

WEST HULL LADIES NEWSLETTER November 2019



Gruesome Twosome 12/10/2019



Haltemprice 10 k 27/10/2019

Gallery



Shirley Sarah, Gail, Jill and Jackie 2/10/2019



Jenny, Lynne and Amy 10.9 miles at Hotham



Linda and Jane pairing up at the Gruesome twosome
12/10/2019



Louise and Lynne on the Bridge 13/10/2019



Amanda and Becca Original Mountain Marathon
27/10/2019

Medals, (mugs and hats) of the Month



Kilham 10k 13/10/2019



Lyndsey Harris with her Brigg
10k Poppy run medal
27/10/2019



Janet winning her age group 5k
at Yorkshire Wildlife Park
12/10/2019



Lynne's Haltemprise 10k mug
27/10/2019



Gruesome twosome hats 12/10/2019

Goole Sprint Triathlon 6th October 2019

Jill Jameson

I like triathlons. Well I am saying this as I chill out on the settee post event, admiring my very smart medal and T shirt, having had a nice hot shower, eaten a recovery meal of egg and chips, drunk copious cups of tea, cleaned my bike and sorted out the large pile of washing created as a result of the event! If you had asked me whether I liked them at 5.30am this morning when I crawled out of my nice warm bed to aquaplane down the M62 in the pouring rain to Goole leisure centre, the location of the Sprint Triathlon, the answer might have been somewhat different. In fact, as I racked my bike in transition and put my towel down in about an inch of water, I was certainly doubting the sanity of doing this event. Worse still I'd paid £44 for the privilege!!

Having seen the weather warnings in the days coming up to the event, I had already decided to use my road bike instead of my time trial bike, because the time trial bike requires you to locate your arms towards the centre of the handlebars on some special extended bars. This means that you are much more aerodynamic, but not as stable. I knew this would cost me time, but these days, I tend to play it safe, as I really didn't want to fall off (perhaps this is an age thing!). When we had the briefing at 7.30am, the organisers still had not decided whether to cancel the bike leg, and had marshals going around to look at how much standing water was on the route. Finally, they announced that the bike leg would go ahead, which I was pleased about because it tends to be my strongest section of a triathlon.

I have done the Goole sprint Triathlon for the past four years. For those who don't know, it involves a 400m pool swim (16 lengths); followed by a 20k bike and a 5k run. It's a really friendly event, and its flat and the course is straightforward, which makes it really good for those new to doing triathlons. I have to say I always dread the swim. I only learnt to do front crawl three years ago and it took me at least 2 years to be comfortable about putting my head in the water. To be honest all I would say about the swim was that I didn't drown...which was a definite plus but I just didn't seem to be able to catch the water very well, so my swim was much slower than I had been doing in the pool in practice...by about a minute. I also think its trickier when you are swimming with around five others in your lane.

Leaving the pool and running towards the transition area which is on an astro-turfed pitch, I was careful to press the correct button on my garmin so that it was recording in triathlon mode. I have done a number of triathlons with my current garmin, and never once have I managed to get through the whole event without pressing the wrong buttons! At Brigg the previous year I ended up doing a 14-mile swim in 90 minutes according to my watch!! (This was either a serious fail or a world record...I think you can guess which!). Getting to my bike I put my very wet helmet on, which you must do before touching your bike, otherwise you get a penalty, and then I put on a rain jacket. Trying to get my wet cycle shoes on my wet (and now muddy feet), was not easy. I also had to put on some calf guards over the large timing chip I had on my ankle, which meant that my transition was quite slow. Serious triathletes would never think about putting on a rain jacket, gloves, or anything else that would slow their transition down, in fact they have their shoes fastened onto their pedals and leap gracefully onto their bikes as they pass the mounting line, putting their feet into their shoes as they speed down the course. Of course, for me, even attempting to emulate these capable triathletes would clearly be a recipe for disaster. I already have previous form on this, once attempting to leap onto my mountain bike in transition at an off-road duathlon, where I ended up on the floor taffled up in a plastic fence having thrown myself into the scenery!

