

# WEST HULL LADIES NEWSLETTER

## July 2019



Endure 24 29/06/2019

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Withernsea 5 Mile 7/7/2019

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# Meet a Member

## Linda Dodsworth



Running goals? – **Just to keep enjoying running.**

Proudest moment(s) running related or otherwise? – **Being a WHL and completing 100k in horrendous weather a couple of years ago.**

Best piece of advice you've received in anything? – **To keep enjoying what you're doing and not to put yourself under any pressure.**

Running alone or with friends? – **With friends but sometimes it is nice to run on your own.**

What keeps you motivated? – **You lot!**

Favourite moment in a West Hull Ladies vest? – **Winning my age category in the Hull Marathon.**

Favourite piece of running kit? – **My loudest, colourful leggings and I have quite a few!**

Member of WHL since – **2013**

What do you do when you're not running? – **Walking Oliver or volunteering at park run with Oliver!**

How long have you been running? – **6 years although I did dabble a bit in my 30's but that didn't last long!**

Why did you start running? – **For my health, to keep fit and to lose some weight!**

Favourite distance – **10 Mile and over.**

Any injuries? – **Knee niggle sometimes but ok mostly.**



# MEDAL'S OF THE MONTH



Endure 24 medals Jill and Zoe  
30/06/2019



Eve and her daughter with the Bubble  
Rush 5k medals 13/07/2019



Sharron's Snickerthon  
medal 30/06/2019



Jill's Grimsby 10 k  
medal 21/07/2019



Annika after the Asics London 10 k  
21/07/2019



June's Humber Bridge half  
marathon 30/06/2019



Claire and her friend Laura after the  
Race For Life 07/07/2019

# Dates for your Diary

**Midwinter Madness**

**30/11/2019**

**Millington Village Hall**

**Presentation Evening**

**13/03/2020**

**Canham Turner Hull University**

**Midsummer Madness**

**13/06/2020**

**Thixendale (Endure 3 weeks later)**

## Recipe Corner Jan Draper

### **Peanut Butter Blondie Flapjacks**

These vegan flapjacks are taken from Katy Beskow's first vegan cookbook *15 minute vegan* (Quadrille) and I love them because they have a fab salty topping!

100g light brown sugar

2 tablespoons vegan butter/spread

6 tablespoons smooth peanut butter

3 tablespoons golden syrup

300g rolled oats

Pinch of course sea salt

Preheat the oven to 180/gas 4

Add the sugar, vegan butter/spread, peanut butter and golden syrup to a medium pan and melt over a medium-high heat for 2-3 minutes. Stir often until the butter has melted and all the ingredients are combined. Tip in the oats and stir until all the oats have been coated in the melted mixture.

Press into a 3cm depth backing tray (I use a square one) lined with baking paper, and flatten down using the back of a spoon. Sprinkle over the course sea salt. Bake for 10 minutes (although I find it needs 15).

Remove from the oven, leave to cool for 10 mins and then cut into squares in the baking tray and then leave until cool.

You'll love them!

Jan xx

# GALLERY



Ladies competing at the Summer League

Coniston 25/06/2019



June, Fay, Anna, Gail, Barbara and Sarah

5 mile training run 26/06/2019



Anna, Sarah and Jane after the Withernsea 5mile 07/07/2019



Kate out on her own Normanby Hall 10k  
30/06/2019



Jill Hood and Jo Drysdale carb loading at Hornsea 20/07/2019



# Parkrun News

22/06/19, 29/06/19

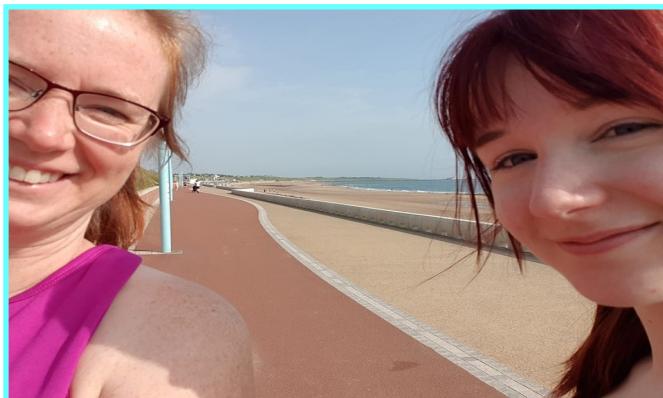
07/07/19, 14/07/19



Over this period we have had a total of 56 runs in  
our Local Parkruns.

