



Newsletter

May 2017



Running the Country!

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Hello Ladies,

You've been showing the southerners how we ladies do it 'up north' this month (I class anything over the Humber as Down South), with some of you getting yourselves on TV and meeting royalty during the London Marathon, Liz D getting 2nd lady in an ultra-marathon in Dorset, then lots of you smashing in some amazing times at North Lincs half. It's time we did an international tour though don't you think?

Shelley



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Linda in London

I was lucky enough to get a Good for Age in last years marathon so I was excited at being able to enter again. Training during the winter months has been hard, there have been some wicked bugs around and I think I managed to catch them all! My training hadn't gone as well as I would have liked and certainly not as good as last years, but not to worry it's London and it will be fun.

During the last six weeks leading up to the marathon my hubby got poorly and I mean very poorly, he must have had every germ going all at once. I

relegated myself to the spare room and tried to stay as germ free as possible. I can't believe how much cleaning and sterilising I did in those weeks and how much extra nutrition I shoved inside of me but it seemed to work and finally the day dawned where I drove to collect Sandra and we boarded the COH

marathon bus to the Capital.

It was exciting and also very nerve wracking too, butterflies in my tummy but before we knew it we were at Excel and collecting our numbers. We were lucky enough to meet and have our photo taken with Paula Radcliffe, what a buzz it gave me.

Then we were driven to our hotel and this is when I found that my voice was going and that really worried me! As the evening wore on it became worse and I had full blown laryngitis although I didn't feel particularly poorly.



We got all ready in the morning and I had a jog round the car park to see if I could run without any issues and it felt ok. So off we went to the start area. We met up with Karen and had a little chat to her and before we knew it we were starting to run. I felt great once I'd got going but I know I made the dreaded mistake of starting off too fast, I could almost hear Stewart shouting at the app for me to slow down.

I was enjoying the atmosphere, the weather was perfect although I was a little overdressed! Hi-fiving the kids, seeing the sights and enjoying the music and everyone calling out my name encouraging me along. It was magic. I managed the distance up to around 15 miles quite well but then I felt a little sick or was that sick of gels because I



had managed earlier on to squirt one all over myself. I was beginning to flag too, my throat felt sore and I really wanted this over. But as luck would have it at around mile 17 Liz Draper caught me up and I had company, we ran together encouraging each other on, giving ourselves a little one minute walk every now and then, taking on water and enjoying the atmosphere. There was a point when we saw and heard a band of drummers and boy was that magic, think I even gave a little jig which made Liz laugh, then at mile 19 there was the Run Mummy Run community which I belong to on FB and they were cheering and waving so I gave a little dance for them too. It kind of gave me a bit of motivation to keep going and Liz didn't seem in any hurry to leave me behind so I had no choice but to carry on.



I'M #RUNNINGLONDON



At mile 25 Liz pointed out that Colin Jackson was at the side of the road cheering and clapping, he was close to me so I shook his hand and gave him a huge WHL hug (sweat an all)! Oh boy that was special. Then it was that last mile home, how long did that mile go on for? For blooming ever, but finally we came into the finish, the last few yards and the roar of people was phenomenal, somewhere near us we could hear people shouting Chris Evans name so we knew he was close by and then we were through the finish, finally and tearfully (why do we cry)? It was magic 4hrs 36mins for the both of us. Thank you so much Liz or I fear I just may still be running that marathon!

Liz went on to join up with Ben with a huge smile on her face and a lovely medal round her neck and I went on to meet Sandra who

had finished half an hour before us, for my Sandra hug and cry (again), then it was a walk to find the bus.

Thank you to all you lovely WHL who have supported me through my training, joining me for runs and knowing that you were watching on the TV and following us on the app, it made all the difference. Also knowing that six other WHL were out there somewhere on the course achieving their dreams too. A special thank you to Liz for keeping me going and an extra special thank you to Sandra for being my roomy and putting up with me all weekend.

I am never running another marathon, ever. Whoops I think I've entered the Hull one!

Linda x



Karen in the Capital

Well I really can't believe I am here at the start of the London Marathon and I am actually going to be running it.

I have watched the London Marathon religiously for years and have been amazed by the speed of the athletes and the determination to finish of many ordinary people, but never in a million years did I ever imagine I would one day be stood at the start. Well I say the start but at the moment I am still in a never ending queue for the portaloos!!

I make it to the start with 4 minutes to spare and after not seeing any of the teal army for the whole weekend meet Sandra and Linda at the start. I manage to fight my way to them and get some last minute words of wisdom from Sandra "don't be afraid to use your elbows and watch out for dropped water bottles" and a rasp of good luck from Linda in her husky tones.

And then it was 10 o'clock and after a few minutes we were off, I said a quick good luck to Sandra and Linda and off I went in search for some space to run in. At first space was very limited but as we started quite near the front I did manage to get myself into some space to run. I had two race plans the first if I could find some space to keep my pace no faster than 8.30 min miles for the first half of the

race and then pick it up if I had anything left, the second if it was too crowded to just run and enjoy the occasion and not worry about a time.

I was quite lucky that I managed to do both, I stuck to the middle of the road mostly to avoid Sandra's warning of dropped bottles and managed to not set off too fast. At 6 miles I was feeling pretty good but knew there was a long way to go. I had my gel and was in awe as we ran around Cutty Sark I was amazed by the sheer size of it and the crowd were amazing cheering everyone on. I had a quick look for my family and friends but I had already advised them not to go there as it would be too busy so wasn't very disappointed not to see them.

My next goal was London Bridge I seemed to remember it was about at the half way point so was looking forward to reaching it. I was not disappointed once again it was an amazing sight and the crowd really lifted everyone. A mile or so later I managed to see my friends and family cheering for me that really gave me a lift and I was grinning from ear to ear and loving every minute of it.

So far so good, I was half way with no major problems was on a good split and felt quite fresh. My next milestone was 18 miles as this is where I literally died running the Hull marathon. As I neared the 18 mark I kept thinking am I ok do I need the loo are my legs still working. The answer to these 3 questions was yes, no and yes. So on I went with a boost of confidence thinking maybe I could really do this and run the whole way and get a pb.

Mile 20 and I was still feeling ok and my friends and family popped up again, my sister was jumping up and down like a Meer cat in the middle of the crowd and shouting my name in her squeaky voice, how I managed to hear and see her I don't know but I did and yet again was grinning from ear to ear.

22 miles I was still feeling ok but starting to feel my hamstrings getting a bit tight but the crowd kept me going. Mile 24 I was really starting to hurt now but knew it was only max 20 mins if I really slowed down to the finish and I would still be on a pb. The Next 2 miles passed in a mantra of keep going keep going one foot in front of the other don't stop now. The last mile came and the crowd where amazing but I was really too tired to appreciate them by now, I managed to avoid runners who suddenly stopped in front of me and ones running from side to side like they were coming home from a good night out. And then there it was the finish and the only thing left to do was pick which arch to run through, I decided on the middle one and was so

excited to stop my watch on 3.41 a 16 minute pb. I stopped to collect my medal and my legs decided they didn't want to stand up anymore and turned to jelly.

I chatting to a few people on the walk back from the finish and managed to find my friends and family without too much trouble and then spent the rest of the evening celebrating. What a wonderful weekend it was and what a wonderful marathon. The only down side it that I now have to do it all again next year as I have a age group time again

Karen



Jill and Kate!

Where to begin, get comfy and I won't be offended if you miss bits out!....as soon as I discovered I received a ballot place for 2017's VLM I won't lie, I thought B@LL*! #S especially when my partner in crime (the husband) wasn't so lucky/unlucky (however you may look at it). We were both extremely lucky enough to take part in 2015 VLM and that was an amazing experience...well I thought so although our finishing picture suggests something different haha so the thought of running all that way alone was a concern.

