

WEST HULL LADIES

NEWSLETTER Summer 2023



Mega Wednesday Group 16/08/2023



Training session 5th June

Worlds Uphill Fell Race Championships: Amanda Dean



My friend Becky Weight from Bingley Harriers had decided she was going to the Worlds as soon as they opened (May?). She has struggled with injuries so doing things whilst you can is top priority and, she is fresh into the 65yr category so best chance of being on that podium.

Back then I was totally ignoring her as I was far from recovered from my pelvis break and my head all over the place. But (to cut a long story short) by the end of July I felt much better and at the beginning of August I booked in.

There are no qualification criteria, you just have to be in England Athletics and book in as normal with your EA number. Cost 50 euro (£43 ish). The website for the event provided all the information including GPX to load on your Garmin for a recce. On the day the course is really well marked, you can't get lost (no really, you can't) <https://www.wmmrc-madeira2023.com/en>

Flights, accommodation sorted and then 6 weeks to train ... in that well known hilly Hull! I used the treadmill on uphill, the stepper and calf raises at the gym. Plus 3 visits to Brantingham to run up Spout Hill – 6 times, 7 times and 10 times!! Proud of that one.

We flew out on Tuesday 12th September, Wednesday walked up the route.

Thursday was registration, the opening ceremony and pasta party.

Great goody bag – T shirt, medal, madeira wine and cake, a lovely metal mug with carabiner handle (will be great for Rudolph Romp) and the pasta meal included.





The opening ceremony consisted of a short walk to the main square of the town (Pargo do Ponta) along-



side a school child carrying your country sign. Becky and I took turns at carrying the GB flag.



Once we were all lined up in the square there were short speeches from the Worlds Representative, the organiser and the mayor of the town. All speeches were in English and the Mayor repeated his in Portuguese.

We were then directed to the steps for a photo followed by traditional music and dancing (which we all joined in).

Off to the school at 7pm for our pasta meal.

Then home to sort out ready for the race the next day.

Race day! The over 55 year ladies and over 75 year men all set off at 9am. The temperature was nice, 19C and never got hot for us, in fact quite cool by the time we reached the end ... 9.2k and 800m of climbing later.

The route was not difficult, the first k on road then 800 metre on a path and the rest on wide, firm tracks. There was a steep long section near the bottom maybe 3km of Spout Hill but there was respite in places and a long flat section was very welcome. Water stations at 3k and 6k.

Becky and I were very closely matched, I ran through the finish 1 second behind her. For the early part of the race she was ahead, later I was ahead and in the last 200m there was a short muddy, rocky downhill bit and she is much more experienced on this so I hopped aside and watched her do that fell running mad thing!

I came 6th in my age category out of 15. Happy with that as I was the oldest of the group. Becky came 2nd in her category taking the silver medal. Brilliant.

Lindsey (9th) and Hazel (10th) below, were my GBR team buddies



The first three runners of each country automatically form a team. If a country only has two runners they can be included but only after the countries with three runners are counted.

Both Becky and I were part of the Gold GBR teams ... as no other countries in our age group had three runners! We could have walked up that hill and still got gold!



Home to clean up, rest then back to Pargo do Ponta for the awards ceremony.

Despite feeling a bit of fraud getting that gold I still welled up when the national anthem played!

My last words on the event ... it was really lovely, everyone was so friendly, we cheered every country. Neil (husband) as a supporter also thoroughly enjoyed it.

I would absolutely recommend you go (if you are 35 years or more) just for the event. Check out the web-site link for all the information.

Spain is hosting in 2024. I am seriously thinking about going.



Race over, we went on to have three days of holiday. Madeira is very beautiful. I could include many, many photos but here is a tiny glimpse. We stayed in Jardim do Mar which is a beautiful town. Car free in the residential area with gorgeous footpaths.

Walk along Prazeres Levada

Banana trees!



Very steep walk above Jardim do Mar.



