

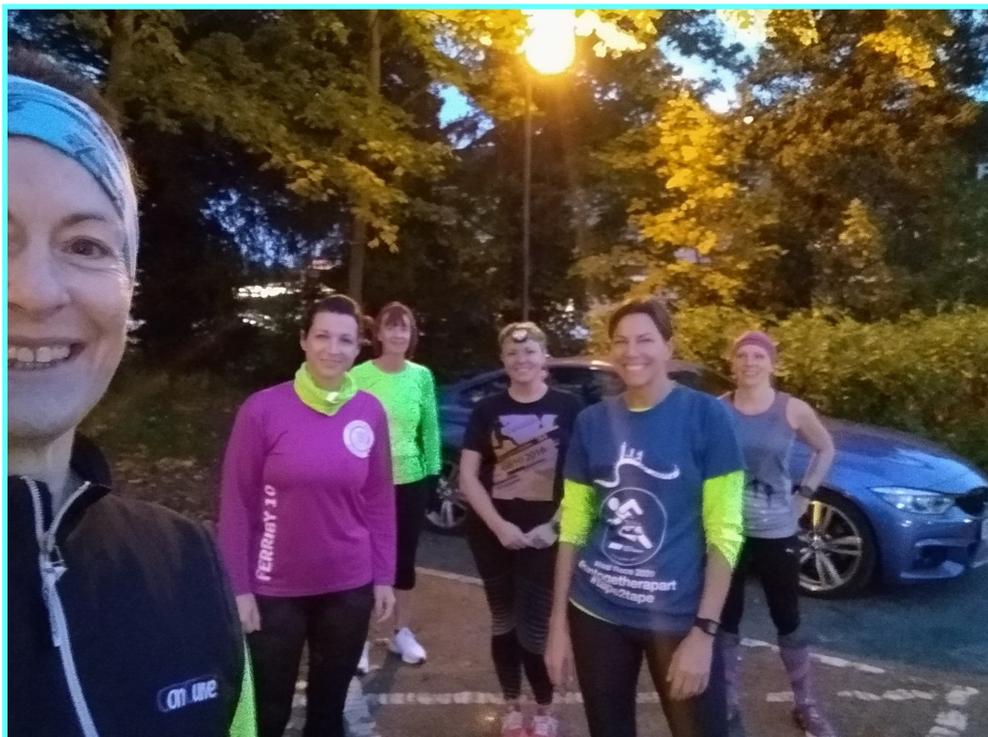


# WEST HULL LADIES NEWSLETTER Winter 2020



Friday Training session checking out the Christmas Decorations  
11/12/2020

---



Club run 20/10/2020

---



# European Masters

## Amanda Dean



My Bingley Harrier friend, Becky Weight, invited me to this challenge and (as you know) when it comes to a challenge, I am easily led. She had been wanting to compete in a European event for some time and she also wanted to bring friends along, for friendship and to make a W60 GBR team. Plans were in place for the event in March but ... well we all know what happened. I have a folder full of cancelled/postponed events! Luckily this was postponed, not cancelled, and due to take place on Friday 6<sup>th</sup> November. As COVID figures improved things were looking good but as September, then October showed massive increases it seemed amazing that it would go ahead ... but it did! The event was very lucky to be in Madeira as they absolutely had the pandemic in control with strict measures at the airport which is pretty much was the only way in and out of Madeira. The stipulation was you needed a negative COVID result on entry or were tested at airport.

The event had a reduced field of athletes. Of Becky's four runners only two of us could go so we expected at least a 50% reduction. Although this probably meant more chance of success, I suspected the strong runners would be more likely to ensure they could get to the race. There were only 20 ladies in total (and only 18 completed), just 4 in our age group and just one other GBR Sue Ridley, a W55, with whom we formed a team.

It is a hill climbing event which has its training challenges in Hull. Even our off-road trails are pretty flat. However, I did my best to compensate for no hills by doing a couple of training sessions on a treadmill with an incline but, in the end, my best training was just working hard on the flat, though I learnt from the event that it would be a good idea to work on calf raises to compensate should I ever be tempted to compete in hill climbing again.

