

# WEST HULL LADIES

## NEWSLETTER Spring 2022



Away run Beverley 23/03/2022



Champagne League 29/03/2022



# Running Form

## Amanda Dean

I am finding it difficult to give coaching sessions that people can get to and, most of you have limited time, so prefer to run when you have the time, not listen to me.

However, find the time to read this because running with good form makes you less likely to be injured and it makes you more efficient. You will go faster for less effort. Yay!

What should you do?

**Run tall and relaxed**

Everything else is just touching up on this simple advice.



**Breathing (important!):** Stand tall and relaxed breathe deep (so nice). Shoulders, hands, elbows relaxed. Then roll your shoulders and head forward. Now when you breathe you will find your chest feels a little restricted. Then stand tall but hold a little tension in the shoulders, again, you will find breathing harder. Even tension in hands and arms will make it harder to breathe well.

Most people do not use their full lung capacity. **Homework.** Check yourself out. Lie on the floor with one hand on your belly, breathe deep. If your hand does not move, you are not allowing your diaphragm to work fully. You will be shallow breathing. If you have a child or pet, you can probably

see their tummy moving when they breathe.

We can never reach our peak fitness if we do not use our lungs well. You can improve by practicing deep breathing. The more relaxed, deeper breaths, the more oxygen, the better.

**When in alignment ears are above shoulders, above hips, above ankle.  
A nice straight line.**

**Posture:** Now you know that tilting your head forward makes it harder to breathe but consider if you had something heavy to carry. You would hold it near to your core not out front. It is physically harder to run with shoulders slumping forward, head down. Don't make life harder. Many of you will look down whilst running so as not to trip over but try to look ahead. This will help keep your head in a nice position and shoulders relaxed. If you see a trip danger ahead you will not forget about it in the few seconds you take to get to it. At this point you should be looking at the hazard but after, adjust your eyesight forward again.

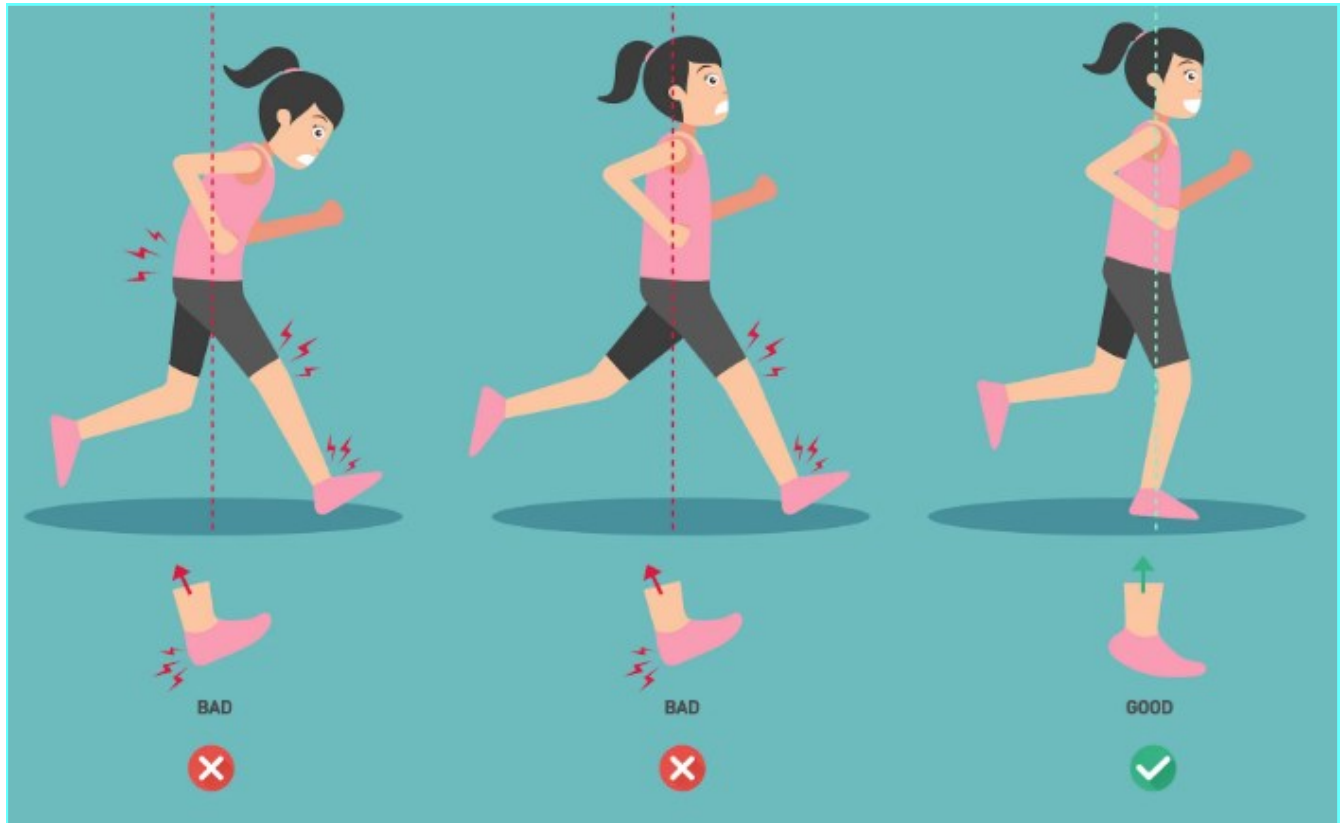
Imagine a string attached to top of head lifting, your shoulders down, head neutral and looking straight ahead.

Round shoulders are generally caused by muscle imbalance between chest, shoulder and upper back. Check out strengthening exercises to improve this if you think you may benefit.

**More homework.** Practice good posture when walking. Tall, relaxed shoulders, breathing deeply down into the stomach. Good posture is known to make you feel more confident, it is mentally good for you, especially if you smile too.

**Over Striding (heel striking):** When we walk, we heel strike i.e. the heel hits the ground first. When we run, ideally we want the ball of our foot or mid-foot to land directly below us. Heel striking is harsh on the body and can result in injury. On top of that, every single step causes a braking action. It is an inefficient way to run.

By running tall and relaxed you are already a lot less likely to over stride.



On the first picture the over stride is a result of the head tipped forward and bottom out which, as you have learnt to run tall and relaxed, you will not be doing.

On the second photo the girl is throwing her foot forward causing the over stride. This is where most people go wrong. They make running a faster version of walking.

The third picture shows a happy runner with feet landing beneath the body. This is what you are aiming at.

To encourage your feet to land correctly below you, concentrate on running tall.

Think about your hips, keeping them in neutral (they may feel tilted up at the front at first).

