

# West Hull Ladies RRC



## December Newsletter



Massive thank you to Shelley who organised a great West Hull Ladies night out at Hitchcocks.

*(Photos pinched from Facebook, collage created by Amanda, almost got everyone)*



## West Hull Ladies Committee Meeting Minutes

5<sup>th</sup> December 2016

### Minutes

Present Jill, Amanda, Linda, Sandra, Anna, Maria, Jan, Liz

1. Apologies from Karen and Shelley
2. Minutes of previous meeting accepted as true record
3. Matters arising - safety reminder had been covered by Linda in one of her weekly newsletters.
4. Discussed New Years Day Park run and it was felt that due to the restrictions on open flames at the Country Park we would not be able to offer hot drinks although we could still do the cakes for runners. Concerns were also expressed about whether we would have enough volunteers to work the cake stall. Many ladies would want to run the event. **Action Amanda to email Shelley.**
5. Anna stated that she would like to step down from the role of News Editor. She was thanked for all the hard work and excellent newsletters she had produced over the many months in the role. **Action Amanda to email for replacement.**
6. 0-5k. So far not many ladies registered so the advertising needed to be pushed. **Action 1) Liz to promote on Facebook 2) Amanda to recirculate poster to ladies who could then place it in places of work etc.**
7. Avenues Advent Calendar Run - arranged for 19<sup>th</sup> December. Maria to buy mince pies snacks etc for afterwards at Club. It was agreed that we would use this event as an opportunity to raise funds to go towards safety equipment for the daughter of a WHL member. **Action Linda to contact member to discuss.**
8. Cabins at Dalby. Ros had forwarded to the Club details of cabins at Dalby for a visit in 2017. Agreed that some ladies may like to stay there but it would work out more expensive than the pods. Also thought that as it was so far ahead we could look at other venues etc. **Action Sandra to contact Ros**
9. Cottingham Lights Run - agreed for this to take place on Wednesday 21<sup>st</sup> December. Everyone encouraged to wear festive gear. Jill mentioned the "find a run together group" and suggested that WHL should have their details on the site. **Action Linda to research and feedback to the Club.**

Discussed further fund raising ideas - Derek from City of Hull had offered to come to the Club to provide a question and answer session. This was thought to be a good opportunity to fund raise. **Action Linda/Sara to liaise with Derek for suitable date.**

## **Bonningheim 5K: Sandra**

Bonningheim Germany 19<sup>th</sup> November 2016

'Have you got any races over the weekend I am staying with you" I asked my brother who lives in Germany.

A few weeks earlier I had found a cheap flight to Stuttgart and decided that I could take my parents over and combine it with some training on the edge of the Black Forest.

At that time my knee seemed to coping with training - however 4 races and a Park run in 3 weeks put paid to that. I felt as if I was back to square 1.

What is that saying 'do as I say and not as I do" .

I arrived in Germany on the Thursday and knew that I shouldn't be running but what did I do? On the Friday I went for a very slow and painful 2 mile run.

My brother had found us a 5k race in a town called Bonningheim on the Saturday afternoon. It was raining when we set off on the 40-minute drive to the start but luckily the rain had stopped before the race began.

We collected our numbers and timing chip and then went to the start funnel. I was pretty impressed as they had us in pens according to our perceived times.

The course was one lap for the 5k and 2 for the 10k. I have to say that I was so pleased I had only entered the 5k.

We set off and it was a lovely course - on a track through fields - slightly uphill and then down. My knee was painful from the start and I had to tell myself repeatedly to relax, as I was so tense.

After about 3k we ran into the town - ouch - over cobbles. This was not good and I could feel myself grimacing.

Then the end was in sight and I hobbled over the finish line. No goodie bag just a cup of juice at the end.

What I was impressed with was the speed of the results. On finishing I walked to a room where I was given a certificate with my finish time on it. I was also able to decipher that I had won my age group category. At that I felt a bit of a cheat - I guess most of the ladies in my age category were doing the 10k!

So although I won a bottle of wine - I haven't been able to run since. Was it worth it?

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*Park Run: Peter Draper*

**#DFYBC**

Saturday. What day?  
Rainy day or sunny day  
I don't really care when it's a  
ParkRun Day

Checking out my systems  
Knees ache, wheezing its  
Absolutely freezing but its  
ParkRun Day

Warm up? You're joking! I can  
Just about stagger, I'm a  
Back-marking lagger but it's  
ParkRun Day

Thank the volunteers and  
Applaud all the achievers  
Watch for dogs and leaves and then its  
GO, and we're away

And I'm running – me!  
Feel your rhythm, find your pace,  
It's a ParkRun, not a race

Left foot, right foot, not too fast  
Never first but never last  
Past the café, through the trees  
Hit your stride and feel the breeze  
Round the corner, on the mud  
One lap down, you're doing good

Second lap, it starts to burn  
Thank the marshal, take the turn  
Extend your stride and push on through it  
You're a runner, you can do it!