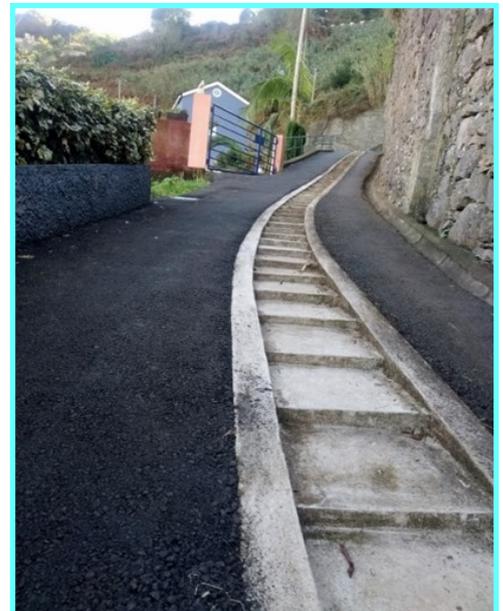
The 'EMM road to Madeira' was a series of six virtual races, one a month from May to October and I competed in all of them: 5K, 10K, 1 mile, half marathon, and two track races 3K and 1500M. I worked hard and was very happy with my times.

In addition, I did the 50K and 100K West Hull Ladies club challenges which gave me stamina.

My body held together physically and, barring a couple of weeks feeling under par, I was healthy. So, it boded to go as well as it could.

We arrived in Porto Moniz. When I looked up the hills the butterflies went crazy! So steep!

The race route was steep ... but then it was supposed to be! The route start was on road, comforting for a road runner but not quite Hull .



This was followed by footpaths which were even steeper! Lots of steps then steeply up through a lovely sunken path.

Despite a lot of rain in the days leading up, race day turned out dry and sunny. Nerves settled whilst warming up, getting cheery smiles from other runners and I loved being in my GBR vest. We were set off in waves, all chip timed. Glad to be off ... up that steep road, into the steeper steps then the even steeper footpaths.

On the day the route was well marked with flags which was good as my recces did not follow the route correctly! In fact the official gpx route did not follow the race route and the 3K drink station was over 4K which was very confusing so, at one point (when I was way off the official gpx route) I thought I might have gone wrong and waited for Becky who shouted at me to keep going. LOL. Nice 30 secs rest.



Running was interspersed with walking. Even so, after about 2K my calf muscles were absolutely screaming, not used to this.

Higher up we had relief as the steep paths were crossed with some wide, relatively flat tracks where I could get into a good rhythm plus, the steep sections were not so steep now. Despite working hard, I could appreciate what a lovely route it was. I just kept pushing on thinking about the team.



The final Kilometre was a less steep rocky path before following the flags across a (soggy not springy) grassed area which was energy sapping (pleased to hear even the 1<sup>st</sup> lady walked some of this!) then into the final 400M which was through a steep sided path and brought us gasping under the finish funnel.

I finished in 1hr 15mins. It was only 7.6K but with almost 3,000ft climbing I think it was a decent time. Fastest lady was 1hr 2mins, I came 2<sup>nd</sup> in age group with Becky not far behind, and 10<sup>th</sup> overall.

Our hubbies were there to drive us back.

After cleaning up it was time for the ceremony.



A couple of speeches then into the awards. The presentation room was full enough for it to feel like the real event but it was a shame that masks had to be worn, so you have to imagine big smiles.

Becky and I took to the podium getting our Silver and Bronze medals in the W60 category.

Then with Sue for Gold medals for the team prize.

I was a bit overwhelmed when our national anthem played.

Who would have thought, running for GBR and on a podium with our national anthem playing! Definitely one to savour ... a running highlight for years to come.



# West Hull Ladies Committee meeting – Monday 07/12/2020 7:15pm Zoom meeting Anna S

**Present:** Amanda, Anna C, Anna S, Caroline, Liz H, Janet, Sara, Rachael

**Apologies:** Annette, Jan, Liz N

**Minutes of previous Meeting:** Accepted as true record

**Matters Arising:**

Amanda has forwarded on the beginners information to Caroline.

Amanda has been in touch with Paul at Cottingham Parks to cancel our Christmas lunch. He has been asked to contact us when the event would be possible.

**Reports:**

**Members Maria:** We have **81** first claim club members plus **6** second claim = **87** (list below).

**Email Amanda:** We have **86** members on our distribution lists plus **2** 'New' (not yet members) total **88**.

**Facebook Anna C:** We have **85** members, **21** Guests and **2** 'New' (not yet members) total **108**. Anna has contacted a few ladies who have not recently been active on Facebook and some are getting back to running again. This continues to be a really positive and useful platform.