I'd bought some new trainers to try and solve my blister issues, a Garmin 235 (with whl coloured strap) and some more socks....set to go get the training underway!

On January 1st I completed my first run following My Asics training app which I think is fantastic I selected 4 runs a week (2 and 3 runs are also available) and stuck to the plan which had me completing the marathon in something like 4hrs 22mins if everything went according to plan. The plan was like a mum – it told me what to do and when to do it and I did it and didn't question it and I loved it! Lucky for me I only work Mondays and Tuesdays (28 hrs a week, so I promise I work hard) but

this allowed me to fit my runs in during the day, throughout the week leaving the long run for a Sunday. I know how difficult it is finding the time to fit in all of the miles but you just do and I can honestly say I enjoyed it, I think a kind winter has definitely helped too.

Sometime into the plan I received an email from the app suggesting I revised my plan this was because I was managing to go further and quicker and because it logs everything through Garmin connect it came up with a new time of 4hrs 03 mins WOW now that would be awesome so I went for it and made the changes, the changes appeared in the times and so I had to complete what were the same distances a little quicker and I felt fairly confident as each run I did and felt very comfortable.

I'd joined in a few of the long runs on a Sunday morning organised by City of Hull which were fab especially when you lot of lovely ladies joined in too, I would really recommend doing these if you fancy a long run or are training for a longer distance as it makes the miles tick by so fast and you're done and dusted in time to have a second breakfast!

I feel like I may be beginning to bore you all now so I'll move on....I took part in EH20 I was a nervous wreck but loved it and have to say a massive thank you to Shelley and Stacey because if it wasn't for them I wouldn't have achieved the 3hrs 3 so thank you so much I was well pleased with that and again I felt great and although I was pleased I'd got to the end of the race I imagined having to go further and I thought yes I could carry on unlike the time before were I burst into tears crossing the line...I was fitter, faster and injury free.....!

The next day I saw Kris Lecher who asked how I'd got on, when I told him my time he said 'well that gives you 57 mins for a 10km which you can do'....yep I can... however what about those 20 miles before that?....why not I'll give it a bash hahaha (hysterical laugh) and so that turned into my goal, my ridiculous, foolish goal! Oh well, aim high so that when the next time comes around you can aim higher...right?

Ok so more running....more talking about running...more thinking about running....until...we were off on our way to London Baby!! I'd booked a 2 bed apartment which was literally around the corner from where mile 9 swept around so it was perfect. On Saturday we took the cable car which was fab and great value too (definitely a 'to do' for the

'lucky' ones next year) it takes you right over to the expo where I received my number...it's so well organized and the people behind the desk issuing the packs seemed genuinely excited which was lovely considering the thousands of people they were greeting and wishing luck to, the place was buzzing. We didn't spend a great amount of time at the expo what with the kids in tow so did the necessary (collect number, collect free stuff, eat free stuff and have a miniature London Pride beer) and then went off to Madam Tussauds, back out for dinner then back to the apartment for an early night.

Sunday morning 7am alarm (eye of the tiger song)....wake up!!! Ok so now comes the bit that Shelley actually asked for... hahaha

Marathon day!!!

I had a huge bowl of porridge, a nervous toilet (sorry) and got ready...

Ian and the kids left me at Blackheath with Rachel one of KUHAC's runners, Rachel had kindly offered to run with me to try and help me achieve the 4hr. It was a lovely sunny morning and we decided first things first....toilet queue, right sorted, next thing....get rid of our bags and then toilet queue! All of a sudden we needed to get to the start, I'm not sure where the time went but I had no time to stretch...

we walked over to pen 5 I was supposed to be in pen 7 but thought we could beat the system and sneak in....no the pen police moved me to pen 7 where I was supposed to start off...which was a real shame but never mind, in some ways I was relieved that Rachel didn't have to drag me round but gutted I was alone (I know you're not alone like Michael Jackson said, but I was alone). Anyway too late now, I started edging closer and closer to the start line and before I knew it I had crossed it. Across to my left was Nick Knowles with the most horrendous hat on but he made me think of the Mind over Marathon programme and how I'd thought the week before how out of all of those brave people taking part on that programme Rhian was the lady who I really wanted to say 'You're amazing... good luck, and guess what....I saw Rhian so I said to her...You're a.... well you already know what I said unless you're all actually asleep right now?!

So no idea why but I started a stitch, a bloody stitch! I can't remember the last time I had a stitch I'm not entirely sure if the stitch went away because my next problem were my toes and the soreness from them made the stitch pain forgettable...goodbye stitch pain, hello blisters! I was dreading removing my shoes and socks thinking what mush was left over in fact I'd convinced myself my

toes and nails had all completely fallen off and I would need to shake them out of my socks! It didn't matter I knew exactly where I was and knew around the corner I would be seeing my best mates May George and Ian and there they were right where they said they would be, our high 5's were top notch...AWESOME!!!

I'd say the first half went pretty well (if I had a £ I can hear you all saying) I was easily on track even clocking an 8.30 min/mile but I had no idea how long I'd been running I hadn't paid much attention to the clock when I crossed the start, thanks to Nick Knowles's ridiculous head wear and Ian (sabotage) Coopland had set my watch so I could read average pace/mile and distance...well I don't like it like that I like seeing time, pace and distance so that's excuse number 2! I found myself just thinking I'll feel better when I see the next mile marker and counting down to my next gel, the crowd were fantastic sometimes too fantastic were I wanted to screech back YOUR'E HURTING MY EARS but a good crowd without a doubt help you get through....I must have stopped a good 10 times mainly at water stations as it was so hot (excuse number 3) I just felt I had no strength in my quads they were killing me!

I got to 23 miles and although I had no clue how long I'd been running I knew I was no where near achieving what I set out to but hey a 'set back is a set up for something better'! Ref; google search = next time quotes! Just a few miles to go and I carried on ticking off mile by mile rather than 'just a parkrun'.

Nearly there I promise....I turned the corner of Buckingham Palace, I was on the home straight I just wanted it to be over with now so I started sprinting!!!

Hahahahaha no I didn't I carried on moving forward somehow and I saw on a big screen the royal family dishing out the medals , I heard a commentator say the if you were near enough finishing that you may be given your medal by one of the Royal family....Yep why not! I crossed that magical line so very very happy and thought who should I choose to present me with my medal...Of course it had to be Kate...why?...because girls are best! Kate was lovely she congratulated me asked

me how I found it...I said 'it was hard' she said 'I bet'....we arranged a dinner, I said let's do lunch we're practically sisters now!

That's about it really...(thank flip I hear you cry) oh and the time 4.17.44, 21 minutes off 2015's VLM that's because the chimp I dragged round that time was lovingly supporting me!

So all in all I would have liked to have been quicker but I wasn't but I'm pleased to say it wasn't because I hadn't put the work in and trained hard, I thoroughly enjoyed it, all of it! I will get fitter and stronger....and wait for October (because of course I put in for the Ballot) and this time hopefully a nice training top will be posted, 2018 could have me doing Manchester or Barcelona marathon...or heading to Manchester to get to Barcelona for a jolly!....One last though... West Hull Ladies are the bomb!

Jill C



Planning for Performance

I have two magnificent obsessions - running and data. Running gives me a huge amount of data to play with and the data provides information about my running. It also gives me the ability to spend time planning and creating charts about my running while thinking about running!

