

# WEST HULL LADIES NEWSLETTER Summer 2020



# West Hull Ladies Committee meeting – Monday 8th June 2020 7:15pm Zoom meeting Anna S

**Present:** Amanda, Angela, Annette, Anna C, Anna S, Caroline, Jan, Janet, Liz H, Liz N, Maria, Sara.

**Apologies:** Jill, Rachael.

**Minutes of previous Meeting:** Accepted as a true record.

**Matters Arising:**

100K Badges ongoing.

**Action: Anna S to complete last 3 100K badges when back at work.**

The disputed booking fee at Canham Turner has been resolved.

## 4. Reports:

**Members** Maria: We have **71** first claim club members plus **6** second claim = **77** (list below).

**Email** Amanda: We have **78** ladies on our distribution lists. Plus 7 'New' i.e. not yet members.

**Facebook** Anna C: We have **105** members on FB: **78** Club members, **19** Guests, 7 New.  
(Tricia Boulton this month).

**Treasurer** Janet: A healthy balance was reported.

**Training** Amanda:

The virtual training continues to be well attended and lovely to see various ladies having PBs.

We think keeping the virtual going alongside running at the club could work well after life gets back to normal.

**S2S** Angela: There has been a good level of interest in the 25K Challenge, where ladies hope to motivate and support each other. A discussion was held over some of the practical logistics of the challenge.

**Website** Amanda: Newsletter, Rainbow Photos, 25K page - Shirley Goy, have all been updated. 25K, 50K, 100K pages have been updated to state ladies cannot get more than one trophy, Tee shirt or Hoodie but can get additional badges or certificate. Amanda's 50K run plus list of hopefuls is now on the website. A 1000 mile page has been put together ready for launch. Anna C continues to update the gallery.

## 5. Club rules and constitution:

Much work has gone into the revision of both documents to make them sharper and more user friendly.

Jan and Caroline have met to discuss welfare aspects and have included a link to England Athletics' documents for their supporting information.

Clarification was given on the number of committee members, and on a discrepancy between the age at which ladies are able to join the club, and at which they are able to vote on club issues. The club decided that as ladies could join at 16, then voting should be open to them too.

The documents need to be agreed at an "extra ordinary meeting". This was proposed for the 6<sup>th</sup> July and agreed by all.

**Action: Jan D to prepare email to send to club**

## 6. WHL Lockdown 25K/50K Amanda

**25K:** Amanda has emailed 11 ladies eligible for the Snails 25K award. Most joined the 0-5K but have not progressed to full running with the club due to COVID.

She has also created a certificate (see Appendix 1) for those completing the challenge for a second and consecutive time. Liz H suggested putting it into a frame.

**Action: Amanda to source frames**

**50K:** Amanda was the first to complete the 50K in 12 hours but many more ladies are planning to try.

## 7. 1000 Mile WHL Badge and challenge:

*Anna C:* Anna has finalised the badge design after a Facebook survey (See Appendix 1), and received quotes for the production. It was decided we should purchase a larger number, as the price difference was small.

Amanda has created a page for the website to celebrate ladies achieving 1000 Mile in a year. Draft 1000 mile webpage: <http://www.westhullladies.org.uk/1000M.htm>

There were three main areas of discussion around the challenge:

We discussed what activities would count toward the goal. It was decided that this should be a running challenge and therefore walks should not be recorded as part of the challenge.

The club acknowledged that walking is often a part of running, such as in long distance events and that this run/walking would be acknowledged as part of the 1000 mile challenge so that the focus is on running as the main activity.

Dates: The challenge runs from 1<sup>st</sup> January to 31<sup>st</sup> December, with recognition given at the Celebration evening.

For this year only, as notice of it has come late, mileage up to end of February 2021 can be included.

Verification of achievement. Garmin, Strava or other recorded measurement would be acceptable as evidence for the club.

**Action: Amanda to email club**

**Action: Anna C to proceed with order**

### AOB:

Liz N- Fetch Website. Whilst using the website, Liz N noticed some out of date information about the club.