So, I set off on the bike. By this time the rain had almost stopped which was good, and I was pleased that the anti-fog stuff that I had put on my glasses was working really well. This was important because everything is out of focus without my glasses but if they steam up, it's like looking through a fog! The roads were very wet and in places there were huge puddles spread across the carriageway. I managed to catch three people on the bike course, so I was pleased with that. I was also glad that I had a rain jacket and gloves on because it was quite cold. My transition to the run was okay. I managed to get my trainers on without cramping my calf muscles or sitting on the floor (which would have spelled disaster as I'm not sure I could have got up again!). Some people put talc in their trainers and cycle shoes to get them to slip on easier, which is quite a good idea in theory, however when it is raining, it tends to set like concrete, particularly if you put too much in. You might want to ask Liz Hobson about what can happen if you put too much talc in your shoes or socks during a triathlon, Hee Hee!

I was really quite pleased with my run, not necessarily regarding the time, but how I felt after having got off the bike. For those who have never done a run after having beasted your legs on a bike, you will not have had the very odd sensation of your legs feeling like they are resembling spaghetti. In effect, it feels like there is a disconnect between your brain and your legs! I was expecting this big time, as I have not really practiced this transition, (which is called doing 'brick sessions'), but actually I felt really good when I started to run, in fact I felt a bit 'wired'. I was wondering what was going on, until I remembered that I had consumed a coffee and caramel flavoured gel before I started the event, so it must have been the caffeine in this kicking in. Just to say that caffeine is the only stimulant you are legally allowed to take whilst doing sport, and that I am not being coached by Alberto Salazar (honest!). Joking aside, the organisers have changed the run this year so that it is actually 5k, as it has been quite short in previous years. This meant that runners had to double back to what I named 'the cone of doom' and then run back out again to the far end of the course. Because we were doubling back you could see whether people were catching you up. I had been chatting with a lovely lady from Selby Swans tri club who started off in the same swim group as me. She had beaten me in the swim, but I managed to overtake her in the bike, but she seemed to be catching me up a bit in the run... Well my competitive streak chimed in, and I decided that there was no way that she was going

to catch me. This meant that my first two miles were a relatively steady 10.22 minutes each and the final mile was 9:41!!! Note to self...perhaps you need to try harder!!

I did beat her by about 2 ½ minutes in the end, but the victory was a bit hollow, as she was a bit older than me... lol! At the finish we were presented with a very nice medal, and a marshal took my chip off...good job as I don't think I could have bent down to remove it by that point! We were given water, Jaffa cakes and a banana at the end, which was good.

So, all in all, I do like triathlons as they are a sort of intellectual sporting adventure, because you have to plan them and think about what you are doing all of the time whilst you are competing. Just finishing them successfully is an achievement in itself, from making sure you have all of your kit in the right place to ensuring that you follow all of the rules....So you never get bored when you are doing them, and they tend to be very friendly events!



West Hull Ladies Committee meeting –

Monday 21st October, 7:15pm

Cottingham Rd Baptist Church

Present: Caroline, Jan, Amanda, Maria, Rachael, Anna C, Anna S, Liz N, Andrea, Jo.

Apologies: Liz H, Linda, Sara, Jane, June, Annette, Jill.

1. **Minutes of previous Meeting:** accepted as a true record.

2. **Matters Arising:**

Welfare Policy. Caroline shared the research that she has done, including other clubs policies and England Athletics documents. It was felt that we could probably link some of the appropriate policies from England Athletics to our clubs page, along with our named welfare officer.

Action: Caroline to email committee with suitable documents, for committee to feedback.

Amanda also suggested the option of an “Ofsted type” inspection from England Athletics, to check over the club systems and policies. It was suggested that this might be something for the future.

Marathon update- the flags have been returned.

Purchase of gas- Andrea to buy when needed for an event.

Run together- Amanda has removed the link to this from the website. The Snails joining the main group on Fridays is going well, and the training plan has been updated.

MIND- “Run and Talk”, Caroline organised a session for the Mental Health Awareness week.

3. **Facebook & Membership Update**

We have 124 members on FB of which 16 are 'Specials' (not club members).

We have 95 club members. Up from 88 at the September meeting.