Plan A – The Plan:

Plan A for London was to enjoy it. I'd first thought about running the marathon as a wheezy 15 year old. Once my asthma was finally under control in my mid-30's I started running for fun but it wasn't until 2009 that I became hooked. I tried 7 times in the ballot and ran 4 other marathons while waiting for a place and finally it had happened. Alongside my usual plan - to finish upright and smiling - enjoying the experience was definitely Plan A.

Plan B – The Plan:

Plan B arrived a few weeks before the marathon, after my last long run. My training for London had been going well. I had a few hiccups along the way but generally I felt strong and, as a result of the WHL training, my average pace over distance was showing increases. With an East Hull 20 time of 03:48:10 a PB might just be possible.

I'd read an article featured on Episode

377 of the Marathon Talk Podcast called *"Perfect Pacing at the London Marathon - How to run like an elite and achieve a personal-best at London"*. Professor Barry Smyth had studied the pacing of over 215,000 London Marathon runners. Even elite athletes, so it seems, start off faster than their overall average pace and then slow down (admittedly not as much as non-elites). My technique of starting off too fast and finishing slow was starting to look athletic and, alongside the fact that females were shown to be better at pacing over distance, I set about setting my paces for each 5km split based on the report.

I was warned that a PB can be difficult in London as it can be very crowded – and it was at times – but I was dreaming of running a PB. I found myself digging into my data and looking at average mile paces. Such was my excitement at one point I even looked up Boston qualifying times! Plan B had a realm of possibility that made it just as attractive to me as Plan A. The Plan B target was 05:08:00. It was set. The numbers had aligned.

Plan A vs Plan B – Race Day:

I was in the blue start of the marathon. Limited success using the female urinal had given me something to take my mind of my increasing anxiety levels (I'm too short – don't ask). I was in pen 8, near the front and too far forward. I noticed people around me had 4:30 pace bands on their wrists and the 5hr pacer was in pen 9. But then we were off! I ran steadily and let people pass but when I looked at my Garmin I was 1 min a mile faster than my target pace. By then I was utterly excited and I told myself I wasn't running too fast, after all everyone was overtaking me. A lady dressed as a tree overtook me at one point. My legs felt AMAZING! Everyone was cheering...

By mile 5 I had slowed a little but was still running faster than I had intended. I found myself worrying that I'd wrecked my whole marathon experience. It was going to be a catastrophic disaster! Then I remembered something a WHL said to Sharron during a race. *Mentally just stop, restart from here!* (Sorry, I don't know who the wise one was). Remembering that Plan A was to enjoy it, I focussed on seeing *11:something* minute miles on my Garmin and before I knew it I was turning onto Tower Bridge – and oh my! – If you run this marathon just do it for that moment!!! (and everything else of course).

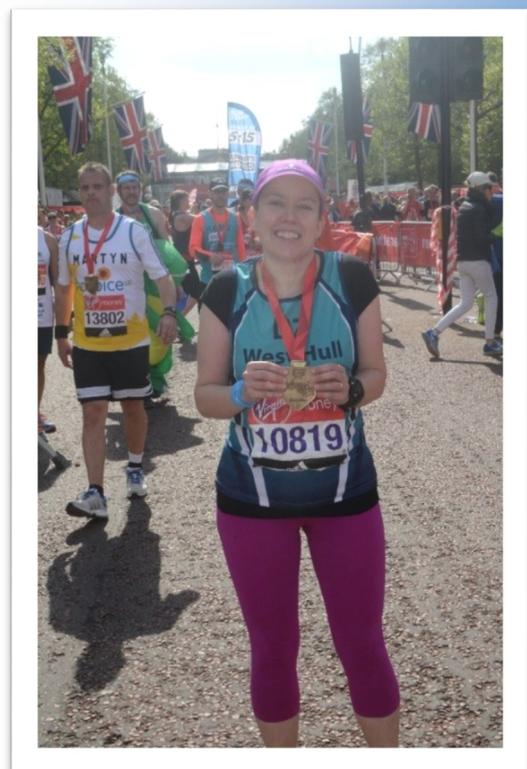
Despite my head telling me to watch the pace, and that I could feel the pace in my legs, about halfway I was due to run passed my husband and the in-laws so I kept at a pretty solid pace. I wasn't going to walk past them! By 16 miles my quads

were grumbling terribly. I reverted to my 0.1 mile walk and 1.0 mile running routine and while it was difficult to run at times it was also difficult not to as the wall of noise and cheering was incredible. And yes, I did make sure I was running when I passed my family again at mile 22 (what can I say!).

The last 6 miles were brutal and after a slow plod/walk-pace on the Embankment we turned into Westminster. Running along The Mall at the end was awesome! The grumble from my quads was deafening but I didn't feel it. I saw the finish line! *This is why we do this! This. Is. Bliss!* Crossing the finish line I struggled to keep it together and had a little cry. Totally overwhelmed I received my medal, picked up a fabulous goodie bag, used a proper toilet and ate a packet of crisps!

Plan A – The Results:

Here I am enjoying my medal!



Plan B – The Results:

The chart below shows (in **green**) the female, non-elite line from the London Marathon pacing study. This shows the degree to which a runner runs each 5km segment slower or faster than their average race-pace.

The **orange** line is Plan B, sitting close to the green line.

The **red** line is what actually happened.

Spot the faster start between 5-10km, the ouchy bit where the wheels fell off between 25-30km and my attempt at a sprint finish!

It's the first time I've run a race with so much support before, during and after

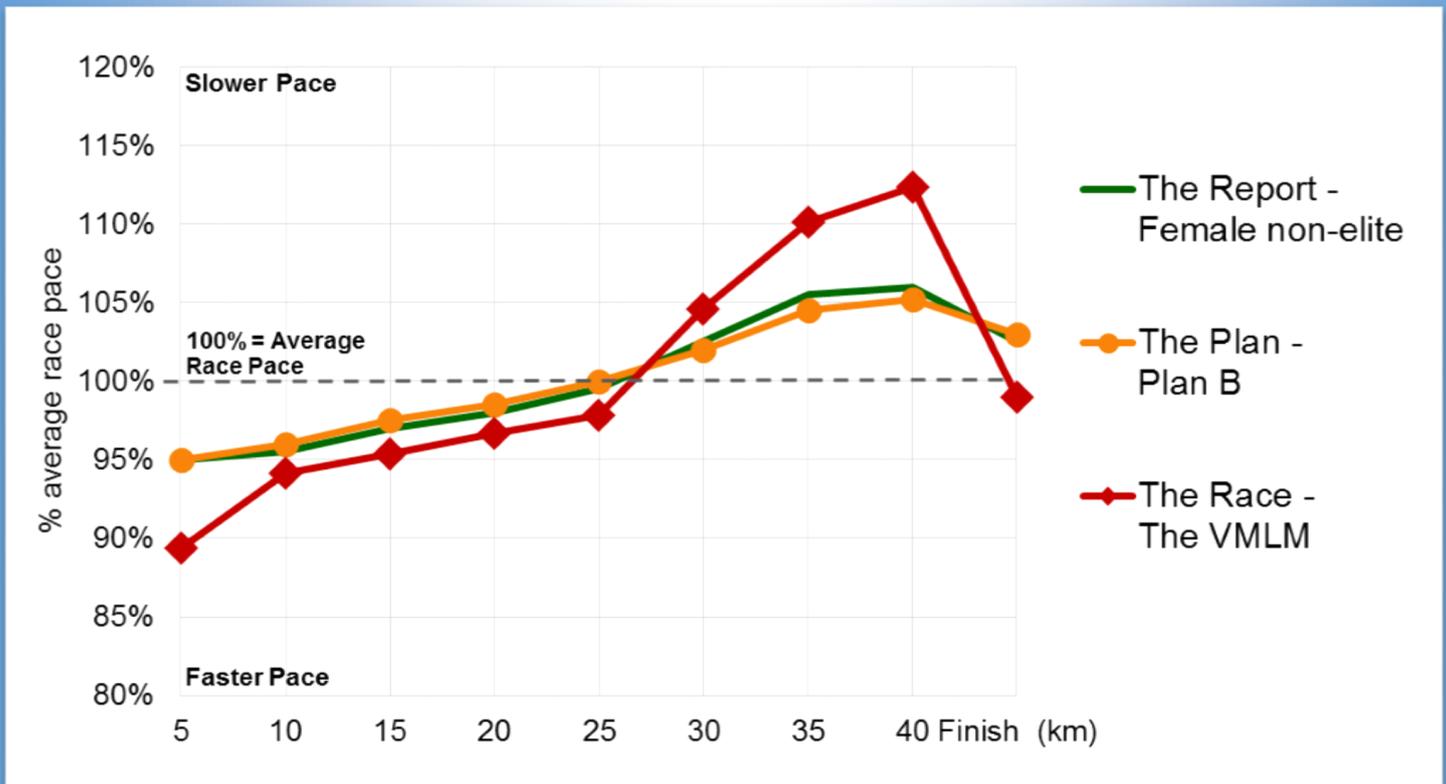
the race, particularly from WHL! I can't wait to follow all the WHL's next year. It's utterly utterly brilliant!

