

WEST HULL LADIES NEWSLETTER Autumn 2020



Wednesday Night Run 09/09/2020



North Linss Half Marathon 16/08/2020

Hope

A Poem written during Lockdown

Jane Allen

Every day our lives are filled with suffering &
dread

As reality of life is now a buzz inside our head
The world will never be the same again
Everybody's lives will change
The streets will feel at loss from souls
As folk try to keep at constant range

There has come a time for us
When once more we must pray
That these hard times will make us strong
To fight in your own resilient way
Communities will bond & help all those
Who struggle to survive
By sacrificing things they usually do
In their hectic daily lives

We will embrace the good outdoors again
Take in nature, sun, the fresh air

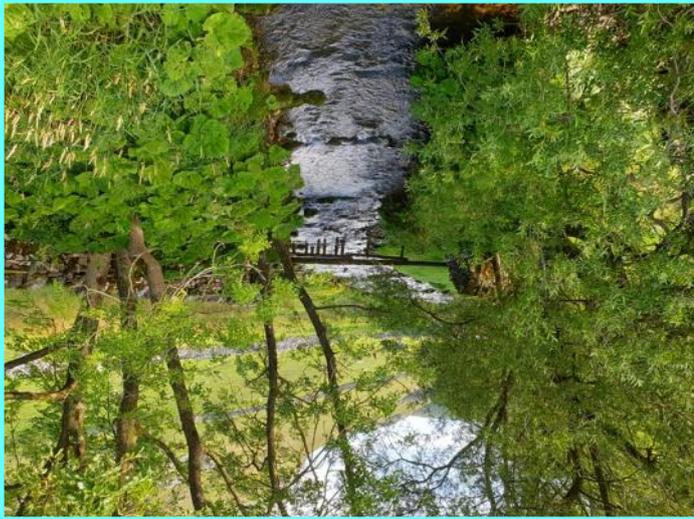
Find places near, not far from home

We never knew were there.

Folk will have to work from home
Businesses will close their doors
Children having to learn again
To help with daily chores

Despair will not be far away
But we have to bear in mind
The NHS is doing a fab job
As they started from behind
The virus took the world by storm
Killing as it spread
Through countries dotted all across the globe
Where once we'd dream to one day tread





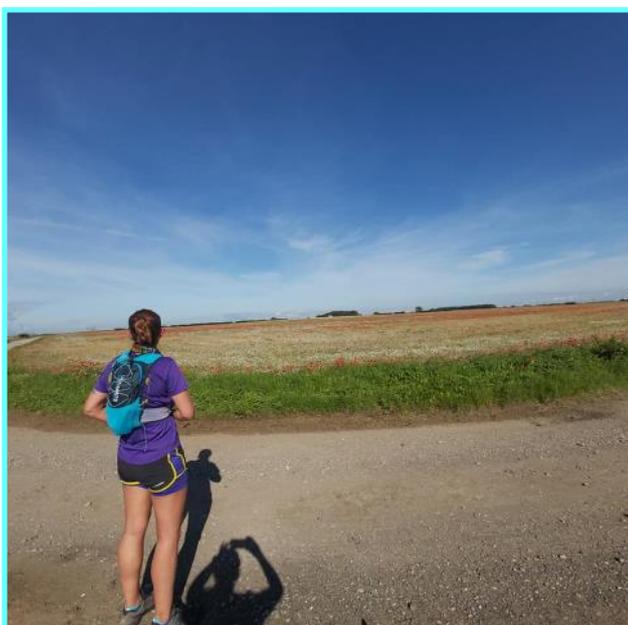
But forever it will never be
When we are stuck at home
And long for friends & company
To never feel alone

To travel wide
To places we adore
With sand & sea & sun
Embrace our green lands
By hiking up them hills
Find places where we love to run

The streets will feel the
plod of feet
Commuters, travelling to &
fro
Roads filled with cars &
wagons too
Deciding which way's best
to go

Patience is the key
That I think is true
With situations that arise
Disrupt routines & families
too

We are lucky to still be here



each day
Alive & fit & well
You never know what's round the corner next
But only time will tell

So embrace each day as if it were your last
Cherish all that you find dear
Never think the worst
When life seems harsh
As you live & learn from this day forth
You will survive another year.

West Hull Ladies Committee meeting – Monday 3/08/2020 7:15pm Zoom meeting Anna S

Present: Amanda, Anna C, Anna S, Jan, Janet, Liz H, Liz N, Maria.

Apologies: Annette, Andrea, Caroline, Jill, Rachael, Sara.

Minutes of EGM: Accepted as a true record.

Matters Arising:

Amanda has updated the website with the new documents.

Anna has added a review ready for January.

Minutes of July's Meeting: Accepted as a true record.

Matters Arising:

Amanda has coordinated another 25k/ 50k and 100 k challenge.

Jan has set up a meeting for a sub committee to review kit.

Reports:

Members Maria: We have **72** first claim club members plus **6** second claim = **78** (list below).

Email Amanda: We have **88** on our distribution lists. **78** members plus **10** 'New' i.e. not yet members. **Action:** Annette to email 'new' members to join up in September.

Facebook Anna C: We have **108** members on FB: **78** Club members, **20** Guests plus **10** New (not yet members).

Treasurer Janet: Funds have come in for a Bobble hat, and out for 1000 mile badges.

