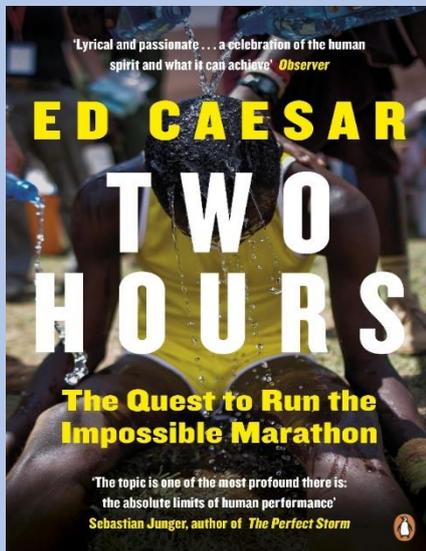




March/April Newsletter



Hello Ladies,

Firstly, I'd like to apologise for the lateness of the March/April newsletter. Whether its kids, school, work, exams, illness etc etc..... life happened and time whizzed by so I really am sorry.

Within all that, I managed to read the book Two Hours by Ed Caesar. I don't know about you, but I have never really thought about the backgrounds of the elite marathon runners particularly and presumed they probably came from privileged backgrounds with lots of support. How wrong was I!

What an eye opener to learn that the runners from Kenya and similar areas have come from very humble beginnings where alcoholism is prevalent in their communities. They not only run for themselves, but their own communities are also reliant on the money the runners bring back from their winnings. Money

that is ploughed back into education, employment and housing.

There were several quotes within the book that I found relevant to the struggles, goals, achievements and ambition shown by many West Hull Ladies, regardless of pace or distance, that I thought I'd share:

"You don't need to win the race or make history to be happy".

"Concentrate on the workings of your own body".

"No athlete, not even a champion, could know when a cramp or an injury might destroy their chances".

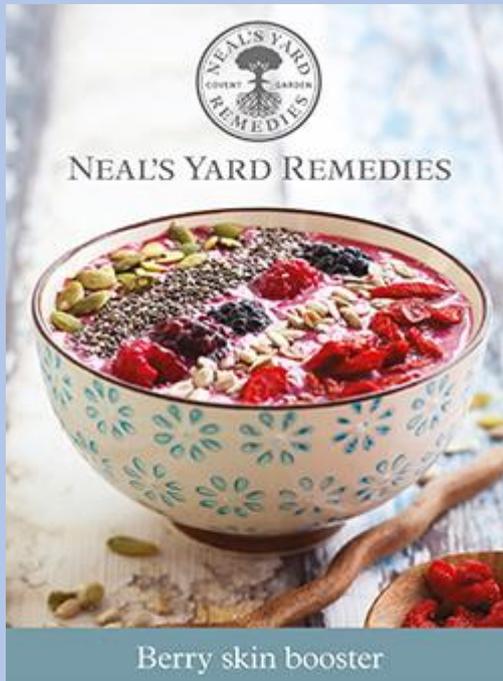
"Draw strength from the crowds".

"Your brain communicates with your body. Have self-belief"

"We all have a reserve that can be tapped into with the right motivation".

Happy reading.... Martina aka Padbrat xx

Berry skin booster breakfast/post-run snack



I found this delicious recipe on a card at Neals Yard the other week and thought it might appeal to some of you.

This recipe makes a great breakfast or a super skin boosting post-run snack. It's easy to prepare and delicious too.

If you are vegan or avoid dairy products you can even substitute the yoghurt for an alternative, such as soy, rice, almond, coconut milk or arrowroot yoghurt, so it really can suit everyone.

Top tip: You can add some nuts or fresh fruit of your choice too. I love berries so there's always stacks of them on mine. Usually blueberries, raspberries and strawberries.

Ingredients:

- Natural live yoghurt - 100ml – supports healthy gut flora.
- Mixed rehydrated goji, mulberry & golden berry – 1 handful – bursting with protective anti-oxidants.
- Chia seeds – 2 teaspoons – Rich in Omega 3 and Iron.
- Baobab powder – 2 teaspoons – Called the tree of life, rich source of vitamin C.
- Bee Pollen – 1 teaspoon – Known as one of natures' most complete foods.
- Hemp & Pumpkin seeds – 2 dessert spoons – Laden with nourishing essential fatty acids.

Directions:

1. Rehydrate the goji berries, mulberries and golden berries in a little water for an hour, or until soft.
2. In a bowl, blend the baobab powder into the yoghurt until smooth.
3. Drain the berries and stir into the yoghurt.
4. Sprinkle the bee pollen, hemp seeds and pumpkin seeds over the top and enjoy!

HEALTH BENEFITS OF GOJI BERRIES

- RICH IN ANTIOXIDANTS
- BOOSTS IMMUNE SYSTEM
- PREVENTS FATIGUE
- HELPS IN WEIGHTLOSS
- REDUCE BLOOD PRESSURE & CHOLESTEROL



No Injury Puts Sam in the Corner!!