Let's do it again! Here's to more running, to more data and maybe a bit more work on my pacing!

Liz N

London 2017 - 05:18:34

The article can be found at [medium.com](https://medium.com/running-with-data/perfect-pacing-at-the-london-marathon) in *Running with data* "Perfect Pacing at the London Marathon" by Barry Smyth, Professor of Computer Science at University College Dublin. Also, if you've not listened to Marathon Talk yet I'd thoroughly recommend it.



Ultra Woman Liz D

What? The Ox 12 Hour

When? May 6th 2017

How far? As far as you can in 12 hours

Where? Rushmore Estate, Dorset

Website (in case you're tempted next

year): <http://whitestarrunning.co.uk/racePages/racePage-Ox.php>

Strava (for proof!): <http://bit.ly/2q7ULAV>

Goals

A goal: WIN! (Spoiler alert: I didn't win)

B goal: Run at least 50 miles

C goal: Run at least marathon distance

Background

The Ox Races are a series of 5 races all taking place over the same weekend. You basically camp in a field, run around in the woods for your chosen distance, and then get given a medal and a beer. The perfect weekend!

As well as the 12 hour challenge, there is a 50 mile race (8 laps of a 10k course), 2 10ks (one at night, one in the morning), and a half marathon. A special lunatics' medal was available for anyone who did four of the races – one guy actually did this!

I'm running the Lakeland 50 in July (which I am terrified about!) so I wanted to test myself over the distance, but without having to worry about getting lost, carrying a load of stuff, or being last. A lap race was

perfect for this, as I could just leave my bag of Pringles and cheese sandwiches in the tent, and stop every lap for a bite to eat. During one of the laps, someone asked me "Why the hell have you come so far for a race?!" Good question. A few years ago my uncle Martin made me do the Giants Head Marathon (organised by the same people as the Ox) as it was his 100th marathon, and I got hooked. The races are best described as "organised chaos" – the people are so friendly, they give you cider at the checkpoints, and the scenery is fantastic. And the medals are second to none – I mean, just look at these:



The race

The race started at 8am on Saturday. Since I was camping in the field next to the start line, there wasn't really much race prep to do – I just woke up, ate my cereal, packed a bag of food to take to the start line, and off I went.

The first lap was 12km, and after that it reverted to 10km laps, so if you wanted to run a marathon distance you just needed to run four. However, I am not a slacker! So I ran eight laps. What a loony.

To be completely honest, they've all kind of merged into one in my head, so I won't try to describe the whole race in detail. The loop was all off road in woodland, and was fairly undulating. The first half was mostly downhill, which was lovely but inevitably meant the second half was mostly uphill! At the halfway point there was a fantastic checkpoint, with the usual crisps, jaffa cakes and coke, but also cider, vodka and hugs for those who needed one.

I started off really *really* slowly, walking the uphill and running the downhills and the flats. I got three laps under my belt before sitting down for 10 minutes to have a little rest and some Pringles. The fourth lap felt much easier after that, and before I knew it I'd covered marathon distance.

I expected things to start getting more difficult after the fourth lap, but I planning to just keep on plodding until the pain hit,

and worry about it then. But to my surprise, I was able to carry on running at the same pace without too much trouble. I had another break for lunch after the fifth lap, and before I knew it I was on lap eight, and approaching 50 miles! Incredibly, I was still feeling good, but I deliberately started to slow down. I knew that I would finish lap eight before 8pm, which would mean I could go out for a ninth lap – which I really didn't want to do!

After going through the checkpoint for the last time, the pain finally hit. The uphill seemed really steep, and I had to walk the steeper downhills as my knees were hurting. I decided that even if I finished before 8pm, I would definitely NOT go out for a ninth lap!

I finished in 11 hours 41 minutes, got my giant medal, sat down on the grass, and downed a beer within about three minutes! Once I'd finished my tube of Pringles I started to feel a lot better, and ambled off for a shower – where I discovered that I had some quite severe chafing problems! L But these were easily forgotten about once I'd had a shower and got back to the beer tent.

One final question remained – had I won? I hadn't seen many solo women out on the course towards the end of the day, as a lot of people had stopped after completing the marathon distance. At about 10pm (when I was at least four beers in!) there was a very informal prize-giving "ceremony", which basically consisted of the race director cracking jokes and giving out beers to the winners. I didn't win, but I did come second, and got this lovely print and two more beers:

Even though I didn't win, I'm really pleased with how long I was able to keep running, and I'm feeling a lot more confident about the Lakeland 50 now that I know I can run the distance. Lakeland only has 4000 feet more elevation, and only have to carry all my kit and navigate myself... no problem, right?!

Liz D



North Lincs Half



So I was inspired for this years' Boxer Braids by a photo of Karen Park at the London Marathon and it looked super cute, low maintenance and comfy. So I booked my hairdressers appointment for the evening before and sacked off the usual Crown Braid and the 137 hair grips that go with it in favour of the pigtails:

Pro's

- Instant Facelift
- Don't have to get up early to mess with hair
- You can sleep on it
- Doesn't get sweaty and slap you in the face like a wet ponytail
- Looks great even when running
- Instant 70's crimped cool disco chick look when removed

Cons:

- Takes ages to take out
- Tenderises the scalp after a while
- Instantly adds ten years when taken out
- Instant 70's crimped hag stuck in a time-lapse look when removed

Anyway back to running. I wasn't looking forward to this race as I hadn't been able to train properly since contracting Sinusitis a few months back. I'd cancelled two races so far this year due to continuing illness and despite trying desperately to get back into it, I was nowhere near last years' fitness levels. The training runs of 11 miles had been hard so I fully expected that on race day I'd struggle. Or so I thought.....

I drove over with Ros and we both felt nervous and didn't have the usual adrenaline flow. I opted to park at the College as I knew a walk would do my legs good at the start and finish. I thought the new location was much better but was surprised not to see toilets near the start line and had to do the usual detour through the surrounding wood!

