



Newsletter

April 2017



Mad For It in Manchester

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Hello Ladies,

Get the tissues out, it's a feel-good weepie this month! Like some of our writers in this issue, I swore I'd never do a marathon, I didn't think I was a good enough runner, but last September I did my first one and now have 2 more booked. If you're feeling the same, read the stories and be inspired. It's amazing to see the variety of our runners who are 'marathoning' this year, so don't be scared, if you're thinking 'could I do it too?' - yes you can!

Shelley



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Bouncing back! When a goal just doesn't work out...

Since running my first marathon in 2015 I've had one running goal, to run the London Marathon for my 40th birthday in 2018. To guarantee this I needed a Good for Age place (sub 3:45). After running 3:54 at Brighton in April 2016 I could do it if I had better endurance, a bit more speed, and stayed injury free! So, at that point, I started planning meticulously. I booked Manchester 2017 because it was 'flat and fast'. I then spent the summer building up endurance with lots of long runs and a few evenly paced marathons. I worked hard on all the exercises Kris gave me, religiously attended track sessions, and cleared my race calendar from October onwards to only include suitable warm up races. I really wanted Manchester to be lucky marathon number 7! By the end of January, I was feeling really hopeful. I was averaging 45-50 miles a week and achieved PBs over 5k, 10k and half marathon.

Then, mid-February, disaster struck. My beautiful, but germ-ridden, 4-year-old daughter passed on a virus and I started to get a niggle in my groin. But, I ploughed on regardless and by the end of February I was exhausted and the niggle had become a proper injury. Kris ordered me not to run for 2 weeks. By the time I could run again the marathon was almost here and then, with a week to go, my daughter passed on more germs. On the Thursday before Manchester

I was debating whether I'd actually run at all.

On Sunday morning I felt okay. I was coughing but I could breathe through my nose and I was in Manchester, so decided to give it a go. As I set off the adrenaline kicked in; I found that the leg wasn't niggling and the chest seemed fine so I just ran at what felt comfortable, which was a sub-3:45 pace. The miles ticked over and I felt good. There was a long out and back section where I saw most of our ladies and we all gave each other a big wave. But soon after I saw them, at mile 16, it all went wrong.

Suddenly, out of nowhere, I felt my legs slowing down. I pushed hard to keep them going, telling myself that it wasn't meant to be easy, but at mile 18 I fell apart. It was like someone had flipped my power switch I couldn't breathe and I felt physically sick. I tried to slow down, but the legs couldn't run at all. I cried as I suddenly knew the one thing I'd spent a whole year planning was over. I didn't see the point in carrying on, I would be a DNF, but I was in the middle of nowhere so needed to get to the next aid station. I tried to jog, but my right leg was excruciatingly sore. By the time I'd walked to the aid station I'd realised that if I didn't finish then I'd only have to run the first 19 miles of marathon number 7 again sometime! So I decided I would tick this one off by hook or by crook. I kept on walking with the occasional little jog.

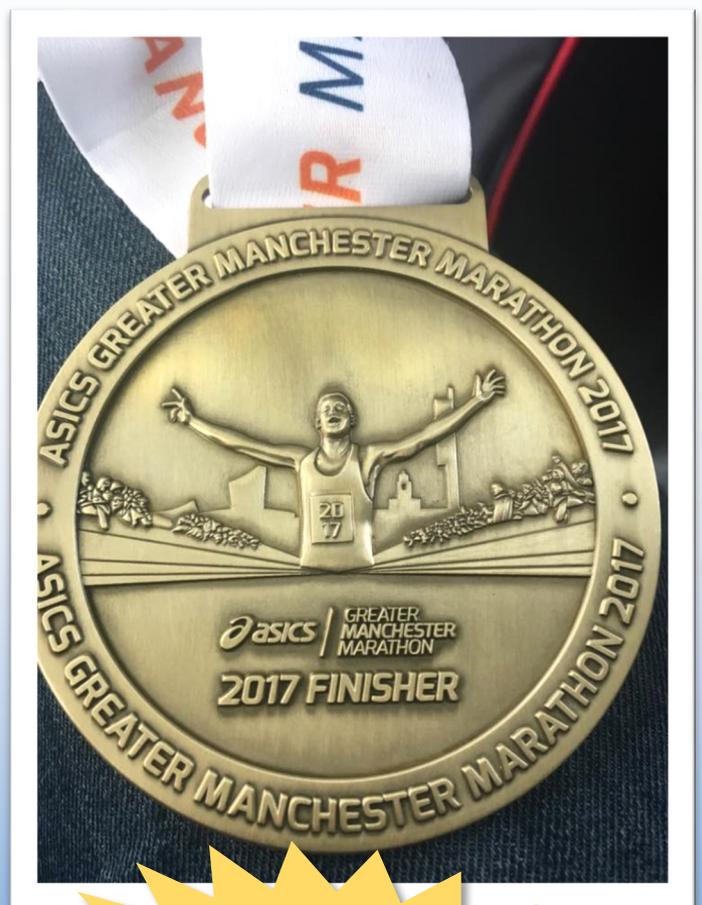
As the crowds picked up there were loads of little kids who wanted high 5s, so for their sake I tried to keep the tears at bay! As I approached 25 miles, I thought I should try to run the final mile, but the body wasn't willing. So, I continued to walk and told myself I MUST run the final finishing straight.