**Treasurer Janet:** There have been 3 transactions of new ladies payments. England Athletics have been paid. We have also made a payment for web domain.

**Training Amanda:** All seems to be going well and most ladies are getting out.

Very grateful to all leaders for inspiring the members to go run. But also thanks to all the club members who motivate each other with their supportive comments.

**Snails to Steadies Amanda:** Well done to Beth & Lyndsey A who kept up with the 0-5K and good luck to Katie and Em who are starting week 5 on Monday.

**Website Amanda:** No change this month.

New COVID lockdown restrictions - Jan D: Jan has sent out a link to ladies with new information regarding changes to COVID rules. Amanda has set up the link to our Track and Trace system for ladies running together/ on club runs.

Christmas Lunch- Amanda: This has now been cancelled.

100K Certificates - Amanda: These are all ready for the presentation evening. Framed certificates for repeat of the challenge have been prepared for Amy & Jermaine (this year) Stacy and Verity from Endure Leeds 2019.

**AOB:**

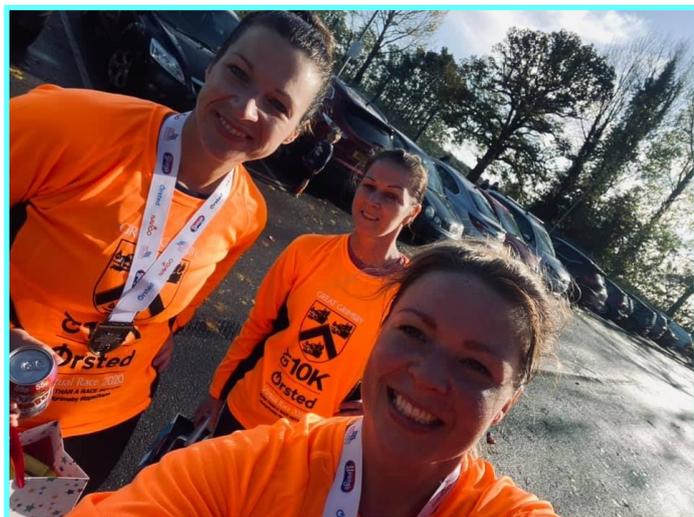
Liz: prompted a discussion regarding the awards for the presentation evening, as some awards would be difficult to consider this year. There was also a discussion regarding the date and structure of the event. *Action: to be discussed within the presentation evening group.*

Liz: Please could any articles/ run write ups etc. be forwarded to Liz H ASAP.

**Next Meeting:** 11<sup>th</sup> January 2021



## Show us your Medals and other swag



Jenny, Jane and Kerry-Ann showing off their Grimsby a10k Medals and Shirts 25/10/2020

---



Samatha showing off her Haltemprice Mug 25/10/2020

---



Jill J with her 10 k medal

---



# The 12 days of Christmas

## Liz Mad dog Hobson



On the first day of Christmas Sportsshoes.com sent to me

**A Hull Marathon Entry,**

On the second day of Christmas Sportsshoes.com sent to me

**2 running gloves and a Hull Marathon entry.**

On the third day of Christmas Sportsshoes.com sent to me

**3 sports drinks, 2 running gloves and a Hull Marathon entry**

On the fourth day of Christmas Sportsshoes.com sent to me

**4 energy bars, 3 sports drinks 2 running gloves and a Hull Marathon entry**

On the fifth day of Christmas Sportsshoes.com sent to me,

**5 Teal Trainers, 4 energy bars, 3 sports drinks 2 running gloves and a Hull Marathon entry**

On the 6<sup>th</sup> day of Christmas Sportsshoes.com sent to me

**6 lights a flashing, 5 Teal Trainers, 4 energy bars, 3 sports drinks 2 running gloves and a Hull Marathon entry**

On 7<sup>th</sup> day of Christmas Sportsshoes.com sent to me

**7 garmins clocking, 6 lights a flashing, 5 Teal Trainers, 4 energy bars, 3 sports drinks 2 running gloves and a Hull Marathon entry**

On the 8<sup>th</sup> day of Christmas Sportsshoes.com sent to me

**8 socks a compression, 7 garmins clocking, 6 lights a flashing, 5 Teal Trainers, 4 energy bars, 3 sports drinks 2 running gloves and a Hull Marathon entry**

On the 9<sup>th</sup> day of Christmas Sportsshoes.com sent to me

**9 vests of hi Viz, 8 socks a compression, 7 garmins clocking, 6 lights a flashing, 5 Teal Trainers, 4 energy bars, 3 sports drinks 2 running gloves and a Hull Marathon entry**