Training Amanda: Virtual training going well. Some great new sessions such as Traffic Lights. Kerry's 10K always gets a good uptake. Sara's Friday fresheners and Anna's Parkruns keep us going. All combine to give a good variety of weekly training.

Well done to all keeping up running whether it is the club training or your own goals.

A tentative start to club training for small groups. Leaders will be at the club for 400M reps on 17th and strength training on 31st August working in groups of 6. Ladies are welcome to come or do the training 'virtually'.

Champagne League. Carole/Steve Holmes confirmed we have 19 ladies signed up which will be passed on to 2021. We have one place still available.

A big thank you for all those coordinating and leading training sessions. These have proved very supportive to members.

Website Amanda: Newsletter, 25K, 50K, 100K pages updated.

Hardship Fund:

Jan prompted discussion about the possibility of us arranging a hardship fund for members to access when needing physio treatment. There was a good discussion about the principle, possible ways that it could work and potential issues.

Points raised were: our healthy bank balance; the need for transparent guidelines; whether we would require a verification of funds; the need for any system to be simple; and different ways such a fund might operate. Liz Hobson offered to draft an outline proposal. Thanks Liz! **Action:** Liz H to put together a proposal/ framework/ possible form.

5. 100K, 50K and 25K Challenges.

WHL August Lockdown 100K: currently 4 maybe 5 participants. Good luck all. Any participants not able to complete 100K but complete 50K within 12 hours will receive 50K award.

WHL September Lockdown 25K/50K 50K covers 2 weekends 5th – 20th. Still 12hrs of light on 20th. Encourage all to aim at this and start putting extra miles in your legs now.

6. 1000 Mile WHL Badge Amanda Badges arrived. Look good.

AOB

Andrea: Big Bobble Hats. We bought 50: 24 paid for (15 collected). 26 in stock.

Janet: Asked for off-roads to restart. **Action:** Amanda to advertise. Lazaats run first.

Amanda Christmas lunch? **Action:** Amanda to contact Cottingham Parks to see if feasible.

Next Meeting:

7th September 2020

West Hull Ladies Committee meeting – Monday 7/09/2020 7:15pm Zoom meeting Anna S

Present: Anna S, Caroline, Jan, Janet, Jill, Liz N, Maria, Rachael, Sara

Apologies: Annette, Amanda, Andrea, Anna C, Angela, Liz H

Minutes of previous Meeting Accepted as true record

Matters Arising

Amanda set up and organised off road sessions on Wednesdays, which have been popular. Amanda contacted Cottingham Parks regarding a Christmas lunch. They are unable to commit to large bookings.

Reports

Membership Maria: We have **72** first claim club members plus **6** second claim = **78** (list below). Maria is concerned that new ladies just on Facebook may enter virtual races, but are not registered with England Athletics.

Action: Annette to contact new ladies to join. The rate was decided to be reasonable at £20, (£15 to England Athletics) although we recognise that circumstances are unusual at the moment.

Email Amanda: We have **91** on our distribution lists. **78** members plus **13** 'New' i.e. not yet members. We have had at least one new lady contacting the club each week since 23rd July (7 ladies).

Facebook Anna C: We have **113** members on FB: **78** Club members, **20** Guests plus **15** not yet members (2 still to email the club)

Treasurer Janet: No major expenses, just the purchase of an outstanding trophy.

Training Amanda: Virtual training going well and we are getting back to having club runs. Wednesday night off-roads on offer at first only a small number of ladies joining in but 10 of us out last Wednesday. Just two runs remain.

Snails to steadies Angela: No report as Angela unable to be present.

Website Amanda: Main page bobble hats, Newsletter August, 100K, 1000M pages updated.

4. WHL August Lockdown 100K Maria, Jermaine, Amy and Amanda completed. Need a suitable award for Amy and Jermaine for second time around. Hoody for Maria and Amanda.

Action: Anna S to add ladies to list of outstanding 100K badges.

There was a discussion regarding a possible 100 mile challenge. A Trophy reward was proposed.

5. WHL September Lockdown 25K/50K Final date September 20th. Still 12hrs of light on 20th. Rachel B was the first to complete in a good time.

6. Hardship Fund

Many thanks to Liz H for putting together a draft proposal covering key issues and practicalities. A discussion was held regarding the proposals. A number of issues were raised about the feasibility of operating such a scheme and following this detailed discussion we concluded that it would be too difficult to implement at this time.

7. Christmas lunch carried over to the next meeting.

8. Presentation evening carried over to the next meeting.

Next Meeting: 5th October 2020 7.15pm

West Hull Ladies Committee meeting – Monday 05/10/2020 7:15pm Zoom meeting Anna S

Present: Amanda, Anna C, Anna S, Caroline, Jan, Janet, Liz H, Maria
Apologies: Sara, Rachael, Liz N

Minutes of previous Meeting: Accepted as true record

Matters Arising: Anna S added ladies completing the lockdown 100K challenge to the list of badges to complete.

Reports:

Membership Maria: We have **81** members: **75** first claim club members plus **6** second claim (appendix).

Email Amanda: We have **86** on our distribution lists. **80** members plus **6** 'New' i.e. not yet members. One paid up member asked to be removed from emails; she is no longer on FB either.

Facebook Anna C: We have **107** members on FB: **80** Club members, **21** Guests plus **6** not yet members.

Treasurer Janet: Just the three new memberships received and their registration payments made to England Athletics.