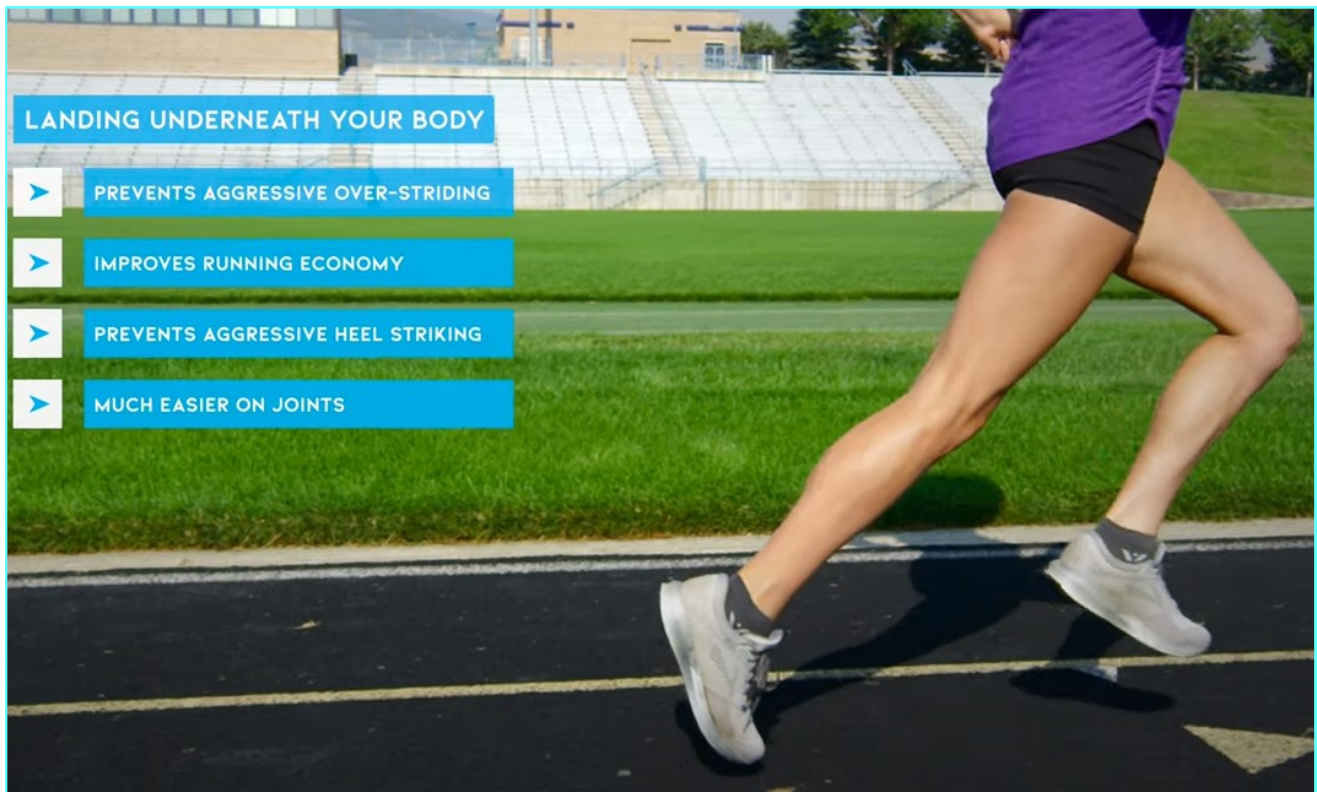
Think about soft knees, slightly bent.

Check out your cadence. This is how many steps you take per minute. When doing around 10min/mile 170 steps is good (160 say for 12min/mile). Elite runners will take 180+ steps, but they are moving much faster.

If your cadence is slow, think about taking shorter faster strides.

**Downhill running.** Most people over stride when running downhill. If you can avoid it, you will catch them up as they gamely put the brake on hard at every step.

A lovely running style, which includes “The Lean”.



**The lean:** when running fast, creating a forward lean will make you more efficient. Gravity will help you and the push off from your foot will be propelling you forward.

One way to work on this is to run tall and relaxed then think about “Chest Forward” not only will it bring that slight lean it will open your chest up making breathing easier.

**Arms:** Keep them relaxed and only moving backward and forward, not across your body, which creates an inefficient sideways movement. Elbows around 90°. Push your arms back and let them roll forward. You need arms to keep your running smooth, just for fun try running with arms straight down like a penguin!

**Finally:** Try drills. High knees drills and butt kicks will help to improve your foot strike and cadence. It does a lot of glute work. The Glutes are your engine!

If you plan to change your running style, do so gradually.

Your body has become used to running as you do now and will need time to adjust.

**Happy Running**



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# Presentation Evening 18/03/2022 Cottingham Parks

## Congratulations to our Award Winners

### 100 Miles

Rachel Whittaker 1st time Leeds Endure 2021

### 100K

Sandra Holdsworth 1st time Hoodie Size Leeds Endure 2021

Jane Allen 1st time Hoodie Size Leeds Endure 2021

Karen Park - 75 miles 2nd time Certificate Leeds Endure 2021

Verity Pick - 90 miles 3rd time Certificate Leeds Endure 2021

### 50K

Sandra Holdsworth (6:25) 1st time Tee June Club Challenge

Ros Barbour 1st time Tee Leeds Endure July 2021

Cath Dyson<sup>2</sup> (7:31) 2nd time Badge June Club Challenge

Stacy Foxworthy<sup>2</sup> (6:32) 2nd time Badge June Club Challenge

Sara Ellis<sup>2</sup> (5:03) 2nd time Badge June Club Challenge Club Record

Kerry-Ann Taylor<sup>2</sup> (7:41) 2nd time Badge June Club Challenge

Jackie Foreman<sup>2</sup> (7:41) 2nd time Badge June Club Challenge

Jill Hood<sup>2</sup> (7:18) 2nd time Badge June Club Challenge

Anna Victoria<sup>2</sup> (5:26) 2nd time Badge June Club Challenge

Jan Draper<sup>3</sup> 3rd time Badge South Downs Way 50 April 2021

Rachel Whittaker<sup>3</sup> (6:02) 3rd time Badge June Club Challenge

Amy Bradley<sup>4</sup> (5:25) 4th time Badge June Club Challenge

Joanne Drysdale<sup>4</sup> (7:18) 4th time Badge June Club Challenge

Jan Draper<sup>4</sup> Lakeland 50 July 2021 Off-road, under 10 hr, 6,000ft

Amanda Dean<sup>5</sup> (5:24) 5th time Badge June Club Challenge

Amy Bradley<sup>5</sup> 5th time Badge Leeds Endure July 2021

Jan Draper<sup>5</sup> 5th time Badge Hardmoors 33 NYD 2022 Off-road, 9:10.

### 25+K - DONE

Shirley Goy June (9:12) 35K Certificate

### 1000 Miles

Sandra Holdsworth 10th May

Sara Ellis 19th June Jan Draper 26th June

Cath Dyson 30th June

Amy Bradley 15th August

Karen Park 25th August

Amanda Dean 4th October

Rachel Whittaker 21st October

Janet Wardale 22nd November

Jackie Foreman 8th December

Stacy Foxworthy 12th December

Jenny Henderson 23rd December

Verity Pick 25th December

Lynne Parkin 29th December

Jill Hood 30th December



Thankyou to our special guest

Kay Farrow from Beverley AC and  
Beverley Westwood Parkrun



Jill and Liz in action



Jan Picking up Helen's award  
(10k)

### 1000 Kilometres

Jo Drysdale 4th September  
Sandra Holdsworth 14th September  
Sara Ellis 3rd October  
Anna Cartwright 4th October  
Sarah Wilson 29th October  
Gail Farr 10th November  
Maria Diaz 14th November  
Janet Ainley 16th November  
Chantal Cable 21st November  
Samantha Page 25th November  
Jane Allen 3rd December  
Eleanor Grieves 9th December  
Anna Shepherdson 15th December  
Helen Pickering 22nd December  
Jan Draper 24th December  
Kerry Taylor 27th December  
Linda Dodsworth 28th December  
Cath Dyson 29th December  
Joanne Townsend 29th December

### Special Awards

#### Member of the Year

Samantha Thompson (nee Page)

#### True Grit Award

Amy Bradley

#### 10k Award

Helen Pickering

#### Newcomer of the Year

Victoria Smith

#### Improver(s) of the Year

Gail Farr  
Amanda Dean  
Cath Dyson



Member of the year Sam

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Amy True Grit award

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Newcomer Vicky

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Gail

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Amanda

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Cath

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## A Message from Eleanor Grieves