So as some of you may know, I've been injured since December. Kris Lecher felt it should be treated as a stress fracture, which meant no running for me.

Very depressing I thought, until I remembered my gorgeous little bike aptly named Tiny. Tiny has been sat in my kitchen and has been barely used since my move to North Ferriby. So, as you can imagine, he was VERY excited to get out on the road. I checked my tyres (Not used to having to do that myself, but I managed 😊) stock piled some snacks and drinks and set off to Humber bridge to meet my friend Jo who was leading a Fitmums ride.

I was apprehensive, what if I couldn't keep up? What if they were all super-duper Lycra clad speedies? I couldn't have been more wrong! What a lovely bunch, all ages and abilities. All very friendly!

We cycled over the bridge out to Barton, on to Melton Ross. The weather was perfect, the forecast rain held off

and it was a bright if chilly day. It felt great to get out and I was on a high!

On the way back, we stopped at the Tileworks café and had a drink and a scone. I left the gang at the Humber Bridge and cycled back to Ferriby with a smile on my face.

33.5 miles in the bag and time for a carvery. Roll on the West Hull Wheelers getting out again when the weather allows!

Well done Sam!

Some of you may have seen that Sam is now on the mend and back running. I would say she is taking it steady, but I think the rest from being injured has given her speedy legs a new lease of life. Either that or it was something to do with Tiny x



West Hull Ladies Committee Meeting Minutes

West Hull Ladies

Committee Meeting Monday 9th April 2018

Minutes

Present Jill, Linda, Amanda, Anthea, Andrea, Anna, Jill H and briefly Sandra

1. Apologies received from Jan D, Jan A, Annette and Maria
2. Minutes from previous Committee meeting (February) accepted as accurate record.
3. Matters arising:
 - a) Presentation evening: Jan organising; Linda paid deposit and full invoice; Jill emails re nominations; Linda/Sandra trophies and hoodies purchased; Jill contacted guests.
 - b) Jill/Amanda questionnaire sent out and completed by over 50% of club. Results still to be analysed – Jill, Sandra and Amanda to sit down together.
4. Maria produced an age demographic chart of the club. It shows a nice standard deviation chart but skewed towards the older end. See attached.
5. Training for April complete. Thanks all helpers.
6. Presentation Evening. Confirmed all prepared and another email to go out this week.
DONE
7. Midsummer Madness, Thixendale 9th – 10th June. Cost £5pp which will be spent on food. Discussed 100K in 24hrs attempts, agreed a 50K in 12 hr new challenge with a T Shirt prize and for Snails 25K in 12hrs with a Snails 25K medal. (Need graphic producing) Amanda to send an email reminder, advertise at Presentation Evening and create rules (for logging distances and safety).
8. WHL Volunteers for parkrun. Andrea suggested WHL managed a Peter Pan parkrun to allow the organisers to have a break (go run!). Andrea to contact Rob Newton. Looking at June/July time.
9. AOB
 - a) Hull Marathon volunteering: i) Andrea to contact Lucas to suggest we run a water station (rather than marshal duty). ii) Amanda to contact Lucas to offer that WHL will do the Goody Bag packing as long as we can manage it (frustrating last year and not much fun). *DONE* waiting on reply.

West Hull Ladies
Newsletter March/April 2017

Meet a Member

Name Maria Diaz, Membership Secretary.

Age 55

Member of WHL since – February 2011. This was one of my best decisions in my life.

What do you do when you're not running? – Not running??? I seem to be always training for one race or another so running is most of what I do with my spare time, well that is what my family think, but I am sure they exaggerate. I work full time and sometimes struggle to fit in a run after work.

How long have you been running? – I started running when I lived in London a few years ago but only managed about 8 months due to the Achilles problem; I started properly again when I joined WHL.

Why did you start running? – To keep fit but now it's an obsession, I think of nothing else, I know most of you will understand what I am talking about.

Favourite distance – 2 yards! Well anything over 10k as I find short distances tougher because I have to run a lot faster than I'm capable of.

Favourite bit of running kit – Thermal skins, they really keep your legs warm when it's bitterly cold.

Any injuries? – Where do I start? Permanent Achilles issue but I see a physio once a month and get fixed to keep running, IT band has its moments mostly when I am doing a race that is about half a marathon and it starts playing up on the first mile, after that I just limp most of the race.

Running goals? – Marathon, but it still scares me having to run for about 5 hours so not quite decided yet if I will do one.

Proudest moment running related or otherwise – Personally my grandson, he is just the cutest thing ever, running is a 10K pb this year which I managed after trying for 6 years so don't give up anyone it is possible

Best piece of advice you've received – Keep running.....

Running alone or with friends? – With WHL friends, always nice to catch up with everyone, could not imagine ever running without you.

What keeps you motivated? – all the WHL as every single one is great and just keeps running even when life throws horrible things at them.



Janes AMAZING VMLM journey

When I was picked out the club ballot to do the famous London Marathon I was elated. What a fantastic opportunity. Col & Dad would be able to watch me from above & feel so proud!