On the 10<sup>th</sup> day of Christmas Sportsshoes.com sent to me

**10 bras avoiding bouncing, 9 vests of hi Viz, 8 socks a compression, 7 garmins clocking, 6 lights a flashing, 5 Teal Trainers, 4 energy bars, 3 sports drinks 2 running gloves and a Hull Marathon entry**

On the 11<sup>th</sup> day of Christmas Sportsshoes.com sent to me

**11 laces locking, 10 bras avoiding bouncing, 9 vests of hi Viz, 8 socks a compression, 7 garmins clocking, 6 lights a flashing, 5 Teal Trainers, 4 energy bars, 3 sports drinks 2 running gloves and a Hull Marathon entry.**

On the 12th day of Christmas Sportsshoes.com sent to me

**12 Vests of tealness, 11 laces locking, 10 bras avoiding bouncing, 9 vests of hi Viz, 8 socks a compression, 7 garmins clocking, 6 lights a flashing, 5 Teal Trainers, 4 energy bars, 3 sports drinks, 2 running gloves and a Hull Marathon entry.**

# 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**





# The Virtual Half Marathons of 2020



Lynne Parkin

During the move out of the first lockdown around May this year, a group of us got our heads together and decided we needed a kick up the butt and something to train for. We choose to go for North Lincs half, for me this is one my favourite races of the calendar, flat and fast along a great route, amazing goody bags, great support and superb race merchandise. We decided to make it our own. We were allowed to run in a group of 6 but set up a FB sub group to include others as we thought we might end up with two groups. Our group consisted of myself, Rachel W, Sara E, Shelly H, Jenny H, & Karen Park. We decided to go all the way with this one and really push the boat out so I roped in Mr & Mrs P as my goody bag distributors for the 'finish line' but also they would be part of the support around the route. Shelly H roped in her other half, Chris who would be the support vehicle so camper van complete with race fuel, water, music, encouragement etc etc.

Once we had the bones of a good race, I needed to find us a decent flat route that had a little hill to mimic the race course as best as possible and after some debate I proposed Gilberdyke 10 plus 3.2. We all agreed and stated longer training run weekends with a different meet point coupled with speedwork on a Tuesday along with the other virtual club sessions.

The North Lincs race is usually May time and they had moved it to August, not many of us were fair weather runners and knew it would be tough but thought what the hell. We all enjoyed the training sadly with and without injuries whilst organising the race together for race day which was 16<sup>th</sup> August. The goody bags were indeed proposed to be the bestest you have ever seen including the race merchandise which this year was a 'green' T and the usual medal. Gilberdyke Garden Centre were amazing letting us use their car park for our meets and also to use on race day.



Gruesome Recce

We did several recces of the Gilderke 10 route as part of our training and then one full recce of the actual route which was just the worst day ever, in mid July, mid week in searing temperatures compacted by humidity like nothing else. I had a strop and walked the last bit but was recovering from injury too so didn't want to overdo it. We all kept an eye on the weather forecast leading up to the day just so we could prep accordingly.

The day came and it was about 22 degrees but it wasn't full sun. We all grouped in the garden centre car park and added our little surprises to the goody bags for the finish, passed our drinks and fuel to Chris for his support van and gave route directions to my parents so they could pop up along the way and cheer us on.

As we started the group naturally started to separate, Sara & Karen were up at the front, Rachel & Jenny were in the middle and Shelly & I took the rear. We'd agreed that the support stops would be roughly every few miles so we knew when we could fuel and where. Chris was superb, he'd set up a side table at each stop that he pulled out of the van with everything that you could possibly want from sports drinks,



North Lincs Finish



North Lincs Virtual goody bag

to gels, to water and he had some great feel good music going but not too loud as it was early Sunday morning Mr & Mrs P popped up twice along the way to cheer us on and managed to rope in some locals at one point. We also had people asking questions as we reached the stops because we were in full kit with race numbers and got further support from them. The last half mile was struggle especially when it was a race to get across the train crossing before the barriers went down and I think Karen Park probably did an extra mile or so just waiting to get across the track. At the end of the race we all got our goodybags from the Parkin / Birkett support gang and they were truly superb bag containing the likes of crisps, Dr Scholl plasters and corn buffers, alcoholic cocktails, chocolate, sweets and race fuel. We put on our race T's and medals and indulged in Birthday cake and celebrated with non-alcoholic Becks since it was Karens Birthday. For me this was definitely one of the highlights of the 2020 lockdown aftermath and I'll remember it fondly for years to come.