I've been a WHL since September 2020 but wish I had joined sooner. I've loved how the club has really helped me improve my running and fitness and made running so much more enjoyable but more than anything I've loved the people I have met through the club! 💙 I have made friends for life at WHL and I have had so much fun running and socialising with everyone at the club. A big highlight was my first race at Burton Constable which was so scary but made so much better by having loads of west hull ladies there to cheer me on. I loved the Millington away day, the run was so challenging but so much fun and the whole day was so lovely and I got to speak to some of the ladies I don't usually run with. I loved our weekend away in Dalby to run the Parkrun and Dalby "No-Ego" challenge. It was a massive high for me to finish such a tricky race in such a quick time and I had a blast whilst doing it! I will miss every single club member and miss our weekly catch ups whilst we run but I'll never forget my time at the club and I hope to come back and run with you all in 12 months time

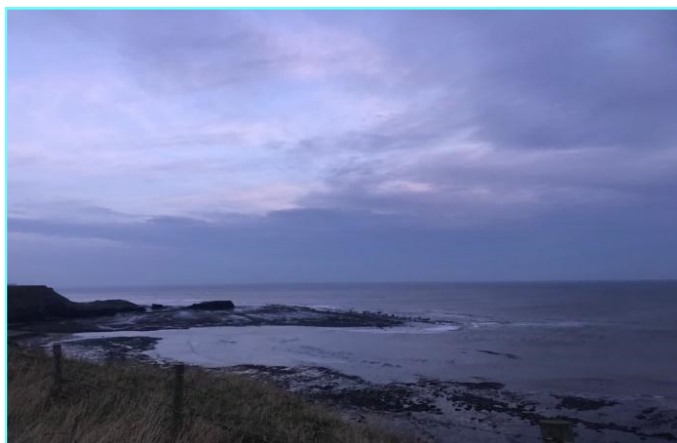




# Trail Tails

## Jan Draper

So, what's been happening so far in 2022 on the trail running front? The New Year started off – literally on New Year's Day – with the Hardmoors Princess. This was a 34-mile race, with 4000 ft of elevation, starting from Whitby and taking in quite a bit of the Cleveland Way along the beautiful North Yorkshire coastline.



The weather was surprisingly mild for January although there was a strong wind. It had been very wet leading up to the race so I knew that the course would be very muddy. So, I think the prospect of wind and mud had already started to get

into my head even before I started.

I had trained well and kept injury free so went into the race feeling in good shape. The first 6 or so miles, down the coastal path to Robin Hoods Bay, was steady and enjoyable although into a strong head wind. As we approached RHB I started to feel like I couldn't catch my breath – something that's happened before, usually when it's windy – and things started to feel like really hard work. I knew I had a long way to go, and I think my head started to go at this point, which was really early in the race. Before long I started to feel a little nauseous and eating became a struggle – not good, when the body needs energy to keep going. At about mile 17, after a steep climb, we turned direction and the wind was behind us. This made it a little easier, but the glorious mud took over from the wind as my mind struggled to keep focussed.

I flirted with the idea of dropping out but gave myself a talking to: just putting one foot in front of the other was all that was required. The goal of a reasonable time had long gone so now it was just about finishing. And that's what I did, well within the cut off but not as fast as I'd hoped. I learned a lot that day about just digging deep, about accepting that there are going to be runs that don't turn out as planned, and about just pressing on and finishing! I vowed I would never do that race again though!







Fast forward to the beginning of March and the short Golden Fleece route. Again, the weather was good for the time of year, and I was hoping to use this race to test myself both mentally and physically. I set off at a good pace and was able to keep a good pace going for the duration of the race. My plan A was to get in under 3 hours and I was very pleased to smash that, coming in in 2.42.

Then the most recent effort was the Hardmoors Wainstones marathon on 8<sup>th</sup> May – 28 miles taking in a fabulous route and views on the North Yorkshire Moors. The route, which is over 5000ft of elevation takes in the 'Three Sisters' and Clay Bank in the second half of the race– in case any of you are familiar! This was my first race as a FV60 and I my plan A was to try and come in first in age category. To make that happen I had to beat a very experienced FV60 who wins all the FV60 prizes – so it wasn't going to be a walk in the park! I had a really great first 23 miles and was ahead of my rival for most of that time. But the day was much hotter than forecast and I was starting to struggle in the heat. I was cramping a little as I didn't have enough electrolytes with me (rookie error!).

Shovelling nuts and salty crisps to stave off the cramping was not enough to stave off my rival and at the bottom of Clay Bank she caught me – ate some of my cashew nuts – and then was off! And I just did not have enough left in my tank to keep with her. But I finished in 7.02 (my plan B was to do it in 7 hours) and again, lots to learn, but also pleased with the result.

So, the next race is Giant's Head marathon in Dorset, at the end of June and it will be great to have Rachel Whittaker, and Liz Draper running that too. Watch out for lots of 'willy' posts including the spinning willy medal! If you don't know what I'm talking about take a look here [https://en.wikipedia.org/wiki/Cerne\\_Abbas\\_Giant!](https://en.wikipedia.org/wiki/Cerne_Abbas_Giant!)

And then after that, it is Lakeland 50 at the end of July – but more about that in the next instalment of Tales from the Trails!



# Gallery



Shelley and Partner Chris at Snake Lane  
23/02/2022

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Anna flying feet Snake lane 23/02/2022

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Ladies before the Ali Clark 10k 20/03/2022

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Suzanne Allot and Fran Ashworth 12 miles at  
HOTH 26/03/2022

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# Show us your Bling



Victoria Orsborne (Ali Clark 10k  
20/03/2022) recorded a PB



Kim McBirnie, Liz Nicholson and Cath Dyson after 20 miles  
HOTH 26/03/2022



Eve Fullard and her friend Liz after  
the Normanby Adventure Race



Amanda with her Age group win at  
the Hornsea 3rd marathon  
03/04/2022



Jan's Hardmoors medal 8/05/2022



# Hell on the Humber Mad Hatter

## Saturday 26<sup>th</sup> March 2022

### Liz Nicholson

My running plan this year started with the 6-hour HOTH Mad Hatter event at the Humber Bridge.

I was utterly delighted to be at an *actual-in-real-life HOTH event again after two years of virtual events*. It was lovely to see WHL ladies there and catch up with familiar faces.

The event was being run on the east side of the bridge, with the base on the slip road. There were a lot of tents, and the loos weren't that bad (even if they were on a bit of a slope). It didn't feel like it at the time, but looking at the results, there were 170 runners taking part and quite a few in fancy dress (no, not me!).

It was warm and sunny with a cooler breeze on the bridge. I remembered to bring the sunscreen. I also remembered water, fruit scones, bagels with peanut butter (smooth), bananas, plasters and spare kit (in case of rain). I also made good use of the mountain of sweets available at the event.



My longest run so far had been a run/walk of 7.5 miles, so my plan was to take it easy, run/walking a couple of laps and then walking two more – making 4 laps, 16 miles in total. After two laps I realised 5 laps was looking possible, abandoned my plan, and headed for 20 miles!

It's very important to time your last lap! You don't want to be too early back to base but you don't want to be too late, or you miss the final cut off. I started the last lap with Cath and Kim, and it was nice to stride out on the bridge together. I didn't keep up but still finished a bit before the 6pm cut off, at 20 miles, with my feet and legs and glutes and back and everything complaining at me.

I was sore for a week! I might need to do more training next time!