On Saturday morning Mum kindly dropped me off at the coach, with reassurance that I would be OK from the lovely Denise & Paul our driver. I sat next a lovely girl Suey, who just so happened to be my room-mate. We had a coffee break at Peterborough then back on the coach for bingo & then a quiz.

We arrived at the hotel where we unpacked & had our evening meal before an early night. After an early start & breakfast we were off. I left the coach at Blackheath & gave Suey a good luck hug then made my way to my Blue zone. The sun was already beating down, so people were trying to find any shade at all to try to keep cool. I handed in my bag then made my way to the designated area. I chatted to a young lass from Newcastle whilst we were waiting then finally the front runners started to move.

The heat hit me straight away as I made my way over that start line & my marathon had started. I knew what pace I needed so stuck to that as much as I could. There were crowds lining the street at every corner, & marshals warning us of any hazards that were coming up. This isn't so bad, I thought as I trundled on, sipping my tailwind when needed then topping up with water at water-stations. I was doing ok before my stomach started causing me problems & I started feeling nauseous. I made a necessary stop before carrying on. At this point I was feeling pretty rotten but accepted a fresh bottle of water which I sipped before pouring the rest over my head & back of my neck.

I'm going to do this regardless, I remember telling myself. The heat was now so intense so running through showers of spray was such a relief to everyone. Tower bridge was approaching which was the half way mark, I wanted this to be a memorable moment for the right reasons. I dragged myself across the bridge & like the other runners smiled for the camera.

It was so tough by now & only half way, every mile felt like 10, the amount of miles to go was slowly decreasing & now down to single figures which is how I continue mentally. All of a sudden I recognise a cry of "Come on WHL" & "SIS", "Jane come on". It was my brother. I briefly turned and spied him waving frantically at me! I grinned to myself & carried on.

After a few more miles, I was having a small walk when a young lass started chatting to me. She was running for Help the Heroes charity, her ex-boyfriend had been a marine & committed suicide in February at the young age of 22 years. What an inspiring & amazing girl she was. I know how hard it was for me running this race knowing that my beloved hobby wouldn't be there at the finish or in fact ever again & that made me grab some strength from within & battle on.

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I sort of got a second wind. My legs found rhythm & momentum again & I felt much more relaxed. The nauseous & stomach problems had slightly improved, so I made the most of it & glided past quite a few runners.

Not long to go now 4 miles to go, it was such a battle & my legs felt heavy. I needed something so as well as sips of Lucozade sport I was grabbing sweets that were offered. My energy levels were low but slowly & surely, I carried on. As I ran along by the river I suddenly spotted the lovely Jan & Liz. Hugs were given & a selfie. This was the boost that I needed. Less than 2 miles to go, the roar of the crowd was deafening as they cheered us all on to the last stretch. I passed 800m then 400m come on I thought, it can't be far now. My legs were screaming my shoulders & stomach muscles were crippling me but there was only one place I was heading & that was over that finish line. I rounded the final corner then finally I spied it. Here the Adrenaline took over & I increased my pace, well tried to & dragged myself over the finish line. I had done it!



My medal was proudly placed round my neck, & I was handed my goody bag before I collected my kit bag then proceeded to find mum & Mike.

I finally found mum outside St Johns ambulance. She greeted me with a big hug!!the amount of people was immense. Mike had gone to get my bag off the coach. We finally met up with him then decided to get a Rickshaw to our hotel which was a fantastic experience.

The atmosphere & experience of doing this wonderful marathon has been second to none. I cannot thank you all enough for picking me out of the club ballot so I could represent the WHL & do you all proud whilst also raising at least £1800 for Yorkshire Cancer Research.

I want to thank everyone for all the support, friendship & just for being a fantastic club. I couldn't have got through this last year without you all. You are my second family & will always be in my heart with my beloved dad & Colin. They were with me every step of the way through blood, sweat & tears.

Well done Jane x

Sharon & Liz's Mad Hatter HELL on the Humber!

Hell on the Humber... wasn't it just.....but I loved every minute (well nearly) of it!!! I LOVE running over the bridge, just love it. I'd had my eye on the HOTH events for a while. Liz Nicholson mentioned this Mad Hatter event way back, November/December time, and we were both hooked from then on!!



One of the reasons I entered this HOTH event (apart from being a mad hatter myself) was that it was perfect timing for a long marathon training run. I'd (hopefully) complete the training run and I'd (hopefully) receive a t-shirt and a medal to boot!!! BONUS!!! I didn't really have a plan for this other than to take it very steady and not do anything stupid. I was hoping to cover my marathon training distance then see what happened after that.

WHAT I DIDN'T EXPECT was the EH20 being rearranged to SIX DAYS before this event!!!! I had entered both events thinking I had 2 weeks grace in-between, but.....that wasn't to be!!! I wanted to do both events, so I just had to get on with it!

So, registration opened at 7.30am and both Liz and I wanted to get there early, to make sure we were registered ok and stuff. Liz was VERY eager, getting there VERY early! I arrived around 7.35am. We registered then huddled in Liz's car keeping dry and getting very excited! We also had loo trips, of course! We had to attend the race briefing which started around 8.30am; many safety aspects to go through, which is understandable, then... we were off!!!