On with the race....The first four miles I hated, I went off way too fast as usual and got shin splints and they didn't ease until about mile 5 however, I had Sara Ellis still in my sights and was convinced I could close the gap between us a little. By this time I was ready for some fuel and totally mis-read the leaflet thinking that a jelly baby station was coming up and it wasn't. School girl error. I finally did get some jelly babies but by that point the wind had whipped up and I was chuntering like I don't know what and I'd lost sight of Sara. When the wind finally died down I was really pleased to discover I was running a very slight

downhill from about mile 9 or 10 onwards so I went for it and I mean I totally went for it, I even raced a guy up the hill towards the end as he said it was his first half marathon and I was damned if I was going to let him beat me. I then saw Jermaine stop with another runner at the side in front of me and called out to her although wasn't sure if she heard me but I was on another downhill roll then and made my way towards the end - except it wasn't the end! The noise from the stadium had travelled about a mile or so and I was convinced I was going to turn a corner and the end would appear and it didn't, so I panicked and latched on to a couple running together to keep their pace and finally the goal was in sight. We all speeded up for a sprint finish and both of them overtook me but it kept me going and I was so pleased I could have hugged them both. I saw the majority of other girls run in and it was a fab occasion as usual, one of the best events locally for the running calendar I think.

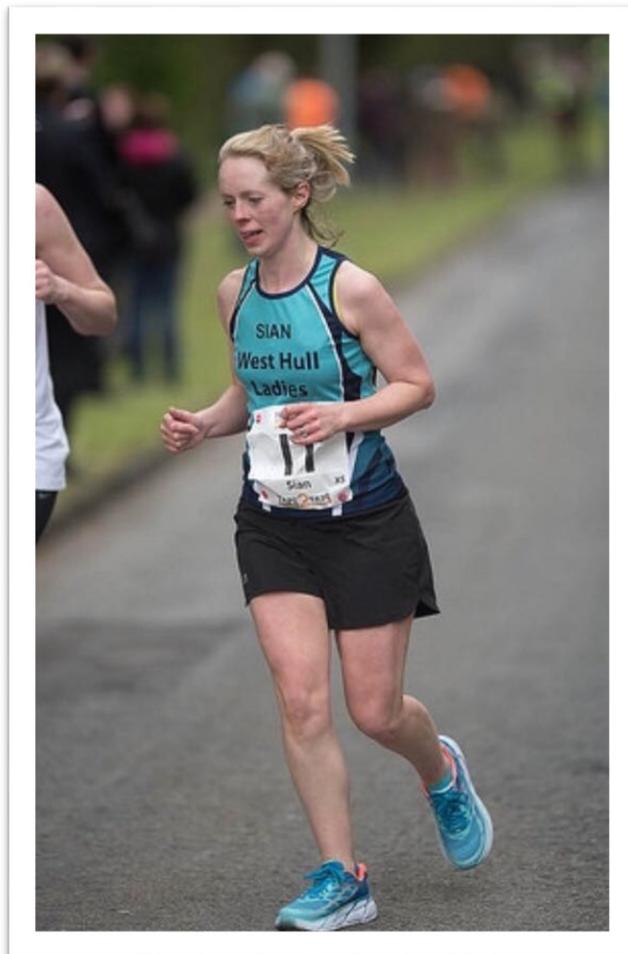
Lynne

New Race, Same Old Emotional Runner

I'm sounding a bit like a broken record but this was another race I hadn't felt properly prepared for, and it showed. The usual kids/work/illness stuff conspired in the few weeks leading up to the race and I didn't do enough training. All that said, North Lincs was always supposed to be the start of something, a means to an end rather than a result in itself. My 'A Race' this year is the Hull Marathon. It will be my first (and possibly last!) marathon and all other running I do this year needs to be in support of it. I'd started looking at training plans and was annoyed that they always seem to start negatively – with a rest day! I thought, why not start with a race? That way I can get a proper timed baseline from which to improve. I picked North Lincs Half and was feeling ok about it until a few weeks before when I realised I had only ran a maximum of 10 miles a handful of times since last year. In fact, I only made the decision to definitely run it on the morning of the race. So it was a rush getting there, I forgot my Garmin, tissues and contact lenses, had a massive rush to the HQ and then waited in a HUGE queue for the loos – I understand the organisers will be

putting that right for next year! Then me and my hubby ran to the start line with only a couple of minutes to spare. I squeezed in around the 2:15 pacers, just near Ang and Ann, and tried to calm myself down and settle into a rhythm. But it felt tough right from the beginning. I lost sight of my fellow WHLs pretty quickly and despite the lovely crowds, I just wasn't feeling it. The countryside was nice enough, the support - especially the marshalls - was really lovely, but my head wasn't with it. Then about six miles in I realised the pacer flag I thought I was keeping up wasn't actually the 2:15 pacer, but the 2:00 pacer. No wonder it felt hard! By that point I guess the damage was done. Without a watch I have no idea about pace but it was erratic to say the least, with periods of decent running probably sub 9min/miles after fuel/water kicked in, then dropping down to a walk when my mind and body didn't want to carry on. The course was flat and the weather actually great for my running – cool and cloudy but dry. But I felt negative going into this race and that didn't lift until about two miles before the end.

After running alone pretty much the whole course, and feeling too knackered and grumpy to strike up any conversations, as we went over a bridge I noticed a girl on my right who was really struggling. She was walking and looked in pain. I gave her some encouragement and we managed to run/walk the last couple of miles together – mostly running though, with her telling me to go on without her and me coaxing her to keep going. Her name was Laura, she was from Leeds, a total stranger who was suffering from a stomach hernia and wanted to do one last race before she was sidelined for an operation. However bad I felt, it was nothing compared to her. She was in pain but wanted to continue. Mostly though, she was battling the demons in her head – she was normally a fast runner and had done this race several times before, but physically she was struggling. I had long since realised I wasn't going to get anywhere near my sub 2 hour target, but here was a much better motivation – this girl needed some Teal cheerleading. We couldn't really chat much, but we kept going and when we finally got into the stadium for the last few hundred metres she and I even kicked on for a little sprint finish! We hugged and had a little cry after we crossed the line. She said thank you many times, but honestly, I couldn't thank her enough. In coaxing/bossing/encouraging her to keep going, I distracted myself and in the end we finished in a none-too-shabby 2:10 (chip



time) plus change. Post-race, the lack of training and disappointment in myself kicked in, but I need to learn to put it in perspective. The intention was to draw a baseline which would inform the rest of my training – where am I now, where do I want to get to, how do I get there. So to conclude: with inadequate training and a very negative head on, I ran a half marathon distance for only the second time ever, in an ok time. I need to pull up my big girl pants, stop moaning and build on the experience so I can feel ready for biggie – the Hull Marathon come September. Who's with me?!

Sian

Snail Tales

'So where do I start?... I have NEVER been able to run, like ever! I was the kid at school writing fake notes or hiding behind the trees when I realised it was 'twelve minute run' day ha! I have always been a big girl too which has never helped. I have two children aged 3 and 4 and after having my youngest I decided I wanted to set a good example to them so I joined a local 'boot camp' in an attempt to get fit, I absolutely loved it and proved to myself that I could do things I never thought I could. So on the back of this I had a moment of madness last year and signed up to the Hull 10k just to set myself a challenge and prove to myself that I could do it. I trained alone, early mornings, late nights once kids were in bed and found from struggling to run to the top of the street I was soon plodding through 5k. I think everyone I knew was in absolute shock that I was doing this and showed their support through sponsoring me. I completed the 10k in 1 hour 28 minutes and raised £800 for Yorkshire Cancer Research. I thought I had 'the bug' but after a few solitary runs after the 10k I found myself sat back on the couch. Fast Forward to January and I knew I had to start moving again, I

discovered WHL and the Snails group via Facebook. A few messages later to Carol and messages to an old school friend who had shown an interest in running (Louise Lawlor) we found ourselves at Snails. I can quite honestly say it was the best thing I have done, everyone is so welcoming, we all work at our own pace, the main group are fantastic at including us on any sessions I have turned up to, but most importantly I feel part of something. I know I am not alone. I know being part of this club will not let me find myself sat back on my couch. This years challenge is to complete the Hull 10k with no walking (and hopefully improve on my time from last year), to date I have managed 8k so I am hopeful. None of this would have been possible without Carol, without Snails and without WHL. Snails make running accessible for ladies of all shapes and sizes and all abilities and for that I am truly thankful. Next year's challenge North Lincs Half Marathon.....watch this space xx'

Kelly



WHLrs



Hull Thursday Road club's time trial series.

