

West Hull Ladies RRC

January/February Newsletter

Hello to all you inspiring West Hull Ladies,

So, here's my first ever newsletter.

Not just my first West Hull Ladies newsletter, but my first EVER newsletter! Let me know what you think and if there is anything you would like to see included I am always open to ideas and suggestions.

Like many other WHL, being plagued with injuries and illnesses coupled with snow, ice and unforgiving cold wind hasn't exactly been the best motivator for training so far this year. Maybe it has caused you to over-indulge on alcohol and comfort food instead? Perhaps a post party smoothie recipe will be a good reviver?

Fingers crossed the warmer weather is on its way soon and race/park run cancellations become a thing of the past for the rest of 2018.

I'm sat here typing with a moisturising face mask on, hair dye developing and some gorgeous smelling foot cream on that the lovely Sharon Rogerson bought me for Christmas. I'm trying to look young and human again. Perhaps you might be the lucky one to indulge in some pampering goodies too? Read on to find out more!

So, grab yourself a brew, wrap up in a warm cosy blanket, maybe one that's been handmade by the many creative West Hull Ladies we have, and enjoy the read.

PS, Don't forget membership is due by Monday 26th March 2018.

Martina aka Padbrat xxxx



West Hull Ladies – Meet a member

Meet our roller skating, karate chopping, determined member of the month Sharon. Get ready to be amazed!

Name: Sharon Rogerson

Age: 44

Member of WHL since: April 2017

What do you do when you're not running? – I also enjoy all manner of arts and crafts, I officiate for a local Roller Derby team, I practice Karate and am 1st Dan black belt, I also quite a few animals, including two tanks of Malawi Cichlids, chickens and three dogs, a Pomeranian and two Chihuahuas.

How long have you been running? - since about September 2016.

Why did you start running? - I was encouraged to come to park run by a few fellow roller derby players as a way of getting fitter.

Favourite distance – 10k

Favourite bit of running kit – I treated myself to a Fitbit Charge 2 which links to Strava and I can see my runs on Relive.

Any injuries? - I've had a few, I did my IT band in when I first started because I was road running on the wrong shoes, I so wish I had gone to a running shop and got a gait assessment straight off as I over-pronate quite profoundly on my right foot and I am flat footed, so can't recommend a gait assessment enough when buying running shoes. I also have a dodgy left knee which is an old Karate injury. Other niggles are just probably because I am still finding my way and I am heaving quite a lot of weight around

Running goals? – I have already achieved a pretty big one which is I have completed my first half marathon. I'd like to run 500 miles this year, that would be pretty awesome!

Proudest moment running related or otherwise – Every race finish is a proud moment! I never in my wildest dreams would have thought myself a runner, I may not be quick, but as one of my running buddies Terrie says, I am a right bloody minded, determined bugger. I felt pretty proud when Mum said she was proud of me after the half marathon.

Best piece of advice you've received – I suppose it's not really advice, but it's one that I use when I see new runners or people who are struggling, **“just finish, that's all that matters”**, and of course, Terrie's favourite - **“Elbows!!”**

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Running alone or with friends? – Either, but prefer with friends, plenty of banter, laughs and a good amount of swearing mixed in for good measure.

What keeps you motivated? – I'm not sure, sheer bloody-mindedness most of the time. Having good running buddies, knowing that people have got my back.

Well done Sharon for all that you have and are about to achieve in your running so far!

Ps, Sharon is the bright, sparkly one in the middle of the photo below

☺ Thumbs Up!



Race Report : Mickledon Straddle fell race - Runner Dean aka Amanda

Who put the Fell in Fell Running? *Amanda Dean*

And so, my Bingley Harrier fell running friend wants to race the Yorkshire 3 peaks for her 60th birthday treat and she wants me to join her. She enticed me to do this when she was 50, unfortunately due to injury she was not able to run and therefore unfinished business and there is a trophy for the 1st female over 60 which is named after her friend Jenny. We want her to get the trophy.

Anyhow, to get to the point, you have to qualify by running 2 of the harder fell races AL, BL or AM (A is the steepest, B second steepest and L/M means long or medium) and so there I was at the Mickledon Straddle, rated BL, 14.3 miles with over 2000ft climbing.



