back for the drive home.

The evening was topped off by one of the delicious beers that I can totally recommend. It was great to be back, and I hope that this little race becomes a permanent fixture.

Gallery



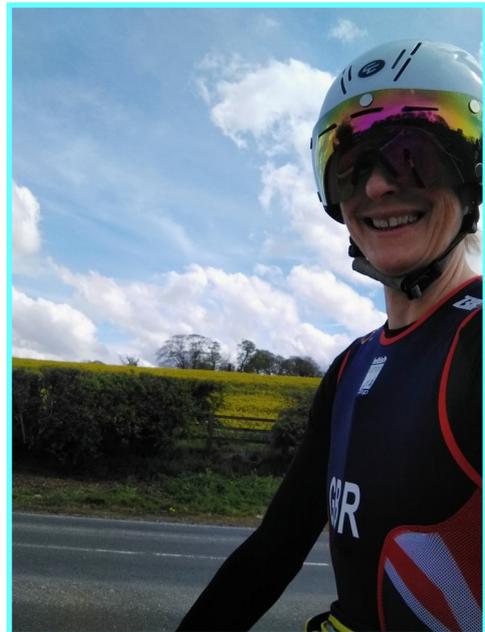
Jan and Janet 6miler to Arram 18/04/2021



Jo, Jill and Jackie 10 miler
17/04/2021



Gail, Anna, Kim and Rachel hiding from the Cows
5/5/2021



Amanda training for her time trial in
her GB skin suit



Ten foot session 17/05/2021

Show us your bling



Cath's bespoke medal (from andrea) for her amazing Run every day challenge



Sam and her great Grimsby 10k
Medal 18/07/2021



Amanda With her Age group prize
at South Cave 10k 25/07/2021



Anna's virtual 6 wives challenge 13/08/2021

West Hull Ladies Committee meeting

7/04/2021 via Zoom

Kim Mcbirnie

Present: Sara, Amanda, Anna C, Anna S, Jan, Janet, Maria, Cath, Rachael, Sarah, Kim, and Jill. Apologies: Annette, Caroline.

1. Minutes of previous meeting: Accepted as a true and accurate record.

2. Matters arising:

Amanda has updated the membership form, and this has been checked by Maria, previous action point now cleared.

Due to Covid guidance from England Athletics, each run leader can accompany no more than 12 ladies. Should there be more than 12, the remaining ladies should run in groups of six, following social distancing guidelines.

3. Reports:

• **Membership - Maria:** We have **68** first claim club members plus **3** second claim, **71** in total. List Below.

***Action:** Annette has found a previous email reminder which can be adapted, and Annette / Maria will send mid-April and again at the end of the month to anyone who has not yet renewed their membership. If not joined by end of April remove from emails and Facebook.*

• **Email - Amanda:** We have 70 members on our distribution lists for this year (21-22), 20 on last year list (not yet re-joined) and 1 'New' (not yet members) total 91 • **Facebook - Anna C:** We have 112 members, of which 21 are guests and 1 'New' (not yet members).

• **Treasurer Report - Janet:** Despite some issues with the England Athletics portal, all monies paid for EA membership has been transferred across. The bank account currently stands at £4444.33.

• **Training - Amanda & Maria: Amanda:** Lots of excitement that we can lead out runs again with up to 12 ladies per leader. 31 entries in the Track & Trace this week (approx. 25 different members) came to the club, fantastic start, in addition to joining in virtually we are seeing great take up of the club training ... and plenty other training going on too. Lots of members are well on their way to their 1000 mile or 1000 K badges. As from May (at the latest) I will start a coaching session combined with one of the club training runs. The session is to work on good running form (for efficiency and injury avoidance).

Maria: I will be taking over organising the monthly training as from May. I will email the leaders mid-month asking for volunteers and the week before the end of the month send an email to WHL which I will use to populate the calendar then push to the members. As from May, I plan to attend the club twice a month and offer a pre 15min session at one of the training runs to go through good running form e.g., 15 mins on arms.

***Action:** Amanda will send leader email addresses to Maria -Thank you Maria.*

• Snails to Steadies- Amanda: Suzy has offered to help with Snails.

***Action:** Amanda to email Suzy and Liz H about helping.*

• **Website - Amanda:** 1000M & 1000K pages updated.