I was stressing BIG TIME beforehand about the time management aspect of this event! So, I wore 3 watches that day J That day I became lovingly known by Liz as 'Sharron 3 watches Wiley' J BUT when I say 3 watches; one was my Garmin which I knew wouldn't last all day, one was my Fitbit to take over the recording of my mileage when my Garmin gave out and one was a normal watch so I could keep track of the time in general... hmmm..... Maybe 3 watches was a little ridiculous but I didn't want to be stranded half way across the bridge and not be back in time for 6pm!!! Plus, I knew about the rule, stating if we pulled out/couldn't face the bridge any longer/went as mad as a hatter before 5.30pm we'd lose all our mileage we'd clocked up so, yes, I was rather stressed about the time management bit especially as I knew my brain wouldn't be functioning properly a few hours into the run!!!!

So, we started off at the bottom where we start the WHL hill training session. We ran across the bridge down to the other end and round a cone (there was a lady in a car making sure we; a) went around the cone and; b) was there if we needed her) then back across to where we started. That was a loop of exactly 4 miles. When we arrived back at the starting point at the end of our loop we then had to make sure that they recorded our number, so they could record the lap. I made sure I shouted very loudly and enquired numerous times after shouting very loudly to make sure the lady there had heard/recorded me!!! (Poor lady) And that was pretty much it really, and I honestly enjoyed it, I was sooooo happy!! That's all I can tell you. I can't tell you about ANY beautiful, charming, dreamy views along the way because all I saw was mucky water and murky cloud!!! So here are my feelings of the day.....I ran the first couple of laps with Liz which was nice. We had a lovely chatter throughout this. We then separated.

I made sure that I ate every 4 miles, so at the beginning of each lap. I'd packed rather a lot of food; Haribo's (my fav running food), jelly babies, crisps, nuts, pasta, boiled new potato's, jam

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sandwiches, Nakd bars, Nakd nibbles, orange segments, banana's.....and probably much more I've forgotten. I would either take nibbles from my running belt or the table near the cone at the start (near the poor lady) and eat on the hoof. Or, and I did this a few times, shout my number at the poor lady at the start line then walk to the car, open my boot, walk around my car eating whatever it was I fancied at the time.....you see, this time management thing again, making time to eat!!!! Arhhhh.....

So, it became routine; Go to the car and eat, walk up the steep bit either end of the bridge, run across the bridge, run back, shout at the poor lady; and start it all over again.

But, saying it was routine; I LOVED IT!! I just love running over the bridge, obviously it was getting harder each lap and the weather didn't help but I loved it!

19 miles in, I had a nice change to the routine.....I had a visitor..... Only Nige, bless him! He'd jumped on the train, there were engineering works, so he jumped off the train, got a bus, then walked to the bridge.....and I only spoke to him for 10 minutes, if that but, it WAS lovely to see him. I was running back to the Hull side when I thought "blimey, that DOES look like Nige" but convinced my brain was playing tricks on me I thought no more about it then; BAM as I was a few feet away from him realisation hit me that it WAS Nige, oh how I smiled, oh how we hugged, oh how I nicked all his coffee!!!!

24 miles in, an angel appeared, really an angel!!! The weather was getting colder and windier and wetter, it was hard going, all of a sudden.....an angel, he just appeared, heck knows where he came from, part of me is thinking now, he was a figment of my imagination.....but, whatever form he took, he got me back over to the Hull side on that lap. He had come to support a member of his family and was running over to see her.

28 miles in, a chap was finishing his 6 hour event (although I didn't know this at first). I told him not to run with me as I'd slow him down.....he said that he was completing his final lap, he knew he'd get back to shout at the poor lady in time and that he would run in with me to the finish to get me through the last stretch of this lap, nawwwwww, If I'd have had the energy I'd have hugged him!!! He just chatted about nothing but, by hell, he DID get me to the other side.....

Around 29/30 miles in I saw Liz. She was power walking, so I power walked with her too.....and blumming heck DID SHE POWER WALK FAST!!!!!! I was 'feeling' my left calf at this point (and didn't Liz know about it!!!) I just could not shake it off, EH20 catching up with me I guess..... Anyway, to be honest, it was quite fitting seeing Liz..... we'd entered this event together, we'd got excited throughout the months about this event together, we started it together and we were going to finish it together (blimey, getting a tear in my eye just typing that!!!).

Around 33 miles we saw the lovelies which were Gail and Wayne, wow, did THEY go a long way to cheering us up at that particular point!! Was so nice bumping into them, we had a hug, had a moan, had a laugh, they really did go a long way in lifting our spirits, bless them! I thank them very much for that.

Throughout this event I loved every bit of it; the challenge, the endurance; the supportive way the organisers and runners alike were, with greetings and nods and 'well dones' and thumbs up. The only problem we encountered the whole event through was the weather. Blimey, was it cold, it was

wet, it was windy. Now, we all know there is no escaping the elements up on that bridge, it's just a case of (wo)manning up!