Evening walk along the coast.



Endure 24 Weekend Gallery





West Hull Ladies EGM Committee Meeting

15th May 2023, via MS Teams.

Present: Kim, Andrea, Kerry, Amanda, Cath, Janet, Anna, Sarah, Stacy, Sam, Sara, Karen

1. Apologies: None

2. Minutes of previous meeting: Accepted as a true and accurate record. **3.**

Matters arising: None

4. Updated club constitution and fees: Agreed

5. Club fees – part year and 2nd claim:

Part Year Fees, members joining after 30th September will be charged the full prevailing England Athletics Fee (currently £17), plus 50% of the full year fee which comes to WHL (currently £13 so £6.50) It was agreed that from 1.10.23 full claim members joining before 31.3.24 will be charged £23.50.

2nd claim members will be charged £20 whenever in the year they join the club.

In the future, increases in England Athletics fees will be passed on the members and the membership fee amended accordingly the following year. Members will be advised of increases in January/February.

Action – Cath update membership form, Kim update new member info pack.

6. ERYXC: WHL will be unable to join the league as the club can't meet their requirements. **Action – Andrea email ERYXC and Catherine who made the request to the committee (done)**

7. Incident reporting: **Action – Sam and Kim will look at how this could be implemented by the club.**

8. Future meeting topic schedule: Communication – June

Finance – September

Policies – November

9. Standing Items:

- **Membership:** *All old membership forms have been shredded*
- **New Contacts :** *Cath will take over from Janet responding to new member requests*
- **Email :** *Cath, Kim and Andrea pick up emails between them.*
- **Facebook:** *Nothing to report.*
- **Treasurer:** *Nothing to report.*
- **Training:** Summer months will mean 2 away nights per month – Warners, plus an off road away night. Sarah offered to host an away night from her home with refreshments afterwards. Thank you Sarah.
- **Pace Groups:** Nothing to report.
- **Website:** Amanda has negotiated with the provider a 3 year deal at £71 plus Vat. **Action Amanda to forward transcript of the online chat to the club email for the record. (received)**
1000k/miles, committee, leaders, newsletter and prizes have been updated. 25K page to be removed, updated constitution etc will be added.
From 1.8.23 Shelley has agreed to work alongside Amanda learning HTML and how to update the website with the hope she will feel happy to take on website management in 2024

10. AOB – Vests – Kerry will put out a questionnaire re vests and hoodies. Facebook/google form could be used to collate orders. Action Kerry

October away day – Stacy, Kim and Sam will liaise to arrange.

CTT membership will be reviewed at the end of the year.

Grimsby 10k – organisers have chased response to request for our flag. Kim has already replied.