**Virtual Half Marathon 2 – ABP Half September 2020**

Rachel had entered this one and challenged us to join so myself and Sara said we'd do it then Karen also wanted to join in. This didn't go quite to plan since I was recovering from an Achilles tear then managed to trap a nerve in my neck so training was massively hampered. Others had 10K's that they had entered and wanted to try and get them in, the weather was also changing and then there was the virtual marathon that some had decided to do. In the end myself, Sara and Karen were in our group and we picked a picturesque run across into Barton around the nature reserve both east and west of the bridge topped off with cup cakes and non-alcoholic beer to finish



ABP finish

(can you see the theme now...)

**Virtual Half Marathon 3 – Gruesome Twosome**

Really needed a new running hat so why not run 13.1 miles to get it! This race yet to be run will hopefully consist of myself and Rachel Karen & Jenny, Stacey F & Shelly H. Whilst Rachel and I have made it out twice to do the actual race and most weekends with some hilly off road mileage we've yet to all actually get together to run as a group again. However it looks like the majority of us want to run the race on New Years Eve morning (last chance to run is 2<sup>nd</sup> Jan) and I couldn't think of a better way to end the year, with a great bunch of running buddies complete with non-alcoholic beers and another fab goody bag!!



ABP Goody Bag

# Gallery



Lynne and friends 14/12/2020

---



Jill J and Sarah W in Hessle 14/12/2020

---



Verity and Jayne  
14/12/2020

---



Christmas run 18/12/2020

---



Amanda and Anna 14/12/2020

---



# West Hull Ladies Run in 2020

## Amanda Dean



The year started off with business as usual. Leaders turned up Mondays, Wednesdays and Fridays to encourage everyone to enjoy a run and/or push themselves out of their comfort zone (type 2 fun!)

The Brass Monkey, Ferriby 10, Valentines 10K and Snake Lane races in January and February had a few ladies join in and big group for the wonderful Golden Fleece (running buffet).

We ran a very successful 0-5K ending with a cake fest at the Peter Pan parkrun to celebrate their achievements.



... and then the world changed.

However, lockdown for West Hull Ladies meant pulling out the stops and pepping up the encouragement to use your Boris Daily Exercise. We switched to virtual training and managed not only to keep most of the members motivated and running but, for many, they found themselves going further and faster.

Our Facebook group "WestHullLadiesRun" became a comfortable place to show what you have done, or say you are struggling with life or members threw out well dones, support and en-

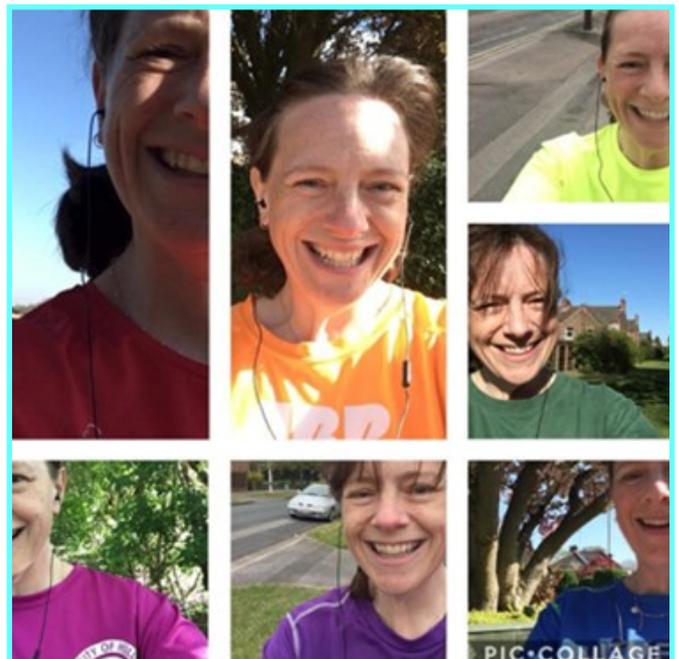
with finding your running mojo and our fabulous members deserve a massive pat on the back.

And, we add WHL challenges to motivate.

A baker's dozen (13) completed a Rainbow for NHS where on different days you ran/walked/cycled/yoga'd etc in red, orange, yellow, green, blue, violet and indigo and on completion posted your rainbow collage.