Training Amanda: Wednesday off-roads finished. All who attended loved them. Club virtual training is very well attended with a few turning up to club-led sessions. Usually totalling each session in double figures. Very grateful to leaders, especially to Kerry and Sara who are leading every week. We had Rachel B complete the 50K and Shirley G extend the 25K to 30K (30K certificate will be created).

Snails to Steadies Amanda: There was a discussion regarding support for the S2S, and if the S2S FB is of no help now as the main page may offer more support.

Action Amanda will contact Angela to see if we can do more.

Website Amanda: Just 50K/25K pages updated.

4. WHL August Lockdown 100K: It was agreed a framed certificate would be used as a prize for subsequent 100K achievements.

5. Beginners info link email: Agreed that our own our beginners guide should be reviewed and updated. **Action** Caroline has volunteered to review.

6. Cottingham Parks Christmas Lunch 13th December Amanda: 19 ladies have shown interest to date. **Action** Amanda will pick up in November.

7. Presentation Dinner Jan: – Canham Turner March 2021

Rachael has been in touch with Canham Turner to try to book a date in March for the 2021 Presentation evening. She struggled to get a response, but they are looking into it. However, due to uncertainty of arrangement for social events into next year, we are not expecting to be able to confirm any dates/ arrangements at this point.

Some alternative ideas were discussed if we are unable to meet together.

Action: Anna S to add to future agendas, to also cover the formation of a presentation evening organising group.

8. Club Kit

Jan, Liz H and Jill met to discuss club kit. Jill and Liz H will be exploring options for kit and Jan will be looking at the kits that other clubs have. Thank you ladies for the work on this matter. No contact has been made with any suppliers at this point. Club kit will remain as it stands at the moment.

AOB

Amanda Our Track & Trace, when I checked on 30th September three sessions (half of them) had not been tracked, I updated.

Action: Amanda will place the link will be put onto the Facebook announce and encourage leaders and participants to update.

Jan will be presenting Shirley's 25K trophy this week.

Jan will be drafting a CV-19 risk assessment and will send to Caroline for comments ahead of sending to the rest of the Committee

Action: Jan to draft risk assessment.

Next Meeting:

2nd November 2020

Tri Corner

What else of our ladies been up to



Anna and Amanda climbing up Coniston Old Man



Amanda perfecting her climbing skills
06/10/2020



11/10/2020 Liz H, Zoe, Jamie and Jill Nordic walking round Skidby

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



Recipe Corner

Shirley Goy



Gingerbread Recipe

Ingredients

350g plain flour

1-2 tsp ground ginger

1 tsp bicarbonate of soda

100g butter or margarine

175g soft light brown sugar

1 egg

4 tbsp golden syrup



Method

Preheat oven 190'C/Gas mark 5

Put the flour, ginger and soda into a bowl and rub in the butter

Add sugar and stir in the syrup and egg to make a firm dough

Roll out to about 5mm thick and cut out your gingerbread men *or donkeys

If you don't have a gingerbread man cutter then use whatever you have - stars and hearts are just as tasty

Put a sheet of baking paper on a tray and evenly space out the biscuits, bake for 10-15 minutes until golden brown

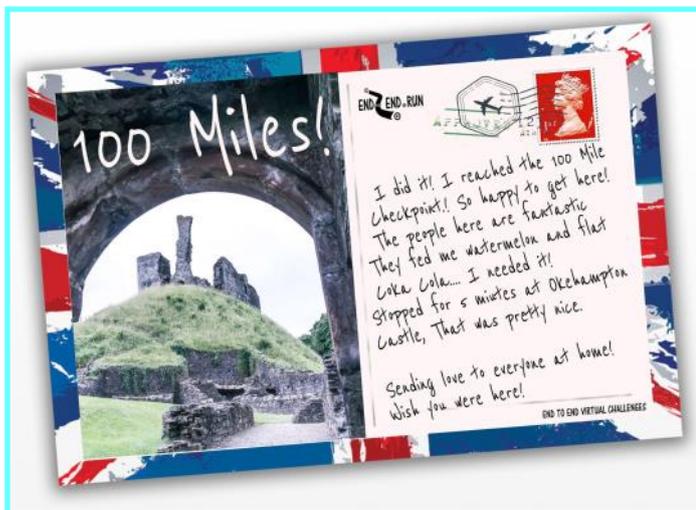
Leave to firm up for a couple of minutes before placing on a wire rack to cool

Once cooled, decorate with icing

Makes approximately 20 biscuits



Show us your Medals, Awards and T Shirts



Eve's 100 mile postcard for her virtual Lands End to John O Groats



Jan delivers Shirleys's club 25k award



Jane's Virtual London Marathon goodies 5/10/2020



Lynne's ABP half marathon 04/10/2020

Peanut Butter Cookies

(Gluten Free) Prep: 15 mins

Cook: 12 mins

Easy

Makes 16

Ingredients

200g peanut butter (crunchy or smooth is fine)

175g golden caster sugar

¼ tsp fine table salt

1 large egg

Method

STEP 1

Heat oven to 180C/160C fan/gas 4 and line 2 large baking trays with baking parchment.

STEP 2

Measure the peanut butter and sugar into a bowl. Add ¼ tsp fine table salt and mix well with a wooden spoon. Add the egg and mix again until the mixture forms a dough.

STEP 3

Break off cherry tomato sized chunks of dough and place, well spaced apart, on the trays. Press the cookies down with the back of a fork to squash them a little. The cookies can now be frozen for 2 months, cook from frozen adding an extra min or 2 to the cooking time.