I've been lapped but now I'm lapping  
Desperate to close that gap in  
Front of me I

Stamp  
The pedal  
Twist  
The throttle and  
Blast  
Past  
A woman with a buggy  
For fifty-third place!

Who says Parkrun's not a race?!  
Now I've recovered and I'm  
Chilling with my buddies  
Talking times and laughing as we  
Stand in line

Thoughts turn to breakfast  
Time to put the kettle on  
Son don't forget your barcode and I'll  
See you next time.

Peter Draper  
A40283  
Peter Pan Parkrun  
7<sup>th</sup> December 2016

## Christmas Run



### **Esmae's Advent Run: Monday 19th December, 6:15pm Club**

This is a special Christmas run where we finish up in the club bar room at 7pm for tea/coffee and a bun and to wish each other a very Merry Christmas.

It is a very easy run with a lot of stops and starts and is therefore very suitable for all, including children.

The Avenues have volunteers who create a Christmas festive scene in one of their windows. These are 'opened' one day at a time starting on the 1st December. By the time we run there will be 19 windows to be viewed. There are some very impressive windows. A number is called out and we all run to the house and admire the display, then on to the next. The children enjoy chasing down the road to get to the next one. We recommend everyone, especially children, wear bright/light clothing and we love it if all get into the spirit with Christmas hats, tinsel and baubles.

There is no charge for the tea and cake however, Kate N is currently fundraising to support her daughter Esmae. We would therefore be grateful if you could come with a donation.

Thank you

### Fundraising News: Kate N:

We're trying to raise £3,000 to help fund special needs equipment for our autistic daughter to make her and our life a little easier.

Esmae is my 5th child. She was diagnosed as autistic this year just before her 3rd birthday. She is non-verbal and has significant developmental delay.

Esmae suffers from many anxieties one being separation. Daily living is difficult and life with an autistic 3 year old like Esmae is hard. She doesn't sleep, she trashes her room causing potential injuries to herself. She has no sense of danger and puts herself at risk constantly. She needs to be watched 24 /7. She escapes from her car seat, regularly walks into the road and climbs everything especially window ledges. I just want to make our home, her bedroom, our transport, a little safer and easier on her and us.

Special needs equipment is so expensive and we are not entitled to her financial help as we both work and earn money!! Ridiculous as it sounds financial help is based on income not your child's needs!

Esmae needs a safe space in her bedroom. She needs sleep suits she can't take off. She needs sensory equipment that calms her when separated from us and she needs a special car seat restraint. The cost of all these things will be over £5000.

I'm hoping to raise as much money as I can for her by doing runs next year and I hope you can all help me do that.

Thank you.

UPDATE...My challenge is set....

## West Hull Ladies Newsletter December 2016

- 3 marathons
- 2 half marathons
- 1 10k all in 2017!

Kate ( Esmae's mum)

Here is a link to the just giving page:

<https://www.justgiving.com/crowdfunding/Esmae>

	<p><a href="#">Crowdfunding to Help fund for special needs equipment for ...</a> <a href="http://www.justgiving.com">www.justgiving.com</a> We're raising money to Help fund for special needs equipment for our autistic daughter to make her and our life a little easier. Support this JustGiving Crowdfunding ...</p>
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**2016 RACE DIARY**

Free 5K time trial every Saturday 9am:

[Hull Parkrun](#) [Peter Pan Parkrun](#) [Humber Bridge parkrun](#)

Double check dates, times and entry fees with the official website or the entry form. Zx

Website contains all the links to the races: <http://westhullladies.org.uk/races.htm>

	Date/Time	Event	Fee	Online entry
	26 <sup>th</sup> Dec	East Hull Harriers Boxing Day Ten K	£6 /£4	Pay on day
Jan 2016	1 <sup>st</sup> Jan	Cleethorpes Ten K		Full
	1st Jan	Beverley Lions fun run and Ten k	£5 /£3	Pay on day
	17 <sup>th</sup> Jan	Brass Monkey Half Marathon	£24 /£22	Full

**NOTE: Club Vests must be worn at any races you enter  
under the West Hull Ladies running club name.**