I finished in 4:08:11. I know this is a good time and I must sound incredibly ungrateful to be able to walk 8 miles of a marathon and still get a decent time out of it. But, it wasn't what I'd worked so hard for. After sobbing down the phone to my husband I decided that I needed to put my brave face on. There were plenty of WHL still 'out in the field' and they deserved to be cheered home with a smile. Without a doubt the best bit of my day was seeing our ladies achieve their goals of first marathons and PBs.

So, what have I learnt? Do I regret setting an ambitious goal? No, if you don't try then you can't succeed. I do think about all the hours I've given up though, away from the kids. I just hope that I'm setting enough of a healthy role model for them that it compensates for all the missed bedtimes and Sunday mornings. Should I have rested as soon as I felt run down and had a niggle? Definitely. Do I regret running the race as I did? Not at all; I learnt a lot about resilience in those lonely 8 miles. I also know that if I hadn't given it a go then I'd have wondered 'what if?' Will I try again? Of course I will! But, right now, with all that planning coming to nothing I feel a bit lost. I also feel like the experience has destroyed my love of

running. So, what next? I've booked into Barcelona 2018 as a 40th birthday present to give me something to look forward to. But, before then, I need to rediscover why I run. So, I'm doing what Karen Scott always tells me to do and I'm 'running for fun' this summer. For someone as competitive as me it's really quite an unnerving prospect. But, I've got a lot of events booked and I'm hoping if that I go into them all with no agenda, other than enjoying them, then I might remember why on earth I entered them all in the first place! I'll keep you updated on how it goes... FIRST STOP... CAKEATHON!

Rachel A



See Rachel's Cakathon medal in our 'Show Us Your Bling' section.

I DID IT!!!!!!

I ONLY WENT AND BLOODY DID IT!!! LITTLE SHAZZA, RUNNING A MARATHON!!!!

I DID IT!!!!!!

.....it was incredible. I was never aiming for a marathon. I aimed and trained only for the EH20. I wanted to say that I'd done the EH20. After doing it though (and with it tuning out to be a decent race for me), everyone then started asking if this was a build up to a marathon, it was always a definite 'no' from me. A few ladies kept saying why waste the mileage in your legs, especially as I had piggybacked the training runs of Karen and Sarah JW. A week and a half before the marathon I thought, "could I....??? Could I really run a marathon???" I then doubted myself, then the 'could I....??' thoughts came around again. Nige and I ended up entering only a few days before the day, which meant that Nige had to go down on train TWO DAYS BEFORE to collect our race numbers.....bless him!

Right, the day!! The build-up was amazing. The crowds, the excitement, the buzz, amazing! After meeting up with Karen and Sarah near the loos (where else), we made our way to our pen. Then we set off, it took us 19 minutes to cross the

start line, everything was building up in my tummy, it was great. Setting off we ran together, making sure we kept an eye on our average minute miles, we really didn't want to go off too quick, that was quite hard at times with all the support along the route. It was really funny when people cheered the 3 of us....the supporters getting very carried away and excited then trying to get their tongues around the Sharron, Karen and Sarah bit, in whichever order they wanted was so funny, it kept us chuckling for quite a while.....

.....as I mentioned, the support was amazing, I cried many times, I just couldn't help myself. I cried going over the finish line, hmmm not sure I want to see THAT picture!!!! Through the race I would think "Oh no, here come the tears...." and I would just run and cry and snot all over the place, if I was running with someone I'd do the decent thing and warn them first.... The amount of folks offering jelly babies, amazing! One of the most memorable bits was seeing Sarah JW's Peter. We didn't see him at first, he saw us. He shouted, we all screamed.....we ran over to him and gave him big sweaty hugs, it was just.....so.....lovely.....

Right, the race!! For me, everything was perfect until around 6/7 miles when my back started aching as I stupidly put too much nutrition in my running belt and it got heavier and heavier (lesson learnt), so I just threw a lot of it away, keeping what I knew I would need, and instantly felt better. We carried on chatting and checking watches. We came to the stage whereupon we could see athletes running back, so we concentrated our thoughts on looking out for fellow WHL, Nige and others who we knew to be there.

So, 7 to 13 miles, great going, felt good, felt as though we'd got into a good stride. Took in all the support, spurred me on.

13 to 17 miles feeling tired, kept going though. My first emotional breakdown was when around 14 miles we ran by a church, there was a massive choir outside, they sang really heart-warming and lovely songs, they really got to me, and then my dad flashed up in my mind, and that was it, I was off crying. I was running with Sarah JW at the time and she gave me a hug. I was surprised about how emotional I got when my dad flashed up in my mind I kind of said to myself "dad, I'm only here and running a marathon, can you believe it." Then after that, whenever people really cheered me on I would just tear up. Every town we went

through there were loads of people out cheering, so therefore at the latter end of this marathon, there were very many tears from me. 2 young children were holding out a tub of gummy bears, I ran over to take a few, they just grabbed hold of me and expressed how proud they were of me, how well I was doing, that everyone running today was amazing, well that was it.....I broke down, and ran away crying with happy tears.....