STEP 4

Bake for 12 mins, until golden around the edges and paler in the centre. Cool on the trays for 10 mins, then transfer to a wire rack and cool completely. Store in a cookie jar for up to 3 days.



Trail Tails

Jan Draper

Welcome to the first instalment of Trail Tales – a space to share our stories and experiences of trail running. So, in this instalment I tell the tale of getting into trail and how this is now my first love!

I first started to 'dabble' in trail running only four or five years ago. Before that, I was always adamant



that I preferred road and the predictability of tarmac – like running on velvet, no horrid turf and rock on which to twist your ankle! I can't quite remember how I was enticed off the road – I suspect Liz had something to do with it. But I was. And since then I have literally been hooked. There is something very different about running on the trails. The scenery is obviously one thing – being outside in the great outdoors, surrounded by big skies, hills, trees, greenery and bird song rather than concrete and traffic. The space to look and wonder, and the big open air in which to breathe, it all just feeds my soul.

And from a 'technical' point of view, trail running asks different things of our mind and body. From a body point of view, you need to approach trail running very differently. For me, it's not about speed but about enjoyment and being able to sustain effort for longer. So pacing, slowing it **right** down, is essential. You can't just simply have the same approach to trail running as for road. This means (for me anyway!) walking up every hill, and then running the flats and running the downs. It also demands different fuelling. In contrast to road marathons where a consistent pace is required for 26.2 miles and so where fuelling needs to be absorbed at this pace, on the trails you can eat 'proper' food, and allow the body to absorb as you walk up a hill, for example. Getting fuelling and hydration right is very important when you're out there for longer. Experimenting with the kinds of food for trails will be the topic of later 'Trail Tales'! But suffice to say – peanut butter sandwiches and salty flapjack feature!



And with respect to the mind, well, I think trail running and long distance in particular is a completely different ball game to road running. On the one hand, being out in the beautiful countryside soothes the mind and removes pressure. This is one of the best things I like about being out on the trails. On the other hand, when you're in a long trail race, grinding out the miles and the hills ... and more hills ... you need to be able to bunker down, and not allow the mind to get one over on the body! My longest trail race to date is the Lakeland 50 – so not long by ultra standards – but in my experience, long distance trail running is all about anticipating low points, knowing when they happen and just powering through. Some of my toughest races have been where I have learned the most. So running the Hardmoors Osmotherly 'marathon' with Liz back in 2016 (nearer

30 miles than 26.2) I still regard as my toughest race – all the ups, so many ups – and then when you got to the top you couldn't run as the terrain was just so technical. I felt robbed of all the uphill effort when I couldn't run downhill! And we had all seasons in one day thrown at us, weather-wise. That taught me to stop moaning and just focus in on getting the job done – one foot in front of the other. And then running a marathon with Liz on the South West Coastal path back in 2017, on her 30th birthday and her 50th marathon. I learned such a lot that day about having the right kit – because I didn't, and nearly came a cropper with hypothermia. I bought a really good waterproof jacket from the stall at the marathon HQ that evening. I have never skimped on kit since that day. It really can save your life.

So, if you haven't tried trail running yet, do give it a go! There are often WHL FB posts advertising runs on the trails. And if you have tried it, I hope you like it and that you'd be up for contributing to Trail Tales in the future!



WHL Lockdown 100K Challenge

Sunday August 30th

Amanda Dean

Well, my overriding thoughts on completing the 100K in 24hrs (15hrs, 51mins elapsed time... some of it spent in a bath!) is "Never again! Time to act your age."

The person who really inspired me to do this is Maria. She is so tough. Impressed with Jermaine and Amy but they had done it before so psychologically knew they could do it. So Maria was my little beacon of light. All three completed their 100ks a week ago and had worse conditions than me. In fact, my day was pretty much perfect. Cool, dry, a little windy. My main concern was that I had been under par for a couple of weeks.



I think my plan was good and, at first, I could keep to it but the key 'fall' was my body (not legs) 'breaking down' at round 70K. My thoughts that I might complete around 9pm went to pot but that was always only a possibility as no experience of this distance.

My hubby Neil was key support. Wouldn't have wanted to do it without his help. However, the club girls were also amazing. I announced on Saturday I was giving it a go the next day and eight ladies volunteered to do various bits of the run with me. Our club is fantastic!

Phase 1: Home to Skidby. Fabulous.



Up at 6:30am. Just a mouth full of yoghurt, some tea and bit of sorting out then ready to go.

07:00: 10K comfortable run. Big poo LOL. So necessary. Then big bowl porridge.

08:20: 3K walk and a bit of running whilst food digesting.

Back, switch trainers and change from long legs to shorts, running pack vest on containing food, drink, first aid, rain coat etc.

08:55: 21K route. Meeting Sara at end of street, nice route round Willerby, Cottingham then to King George V fields where Sara carried on home to complete her 10 mile run.

Now at 25K and feeling great. The time with Sara had flown past. We mostly ran at an easy pace.

Next section lovely: Woods and fields. Took a selfie as the hawthorn and elder berries looked beautiful. Ate a sandwich

and jelly beans.

Up the golf course and over the fields to Skidby Mill where the car, with all provisions, was parked and, more importantly Sandra and Jan were waiting to escort me on the first of Skidby Walkington loops.



11:20: **34K**, over a third of the way and feeling good. Had some recovery drink, cup of tea, bowl of pasta with tomato sauce and cheese and a slice of buttered fruitcake. Filled up my drink bottle (half a litre nearly gone). Knees a little sore. Right foot had been niggling but eased out.