15. Next Meeting – Monday 5th June 2023 7.15pm, Cottingham Road Baptist Church

Committee Meeting Minutes 5th June 2023

Andrea Thomson

WEST HULL LADIES COMMITTEE MEETING 5TH JUNE 2023

1.	Apologies	Karen, Janet, Kim, Sarah
2.	Present	Sandra, Anna, Stacy, Sara, Kerry, Amanda, Andrea, Cath, Sam
3.	Minutes of previous Meeting	Accepted as a true record
4.	Matters Arising	Incident reporting – Sam asked Kingston how they report incidents. They keep a record of incidents on a spreadsheet. Sam will ask for their template so that we can replicate, and will also write something to be included in the next newsletter.
5.	Club kit	Kerry will put a poll on Facebook to gauge interest before we decide further. If a zip up hoody is requested by enough members the £25+VAT was agreed to be paid by club for design set up cost
6.	Sandra's training	When Sandra's posts her specialist/focused training on Facebook, one of the fb admins will pin the post to the WHL fb page to ensure that the post doesn't get lost further down the page. If there is a Monday run that doesn't have a leader, ladies can join Sandra's specialist/focused training. Thank you Sandra for arranging this training which members find so valuable.
7.	Club Communication	
	Email	No further changes required.
	Facebook	It was agreed that after the next weekend (10/11 June) to stop doing the virtual 10k, parkrun and training posts on Facebook. Thank you to all the members who have taken their time to do them for the club.
	Instagram	Andrea to email Sam with the welcome email draft so she can use the same wording in response to enquiries via Instagram.
	Newsletters	Cath asked if we could all look out for items that can be included with the newsletter – e.g. items raised at committee meetings etc.
8.	Standing items (if anything to report)	<p>Membership – nothing to report.</p> <p>New contact update – nothing to report.</p> <p>Email – covered above.</p> <p>Facebook - covered above.</p> <p>Treasurer – Quiet month – nothing to report.</p> <p>Training – nothing to report.</p> <p>Pace groups – nothing to report.</p> <p>Website – Amanda:</p> <ul style="list-style-type: none"> • Updated Club Rules and Constitution uploaded to the website • 1000 km & miles pages updated • Prizes (Stacy, Karen P x 2, Amanda)
9.	AOB	<p>Welfare Officers – Now we have amended the constitution to state that we are an adult only club, the training requirements for welfare officers is different. Cath will email Karen and Sara with available courses.</p> <p>Away Day – Sam/Stacy will explore further.</p>
10.	Next meeting –	Virtual via MS Teams 3 rd July 7.15pm

Committee Meeting Minutes 3rd July 2023
Andrea Thomson

WEST HULL LADIES COMMITTEE MEETING 3RD JULY 2023 (TEAMS MEETING)

[illegible]

1.	Apologies	Sam, Sarah, Cath, Suzy.
2.	Present	Kim, Amanda, Janet, Maria, Anna, Stacy, Sara, Kerry, Karen, Andrea
3.	Minutes of previous Meeting	Accepted as a true record
4.	Matters Arising	None
5.	London Marathon place	Cath has the club place for 2024. It was agreed to leave the qualifying criteria for the club place as they are, but to be reviewed if necessary
6.	Club runs with leaders	Maria has looked at the EA rules for club runs had has confirmed that we do not need a trained run leader to be present for each run. EA Code of Practice states that 'A group of experienced senior athletes must be indirectly supervised with a competent person nearby (low risk activities) or be unsupervised for relatively risk free activities. It is acceptable for a qualified run leader to plan a group session, carrying out all risk assessments necessary, and the session to be delivered by a group helper – an experienced person but without formal LiRF qualification, if a leader is not available.'
7.	Cycling time trials open events	It was agreed not to renew the membership
8.	0-5k	0-5k to be run in January. Will start to plan next month
9.	Away day	It was agreed to leave the away day until spring 2024
10.	Advertising club while training	Anna suggested that run leaders be encouraged to wear club kit for training runs to advertise the club. 'where did you hear about our club' to be added to membership forms.
11.	Club kit shop	The club kit shop will go live and remain open for 4 weeks. There has been varied interest in the 2 styles of vests and hoodies. As we require 10 of each item before they can be ordered it was agreed that in the event there are fewer than 10 vests ordered by members, the club would make the numbers up and hold for members to buy. It was also agreed that due to the cost of holding stock the club would for now just offer the 2 styles of vest and the zip front hoody.
12.	Welfare Training	Sara and Karen attending the online welfare training. The club requires pregnancy/post partum risk assessments. Karen will research official EA advice.
13.	Standing items (if anything to report)	Membership – 81 New contact update – Email – covered above. Facebook - covered above. Treasurer – Quiet month – nothing to report. Training – nothing to report. Pace groups – nothing to report.
		Website – Amanda is showing Shelley how to update the website and will continue to.
14.	AOB	Champagne League (Amanda): We had 11 first claim ladies racing this year plus second claim Kerry-Ann who filled our 4 th team. A very positive series. Seven of the 12 of us received a money award. In addition, the five ladies who completed all 10 races (Janet, Amy, Verity, Kerry, me) received a Tee Shirt. Amy won the overall points competition and holds the trophy for a year. Amy, Jermaine and Chantal were first team whilst Verity, Sam S and Angela took third team all six getting prizes due to their consistency and improvement during the series and I took 1 st F60 in the Yellow Jersey plus the 5 th overall.
15.	Next meeting –	Via Teams 2 nd October 2023 7.15pm

Champagne League Gallery



Champagne League Results

Amy won the overall points competition and holds the trophy for a year.