**Action: Liz to share link for review.**

**Next Meeting via Zoom: 6<sup>th</sup> July**



# West Hull Ladies Committee meeting – Monday 6th July 2020 7:15pm Zoom meeting Anna S

**Present:** Amanda, Anna S, Annette, Caroline, Jan, Janet, Jill J, Liz H, Maria, Sara  
**Apologies:** Liz N, Rachael

## **EGM:**

The EGM was held to approve changes made to the Club's Constitution and Rules. These also now include links to welfare policies in line with England Athletics. The new documents were accepted by all. Many thanks to all everyone involved in the review.

**Action:** Amanda to update the website.

**Action:** Anna S to plan for review in January 2021, so that any amendments can be voted through in time for the AGM in March.

## **July Meeting:**

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

**Matters Arising:** Anna S badges on return to school.

### **Reports:**

**Members Maria:** We have **72** first claim club members plus **6** second claim = **78** (list below)

**Email Amanda:** We have **78** ladies on our distribution lists. Plus 7 'New' i.e. not yet members (One person on FB, not yet emailed club)

**Facebook Anna C:** We have **106** members on FB: **78** Club members, **20** Guests, **8** New. (One new person, one new Guest this month)

**Treasurer Janet:** A healthy balance was reported. There have been purchases of certificates and a trophy this month.

**Training Amanda:** The virtual training continues to be well attended though not as well as at the start. However, this may be because many ladies are joining in with other virtual challenges e.g. VHOTH, Champagne League virtual challenge (at least 6 ladies have joined). These and challenges like the 1000 miles in a year are keeping many in the club motivated.

Lynne (Wilma) is intending to do 1 on 5 live strength training on 27<sup>th</sup> July, hopefully enlisting a second leader so 10 ladies can join in.

Thanks to Amanda and all leaders for facilitating runs and encouraging ladies.

**Website Amanda:** 25K and 50K pages updated with the completers and their times. 1000M page updated with image of badge supplied by Ensign Badge Company.

Anna C continues to update gallery.

**WHL Lockdown 25K/50K Amanda** Fabulous! Five ladies completed the 25K which included 3 first timers. For all it was a big challenge and most appear to be very inspired, a couple now thinking of the 50K. 20 ladies completed the 50K with half being first timers for this distance. Spreadsheet created with 25 names and awards in preparation for presentations.

Should we consider a September 25-50K challenge? Hull Marathon cancelled so this could be an alternative? Agreed over 3 weekends towards start of month 5<sup>th</sup>-19<sup>th</sup> September (when 13hrs daylight, less than 12hrs by 27<sup>th</sup>). **Action** Amanda to advertise. 100K discussed. **Action** Amanda to put out Facebook survey and consult with those interested.

**1000 Mile WHL Badge Amanda:** 200 badges at £0.85 each (£170) have been ordered. Rules were confirmed and updated on the webpage. A number of ladies are hoping to achieve this, probably many more than on the website: <http://www.westhullladies.org.uk/1000M.htm>

**Extra clothing supplies** A discussion was held regarding club kit, and the possibility of widening our selection of clothing. It was agreed to set up a sub-group of the committee to discuss this matter further. This includes Jan, Jill J and Liz H.

**Action:** Ladies in "kit group" to meet/ discuss.

## **AOB:**

Amanda: Zoom account created using email address [westhullladies@outlook.com](mailto:westhullladies@outlook.com) to be used in future for meetings but limit of 40mins. Profile name WHL Runners and using same password as our Facebook owner account.

Andrea: Big Bobble Hats have arrived. Ladies should contact Andrea to arrange collection. The Committee thanked Andrea for her work in ordering the bobble hats.