21 at Hull, 27 Peterpan , 4 at Humberbridge  
4 at Beverley Westwood

**Well done to Faye Giles, Anna Shepherdson,  
Angela Khudonazarova and Tracy Toner who all  
ran personal bests this month.**



Kate visiting Whitley Bay parkrun 29/06/2019

We have also had 3 Park  
roamers, they were Kate  
Arygle who ran Whitley  
Bay, Laura Ireland who  
ran Conway and Sarah  
Wilson who ran Selby.



New Parkrun on the  
block, welcome to  
Beverley Westwood  
Parkrun 14/07/2019

# TRY CORNER

What other things have our Ladies been up to this month apart from running?



Eve appearing on Fifteen to One  
26/06/2019



Card School Shelley and Sandra at Endure 24  
28/06/2019



Jermaine and Nic volunteering at the  
Pretty Mudder race for life 6/7/2019



Verity at Wimbledon 14/07/2019



Jermaine's Yoga session 29/06/2019

# Injured? Try these alternatives.

## Sandra Holdsworth

So, I have had a troublesome knee since about April time. Apart from having arthritis in the knee I do know that another cause is my lack of enthusiasm for doing any other sort of exercise even though I know that it would be good for me. I like cycling but if I had to choose between the two running would always win.

Injury for me is always waiting around the corner – this time it got me and it has been so painful – it is/was even uncomfortable in bed.

Although I am a member of a gym I don't go often and the only way I could see myself being disciplined enough to go was to pay for a personal trainer. I did this but..... it made me go to the gym at least once a week but I can't say at this moment in time it has made much difference. (to my bank balance – yes) Not really, I am still not running.

I really missed being outside running in our beautiful countryside which I am lucky to have outside my own door.

I missed being out there being competitive with myself and having a goal or a race to train for.

I missed the joy of just being able to run

I missed the company of WHL's.

I missed being able to de stress from daily life

I missed the fresh air.

I missed it so much and it was hard looking on Facebook seeing how well everyone was doing – having fun at the training sessions and races. Planning ahead and entering races well into the future.

I went to the gym and cycling with Amanda – Linda – Shell and Martina. That was great – and enabled me to eat cake and more cake. But I wanted a bit more to be competitive as strange as that sounds.

Cycling is a fabulous way of keeping fit when injured or for cross training anytime.

Many months ago, after the 2018 Endure 24 event I entered the solo event for 2019.

I had months ago asked a good friend of mine Gail to crew for me at the event so all that had been arranged.

One minor point – I couldn't run.

I knew that in reality I might manage 1 x 5-mile lap but then I would be in pain physically and it would hurt mentally seeing everyone else running around and around and around.....

So, what to do?



I could walk but that didn't really appeal and for a while I had been thinking of doing the Nordic Walking Course that Carol Miller runs – [www.eastyorkshirenordicwalking.co.uk](http://www.eastyorkshirenordicwalking.co.uk)

So, I contacted Carol on the Monday before Endure 24 and asked if I could do a FastTrack course. How brilliant was she – I could only manage to do it on the Wednesday and after a bit of juggling we arranged for me to do the course on the Wednesday meeting up on Beverley Westwood.

I was given a set of poles and after a warm up we spent 3 hours Nordic Walking around the Westwood – through the cows – standing in cow dung and generally having a great time.

Carol was a patient teacher especially when at times I was overthinking things (her words not mine – I just don't have a lot of co-ordination!) and my legs and arms were out of sync.

It was harder than I thought and I can say that it definitely gives most of your muscle groups a good workout.

### Some of the benefits of Nordic Walking

1. Activates 90% of the body's muscles
2. Burns loads more calories than normal walking
3. Decreases load and strain on the lower body
4. Great for upper body strength/core stability and strength
5. Promotes an upright posture.

