

WEST HULL LADIES NEWSLETTER MAY 2019



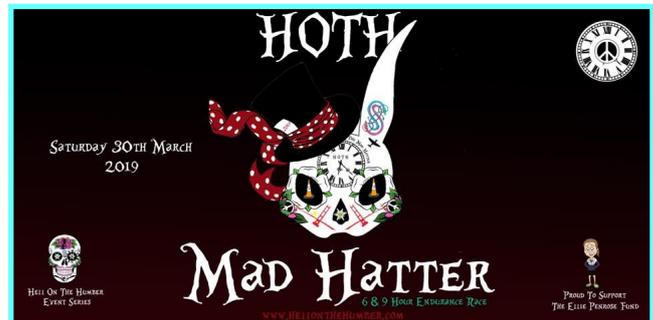
Champagne League 7/4/2019

SOME LIKE IT HOTH WHAT IT IS IT REALLY LIKE?

Ruth Upfold

One of the less obvious challenges of doing HOTH (Hell On The Humber) is explaining to non-HOTHers why you do it:

Non-runners look at you in absolute bewilderment, while seasoned runners try in vain to grasp the concept, but the consensus from all parties is that you are absolutely barking. In desperation you ask other HOTHers to help you explain its appeal – and you all fail.



So – in spite of that – I’m still going to try to convince you that it is great :)

Background - in a rush of blood to the head I signed up to do the Halloween HOTH last year and loved it. I signed up for the Spring Mad Hatter HOTH and loved that too. The question is WHY?

There are several reasons

It didn’t rain – you can’t underestimate the importance of that.

It’s not a race – I don’t like races – and because everyone is running backwards and forwards nobody is obviously last.

You are never far away from food and a change of clothes. - it’s a 4 mile loop across the bridge and back so essentials are never more than 2 miles away.

Fresh water is available from a stand pipe – so no need for endless plastic bottles – drink and re-fill.

You are never more than 2 miles away from a toilet - important if you are drinking all that water.

Other runners encourage you – and because people are running backwards and forwards there is a load of encouragement.

Well, I’ve tried, and that doesn’t even begin capture it – sorry – so I’ll just settle for saying that I had a lovely time running over the bridge with Andrea Thompson and my new friend Caroline Bradbury and waving at all the other WHL ladies – and I had a really nice chat with a runner who met his future wife at HOTH!! oh, and the tee-shirt is really good:)



MEDALS OF THE MONTH



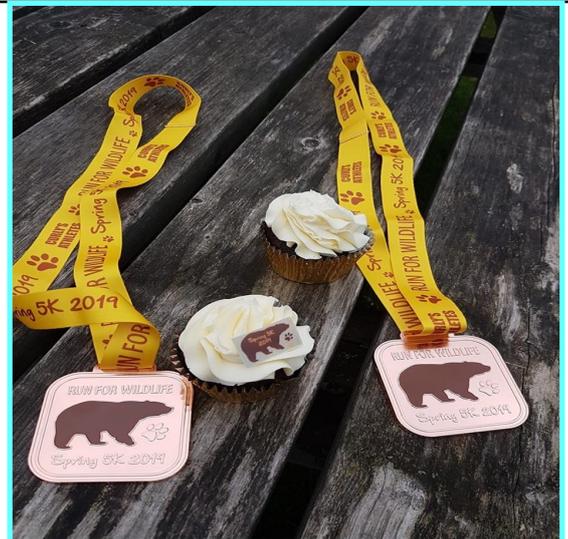
June Beadle's Medal from the Elvington flyer 5 mile race



Cath Dyson's Rotterdam medals



Shelley Rachel and June Manchester Marathon Medals



Andrea and Holly's Yorkshire Wildlife Park 5K



Shelley, Stacey and Rachel at North Lincs half

Woldsman 50

Amanda Dean

The idea of doing the Woldsman came about 8 years ago because I loved running in this area – The Yorkshire Wolds - and the Woldsman covered lots of my favourite places – Millington, Thixendale, Huggate, Sledmere. But this was for when I retired and Becca reminded me of this last summer. And so, a retirement present to myself! I really thought it would be a Lesson in Pain!