The kit was checked – fully taped waterproofs, hat, gloves, spare food, map, compass. I passed and was given a number 101 (appropriate? Room 101, the torture chamber in George Orwell's 1984). I was very nervous as I'm really not very fit and knew I could not keep up with Becky. It was a cold day but not windy and once well wrapped up it was a lovely day to run. And, the hail shower cleared before we set off - bonus.

The first mile was on an easy wide path before turning into woods, dropping over a stream then out the other side onto open moor land, heading up a rocky track. A number of times I urged Becky to leave me but she was intent on looking after (torturing) me. We finally agreed at the first check point at 4.5miles that she would run on. Becky ran off, passing people over the next 10 miles, finishing 22mins ahead of me and taking 1st FV50. Nice.

Back to me, a lovely downhill for a mile or so. Having to watch your feet for boggy holes and careful on a rocky section before reaching the valley bottom. I was enjoying myself so much a mountain rescue guy quipped "What are you smiling about, someone tell you a joke?"

Now we headed on an easy wide track along a valley with hills to the north, lake to the south. A short drop before crossing a stream and up a steep, lovely path through woods. I took the opportunity here to drink and eat a little whilst walking.

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We popped out of the woods and continued up which is when I nabbed a walker to take a photo of me.



Next in store was the big peat bog. We had experienced some mini ones already but this went on for 1-2 miles and although I dodged the worst my feet became drenched in icy water. I was musing on whether you could get frost bite in your toes on a fell run. Passed a couple of mountain rescue guys and asked if they had foot warmers "If we had we'd be using them" was the response. Fair dues.

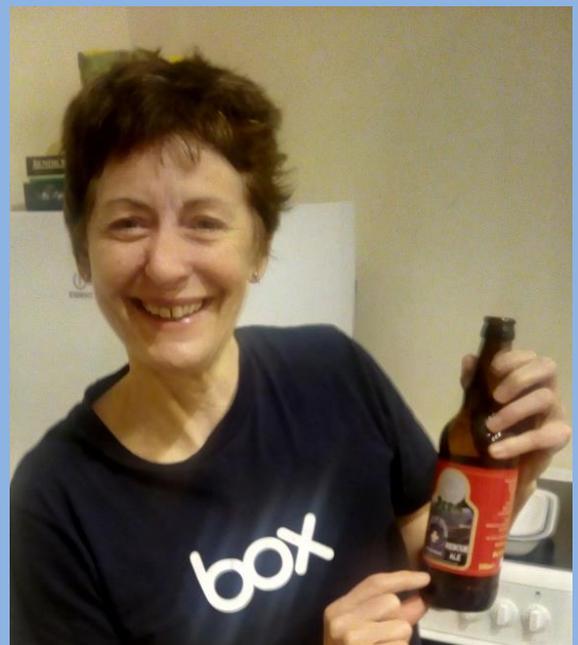
It began to get a little easier underfoot and my feet stopped getting drenched and gradually became more comfortable. I could enjoy the view without distraction and took a photo of snowy moorland (end of write up).

We continued to climb to the first check point and then it was downhill ... down the rocky track. Much of it went well but disaster with just over a mile to go when my foot caught a rock and I fell pretty hard. Bit winded, bashed my right knee, scuffing on other knee and right elbow. A kind chap stopped to

make sure I was OK. I assured him I was.

After a little walk I could run again – tentatively. I wasn't enjoying it so much now ☹ and was glad to reach the easy track which had nothing to trip over. Finished in 3hrs and 30secs. Collected my Rescue Ale then back to the base where there was a really good post-race buffet. Was good to get into dry clothes and a first aider cleaned and put a plaster on my bleeding elbow.

And so, I had my beer that evening and nursed my knee and ribs and mused on the joys or other of fell running. Becky assured me that even the best fell runners fall sometimes. Unfortunately, that did not remotely encourage me. I just have to remember that I really, really enjoyed most of it. Which is lucky as I have to do another if I am to apply for the Yorkshire 3 Peaks fell race.



Jan's kit hit parade: kit I'd not be without!



Runderwear big knickers – these fit like a dream, wick sweat away, stay in place and don't chafe. Having had serious knicker chaffing issues in the past, these are a life saver!

Shock Absorber running bra – this bra keeps my 34DD babies in place! Works in tandem with Vaseline (see below).