4. (Amanda)

Training update: All chugging along fine. Getting a small but steady group out to all club runs. Massive thanks to all who keep this going. Maria’s Haltemprice on Wednesday evening attracts faster ladies (9:30-10min milers) whilst Sarah JW/Anna S steadies has a good turn out for a 10:30-11min mile pace.

Snails Update:No current leaders but Tilly and Angela have stepped up to lead and this has allowed Snails2Steadies to come out on Wednesday as well as Monday and Friday. Tilly led 4 super steadies last week. Numbers of S2S increasing.

Website Update: S2S page updated. New prize winners added: Janet W x 2, Karen P x 2 and Jan D. Anna C continues to update gallery

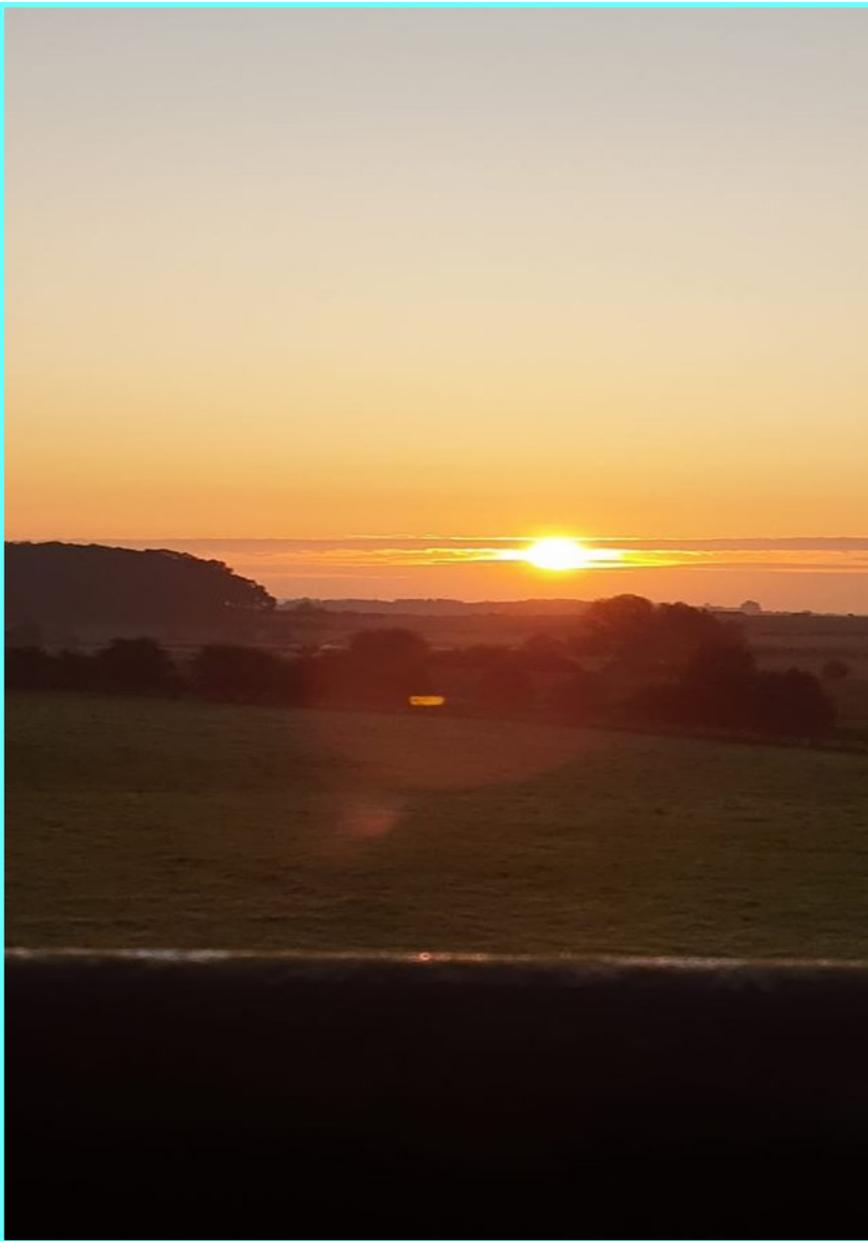
5. **Committee Membership**

a. A very big thank you to Jane, who is stepping down from the Committee.

b. A very big thank you to Andrea, who is handing over the Facebook administration and the parkrun emails to Anna C. Thank you to Anna C for stepping in.

c. Following a previous discussion, we felt that the committee should be identifiable on the website.