I had two VERY low points due to the weather. Mile 32; I was cold anyway, even though Liz and I were power walking and believe me we were going fast, we weren't warming up. We knew we had another lap of 4 miles in us and I'd decided that I was going back to the car to get more layers on to enable me to carry on. Liz decided to also, which I'm glad she did. The cold on mile 32 just hit me like a tonne of bricks, turning icy cold all of a sudden. I could feel everything starting to freeze (oh er missus). With this happening, I ended the day wearing 3 jackets, 2 tops, 1 WHL vest, 3 buffs, a woolly hat, gloves long bottoms and long socks J

Mile 35; I cried.....twice! A gust of wind just blew me back, caught my breath. It was a kind of a "ohhhh heeeelp meeee" sob. I regained my composure then it happened again. I'd battled with the wind all day and, at this point, I'd just had enough of it. I knew I was near to completing this event, I was soooo proud of myself for getting to the end, in this weather, that I just let it all out!!!

At the end, and you'll laugh at this, we were within reaching distance of our t-shirt and bling (yeahhhh) and all of a sudden realisation hit us that we were too early to finish! Can you believe it!!! As I mentioned we couldn't finish before 5.30pm and it was around 5.20pm. I've never known a race whereupon I've had to slow down, well, in this case, stop and take selfies..... It was the most bizarre of things; a) the thought that we had to stop before getting to the end, and; b) looking at our (3) watches and wishing time would just fly by instead of crawl by. Anyway, at around 5.30, what we thought was perfect timing, we arrived back at the cone at the start, I began to open my mouth to shout out my number at the poor lady and just as a stutter came out she shouted over me; "NUMBER 60 – IF YOU COULD JUST WANDER AWAY.....!!!!!!!!!!!!!!!!!!!!!!!!!!!! PLEEEEEEEEEASE.....!!!!!"

Arrrrrrhhhh.....the 5.30pm cut off!!! Arrrrrrhhhhhh.....We were seconds too early!!!!!!

Then, seconds later, the poor lady looked our way and just said "ok" and with that LOADS of runners just appeared.....out of nowhere.....to have their numbers recorded for their last lap! BIZARRE!!!!

Liz and I hugged, went for our t-shirt and bling, took photographs of our t-shirt and bling and then wandered back to our cars proudly clutching our t-shirt and bling. It took me half an hour, with the heating on full pelt, to stop shivering enough to attempt to drive home.

I got home and just cried. I was so proud of what I had achieved. I was so proud of both Liz and I. So proud.

Even though I couldn't walk properly for 3 days afterwards, I STILL love that bridge and I'd do it all over again IN A HEARTBEAT!!!!!!!!!!!!

36 miles I covered that day.....36 miles.....

Absolute super heroes. Well done Sharon, Liz, Gail and Wayne x

Yorkshire 3 Peaks Fell Race: Amanda



As usual I was dragged along and thought it would be OK. I did it 8 years ago when Bingley Becky persuaded me to join her. Unfortunatley, that year she had a major problem with her back and could not run. I made it round (with lots of pain, vowing never again) in 4hrs 54mins – despite having broken my wrist and ran with a pot on (fingers like fat sausages at the end). Photo from 2010:

Bingley Becky is now 60 years old. She was British Fell running champ in her age group last year and wanted to get the Jenny Vasey trophy this year. Jenny was a fell running friend who died suddenly of cancer in her 60s in 2009. Becky persuaded me to join her. Despite my pretty horrendous year I thought why not? My health is looking better and I might be able to train enough.

And so, again, I was there on the start line having had my backpack checked to ensure I had compass, map, whistle, cagoule, over trousers, food and drink and, of course, our “dibbers”. The conditions were good - cool with a light wind. Count down and off we went, out of the field, along the road then hitting the stony track and trying to settle in. Found it difficult from the start. My left hip complaining – think I’d been favouring my right leg since a fell running tumble when I bashed my right knee.

I was carefully keeping an eye on my footing as there were a lot of loose stones. Soon the gentle climb became steeper and we were switching between running and walking. The surface had improved over the 8 years and the top section has big slabs making steps (felt like a thousand!). Pleased to do my first dib on the summit and heading down over peat bog which became very slippery as it steepened (a girl next to me slid down – muddy but unharmed). Soon back on the maintained path.

Now a long, steady section towards High Birkwith but even that has a couple of climbs. Scarily, even at 7 miles I was beginning to feel tiredness creep into my legs. I concentrated on keeping going at a good steady pace. Neil was there when I reached the main road and filled up my drink bottle. Already ½ litre consumed. I was slow getting there, it was tough. By the time I reached Ribblehead at 11.5 miles I was only 4 mins in the cut off time. I knew it would take some doing to make the next cut off and I really did not want to carry on ... did I really want the pain to continue? I took time talking to Neil with my head bumbling. I set off into a steady run but started walking as soon as I hit a rise. My head was being a total traitor just willing me to give up ... which I really wanted to but, onwards towards the big one – Whernside.