Well done to all our runners in the Champagne League.



Running in a Land Down Under

Camilla Walker

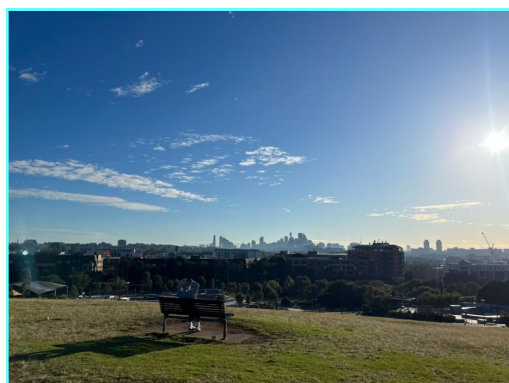
A few weeks into 2023, I set myself the goal of not missing a single Parkrun this year – this idea was mainly conceived around the fact that I had only missed three Parkruns in 2022, from the point I started going in the February. However, as my trip to Australia was already planned and booked, this meant that I was going to have to venture into completely unknown territory, having split most my Parkruns between Hull and Peter Pan. I was also excited to claim the title of the club's furthest away "Parkroamer", as those people who know me well, know I love a challenge.

A few months before we headed out, my brother suggested that we fly to Sydney on the first Saturday of our trip. I replied with "But I'll miss Parkrun" so he and my mum indulged me, and we booked our flights for the Friday instead, arriving in Sydney on the same day that the Lionesses beat Denmark. Beforehand, I had meticulously researched the Parkruns near to our apartment in Sydney, which was located minutes away from the Opera House and Harbour Bridge. When I discovered that most Australian Parkruns start at either 7am or 8am, I was convinced that my mum and brother would not be indulging my crazy idea of dragging them out of bed to participate (my brother) and spectate (my mum). I did briefly consider seeing if I could fit in a double Parkrun in Sydney but decided that might be a bridge too far both literally and metaphorically – although the option is there for those more seasoned runners amongst you. Eventually I settled on a Parkrun called St Peters Parkrun, mostly because it started at 8am but also because of the pleasing connection to my normal Parkrun "home".

I was still suffering with jetlag when we dragged ourselves out of bed at the time we'd settled on. Thankfully Sydney is not afflicted with the public transport woes of the UK and we called an Uber that took mere minutes to arrive and set off to see some of Sydney's sprawl via the road (we also managed to fit in trams, trains, ferries and busses into our travelling itinerary as well as the plane needed to get there). As we headed away from the Parkrun, the buildings got smaller and quainter and we arrived at Sydney Park, to look for the imposing towers of the former Brickworks which were the given marker for the start of the Parkrun. It seemed oddly deserted until a few minutes before the start time – in accordance with the laidback lifestyle of the Aussies.



From Hull to Sydney with love



Sydney Skyscrapers in the distance

When proceedings began to look a bit livelier, the usual announcements started, and I was surprised to find that the park was an off-leash dog park (except for dogs belonging to runners) which added an interesting consideration to the Parkrun. After making myself known as a tourist, I was given a very warm welcome before the runners set off on our one larger and one smaller loop of the park, which included passing a cricket oval and a nature reserve (although there are more exotic animals to be sighted at Hull Parkrun). Helpfully, arrows had been chalked onto the ground the help the directionally challenged among us, myself included, navigate the complexities of the course. I also noted the handiness of the water fountains with both human and doggy drinking facilities dotted along the course. The standout moment, along with the friendliness of the runners acknowledging my club vest and cheering me on as a tourist, was the glorious view from the hill, which showed the distant skyscrapers shimmering in the morning haze of the sun. As I knew I was unlikely to be back for a long time, I stopped to take a picture of the not-so-distant metropolis: just one moment from a holiday of unforgettable moments.