You can see for yourself how it is a great way to exercise for us runners whether injured or not.

Carol kindly let me use some poles and off I went with Gail on the Friday to Bramham Park Leeds for Endure 24.

What an absolute ball I had – I was a bit dangerous at the start – swiping a few people with the poles (apologies everyone!)

When I first set off I didn't have a clue how far I would walk or what would happen. It was just great to be out there. Liz H was in front of me and she decided to play a game with me – she would wait until I had nearly caught her before she would run off into the distance. I have to say that I gave her plenty of notice that I was coming – the poles were clattering a bit – a lot – on the paved roads.

I had plenty of time to think and I talked myself in to trying for 50 miles – I knew quite a few people had run that distance so surely, I could walk it???

Should I stop after 5 laps for a break or go for 6? In the end I took what I think now was the wrong decision I stopped at 5. But when I stopped my body just seized up. My glutes and quads – I can say that I have never known them to be that painful. I couldn't walk another step. 50 miles was out of the window completely. Next year with training??? NOOOO.

I had walked 24.75 miles in 6hours and 39 minutes – I was over the moon with this but wished that I had managed to do lap 6.

I didn't sleep well that night as one of my toes had a blister under the nail and the nail looked like it was getting pushed off. Been in a sleeping bag made it even more painful.

The next morning, I thought I would go for a walk but had to walk in my sandals – not the best idea when it was stony in parts. I did 10 miles and then decided to call it quits.



Will I continue to Nordic Walk? – yes – I found it to be a great way to exercise and be out in the fresh air and off road.

I can still do events – there is a 10 mile Nordic walking event in October – sounds fun.

I would recommend Nordic Walking to you all – it's not expensive to get started – Carol runs a 4 week starter course for £30 and then you just need poles which can be as expensive or cheap as you like.

For those that are doing Endure next year – you might like to consider using poles – especially going up the hills – it takes the strain off your legs and knees which can only help you achieve your 100 miles. You would of course have to invest in foldable poles that you can carry.

My aim is to get back running and then when I do longer distances use the poles as and when. I will however still get the poles out hopefully once a week for a great alternative workout to running.

By the way – I never felt any pain in my knee at all – how great is that?

If anyone needs any more information let me know – it would be great if some more of you could join me.

If anyone especially those that are injured want to cycle or walk please get in touch. We can support each other and keep our fitness up together.

As you use nearly 50% more calories Nordic Walking compared to ordinary walking I think you can also have an extra large cake.....



# Snail Trails



Annika and Anthea



Anthea gets her cast off  
Independence day 04/07/2019



Runwalk 5.5 28/06/2019



Away night at Skidby 17/07/2019

# Saunders Lakeland Mountain Marathon (SLMM)

Amanda Dean & Becca King

This was booked as training for the OMM (Original Mountain Marathon) which we plan to do in October. The main difference is this is summer whilst the OMM in October usually has poor weather and therefore much more of a challenge.

[Why the OMM? Because it is on Becca's bucket list to celebrate her special birthday year. She pulled me in to partner as we are probably fairly equally matched in endurance, map reading and the ability to put up with discomfort.]



We were blessed with perfect weather! Sunny, not hot, dry. The location was the Howgills which is near Sedbergh, border of Lake District and Yorkshire Dales. Renowned for steep hills.



Becca drove us over on Friday to our B&B, the Head at Middleton which covered all the requirements – food, beer, bed and early big breakfast.

We arrived at the HQ which was a couple of fields a few miles south of Tebay. After registering and having our dibber attached to our wrists, we gathered our rucksacks and headed off for the 1.5 mile walk to the start (yes, 1.5 miles before you start).

We choose the Harter Fell route which is described as 'New Entrant' (newbie), a distance of 41K (around 27 miles) to be covered over 2 days. Despite having to carry around 8.5kg (1 stone 5lb) of kit this seemed

doable for us (we could have gone shorter, the shortest being 35k). Becca was under the weather with a cold but we were both happy to just get round and not push it. You have a start time, ours was 8:30am. When your time is called you dib in the starter control, walk through and collect a map and a list of the checkpoints for your route. We then sat down and marked up our 8 checkpoints. We blundered on this, marking up the second checkpoint wrong!!! Total rookie error.