Vaseline – I used to think this was a little quirky but Vaseline really does work. I don't suffer badly from chaffing in the boob area but on long training runs and marathons I have, on occasion, had chaffing on my sternum underneath the bra band and underneath my boobs. A good fitting bra (above) along with a good dollop of Vaseline really does help.

OMM running jacket – this cost an arm and a leg but is worth every penny. I had a bit of a scare when running the Atlantic Coastal Challenge this summer on a bleak, wet, windy and chilly day. I was wearing a cheap waterproof (I use the term loosely!) as I soon discovered that it wasn't waterproof at all. I got really cold and was grateful for friends who got me changed into dry clothing at the half way point. I vouched I'd never risk my safety again and I bought this OMM jacket the next day. It's waterproof, wind proof, breathable, has taped seams and I've worn it loads this winter.

Injinji toe socks – these really do help reduce blisters on the toes. I used to get blisters in between my 3rd and 4th toes on my right foot (never anywhere else, strange!) but when I discovered these toe socks, my problem has significantly reduced. They're quite expensive but worth it.

Buff and gloves – in the winter I tend to wear two buffs, one as a head band to keep my ears warm and one around my neck. I find gloves are essential on every winter run and have a pair that also have a mitten outer cover so that you can draw over this extra warmth if needed.

Tiger balm – stinks out the house but is great for rubbing into tired and aching muscles after a run.

Yoga mat – yoga has made such a difference to my life and I believe it has really helped my running. Practising yoga has increased my core strength, upper body strength and helped to stretch out hamstrings, quadriceps and hip flexors. It has also taught me to better understand my body, and my mind, and helped me to realise that you can achieve so much more than you think. I've only been practising for less than a year but I am completely hooked!

Brass Monkey Half Marathon – 14th January 2018 – Jenny Henderson.

After stalking the WHL Facebook page for a good few months I finally plucked up the courage to join WHL in the late Summer/Autumn 2017. I'd been running for around 18 months and wanted to get faster, fitter and stronger. I loved reading what everyone was up to, and the different types of running you all did. So, I took the plunge and joined.

I'd done the Hull Marathon as a relay in September 2017 and it was the first time I'd ran the half marathon distance. As it was a relay the official chip time wasn't quite accurate for my run (and annoyingly my Garmin hadn't started until about 0.5 miles in) but I think my time was around 2 hours and 1 minute. So, of course the target for Brass Monkey had to be sub 2 hours!

I didn't follow a set training plan for Brass Monkey, but just did a few shorter runs and one longer run a week. I tried to join the Rudolph Romp reccees when I could and crossed my fingers that the fabulous off road runs would help my road running. My last long run before the race was an off roader with Amanda, Lynne and Amanda's friend. 12.5 hilly miles in the snow, off road. If I could do that, then a flat half in York should be a walk in the park!

My biggest fear for race day was the weather, but it was perfect. About 5 degrees, dry and quite still. I didn't have a race plan, except to run as hard as I could for 13.1 miles! But to get under 2 hours I knew I'd need to be around the 9 min mile mark.

The day before the race my friend, who is a (much faster than me!) Beverley AC runner, asked if we could start the race together. She'd been injured and wasn't planning on going flat out. She said I could of course go off if she slowed. I was very flattered that she thought I might be able to out run her, and welcomed the thought of at least starting with someone else. Since joining WHL and running with others, I quite enjoy a bit of company, even on a race!

I found the route a little bit uninspiring. Flat with lots of big hedges, and not much to see (I think I've been spoiled by some of the fabulous off road routes I've been introduced to since joining WHL). It's a lollipop shaped route. Straight out, a loop, then back the way you came. There was a very small bump over an overpass at mile 1 ish, then another small bridge over a river at mile 3 ish. I set off at around 8.30/8.15 minute mile pace, which I quickly realised was too fast, but after the first mile I settled into what felt like a comfortable pace. (Amanda - that was my "free mile"!)

The first 8 or so miles were great. I managed to chat with my friend (although not too much!) and I felt strong. I tried to take the advice I'd received from some WHLs to tuck behind a big burly man; but it seemed that we had that done to us! By about mile 7 I realised that a man had been running on our shoulders for quite a distance. I jokingly asked if he was using us as a wind break, but he said he was tracking us as we'd done a solid 8.40 pace for the last 5 miles. It was then that I realised I was probably on for a good time (for me!). When I looked back at

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my stats on my running watch I'd done the first 10 miles all within a 7 seconds a mile range; so really consistent.