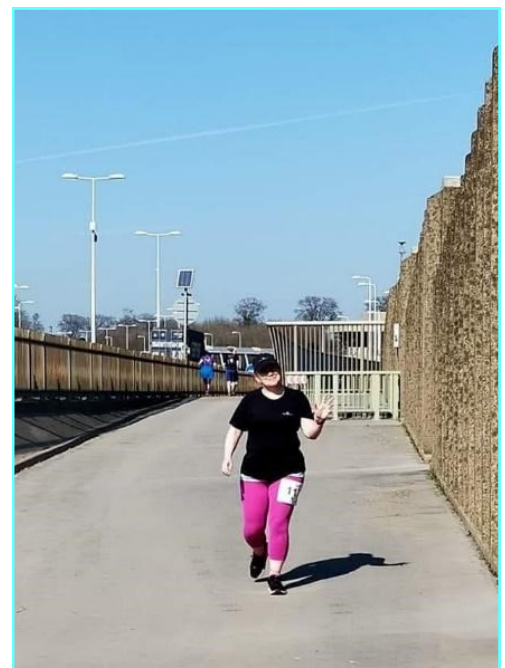
You'll always get a good medal and t-shirt at a HOTH event. The highest number of laps run was 10 (40 miles) – in 6 hours – which is insane! – and I think the winner gets a hat and to do it again next year.

I am a big fan of these events. Whether the weather is hot, dry, wet or completely nasty, the atmosphere is always fun and supportive. After a couple of years of no races, this day was very special.

If you've thought about doing a HOTH event - give it a go.... The next event is in August, followed by Halloween in October and Ho Hoth in December.

See you there!

<https://www.eventbrite.co.uk/e/the-hoth-hell-on-the-humber-night-endurance-race-2022-registration-308989374537>



## Gallery



Helen and Eve at the London Landmarks Half Marathon 03/04/2022



Waudby Green Ladies 17/05/2022



Jenny attempting the 3 peaks 14/05/2022



Sandra in the Ponterfract 10k



# Woldsman 50 (Miles) 2022:

## Amanda Dean



I completed the Woldsman 50 to celebrate reaching 60 in 2019 with Becca King and Verity Pick, completing it in 13hrs 42 mins. We had to take it steadier than intended as Verity was suffering due to illness. I found it tough but immediately wondered if I could do my own pace would it be easier? So, I booked back in for 2020. The following two years were scuppered by Corona-virus so it was this year before it could be run. Verity also had unfinished business and did some training to prepare herself for the day whilst I followed the plan which included some tough final weeks (the toughest was Saturday 10 mile run followed by Sunday 32 mile run/walk). In the run up I'd felt tired and my Champagne League race a few days before felt tough but, the day before I felt good so wasn't unduly worried.

The communication from the organisers was good. In particular they provided the route in map, written description and gpx form. I "walked" through the map on my laptop using the description and it was spot on.

**Info:** There are no marshals on the route, just feed stations. You self navigate. You shouldn't

rely on following others.

Verity and I drove into the grounds randomly arriving at the same time, registered and prepared for the start.

It was a beautiful dry day though cold to start and stayed cool all day which was perfect as you were not spending time pulling off clothing and putting back on. However, there was a noticable wind!

At the allotted time the 171 run, walkers set off. This was a low turnout probably due to COVID.





Verity and I set off together with the intention of seeing how it went and at first we made perfect running partners heading out of Drifffield on the mostly flat roads, paths and tracks. At the first feed station at 6.5 miles neither of us were hungry, we both ate 😊

**Key Tip 1:** Fuelling. This first advice given to me by an experienced ultra runner was to eat more than you think you can. We both carried food just in case we didn't fancy what was on offer but mostly it was perfect. Cheese sandwich for me at this stop.

**Key Tip 2:** Keep moving forward so, eat whilst walking and start trotting again as soon as you can.

Then onwards to Sledmere village hall, around 13 miles, pace approx 5 miles per hour even though we were starting to hit the hills now. The village halls were excellent. At Sledmere we topped up drink bottles, used toilets and ate (me: half cream cheese sandwich and billionaire shortbread) still eating as we set off, both in good spirits.

The route continued mostly on flat tracks/paths which we continued to trot and walked up all hills. At around 16 miles I pulling away from Verity as her leg was starting to hurt. We ran-walked for a while but as she said she may have to walk a lot (thankfully didn't happen given her finish time) it was decided when I pulled away again I would continue and at 18 miles we parted company. It was wonderful having Verity for a third of the route.

The next feed station (this was around 20 miles) was after the steep Burdale road and just before heading into Wharam Percy. Through Wharam Percy and after climbing up to the



ridge, there was a couple of tough miles into the headwind tackled by 'run for 5 mins then a little walk' and repeat. Important not to push yourself too hard.

A steep descent took us into Thixendale.

The village hall marks almost half way, 24.5 miles and the support there was fabulous. A lovely lady filled my bottle and brought me cup of tea and food (sandwich, quiche, small cake)



**Info:** I had carried electrolyte powder – rehydration mix which I added to my bottle.

Much of the day was blue sky with clouds and lovely tracks.

Off again. The next stop Millington Village Hall. This is the longest gap without a feed station – 8.5 miles best to ensure well hydrated before leaving Thixendale if you have just a 500ml water bottle as I have.

Even though I was on my own there were 2-3 guys approximately my pace either ahead or behind so I never felt alone and when we passed each other we swapped a few words.

**Info:** In case of rain I had packed spare socks, gloves, buff as well as a taped seam rain jacket. My wonderful Ultra Direction running vest is perfect for this. The easy to drink bottle is a must. If you have to unpack your drink bottle you won't drink as much. Also, lip salve was lovely when my nose got sore!





Was good to reach Millington at 33 miles and again a lovely reception. Another cup of tea and cheese sandwich.

Out of Millington and up the steep hill to Warren Farm, one of the self-clip check points.

**Info:** You carry a card with you which you clip to prove you had passed certain points. They are well marked and when it gets dark, a light marks them out.

We follow along the tops with two steep descents and climbs before reaching the Huggate feed station. This was the only station where I didn't fancy any of the food so ate some of my jelly babies.

And onwards. I wasn't looking forward to this next section as I had a tough time on my first W50. However, pushing that aside it started well and I enjoyed the

downhill into rabbit dale but the long, long valley became a chore on tired legs.

Eventually onto the road through Wetwang and I was suffering, I had had enough!!

Wetwang village hall: most of a bag of crisps went down well, the cup of tea awesome (and a single paracetamol ☺) plus a small cake.

Three guys came in whilst I was there and left before me but I needed a bit longer. Now at 43 miles with 8 miles to go (did I mention the extra free mile?)

I set off walking then back to trotting and soon was in my rhythm. A little climb then flat all the way 'home'.

I caught up and passed the three men and found myself comfortably running 10:30 min/miles! Unbelievable the difference from going into Wetwang and coming out of the village hall.



I took some short walks but that was just as tough as trotting so mostly kept going. There is a very long straight section, which is tedious but just have to switch off as best you can.

My arrival on Driffeld show ground wasn't perfect as buildings everywhere and I lost a minute being confused. But I finished in 10hrs 52mins faster than hoped and feeling pretty good. I changed into dry, comfy clothes, photo, collected my certificate and badge.

Then food. Pie, peas and gravy and a cup of tea seemed like food of the gods!

I chatted with other finishers and joined in the cheering as each new finisher came in. There was a lovely atmosphere in the base.

Just as I decided I had better head home was so pleased to see Verity appear, smiling and looking good. She finished in 12hrs 5mins, happy with a massive improvement on 2019.



**Would I recommend it?** Absolutely

It was really well organised.

The route was provided in map, written description and gpx.

The support was excellent and everyone really friendly.

**Information** <https://ldwa.org.uk/EastYorkshire/E/24218/the-woldsman.html>

Cost £25, start Driffeld Show-ground. 20 hour limit with a cut off at 5pm, at Thixendale. This is

challenging for walking, just 8 hours to cover almost 25 miles, leaving 12hrs for the second half.

51.5 miles, approx. 4,800ft climbing.