Phase 2: The Skidby-Walkington loops. The steady road to hell!

11:40: 12.5K mixed terrain route over to Walkington with Sandra and Jan. Lovely run, lots of chatting. Sandra helping to call for walks.

Completed with just over **46K** in the bag, feeling a little tired but fine. More recovery drink, tea, cake and sandwich. Drink top up.

Jan left us to run home completing her 18

miles.

13:20. Another loop with Sandra which brought me to **60K** at around 3pm. She was brilliant, her longest run in a long time 15.5 miles. Definitely tired now and struggled to eat my sandwich. Sandra bought me a cuppa and some cake in Sail's Café. Feeling a little emotional.

Jenny arrived (after packing for the family holiday) and Sandra handed over the baton!



Change of tee shirt, socks and trainers before the next lap. Some recovery drink. Topped up running drink (electrolytes & carbs).

15:45: Not too bad at first but started feeling really bad around 68K. Couldn't eat anything. Kept sipping my drink and hoping Jenny didn't mind when I couldn't speak much.



17:30: Back at the car, **73k** but felt like my body was closing down. (My best smile is slipping!) Felt sick, couldn't eat and wanted to poo myself! I got really cold as soon as stopped moving. Wrapped up, long legs over shorts, long top over tee and hoodie over that. Drank tea, coffee and eventually could eat some magic jelly beans (sugar hit). I continued first just walking up and down until then a bit of run walking until Neil arrived on bike to collect car and me. I'd made it to **77k** but feeling awful.

How could I get through another 23K?? Left knee really sore now.



Phase 3: Club loops. The Destroyer!!



19:00: Soaking in a bath drinking recovery drink. Thankfully started feeling hungry. Ate a big bowl of pasta. Cuppa and prepared for final run! Amazingly Legs have generally been OK but something else was going wrong! The hot bath helped my knee ... as did the paracetamol :-). All else: quads, calves, feet, back, hips seem fine.

19:45: Out the door! Run/walk to club then the 3K loop to **82K**. At this point, had enough but not feeling too bad. Shirley cheered me on.

20:15: Anna S, Jermaine (and Prince) joined me for lap 2 which went really well run/walking bringing me to **85K**. The knee discomfort had eased (pain killer!).

20:40: Rachel W at club entrance ready to join in but at this point I suddenly felt terribly sick

and spent some time retching into over the cemetery wall. Nothing came up but had to walk until felt safe enough to run. Made it through this lap **88K**.

I now feel sick after a short while of running so did more walking. Cannot eat. Sipping drink. Another slow lap bringing me, as I said to Jermaine and Rachel, to **91 (f**ing)K !!!**

21:15: Had messaged Neil when at 90K and he came to club for around 9:30pm (though was nearer 10pm when I got round the lap), now at **94K**.

Properly had enough but obviously will finish!



22:05: Packed Rachel and Jermaine off to run and complete their distance (10 miles) whilst Neil walked the lap with me. I managed some short runs forward then back to Neil and continued until just over **98K**.

22:30pm Left Neil to drive back whilst I ran/walked last

1.8K home, arriving at 22:51

100K done!! The predominant feeling was relief. I can stop now J



The fall out

Felt awful. Couldn't eat, could barely drink (thankfully I was well hydrated). Couldn't sleep. 3am retching. 4am, slice of toast ...eaten slowly. Bit worried, is this normal? 6:15am up. Slowly ate a very small breakfast. 9am slept 2 hours. Slice of toast, short walk. 1:45pm another slice of toast. 2pm slept 2 hours. Feeling a little better. A bit of yoghurt and nuts. Definitely improving. I had hoped to eat a small dinner tonight but struggled. Bizarrely some fatty chicken skin went down fine but broccoli had me feeling sick! Could not digest vegetables.

However, Not all bad! Amazingly, physically in good shape! Legs stiff, especially knees but not bad. Not even a blister. Hips, back all feel perfectly normal. I am befuddled.

The come back

Tuesday: Improving. Eating still a bit of a struggle and avoided vegetables but managed meals including some fruit. Seems like I am OK

Wednesday: Feeling normal and finally feeling proud of my achievement rather than "why on earth did I do that".

Eating fine, yoghurt, nuts, scrambled egg on toast, soup, chocolate, wine!!

Out for an evening run with club girls. Five easy miles over fields to Walkington. Lovely to be running again with body feeling a little tired but fine. All is good.