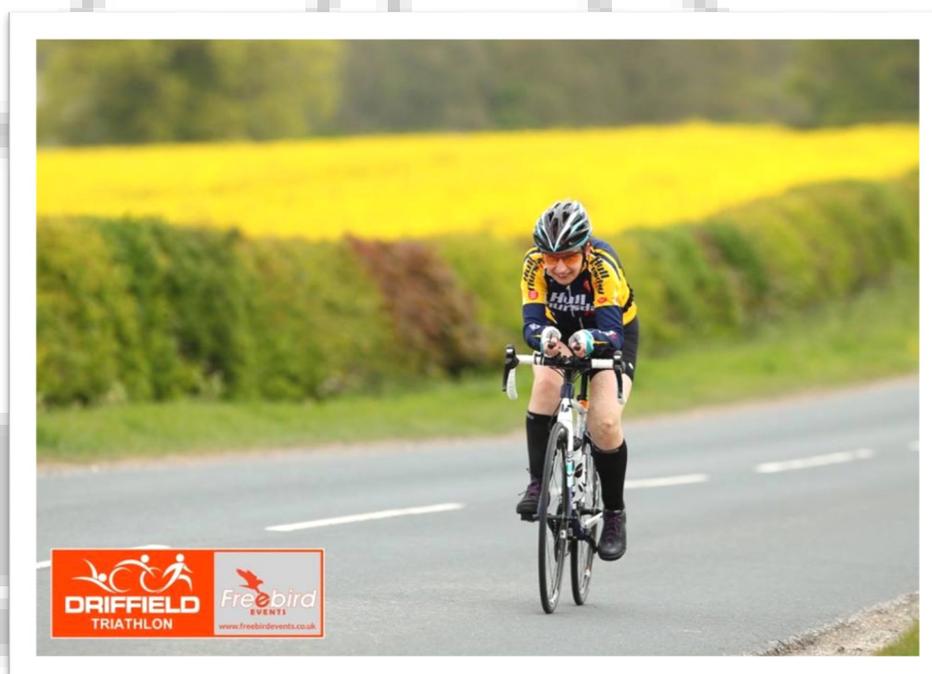
Over the past couple of years I've been having a love hate relationship with triathlons. This is totally the fault of my sister, and fellow Whl, Liz Hobson, who has goaded me, kicking and screaming into doing these events lol! Recently I decided that if I wanted to do some better triathlon times that I needed to ride my bike more. With triathlons, I usually go on the basis that I do run practice anyway, Having a pathological hate of swimming and anything water based, I absolutely have to practice my swimming, or risk being the only person ever having to be life saved from the swimming pool in a sprint triathlon! Being quite busy, I tend to get on my bike the week before the triathlon and do a few undulations around Swanland, and that's about it. So my bike is always neglected. Despite this, it is often my best discipline in comparison to the others, and also I just happened to accidentally by a new bike a couple of months ago...you know how it is, you go to the bike shop for a couple of inner tubes and accidentally buy a new bike...it's a bit like going on sports shoes and accidentally buying some

new teal trainers...which has also happened to me. Anyway, I heard about the cycle time trial series through our epic cyclist and runner Amanda Dean, who has competed in these for a number of years. In a cycle time trial, it is not a race as such, but you are timed over a measured course, usually around 8-12 miles, but there are some shorter routes at 5 miles, and others that go up to 25 miles. The idea is that you are set off at minute intervals and then you ride as fast as you can over the distance and your times are collated at the end. You are competing against yourself, so it really doesn't matter where you come in the order. I have currently done a couple of these events. The first was a 5 miler which is down hill from wheedley masts to the traveller site down eppleworth road. I was really nervous about doing this so I got to the signing on point so early that nobody was there. I then was worried that I was at the wrong place...and then needed to go to the toilet which is a problem for women when you have bib shorts on, as this requires taking everything off your top to get your bottoms off!!

Anyway...decided that this was a nervous wee, and not a real wee so tried to ignore it! When everyone arrived we were told to cycle out to the start. This was 5 miles away so we set off. I was okay until we hit some hills and then couldn't keep up as the wind was vicious! Anyway I had plenty of time to get to the start so I just pootled along until I got there. The next bit of trauma for me was the start, as you clip your feet in and someone holds you up. It's a bit like what happens in track races. You are counted down and they let go when you are told to start...so I am crapping myself thinking that this guy will either drop me, or I'll fall off when he lets go, or I'll ride into the ditch!! Of course non of this happened, and I set off without incident. Well the course is almost totally down hill and we had a back wind, so I flew along doing the course in just over 11 minutes, which I was really chuffed with...and I didn't come last...which was most unexpected. Although, I only just

beat a very tiny 11 year old girl by 6 seconds...probably because I am twice her weight and thus can get more momentum on a down hill section lol! So what is the verdict on doing time trials, well...I'm really quite enjoying it, even though I subsequently came very last in my second time trial, and the wind seemed like it was a head wind all the way around! The guys are very encouraging, even though the starting person nearly pushed me into a ditch on the second event...I think he was trying to give me a head start lol. I would definitely say to anyone who likes cycling that they should give it a go, because its about you racing against the clock, not about beating anyone...and has it improved my triathlon...well yes and no. My biking and swimming are definitely getting better...I haven't drowned yet...which is a bonus...but my running seems to have gone to pot...ah well you can't have it all!!

Jill J



Running For Weight loss: The Rules

Running makes us feel good, relieves stress and keeps us toned and fit.

However, in recent years many fitness experts have said that it is not the best route to weight loss. In his latest book, though, Dr Jason Karp, a California-based sports scientist, cites compelling evidence for running as a highly effective way to lose inches.

In his book *Run Your Fat Off*, Karp says that, because running involves almost every big muscle group, it creates a need for energy in the body that results in more calories being burnt than during almost any other activity. “Even someone of average to above-average fitness can increase his or her metabolic rate about 10 to 15 times from what it is at rest,” he says. “Running significantly boosts lipolysis — the breakdown of fat — by increasing activity of the enzyme lipoprotein lipase, and decreases lipogenesis, the formation and subsequent storage of body fat.”

And the benefits don’t stop when you do. “When you finish a run, your body naturally wants to return to its pre-exercise state,” Karp says. “Your body fat, which is the fat from adipose tissue underneath your skin, is lost during the hours after you finish your run.”

If you are overweight and worried that your joints won’t stand the strain, Karp has more good news. “It’s precisely because the weight-bearing nature of running is risky for an overweight body

that your body acts to get rid of weight extra-fast in a natural response to protect your joints from damage,” he says.

“People with the most pounds to lose shed them very quickly.”