Mile 10 had the small bridge bump, which felt like a mountain after 7 miles of very flat terrain. I started to slow a little (only 10 seconds a mile) and my legs were starting to hurt. I also could no longer make any conversation with my friend! Miles 12 and 13 were hard. The overpass at mile 12 was huge (I may have sworn when I saw it coming), and the 8.40 consistent pace had slowed to around 9 minute miles. But I kept going, and gave it my all.

I knew I well under my 2 hour aim, and when the text came through (almost as soon as I had crossed the finish line!) to say my chip time was 1:54:55 I was over the moon! 6 minutes faster than my Hull half, and about 3-4 minutes faster than I was hoping for.

My friend had been great; sticking with me even though she could have easily gone ahead. Gently supportive, but full of encouragement (she sounds like a WHL at heart to me ;)). Did I enjoy it? The first ten miles, yes. The last three, less so. But I very much enjoyed the massive sense of achievement at the end.

I put my 6 minute improvement solely down to the training, advice and support I've received from WHL since joining the club. I've done so many runs I would never have done by myself, and pushed myself harder than I thought possible. I'm hoping for some more PBs in 2018 – so watch this space!



Costa Del Sol (17-12-17): Amanda's Blog

Stayed at Nerja a pretty, clean town east of Malaga with Rob and Jackie Stones. Sun shone every day with a perfect day time temperature around 14C – 18C. Hotel fabulous. Lovely room. Great views. Food wonderful and buffet style so we ate lots! Rob and Jackie's 5th time here so they showed us around. Nerja has lovely pedestrian areas and walkways with sea views. Beautiful coastline, a mix of rocky crops and sand.



Due to recovering from arm break I couldn't cycle but found some great running.

Day 1: El Pinarillo 1 approx. 5.50 miles, 600m climb

Quite a perfect day for running (though Garmin misbehaved), it was wonderful.

Headed out of Nerja at 10.15am, lovely temperature for running (15C), was soon in just vest and shorts. A small diversion to take a photo of the Roman aqueduct at around 3 miles then followed the route from the Nerja Caves up the track to El Pinarillo recreation area (picnic, playground, barbecue etc) 6.5 miles. After a



look around carried on to Fuente del Esparto (everlasting spring). Onwards to get some lovely views (highest point 550M) before a loop back to Pinarillo, approx. 9 miles. On returning descended into the Barranco a lovely narrow valley with



shallow caves along the sides. Ran under the motorway onto the Romano footpath to the edge of Nerja then back through the town returning to the hotel from the beach where a

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sunbed by the pool was perfect for an hour to finish a cereal bar, drink and sunbathe. Absolutely lovely.

Day 2: El Pinarillo – Frigiliana – Nerja 18.7 miles 1170m climb

Wonderful, even warmer today (18C). Headed back into the Parque Natural through the Barranco and up to El Pinarillo with a stop for a wee (flushing loo!) and fill my bottle.



Easy track for another couple of miles (passing Collados de los Apretaderos) before heading down on a narrow, rocky path steeply into the Rio Chillar valley.



Passed a water way constructed on the edge of the valley taking water to the coast before reaching the Chillar. A slightly unnerving crossing over the Chillar on stepping stones. The footpath was generally well marked with red and white stripes with GR 249 “The Great Malaga Path” (656km) however, it failed to mark one left turn and, having no map, I carried on giving myself a detour. Returned and headed up and pleased to see a marker about a km further on. The terrain continued as a rocky, path with plenty of

climbing and descending. Narrow at times with gorse bushes encroaching. I was very careful as could not risk a fall (alone and with mending broken arm). Out of water before arriving



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at Frigiliana where I waved my empty bottle at a Spanish chap who pointed me to an Aqua Potable. Two strong coffees with sugar and ready to run down to Nerja along the Rio Higueron – which was pretty boring. Tired, sweaty and very pleased. Rest day tomorrow!

Day 3: Nerja Wander – rather tired! Trotted around Nerja taking a few more photos. Nerja managed to have a lovely, low key Christmas feel with tasteful lights and no spending frenzy. Each day there were musicians in the square, one day an excellent harp player, another a Clarinettist.