Next Meeting via Zoom: 3<sup>rd</sup> August

# Tri Corner

## What else of our ladies been up to

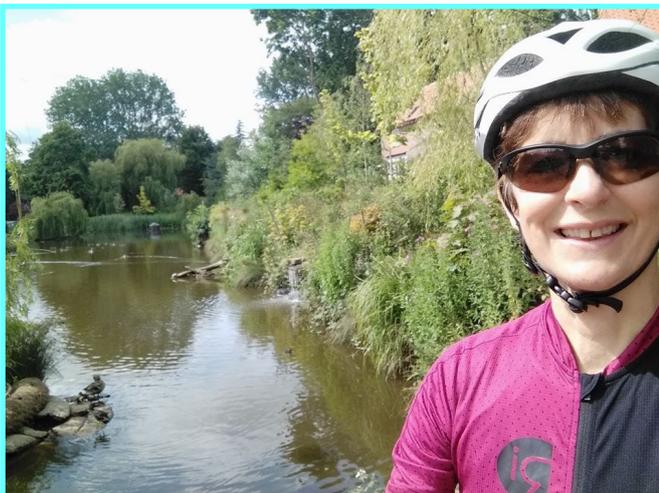


Liz H and Jill at the finish Nordic Walking 28/06/2020



Eve who starred on TV quiz "Impossible"

See Eve's Blog on this <https://www.hey mind.org.uk/2020/07/13/eves-blog/>



Amanda cycling round Walkington 12/07/2020



Maria Buying some new trainers 17/07/2020

# 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**



# 50k Hall of Fame June Lockdown 2020

## **1st June**

Amanda Dean<sup>4</sup> (Club Record: 5:17)

## **9th June**

Sarah Frost (7:55)

## **12th June**

Maria Diaz<sup>2</sup> (7:43)

## **14th June**

Jackie Foreman (7:33)

Kerry-Ann Taylor (7:33)

## **19th June**

Jan Draper<sup>2</sup> (6:42)

## **20th June**

Sara Ellis (7:52)

Rach Laughton (7:52)

Rachel Whittaker<sup>2</sup>(6:12)

Shelley Hindley<sup>2</sup>(6:40)

Anna Shepherdson<sup>2</sup> (10:01)

## **21st June**

Amy Bradley<sup>3</sup> (6:45)

Jermaine Cherie<sup>2</sup>(6:45)

Janet Wardale (7:22)

## **27th June**

Jill Hood (7:38)

Joanne Drysdale<sup>3</sup>(7:38)

## **28th June**

Gail Farr (6:49)

Diane Pickering (7:15)

Stacy Foxworthy (6:29)

## **30th June**

Jane Allen<sup>3</sup> (9:37)



Rachel W

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Kerry-Ann and Jackie

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Jane

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Jill and Jo

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Shelley

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25k Hall of Fame  
June Lockdown 2020  
Five S2S



**20th June**

Shirley Goy2 (6:13)

**23rd June**

Helen Salisbury (3:59)

**27th June**

Lyndsey Archer (4:23)  
Angela Salisbury2 (4:42)

**30th June**

Katie Mouatt (5:35)

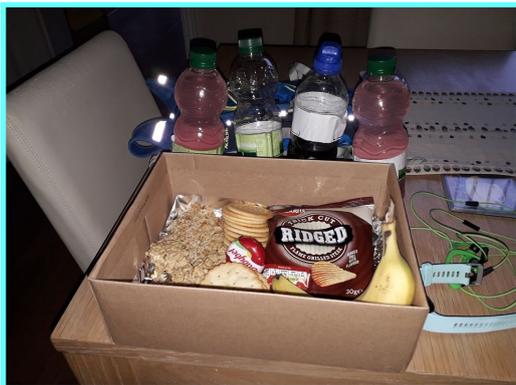


# 50K and HOTH Experience

## Maria Diaz

Well I set off at 7 am to very light rain, by the time I finished the first lap I was soaked to the bone, went in the house got my WHL snood to keep hair out of face and went out again into that lovely pouring rain, wearing it I felt the strong power of the club, it was as if I was running with the ladies and could even hear Amanda saying “can you not walk a bit faster” so I did walk a bit faster, **WHL rule always as the support is in your mind even when running alone.** It took me 7 hours and 43 minutes to do 32 miles and I can't remember the rain ever stopping in the entire time, made it a bit difficult having to go to the toilet as pulling pants down was not too bad, pulling them up again was the challenge,

HOTH rules are to do 4-mile laps and this worked a treat as in my head I only every had to run 4 miles, mind over matter and yes it really helped!! 16 miles in and the groin pain, felt like I had been kicked hard but the 2 paracetamols soon took care of that. At some point I was thinking of having a long break to change and have a proper meal, then on my 5<sup>th</sup> lap I decided that was not a good idea as if I stopped I may not continue so got hubby to do me a sandwich which I ate during the walking bits, didn't change either kept same outfit and shoes throughout. At bedtime I had to take 2 ibuprofens so that I could at least sleep a few hours almost pain free.