My first walk was at 18 miles just to steady the old legs, was pleased that I'd got that far before needing a walk. I had a talk to myself, "Yes, your legs are tiring Sharron, but just keep with it"

Oh blimey, miles 19 to 22 I felt as sick as a dog. Every step I took I thought I was going to throw up, it was awful. I took it really steady during this stage, I was so scared that I would just throw up at random in front of all these supporters, it was awful. After that though I felt better for some reason, my head got itself around stuff again, I was thankful for this. From Mile 22 onwards I adopted the strategy from EH20 of walking a minute whilst taking on a bit of nutrition and water then running the rest of the mile. The only difference this time was that my stomach didn't much care for the same thing I was nibbling on at EH20, so that got binned and I started on my flapjacks.

I think around mile 23 I met up with Kate Nicholson and we ran together, in a fashion. She kept overtaking me, I kept overtaking her, sometimes we'd walk together, sometimes we ran together. We eventually started running together properly around mile 24.5(ish) I think. Those last few miles were hard, I was feeling so tired, I just concentrated on trying to keep my legs moving, whether it was a trot, a jog or a run. We really kept each other going, crying occasionally, spurring each other on constantly. We both saw the 5 hour man run by and we just let him get on with his job, although keeping him in sight up ahead. Then we heard a chap announce that we would see the finish when we turned the corner.....we turned the corner, we saw the finish, "HOW FAR??!!??" we both exclaimed. To be honest we both sped up but when we realised the finish was coming no closer (How?? Why??) we steadied up our running again, that was better. I then suggested we plan how we were going to run over the finish line.....then the finish line (eventually) came upon us. Running in, in my head my arms were straight and aloft with my fingers touching the sky, in reality my arms were barely above my shoulders, bent with my fingers well, who know what my fingers were doing..... After crossing the line Kate and I just hugged and cried.

We went through to collect our finishers goodies, I saw Nige, I cried. Then I saw Karen and Sarah JW, I

cried. We wandered around a little taking photo's, I cried, then went home. Leaving before I flooded Manchester.....

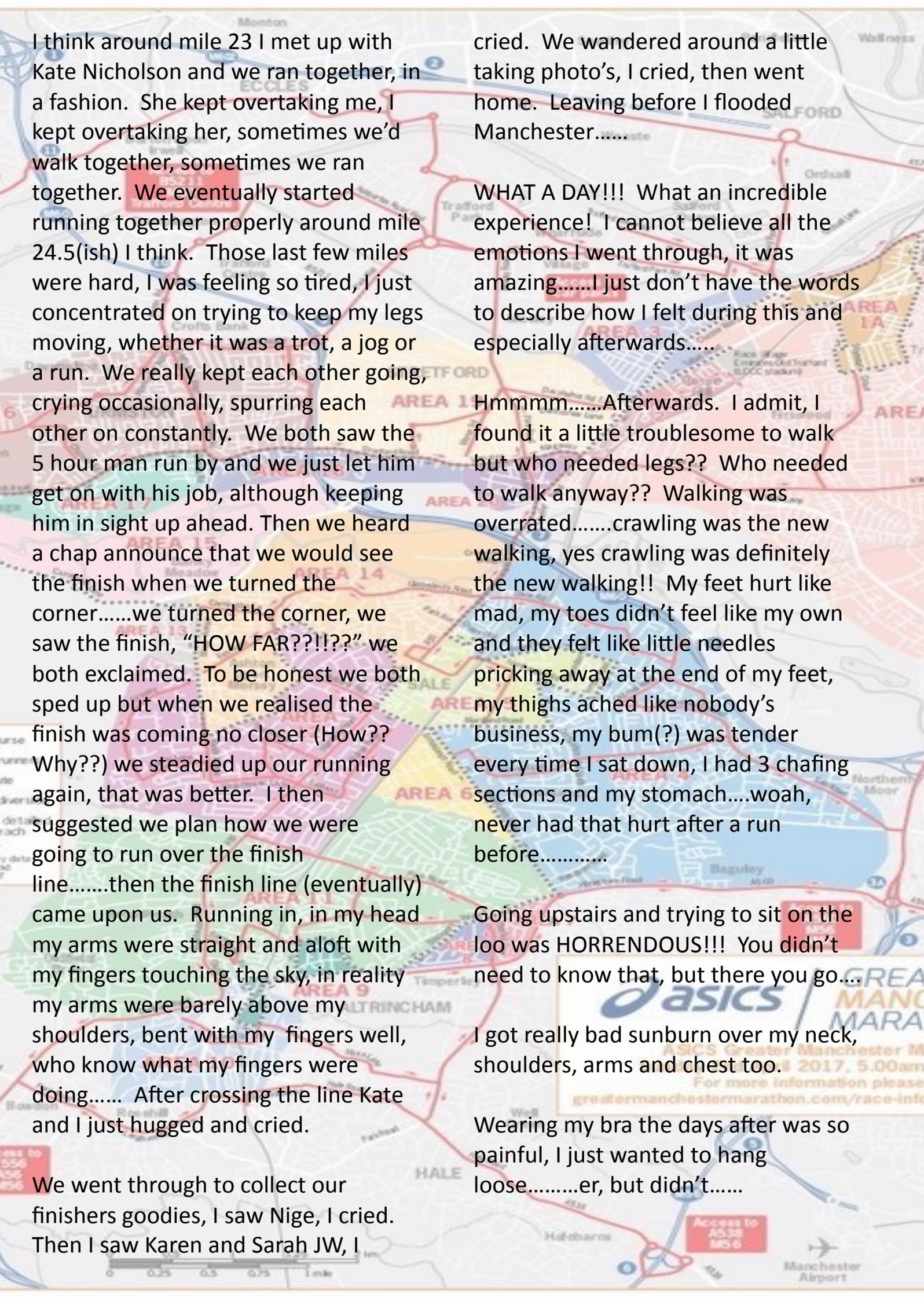
WHAT A DAY!!! What an incredible experience! I cannot believe all the emotions I went through, it was amazing.....I just don't have the words to describe how I felt during this and especially afterwards.....