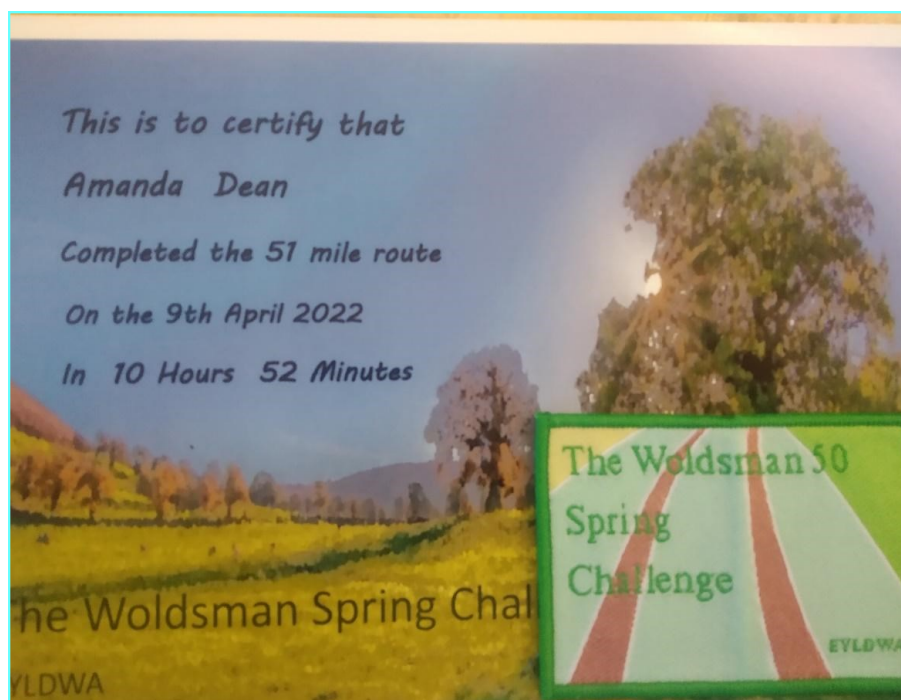
Food: toast and tea/coffee at the start, 3 feed stations, 4 village halls, hot meal at the end.

### **This year**

171 started, 154 finished.

1<sup>st</sup> man finished in 8hrs 5mins, 1<sup>st</sup> lady 8hrs 55mins. Final ones 19hrs 37mins.

I was 4<sup>th</sup> lady out of approx 56 female, Verity 8<sup>th</sup> lady. I was 17<sup>th</sup> overall, Verity 34<sup>th</sup>.



**Final Key Tip:** recce the route and train well for it!



## West Hull Ladies Committee Meeting

### Annual General Meeting, Monday 7<sup>th</sup> March 2022, Kim McBirnie

#### 1. Present

Amanda Dean, Jan Draper, Anna Shepherdson, Cath Dyson, Sara Ellis, Maria Diaz, Karen Watkins, Suzanne Allott, Kim McBirnie, Jill Jameson, Andrea Thomson, and Sarah Wilson

#### 2. Apologies

Annette Pearson, Anna Victoria, Caroline Bradbury, Janet Wardale.

#### 3. Minutes of previous AGM

Agreed as an accurate record.

#### 4. Election of officers

**Chair** – Kim McBirnie, nominated by Amanda and seconded by Jan.

**Meeting Secretary** – Andrea Thomson, nominated by Kim and seconded by Cath. **Membership Secretary** – Maria Diaz, nominated by Jan and seconded by Anna. **Treasurer** – Janet Wardale, nominated by Amanda and seconded by Maria. The following roles were nominated by Kim and seconded by Jan:

**Liaison** – shared between Amanda Dean and Janet Wardale.

**Coach** – Amanda Dean.

**Welfare** – shared between Sara Ellis and Karen Watkins.

**Newsletter** – Liz Hobson agreed to continue with the Newsletter but will not be a member of the Committee.

**10K series** – Cath Dyson

**Facebook admin** – Anna Cartwright.

**Website** – Amanda Dean.

**Policy Officer:** Sarah Wilson

**General members** – Suzanne Allott, Anna Shepherdson, and Jill Jameson.

**Chair (Jan):**

It's been yet another interesting year for the Club. This time last year when I was writing my Chair's report, we were anticipating being able to run in groups of 6 from the end of March 2021. I guess none of us would have predicted how long it was going to take for things to start to get back to normal.

Thankfully during this last year, we have been able to run in person more safely and we have also seen a return to racing – yippee! We have all been eager to don our West Hull Ladies vests and get out racing, either on road, trail or fell, and representing our fabulous Club.

There have been some great achievements across the year, from those running their first 5K/Park Runs, to those running their first 10K, half marathon/marathon and massive achievements by many of you at Endure 24.

The way in which you all pulled together through the challenges of the pandemic is a testament to the wonderful Club that we are. And now that we have been back running 'in real life' for some months, I think the Club is stronger for navigating together all those tricky times.

Your committee has worked incredibly hard during this time, and I am very grateful for all their efforts. The Run Leaders have kept all the runs going each Monday, Wednesday and Friday and I know you will join me in thanking both the Committee and the Run Leaders. A special thanks to Liz Hobson for all her work on the newsletters. And you have all worked hard too, not only running-wise but in your support of each other, either in person or via social media.

This is my last Chair's report as I'm stepping down as Chair after three years in the role. I'll be leaving it nice and warm for someone else to sit in it!

Thanks for being such a fabulous Club.

Jan Draper

### ***Treasurer (Janet):***

Updated summary below. A healthy balance remains, but this has been used over the year to benefit members below:-

The hire of Millington Village Hall for the awaydays.

Subsidise the Presentation evening meals at Cottingham Parks and pay for the badges, t shirts, sweatshirts, and trophies that are awarded.

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Donations of £50 to all four of the local Parkruns

New cones for training

Coaching and safeguarding training

West Hull Ladies Accounts to 31st December 2021				
	RECEIPTS	PAYMENTS	Profit/Loss	NOTES for 2021
Misc	£0.00	£ 272.36	£-272.36	
Membership (England Athletics)	£2,660.00	£1,425.00	£1,235.00	
Clothing	£191.00	£55.00	£136.00	
AGM - Presentation Evening	£ 744.00	£1,161.80	£-417.80	
6 Weeks to 5k	£0.00	£0.00	£0.00	
Coaching course fees		£380.00		
Interest	£0.00			
<b>Total</b>	<b>£3,595.00</b>	<b>£3,294.16</b>	<b>£300.84</b>	
Carry Forward from end 2020	£3,807.73			
Balance spreadsheet 31/12/21	£4,108.57			
Balance bank 31/12/21	£4,108.57			

### ***Membership Secretary (Maria):***

Maria reported that there are 88 first claim members and 6 second claim members. England Athletics membership is increasing to £16 for the year, our club membership will remain £30, with £14 going to the club funds for training, events, awards and other subsidies.

### ***Coach (Amanda):***

Club Coach Report 2021-22

Club Training: We continue with our three, well attended, club sessions which combines both speed work and social runs.

Wednesday Pace Groups: The three Pace Groups are a great success for our Wednesday social runs. They make it easy for members to come and run knowing the pace and distance they will cover. This works well for both progressing and when you need a steadier run.

Pace Group 1 is 9-10mins/mile. Pace Group 2 is 10-11mins/mile and Pace Group 3 anything steadier.

Weekly 10K or 10K+: Members are encouraged to run a 10K or more and post on Facebook where they are collated into a single post. This turns out to be a great motivator with often over 30 ladies posting a run.



Park runs (Not a) parkrun: Once the parkrun re-opened many members returned to getting out there with regular park roamers too. We've had two special parkruns with a "Hen parkrun" and celebration of completion of 0-5K. The "Not a parkrun" option continues to encourage members to get out and cover that distance.