Virtual Training

Liz Nicholson

w/c 28th Sep

27

Sessions

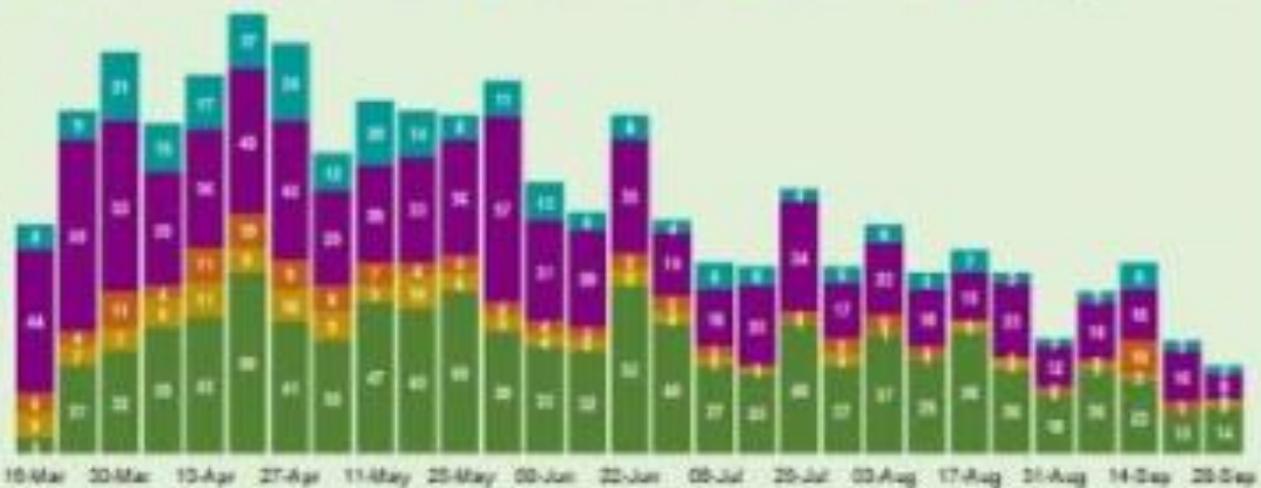
including

112

miles

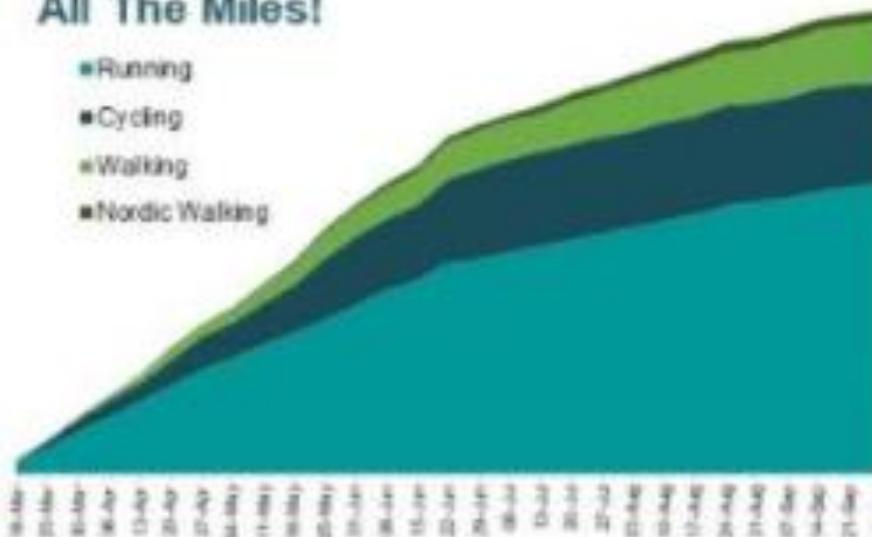
Sessions Each Week

■ Other Stuff ■ Virtual 10k ■ Virtual Parkruns ■ Virtual Runs ■ Virtual Speed Work



All The Miles!

■ Running
■ Cycling
■ Walking
■ Nordic Walking



TOTALS

Nordic Walking

250 miles

Walking

1,458 miles

Cycling

2,411 miles

Running

6,952 miles

11,070 miles!

TOTAL

2,357

Sessions including

11,070

miles

50

Ladies have taken part!

TOTAL

Sessions

Other Stuff
957

Virtual 10K
135

Virtual
Partruns 139

Virtual Speed
Work
269

Virtual Runs
857

Miles

Other Stuff
4,126

Virtual
10K 862

Virtual
Partruns 433

Virtual Speed
Work
1133

Virtual Runs
4,516



11,000 miles is from Hull to Auckland, New Zealand!!



Pace (min/mi) ▾

11:05

Average

7:08

Best

7:10

9:32

11:54

14:15

16:37

East Riding of Yorkshire Running



Elevation (ft)

56 Minimum 533 Maximum



RUNNING ▾ BY SAGOY ON TODAY @ 9:16 AM

Kingston upon Hull Running

21.20 km Distance 4:17:40 Time 12:09 min/km Avg Pace 12 m Elev Gain 1,105 C Calories



Kingston upon Hull Ru...