Hmmmm.....Afterwards. I admit, I found it a little troublesome to walk but who needed legs?? Who needed to walk anyway?? Walking was overrated.....crawling was the new walking, yes crawling was definitely the new walking!! My feet hurt like mad, my toes didn't feel like my own and they felt like little needles pricking away at the end of my feet, my thighs ached like nobody's business, my bum(?) was tender every time I sat down, I had 3 chafing sections and my stomach....woah, never had that hurt after a run before.....

Going upstairs and trying to sit on the loo was HORRENDOUS!!! You didn't need to know that, but there you go....

I got really bad sunburn over my neck, shoulders, arms and chest too.

Wearing my bra the days after was so painful, I just wanted to hang loose.....er, but didn't.....



BUT SAYING ALL THAT.....I'm sat here, with nothing aching anymore, reflecting, feeling so proud, feeling proud of EVERYONE.....SO PROUD!!!!!!

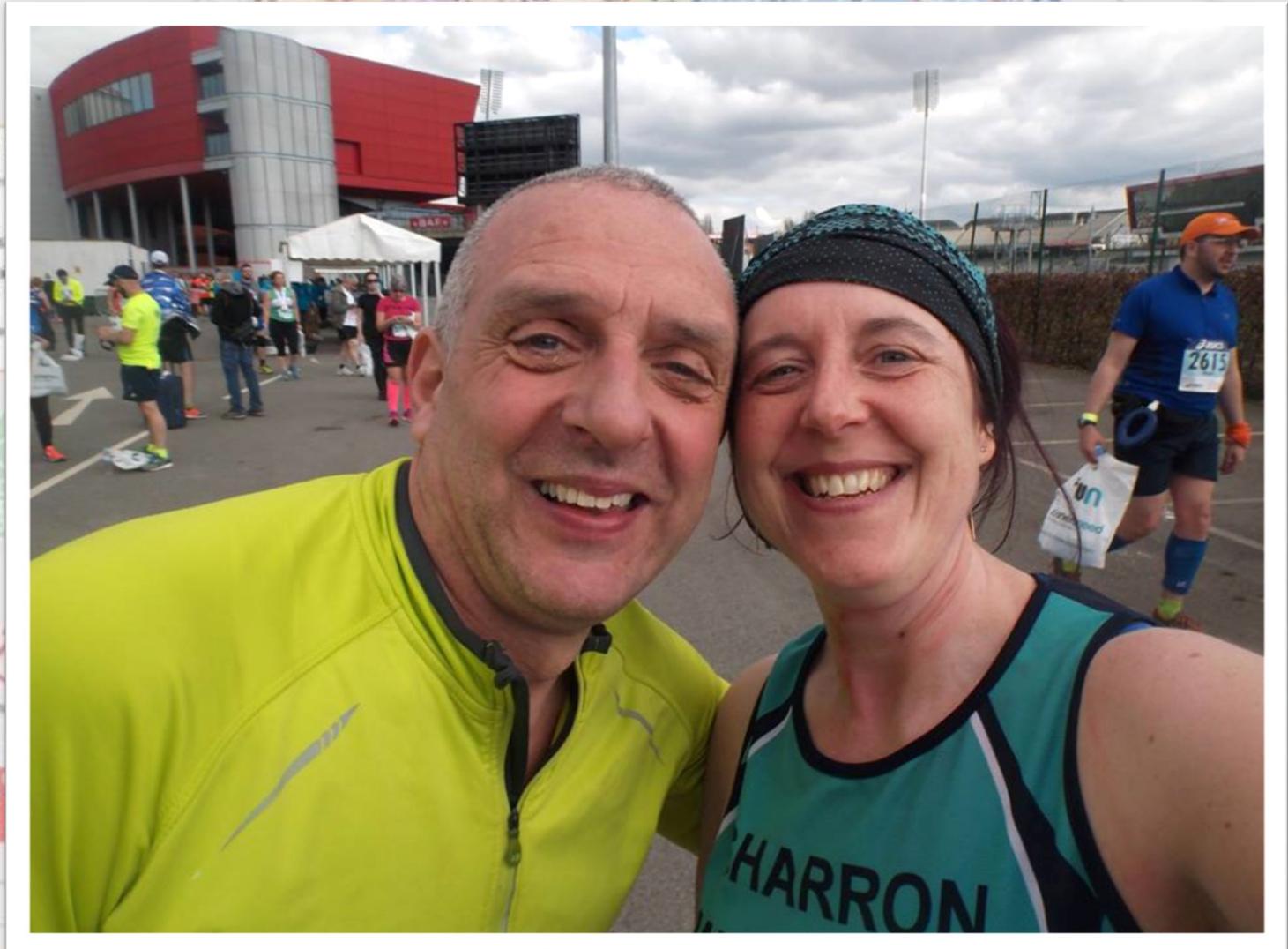
I'm so chuffed with my time. I did the best I could and that's the main, well, the main aim was to finish.....I was thinking around 5 and a half hours, but secretly, maybe if possible a few minutes before, so I could say I came in UNDER 5 and a half hours!! But nowhere in my mind would I have said 5 hours 4 minutes. I am genuinely very chuffed with that. GENUINELY!!!!!!