4. Mission Alastair Wood: Maria has been contacted by this gentleman from Hull Culture and Leisure who have used lockdown to encourage people to start running via C25K – he would now like to pass some who want to continue, out to their nearest running club. Anna S has volunteered to support Maria with any new runner sessions.

Action: *Maria to explain that we will need to know how many ladies would be coming to a session because we are currently bound by England Athletics rules to have one run leader per 12 runners.*

5. Presentation Evening: Poll (Amanda): 30 people responded. Most members do not mind if it is a lunchtime or evening event but for those who gave a choice lunchtime with a pre run was the preferred. Jan reported that work is continuing behind the scenes, she is currently waiting for Cottingham Parks to come back with some dates. Jan proposed a subsidy by the club towards the cost of a meal, up to the value of five pounds, and this was agreed in principle.

6. Virtual 50K/100K: During June the Club will offer the opportunity to run a virtual 50K, or 25K for Snails in 12 hours, and 100K in 24 hours to follow on in July.

Action: *Amanda to advertise.*

7. LiRF (Leader in Running Fitness) It was agreed to support Kim to do the LiRF training. **Action Amanda to contact other ladies currently leading who may wish to be trained to LiRF. Current list of leaders:**

1. Amanda Dean
2. Anna Shepherdson
3. Jan Draper
4. Jermaine Willan
5. Jill Jameson
6. Lynne Parkin
7. Maria Diaz
8. Sandra Holdsworth
9. Sara Ellis (Friday)
10. Sarah Wilson (Wednesday)

AOB

Champagne League postponed until 2022. Amanda has the list of members who paid for the series in 2020. Samantha Page and Helen Pickering switched in using the spare and Louise Kirkham places.

CTT Cycling Time Trial. All agreed the club will pay the £50 fee so that all members of WHL are insured to join time trial events. (Timed distances, often 10 miles).

Action Amanda to encourage members to have a go and cycle for WHL

Cath – 10k series – It was agreed that this will be restricted to actual 10k events and not virtual ones which would be too difficult to manage.

Thanks
Kim McBirnie

Next Meeting:
Tuesday 4th May 7.15pm, Zoom

West Hull Ladies Committee meeting

04/05/2021 via Zoom

Kim Mcbirnie

Present: Amanda, Anna S, Jan, Maria, Cath, Rachael, Sarah, Kim, and Caroline. Apologies: Annette, Sara, Janet, Anna C.

1. Minutes of previous meeting: Accepted as a true and accurate record. **2. Matters arising:**

Mission Alistair Wood, c/f Action: Maria to explain that we will need to know how many ladies would be coming to a session because we are currently bound by England Athletics rules to have one run leader per 12 runners.

3. Reports:

- **Membership - Maria:** We have **71** first claim club members plus **3** second claim.
- **Email - Amanda:** Many thanks to Annette and Maria for the reminder emails to the non-joiners allowing us to sort out membership quickly for 2021. We have **74** members on our distribution list and *1 'New' (not yet members) total **75**, the numbers match the membership.
- **Facebook -Anna C:** We have **96** of which: **74** members, **17** Guests and 2 'New' (not yet members). It is good to see Facebook still regularly active with lots of runs and training being reported.
- **Treasurer Report - Janet:** Income mainly the last memberships tricking in and outgoings are the corresponding England Athletics payments, Time trial insurance, website fee, and the two coaching courses for Kim and Sam.
- **Training – Amanda–** Kim and Sam P booked onto LIRF training course during May, they will both need to be filmed completing a training session and warm up so can be added to the leader pot.
We currently have 17 ladies targeting the 1000 miles (2 more than last year) and 13 the 1000K (am hoping by June I will have half the members interested). And a few ladies mentioned going for the Virtual 50K in June.
Training is going well and seems to motivate most club members to join in, everyone is really enjoying being able to meet up and run together again.
Thanks as to the amazing leaders and to Maria for collecting up the monthly training.
- **Snails to Steadies- Sarah:** The snails to steadies have had a decent turnout since we were able to start running together again, we have adopted a round up approach where the faster runners go back and meet up with the slower runners so that everyone is included, and no one is left behind. We will continue to encourage everyone in the group to take a turn going back, it is a great way to gradually increase distance week by week. We will continue to monitor the group and revisit this approach if it does not work.
- **Website - Amanda:** 1000M & 1000K pages updated.

