

WEST HULL LADIES NEWSLETTER 2024



Wednesday Training



Hull 10K ladies

Gallery



Kate at the Madrid half marathon 28/04/2024



Steph setting off for the East Riding Half marathon 28/04/2024



Sunday Running Group Warners

Awards and Presentation Evening

Member of the Year Nominees

Amy Bradley

Amy has managed to bounce back so fast from having a baby, and not only that, aced it at Champagne League and got herself back up to half marathon distance, all within the space of a year. Despite being a new mum, Amy has continued to run regularly at parkrun and taken part in various events this year. What a woman!

Andrea Thomson

Andrea is a valued run leader and member of committee. As Club Secretary Andrea is committed to making the club the best it can be and has put in an enormous amount of time and effort behind the scenes of which a lot often goes unnoticed. On top of that she's a kind, caring and lovely person. Andrea is a fantastic running ambassador, encouraging ladies to enjoy running first and foremost and introducing the run/walk sessions to PG3 which has encouraged so many ladies to join in. Andrea has planned, organised, and run a very successful 0-5k programme which is making such a difference to the ladies on it. and its success is testament to Andrea's love of helping people.

Anna Shepherdson

I am nominating Anna because she welcomed me warmly when I joined the club and since then she has always been very supportive and friendly face that I look forward to meeting when I go for club runs. Anna is a committed run leader and I really enjoy her speed sessions on a Monday. Anna is so positive and encouraging, always making sure everyone is comfortable with the sessions and is having fun. Anna is a lovely, warm person and is always looking out for others.

Camilla Walker

Camilla has gone from strength to strength with some amazing runs/races and fantastic mileage this year, a true inspiration. Camilla completed an incredible 54 Parkruns in 2023, as well as achieving a pb at 10k and half marathon at the Hedgehog half: the furthest distance she had ever run.

Helen Pickering

Helen has had an incredible year of running completing the 1000 miles and showing real commitment in doing this, as well as several other events. Helen is conscientious and consistent, working towards her goals and always encouraging others to do so too. Helen has stepped up to volunteer this year, becoming a tremendous run leader in the making, Helen is always willing to volunteer to lead PG2 as well as several speedwork sessions. Helen is committed to both her running and to WHL and is always supportive of everyone's achievements. Helen is a great advocate for the club.

Karen Watkins

I would like to nominate Karen Watkins for keeping us all going on the 1000 mile/km challenge, it certainly helped me! Karen has done a brilliant job managing the distance challenges this year, co-ordinating everyone's mileage each month and offering lots of support and encouragement. Karen has had a great year of running, taking part in several races at 10k and half marathon as well as taking on Endure24. Karen has achieved PBs at 10k and parkrun.

Sandra Holdsworth

I would like to nominate Sandra, as I wouldn't be back to better running without her. Sandra is inspiring in her achievements and her lovely manner, continually patient and supportive of so many, even when she was struggling to run herself this year. Sandra volunteered her services three times a week for the majority of 2023 for Marathon training. All were welcome to join and lots of ladies have seen big improvements in their times in various distance events as a result of this. Sandra is not only a brilliant run leader but is a great supporter of other runners and is very often at local events giving our members support and encouragement.

Sara Ellis

I would like to nominate Sara for this award for her dedication to the club both as a committee member and run leader. Sara leads Friday Fresheners week in week out whatever the weather and has done for several years now, and leads regularly throughout the week at other sessions. She is also a valued member of the committee in her role as Welfare Officer and has been really supportive behind the scenes. Sara's commitment to longer distances helps inspire others, and she looks for ways to support others with similar goals and is always there to offer encouragement and support.

True Grit Award

Amanda Dean

Amanda had an awful accident that meant a huge change to her running routine. Amanda looked for ways to work round her injuries and was determined to get through it, which wasn't always easy. Amanda was able to continue contributing to club events despite not being at her usual fitness levels. Amanda is a great role model to all of us.

Andrea Thomson

Despite injury and other setbacks, Andrea's 30/30 bing bongs (run/walk/run Jeff Galloway approach) has been a game changer in terms of building her confidence. This has led to her building up more mileage and entering longer and challenging events, such as Ferriby 10. Andrea's confidence has improved which has inspired others to adopt this approach. This is also going to be a great step up for the 0-5k ladies which Andrea has also taken on the role of organising and co-ordinating.

Camilla Walker

I would like to nominate Camilla Walker for running in every single Parkrun throughout 2023 wherever she was in the world!! Camilla has shown True Grit in her determination to push herself to run further and faster this year.

Helen Pickering

Last year Helen achieved 1000miles, the most she has ever ran. I remember her saying when we joined the club that she would never be able to run that far! But she was so consistent, determined and disciplined from day 1 to achieve the 20miles a week needed. Even with family weddings, holidays and niggles she remained in track and worked so hard! I think Helen's grit and determination to achieve her goal perfectly sums up the nature of this award.