In the June lockdown challenge, five Snails to Steadies completed the 25K in 12 hour challenge and a massive 20 ladies completed the 50K challenge.

In August, four ladies completed the 100K in 24 hours and the first 1000 miles in 2020 was completed on 2<sup>nd</sup> August!



The September 25K challenge had our S2S Shirley Goy extend to 30K in 24 hours whilst Rachel Boddice completed her first 50K.

The non-parkruns continued and Cath's street messages gave us lots of smiles... though we are all looking forward to parkruns opening starting up again.

A handful of ladies joined the virtual Champagne League series of 4 races.

In August, within COVID rules we enjoyed Wednesday night off road runs.

50 West Hull Ladies took part in our 'Virtual Running & Other' Log which started in March covering over 11,000 miles & nearly 2,400 sessions. We reached Australia then onwards to New Zealand and a little bit further too. Thanks to Liz N our spreadsheet genius who turned our entries into a fab dash board and Anna C for the weekly reports.

A number of ladies have challenged themselves this year. A couple stand out in my mind... Eve doing Coast to Coast and Cath terming the phrase "doing a Cath Dee" which means you run every day!

Life is more restricted now but the success of mixing training from the club and virtual training has been a great success, something we will continue so that, even when you cannot get to the club, you can fit the training in around your life.

I'm sure I've missed out some of the year's highlights but hopefully this will help you to remember it wasn't all bad.

So, time to look forward. Think of your own challenges for 2021. Jan D already has a series of Hardmoors on her agenda. Think positive and don't ever underestimate how keeping your body active helps to keep your head happy.

Looking forward to normality resuming and eventually a massive celebration of West Hull Ladies when we can get together for our Presentation Evening ... in whatever form is allowed.

**Happy Christmas and Best Wishes for the New Year**  
**Thank you for being a part of the wonderful West Hull Ladies**





# View From The Back

## Liz Hobson



Well it's been a weird year! Normally at this time of year I am getting organised for Christmas, we are meeting up with family, delivering cards and presents. However most of the last few weeks have been working out what constitutes a "bubble" and then there is the added support "bubble". I'm hoping that it won't all end in "tiers" whether it be 1,2 or 3. I was walking past the bank the other day and thought, what a difference a year makes imagine how the bank would have treated you if you had entered their premises with a mask on this time last year!

My running has really dwindled off at this time, I think part of the reason is the lack of motivation and also no Parkruns. They made me go out in the horrible weather and meant that I was running at least twice a week. You also had the motivation of meeting the other Parkrunners and it also keeps my pace at a certain level, you might have noticed that I didn't use the word speed, not appropriate in my case. This time last year I was getting ready for the Keilder Forest night 10k as well and the lack of events is another issue. I will train for events but currently feel that I am going through the motions a bit. There has been lots of run/walking going on when I should be running, not because that is my plan which would be fine, but more because I can't be bothered.

I've always loved Christmas but hated the New Year, often because when it's been a good year and I get anxious about the new one. This year I think I will really be looking forward to 2021 because I want to draw a line under 2020 and I don't think I'll be the only one. I am counting my blessings though because touch wood as a family we've been ok and I say that with everything crossed, and when I consider what other families have gone through.



Phallic Owl

I've never been one for New Year's resolutions either but there are things I want to do more of:

**Running** I look back at what I have done and wondering how I managed it, I am struggling to run 3 miles. I need to run a bit more!

**Going to the gym.** I really have missed swimming this year, the gym has been closed but also we have stayed away when it opened.

**Wood carving,** I have just started this again, some of you may know I carved a rocking horse about 18 years ago. I have started this again but on a smaller scale, I have done 2 Owls and a kestrel. (Chris reckons all the things I carve look phallic I am wondering if there is money to be made in carving Phallic woodland creatures!!)

**Enjoying the moment,** I have talked about this before, I spend too much time looking at the what ifs and what's going to happen. I love watching sunrises and sunsets each one is different and should be cherished, but it's also true of other moments whether it is a Nordic walk or seeing family and friends.

I'll try in the next newsletters to make View from the Back a bit more about running and a bit less about my philosophy! I hope you all have a fantastic Christmas in whatever bubbles you can meet with and a great new year. Hoping to see you soon at club training or at a Parkrun. Cherish those moments whatever you are doing. 2021 can't be worse than 2020 can it?

# A WHL Christmas Card

Anna C