The Woldsman 50 (which was 51.5 miles ... I really enjoyed the free mileage LOL). I ran it with my running adventure friends Becca and Verity. Our first ever 50, really proud of us.

Liz D also there but doing a solo run. Was nice to run with her for a little way but she was out for faster things. Photo at HQ, the Showground, Driffield:

The conditions were excellent – cool, not much wind, no rain and good underfoot.

What a wonderfully supported event (LDWA): Food/drink start and end, seven checkpoints with food, drink including four village halls (toilets J). The self-clips were easy to spot and had lights for the night time. The volunteers were brilliant. The run/walkers were so friendly.

The first 8 or so miles are pretty flat but even so, after 3 miles of running we put in short walks to give our bodies the best chance of survival J.

The first checkpoint was at 7 miles. A cheese sandwich and jaffa cake started the advice of an ultra-marathon runner “Eat more than you think you can.”

I really did turn into a run/walk/eating machine and the eating was probably the key to completing. Around 8 miles we reached Cottam and the first of the beautiful North York Wolds.



The conditions were excel-

Our next stop took us through Sledmere estate, passage allowed for the day. We passed Sledmere castle, photo:

The checkpoint was Sledmere village hall: toilets, fill drink bottles, food and off again.

13 miles done. Verity was struggling now and we headed off to find cans of coke to help her along.

Onward to Wharram Percy (abandoned medieval village) check point where cheese squares, sandwich and cake kept me going. And next to Thixendale village hall.

We'd recce'd the whole of the route which was really helpful though, there always seemed to be others nearby.



After Thixendale was the longest section between checkpoints, 8.5 hilly miles and by the time we reached Millington village hall our 500ml bottles were empty.

Thoroughly enjoyed another cup of tea, sandwich, cake Before heading off to our next stop at Huggate Wold.

It was late afternoon and the wind was getting decidedly chilly. I wasn't very interested in the food at this checkpoint, something I regretted after a couple of miles. The 16 or so miles ahead were mostly downhill or flat but I

was feeling weary and thinking my legs have really had enough and never again. After what seemed a right slog we arrived at Wetwang Village hall. I flumped down with a cup of tea, cake, sandwich. Then proceeded to repeat it! Tea, cake, sandwich and... a paracetamol. We dragged ourselves out and, much to my delight, I felt quite recovered and the last 8 miles were OK. The combination of food and painkilling was spot on!

And so, the sun went down, as it does and we finished the last few miles with torches and had a slight (but unwanted) hiccup with navigation, but we made it.



After we'd checked in I headed for food as I knew that despite eating "more than you think" I was deplete. In fact, my brain had turned to mush so when I was asked what I wanted I just turned to the lady next to me and said "I'll have whatever she has". Which was a little weird – sausage, bacon and mushy peas! We completed in 13hrs, 42mins and we three were in the top 20 ladies. Liz D was much faster J

The after affects? I wasn't injured, not even a blister, just tired. The next day, Sunday, pretty much didn't happen but, I was moving quite well on Monday and ran the Champagne League on Tuesday – far from a PB but not a bad time.

Scarily, I might just do it again ... unless someone manages to keep me sane.