June Beadle

June has had some health issues but is always really determined to get back to running as soon as she can and her determination is really inspiring. June regularly takes part in HOTH races and does some impressive distances.

Linda Dodsworth

I'd like to nominate Linda Dodsworth for the True Grit award. After having the toughest year losing her husband, Linda has returned to running as well as supporting others. Linda was a welcomed and encouraging supporter (with spatula) around the Ferriby 10 route and has also returned to Oliver's corner with Stanley to Marshall at Peter Pan Parkrun. Linda is along-standing valued club member and a prime example of True Grit. Linda's strength and resilience is truly inspiring. Linda regularly volunteers at park runs and is very supportive of many in the running community. Linda really is an amazing lady.

Sam Thompson

Sam has overcome a bad ankle sprain and then had major back surgery and had to take time out to recover, but continues to push forward with great tenacity. The whole time she remained upbeat, encouraging others in their running challenges, she remained active supporting the club & club members. Sam has shown true grit and resilience to not only return to running but now marathon training. Sam has continued to work behind the scenes contributing time and energy for the club, offering her support and encouragement even when she was not able to run herself, supporting training sessions and cheering others on and celebrating others' successes. Sam has continued to keep us all going with the Wednesday night runs and she is now back strong and determined to smash her marathon. a true inspiration.

Sarah Wilson

Sarah has turned up to lead PG3 even when injured as she doesn't want to let others down. Her commitment and support of others is exemplary. Sarah has had to battle with long term injury issues but has worked out how to continue enjoying running as well as very impressive long distances both walking and running.

Member of the Year
Andrea Thomson



True Grit Award
Linda Dodsworth



Improver of the Year and 10k Series

Diane Pickering



Improver of the Year

Chantal Cable



Newcomer of the Year

Stephanie Cuthbert



1000 miles 2023

Sara Ellis
Karen Park
Cath Dyson
Jackie Foreman
Rachel Whittaker
Lynne Parkin
Stacy Foxworthy
June Beadle
Chantal Cable
Helen Pickering
Diane Pickering

Carol Miller

1000k 2023

Jenny Henderson
Amanda Dean
Camilla Walker
Kerry Cawkwell
Emily McIntyre
Gail Farr
Sara Ellis
Maria Diaz
Karen Watkins
Jan Ainley
Sarah Rial
Anna Shepherdson
Kate Bowers

100k Club

Sara Ellis
Ros Barbour
Karen Park (4th time)

50k Club

Gail Farr (4th time)

Stacy Foxworthy 4th time
Anna Cartwright 4th time
Cath Dyson 4th time
Jackie Foreman 4th time
Kerry Taylor 4th time

Awards and Presentation Evening Gallery



Who are our Committee & Volunteers?

Cath Dyson

We are lucky to have a broad set of volunteers to help run our club. These are the people who currently have specific roles but there are plenty more who help or have helped with other tasks and events:

Role	Name(s)	Key duties
Committee – Chair	Kim McBirnie	Leading the club & overall management of club affairs.
Committee – Treasurer	Janet Wardale	Managing & reporting on club finances and bank account including payments.
Committee – Club Secretary	Andrea Thomson	Managing overall administration of the club including committee meetings and AGM.
Committee – Membership Secretary	Cath Dyson	Maintaining members EA registration and onboarding new members.
Committee – Welfare Officers	Sara Ellis Karen Watkins	Maintain safeguarding policies and respond to safeguarding concerns. EA-qualified in adult safeguarding.
Committee – Kit Officer	Stacy Foxworthy	Managing supply of official club kit.
Committee – Training Coordinator	Suzy Allott	Supporting and challenging the management of club affairs & ad-hoc duties such as planning the annual presentation night & other events.
Committee – Website /Social Media	Sam Thompson Stacy Foxworthy	Managing the club website & Instagram profile.
Committee – General	Anna Shepherdson	Supporting and challenging the management of club affairs & ad-hoc duties such as planning the annual presentation night & other events.
Volunteer – Newsletter	Liz Hobson	Publishing the club newsletter.
Volunteer – 10k Series & Parkrun	Chantal Cable	Managing the 10k series competition & publishing parkrun news.
Volunteers – Website	Amanda Dean	Managing the club website.
Volunteers – Facebook	Kim McBirnie Andrea Thomson	Managing the club Facebook group.
Volunteer – Training Co-ordination	Maria Diaz	Managing training schedule including co-ordinating leaders & sessions.
Volunteer – Instagram & Training Calendar	Sam Thompson	Managing the club Instagram page & updating the outlook training calendar.
Coaches	Amanda Dean Maria Diaz	Planning & leading training sessions. EA-qualified Coaches.
Run Leaders	Jan Draper Sara Ellis Shelley Hindley Sandra Holdsworth Kim McBirnie Lynne Parkin Anna Shepherdson Sam Thompson Andrea Thomson Sarah Wilson	Planning & leading training sessions. EA-qualified Leaders.

What do Committee do?