6.21 MILES

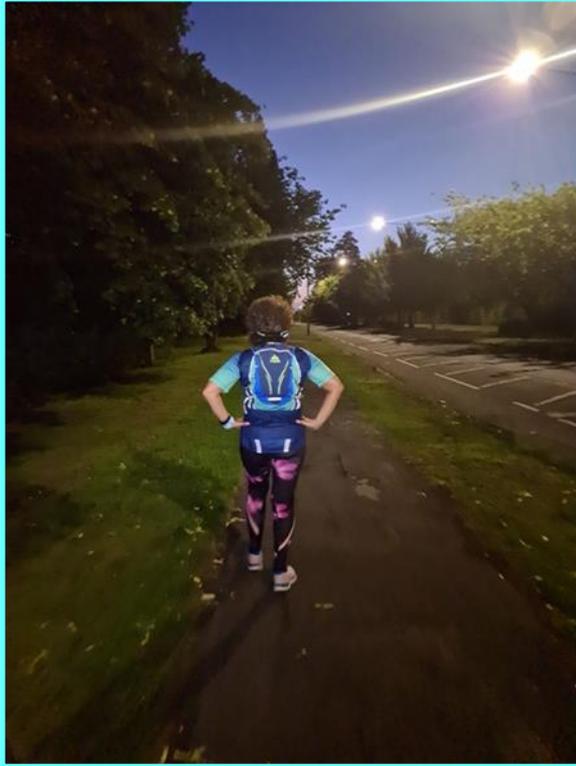
TIME 1:02:47

PACE 10:07/mi

ELEV. GAIN 8 m

AVG HR 147 bpm

Maria's 100k challenge



Firstly a massive thank you to the club for making this possible and all the support I got on FB but specially to the 3 ladies that helped with the achievement and had it not been for them I am not sure I would have been able to finish, Jo Dry who started the challenge with me, Kerry arrived on the last lap on Friday evening to see me home after tackling a flat tire and Rachel Whittaker who did almost 30 miles with me and started on Saturday morning at 4.30 to see the sun rise, well the only times I have ever seen the sun rise was in my youth when I was getting home from a night out!!

When I did the 50k in June I found it really easy I just went out and did it with no issues so I thought why not try the 100k, what could possibly go wrong.....

I decided to start on Friday 21st August at 4.30 pm in 4 miles laps from home with 2 watches, Garmin and Samsung Gearfit2 for back up, had late lunch at 3pm jacket potato with tuna and avocado but I was no nervous only managed to eat half.

Set off at promptly 4.30 with Jo, got to mile 3 and my left calf pulled quite badly I thought that's it will have to stop but got home and put compression socks on changed my shoes and carried on, she did 8 miles with me, Rachel arrived at mile 12 we did one loop and Kerry arrived, my intention was to do 22 miles but at mile 20 I got such bad cramp I had to stop and call it a night it was 9.30 pm. Felt sick so only managed 3 tablespoons of porridge, I had eaten only 2 slices of dried mango and 2 bits of dried banana chips during the 20 miles, did drink plenty though. Somehow calf fixed itself and no problems since

Woke up at 2 am Saturday and realised we had switched the computer off where my watches were charging, jumped out of bed and switched the computer on so they could continue to charge. I could not go back to sleep so at 3.15 I got up, got ready managed breakfast and set off again at 4 am to do the 2 miles first. Rachel arrived at 4.30 and we continued, she stayed with me for 20 miles, what a star!!! I was really struggling to eat and Rachel encouraged me to take something so got a couple of crackers and tried but OMG it was like cardboard and really struggled to swallow so on the next lap I tried a slice of mango but this was equally hard. We got back to my house at 9.30 and she again said I had to eat something and quietly whispered so to Pat who was on hand for whatever I needed, put watches on charge again and managed a slice of toast with butter, this I did enjoy but there was no way I could eat anything else, by this stage I had already done 42 miles so only 20 left, gosh I felt like I was flying even with hardly any eating I did not feel tired.



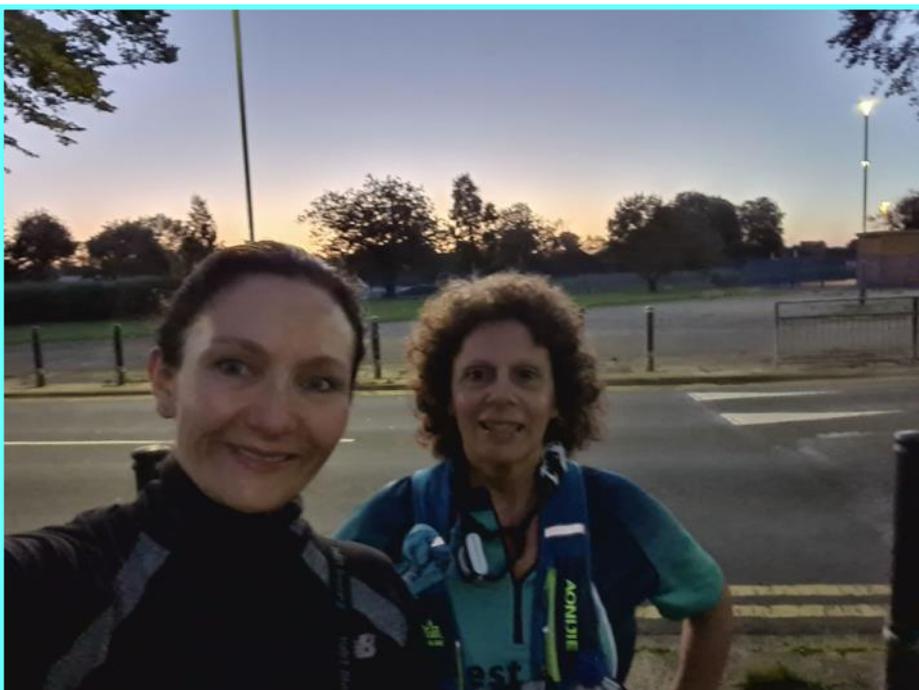
At 10 I was going to set off, but Garmin froze and took 10 minutes to sort finally I left at about 10.15 after calming down from the panic. Still no eating I think I had another slice of mango at some point but that was it. Got to mile 12 and developed a sharp pain in the middle of my back and running was making it worse so I had no choice but to just walk.