We decided on our route to the first checkpoint and set off up a very steep and long hill. Most of the climb was on a footpath but then heading cross-country towards the top. We pin pointed the checkpoint (easy, because lots of people around. But, because seven different routes in the same area, you generally need to ignore other people).

Onwards towards the wrong checkpoint which we found, then realised it did not match the description it should, adjusted and navigated to the correct one. We

were now by the river and whilst Becca filtered water I re-checked all the other check points – all good.





I descended carefully with Becca helping me down the embankment. Shoes and socks off and soaked my ankle whilst we checked the map for the nearest village to abandon I would rather get there rather than fell rescue. It felt like game over. We had approximately 400ft climb to our next checkpoint, beyond this was the village. Whilst I was putting on shoes and socks, Becca took my rucksack and started up the hill – wow. I caught up but she wouldn't give it back! My ankle was easing and the anklebone not as big (just twice usual size!) though swelling spreading elsewhere. However, I no longer thought it could be broken.

After dibbing (might as well) decided I could get to the overnight camp.

We abandoned the set route and mapped the easiest route to camp. Almost 6 miles but, a lot along a fairly flat valley, once we were back down the steep hill. So long as my foot was placed flat it was OK, though very tiring to avoid any slight twists.



tea. I couldn't finish my 1000kcal chilli and rice meal! I then limped off to the first aid tent where the paramedic explained there were 3 ligaments under the ankle bone and possibly one had twanged over a bone, hence the crack. This I found reassuring, a mere twang.

The campsite turned into a midge fest ... we escaped into the tent and had an early night ... as did everyone. Becca slept quite well and I got some sleep. Nice to awake and not have to rush around. If I could walk, we intended to walk the shortest way back to HQ rather than a lift back. The midges were up in the morning but eventually we had to break camp. The swelling in my ankle had reduced but the bruising increased. However, all good to walk.

The next section down the stream over the river and a beautiful patch of foxgloves. Then up a steep hill! Next we contoured two hills. Most of what we covered was cross-country, even on form we would struggle to run because so rough. Heading down to another stream disaster struck. Just walking down the grassy slope my foot dropped into a hole and I heard a crack (this is what disturbed me most hearing a crack!) Slightly panicky I looked down to see my anklebone was the size of an egg, it had immediately swelled to 3 times its size! After a minute or so, I stood up and the pain wasn't as bad as expected, in fact maybe only 3/10 however, I felt sick if I looked. Best to get to the stream and soak it.



We had quite a few rests but enjoyed the scenery and sunshine so life was not bad.

Arriving at the overnight camp I felt it was a success that we reached there!

We downloaded at the end and were asked "Do we want a lift back to HQ in the morning". I said "No, it might be fine in the morning." A roll of eyes was the response but it might be ok. We collected our pre-booked beer and milk then headed off to find a space big enough for the tent. Pulled out sleeping mats then sat down for beer. Organisers came round and asked us to show all the required equipment: tent, sleeping bag, stove, food, cag/over trousers with taped seams, torch, compass, whistle etc. All nicely ticked off we set up camp then a paddle in the river. Then

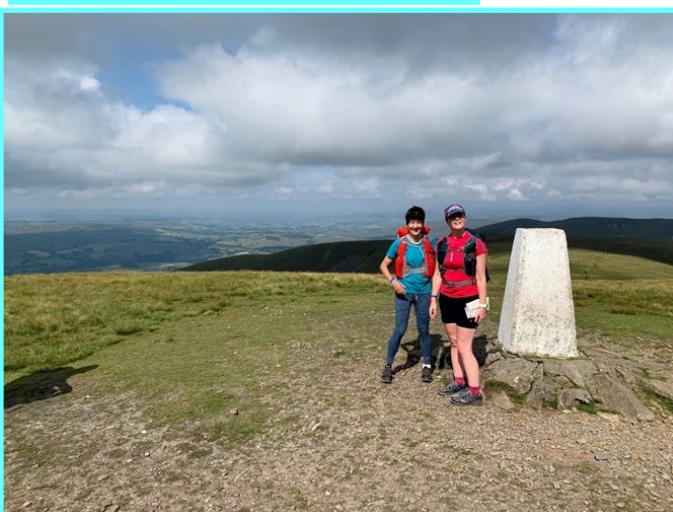




We headed up the gentle valley before the very steep path alongside Cautley Spout, but no problem as it was steps – flat landing for my foot. Then over The Calf before dropping down a valley to the west.