England Athletics allow some flexibility on how we form our committee and how the club is run, but there are some core duties that we have to undertake as a minimum, such as:

- Updating constitution, structure & policies annually and uploading to EA portal. You can find all of these documents on our website <http://www.westhullladies.org.uk/>
- Ensuring we have mandatory committee roles in place (Chair, Treasurer, Club Secretary, Membership Secretary, Welfare Officers, DBS Verifiers)
- Ensuring our Welfare Officers have undertaken mandatory EA training
- Ensuring we have qualified coaches/leaders in place appropriate to our membership base & activities

We can have a maximum of 15 committee members according to our constitution but not every volunteer needs to be on the committee.

Usually committee members are elected at the AGM but we can appoint new members any time where a vacancy arises or a need is identified.

Committee Meetings

Committee meetings take place monthly, except for August and December. We rotate between Teams meetings and face-to-face.

Our constitution dictates that we should have at least five committee members present for any decisions to be taken.

We have a rolling regular agenda but if you would like to raise anything to committee please email us at westhullladies@outlook.com and we will add to our agenda for the next meeting.

AGM and electing new members

An Annual General Meeting is held in March/April. This meeting is a formal requirement to make key changes such as updating the constitution and electing or re-electing committee members. All our members are welcome to attend the AGM and accordingly we make sure we give at least three weeks' notice of the date of the AGM.

Getting involved

Your club needs you! We always welcome volunteers, either for specific roles, as general committee or for one-off events.

Don't feel you can't express an interest in a role someone is already in – quite often we can have two people in a role and often people are happy to rotate / take a break if they've been in a role for a while.

If you would like to offer some time or find out more about what's involved, just email the club at westhullladies@outlook.com.

Peterpan Parkrun Takeover Camila Walker (From the Parkrun Website)



Once again, there were blue skies, blue vests, blue bobble hats, bright eyes, and beaming smiles all around for the latest West Hull Ladies Headliner of Peter Pan Parkrun for event 503. Thankfully as well as assigning us all our volunteer roles, Chantal had remembered to order the sunshine as well!

Thank you to all of our volunteers: **Adam THOMPSON, Amy BRADLEY (accompanied by Ava), Andrea THOMSON, Andy GOY, Barbara Ann MILLER, Carol MILLER, Cath DYSON, Celina APPLEBY, Chantal CABLE, Chris COOPER, Fran SWANN, George PAGE, Gill Louise JAGGER, Graham COOK, Jermaine Cherie WILLAN, June BEADLE, Karen WATKINS, Laura AITCHISON, Linda DODSWORTH, Liz PHILLIPS, Mark STEVENSON, Milena PALYGA, Olivia NICHOLL, Peter TAYLOR, Rachel CLINTON, Rachel WHITTAKER, Rob NEWTON, Samantha SCARLETT, Samantha THOMPSON, Sandra Margaret HOLDSWORTH, Sarah KNIGHTS, Sarah WILSON, Shelley HINDLEY, Stacy Ann FOXWORTHY, Stephanie CUTHBERT**, who were there to make proceedings before, during and afterwards go without a hitch.



Bob Thomson is still fondly remembered at Peterpan parkrun

Rob Newton was around at the start to give us another little update on Bob, as we continue to remember and include him in our little parkrun and Peter Taylor very kindly volunteered to pace 30 minutes in a touching tribute to Bob's 30 minute and 17 second PB. It is lovely that Bob's family members continue to visit

parkrun and see the lasting impact that Bob's efforts have had on so many people.



We also had a joyous celebration at the start, when we welcomed back our-London Marathon 2024 Alumni including two of our very own West Hull Ladies (Samantha Thompson and Cath Dyson) and Adam Thompson (an honorary West Hull Laddie) who all put in a very impressive effort – Sam and Adam ran the entire thing together (couple goals)! Behind every single runner is their own individual running journey and it is fantastic that we can recognise and celebrate so many wonderful people and their efforts within our community.



We were also able to celebrate 200 parkruns for Shelley Hindley (another WestHull Lady) and Jean Allen; 150 parkruns each for Kirsty and Mike Harston and Maureen Wilkinson and 25 parkruns for Mike Train. Visitors from Blackburn, Brighton, Cheshire, Devon, and Northallerton also joined us for the pleasant weather and yet another week of running back on our usual course. Long may the good weather and the return to normality continue. Another special mention to the lovely Linda who is on Oliver's corner more often than she is not, as one of our established and regular volunteers – Linda's positivity and enthusiasm keep so many of us going as we push ourselves around the course. This week Linda had brought Stanley but left the spatula at home (a special tool she uses to motivate us WestHull Ladies during races).



Parkrun goes on week in and week out, thanks to an amazing group of people and it is fantastic to see the continued impact that it has on

the physical and mental wellbeing of so many. It was great to see both Rob and David having the opportunity to run this week during our volunteer takeover. We also welcomed a number of first timers this week and we hope that they continue to join us for Saturday morning parkrun fun. There were also an impressive amount of PBs achieved this week – congratulations to everyone for their achievements!