4. 1000M + 1000K badge – Amanda – propose that if someone does covers 1622 miles in a year i.e., 1000M + 1000K they get both badges, some ladies are on their way to this already. This was agreed by the committee.

5. Accident / Incident records – Kim - England Athletics requires a little information from the club if there is an accident or near miss, how do we want to manage this? Agreed by the committee that if an accident or near miss happens **during a club organised run or training session, the run leader will let Kim know.**

AP – Kim to draft an email for all club members outlining this process.

6. Leaders Update – Maria – Thanks to all run leaders and volunteers for a prompt reply for May training, an email will go out mid-May for June training leads.

AOB

Amanda - CTT Cycling Time Trial. £50 fee paid (insurance for all WHL members). Very pleased Jill Jameson, Shelley and I will be representing WHL at a 10-mile Time Trial at Bubwith on 16th May. Shelly is bringing her campervan and there will be cake! Any members who fancy a ride out are welcome to come (and bring cake) and say hello!

I will continue to encourage members to give it a go.

West Hull Ladies Committee meeting

07/06/2021 via Zoom

Kim Mcbirnie

Present: Amanda, Jan, Maria, Cath, Janet, Sarah, Kim, and Caroline.
Apologies: Annette, Rachael, Anna S.

1. Minutes of previous meeting: Accepted as a true and accurate record.

2. Matters arising: Kim to forward accident record email to Amanda to be checked and forwarded to all club members.

3. Reports:

- **Membership - Maria:** We have **73** first claim club members plus **3** second claim = **76 (Up to date list below)**.
 - **Email - Amanda:** We have **76** members on our distribution list and 5 'New' (not yet members) total **81**, the numbers match the membership.
 - **Facebook -Anna C:** We have **103** of which: **74** members, **17** Guests and 2 'New' (not yet members). It is good to see Facebook still regularly active with lots of runs and training being reported.
 - **Treasurer Report - Janet:** We have received 2 new membership payments this month, with corresponding payments for England Athletics membership going out. Five safeguarding courses have also been reimbursed. The bank balance currently stands at just over 4k.
 - **Training – Amanda–** Kim and Sam have successfully completed their online training and Sam has uploaded her sample videos for review. We currently have 17 ladies targeting the 1000 miles (2 more than last year) Sandra set a club record achieving this distance on 10th May. For the 1000K distance there are 16 ladies, this also includes Sandra who is targeting both badges which will be total of 1622 miles in the year. That is a total of 30 ladies logging their distance, hoping more will stop being shy and pass on their tallies. And Rachel W has been the first to complete the 50K challenge. Training continues to go well and seems to motivate most club members to join in, thanks to the amazing leaders and to Maria for organising each month.
 - **Snails to Steadies - Sarah:** We are continuing to monitor the steadies group to make sure that this meets the needs of all runners, turn out has been good and all ladies really seem to be enjoying the social aspect of the run. We have welcomed a couple of new runners over the last few weeks. Sam Page has also proposed a Steadies to 10k group to support those ladies who would like to have a go at the 10k distance, but at the steadies pace. Sarah, Sam, and Kim will discuss further and come up with an offer.
 - **Website - Amanda:** 1000M, 1000K & 50K pages updated.
- 4. Safeguarding course for leaders - Amanda:** All run leaders who have expressed a desire to continue leading are expected to complete an online course on Safeguarding, which the club will fund. Kim, Samantha P, Maria, Lynne, Sarah, and Amanda have already completed. Jan D, Anna S, Sandra, and Sara are also due to complete.

5. Presentation dinner update - Amanda: After some communication issues Cottingham Parks are now back in touch, the current proposal is £25pp for a 3-course meal, on Sunday 11th July at 1pm. The 25th is also available at the same time, the bar is available before if anyone would like a drink. The proposed 3 course menu is as follows:

- *Starters Melon (V), guacamole/bread (V) or pate/bread*
- *Mains Roast chicken, fish, or Vegan nut roast (V)*
- *Desserts: Fruit Salad (V), vegan cake or cheesecake*
- *Coffee/Tea & choc mint (or other)*

Amanda has created a Survey which she will email out to all members to gauge interest.

6. Website Photographs – Maria: Alistair from Get Hull Active has been back in touch with Maria to request a club photograph, something that reflects the purpose of the club. Maria and Amanda to go over photographs and find one that is suitable, all ladies shown in the photograph will be contacted to gain permission.