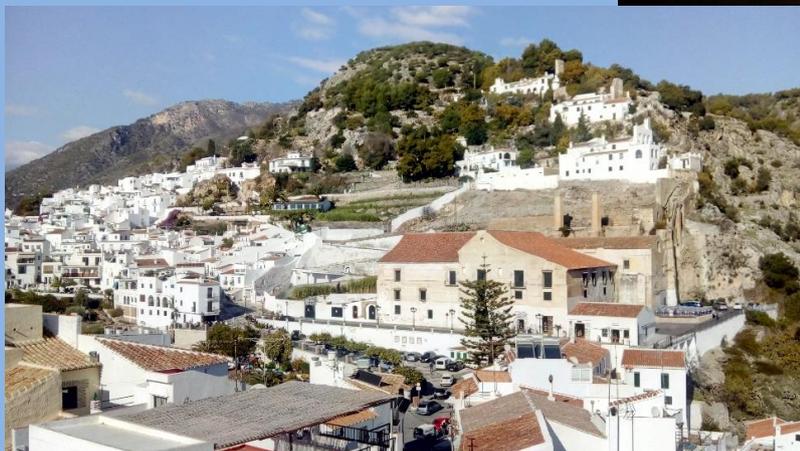
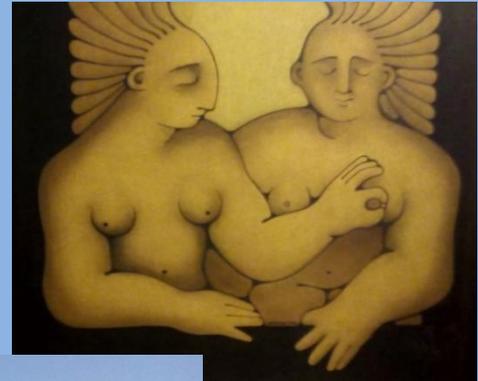
Day 4: Frigiliana with Jackie



Lovely day.

We caught the bus up to Frigiliana. Checked out the market then wandered round the narrow, stepped streets before on to the castle ... which was elusive. Eventually found the path and climbed to get the views. Back down, bocadillo and coffee before a little shopping (iguana decoration for Jackie's summer house and bike jigsaw for Izzy). Then found another back street with the tourist office which had a great little art gallery (quirky artwork) and lovely roof top walk.

About 4miles walking On the bus and back to the hotel where a brandy was very relaxing.



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Day 5: El Pinarillo with Neil

Neil, having returned with a big rub on his ass, needed not to sit on a bike seat today, at least not for long. Rob and Jackie headed to Torrax whilst we walked up the Burranco to El Pinarillo recreation ground, down the track to the Cueva de Nerja where we caught the bus back. 9.6 miles. Very pleasant. After lunch I popped to the gym for a little stretch – 10mins static bike, 5mins row, 1 mile run then some arm physio and stretching before a few lengths of the pool whilst Neil plastered up and headed for a short ride with Rob.

That evening we all went to an excellent Christmas concert which was an orchestra of mainly wind instruments. It was brilliant – mostly older teenagers and some adults.



Day 6: Trot around Nerja

Set off for a run. West along the sea front which went further than expected (1.25miles) then back east and through Nerja. Wanted to check out tourist info to see if any more Parque Natural walks but closed. On to Burrano Beach before returning and taking in a short, stepped walkway to the beach below the Balcon de Europe then back. 6.5 miles in total. Followed by a good stretch at the gym, a swim, lunch, read book and snoozed. Lovely and relaxing.

After dinner and packing we headed into town catching the last of a firework display before watching a really good local band playing Andalusia music.



More Nerja holiday photos: <https://1drv.ms/f/s!ApUX9K32TPIVjHb8GU-uoSVLCCfK>
Been a lovely holiday – a complete treat to get warmth and sunshine at this time of year!

Post Party smoothie and all round reviver!

We might all need one of these after the West Hull ladies presentation evening!!

A nutritious and filling breakfast in a glass. Its packed with essential vitamins and minerals (to replace those lost) and brain-boosting raw cacao – perfect to lift your spirits after a night of over-indulgence.