Maria's Marathons

Maria Diaz



Maria's marathons, you will gather that I don't do very well as I've only done 2 in 14 years and I had been running for 9 years before I even attempted the first one and waited another 5 before I did another one. Not sure I will do any more unless my legs cooperate.

Hull 22.09.2019, 5 hours and 50 minutes. This was my first one and you would think that being at home, not having to travel I would be fine, well no I was not fine at all, I got to 8 miles and I wanted to finish but had to continue, it became such a slog I walked as much as I ran in the end.

The training: I did follow loosely some kind of plan but not properly hence the struggle.

York Marathon 15.10.2023 4 hours 56 minutes, I only did this one as was told it was flat **IS NOT FLAT** and to see if I could get a time for good for age for London as have been rejected 5 times in the ballot, the time for age 60 is 4 hours and 30 minutes so not managed to succeed but not unhappy with a 1 hour PB as it is a very good achievement. Loads of issues from mile 14, cramp on right foot, IT band on left leg don't know why as the right one was fine, ham strings decided to take it in turns to pull, even after all this all I wanted to do was run the whole race as had loads of energy and at no point I wanted to give up, my legs, however, had other ideas so needed to walk quite a bit but when I finally finished I felt fine and not thought I would never run again!

The training most training plans recommend you run practically every day and up to 40 miles a week, who has the time for that??? I did follow a plan this time for 20 weeks totalling 400 miles, I had to adapt it to what I was capable of and what my aging body could manage and even like this it came at a cost as I developed an IT band injury on my right leg and had to add more strength work to what I was already doing to strengthen my hips to be able to run on the day I really was going to give up at one point as it just felt like **SLEEP, EAT, RUN, REPEAT**. However, this preparation did help massively but I did throw everything at it even my Soul.

Runs: I had as many good runs as bad ones the distance was irrelevant when bad.

1 day 5/6 miles of speedwork, many variations on these.

1 day 7/8 miles whatever pace I managed to do, some were fast some were very slow.

1 day long run, these were so hard but had to be done, I was up at 5 or 6 am for most of them so I could set off at 6 or 7 to avoid the heat, the longest was 17 miles I could just not get passed that distance no matter what I did so I was lucky on the day they still served me well, it would not have made any difference if I had done the 20 miler recommended as you can see above IT band issue from mile 14 I had pain all the way to the end.

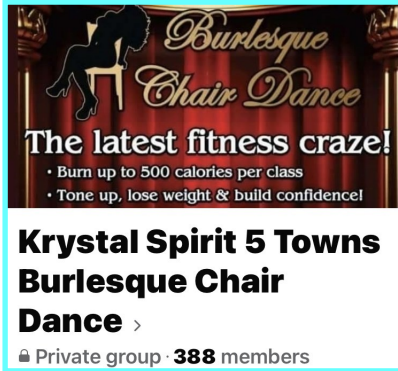
Strength work:

Once a week 3 sets x7 reps dead lifts with 58 kg, 2 sets of x15 squats, 2 sets of x10 lunges with a 10kg backpack, 2 sets of x15 bench dips. 1 set of x20 single leg Bulgarian squats, 1set x25 bridge on the bench with 10kg, 2 sets x 20 full body push ups.

Once a week 2 sets x10 single arm rows with 10kg, 2 sets x 10 chest press with 10kg, 2 sets x10 pull over arms with 10kg, 2 sets of 15 reps bench dips.

Three times a week for the hips strengthening, 10 reps x 2 sets clam shells, 10 reps x 2 sets straight leg clam shells, side plank with clam shell 4 reps holding for 10 seconds each, this was for both hips so totally confused why one leg was fine but the other one wasn't.

Burlesque Angela Salisbury



Not running related but fitness related. I'm always looking out for new ways to keep me moving and shaking:) as the years tick by I seem to get stiffer and stiffer, I love running and gym work and weight lifting is fun but I like to find new ways to keep me interested, so when my crazy friend told me she was

starting chair burlesque classes, I jumped at the Chance to have a go.



Well my first class was such fun, all ladies of a certain age carrying out all sorts of sexy ...lol .. moves revolving, literally around a chair, we sit on it, climb on and off, stand on it, dance around it , all good fun. My stomach muscles were aching so badly the day after the first class. Although I'm not sure how much was from laughing. All good fun, great for flexibility and balance, great for confidence building. So highly recommended.



Fast forward to last Sunday and they held a champagne glass workshop, basically the dancer performs a little routine in the large glass . Not the sort of thing you expect to do in a social club in Pontefract on a Sunday afternoon:)

Well last minute decision, after I noticed a cancellation had left an available space, a phone call to the instructor to see if it they thought I was flexible enough to attend and I got the go ahead. Paid my fee and was added to the group, at this point I found out everyone was wearing sexy outfits being vid-

eoed and having a little photo shoot at the end.