After I'd crossed the finish line (sometime after my brother as my mum was quick to point out), we headed back to enjoy some pancakes with a Sydney Harbour view before departing via ferry to spend the day in Manly. As the early morning sun became more prominent, I realised the reason for the earlier starts: it was hot in their winter so I can only imagine what conditions their summer must have in store.



Post Parkrun fuelling

Later in the evening, after realising that I was unlikely to have the chance to cross Harbour Bridge otherwise, I decided that I was going to have to run across it. Google lead me to believe that I could do an out and back 5km just by crossing the bridge, which categorically turned out not to be the case and instead I ended up on a pleasant meandering run on the riverside of North Sydney – for the first and only time. I paused multiple times to take photos of famous landmarks before accidentally attaching myself to another group of runners heading back across the bridge. I was far from the only person who had decided to make that particular pilgrimage on a sunny Sunday morning. Interestingly, I noticed on the plaque to commemorate the men who died constructing the bridge, a rather uncommon surname that crops up on my dad's side of the family. I made a note of this to research later at some point as the surname is long associated with seafaring so it would come as no surprise to find a distant relative in this distant land.

After that, I didn't run until my next Parkrun, settling on running at Surfers Paradise, which was the Parkrun closest to where my brother lives on the Gold Coast. I thought it would be interesting to experience a smaller event and with the bonus of it technically being my "local" Parkrun. It did come with unfortunate start time of 7am, which my family were less than enthused about, choosing to head off for a coffee after they'd dropped me off. In contrast to Sydney, was much quieter but equally as friendly. After a quick briefing, we set off two half laps of the park (marked by posts not people) which also included a quick out and back across one of the bridges

across the river. I found this one trickier to navigate and pace compared to Sydney and there was quite a bit of switching between terrains as well, which I also didn't find very agreeable. The volunteers and participants were all very enthusiastic, which did make up for it and some even snapped a few photos that were later uploaded onto Facebook. After I had finished, I took a steady wander along to the seafront for a round of breakfast with a side of sea view. And again, the early start meant we were also able to cram a great deal into the rest of the day.

It was evident when out and about, how much Australia as a country values exercise and being outdoors. Runners – both solo and groups were in a steady supply at all times of the day – not just for early mornings and in the evenings. There were also plenty of people engaging in yoga at the beach, which I didn't manage to fit in (my normal yoga spot moved to by my brother's pool), and it seemed everywhere you looked, there were sporting facilities of every description. A trip to Australia also wouldn't be complete without mentioning the surfers, who braved the weather in whatever conditions: maybe next time, I'll be brave enough to give it a go! And the toilets – every few hundred metres along the beachfront and in all the parks as well – every runner's dream.

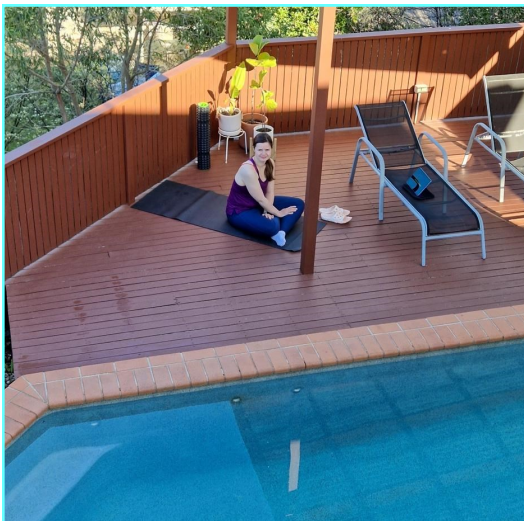
When I set out to Australia, I had no real expectations of what it would be like, I just wanted to see my brother and I saw the long flight and every-