### 3

Six Weeks to parkrun: We had a successful 0-5K attended by both club members and new to the club ladies.

Racing: Great to see so many of us back out racing covering short distances up to Ultra marathons.

Specials: Midwinter madness went ahead at Millington and although a Midsummer Madness could not go ahead last summer, one is planned in June at Thixendale village hall.

Club Challenges: Wow, so good to see so many members going for one or more of the challenges. 30 members completed either 1000 miles or kilometres in the year, a few did both! 17 the 50K, 4 100K and Rachel Whittaker the first completing the 100 mile challenge.

A massive thank you to all our leaders and to all who organise runs for club members.

Indeed, thank you to all members who encourage each other to stay motivated and keep running.

Enjoying running is the top priority of your training.

Wishing you fantastic running adventures in 2022-23. Do yourself proud! *Amanda Dean, Club Coach*

## 6. AOB

**Presentation Evening – Amanda & Jan:** Friday 18th March 7pm

- Date confirmed. Deposit paid. Menu decided. Entertainment Jill and Liz confirmed. Raffle to be managed by Maria. Guest plus partner arranged.
- Awards – Jan: Member of Year, True Grit underway. Cath for 10K. Group for Newcomer and Improver gathered.
- Awards badges and certificates - Amanda. List of club awards (1000M/K, 100M, 100K, 50K, 25K) compiled. 100K hoodies on order (thanks Sandra), 100K & 25K certificates prepared, printed, and framed. 100 mile award sorted.
- All trophy names to be at MWJ by 1st March
- Meal bookings up to 41.
- Anna S set up Facebook Event "Dave McDonald Haltemprice Ballot", 22 members

"booked" in. Next Meeting Monday 4<sup>th</sup> April, 7.15pm.

**West Hull Ladies Committee Meeting**  
**4<sup>th</sup> April 2022, Cottingham Rd Baptist Church**  
**Andrea Thompson**

Present: Kim, Cath, Maria, Sara, Karen, Andrea

Apologies: Amanda, Anna V, Sarah JW, Suzy, Janet, Anna S, Kerry

**1. Minutes of previous meeting:** Accepted as a true and accurate record.

**2. Matters arising:**

No matters arising

**3. Reports:**

- **Membership - Maria:** We have **74** first claim club members plus **6** second claim = **80** • **New Contacts – Janet:** We have had **2** new contacts Nikki Holland and Roseanna Cawthorne.
- **Email - Amanda:** *101 on emails 82 paid up or new. Other 19 are those who have not rejoined. They will be removed from emails on 16<sup>th</sup> April if not joined.* • **Facebook -Anna:** *We have 120 of which: 18 are guests (listed below) On April 16<sup>th</sup> the members who have not re-joined will be removed.*

The Facebook group continues to be very active.

- **Treasurer Report - Janet:** Healthy balance due to membership payments coming in but England Athletic individual memberships still to pay. Think all the presentation evening bills have been paid,
- **Training – Amanda:** Champagne League is now underway with 19 ladies representing WHL. Training runs continue to be well attended, thank you all leaders. The weekly and annual challenges seem to act as motivation for many, as do the many positive posts on Facebook.
- **Pace Groups –:** All felt that the pace groups were working well. Members are now familiar with the 3 pace options and the distances and the groups offer flexibility for members.
- **Website – Amanda:** Main prize page has been updated, (Stacy), 100 mile page, 1000M/K for March. Champagne League page updated. Meet the committee positions updated – still awaiting some photos. (Kim, Andrea, Cath, Suzy, Karen and Sandra). Risk assessment form has also been added.

**4. New kit proposal:** Kerry has been researching new kit options and sent to the meeting details of kit options from 2 possible suppliers. Thanks to Kerry for her work. It was felt that the vest was the most important item of kit as the club requires members to wear them when entering a race under WHL, and some members find the current vest uncomfortable. Other items of kit can be decided on later once the club are happy with the vests. **Action – Kim to contact Kerry to arrange for some samples to be available at a committee meeting and invite members to come along and see what is available.**

**5. Article for Women's Running Magazine –** Women's Running Magazine have approached the club to ask if we would like to provide an article on the club for the June or July issue. All felt that this was a great opportunity to promote the club

**Action – Andrea to contact Liz Hobson to ask if she will write the article.** (update – Liz has agreed and Amanda has contacted WRM to advise Liz has done and sent the article to the editor)

**6. Feedback from presentation dinner - Amanda** Everything went very well. I will collect the gym passes today for distribution. All agreed that it had been a successful and enjoyable night.



**7. Membership query** – 2 ladies have requested that they be allowed to be kept on the Facebook group and emails without re-joining. The circumstances of both were carefully considered by the committee. It was agreed that if a member is injured but hoping to be able to start running again soon, that they be allowed to stay as a potential new member and so have access to Facebook and emails, but that progress is reviewed after 3 months. If a member doesn't want to join because they are unable to attend the training nights but can run otherwise, that the many other benefits of club membership be explained to them and if they still don't want to pay the membership then they are removed from the Facebook group and email list.

**8. PB Teamwear Cash Back** – Our kit suppliers give the club 10% cashback on new orders. The amount due is £5.60. It was agreed that due to the pandemic and resulting strain on small businesses that we would let the company keep it. *(update: Sandra has been informed and will contact PB Teamwork)*

## **AOB**

- Maria announced that she would be stepping down as membership secretary from next year. While we are all sad to hear this, we understand Maria's reasons. Cath suggested that in advance of the next AGM a list of vacancies is circulated to the club members, along with brief descriptions of all the roles to allow members to see what each role entails which might encourage ladies to volunteer. Maria suggested that the new membership secretary is found earlier than the AGM so that she can shadow Maria during the membership sign up in April. **Action – to be added to January 2023 agenda**
- Sara and Karen noted that they both need to undertake the England Athletics 'Time to Listen' and Karen the Safe Guarding course before they can be registered as the clubs welfare officers. **Action - Sara will look for the courses.**
- It was also noted that the club requires more first aiders **Action – Sara/Karen will research first aid training**
  - Audit of club accounts – It was mentioned in the club survey that members were interested to see what their memberships was spent on. The committee felt it would be helpful if they had an idea of any ongoing surplus in accounts so that plans could be made for additional training courses, events, donations to charities etc and would give greater transparency for members. Cath offered to carry this out as part of the audit. **Action – Cath will contact Janet to arrange.**
- Can the poll regarding start times be removed from the Facebook page (Actioned before the meeting)

Next Meeting: **Monday 9<sup>th</sup> May 2022 7.15pm** at Cottingham Road Baptist Church

Thank you  
Andrea

**West Hull Ladies Committee Meeting**  
**9<sup>th</sup> May 2022, Cottingham Rd Baptist Church.**  
**Andrea Thomson**

Present: Kim, Cath, Maria, Sara, Amanda, Anna V, Kerry, Sarah JW, Suzy, Andrea 1. Apologies: Janet, Anna S, Karen

**2. Minutes of previous meeting:** Accepted as a true and accurate record.

**3. Matters arising:**

No matters arising

**4. Reports:**

- **Membership - Maria:** We have **80** first claim club members plus **5** second claim = **85** • **New Contacts – Janet:** Currently **7** new contacts (list below). Was expecting a lull following membership however we have had 6 enquiries in the past 3 weeks including our first via the Instagram route, 2 from email and 3 via Facebook. Three new contacts removed as decided not to join, Anna tied in Facebook.
- **Email - Amanda:** Distribution lists for 2022-23 sorted. **93** on emails, which are members and new contacts.
- **Facebook - Anna:** Currently have **110** face book members: **79** first claim members (one member not on Facebook), **5** second claim, **19** guests, **6** new contacts.  
The Facebook group continues to be very active.
- **Treasurer Report - Janet:** Not much to report. Balance is healthy at £4234 and things have calmed down now all the membership payments are in.
- **Training - Amanda:** Training runs continue to be well attended. Thank you all leaders.  
The virtual runs for those who cannot attend the training sessions and annual mile/km challenge motivate many (29 ladies tallying their annual distance). Racing is showing its worth in terms of motivation. A special mention to the Beverley 10K where 25 ladies ran and was very positive for most. And to mention Anna Shepherdson currently top of the Summer League handicap and Amy Bradley taking top handicap in the last Champagne League race.  
I recommend those who are now wanting to improve their racing to get a training plan. This takes out the stress of what runs to be doing, it's motivational and produces good results. Make sure it is the right plan for your lifestyle.
- **Pace Groups –:** see item 6.
- **Website - Amanda:** Updates: 1000M/K for April, main page, Champagne League page. Still hoping for missing meet the Committee photos.