How fast you should run depends on your starting point. As you get fitter you will need to run faster to get more of a calorie-burning effect. A five-mile run burns about 550 calories, regardless of how fast or slowly you run. Pace matters only if you run for time rather than distance. Where many people go wrong is in plodding along at the same comfortable pace, Karp says. Variety is key if you are running to burn fat.

Below are the ways in which you can vary your running — try to do three of these a week initially and build up to four or five as the weeks progress. Even with three sessions a week, your fat loss can be dramatic and, with a healthy diet, you can expect to lose as much as a stone in six weeks if you have a lot of weight to lose. “By adding variety to your runs and mixing the pace and distances you run, you are challenging your body in every way possible,” Karp says.



Aerobic miles

These are your basic, slow to steady-paced runs. You burn about 110 calories a mile, so if you run five to ten more miles a week you will burn about an extra 550 to 1,100 calories in that period. These are the bedrock of your running fat-loss plan. Fit in as many of these miles as you can and you will see the difference in a matter of weeks.

Long runs

Do one run a week that is significantly longer than any of your others — ie 30 to 40 minutes if your other two are 20-minute runs. Run slowly enough to complete the distance. If you have to stop and walk, do so. The point is to run (or run/walk) for longer than you are used to; if you go too fast in the beginning and have to stop the run, that will defeat the purpose.

In a study published in the *Canadian Journal of Sport Sciences*, post-workout metabolic rate more than doubled when the amount of time people exercised increased from 30 to 45 minutes and increased more than fivefold after exercising for an hour. A long run also burns more calories during and after the run.

Tempo runs

These are at a fast pace, but not flat out (you can talk, but not sustain a conversation). Work on holding a good pace for longer periods (try eight minutes fast, then five minutes at usual pace, and repeat). Tempo runs, because of their faster pace, burn more calories in the same time as the more comfortable

aerobic runs. As you get fitter your fat-burning will increase.

Interval runs

Most people, especially when they start a running programme, are afraid to run fast. Yet running fast helps to break down glucose and boosts your powerful fast-twitch muscle fibres, enhancing your strength.

The best way to add it into your fat-burning running programme is via intervals — when you alternate periods of faster running (anything from 15 seconds, building up to three minutes) to get your heart pumping, with periods of slower jogging (or walking) to recover.

Hill runs

Hills are tough, but the payoff is extraordinary. These are the equivalent of strength training away from the gym — they fire up your glutes and leg muscles, sending them into calorie-burning overdrive.

Double runs

As you get fitter you can split your daily run into two shorter runs. In one study, a group of women were asked to run for 50 minutes one day and twice for 25 minutes at the same intensity another day. The time spent on their feet was the same, but the increase in metabolic rate was significantly higher after the double runs.

Dr Jason Karp is the author of *Run Your Fat Off: Running Smarter for a Leaner and Fitter You* (Reader's Digest Association, £16.26)

Taken from The Times, 15/4/17

Kris' Therapy Bench



Quadriceps (Quad) Stretch

What is it:

A group of 4 muscles which sit at the front of your thigh bone. Starting at the bottom of your pelvis, extending down your thigh where they all come together to attach on your knee.

What it does:

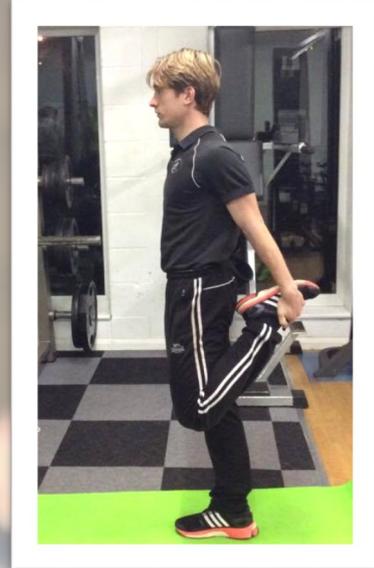
Your 'quad' muscles extend your knee (straighten it) during walking and running gait. Helping push you up those hills.

Why Stretch them:

A typical runner will use their quad muscles more than any other muscle in the body, particularly when running 'down' hill, so it's important to help them out by stretching.

What to do (see the picture as a demonstration):

- Typically done stood up but can be done lying on your side
- Pull your heel up towards your bum, grabbing hold of your foot or ankle
- Keep your back straight
- Push your hips out to gain a maximum stretch



- If you struggle to balance on one leg, hold onto something with your opposite hand
- Wait until you feel a gentle stretch on the front of your thigh
- Hold for 30 seconds and repeat twice, on both sides
- Gentle return to starting position with care

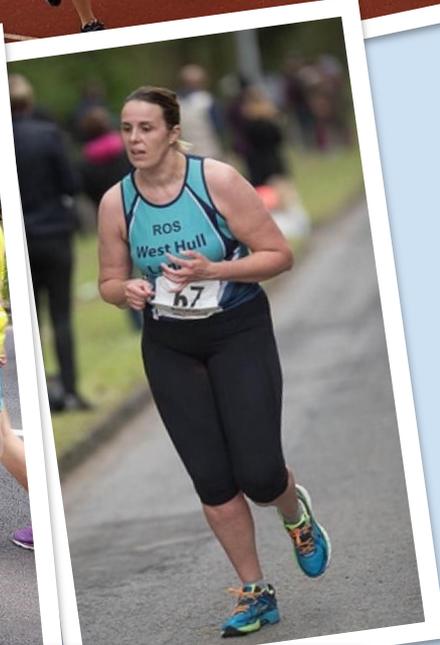
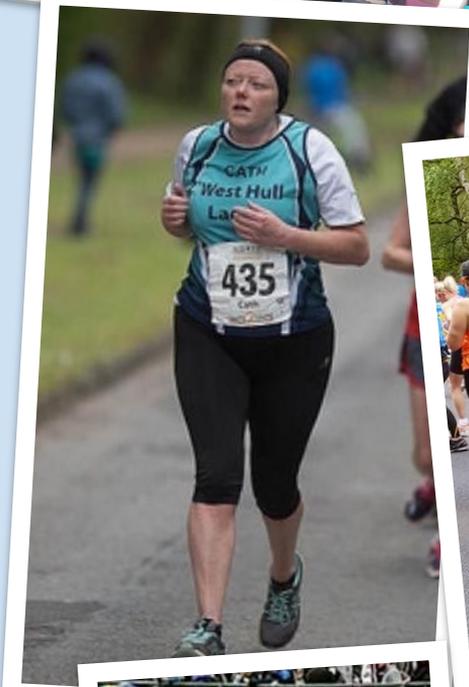
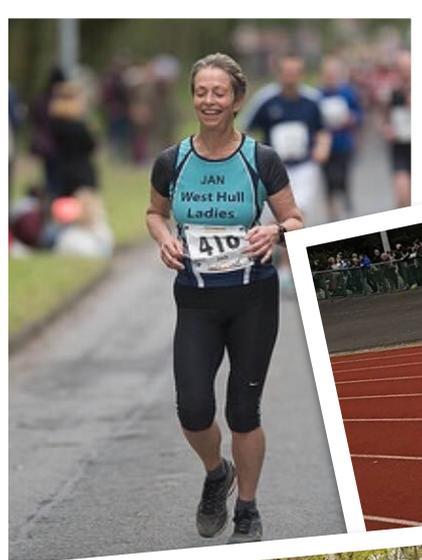
Interesting fact:

Your quad muscles carry the largest amount of blood than any other area in the body