After an initial panic I pulled an out fit together from some fancy dress, bits from Whitby goth weekend and a nighty.

Well I bravely attended, got changed, after seeing how revealing the other ladies outfits were.

Some had full spray tans , all had hair done and beautiful manicures and pedicures and looked lovely.

We learnt the dance routine on the floor, then we practiced and performed in the glass. Not easy with stocking and tights on when you are sliding around on rose petals. Getting in and out needed some assistance, in all I had a fabulous time and got some lovely photos . Most of all I felt very brave and proud of myself for giving it a go.

So I highly recommend trying something new to everyone. Better to give something a go, than regret not trying it.



Manchester Marathon

Lynne Parkin



I always said I'd run another marathon when I turned 50, sadly that did not happen due to injury. So here we are 2 years later and preparing for Manchester, my first 'big' marathon after being 'encouraged' to give it a go along with several other WHL: Sara Ellis, Karen Park, Rachael Clinton, Stacy Foxworthy, Rachel Whittaker & Shelly Hindson

The training started on Christmas Day with a carb load followed by some light exercise on boxing day(!), after this it was game on. For one reason and another we were following a 3.45 hour plan – loosely. I think this was because initially Good for Age was looking achievable for London and various other marathons before the times were then changed. However, it became clear

that 5 nights of running per week was a bit too much for me and I opted instead to make up the mileage on one of the other run nights plus one night at the gym at least until we got into longer runs, by then my muscles were too tired to make it to the gym so I dropped the gym night for the last 6 weeks of training.

As there were so many of us following the same plan it was easy enough if you couldn't make the designated speed nights to instead train on an alternative night or do a long run on an alternative weekend day with other members. Except for when I came back from holiday in February and I had to run 16 miles one Monday night after work, but 2 of the girls joined me, spitting feathers mind, but we did it.

There were some memorable long runs along the way including the East Hull 20 plus a mile that myself Sara & Rachel W attempted and was nearly a non-starter. First Rachel forgot all her fuel, so we scrambled some jelly babies and chocolate together, then bless her, less than a mile into the run she tripped on a kerb and landed badly on her ankle. However, in the true spirit of marathon training she mustered on like a pro and completed the full 21 miles. Then there was the time Rachael C & I did a tour of the darker side of East Hull starting with a run to East Park to join the park run. We were so engrossed with chit chat along the rest of the run and chuntering at the head wind that accompanied us all the way round that we kept missing our fuel stops! We then missed an all mighty hail storm by seconds as we managed to get into our cars before the heavens opened.

On our final long taper run the weekend before the main event, we arranged it so that we ran around Anlaby/ Hessle areas and finished up with breakfast at Santi's in Anlaby Common, I think there were around 10 / 12 of us which was just superb, I loved this! Even those who weren't doing a marathon had joined our training so it felt fitting that we should all come together. Might continue this going forward especially for Karen when she runs NY in November.

During training, I felt pretty good, Sandra's speed work & hills during the 8-10 months prior had paid off, my race times were nudging back towards PB levels, and I was enjoying it for the most part. Approaching taper, I picked up that glute niggles again and made an emergency visit to the physio two days before the race just for some taping.

Race weekend itself was interesting, the first train we caught from Hull to Leeds was rammed with drinkers, I think we were all the only ones in our carriage who didn't have alcohol on the table in front of them and indeed we got a few raised eye-brows and questions. It was lovely to bump into Camilla Walker and her crew on a hen do on the way out too. When we arrived at Manchester, after a refreshment stop, we all made our way to our hotels, Sara & Karen were staying right near the start / end, Rachel W and I had booked a room (apparently as a same sex couple) at a hotel near Piccadilly station. I hadn't realised when I booked 8 months prior that we'd actually be departing from Victoria and not Piccadilly (and far too late to change it when we booked the train tickets). Rachael C & Stacy were staying just outside the area but not far on the tram. We'd arranged to all meet up for the obligatory Italian pre-race carb load that evening and to receive a gift from Shelly that she sent for us all to wear ('Don't be sh*t' stick on tattoos), we had a natter with a fellow runner sat on his own and was witness to the 'cheese event' in the restaurant (some big cheese wheel that we mistook for a birthday cake with pasta plopped in it, table-side) then Rachel W & I opted to walk back as it was such a lovely night.