The organisers have a right laugh on this one – they take you straight up the hill. Before that there is a small river that had to be waded (guy ahead of me slipped, I grabbed his arm to steady him). Then an enormous bog. Bit scary as people kept vanishing above their knees! Soon down to walking with calf muscles complaining and quads that didn’t want to lift. Eventually it became so steep everyone was using hands on the slope to keep steady. Mad or what! Yet again I was reminding myself of how nice road 10K races are.

I reached the top. Dibbed and tottered on. The down was slow because of the number of walkers and it was rocky ... which very much like the type of terrain I had fallen on in the qualifying fell run.

So yes, I was over cautious, and I was being careful of the walkers. Then a section of steps to run down which were easy but ... gosh if you fell on these!!!!



Saw my friend Alan and stopped for a hug and jelly babies then onwards. Saw my friend Gordon and stopped for hug. It was nice to stop. Legs, hips, lower back hurting and I felt really tired.

Carried on running and hurting and reached the timing point at Chapel le Dale in 3hrs 37mins – 7mins after the cut off.

Disappointed? A little. I felt I had done what I could that day but disappointed that it wasn't enough to get me through the last 7 miles and the climb over Ingleborough.

Photo of Becky and I with Penyghent in the background:

Did Becky do it?

Yes she did finishing in 4hours 47mins and is the proud owner of the Jenny Vasey trophy for the next

year.

Would I do it again? Not sure ... perhaps if I get back to having more confidence in my body and be able to train harder then I might get the urge. And get more time to train in hills. Hull is not fell running country and even the Wolds hills are small compared to these.

For those who fancy it, the time out that counts is 2hrs 10mins at Ribbleshead to cover 11.5 miles and about 1,500ft climb and a bit of rough/boggy ground. But, you really need to be there under 2hrs if you are going to make it to the Chapel le Dale before that cut off. It would be lovely to see a club lady complete it so if any of you young, strong runners fancy a tough challenge

Amanda is just amazing I'm sure you will agree. Such determination and hunger for a challenge. Well done Amanda x

Lindas safety advice when running near dogs!

If you are running and a dog comes at you barking and chasing you, the worst thing you can do is to run, reflex or move.

Dogs will always chase and become more aggressive with you if you attempt to run, step around or reflex. You could also fall over and a more serious situation could result such as an attack on the face or any other soft parts of your body.

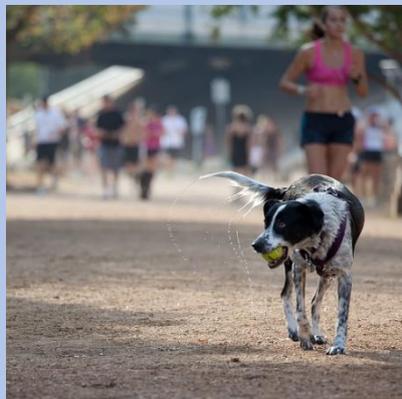
Do not stare at the dog. Keep your eyes on the dog but do not stare. Staring can result in an attack. Dogs become unsettled when being stared at. Stand totally still when a dog charges at you, you will confuse the dogs senses. You are acting in a passive way i.e. no threat, yet not acting submissively. When a dog meets another dog it will sniff it all over. Dogs identify other dogs and people by their smell. A dog that wants to find out who or what you are will need to come very close in order to scent you. You must allow the dog to scent you if this happens. It might even touch your leg with its nose.

By now the dog will be a lot calmer and will probably leave you alone but don't try and run away, just keep the dog in your sight and walk quietly and slowly in the opposite direction to him. When he's out of sight then you can begin running slowly, picking up speed as you feel safe.

Summary: Never turn your back on a dog. Stand still, freeze the action and allow the dog to sniff you. Where ever possible face the dog, but do not stare, don't twist around if a dog keeps circling you, stand still.

DO NOT RUN!!!

Do not try to pat the dog, keep your hands locked in front of you even if the dog appears friendly. Do not be aggressive. If a dog launches an attack: Freeze the action. Do not move a muscle. Do not run. Do not kick out. Stand your ground. As the dog moves away, move deliberately and very slowly away from him. If you get knocked to the ground roll into a ball and cover your face, do not attempt to get back up – stay down and feign death – do not fight back, wait for the dog to lose interest.



Will you throw my ball for me?!

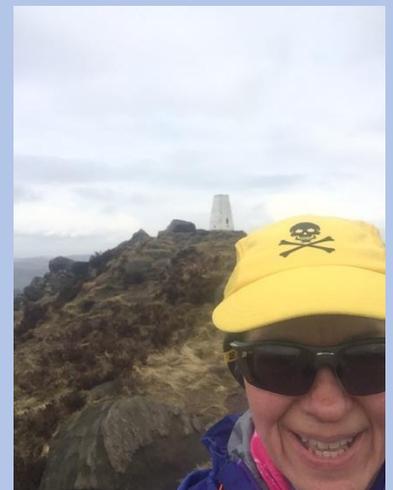
Three Shires – 24th March

This was a Long-Distance Walking Association event, and for those of you who don't know about LDWA, their events are wonderful, because their challenge events are for walkers primarily (the clue's in the title), but often runners come along as well. To stop the runners finishing too quickly, the walkers usually start off an hour ahead of the runners. These challenge events are usually very cheap with great checkpoints – there's usually at least one in a village hall with teas, homemade cakes, sweets, and sometimes hot food as well, and there's nearly always wonderful food at the end as well ... and I've never paid more than £20!