Shortly before reaching the road, we rescued a young sheep that had wedged its head in a fence. Its short horns were stuck and it had already cut itself by frantically pulling. Between us we twisted its head one way to release one horn, then the other way to release the other then stood clear as it bounded away without a thank you J

A four mile walk along the road had us back at HQ for a clean-up in the river, food, drink and home.



It had not been as successful as hoped but it was still a positive weekend and ticked the box as practice for the OMM. We were happy with our kit, maybe a few adjustments. We'd successfully navigated ... even if not the route intended, camped and dealt with things going wrong. We covered 13 miles on Saturday (3,200ft climbing) and 9 miles on Sunday (1,80ft climbing). I would recommend it. Very friendly and brilliant organisation. This year 932 people competed, of these 859 completed their course whilst 73 retired

# Endure 24 Wall of Fame



Verity Pick 15 Laps 75 miles



Amy Brewster 13 laps 65



Cath Dyson 13 Laps 65 Miles



Rachel Whittaker 13 laps 65 miles



Jermaine Cherie 13 laps 65 miles



Stacey Foxworthy 13 laps 65 miles



Karen Park 13 laps 65 miles

**100k Club**

**100k Club**

# Endure 24 Wall of Fame

## 50k Club

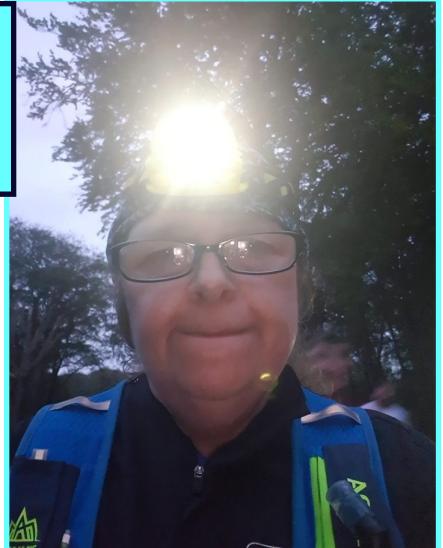
In 12 hours



Jane Allen 11 laps 55 miles



Shelley Hindley 7 laps 35 miles



Liz Hobson 7 laps 35 miles



Kim McBurnie 8 laps 40 miles



Ros Barbour 7 laps 35 miles



Sandra Holdsworth 7 laps 35 miles



Jill Jameson 6 laps 30 miles



Prince Cherie 1000 tail wags

# Turning Ultra

## Jan Draper



2019 has been a year of off road and training for the biggest race of my life – the Lakeland 50 which is taking place on July 27<sup>th</sup>!

I have dabbled in off road on and off for a few years but I have never consistently run on this surface for any period of time. This year has been different – thanks to Liz! She says that I inspired her to take up running in the first place. Well, she has inspired me to concentrate on off road and ultra. She has done the Lakeland 50 twice before and last year I went up to support her and just fell under its spell. It's a very special event – sells out in minutes and has massive respect amongst the ultrarunning community. So having survived a very stressful entry process back in October, when the whole of SIEEntries crashed, since April I have been training for this mad race!

I have followed Hal Koerner's plan and loved reading his book 'Hal Koerner's Field Guide to Ultrarunning' (2014). It's a whole new world and in addition to racking up the miles, I've also read loads of ultrarunning

books – they're addictive! So what has my training plan looked like?