AOB

Amanda- Reminder that I plan to step down as Coach after this year and if anyone interested, please email the club.

Gallery



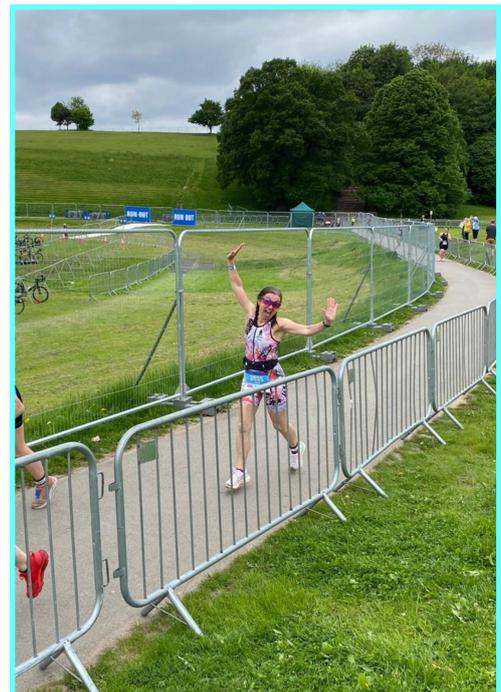
Cath and Stacy around Walkington 16/05/2021



Gail hill climbing in the Lakes



Kerry –Ann hydration after Friday Fresheners 04/11/2021



Verity at the Leeds Triathlon 005/06/2021

West Hull Wheelers

Selby Time Trial

Amanda Dean and Shelley Hindley



For the first time ever West Hull Ladies club was listed on the entry for a Time Trial. The club pays the fee to join CTT – Cycling Time Trial affiliation which covers the insurance for all our members to allow us to time trial (no on the day insurance, your club has to be listed). I was really proud to represent the club and I suspect not many running clubs have CTT affiliation.

What is a Time Trial? It is a cycle race where everyone is set off at intervals and their time is recorded. The shortest time is the winner. The distances vary but 10 miles is the most common with 25 miles the next most common but there are many more distances.

How do they work? When you arrive you collect your number from base and sign the registration sheet in the start section against your number. The number is pinned on your back quite low

down so that it is easy to see when you are in an aero position (leaning forwards).

Usually the cyclists are set off at 1 minute intervals and your number reflects this. In our TT, the Selby CC V511, the first person with number 1 was set off at 1 minute past nine. My number was 58 therefore I was set off at 9:58 whilst Shelley was 69 and headed off at 10:09. Riders are organised so they are very unlikely to be able to make use of another rider by drafting (riding close to the back wheel of the bike ahead which will 'pull' you along).

The very fastest people are given the 'ten' numbers 10, 20, 30 etc. So I was not at all surprised when number 60 passed me just as I reached three miles, he had set off 2 minutes after me!

The routes are generally very simple but there will be marshals at roundabouts or junctions who point you where to go. They cannot stop traffic so you must look and give way at roundabouts if necessary. However, marshals on a roundabout warn traffic something is going on. It's very common for a route to be pretty much a straight road, completely round a roundabout and back. Time trial routes are given 'numbers'. The route we did is called the V511 and starts in Bubwith. At the start of a time trial, after the number ahead of you sets off you move up to the time keeper. S/he will let you know when you have 30 seconds to go, then 10 secs then count down from 5 secs and you set off on zero. In normal circumstances your bike will be held upright so you can have both feet on the pedals for a quick start. Currently this has been abandoned because of COVID risk. At the end of the time trial will be a marker, usually a big flag, with two time keepers who jot down your number and time.

After finishing you return to base to hand in your number and to sign the registration sheet to confirm you are safely back.

Normally at this point you would join in with tea and cake at base whilst the finish times are entered into a spreadsheet and prize winners are sorted. It's generally a friendly event. Sadly, due to COVID, this bit is missing and we all go home with prizes posted out. However, in West Hull Ladies fashion, Shelley and I had tea, cake and chatting in Shelley's awesome camper van after the event



Shelley - My TT: As much as I love running, I do like playing out on bikes too, so when Amanda advertised a Time Trial (TT) on our WHL Facebook page I was really tempted to enter. I told my cycling friends that I had my first TT booked and they asked what I thought I could do it in, I mouthed off about how I could do it in 30 minutes - 20mph for 10 miles on a flat course. Easy! Although I really had no idea how long it would take.