thing else as the price I would have to pay. Instead, I fell in love with the lifestyle, which was simultaneously active but very laid back. As well as plenty of exercise, there were also iced coffees, frozen cokes and ice creams in abundance. And for some reason banana bread, which Australia seems to love and supply in single servings (presumably to stop people eating the entire thing). Until I visited, I didn't understand why my brother wanted to stay and now I have visited, I wonder why anyone would want to leave.

I am certain future visits to Australia and Australian Parkruns await.



Running in (Surfers) Paradise



Poolside Yoga

Great North Run

Stephanie Cuthbert

Wow great north run 2023, what an incredible experience!



It's like no other and the biggest half marathon in the world. With 60,000 runners and thousands of spectators it certainly feels very special. The great northern hospitality and support carries you along the course and so it's a great one for first timers or seasoned pro's, like Mo. Both Camilla and I were not only first timers at this event, but it was also our first ever half marathon.



Massive shout out to Camilla who smashed her first ever half with an incredible time of 2hrs 18mins! She's summed up the experience with 'I almost cried coming down into the last mile. Seeing the Red Arrows fly over just as I could see the sea was just the most amazing experience'. She also added 'For me it was realising I was almost done and thinking of that absolute belief everyone had in me. When I finally got on my phone, my work friends had been tracking us all the way and I had so many messages celebrating each check point I'd gone through, which was really really lovely'. But it's not all about the 'firsts'!



The GNR is addictive and sees many runners return year on year including our very own Diane, Sarah and Gail. Sarah sums it up with, 'I love the Great North Run and I am so happy that I did it for a the 8th time,



when 2 years ago I thought I'd done my last one. I love the craziness of it, like the 3 legged 'Where's Wally?' I'd now there's a new classification of getting wet in the rain. 'Drenched', 'soaked'... now we've got 'GNRd'. The whole day is an experience and there are just so many memories from all of us and so many things that make the GNR a must on your running bucket list! One of them is the oggy oggy oggies under the bridge which unites the runners, and the crowd and has people of all age chanting together!

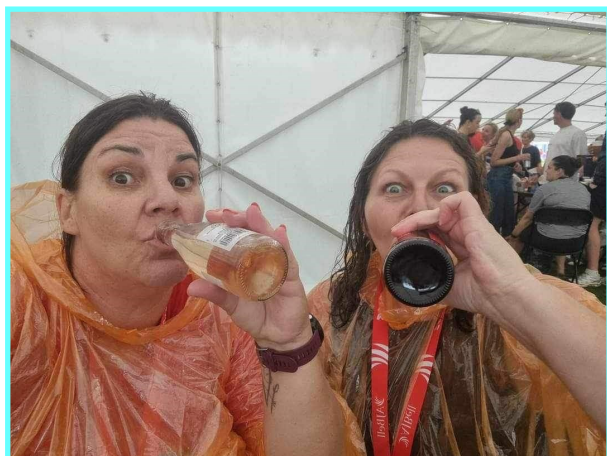
Diane's experience remembers this, 'This was my 4th (and final) GNR. Lots of 'Oggy Oggy Oggying' in the underpasses and fabulous costumes worn by runners (on a very hot day). The crowds were amazing - particularly the last mile. Finished in same time as last year but it didn't feel as painful as I didn't set off so fast. Was lovely to bump into Gill, Camilla and Kerry'. Congratulations Diane on your 4th and last GNR, although I did say it's addictive so we may see you back.