Well ... in short, 16 weeks of lots of running! I've run six days a week and put in lots of miles (777.6 so far with two weeks to go). The six day a week rhythm really works for me – I know it won't suit everyone – but I did this for my last road marathon too and I just found the routine and commitment worked. And the miles that I've covered have been predominantly off road and, where possible, hilly. The Lakeland 50 is not just a long way (!! ) but also includes 10, 000 ft of ascent. So wherever possible training has to mimic the real thing. Liz and I have also recceed quite a bit of the course together and I also took advantage of one of the official reccees (28 miles from Pooley Bridge to Ambleside). Training on this terrain builds fitness, strength in the legs and ankles, lung capacity (it helped me to recover from the remnants of my pneumonia for sure) and it's helped me in my downhill technique too. I really believe it's fundamentally deepened my running base.

The training is not just about developing a good level of fitness but also about practising what it's going to be like on race day. So this has involved practising what food I'm going to eat, what I'm going to drink, what I'm going to wear, practising carrying all the mandatory kit (and there's quite a lot!), and reading all the regular race briefings so that I know what's going to happen on race day and, crucially, what food is going to be available at the different check points. I have struggled in the past with nutrition in road marathons, but ultras are very, very different. Real, proper food tends to be best, rather than gels and such like. So I've been eating dates stuffed with crunchy peanut butter sprinkled with lots of salt, peanut butter sandwiches, discovered the wonderful thing that coke (the full fat sort) is, Katy Beskow's flapjack (see recipe elsewhere in the newsletter), and my hydration is High 5 energy drink (which has carbohydrate and electrolytes). The checkpoints are located at the bottom of hills so that you can eat and drink and then walk up the hills to aid digestion – it's so crucial to get enough food and drink on board. My big worry is that I will get a stitch because of the need to eat and also run – stitches are something that I've suffered with on and off for many years. So I have to be very careful what I eat before I start a race – nothing within 3 hours.

I could go on but I won't! I am as ready as I will ever be. And I now need to taper, sleep well, eat carefully, avoid injury and anyone with a cold! And on 27<sup>th</sup> July you'll be able to track us – we're running as a pair – and the next newsletter will reveal how it all went!



# GALLERY



Sara, Linda and Lynne at the 15 mile wine Dash at the Vineyard South Cave 21/07/2019



Tracy in the country 15/07/2019



Ladies ready for training 15/07/2019



Kim, Linda, Anna, Sarah and Gail away night at Skidby 17/07/2019



Jill, Sarah, Diane, Barbara and Claire at Grimsby 10k

# Bling, Bling and more Bling

## June

Whilst my medal collection is growing nicely and there are a few more on the horizon for this year, every time I look at Facebook up pops an advert for another shiny medal. Most of them I ignore but if I see one I like I am tempted.



As many of you will know there are various companies who offer medals for running/walking etc for personal challenges outside the racing calendar and these are a great way to mark your achievements. I do them for special occasions. They all operate in a similar way: you enter and pay your fee (usually £10-15.00), you do your activity and submit your evidence (usually by screenshot from your device) and a short while later your medal and certificate arrive.

1.



2.



3.



I've done three of them so far:

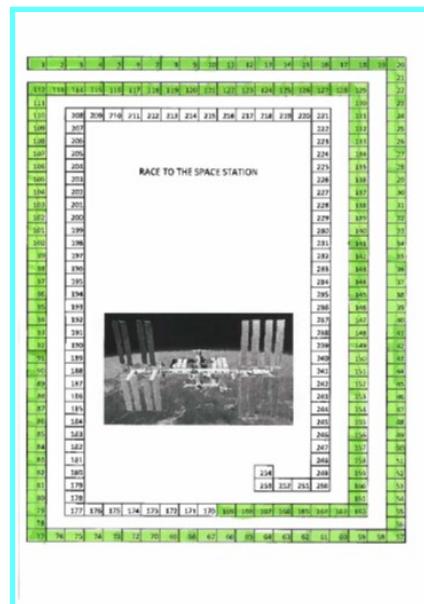
1. The first one I did was in June 2018 and I chose this because I wanted a medal with my name on it! I had to do 100 miles during the month. This was done through Race at Your Pace and they do them every month.
2. The next one I did was in November 2018 to commemorate 100 years since World War One. Again I had to do 100 miles during the month. I did this one because some of the proceeds went to the British Legion. I am lucky that my great granddad came back from the War (even though I never met him) and this medal is dedicated to him. This was done through Race the Distance.
3. The next one I did was in March 2019 to celebrate my 50th birthday. I had to do 50 miles during the month. I went to California for my birthday and wanted to complete the whole challenge whilst there and I actually walked 102.1 miles but only ran 22.4 so didn't claim it until later in the month when I had ran 100 miles. This was done through Ministry of Medals.