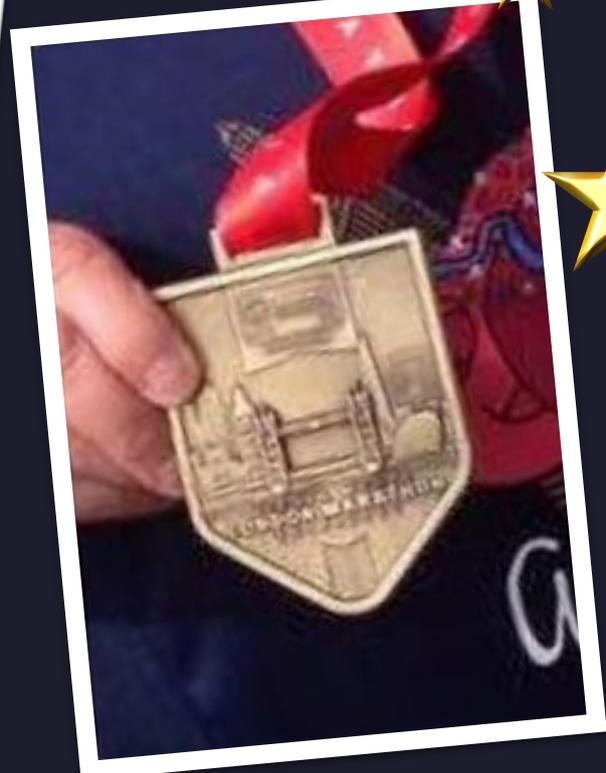
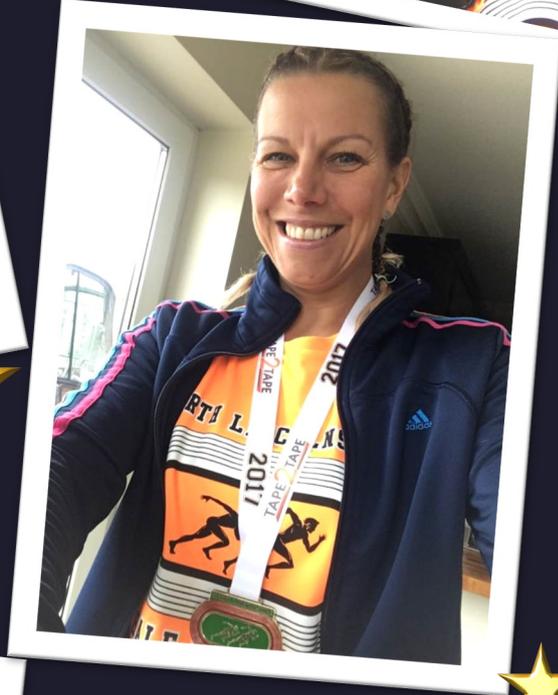
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Girls on Film



SHOW US YOUR BLING



Runner's Digest



Thai sweet potato and lentil soup

- 280g red lentils,
- 1 onion, chopped
- 1 red pepper, chopped
- 1.5 inch piece of fresh ginger grated. Be generous with the ginger, there should be at least a table-spoons worth.
- 2 cloves garlic
- 1.5 tablespoons green Thai paste – add more if you like spicy!
- 1 teaspoon cinnamon
- 2 teaspoons salt
- 4 – 5 tablespoons tomato puree, depending on how concentrated it is
- 1.25 litres water
- 1 can coconut milk
- 3 medium sweet potatoes, cubed

Put all the ingredients into a large pan. Simmer everything until the lentils and sweet potatoes are cooked, and then either blend smooth or use a potato masher to leave some texture (I prefer this.) Add the juice of a lime. Done!

Kim

May 2017

Wear the Right Gear..



Jill says "Don't be afraid to look like a pillock, be safe be seen."

MAY 2017

Committee Meeting

Minutes 8/5/17

Attendees: Jill, Jan D, Liz D, Maria, Anna, Linda, Shelley & Amanda

Apologies Annette, Sandra, Andrea, Carol H

Minutes of previous meeting accepted as a true record

Matters arising:

Liz D completed the club's registration on gethullrunning.org

Linda transferred money to Lynne Parkin to fund her leaders training (LiRF) which she will take later in the year.

Amanda purchased 50 cone markers to aid with Speed Work. Amanda, Jill, Linda and Jan took 10 and a further 10 will be handed to Sandra. More can be purchased if needed.

Action: Amanda continue looking for stopwatches with big digits and backing light – if anyone finds one, let me know.

Action: Jill continue researching camping stove for club use at the 12-24 hour events

Presentation evening photos. **Action: Amanda to email all club members asking them to reply with photos attached and she will load them onto the Gallery**

Action: Pursuit of Buff and Cycle Jackets on hold until Sandra can progress

Liz D composed an email and sent to Martina regarding the London Place

Advertising. The club email account receives numerous emails from companies and individuals to advertise their 'products' it was decided that we need a consistent approach. We have agreed the following:

Not to pass on emails regarding charity requests. We wish to restrict advertising charities to come from our members. In terms of charity places for races they are readily available from internet searches.

Not to pass on emails from sports companies e.g. physiotherapy, nutrition, yoga etc. because we cannot vouch for unknown companies so, in all good faith, we can't advertise them

Not to pass on emails associated with children's events, races. We only cater for over 16 year olds and we suspect anyone with children would find races for them if they wished.

All race adverts will be pushed to Liz D our Racing Officer. She can decide if they are suitable for our race list (mostly local races)

We will push out running events which we believe our members may be interested in. For example, 24 hour running events.

Actions: Amanda to update Annette our liaison officer *TICK*. Amanda to push out the Peak District weekend. *TICK* Annette to push out the Trailblaster 12 hr event . *TICK*

Membership Secretary hand over. Thank you to Karen S who has handed over the role. She did an excellent job, which is shown in the meticulous paper work that has been passed on. Thank you Karen.

Maria is taking on the role, rather nervously at the moment. Thank you Maria. She and Linda have access to the British Athletics Portal for the club.

Action: Amanda to update the Membership Form to give Maria's name and address –
TICK and Maria has checked the form and confirmed fine.

It was suggested members need a reminder that you must be a paid up member of the club when racing for West Hull Ladies.

Twitter Account: Ang and Sian would like to and are willing to take on management of a WHL twitter account. All agreed that this might be possible and could see certain benefits but have concerns about governance and that tweets are public. **Action: Jan to email to ask Ang and/or Sian to come to the next meeting to discuss how it would be managed. TICK**

AOB

Linda: a mis-spell on Ang's trophy put right (thanks Linda).

Most improved Newomer is now Most improved Newcomer

Anna: asked about the club's shared charity. **Action: Liz will put together a description and to be emailed, Facebooked and it will be in the next newsletter with her London Marathon write up.**

Jill: The Sports Shoes code has again been given out on Facebook despite saying it must be kept only for club use. **Action: Amanda to ask Annette to put big red letters FOR OWN USE DO NOT SHARE (or something to that effect) TICK**

Parkrun: what has prompted the change in the display of the results given out in the parkrun email? **Action: Jill will email Andrea to ask.**

How about drinks in Pave? **Action: Jan to organise**

Advertising 'The Voice': Maria is the voice of the club and will listen to anyone who has any issues and if needed, take these up with the committee on your behalf whilst maintaining your anonymity.

Maria can be contacted via email: mariaediaz63@yahoo.com or a private messenger.

Action: Amanda to relay this in an email. TICK

We also have Carol H as our 'Mental Health Ambassador'. **Action: Amanda to ask if Carol would also like her position and her contacts to be advertised in an email.**

EMAILED

LADIES

Final Thoughts...

Your
strongest
muscle & worst
enemy is
your mind.
Train it well.

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

Email: westhulladies@outlook.com

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