PARKRUN

Reasons to be Cheerful

Ruth Upfold

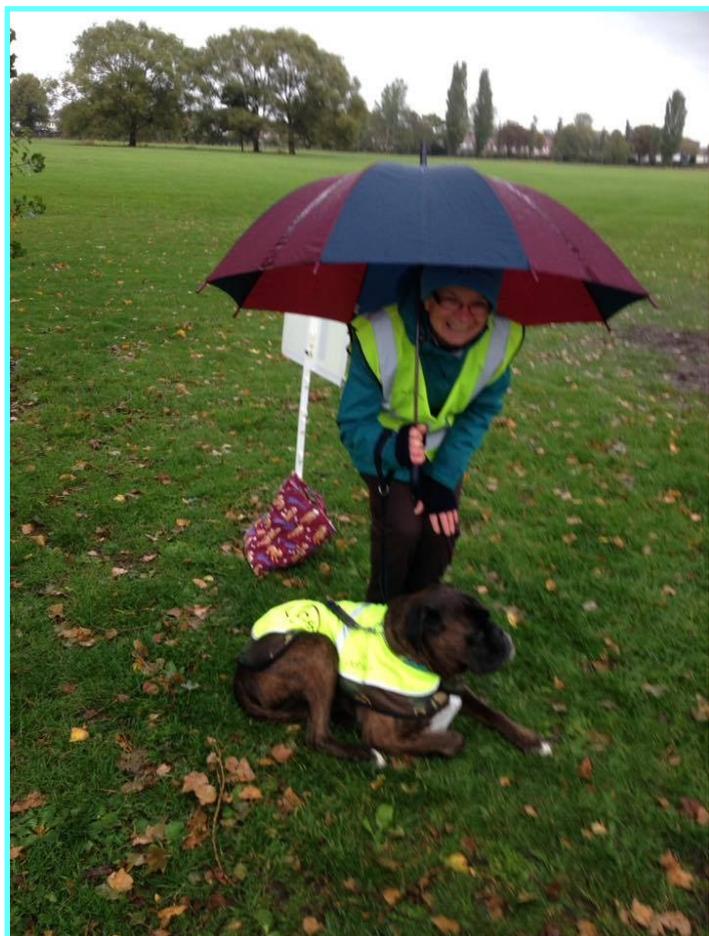
Reasons to be Cheerful -Parkrun (with apologies to the Blockheads)

Parkrun is.....

- * free
- * friendly
- * fun
- * held every Saturday at 9 am (so no excuse for forgetting)
- * worldwide (yup, even in Lancashire)
- * the volunteers are marvellous
- * some of the volunteer marshals are dogs (or is that just at Peter Pan?)
- * some of the doggy volunteers have a marshalling spot named after them (or is that just at Peter Pan too?)
- * volunteering is ace (of course it is, it's easier than running)
- * junior parkrunners get a tee-shirt after 10 runs
- * and it's free
- * volunteers get a tee-shirt after volunteering 25 times
- * and it's free
- * runners get a tee-shirt after 50 runs
- * and it's free
- * runners get a tee-shirt after 100 runs
- * you know what comes next :)
- * with your **free** tee-shirt/s you don't have any 'what to wear to parkrun' dilemmas
- * did I mention that Parkrun itself and the tee-shirts are free?
- * when you have a 'milestone' run, your name is called out, you go to the front and everybody applauds you (or is that just Peter Pan again?). OK, this is not necessarily a plus for everyone, and, if you are really unlucky, someone takes your photo for the weekly e-mail
- * people bring cake for celebrations!!!
- * you can walk it if you want (yes, I know it's called Park**RUN**, but you can still walk it.)



- * you can Nordic walk it
- * you can run (or walk) it with a buggy. Best to have a baby in the buggy, otherwise you'll look silly, and best if it's your own baby (otherwise it's child abduction)
- * you can run (or walk) it with a dog - the same rules apply as to babies – otherwise it's dognapping
- * you can do Junior Parkrun (only 2km!!bliss!!) but you must have a child with you – must be your own etc etc – you know the drill
- * you can run and chat
- * you can run and put the world to rights – Brexit anyone?
- * or you can be weird and try to run as fast as you can for 5k – but who would want to just do that?
- * you can incorporate Parkrun into a longer run
- * or you can run 5k and go home feeling virtuous and still with plenty of day left to do 'stuff'
- * did I mention that Parkrun and the tee-shirts are free
- * there is usually a parkrun on Christmas Day – and people actually run it. Imagine!!
- * there are usually 2 park runs on New Year's day – and organised (mad) people without hang-overs run them both. Imagine again!!
- * the guy who thought of parkrun is a genius
- * especially because it is free
- * there are over 5 million registered parkrunners worldwide
- * you can request texts with your time for you to keep and obsess over!!
- * WHL get everywhere. Every Saturday at least one adventurous lady from WHL is park-running in some far- flung corner of the globe. And the marvellous Andrea pulls the info together into an e-mail for our delectation.
- * the race director knows absolutely everybody's name (or is that just Rob Newton at Peter Pan? How does he remember? Does he revise at home?)
- * there are occasional themed Parkruns, but you can just pretend you never got the e-mail :)
- * sometimes there are pacers running – again just pretend that you never got the e-mail
- * you don't have to be a good runner to do Parkrun
- * you don't have to become a good runner to do Parkrun
- * you can just be yourself
- * you are not judged, you are celebrated
- * you get a lot out of it
- * you make friends
- * the Parkrun community is.....insert word of choice here
- * did I mention that it's free?