**5. First Aid Training - Karen** has looked into first aid training for the club. There are various options. It was agreed that we should send an email to members to ask if anyone is first aid trained, would be prepared to act as first aiders for the club, or would be interested in getting trained. **Action – Andrea to email members - done**

**6. Session start times – Sam:** It was agreed that as some of the pace group leaders are struggling to get to club for 6.15pm for the Wednesday runs, that from 1<sup>st</sup> June start time of Wednesday's sessions only will move to 6.30pm

**7. Matt Nelson Session – Kim:** moved to next meeting.

**8. Midsummer Madness – Amanda:** 18th June.

An email to members to remind about the event – **Amanda**

Facebook event - **Andrea**

First aiders – to be organised after responses received to the first aid email. All attending to be advised beforehand that they will require an ICE contact and must provide details on arrival;

Food – **Kim** via Facebook

Routes – **Amanda** to arrange and will give copies of routes to **Sarah JW**. Risk assessments

– **Sarah JW**

**9. New Kit Proposal – Kerry** presented the findings of her research into kit suppliers, provided samples and a comparison of sizes and prices. The meeting unanimously preferred the supplier EV2 and Kerry agreed to make further enquiries with EV2 and to ask for further samples of other items which she'll bring to the next meeting.

**AOB** Meet the Committee/Leaders Please can Amanda have a photo of Kim, Andrea, Cath, Suzy, Karen and Sandra

Next Meeting: **Monday 5<sup>th</sup> June 2022 7.15pm** at Cottingham Road Baptist Church



# Recipe Corner

## From West Hull Laddy

### Chris Hobson

#### Not just for diabetics.

Having been a diabetic for nearly nine years, I have acquired more than a passing interest in low carbohydrate recipes. A tried and tested method for creating such recipes is to take out some of the higher carb ingredients and substitute something less carby in its place. Unfortunately, what often then follows is a pathetic attempt to convince oneself that it really does taste just as good, yes it does, shut up! One thing that I have learned from discussing such matters on a diabetic's forum, is that everyone is unique and that different approaches work for different people. I am fortunate in that I actually enjoy doing lots of exercise and this works well for me and means that I can have a more normal diet than more sedate diabetics. One person on the forum mentioned being restricted to one square of high cocoa chocolate per week! An additional bonus of being so active is having a fabulously lush body to show off at the swimming pool. Avoiding high sugar foods for a long time does affect how you perceive sweetness. I discovered this when I bought a Ferrero Rocher Easter Egg and found it to be excessively sweet. The following two recipes are relatively low in carbohydrates, which is helpful for weight watchers as well as diabetics, but are good for everyone else because they actually taste great as well. The Brownie recipe is adapted from one found on the internet. The original had American style measurements that involve cups and spoons rather than weights for the quantities which is of little use for the process of calculating carb content. I had to acquire a set of measuring cups and spoons from Asda for a fiver and used these initially taking note of the weights as I went along. The porridge recipe is mine and follows a period of experimentation before bringing it to its current state of perfection. Calculating the carb content of the recipes is done by referring to the nutritional information on the packaging of the individual ingredients where the carb content is given as a percentage of the total. The percentage can then be multiplied by the amount of grams that you are putting into the recipe and then adding the totals for all the ingredients together. If this seems a little complicated all will be revealed below. Quantities are rounded slightly so that we aren't going to nine decimal places.



#### Easy low carb brownies

Easy because while some other recipes involve mixing stuff separately or adding ingredients one at a time, this one just involves shoving it all in a bowl and mixing it together.

#### Ingredients.

	Carb percentage.	Total carb content.
95g Ground Almonds.	6.9%	6.6g
25g Cocoa powder.	8.7%	2.2g
5g Baking powder.	88.0%	4.4g
¼ Teaspoon of salt.		
65g Butter.	0.6%	0.4g
50ml water.		
2 Eggs.		
100g Brown sugar	100%	100.0g

#### Method.

Soften the butter. Put all of the ingredients into a mixing bowl and mix thoroughly. Transfer the mixture into a greased baking tray and bake for 20 minutes at 180 degrees Celsius. Leave to cool and then cut into 16 squares.

Total carb content 114g

Carb content per piece 7.1g

## Nutty Porridge.

This recipe includes one or two alternative ingredients so there are variations on the possible carb content. Oatibix and porridge oats have the same carb content, Oatibix make it slightly more tasty. Almond milk has less carb content than cow's milk and I can't tell the difference.

### Ingredients.

	Carb percentage.	Total carb content.
One 25g Oatibix or 25g Porridge oats.	64.0%	16g
250ml Cow's milk or	4.8%	12g
250ml Almond milk.	1.3%	3.2g
25g Walnuts.	3.3%	0.8g
¼ Teaspoon of cinnamon.	27%	0.6g
½ Teaspoon of honey (optional)	84%	4.2g

### Total carb content.

Cow's milk with honey.	33.6g
Cow's milk no honey.	29.4g
Almond milk with honey.	24.8g
Almond milk no honey.	20.6g

### Method.

Place all the ingredients except for the honey into a bullet blender. Blend for 30 seconds. Transfer the mixture to a microwavable bowl, cover and microwave on full power for a minute and a half. Stir the mixture adding the honey if required, and then microwave for another minute.





# Show us your Bling



Amanda with 2nd in her Age Category  
Snake Lane 23/02/2022

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Stacy, Cath and Gail also at Snake lane

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Stacy 1st Lady at Spurn Super 7

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Kerry-Ann and Rachel after their Pontefract 10k



parkrun

parkrun



Amanda Parkrun Tourism 26/03/2022

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Sarah and her hubby Peter 14/05/2022

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Janet's 100th Parkrun with her son Jack  
21/05/2022

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# By Special Request

## Felicity's Beany Salad

### Felicity Williamson

#### Felicity's Beany Salad

##### Ingredients

2 tins of chickpeas, washed  
1 cucumber, diced  
2 red onions, diced  
5 large tomatoes, diced  
3 cloves garlic, diced  
1 bunch parsley  
1 bunch coriander  
1 tblsp Za'atar spice

##### Dressing

Juice 2 lemons. Add same amount olive oil

##### Method

Combine.

Prepare the day before for best flavours.



# 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**



**SAVE THE DATE**

**Midsummer Madness  
18th June 2022**



# View From The Back

## Strong Ladies come in all shapes and sizes

### Liz Hobson



On April the 30<sup>th</sup> me Jill and Chris went to see the UK's Strongest Woman and UK strongest man final Eliminator at the Doncaster Dome.

Having been doing some strength exercises we thought it would be interesting to see how we compare to the top ladies and to see the men in their eliminator I have to say it was pretty good value to get two events in one.