The actual night of the race I slept badly, I was a bit nervous / anxious, and the following morning felt better after that all important pre-race toilet visit! Rachel W & I had arranged to meet Rachael C near the start, couldn't find Karen or Sara but managed to accidentally find Stacy as we headed to the start pen and a few familiar faces from other running clubs. Rachael C & I were in the same wave, different to the others and opted to sneak into the pen in front since there were so many runners and it was cold hanging around so that we could start 10 minutes earlier. We tried to get as close as we could to the 4-hour pacers but there was only one pair and of course everyone wanted a piece of them, so I thought we'd catch them up during the first mile. We not only caught them but passed them and then lost them as it was downhill for what felt like 5 miles, and it felt good but that was my first mistake not sticking to my plan. Second mistake on my part was I bypassed the first two water stations and didn't pick a up drink until I think mile 9 despite sticking to my fuelling and it was getting warm. At mile 10 I dropped back and let Rachael run on as she was looking strong and I was getting too warm, it felt quite humid. At mile 16/17 I was in a bit of trouble, the sun was beating down and there was a hill (felt like County Road Flyover) and I couldn't run up it all, I had to run/walk so I knew something was off and I felt dizzy and a bit disorientated. I continued running but made sure I took on water at all the stops and fuel and at mile 19 I had to use the porta loo. I was promptly greeted by an exiting male runner who gave me a great piece of advice 'don't go in there mate, it's destroyed!' and I had to wait for another free toilet instead. 2 caffeine gels were not working for me today (third mistake). By then it all came crashing down as I got such bad calf / glute cramp, I literally had to run walk the last 7 miles and with no isotonic available on the course. I was trying my best to manage 1 minute run 30 seconds walk, 2 minutes run, 30 second walk. I didn't even see the mile markers at this point I was just willing myself to finish without an injury and then I heard it quite loudly, '.....well it's just round that corner...' and the adrenaline kicked in. I willed myself to run as fast as I could. Of course the finish wasn't just round the flipping corner it was nearer a good quarter or third of a mile or so but I ran it anyway and I finished at 4hr 18 mins, couldn't face the finish camera although my parents watching from home managed to record it and let's just say if you could lip read.....

Although I still got a 6-minute PB I was massively disappointed to have not gotten under 4 hours so am determined to give it another try at Edinburgh next year. What I will say was how much fun it was training with a group of us even if some weren't doing a marathon and yes fun is the right word. These are some of the quotes I remember fondly:

'I hate running this bit.....' - Rachel W / Sara talking fondly about most of Rudolph Romp last December.

'Oi you are going to fast' – Shelly keeping us on track during speed sessions.

'are we nearly done' – me on all the 1.5 mile x 3 speed sessions.

'I'm not doing Priory Road on any long run, plan around it' – all of us, since a lot of our speed training was on Priory Road.

'Oh god, what have I done' – not said aloud but the look on her face said it all by Kate Bowers when we 'encouraged' her to join a speed session one night after bumping into her.



'Honestly where the hell is the end of this run?' – Jenny on one of our taper runs that was about ½ mile longer than it should have been.

'Ouch' – Karen actually breaking her toe the morning of the race.

'I think I'll be at the back on this speed session' – Sarah Rial who was mostly at the front on all the sessions she joined us for!

Also a special mention to Netflix as it made the long run chats quite easy by dissecting various films and documentaries as we went along.

Gallery



Gail looking epic in the Lakes



Beverley Westwood Parkrun excellent flying feet from Jenny



Post parkrun Training session



Skidby Training session



PG3 Group

Summer League 2024 So Far:

Amanda Dean

Five of the eight races are now complete. This is the first time I have entered the series. It seemed like a good option with the limitation on Champagne League races and I have not regretted it at all.

Also doing the series are Anna, Suzanne, Kate, Karen and Stacy.



The series is run by East Hull Harriers and the races are in East Hull. Eight races which alternate with the Tuesday night Champagne League races (Stacy in both series). All races can be entered on the night (£7). Come and give it a go. The races are very friendly and run on closed country roads (no off roads).

It's been very positive for West Hull Ladies With Karen taking 1st lady at the Sproatley 7. Stacy, Karen and me taking age group firsts in other races and PBs being celebrated.

Di and Fran joined us for the Leven 10K. Di came first in her age group whilst Fran bagged herself a PB.

Just three races left:

- 25th June Coniston 10K (Blacksmiths Arms, HU11 4JR)
- 9th July Skirlaugh 8 miles (Village Hall, HU11 5EA)
- 23rd July Hedon 4 miles (Haven Arms, HU12 8HH)
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The Coniston 10K is flat so fast, come and try for your 10K PB.

We would love you to join us at the final Hedon 4 mile race and join us in the pub after for the presentation. There will be food laid on and hopefully plenty of West Hull Ladies to cheer.

The Camino de Santiago

Angela Salisbury



The Camino de Santiago (Latin: Peregrinatio Compostellana, lit. 'Pilgrimage of Compostela'; Galician: O Camiño de Santiago),^[1] or in English the Way of St. James, is a network of pilgrims' ways or pilgrimages leading to the shrine of the apostle James in the cathedral of Santiago de Compostela in Galicia in northwestern Spain, where tradition holds that the remains of the apostle are buried.