The weather was good for race day, dry, not too warm and very little wind (the forecast looked bad all week), and I took all of my cycling kit, best to be prepared, and good job I did, as I was way too overdressed and had to get changed. I parked up and met Amanda in a nearby picnic area, we had a picture in our WHL kit and she talked me through what I had to do - go warm up and raise my heart rate, get registered and pick up my race number. There were lots of other very pro-looking riders there in aero skin suits and they had brought their turbo trainers to warm up next to their cars, this wasn't parkrun for cyclists! I did my warm up and realised that I was only hitting 18/19mph and regretted all of my gobbing off earlier that week, oops! We lined up in number order at the start, with 1 minute between each rider, it's not like a mass start run race. When it was my turn to go, of course I couldn't clip my shoe in (typical!), but after about a mile of spinning too fast and probably being in the wrong gear I got into a rhythm and started averaging 20mph (yey!!!). It wasn't easy, it was no Sunday pootle, you can't have a rest, it's constant hard work but I like that, it's like being 8 years old again. The traffic was all very respectful towards us and gave us plenty of room and the route was clearly signposted. One nice thing about cycling is that the miles pass by much more quickly than when running, so holding a hard effort felt easier somehow. I was averaging 20.5mph (the thought of a good ribbing from my friends if I didn't get 30 mins made sure that I didn't dare slack off).

I finished with an official time of 29:15, and that was on a road bike with no aero kit, so that will do me.

The finish was like parkrun at least, Amanda and I took our numbers back and had coffee/tea and cake in my van and chatted to the other riders, who were all really friendly and supportive.

I'll definitely do another one, and my big gob is saying sub 29 next time as I'll put my tri bars on, eek!

Shelley Wiggins-Trott

Amanda - My TT. OK, so yes I am the experienced one but had not done a TT for 20 months, had barely been outdoors on a bike since last October, and barely indoors during April. And so, the week leading up to the TT was full on eeking ... two rides on my TT bike, the first wobbly - bike and kit, which included feeling a little pretentious in my GBR skinsuit. The next was better and the third indoors on the turbo trainer doing an easy 30 mins just getting used to the position with arms on the tri bars (those sticks pointing forward from the handlebars).

On the day I was super nervous. Did a few miles warming up, including short sections of pushing hard. Recover then another couple of miles before heading too early to the start line.

But, once I was off and pushing the pedals I settled in. I had a time in mind of 27mins, 30secs to beat which is quite a bit down from my PB of 26mins 5secs. I like to work on average pace and I knew I needed 22mph to get there so I focussed on that. I had covered over six miles before I hit this. There are two roundabouts to negotiate (one of them twice over) and both were clear so a good run. I have my Garmin beep every mile which I find really encouraging to keep pushing for each mile and at the end, really pleased that on completion my average was 22.1mph and a finish time of 27:08. I know I can do better but a good start to the season.

I'm already booked into the V714 (Gilberdyke) on 5th June J

West Hull Wheelers

V714 (Gilberdyke) Time Trial 5th June 2021
Amanda Dean



Another 10 mile time trial and feeling just as nervous! The course is from Gilberdyke to Howden, round the roundabout and back. Simple. Not sure why really as I am only there to do what I can but of course, I had a time target in mind. This time 26mins 30secs which is not a PB but quite a bit faster than the 27mins 8secs at Bubwith.

I had done a fairly hard indoor cycle session on Thursday and just had to rest up. Saturday morning had me pacing! Really happy that the forecast was warm and just light winds.

1pm start. I registered at 12 noon then went out for the warm up finding that the light wind was cross-wind or headwind in all directions!

On the start line, listening for the count down then off, failed to clip in first time, and second time ... took three goes! The first bridge was OK. My Garmin beeped every mile, which I like. At this point I check how I am doing. I use speed and average speed as the main data. I knew I had to maintain 22.6 mph to get my target time and at first I had it cracked! 23mph average! Then I hit the second bridge over the M62 which felt like a mountain plus the road is pretty rough for a mile or so around here which saps the legs. Then I had to slow for a car on the roundabout. By the time I was round and through another bit of rough road and that bridge to climb back over my average was down to 22.6mph, but still on for my target.