Pop all the ingredients into a blender, cover, blitz and enjoy 😊



Ingredients:

- Virgin coconut oil – 1 teaspoon (Mind & energy boost)
- Maca powder – ½ teaspoon (Energy & stamina boost)
- Baobab powder – 1 teaspoon (Vitamin C to aid hangover recovery)
- Raw cacao powder – 1 teaspoon (Enhances focus & supports energy)
- Lacuma powder – 1 teaspoon (Mineral rich to aid hangover recovery)
- Oats – 1 handful (B vitamins for recovery)
- 1 Banana – chopped (Great for ready energy)
- Oat milk – 1 pint (Helps replace B vitamins)
- Coconut milk – 100ml (Good fats to calm a delicate tummy)

No bees were harmed in the making of this article!

Bee Pollen

Did you know bee pollen is a fantastic source of energy for us runners? Neither did I until I bought a small bag of it a few weeks ago and tried it in my smoothies! Safety: Test for allergy by ingesting one pellet, gradually build the dose over a week or so.



Bee pollen is gathered while bees visit flowers collecting nectar, some is brushed off their legs and collected when they enter the hive.

Each pellet contains over two million flower pollen grains, one teaspoonful contains over 2.5 billion grains of pollen.

Key actions:

Energy,
Nutritive tonic,
Rejuvenative.

Product facts

Bee pollen is the richest source of vitamins in a single food. A nutrient powerhouse of eighteen vitamins including B complex, all essential amino acids, fatty acids, RNA/DN nucleic acids, enzymes and at least 25% protein. Stimulating the growth and repair of the body; including the blood, nervous and immune system.



So how does it help me?

- **Endurance:** Strength, speed, endurance, recovery from exercise, muscle growth and definition are all improved when using bee pollen. Used by many top athletes to improve their performance.
- **Allergies:** I sourced mine from Neals Yard in Beverley who source it from a local bee keeper. Fingers crossed I don't get hay fever as bad this summer.
- **Weight Control:** Stimulates metabolism, controls cravings and helps to flush fat from the body.
- **Beauty:** Stimulates new skin tissue, prevents dehydration and increases blood supply to skin cells.
- **Circulation:** Rich in flavonoid rutin, bee pollen strengthens blood vessel walls improving circulation and heart health.

I use no more than a teaspoon or two daily in a smoothie, yoghurt, porridge, teas and cakes etc.

Sue Tafts Pea, Feta and Mint Frettata

Vegetarian, delicious and nutritious. But best of all, quick and easy to make for us busy peeps! We love you Sue x

Ingredients:

- 200g cooked peas
- 200g feta cheese cut in ½ cm cubes
- 30g fresh, chopped mint
- 6 eggs whisked



Method:

- Add the eggs, mint and feta to a 20cmx20cm silicone cake mould. Mix lightly.
- Add the peas and mix lightly again. Always add the peas last otherwise they sink to the bottom!
- Cook for 20-30minutes at 180 degrees.
- Sit back, relax, open mouth and eat it all up 😊

THAT'S ALL FOLKS!!!

Fancy winning a £10 Boots voucher?

I hope you've enjoyed reading this mammoth newsletter full of inspiring stories and amazing achievements. I hope it has given some food for thought and a few ideas too.

I'm not brilliant with the computer but I hope as time goes on, I'll get more and more used to it and will be able to make the newsletter visually as exciting as Shelley did. On that note, a big thank you to Shelley for all the newsletters she provided for West Hull Ladies. The newsletters are only as good as the articles you provide.

If you manage to get a rare five minutes to sit down and take some time out. Complete the below word search and send me a photo of your complete entry with your name to 07852597948.

All correct entries will be put in a hat and the winner will receive a £10 voucher kindly donated by Boots pharmacy. The winner will be drawn at 5pm Friday 13th April.

See you at the West Hull Ladies presentation evening on Friday 13th April 2018.

West Hull Ladies Running Club

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FIVEK
INJURIES
INBETWEENERS
HILLS
COOLDOWN
WESTHULLLADIES
HALF
STITCH
STRIDES
WARMUP
SPLITS
WINDCHILL
SNAILS
RECOVERY
SPEED
YOGA
TEMPO
ULTRA
INTERVAL
RICE

Play this puzzle online at : <https://thewordsearch.com/puzzle/292670/>