**The training** for this event, average of 20 miles a week, no long runs as I am not very good at those, I did them for marathon training last year and on the day I fell apart at mile 8 anyway so the 18 and 22 miles runs I had done really did nothing for me.

**The food:** 1 banana, 2 slices of flapjack, 1 packet of crisps, 15 small crackers, 1 mini bay bell and the cheese sandwich. Drinks: 3X 500 ml water bottles with 2 high 5 zero tables and 1 scoop of creatine to ease sore muscles, 2 cans of coke energy and this is not very nice but needs

must. I did 36 miles total, got back too early and HOTH says you must do a lap every 3 hours so after showering and putting on dry clothes (this felt soooooooooooooo good) waited until 4 and did one final lap. It still surprises me that I did all this and 36 miles up to now is the longest I have ever run and most likely it will remain that way as the pain the 2 days that follow is very unpleasant, stairs are a nightmare and every time you move something screams at you in agony.

All this sounds like it was planned with military precision but believe me nothing was planned it just all fell into place. Yes you have to be physically fit and it took me 8 years of running before I attempted anything as long as a marathon or longer and off course you have to do some training specially for long events but for me personally however much training I do it will be how I feel on the day mentally that will dictate how I am going to cope.



# WHL 50K Lockdown Challenge

## Amanda Dean

**It was my idea:** to have a club virtual '50K in 12 hours' event during June. This is when our 'Midsummer Madness' (Thixendale village hall) would have taken place and when quite a few ladies would have joined the Endure 24 Hour event at Bramhope (Leeds). Both were, of course, unable to take place due to COVID 19. So, something to replace the challenges.

**50K is a long way** for most which includes for me, I am a 10K runner at heart. But, I love the feeling of achievement of distance runs so I was definitely up for it.

**The Route:** is really important and the ideal route for a person varies. To be manageable it needs to be done in laps as carrying supplies for 50K would be hard. I would have struggled with a flat, road route from my door. I wanted a route with open countryside and managed to work out a 12.5K 'perfect for me route' from Skidby. Road, track, foot-path, fields, woods, wild flowers, undulations. The uphill undulations are perfect places to walk and to eat. Anna C and I recce'd the route making a route guide which I am pleased to say has been used by a few club ladies.



Wild flowers and fields towards Walkington

**Preparation:** My first training session was two laps, a 'good for the soul run' at the end of which I could have happily carried on. I ran with my kit and ate/drank along the way. I use a rehydration drink (Hi Five - sugar and salts) which I am totally used to. I wanted to complete the 50K in as short a time as possible within the realms of staying 'well within myself', no hard efforts at all. My change-overs were slick. Have my drink bottle out before reaching the car. Fill with drink then start walking, whilst opening cereal bar. Only about 50 secs.

At the end of my second training session, also 2 laps, I dragged myself around 2 more Km which felt really bad. I had run too hard and suffered! Needed to finish ready for more. I made a mistake but that is what training session are about.



At this point, I was adding mileage onto all my normal runs to build a higher weekly total.

My third and final practice session on 29<sup>th</sup> May was three laps. The last 8K was



hard work but I finished feeling better than my second practice session. I ate some cheese sandwich on this as well as a couple of cereal bars. It was a hot day, I consumed ½ litre drink each lap.

**The challenge 1<sup>st</sup> June:** I wanted to be the first to complete the 50K because I suggested it. So I was off on the opening day of the challenge, just two days of rest after my final training session.



Jan Found me!

Early start, running by 7:30pm, to combat the heat to come. My first thoughts, "It's a long way on my own!" but, just get on with it. My watch beeped at 1K and a stupid thought came "One down, 49 to go!!!!".

I enjoyed the first lap (1hr 17mins), switched from Tee Shirt to vest on my first change-over. Second lap (1hr 17mins) went well too, half way and happy.



Drinking from a breast bottle!