Action: Jan to ask all committee members to take a selfie in their WHL vest for the website.



6. Midwinter Madness

30th November. A few people booked in. Hoping for many more.

Cost: £5 which includes soup + roll, cake, tea/ coffee.

7. London Ballot

4 members had applied for the ballot, and all met the criteria. Names were drawn, by an impartial member of the cycle club next door. Well done to Jo Dry!

8. Training times:

We have been asked about training runs and the possibility of making the start time slightly later.

Action: Amanda to set up a survey

9. AOB: There was a discussion about Christmas lights runs. Some dates discussed.

Next meeting: 2nd December

Sunrise 23/10/2019

West Hull Ladies Running Club

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

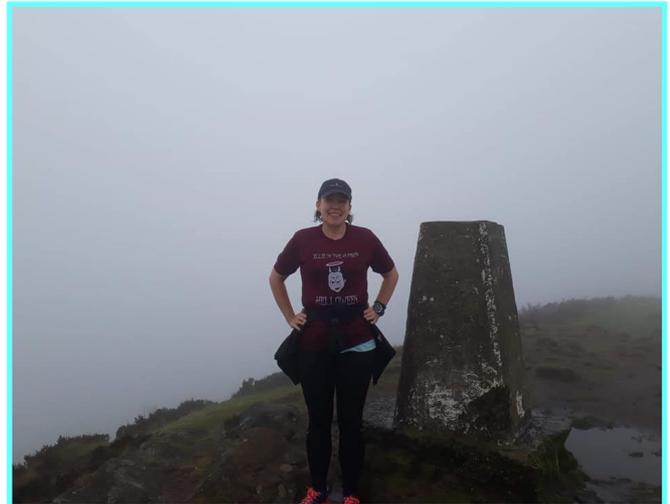
Email: westhullladies@outlook.com

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

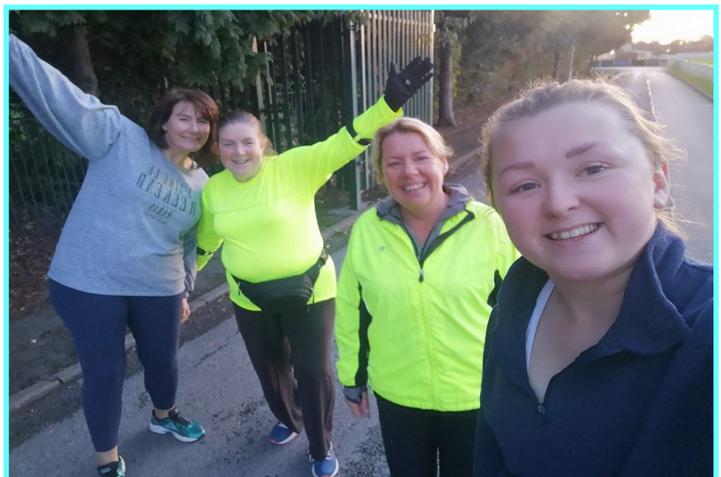
GALLERY



Rudolph Recci 20\10\2019



Liz Nicholson 6,5 miles up Sharp Haw
03/11/2019



Super steadies 16/10/2019



Training session 23/10/2019

TRY CORNER

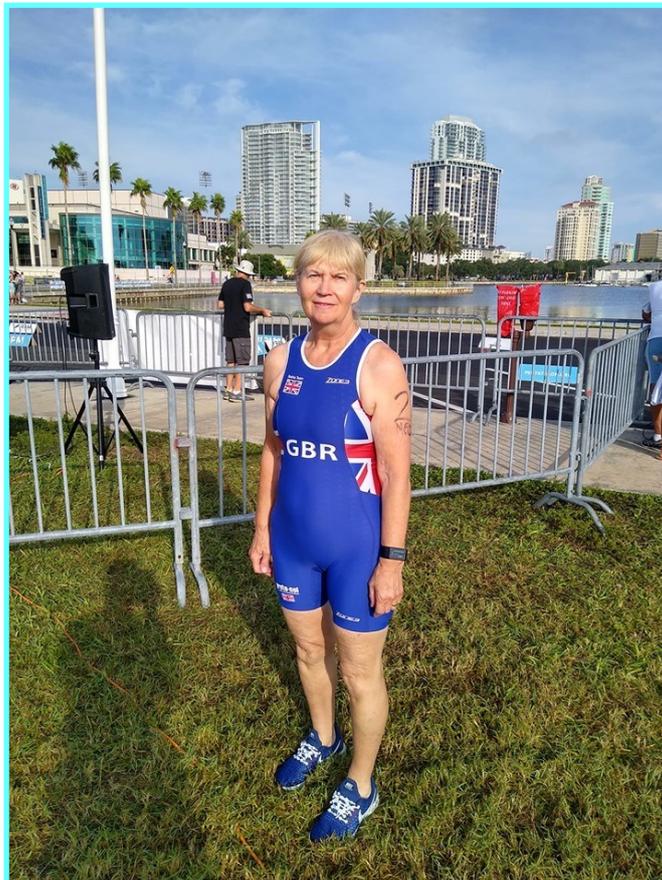
What other things have our Ladies been up to this month
apart from running?



Ladies trying Nordic Walking session



Amanda and Becca testing their camping skills



Suzanne at the Biathe World Champions 4th
in her age category 27/10/2019

Dates for your Diary

Midwinter Madness

30/11/2019

Millington Village Hall

Presentation Evening

13/03/2020

Canham Turner Hull University

Midsummer Madness

13/06/2020

Thixendale (Endure 3 weeks later)

Club's Camping Equipment

The club has the following camping equipment available to borrow for events:

2 Event Tents with four sides

1 Cook stand

1 Double stove with Gas bottle

First Aid Kit

Please email the club if you would like to borrow any of the equipment





Parkrun News

28/09/2019-02/11/2019



The run.
Saturday morning, weekend begins,
Alarm set, not a day for a lie in,
Temptation lingers not to take part,
Crawl out of bed, don't want to miss the start.

Choice of attire dependant on the time of the year,
Winter months definitely need a few more layers of gear,
Footwear laced up, make sure there not slack or not too tight,
Drink, stretch, have a quick bite.

Arrive, park up, get ready for the start,
Warm up walk, stretch those calves,
Men, Women, children and even the odd dog,
Gather together for a walk, run or jog.

Race director gives his pre race speech,
Announcing milestones that have been reached,
Volunteers giving their time and support,
Allowing us to take part in our sport.

Last minute stretches at the start line,
Off we go, the time, just around nine,
5k, 4 lapse, 1 short, 3 long,
Hoping the legs will stay strong.

Head up, shoulders back,
Keep that pace on the right track,
Putting your body to the test,
Can you beat your personal best.

Halfway through, can you keep up the pace,
Remember this is for fun, it's not a race,
Can you continue to run,
Dig deep until this challenge is done.

Last lap so move up a gear,
Going to finish this without fear,
Push to make it the finish line,
A sprint to try a beat your last time.

Have you achieved another P. B.
Hand in your barcode and wait to see,
Whatever the result you will be back for more fun,
Enjoying the weekly parkrun.

Jackie Smith



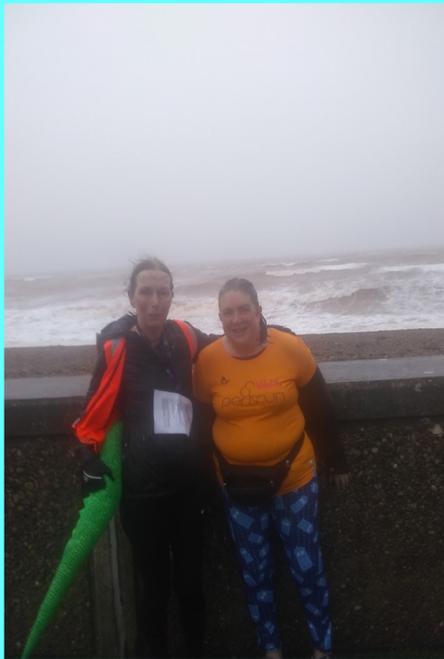
Sandra Noedic Walking at Beverley Parkrun 5/10/2019