I am currently undertaking my fourth one. This is called Race to the Space Station.

You have to do 254 miles but there is no time limit. I started doing this on 1 May and up to the end of June I had done 169 miles so I only have 85 miles which I hope to complete this month. With this one you get a chart to colour in your journey and the medal looks fab. This is being done through Evenbright.



These are a great way to get the whole family involved in exercise, you could challenge your children/partner/spouse or even another WHL member or friend to see who completes the challenge first or even just do it together for a bit of fun and motivation.



# VIEW FROM THE BACK

## Endure 24 Liz Hobson

EPIC, BRUTAL, RELENTLESS and why I am currently walking like John Wayne!

The first thing to say about Endure 24 is it takes some planning. The whole week before had involved special shopping trips, popping to see Jill to get some equipment and digging out our own camping equipment from various offices round our house. By the time we joined the back of the queue to the event, behind about 30 odd cars including at least 4 West Hull Ladies, I have to say I was already exhausted. When they opened the site we drove on to the field where Jill, Rachel, Kim, Sandra and Shelley were already starting to set up.

Within about an hour the camp was taking shape, tents were up and then tents were down again after Jill managed to let the air out of her tent! The camping area was much bigger than last year so we had more space and we also managed to lay down some tents for the people who would be arriving later.

After some sandwiches and tea we set off to register, get our t shirts and look at the stalls. We gasped a bit at the prices of the Mizuno shop, but I did buy an EPIC, BRUTAL and RELENTLESS Endure 24 long sleeved top.

We also had more people arrive and Jermaine's daughter Lucy and Prince, Jermaine's dog. Lucy was there to help with the crewing, Prince was there for the yoga and the general atmosphere!

I was hoping to gain my 50k t shirt having to do 7 laps in 12 hours, the weather was set fair and I was hoping it wouldn't be too hot, they often get the forecast wrong don't they?

Saturday morning came and the weather was misty and damp, the event starts at 12 noon and runs to 12 noon on Sunday, the idea is to try to run as far as you can in the 24 hours. We spent the morning getting changed and eating, as the mist very quickly burned away in the heat.

For my birthday this year I had been given a cool towel which when wet keeps cool for 2 hours I decided that this would be the perfect time to try it. As 12 noon approached we were lined up in the sun trying to keep clear of Sandra who was having issues controlling her walking poles and was proving a danger to innocent bystanders!

There was a horn to start the race and the Red Bull Tank lead us off. The course is 5 miles and it is really beautiful. I would describe it as undulating, but unlike the Reading course the tracks are wide and apart from uneven stones the track surface is good. Last year it had been very dry and dusty but this year the track was probably perfect. The main problem was the heat, the first part of the course is wooded and that helped but the latter half was exposed to the sun.



My strategy was to walk up the hills and try to run everywhere else, I have to say the first lap I pretty much managed it. I had Sandra behind me who was walking using her Nordic poles, when I was running I was getting a lead on her, but when walking she was catching me up. We had a duel for all of the first lap and the second and I really enjoyed having a laugh with her about it. The worst thing was that I could hear her poles so I knew she was catching up, I described it as a death rattle! I was looking for about 3 hours for the first two laps and then would carry on in two lap bursts, that was the theory anyway! In order to get the 50k I needed to do 7 laps as it doesn't quite fit for a 5 mile circuit, having to do 7 circuits seems a whole lot more than 6.

Sandra caught me up and I knew this time I was going to have to walk rather than run a lot of the track, so I knew she would get ahead of me. I also needed a break and grabbed a sandwich and sat down for a bit. I started to consider timings and realised that because I would be walking I might struggle to get the 50k in 12 hours. I would have to basically carry on without any long breaks. I had also worked out that as long as I started my last lap at 10pm I would do it. This was going to be a lot harder than I thought.