Onto lap three (1hr 20min) , still going really well but wow, what a pleasure at round 3Km Jan D appeared and ran with me for 4.5K. Not only did those Ks pass quickly but it seemed to keep me smiling for most of the rest of that lap. Thank you Jan, you were ace!!!

And onto the final lap. The first couple of K were OK but then it became hard. The final 10K was a count down getting tougher and tougher. Was glad of pretty surroundings to distract me and sunshine, even though it was probably a bit too warm by now. I walked a little more but the walking was uncomfortable and the uncomfortable running got me there quicker so, in the end, as much as I could I continued steadily trotting and trying to detach my brain!



Selfie before going our separate ways

I was feeling deplete but unable to eat by now and my drink was running out. Gosh I was so looking forward to the final beep from my watch to mark 50K! Eventually it beeped. I had finished! Yay, phew! Surprised it was a good lap time too, 1hr 22mins! Wow. (My total time 5hrs 17mins).

Told myself to keep walking to warm down but I opened the car door and flopped onto the back seat. Gaspd for a couple of minutes then told myself to get my recovery drink now! Began drinking then told myself to walk to the bench now, move don't seize up!!!

And what a lovely bench it was. The sun shone, I drank, I slowly started stretching, and smiling (lots) and, of course, took myself a selfie!

Home, and looked after myself: cups of tea, shower, to remove dust and salt, bath to soak muscles, protein meal with iron, calcium and carbs (scrambled eggs, cheese sandwich, salad). Drank lots and lots until finally, by the evening, my pee was straw coloured again



It certainly was a challenge, but that is what makes the achievement feel good. So pleased with my body, it held up. It was strong. It gave me everything I hoped for and more!

**To all 50K hopefuls - Good Luck**

Hope you all have a very successful day and glow with how impressive you are after.

# WHL 50K Lockdown Challenge

## Sarah Frost

I went out for a practice run. Well I finished the third loop on over 17 miles and I hadn't done any walking so it was decision time and the hubby thought I should continue so I thought what the hell?

The last loop was mega tough but the hubby came with me on his bike and I saw Jermaine so far round so that helped. Was having to walk parts by that point though!  
Just felt really chuffed to get it done!

One thing I struggled with at the time was eating. I knew I needed to be fueling but didn't really want anything. Guess that comes with practice of doing these crazy things! Got a big indian takeaway after to celebrate though!



### The Aftermath



Walking hurts LOL but a bit better today than yesterday!  
Food is my friend!

Not going to lie though I've felt like a zombie ever since and I could really do with a stair lift!

### The Madness

Completely take my hat off to you ladies that have managed the 100k award! X  
Part of me now is thinking never again but there is another tiny part of me that really wants a 100k hoodie at some point in the future..... no no no I must stop this madness I blame all you crazy people!

# WHL 50K Lockdown Challenge

## Sara Ellis and Rachel Laughton

### 20/06/2020



Rachael Laughton and I decided to take part in the WHL Midsummer Madness 2020. We chose the Cottingham Power station/Lazzats loop - approx 5.3 miles per loop meaning we needed to complete 6 laps to make it to 50K.

Saturday 20th June 2020

We parked up at the top of Harland Way on Keldgate Road. We had recce'd the route a few times in preparation for our 50K challenge - we had only done 2 loops in one go previously so we knew to do 6 in one go would be certainly a challenge - but we were very sensible - we ran all the downhill and flat sections, walking on all the uphill parts to conserve

energy.

Rachael's brother has his own field at the back of the Power Station so we used this as a water stop half way round, saving us carrying anything during each lap.

At every complete lap we refuelled - taking on board fluids and the favoured cold new potatoes coated in salt! Delicious and a great energy boost.