PRESENTATION EVENING

12/04/2019





ROLL OF HONOUR

2018-2019



10k Series

Sarah Frost

True Grit

Sarah Wilson

Member of the Year

Sara Ellis

Newcomer of the Year

Rachel Boddice

Improver of the Year

Jan Draper

Janet Ainley

25k award

Jan Antons

Angela Salisbury

Anthea Baines

50 k Award

Amy Brewster

Liz Nicholson

Amanda Dean

Verity Pick

Jill Jameson

Jane Allen

Sharron Wiley

Anna Shepherdson

Jo Dry

100k Award

Verity Pick

Stacy Foxworthy



LONDON MARATHON

Liz Hobson

28/04/2019



On 28th April I found myself lining up for the London Marathon, with Chris. I had been training for this day since last November when I had been successful in the club ballot. We were in zone 8 which was the last zone to go off and I was shivering in a cold wind having disposed of my bin bag and extra clothes, too early.

The build up to the race seemed to take an age, this included the expo on Friday where we had picked up our numbers and although we had chilled out on Saturday, we had spent the morning looking at Greenwich Park and trying to find our start.

On the race day we set off at about 8.30 for the start and it had taken us a while to find the Blue start, which they had cunningly hidden behind some trees! I had queued for the portaloos and had an incident with the lady's urinals, as I had not picked up the "She wee" on the way in. (I'll leave the rest to your imagination!)

It was great to start the race with Chris but I am not sure if he had been placed in the correct Zone, because, while he was unsure of his form, he is a much faster runner than me, and many of the people in the Zone. It's funny because I tend to look around at the people who I am standing with and if they look like me, little short legs and athletically challenged, I feel confident that I am in the right place!

At Last we finally got to the start and with a sigh of relief I was finally over the line, we were off! Chris immediately ran away from me and the last I saw of him was weaving in and out of the field ahead of me. There was plenty of support at the start and I heard the first,

"Come on Liz, go on gel!" of the day, this was something I was to hear a lot in the next 6 hours! My first thought was that the early part of the route could literally be anywhere in a medium sized town in the UK, I spotted a kwik fit and McDonalds at one point. I tried to get into a good running rhythm but decided on a toilet stop at one mile, partly because of the earlier urinal incident and, I figured that there would be less of a queue as the three marathon starts hadn't joined up at that point!



I find a marathon easier to manage in bite size chunks, it's not 26 miles it's four 10ks and a short parkrun, my first goal is to knock off the short parkrun, I was also looking forward to seeing Jill and Hannah who had told me, where they were standing, which was after the "Curry Shark" (predictive text). I was feeling good apart from my Ultra vest being a bit loose as I had been training with more clothes on. I was cursing myself considering the time I had been standing around at the start, this could easily be rectified. There was still plenty of support and I was grumbling slightly as people were shouting, "Come on Liz you are doing good!" I wanted to shout "Well, I am doing well!"



You kind of know when you are coming up to the Cutty Shark as there is yet more support, I high fived several small children and the crowd got louder and louder. I made sure I got a good look at it, although other runners were taking selfies. As I came around the corner, I saw Jill and Hannah who had made a sign for us. I got a Hannah hug while Jill adjusted my vest for me, I was reminded of a period drama when the maid is trying to get the lady into a corset! I then set off on my way.