WHAT A DAY!!!!!!!!!!!!!!

I know I have spoken more about how I felt rather than the race itself but, that is what I take from this day.....the pure overwhelming support I felt radiating from everyone who was there, supporters and runners alike. What a privilege it was to run my first marathon alongside Nige, Karen and Sarah JW. How lovely it was knowing there were other WHL's there too, some running their first marathon also.....

.....WHAT A DAY!!!!!!

Sharron
XXXXXXXXXXXX



The Musings of Marathon Runner

26.2 miles - The Big Day!

I did it! Yes I did it! I ran a marathon!

The last couple of weeks of training were interesting. I knew I needed to taper, but there was major anxiety about whether I'd done enough, and whether the couple of runs I missed would mean I couldn't do it.

We set off bright and early from home, but Liz and I were getting a bit stressed when we had to queue for an hour to get in the car park. But we made it in time to join the toilet queue and to meet Karen and Sharron. Liz went off to find her starting place and Sharron, Karen and I started together. We hadn't planned to stick together but as the first couple of miles progressed it was quite helpful reminding each other to slow down, rather than going with the pace of the runners around us. Right from the start the crowds were great and we ran to the sound of 'Come on Karen and Sharron and...!', 'Well done Sarah and Sharron' and sometimes they even



managed a full set of 'Sharron, Karen and Sarah'!

I knew there were going to be people out there encouraging me and that gave me something to look forward to, and sure enough Peter popped up at 3 points along the way, as well as at the finish.

My sons Matt and Ben were out there, my old friend Kate who I'd started running with way back in 2002 was at 10 miles and then 15, and there was a surprise when a friend's daughter, Erin, popped up to give me a hug.

It was good to run through a few familiar places around Manchester, Sale and Altrincham and we stuck together, enjoying each other's company and the encouragement of the crowds. Just past half way the course doubles back on itself, and it was around about there that we got separated from each other.