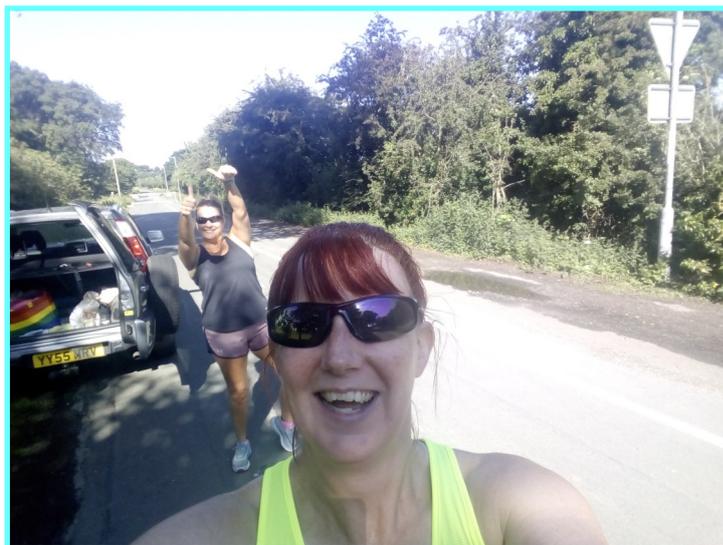
I would say we were pretty comfortable for the first 3 laps - the final 3 laps became more difficult but we stuck as much as possible to running the flat and downhill - for the final lap we reversed the route and as we were flagging at

this point we decided to run/walk at 2 minute intervals to get us through it.

We had a fantastic day and I can honestly say we did not feel lacking in energy - we made sure we took on lots of fluids and ate little and often and it worked really well, tired legs was the biggest hurdle.. The weather was very kind to us too - warm, but not overly hot and the route we did does have lots of shade so this helped too.

Rachael was brilliant - she has hardly ran over the last 2-3 years due to her knee injury so to complete 50K in 7.30 hours is a fantastic achievement - it was great to have her company again and we are now planning on 100K next year at one of the organised events.

Thank you to the club for proposing this during Covid 19 times - it has given a lot of ladies focus and the will to keep on running during these strange times.



# Virtual Training

## Liz Nicholson

w/c 29th June

**66**

Sessions

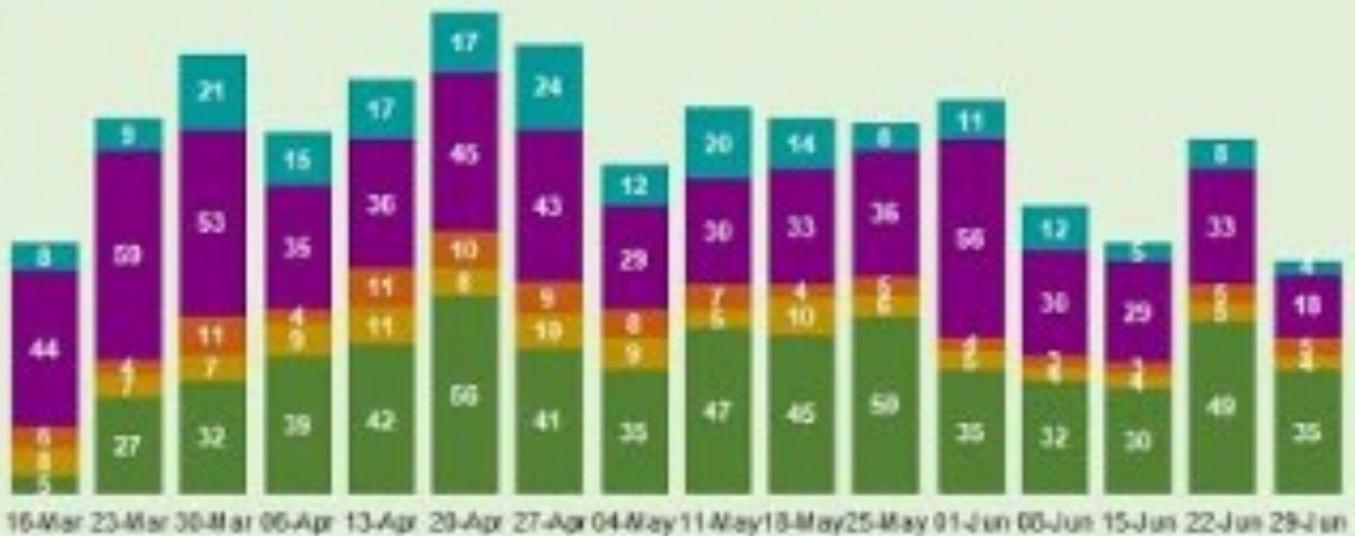
including

**284**

miles

### Sessions Each Week

Other Stuff Virtual 10k Virtual Parkruns Virtual Runs Virtual Speed Work



### All The Miles!

- Running
- Cycling
- Walking
- Nordic Walking

#### TOTALS

Nordic Walking

179 miles

Walking

833 miles

Cycling

2,158 miles

Running

5,134 miles

**8,304 miles!**



TOTAL

1,625

Sessions including

8,304

miles

46

Ladies taking part!