The strategy was then very simple just keep going, I have to say the support is amazing round the course, there were plenty of drinks stops and the marshalls are brilliant. There was also an Elvis impersonator who was miming to Elvis and Shakie tracks, all this helped to make the laps go quicker and in general terms I felt good. The other competitors were also very encouraging there was a bonus when I got passed by people I knew. I was surprised that not many of our ladies did pass me although I realised that it was because I was not taking long breaks, between laps.

I have to confess that looking back I am actually struggling to remember one lap from another! I know I got a pain in my shoulder at one point, which I often get when I am on my feet for a long time. I decided to have a couple of Paracetamol which helped. There was also a little girl who was giving away icepops at the beginning of the course, this was by far the best icepop I have ever had ever and much appreciated! I also spent quite a long way on one lap talking to an ex-paratrooper who was telling me, he used to represent the army before he injured a knee and was told he would never run again. He was walking mainly but was running the downhills. On one lap I ended up having Red Bull by accident, I have not had one before, as although I love tea, I tend to stay clear of caffeine drinks as they give me headaches and also sometimes make me shake! I decided I quite liked it but wasn't sure it gave me wings, which would have been really useful at that point! I was also still having to keep an eye on the time and effectively grabbing snacks, mainly Kendal Mintcake, when I could.

I got to the 6<sup>th</sup> lap, knowing if I could complete it by 10pm I would do it, the only problem was I was starting to feel low in terms of energy, my feet where blistered and I was cursing why the track was not a 10k one instead of 5miles, why did I have to do that extra 7<sup>th</sup> lap. I carried on feeling quite depressed and wondering if I would get back in time to start my lap, the other problem is that you all but lose track of the time, so you are struggling to know what the actual time is (my watch was on run mode), so I was getting a bit paranoid as to how long I was taking for each lap. I was starting to feel very sorry for myself!

I was lucky in that Kim, her hubby Andy and friend Sal caught me up, and asked how I was? I think they probably regretted asking, as I started babbling about how awful I was feeling and probably hadn't eaten enough and was feeling bad, but this time next lap I would have my 50k as long as I got back to camp before ten which is what I would do. I repeated this about 4 times I think hysteria had kicked in by this point. I was very grateful when Kim promised me a homemade pastie back at camp, arranged for Andy to carry my ultra vest and carried my extra top, which I had taken out with me in case I got cold!! I felt much better with a bit of company and was also joined by Jill who was listening to Abba and threatening to sing to me, this made me more determined to get on with it! They also reassured me that I was fine with the time and should have enough time to have a rest, and pastie, and still get the 50k!

We finally got to camp where I had a sit down, got handed a pastie and had a short rest. I was still determined to get it over with and grabbed my jacket and started my 7<sup>th</sup> and final lap. I also knew that as soon as I hit the 2k marker the 50k was in the bag although I would have to finish the lap so it would be in effect 56k. It was dark, so I had to switch my head torch on and I did need my jacket as the temperature went down. I was happy to have achieved my goal but I was incredibly tired and the last few miles seemed to take forever. Chris however caught me up and we finished the last few miles together was really nice. I have to say that I probably should have had a shower and something to eat before I went to bed but I didn't!

In the morning I woke up and was pretty stiff and had blisters and needed something to eat, I also managed to trip over getting out of the tent and after a lot of swearing managed to get up again, with a bit of help from Chris! We decided to go to the café and I had a bacon sandwich, but had a funny turn because I was low on sugar. I felt quite faint but recovered after a cup of tea which Chris had liberally laced with sugar!

It was now really windy and was now a bit chilly which was a relief for the runners. I spent the morning eating, and watching our ladies come in and come out again. I have to say I am in awe of the ladies who managed the 100k because I was done after 50k, you are all awesome.

Endure 24 is well organised and great fun, (honestly), it's worth going for the atmosphere and I think a lot of our ladies will be going next year. I am happy to have completed the 50K but it has made me realise that 100k is a really, really long way!