Cath Dyson at Stuttgart Parkrun 12/10/2019



Parkrun News



Shirley Goy at Seaton Parkrun Devon

This month has been a bumper parkrun month even though we are now winding down for the winter. In the 6 parkruns we have had in this period we have had 29 runners at Hull Parkrun, 32 at Peter Pan, 3 at Humber Bridge and 9 at Beverley Westwood. We have also had Linda and Shirley volunteering with Oliver and Ziggy. Also Anna has now taken over the Parkrun Email newsletter from Andrea. Thankyou very much for doing the Email Andrea, it's always been a highlight of the beginning of the week for me and well done to Anna for volunteering taking over the Parkrun email Baton!



Cath at Fulham Palace Parkrun 02/11.2019

Well done to our 4 shiny PB ladies this month, they are Shirley Goy , Rachel Whittaker, Sarah Frost and Tracy Toner, fantastic running ladies.



Suzanne at Clermont Parkrun 02/11/2019

We have also had a number of Park Roamers this month, Shirley Goy travelling all the way down to Devon for Seaton Parkrun where she experienced very non-Devon Like weather. Cath Dyson completed Fulham Palace Parkrun in London. We had International Park Roamers with Rachel Whittaker at West Port in Ireland and Cath Dyson at Krucherrwald, Stittgart in Germany. Suzanne Clarkson dropped off from the World Biathe Championships to do the Clermont Parkrun in Florida. Which she has now done twice!



Rachel and Family at West port Ireland 02/11/2019

VIEW FROM THE BACK

Liz Hobson

Well the clocks have changed so that means digging out the warm running gear. For some reason I always manage to hide my warm gear in a “safe place” and instead of finding it in time for my run, I engage in a mad panic trying to locate, buffs, gloves, warm hats and by the time I actually get out for a run I am already exhausted. Garmin should do an app for it and make it part of a fitness routine.

It's a tricky time of year. When I do get out for a run I find that sometimes I am over dressed and get too hot or underdressed and too cold. I wore my Ron Hill Trail Tempest jacket when it was raining and had my hood up. I found that when I was running, it sounded like the rhythm of the song “Chelsea Dagger” so I ran three miles with that song in my head the whole time. I may try prancersize the next time so I get a different tune, possibly the Black Beauty theme.

I also find it hard to stay motivated, I guess when we were all living in caves we would be looking to stay in when it is dark. We would probably tell stories around the fire, mending nets. This time last year I was starting to train for London and that kept me going. This year I am sort of ticking over in terms of running, but making more of an effort to get back into cycling by using my exercise bike. I changed jobs at work this year and I am on my feet more and I am afraid my feet are starting to protest, I feel that cycling might be the answer. The only issue with this is that my exercise bike is also starting to protest and make ominous clunking noises. I am therefore wondering about a turbo trainer as I have a spare bike that could be used. The thing is I am tempted by the superdooper singing and dancing ones which connect to the internet so you can have a virtual bike ride on your own or with friends. The question is will I be able to set it up properly, how good is my broadband in the garden, will it be one of those things which I use a lot and then forget about, ultimately is it worth the extra money? Another complication is that you have to subscribe to these Zwift things, although free ones are available. I suspect that these will have annoying pop ups or adverts on them.

On that note have you noticed that adverts and pop ups seem to be able to read your mind? This year for the first time, for a while, I will be cooking a Christmas meal, I have a rough 50/50 split of veggies and carnivores attending. I am sure I have not searched for any food idea but suddenly Marks and Spencer's Christmas Food adverts start appearing on my Facebook feed! I also find everything teal adverts come up, not just trainers or running stuff but everything, even Christmas decorations. It's very sinister!

Hopefully there will be one more newsletter between now and the end of the year, it would be great to have a Christmas edition, so if people have any Christmassy running stories or recipes that would be great, so get your thinking caps on!