TOTAL

Sessions

Other Stuff  
600

Virtual  
10k  
112

Virtual  
Parousa  
99

Virtual  
Speed  
Work  
205

Virtual Runs  
609

Miles

Other Stuff  
3,177

Virtual  
10k  
708

Virtual  
Parousa  
303

Virtual  
Speed  
Work  
870

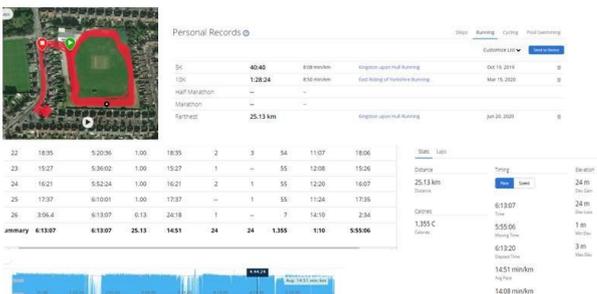
Virtual Runs  
3,240

Other  
Stuff  
Sessions



WHL have 1,071 miles to go!

Hull to Australia is 9,374 miles



# 50k Challenge

## Anna S

### **The plan:**

I was more than happy to use the whole time available for this- it's a long way, it's not a race, and the only way to get the distance done for me, was to factor in proper breaks. I view this as a "day of running/ walking / moving", not "going for a run".

More psychology of this event meant that I wanted to run near home, rather than do long/ far stretches. This was a bit of a safety net, in-case I had trouble, or indeed wanted to stop.

50 K is 5 x 10K's, 12 hours in the day- the math's meant that I had 5, 2 hour slots, and a couple of hours in the middle of the day. So my plan was to run a ten k, come home for a quick freshen up, then walk/ run it. Have a lunch break and repeat. Leaving a ten K walk for the evening.

My fear of not doing this challenge was far worse than actually doing it! And watching the list of ladies completing it was really inspiring. Throughout June, I started to look at good dates to plan for, but in the end I just went to bed and thought "that's it- I am doing it tomorrow"- as I was fed up of thinking about it!

### **The Event:**

**Lap 1/ 1983** (Shaun shouted a year at me as I left for each lap, and I played the greatest hits)

10k 6.5 miles

Lovely straightforward ten k. Very enjoyable. Full of optimism, naivety and some great music!

### **Mini break:**

Big drink, banana and mini flapjack. Change of trainers and top. Stretches.

### **Lap 2/ 2007/ 1987**

8 miles/ 12.5 k

I felt fine going out this second time. I just felt comfortable and steady, and I also was pleased, because this lap meant that I was definitely in the challenge- I now just needed to just get it done.

This was also when I realized that I would much rather NOT have to go out for that last ten K in the evening. Especially as I knew that everyone in my house wanted pizza for tea, and the thought of leaving the house and the pizza to go out for yet another run was just too much! So this lap I decided to add as much as I could, and added a big loop to get rid of a few miles.

(2007 turned out to be rubbish, so I soon changed to 1987!)

### **Big Break:**

Big drink, cheese sandwich, apple, flapjack, bath.

Change back into new running gear, more flapjack, tea and some yoga.

Bit of house work- hung some washing out, fed the cat.

### Lap 3/ 1993

14 k 7.8 miles

I had planned to do a new route, but couldn't face having to think about it, so just did the same again, but this time went off with a detour to my mums garden for a drink of water and little rest.

This lap was very much run walk. My knee was in agony and I was cross at myself for not putting my support sock on. Even running on the wrong camber hurt as it pushed my knee out, so this was the least enjoyable run of them all. I was also starting to panic about time, and being able to finish before pizza time!

Lots of walks, seeing my mum and a friend on Chants, and some top tunes really helped!