My Camino I came across the Camino Frances (most popular route) about three years ago, we were travelling on the motorcycle doing a camping trip and I went for a run whilst my husband was making his breakfast, I only ran a couple of miles and started to notice a lot of walkers from all over the world coming towards me, they all bid me good morning and chatted and all had a feeling of peace and purpose about them. I also saw lots of little memorials made of a variety of belongings. Boots shells flowers and noticed the signs for the Camino. When I returned to my husband, I was beaming and started to Google. This is how I came across it. At that point the seed was sown, one day I wanted to return and do some or all of it. So forward on to the beginning of this year and I decided this would be my year for being brave, I knew my husband would never want to do it so I had to travel alone. Over the last few years I have joined forums and it seems that a lot of lone female walkers did this journey and I found a good network so the prospect wasn't as scary. I hadn't ever travelled abroad without my husband and I hadn't slept in a hostel. Both of my biggest worries.

Strangely enough the miles and miles of the walking never concerned me in a last minute decision a friend decided she would like to join me so I ended up with company on my walk.

My decision was to start at st Jean, a beautiful French town where the Frances begins, walk over the Pyrenees over two days stopping at a hostel called orrison. Orrison was a marvellous oasis, the comunal evening meal with the pilgrims was followed by everyone sharing there reasons which were very emotional then we were all sent to bed. After Orrison the plan was to walk as far as we could for a few days before making our way by some form of public transport

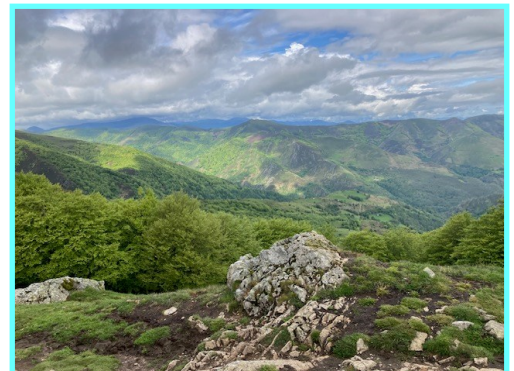


across country for a few days.

When we would start the last 100 Kilometres into Santiago. This is the requirement to receive your Compostela. A certificate written in Latin to acknowledge your pilgrimage. The journey went so eerily smoothly it felt magical. The Pyrenees were beautiful and went on forever, the way is marked in variety of means through the entire route, if by chance you took a wrong turn, someone would magically appear from an upstairs window and direct you back in the right direction. We met a lovely lady called Joy on our way up the Pyrenees, ahead of us was 78 and had walked the Camino 7 times before but this was the first year without her husband. She



had seven children she hadn't told any of them she was going to do this and one of them rang her whilst her husband was taking her to the airport and they had just told them they were out for a drive she said they would only tell her she couldn't do it so she had run away without telling them. She was doing the whole Camino and we left her in Pamplona, quite emotional. Her husband was called Lionel (strange as my parents were Joyce and Lionel my dad called my mum Joy).





On the second day when we were up in the Pyrenees in the middle of nowhere had been walking hours we were out of food and low on water, Joy said I don't want to raise your hopes ladies but there is usually a little tuck wagon just around the next bend. Last time Joy had been was well before covid so there had been a lot of changes and we really doubted it would be there, amazingly though it appeared like a mirage, in the middle of nowhere, selling tea, coffee hot chocolate, hard boiled eggs with salt and bananas. Joy is an amazing lady, I have am still receiving updates from her husband, she is having a few days rest due to an ankle problem but she hopes to arrive in Santiago on the 27th July. The camaraderie of the pilgrims is hard to describe, if it rained and you were struggling with your poncho, a person would appear to help you pull it down into place over your rucksack. One of the days I was walking and had indigestion soon after I came across a patch of fresh mint, a couple of leaves and it had gone. They say the way will provide and it really felt like it did. One of the days we walked for 17 hard miles and at the end there was a huge flight of steps into the town, my friend was about on her knees, when we saw the steps neither of us were looking forward to it. When I looked at the map for our accommodation it was just to the right in front of them. So we didn't have to climb them. Our room was to share with bunk beds, but that day the other people hadn't arrived, so we both ended up with single low beds, also the fridge and cupboards were full of complementary food items fresh orange tea even earl grey generally the only one I drink and coffee and water bottles. This meant we didn't have to walk any further to eat that night. To top it off

there was a leg and foot exercise machine that you could pay a euro to use. All this for £22 euros per night. Another accommodation washed and tumble dried our clothes. So many times we felt blessed. Too many to write about. Burgos cathedral was amazing, the churches on route were quaint and the people were welcoming and friendly. Lugo has an amazing Roman Wall. The square in front the cathedral in Santiago draws you like a magnet, I didn't want to leave. It was a wonderful experience and I can highly recommend it. The whole French route takes around 35 days. The Portuguese is about two weeks. I hope to do some more of it and maybe even the whole way if I get chance. Until then I will continue to dream of my Camino.



Six Wainwrights Amanda Dean

My hubby (Neil) and I joined our son (Matt) and daughter in law (Hattie) for a couple of days walking in the Lake District. They are on the quest to complete all 214 Wainwrights. Our first day walking was just two peaks, Glaramara and Betsy Boots 12km, 800m climbing. It was cold. With wind chill -5C on the tops! This is June. We finished the day with tired legs. The following day we utterly trashed our legs ... much to the amusement of the fit army youngsters (aged 34 and 32). Six Wainwrights, 18.3km, 1200m climbing.