There wasn't much of a smile for the photographers but I was finding that my speed was improving and got back over the railway bridge fairly quickly then pushed on the final mile finishing in 26:12 – 22.9mph. Happy Times.

Very few local Time Trials at the moment and possibly my next cycle event will be a Barracuda's duathlon ... run 2miles, cycle 9miles, friendly events, maybe other WHLs might be interested?



parkrun

Parkrun is back! Yippee

parkrun



WHL Peterpan parkrunners and volunteers



Stacy making sure she has her Barcode



Samantha at Scunthorpe Parkrun
24/07/2021



Janet at Rother Valley Parkrun
supporting her son Jack in his first



Chantal at Beverley Westwood



Linda and family at Temple
Newsam Junior Park run

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



Gallery



Samantha at the Great Grimsby 10k



Jenny and Maria at South Cave
25/07/2021



Sarah showing off her
jazz hands



Ann South cave 10k 25/07/2021



Amanda and Sandra Gilberdyke
10 mile



Eve with flying feet at South
Cave 25/07/2021



Sarah W and Sam P
Gilberdyke 10 mile



Jane with her partner Phil on the
Gilberdyke 10 mile

Endure 24 100 miles



Apologies it's a long one, hope you've got a cuppa!



Rachel Whittaker

I first did E24 in 2019 and earned my 100k hoodie. It was really hard work and if anyone had suggested running more than 50% of the distance again I would have said they were mad! In fact I did, Verity wanted to attempt to join the elusive 100 mile club so I offered to go and crew for her...then lockdown happened, Endure got postponed a year and I began to think it might be a good challenge for me too. So, I roped my hubby and 2 teenagers in to come and crew for both of us and signed myself up!



Fast-forward several months and after weeks of back-to-back weekend long runs (anywhere between 18-35 Saturday followed by a recovery run of 10-15 miles on the Sunday) Endure weekend was upon us. Myself, Jane and Kim, with partners, got there early Friday morning to set up WHL village in the solo camping area. Throughout the rest of Friday and Saturday morning other ladies, families, partners etc joined us. Like all good athletes I carb loaded on beer Friday night and settled down in our palace of a tent that Andrea kindly loaned me. Saturday morning was again good race prep, my daughter Amelia braided everyone's hair, trying to force feed myself porridge, 20 trips to the loo etc. And then we were off on our first lap.

I never once thought of it as 100 miles, that's a crazy long distance, who in their right mind would run that far? It was just 20 five-mile laps...and so we began ticking off the laps. The first 7 or so passed uneventfully, in fact for the first 5 we stuck to a lap an hour. Every hour on the dot we set off on the next one. We got into a great routine, walk to the sheep dip, run to the bushes, walk to the crooked tree, run to Elvis corner and so on. Verity, Karen and I stuck together, and it was on lap 8/9 where things started to fall apart a little bit. I was struggling with stomach issues, really couldn't face eating and we were all generally feeling a bit fed up. At the end of lap 9, I had some painkillers and a peanut butter and jam sandwich and read out some of your messages on FB. They made me cry but really gave us a boost and we set off on our halfway lap feeling a bit better.

None of us will forget that lap in a very long time. We started it about 20:30 and the England Ukraine football match was on in the race village. Every now and then you could hear a cheer go up out on the course as the goals went in and there was a storm rumbling away somewhere in the distance. We were around halfway round the lap when the storm hit overhead, and the rain came down. It was unbelievable, Verity described it as biblical...hopefully you've seen the pics & videos. It's amazing how fast you can run after 49 miles when there's a chance of being struck by lightning! We got back to the base camp where we were told that they had suspended the race for safety reasons. We got dry, into clean clothes and waited. A lot understandably went to bed, but Verity and I were still hanging on to the 100 mile dream. The race was suspended for 2 ½ hours in total and finally at 00:45 we were told it was safe to continue again.





The first 10 laps had taken 11 hours and now there were 12 hours left to complete the last 10 laps, on legs that had already ran 50 miles and with no sleep.