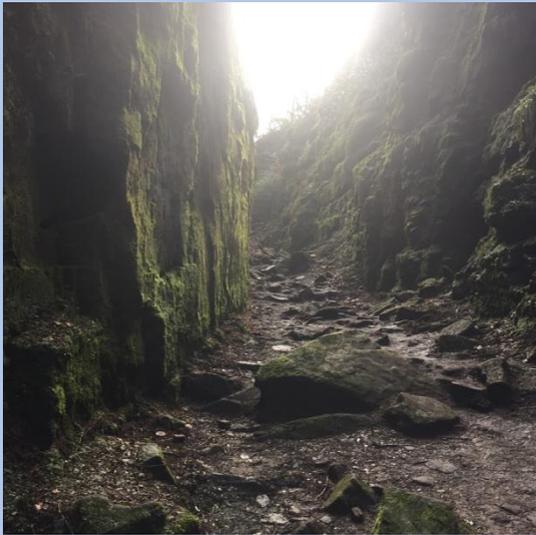
These are trail events, and you navigate yourself, but the step by step instructions are generally really good (if you follow them, and be nattering and then forget to check instructions like “with the canal on your left ...” ... I did an extra mile or two that time ☺). These days I upload the course onto my phone as well, as I have a wonderful OS App that gives me full 1:25000 detail, and buzzes if I'm off course, in airplane mode, to save batteries.

So the Three Shires has a route with optional extra loops for those who want to go further, which means the choices were 20 let some images speak for

miles, 22, 27 or 29. Now I'll themselves ...



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Now a bit of extra information – the Three Shires included Derbyshire, namely the Peak District, which has hills, lots of hills, big ones. Of course, this is a walking event, so walking the hills, even for the runners is pretty much the norm. On this occasion I knew I hadn't done a great deal of running for the past couple of weeks, so I decided I'd set off with the walkers, get an hour's head start of walking, and then start running once the runners caught me up a couple of hours later.

My first challenge was to keep up with the walkers, though!!! Some of these guys do many, many miles up many hills every weekend, and the first hill came right at the beginning, and some of them powered up this hill – it was very impressive indeed!! Eventually I caught up the first walker, and stayed with him a while, runking (run/walking) to keep up with him. In fact with the terrain and the climbing I eventually let him stride off and I just pootled along, happy just to be out and burning the calories again.

My biggest problem that day was not my legs, but my head, and in particular my concentration. Much of the route was stoney / rocky / rooty / lumpy / puddly / muddy and that's fine, but you need to concentrate on where your feet are going, and I was struggling to do that. I had a fall, which hurt a lot at the time, but I sat awhile and then got up slowly and realised I was probably ok to carry on. The downhill sections were tough, though, and I kept saying to myself, 'in a couple of hours' time, you'll be saying to yourself, "see, Ann, I told you to stop" ... I knew my head wasn't on the job and that I was at risk of a fall that would result in an injury.

But then I got to the third checkpoint ... the village hall one – look - ☺



These are oatcakes, and yes, they look like pancakes, but these are Staffordshire oatcakes, made with oatmeal and sold to the potters from the windows of folk's houses as they were off to the mill – they had melted cheese in. I stayed at this checkpoint for some time ☺ and then decided to cut my intended mileage down, omit the 7 mile loop into Staffordshire, and head back to the start.

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Carol and I had rented a rather beautiful AirBnB in a farm outhouse, about a mile or so from the route, about two miles before the end. It was touch and go with the mobile signal, but I managed to meet up with Carol in Wincle. Wincle has its own brewery – that also serves coffee, and chocolate brownies ... and in the spirit of supporting local businesses, of course, it would have been rude not to have availed ourselves of a little moment ... this brewery was the size of a small living room, with a bar in one corner and a wood burning stove in another.



Suitably refreshed I left Carol and trotted off for my last two miles back to HQ. Unfortunately we'd booked a table at the local pub for a couple of hours later, so I had to hold myself back at the end, from the lemon meringue, salads, home made bread, malt loaf, chocolate gateaux ... and contented myself with a cup of tea and a bit of tomato and cucumber, because after a day of carbs, it's so nice to have something cool and fresh.

I'm exceedingly proud of my slowest run to date – my certificate said, "20 miles in seven and a half hours" – do the maths, as an LDWA member, I'd paid £7 (+ £2.50 for a sew-on badge and £13 for non-members) – for 7 plus hours of enjoyment, and food ... that's the equivalent of paying £1 for a 10k race – with food as well!!! It was just wonderful, and I'm definitely doing it again next year, but I'll have a better head on, next time ...