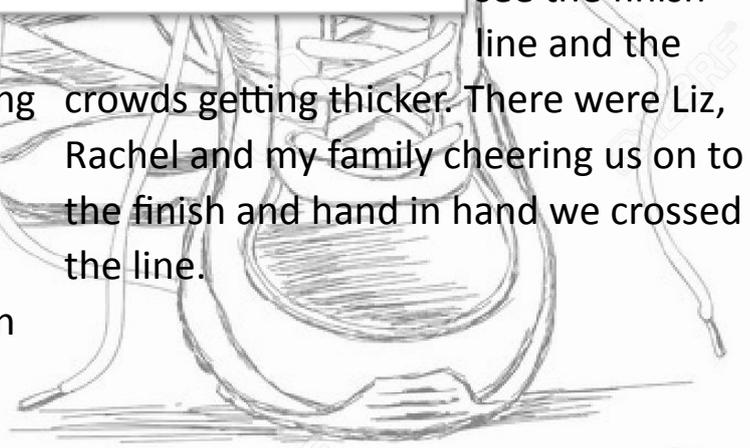
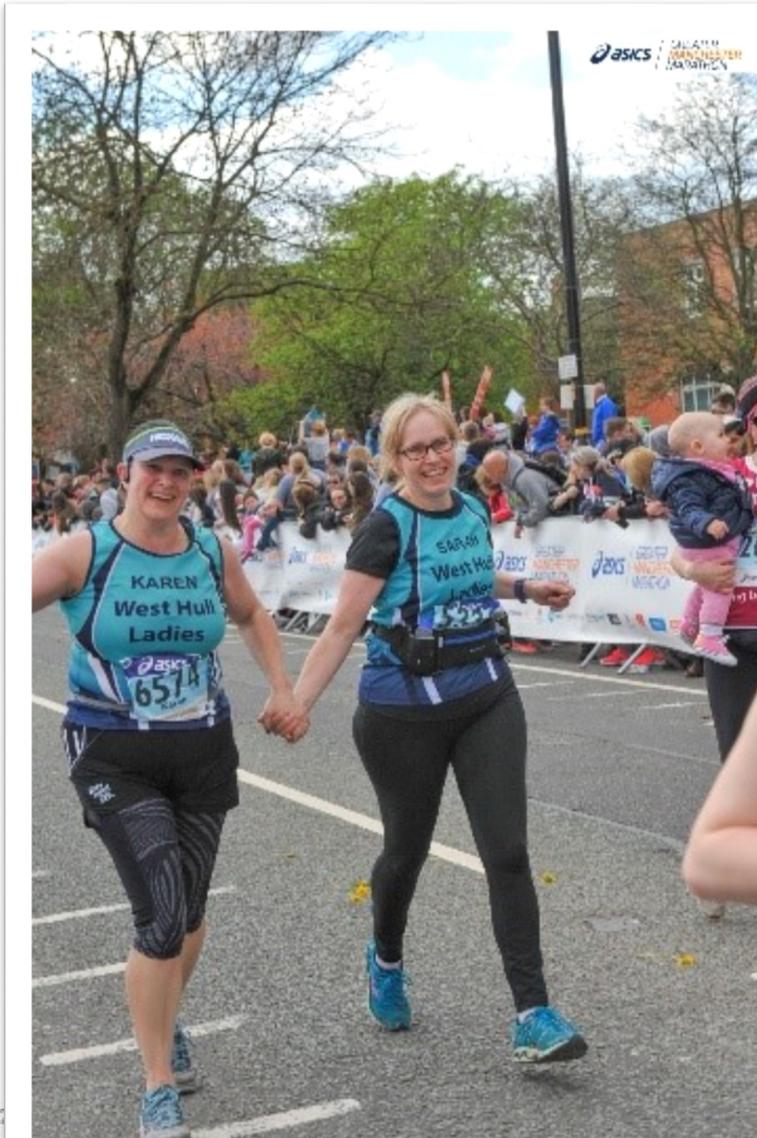
Past 16 miles and I could start counting down in single figures. I thought it would feel easy then, but no my head started messing with me, telling me I couldn't stand the tedium of 10 more miles. I tried telling it (outloud!) to shut up, but it carried on, so I told myself I could have a bit of a walk at mile 17. The bit of a walk became 3 or 4 minutes, until someone in the

crowd said 'Sarah, what are you thinking of, get running!' so I did! Soon along came Kate Nicholson we ran a bit together, before she disappeared over the horizon. At 20 miles, some idiot ran past sporting a 5 hour pacer flag, carrying a karaoke machine and very

annoyingly looking cheerful and full of energy. I kept up for a while, but by 21 miles he and his entourage had disappeared and it was now officially tough. We were out in the country and there were no supporters. I didn't know how I was going to finish. After walking

for about half a mile I tried running again. We were back amongst people now and walking/ running seemed to be the way to go, but it was tough. Then I heard a shout behind me and Karen was back! We ran and walked (and in my case cried a bit) until we were round the corner and in to the last mile. Finally we could see the finish

line and the crowds getting thicker. There were Liz, Rachel and my family cheering us on to the finish and hand in hand we crossed the line.





The euphoria lasted about 2 minutes before I started to feel really ill. I found it difficult to breathe and I started vomiting. Not a pretty sight for the other runners coming in feeling jubilant! However, it passed and there were Sharron, Nigel, Sam, Helen and Jill all now marathon runners, and soon we met up with Rachel and Liz too.

It was a great experience and I am so proud to have done it. I know I didn't get it all right in terms of nutrition and hydration and getting my head right, but I did it (did I mention that?) but without the support of WHL it would have been impossible. All through the training months I had fantastic encouragement for the club. Having company on long

runs made it doable, and having more experienced marathon runners to ask advice from really helped. Best of all, my 2 super buddies, Karen and Sharron were amazing. I can't count the number of miles we've run together over the last few months, sharing the joys and frustrations of it all, and then to run so much of the marathon together was great.

So, THANK YOU WHL! And ladies, if I can do it anyone can. I really mean that. Me, who has always been rubbish at sport, a bit overweight and a bit of a lazy slob, I did it and maybe you can too.....!

Sarah JW



WHLrs



Because I have a habit of signing up for things and worrying about training later, I've found myself booked in for at least 2 triathlons this year (and maybe a nasty one in Wales).