But I never doubted that I would do it, stupidly stubborn that I am, and so the countdown continued. The routine we got into the day before served me well and stopped me from losing time by walking too much. 7 laps to go, 5 laps to go... with each lap I would go into camp, try to force some food and drink down and set off again. At 3 laps to go I think I knew that barring a disaster I was on target to do it, 2 laps left and then that was it, final lap! Karen cajoled, dragged and walked round with me on the final lap and when I finally crossed the line, I saw Nick and the kids and burst into tears.



I still can't believe I did it and I can't believe I was 5th lady out of over 230. The whole weekend was absolutely amazing, from the company to the football, the storm, all made it even more of an unforgettable experience than it already would have been.

Like an Oscars speech I want to say thank you to a few people...to everyone who was there with us at Endure, thanks for the company, laughs, support, cups of coffee etc. Particular thanks to Karen for joining me on the last lap, to Jane's partner Phil for his encouragement during the night when everyone else was in bed, to Nick and my kids for humouring me on my crazy idea and to the 'Gingers' for keeping them all entertained while I was running. Thanks to the amazing 'Drapers' for being the original inspiration on daft distance events but most of all thanks to Verity for having the crazy idea to run 100 miles in the first place and allowing me to join you on the journey. 90 miles is an amazing achievement and I have no doubt that you would have got to 100 without the lost time. Next year x

Would I do it again? Absolutely not! Why would I, as I said earlier, it's a stupidly long way... why would anyone choose to run that far (twice!) And yes, you can remind me that I've said this





View From The Back

Liz Hobson



It's been fantastic to see members get out on the roads again for events, and I love to see your pictures. Thankyou to all that have done articles for the news letter. I am in awe of Rachel and Jan and their fantastic ultra achievements. It was also amazing to see other ladies at Endure achieve milestones and well done to everyone who has ran races and achieved their goals in the last couple of months.

It got me thinking about goals and what I want to achieve with my running. In my case it's very much about ensuring I am fit enough to do what I want to do. The bigger problem is knowing what I want to do! We are booked in for the Equinox event in September. This is a 24 hour event like Endure 24 and I am with Jill as a team. For ladies that haven't come across these events before it's a bit like the 24 hour le Mans races. The idea is to try and run as far as you can in 24hours over normally a 5 mile or 10k course. You camp overnight although this year we will have the relative luxury of Jill's motorhome. What is really good about these events is that you can choose what you want to do as long as you complete at least one circuit, you will get your medal and T shirt. You can have solo entries and team entries. I would recommend anyone having a go at this as long as you like camping! The club also has some camping equipment and a couple of gazebo type events tents you can borrow.

I've also been watching the Olympics, and apart from not wearing a bra in hot weather, it's one of the best things about been retired. I was able to do a bit of staying up and getting up early without having to worry about work days. I am in awe of these fantastic people who have a goal and achieve it. I do have a bit of a proviso though in that in their interviews they often say that anyone can do what they do it's just about hard work! With the best will in the world I cannot see myself somersaulting a BMX bike, (not on purpose anyway) or winning the 100 meters sprint. I could work as hard as a womble on a landfill site and it's not going to happen. The fact is you have to be talented to begin with and then work hard.

It got me thinking about school sports days, I hated them with a passion, because I was and still am a slow runner. I did notably come second from last in the potato race when one of my competitors eased off at the end, which I consider to be one of my biggest achievements. The annoying thing is that I love athletics and I honestly would have given anything to be good at it. It also didn't help that the PE teachers, all of whom excelled at sports, (although were probably bitter at having to be a teacher in a comprehensive school and not Olympic champion), seemed to be completely indifferent to the heartache and embarrassment it caused those of us who were athletically challenged. We had to take part in sport's days and neither could we choose events that might be better for us, (I am a slightly less crap thrower than a sprinter!) I remember the total relief when I was allowed to volunteer to be a helper not have to be a competitor!

Years later I think I have got over it, and I think if those PE teachers had seen me join West Hull Ladies and complete marathons and 50k challenges they would have been amazed. What has changed for me? I think it's about a supportive environment, initially from Jill and Chris (my husband) but then from the club. Then there are other things like parkrun, and while only some of us will be able to enter the Olympics and run 5ks in the heat of Tokyo, with Parkrun you are effectively running against yourself and with training and hard work we are all quite capable of racing against ourselves. Possibly now I might be able to achieve third from last in that potato race. Having said that not sure about the ability to bend down and pick things up these days. I think I will have a word with the club to see if we can have a potato race badge!