View of Buttermere from Grey Knotts

Wainwrights WiKi are the 214 English peaks (known locally as fells) described in Alfred Wainwright's seven-volume Pictorial Guide to the Lakeland Fells (1955–66). They all lie within the boundary of the Lake District National Park in Cumbria, and all but one (Castle Crag) are over 1,000 feet (304.8 m) in height.



View from Great Gable

It was a cold, but beautiful day. The route took in Base Brown, Green Gable, Great Gable, Kirk Fell, Brandeth and Grey Knotts. Most of the climbing was from the valley to the top of Base Brown. Green and Great Gable not a problem. The descent from Great Gable was awful, steep, loose rocks, nasty scree, scrambly bits and quite a long descent. A rest before moving on. We took an out and back onto Kirk Fell. Then off to Brandeth and Grey Knotts which had little climbing but legs were getting tired. The descent to Honister Pass was steep and the quads really felt it but the final track to Seatoller from Honister Pass to the cottage in Seatoller was straight forward.

We were really glad to stop. I was so stiff, especially the quads. Neil was walking like lurch. But it had been lovely. A shower, glass of wine, good food and we were all very content.



View of Great Gable from Kirk Fell and right Sour Milk Gill from the path to Base Brown.

View on the path to Brandeth

On the walk we met a couple who said their grown up daughter was doing the Wainwrights but she had a book to in which to write words or a poem about each of the peaks.



This got me thinking that I could write a poem. And so, back at the cottage, with a glass of wine this is what I quickly created, with the help of a red wine ☺

We trucked up Base Brown
With barely a frown
Next Green then Great Gable
Still bouncing and able
But the descent from Great Gable, a pain in the butt,
So a stop and a snack to fill up the gut.
Kirk Fell out and back, a couple of K,
Just another two Wainwrights to finish the day.
A stride to Brandreth, it's feeling quite tough,
Soon after Grey Knotts, it feels like enough.
Down, down, tired quads to Honister Pass,
Refresh with a cuppa in the Slate Mine caff.
Onto the final 2k stride down the track,
Seatoller at last, thank f... we are back.
A glass of wine later and we all did agree,
What a great day out Matt, Hattie, Neil and me.

Hope you enjoyed and it encourages you create a poem about one of your experiences.
P.S. Summer League was a challenge the next day. We are not used to hills in Hull!

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



View From The Back

Liz Hobson



I hope you have enjoyed the newsletter and just to say it's likely to be a twice yearly newsletter from now on. I have to say if I got more articles I would do more but I think more stuff goes on facebook and the like these days. As always I'm open to most subjects apart from politics!

I've also been struggling with my laptop which is so old the operating system is Windows Stonehenge. Anyway I am

now typing this on a shiny new laptop which I'm still learning how to use so please forgive any errors in this newsletter.

It's been an interesting half year and I have been doing more running as well as continuing with my weight training. A reason for me doing more running is helping Becky who has started on her 025k journey with the club. It's quite funny really as while Becky calls me her coach, I've been building my ability to run while taking on the 025k plan. A number of times I've been smiling and encouraging but actually thinking I'm not sure I can do this. So you could say 025K are not just for new runners they are for experienced runners too.

With Jill I've also been running regularly with Linda and in February we did the See York Run Blood Axe Challenge event at The University at York. We had to see how far we could run in two hours. It was round a 1k circuit and it was very friendly and relaxed. We jeffed to over 10k which was further than I've been for probably a couple of years. The See York run events are worth a look, in style of 24 hour events but mostly 6 hours, you can do as much or as little as you fancy, there's a good medal, cakes and chocolate at the end, and they were giving away running pouches as well at this one.



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I also did the East Yorkshire 10k at Burton Constable with Jill, there was also the half marathon on the same day. I have to confess the reason I did it was I was entitled to a free place because it went past my address and the road was closed. Jill did it with me and I have to say I have never got so wet in my life.



It was based at Burton Constable Hall. It was great to run on roads I knew so well but without traffic as it was a closed circuit. We ran up to New Ellerby and it was lovely to see the support from the village including some of my neighbours and even better to see Kerry and Andrea at the top of the hill, a little WHL fanclub! All in all a good well organised event with our only gripe been parked in a field after about two weeks of constant rain so the field got muddy. We did get out of the field thanks to Jill's ace driving but we saw a few people get stuck.

In the meantime I've finally completed my 100 parkruns and we have a 5k at Sewerby booked which is a Grim up North one

and promises a bacon sandwich at the finish and we are booked on the Withernsea 5mile the week after. Sadly no fish and chips as part of the prize but we may end up at the Chip shop anyway, like you do!

Anyone would just think I'm in it for the food!!