It's nearly 'T' day, so I thought I'd better have a practice on the bike, so recently I joined City Road Club cycling group and rode to Mr Moo's for coffee and ice cream. During this ride I learnt about drafting (riding close behind other riders to get in their slipstream and use less energy), it's not as scary as it sounds and riding in a group made the time fly by.

I also did a TT recce with Amanda and Jill, that was the first time (since the age of 9) that I'd ever ridden my bike with the aim of going as fast as I could, it's scary but addictive, Jill was super fast on her new aero bike! Then we went for tea and cake at Skidby Mill (there's a pattern here).

All this pootling was great, but it was time to get a bit more serious and see what I could do in a race situation. Simply Running host short duathlons each month, starting at Skidby Mill, they consist of a 2 mile run, 9 mile cycle, followed by another 2 mile run (Cliff Pratt also host one at the same place, but leave out the second run).

I wasn't sure how to pace myself, as it was my first one, so just tried my hardest for the full race and was pretty chuffed with my time of 1:09 for my first one, I think I could have gone faster, but don't we all

think that after every race?! Then I went home and had some well deserved cake.

4 days later was another new experience for me, my first sportive (an organised cycle ride), it's not a race, although it was chip timed, so no pressure. I did the 100k route and rode with 3 ladies from Humber Triathletes, who gave me more tips about hills, and we all stuck together. It was like a cycling version of Golden Fleece, gorgeous countryside, hilly, no rush and with feed stations, where I had a cup of tea and 3 jam doughnuts, and spent the next 20 miles cycling with belly ache, lesson learned for next time! Our WHLr Jen had signed up for a different route but had been plagued with puncture issues, I hope you got the free beer and pie at the end though Jen.



Some of us have signed up for the Fast and Flat sportive on 3rd June, it would be great to see more ladies joining in for a leisurely ride, I've heard that there will be cake!

Shelley



Girls on Film



SHOW US YOUR BLING



Runner's Digest

Sweet Potato Coconut Curry

- 1 medium sweet potato spiralized (I used the julienne attachment on my food processor)
- 1 onion, thinly sliced
- 1 garlic clove, minced
- 1 red pepper, thinly sliced
- 1/2 cup coconut cream (I refrigerated a can of full fat coconut milk overnight, and used the creamy part, and a bit of the water to get the right consistency)
- 3 tsp curry powder
- 1 tsp sea salt (or salt to taste)
- 1/2 cup cashews

- Spiralize/julienne the sweet potato and set aside.
- In a large frying pan, on medium heat, cook the onions for 5-8 minutes with a small amount of oil. Just so they become translucent. Then add in the garlic and cook another couple minutes. Then add the peppers, coconut cream, curry and sea salt. Cook for about 5 minutes stirring often. Add more coconut water to get your preferred consistency.
- Add in the sweet potato and mix until all of it is coated well in the sauce. Finish by adding the cashews on top. Serve immediately.

April 2017

The Post Race Selfie



Jill says "Enlist the help
of a tall person to
ensure the perfect
selfie"



APRIL 2017

Committee Meeting

Minutes 3/4/17

Present – Maria, Jill (Chair), Shelley, Amanda, Liz D, Karen S, Linda

Apologies from Sandra, Ann, Annette, Jan D, Andrea and Anna.

Minutes of previous meeting accepted as true record

Matters arising

Jill had sent an email asking members for information on how their running had improved during the previous year. Several responses were received.

Liz D to complete the club's registration on gethullrunning.org.

Jill J to email Lucas Meagor (Hull Marathon) to confirm that the club is happy to help with goody bag packing. It was suggested that an email be sent to participants with advance information on what to expect.

Lynne P has been asked if she would like to become a leader, and has accepted. The committee agreed to pay the training costs. **Linda to transfer funds to Lynne.** Jan A has postponed her leader training due to injury.

The club's finances are in a strong position, with a healthy cash balance. Various options for additional spending were discussed:

Training equipment, such as better stopwatches, and additional cone markers for hill training. **Amanda to purchase.**

Subsidised social events, for example a celebration event after the Hull Marathon.

Camping equipment for 24-hour events, such as food storage boxes or a table. **Jill to look at options.**

Donations to charity. It was agreed that an annual donation of £100 would be easier to process than a "charity of the month". Amanda proposed the Preston Road Women's Centre as the 2017 charity.

Free kit items for members, such as WHL buff. **Karen to pass on supplier details for buff to Sandra.**

It was noted that minutes of committee meetings and the AGM should not be included in the newsletter until they have been signed off by the minute-taker.

Following a discussion on club inclusion at the AGM, several actions have taken place. A link to the Snails page has been added to the website. The photo gallery has been updated with more varied pictures (not only racing). **Jill to upload presentation evening photos directly to the website.** Anthea is sending feedback on Snails training. It was agreed that this should be included in training emails as "snails' tails". Amanda is working with speedwork leaders to ensure that steadier runners can join in, e.g. by running shorter repetitions at the tenfoots session.

Due to multiple sessions taking place on Wednesdays (e.g. away nights and track night), concerns were raised that no experienced runners would be available for training from the Club. Experienced runners were asked to attend Wednesday club nights when possible.