I have to say the next few miles were the worst for me, I started to have an uncomfortable foot as one of my socks had a slight fold, I knew I needed to sort this out, but didn't fancy sitting on the roadside. I spotted a handy wall and went on the pavement but nearly got taken out by a speedy cyclist. He shouted a quick "Sorry" as I sat on the wall. My sock needed a slight adjustment and this time checking for cyclists I re-joined the race. At about 9 miles I decided to have my Chia Charge bar, I decided that walking was a good idea as I have

been known to inhale my food when running! I enjoyed the bar, but I was in desperate need of water after it and the next drinks station was the Lucozade one. I had a bit of an internal meltdown at that point! I had a virtual toddler tantrum as I was thinking how dare they have Lucozade sport when I NEED WATER! I sipped a bit of my own energy drink and carried on. The other thing with Lucozade is that most of it ends up on the floor, and it makes the floor sticky which is a bit disconcerting. I can't drink the stuff because it's orange which I am slightly allergic to! I was not a happy bunny. I then started to have back pain; I suspect because of all the standing about at the beginning. I was happy to see the water station at long last and decided to have a couple of paracetamols and gave myself a bit of a talking to! I also found that running was ok for my back while walking was an issue, this in a way made me more determined to keep going, especially as the next highlight would be Tower Bridge.





I found Tower Bridge quite disconcerting as it was narrower than I expected and incredibly noisy, as the crowd are very close and seem on top of you. I found myself thinking that, “this is getting old now” and almost wished that they were shouting something rude at me at one point. I was pleased to get over it as the next bit was quieter and we were approaching halfway. At this point you could see some of the earlier runners as there is a double back on the course, I trotted up towards them because I thought I might see some West Hull ladies. There was also a young girl who was stretching so I chatted to her and told her at least she was not on my side of the barrier! She asked me where I was, and I said 14 miles and she congratulated me! I then saw Sandra who was very much in the Zone and looked as though she was flying!

I think the next bit was the most bizarre experience, I was jogging along when I spotted a runner with a glass wine bottle with only a small amount of wine in, (it was rose), at first I thought she was a competitor but then realised she didn't have a number. The problem was she wasn't running in a straight line and neither was I at about 16 miles! I tried to go past and then realised that she was having a conversation on the phone and videoing it! She pointed the phone at me stated, “look I am running in the marathon” and shouted to me, are you running for charity?” I said, “Yes Castaway!” She then added rather breathlessly, “How do you keep going for so long?” at which point she stopped, and I left her!

Not long after I spotted Jill and Hannah again, I got more hugs and cracked out the Kendal mint cake which is always a highlight! I told them about the runner with the wine and then carried on, I realised that I was on my own now until the finish. I felt much better despite my back. I was managing to run and as a lot of people were walking, I was getting my own special cheers from the crowd and I was also enjoying looking at all the buildings. There was lots of live music on the journey and I was starting to cross off the miles and knowing that nothing was going to stop me. We came across a disco and “Wake me up before you go go!” came on. As a child of the 80s I loved this song and started singing along, while running, one of the marshals came and joined in and ran along with me, it was a great moment and the sun came out as well! At mile 24 I allowed myself a bit of a walk and messaged Jill and Hannah that I was at 24 miles. I then started running, determined that I would be looking strong to the finish.



I was looking out for the Houses of Parliament and from where I was it appeared they were on the other side of the river, I worked out that it was because we were in the curve of the Thames and I focused on the top of Big Ben as I knew we were close to the finish. There was a TV screen and you could see the

finishers and we were in to the last mile. The support was amazing and as I was still running, I felt as though I had my own fan club. I was looking out for Buckingham Palace and was getting quite emotional. I spotted the 600m to go and did a fist pump and was amazed that the volume of the crowd went up, I felt as though I had scored a goal, “Go on Liz, go on Gel you got this!” I concentrated on the finish enjoying the energy of the crowd. I got my medal, which was very heavy after 26 miles, and made sure I got a photo taken.



So that was it, one off my bucket list, it was a great experience and I am so grateful to have had the club's place. The fact that Chris, Jill and Hannah were with me made it a truly fabulous day.

Will I do a marathon again possibly? Will I do London again probably not!

Gallery