#### Mini break:

Big drink, special sock on, new top and change of trainers. Snacks. Planned last lap with Shaun.

### Lap 4: My Hull bands playlist as I was feeling a bit wobbly.

7. 3k 4.5 miles

This lap I had been dreading, but I actually really enjoyed it. I ran whenever I possibly could, and just went on a snaking journey around the Avenues and Pearson Park.

The park was nice, as that's where I learnt to run, and I wished that the new runner me of 20 years ago could have seen me now on mile 20 something!

And 3.5 miles

I had planned to get to the end of my street for 28 miles (over marathon distance which was important), and with only 3 miles to go. Shaun met me with an apple, a water bottle and a hoodie- heaven! We then went for a lovely prompt walk to get the 3 miles in.

This was still short, so I didn't cry- I ran to the end of the street and back, and was glad that I had finished on a run.

BATH

BEER

PIZZA

BED

Gosh I hope that those numbers add up!

Please ladies- if I can do it anyone can- really! I did very little preparation, I was feeling overweight and sluggish after 2 months of working at home, and average 11/ 11.5 minute miles generally anyway. The only way is to just keep plodding on! If you can keep your head strong, then your legs will hopefully play ball.

The worst thing that can happen is that you stop and go home- and what's wrong with that? You will still have done more miles than you would on an average run!

Thanks Jermaine Cherie for some excellent yoga stretches (some of which I may have had to discreetly do on Endyke Lane and Priory road! )

Thanks club for challenging me, for motivating me and for being as excited as I was to finish!!



# VIEW FROM THE BACK

Liz Hobson

In desperate search of my inner “mad dogness”

I hope you are all keeping well and well done to all our amazing 50k and 25k runners.

It's odd isn't you would think that given that lock down is now beginning to ease I would find myself all full of beans and raring to out running, but I really aren't feeling it at the moment. I have often heard this described as losing one's mojo. The thing is I have never been convinced that I ever had a mojo in the first place, and let's face it the pace I run I probably would never be able to catch up with it! I have always had a bit of a love hate relationship with running, I hate the thought of going out and doing it, but I love the sense of achievement when I have done it. I would say I have lost my inner “mad dogness” rather than my mojo, it's my ability to find humour in the fact I hate running and also my ability to try something new, to enjoy the novelty of doing new races and visiting new places. It stands to reason that I am also missing being able to run with the club members in training.

I think part of it, is the uncertainty of what is going on. A couple of weekends ago, the Castle Triathlon was cancelled. The problem was that they really tried to be able to do it, they had a plan and everything. This left me panicking that it would be on and given that I had not been able to swim at all during this time, I was not exactly confident. Chris was entered as well and this was a worry given that he has diabetes. There was a thought was that we could have swapped events, (there was a duathlon and 10k at the same time), but we then realised that we would have to mix with others at the event. Social distancing is fine, but we also would need the toilets at some point. We all know that Portaloos aren't the most sanitary places at the best of times, (we even wrote a song about it!) This lead me to send them an email asking to defer our places. However most of their messages were that we couldn't defer because we hadn't done it early enough. They did say they would look at it on a case by case basis! I sent a message on Sunday and they then cancelled the whole thing on Monday. I really wish they had done this sooner though. We have been able to defer the places for next year so fingers crossed things will be something like normal then.

It was all ok in the end, but the doubt was the most difficult bit to deal with. In many ways, for me, lock-down was easier to deal with, the doubt just wasn't there. However as things are easing whatever we are doing, that uncertainty remains. Will there be too many people at the beach or the shops, is it safe to go to cafes? The other issue is that many people who I respect as scientists or health care providers are doubtful that the virus is on the wane, and people, who I don't respect, like politicians, say it is. (I am thankful that I don't live in the USA though.) This has generally meant that I almost do an internal risk assessment to decide what I am going to do, for everything! I guess that this has suppressed my inner “Mad dogness”.

I am sure that she will return and as I was running along this morning dragging my sorry carcass up and down the old railway line, I realised that I already had the answer. When things get hard in a marathon I generally give myself a good talking to and state to myself, that with every step I am nearer to the finish, as long as I am traveling forwards and not backwards I just have to take it one step at a time.

Stay Safe xx