(If this sounds like something you'd like to have a go at, then take a look at this <http://wistanstow-walk.blogspot.co.uk/p/about.html> and get in touch if you want a buddy!)

Paul's 10k for Brain Recovery - Sandra

I entered this a while ago and come the Saturday before the run on the Sunday I was unsure whether to go or not.



Why? I had raced the week before at Gainsborough and then we had started the training for the North Lincs Half Marathon. On the Saturday I had gone out for my 2 hour run and the weather was atrocious as where my legs after running a hilly 12 miles when they were not used to it.

I didn't fancy running in the wind, rain and cold again. Anyway, on the Sunday I got up and saw that the weather although a tad chilly was dry. So off I went to the start of the run at Bilton Village Hall.

After parking the car, I went and got my race t-shirt and number. All runners wore the T-shirt, to run in which was a wonderful sight.

This was the 6th running of the race and the race came about because of an inspirational guy called Paul. Some years ago he was assaulted and suffered brain damage. Running helped him in his recovery and he set up his own charity to help others. In a nutshell this annual event is a way of raising money to help fund this Charity.

So we all had our t-shirts on and were ready to go. Paul addressed us all telling us about his journey and how we were helping others and how we should be proud. It was quite emotional and then we went to the start. I

felt better when Paul emphasised that it was Charity run although he knew some people would be trying for a pb - that sounded good to me.

I am not sure of the route other than we ran to Papas Fish Restaurant - turned left and then went in the countryside to Swine - did a loop and then ran back finishing at Papas.

It was a nice flat course covering some (only a very small part!) of the East Hull 20 - there were at least 3 water stations and plenty of friendly vocal and encouraging marshalls. Plenty of support came from vehicles on the main road as well tooting their horns as they went past.

At the end we were given a medal and fruit and water. I believe there was a buffet laid on at the British Legion Club at Bilton but I didn't get to that.

All in all it was a great well-organised event raising funds for a worthwhile local Charity. I will definitely be there next year - 150 entered and I guess that it will grow and grow. Once you have run it I am sure you would want to do it again and again.

Sandra

Running Adventure – Majorca: Amanda

Our holiday had us based in Port de Pollença. Running directly from the hotel was limited and I wanted to run off road. Using good old Google I found a walking route on the Alcudia Peninsula which was around 10 miles with a fair bit of climbing including the highest peak La Talaià.

However, it was not possible to get to the start of the walk without a car and so the adventure started with a bus ride to Alcudia. A little out of my comfort zone as my Spanish is very limited (non-existent)!

It was two miles to run out of the town to the track (red square on the map). After around 200m my path broke off to the right and I was climbing steeply on rocky paths.

Wild goats with cute young kids were spotted frequently in undergrowth round here.



I reached a peak before dropping down steeply to pick up the path junction which had a very comforting large footpath sign. Now I was on the described 'walk'.

I headed towards Collet des Coll Baix marked as 40mins and then on to Talaia d'Alcudia 1hr 40mins walking time.

The path was rocky, winding and undulating. It suddenly popped out into a clearing and there was a lovely sight of a group of skinny cairns that people had built. An excellent excuse for a photo stop.

So far I had not seen anyone since leaving Alcudia but not concerned.



Onwards on a wide track heading uphill before reaching a refuge, Collet des Coll Baix. After this a steep climb took me winding up through woods. Out of the top and into rocky territory again. I was very careful with my footing being aware that a trip could be disastrous – out on my own!

I reached the top to find half a dozen people there and a German couple (who of course spoke perfect English) photographed me.



It was a cloudy day but temperature good for running but as soon as I stopped I quickly donned both my pertex jackets, hat and gloves whilst I had a cereal bar and drink and enjoyed the views. There was sea and coast all the way around.

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View looking back to our hotel



Then back down. Now being even more cautious. Very easy to trip on the rocky surface and a couple of times I caught a foot, thankfully keeping my balance. My route home was a simple reversal as too far to run the full route.



Some beautiful views (and steep drops) alongside the path.

I took the photo below after giving way to a couple of mountain bikers Are they mad???



I arrived back in Alcludia, randomly doing an exact half marathon: 13.1 mile, 3,100ft climbing. Average moving pace 15mins 38s per mile.

I had a few hours to spare before the bus came so back in Alcludia I lunched then headed to the information centre. The lady was brilliant, really helpful (perfect English) and sent me on a tour of the walled town.

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

Email westhullladies@outlook.com

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

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Saw and walked around the walls, gates, big church (but closed) and the town hall.



All very nice.

Would be worth a visit back to see the Roman remains (4 euros which includes ground area, amphitheatre and museum) but they don't open until April.

An excellent running adventure with plenty of opportunity to get lost, have a mini epic etc ... the best. ☺



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Blimey! I hope you all enjoyed reading that as much as I did. If you've got this far to read this comment, you've probably had more than one cup of tea and given those legs a jolly good rest 😊



West Hull Ladies Rule! Fact!

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