Got home at 1 pm took my back pack off and leaned over a chair and said to Pat "I have 8 miles left and I can't run any more my back is killing me and I have to be finished by 4.30" Pat asked me "have you taken any pain killers?" Me "yes this morning but I can't remember exactly when I took ibuprofen" so we decided that I could take paracetamol and bless him he could see the struggle in my face and came out with me with another slice of toast so I could eat something, at some point he did say I had to stop thinking about the pain (tough love) the problem was the pain in my back got much worse and I could not stand up straight so was shallow breathing which did not help as was making me walk quite slow, at 2.30 Pat said you have only 4 miles left and you can be finished by 4 if you just stay with my pace, well he has long legs and I have very short ones but I did try to stay close behind him and we did finish at 4. Without his support in all my running and he suffers a lot of it I would not be able to run as much as I do.



My back pain moved to the right side underneath the shoulder blade and was coming in waves it was so bad it was making me scream in agony, Pat managed to massage the area and eventually it stopped by the time I got to bed, no idea what it was and have not had it since.

As I was not eating much some of the mileage passed me by in a sort of dream, must have got a bit disorientated too cause Pat had to keep repeating a lot of what he was saying and I do remember that the last 4 miles I



was walking as if I was drunk and found it hard to keep on some sort of straight line. I did have a takeaway for tea and that was heaven on a plate.

Was it worth it?? Oh yes, every pain every struggle and all I felt good and bad and although I was aching all over for a couple of days recovery surprisingly was quite quick.

Would I repeat this challenge? Very unlikely, why would I put myself through all this again???

VIEW FROM THE BACK

Liz Hobson



Can it really be October already? 2020 seems to be whizzing by now, the first couple of weeks of lockdown seemed to be very slow but since then it seems to have gone by very quickly. The last few weeks have been very similar and since it got cooler I have started to enjoy my running a bit more. I really love this time of year with its beautiful colours and spectacular sunsets and sunrises.

In September we decided to go camping with Chris (my husband), and Jill J. We picked this specific weekend because we

would have been doing the Equinox 24 hour race at Belvoir castle and like most other things this year it got cancelled. I have to say we were lucky with the weather apart from a bit of mizzle on the Sunday morning, it was glorious. We stayed at a campsite at



Baldersby near Ripon and they had nice big pitches which was just as well as we took our extra large event tent as well as Jill's 6 person tent. I cannot believe how much equipment we had for just three of us. We had to leave some stuff behind despite using our trailer and been in the Korando.



On the Saturday we went for a walk, taking our walking poles, starting at Jervaulx Abbey we had a glorious walk on some Bridle paths and along the River Ure. Due to our fabulous map reading skills we had a couple of adventures on the way including getting totally lost in a field of Maize, which I have to say had been planted over a public foot path. We asked directions from a shooting party which had just finished judging by the car boot full of dead bodies, (grouse and duck)! I have to say they were very friendly and helpful perhaps sur-

prisingly, given their questionable taste in weekend activities! (Still it's a way of groups of more than 6 been able to meet up so that's nice).





We knew from my phone where we were but couldn't see over the maize and there was an added problem of a boggy field and strategically placed beech which we could not get over without a bridge. We could hear the road and knew if we could get to it we could find our way from there. The only problem was that having lost the footpath there was no stile to get us over the dry stone wall and through the hawthorn hedge. We found a small gap and a possible part of the wall that we could scramble over and Chris went first in the hope that then he could help us. There was also an added barbed wire element. Chris managed to get over so I had a go next. As those of you who have seen me in action will know I am not exactly the most athletic person you will meet and I have the added difficulty of having little short legs. With my usual aplomb I got to the top of the wall but there was no step on the wall to the ground. With Chris helping me I stepped off and lost my footing. It was that awful moment when you know you are going to fall and everything slows up and you are praying that you don't do yourself any damage!

I have to say luck was on my side and I fell into a patch of stinging nettles which happily broke my fall. I did have to spend the rest of the walk with that pins and needles of stings but I was happy not to break or sprain anything. The other thing was that I was so covered in stings I couldn't pin point any one in particular so somehow that seemed better than if you only have one sting. We then had some fun finding the next path partly because we were looking on the wrong side of the road. We walked past Apple Tree cottage about 6 times until we affectionally renamed it Apple F**k**g Tree cottage. We eventually found the path and made our way back generally without incident although Chris spotted a poorly sheep and we told a lady at a farm who said she would let the farmer know, so hopefully we saved a sheep as well.

We got back to Jervaulx sadly after the café closed but we rectified this on Sunday as they did fabulous homemade cakes and quiches.

We had a lovely weekend and as always we had lots of laughs on the way. One of the things that I have come to realise is that life is made up of moments and sometimes we don't stop to appreciate those moments. There are things that I will remember from this weekend, having our lunch on the hill gazing down at the spectacular scenery and trying to decide whether the animals below were cows or sheep. I settled on cows, in my defence I was obscured by a



tree, but we realised they were indeed sheep or woolly cows as we now call them! Watching the sunset and sunrise, seeing stars with less light pollution, even though I had to walk across a field to the toilets. Sitting around in dri robes looking like a family of Teletubbies! And yes plunging into a patch of stinging nettles landing flat on my back with Jill and Chris at first looking very concerned and then laughing our heads off while I was trying to right myself and get up without further stings.

There is little known ABBA song called "Move On" and if you don't know it have a listen. I have always loved the lyrics and if you can get past the talky beginning it has the lines, "I see it and I hear it, but how can I explain the wonder of the moment, to be alive to feel the sun that follows every rain". It's my favourite song and to me it means I try to pause and take time to appreciate the "Wonder of the moment" whatever I am doing. Stay safe everyone, whatever you are getting up to xx