When we got there it was disappointing to see the merchandise stall didn't have any strong woman merchandise it was just for the men. This caused

much grumbling and consternation in the ladies queue for the toilets I can tell you! I have to say they missed a trick on that one because we certainly would have probably bought a t shirt or something if they had.

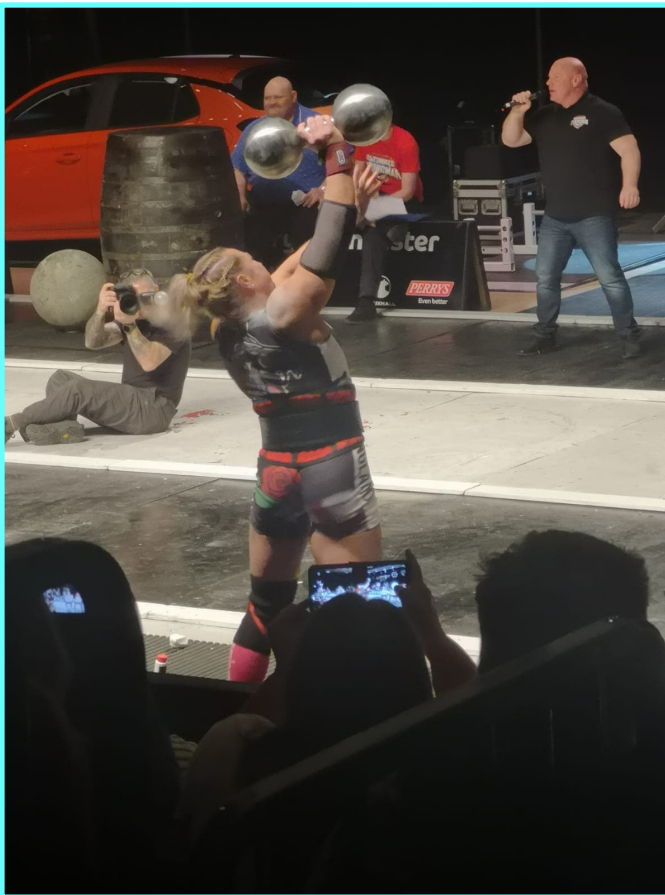
The event itself, as it turned out, was actually world class in terms of the contestants. There was the current World's Strongest Woman Rebecca Roberts and Donna Moore who was a previous 3 times World strongest Woman and is considered to be the trailblazer in strong woman competitions. There was also Shannon Clifford who is the world champion in the under 70kg category and Lucy Underdown who holds the woman's deadlift record which is 300kg, 47 stones (yes forty seven)!

The first thing that struck us when they stood together is how many different shapes and sizes there were, as opposed to the men who are all topping the 6 foot mark. I was particularly taken with Shannon Clifford who appeared tiny and I suspect pound for pound may have been the strongest woman, (possibly I am bias being a short arse myself).



The events included the Tyre flip which was a 250kg tyre which had to be flipped against the clock for 20 meters and was done as a race. Technique is so important as well as strength here. They then had the 48kg dumbbell, (the dumbbell they used was named after Donna Moore), for as many reps as you can in 75 seconds a lot of the woman struggled with this as they had to lock out their arm fully for it to count. However it showed just how difficult it was and the crowd got very excited as the woman managed more reps.

The highlight for me was the 200kg deadlift where they had to try to lift it as many times as they could in 75 seconds. It was clear that this was Lucy Underdown's event as she managed 18 reps which turned out to be a world record. I think the second place was about 10 so she was amazing. She apparently is a police woman so I guess she doesn't stand any nonsense from the criminal types!



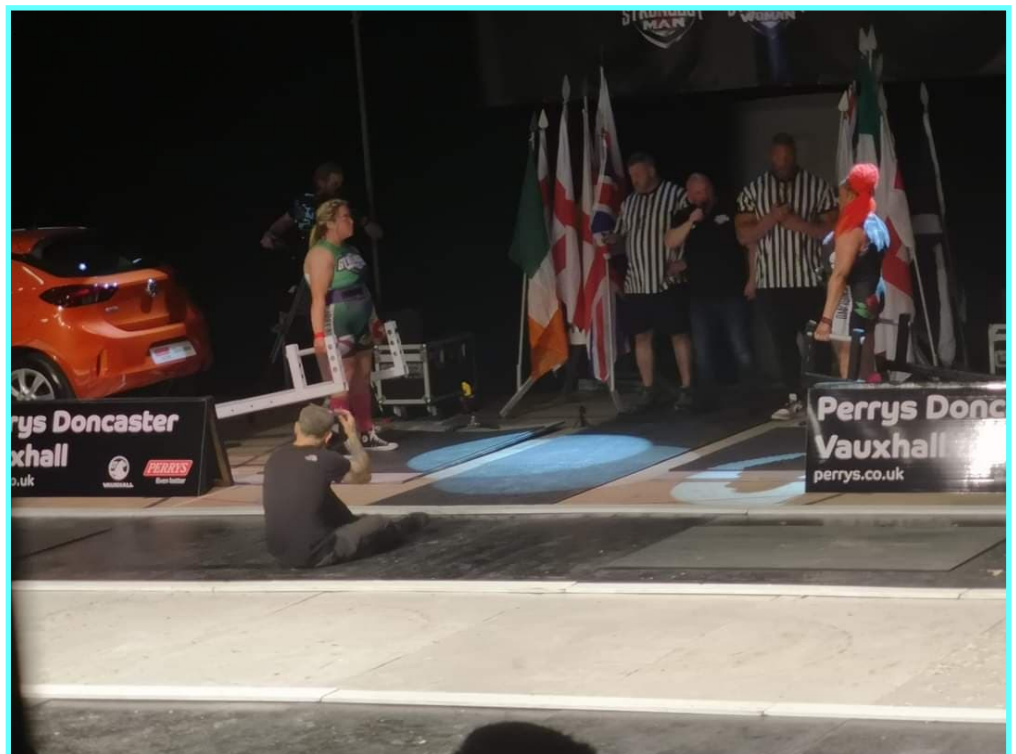
They then had the stones of strength which I've often seen titled the Atlas Stones. The women had to lift 80, 100, 115, 130 and 145kg stones on to a barrel. The 145kg one has never been done here, the problem is not due to the lack of strength of the competitors, but with the fact that the sticky stuff they use to grip the stones seems to wear off as they progress to the heavier stones. It's still amazing to watch as the crowd gets so excited and really tries to "lift" each competitor.

The competition then finished with a car deadlift where the woman have to hold the cars which are about 175kg up for as long as possible.

The competition was won by Rebecca Roberts who was the most consistent woman being first or second for most of the events, but they were all amazing and what was lovely was that they were incredibly supportive of each other.

We really enjoyed the event it was great fun and

very entertaining although because they were filming it sometimes was a bit slow. I found these ladies inspiring and amazing. They also have very interesting stories as to how they took up strength events and are worth looking up on the internet. I have to confess me and Jill got very angry when Glen Ross who was introducing the woman kept saying they were in the UK's strongest man competition I know it was a slip of the tongue BUT REALLY!



The men were ok too but we liked the woman more!

Donna Moore [https://en.wikipedia.org/wiki/Donna\\_Moore\\_\(strongwoman\)](https://en.wikipedia.org/wiki/Donna_Moore_(strongwoman))

Rebecca Roberts [https://en.wikipedia.org/wiki/Rebecca\\_Roberts\\_\(strongwoman\)](https://en.wikipedia.org/wiki/Rebecca_Roberts_(strongwoman))

Lucy Underdown <https://youtu.be/QX7E6GRI5W4> this is the actual word record we saw.

Other Competitors

Kay Gallagher, Sarah Reynolds, Annabelle Chapman, Claire Myler, Izzy Tait, Gemma Moore, Sam Taylor, Shannon Clifford, Nadine Guy.