Additional age-group winners' photos have been added to the website side bar.

Design options were discussed for official WHL cycle vests. It was agreed that the name on the vests should be West Hull Ladies Wheelers. It was noted that we should be able to try on a ladies' fit S and XS before ordering. **Sandra to check with supplier.**

AOB:

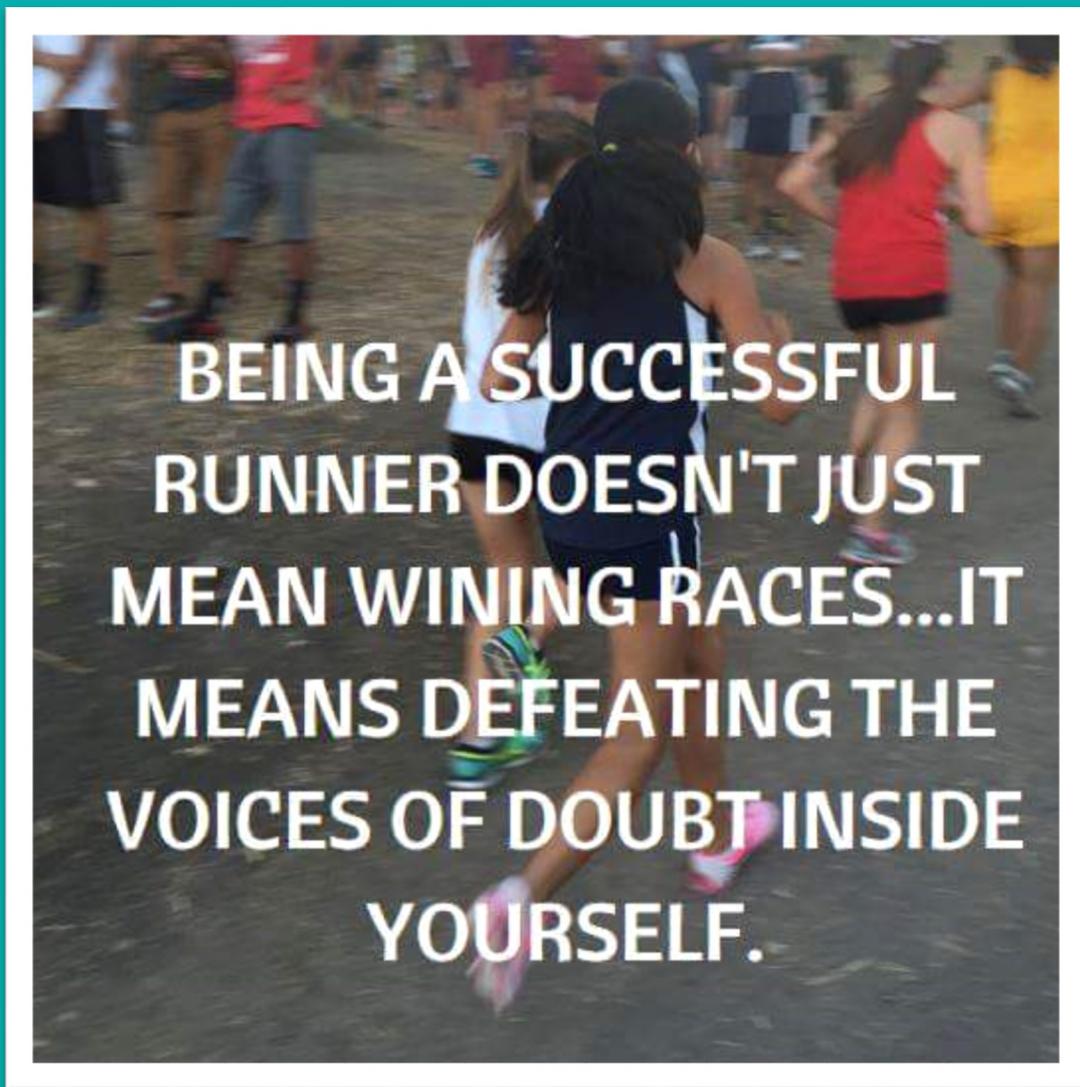
Maria had received a request that race and parkrun results be circulated in random or alphabetical order, rather than fastest-first. It was agreed that the results would continue to be circulated in the order received to keep the process as straightforward as possible for members who volunteer to circulate emails.

The committee thanked Karen S for her work and time as Club Secretary over the years, and also thanks Maria for taking on the role for the future. To facilitate a smooth handover, it was noted that ladies should not sign up for races as a WHL until they have paid their renewal fee.

Martina will not be able to run the London Marathon due to an error by her charity. Various options for supporting Martina were discussed, including contacting the press and the

marathon via social media. **Liz D to compose an email to Martina.**

Final Thoughts...



Website: <http://www.westhulladies.org.uk>

Email: westhulladies@outlook.com

Facebook: <https://www.facebook.com/groups/westhulladies>