The day from start to finish is an 'experience' and the weather only added to this. We started off the day in bright sunshine and 23 degree heat and ended in rain of biblical proportions, accompanied by thunder and lightening and flooding. Did this dampen spirits? No! Of course not! The northern communities pulled together and continued cheering the soaked runners yet to finish, who had to wade through the flooded final mile. People opened up their

homes, marshals helped carry people over the 'river' of water coming off the roads and everyone still thinks fondly of it all.

This is 'Definitely a bucket list run, it was amazing to be part of the 60,000 runners, will definitely do it again next year, amazing atmos-



phere, even the torrential stores and the unprecedented heat in the pens before my 12.15 start couldn't spoil my first GNR' sums up Gill. So did the weather spoil it? Gail says, '8th time for me too, said no more but I'll prob find myself entering again next year, Once again the people of Newcastle n South Shields made us feel like superstars, no other race quite like it'. So, if you are thinking about doing a half marathon, think GNR. If you are thinking about entering the GNR, do it! You honestly won't regret it and most likely will be back year on year. Im already signed up so I

hope to see some WHL's there next year again with me.



Meet the Member

Chantal Cable

A bit about me:

Born in 1970, the youngest of four, I grew up in Buckinghamshire/Hertfordshire and came to Hull Uni in 1989, where I made loads of friends and absolutely loved my student life up here.

Then I met Garry, who lived in Hessle, but things got too serious too fast for me - as a young 26 year old I wanted to live it up, so I moved to Milan, and had the best time - skiing in winter, and visiting Lake Como in spring/summer! But after 7 months I missed Garry terribly, and so moved back to Hull, bought a house in Elloughton and we married in 2000, and within 4 years were parents to our two boys, Caelan and Alex.



What do you do when you're not running?

I work as a Finance Director for Howdens - running is my escape when things/colleagues annoy me.... and that's quite frequently really, lol.

Hobbies wise, I love gardening, walking the dog and I'm a Hull City member with my two boys. Now they are both grown up, I'm looking forward to a few European breaks with Garry.

Why did you start running?

I was 38 (so 14 years ago!) - I had always admired my friend, Claire, who had run countless marathons and ultras.

I would say to her, "I'd love to run", and she'd reply, "well, you can! Anyone can run!"

I didn't believe her.

I remember my first run with her, we did a slow mile, and then ran/walked between lampposts. She then accompanied me on my first 10k in Hull in 2010, and my first Half in Leeds in 2013. Absolutely loved both of them! And look at me now! Thanks Claire!!

Any injuries?

I have a minor recurring issue with my right shin. I like to use the excuse of having to buy new running trainers every 6 months to avoid injury!

Generally, I've been lucky with very few niggles.

Running goals?

Mainly to keep enjoying it! And stay fit really...Joining WHL has taught me to try new (crazy) things of which I wouldn't have previously dreamt!

I have a place at Endure 24 next year.

I'd love to do a beautifully scenic ultra, either in the Lakes or near the south coast, and Golden Fleece and Rudolph Romp are on my running bucket list. Plus the Lochness marathon keeps winking at me.... maybe 2025 for that one.

Proudest moment(s) running related or otherwise?

Running: it has to be the London Marathon!! Having trained so hard 2019/20 it was cancelled just a few weeks beforehand due to Covid. I trained again for the virtual in Oct 2020, which I completed in 5.5 hrs, taking in 8 West Hull villages and had lots of lovely friends and family throughout the entire route with flapjack, jelly babies, hula hoops and lager! I absolutely loved the whole day! In lots of ways, lockdown gave us some unique and special memories, didn't it. Then I made it to the main event London 2022! I raised over £4.5k for the British Heart Foundation - sadly, my lovely mum died a few months earlier, and never got to see me complete it, but I will always be thankful to the coronary doctors and nurses for giving



us another 15 years with her

I hated London, too many people, I missed my family - twice! and all the logistics were just too stressful and expensive, but I did it in sub-5 hours, and both my two marathon medals are framed and proudly displayed in the hallway..... the question is, will I ever do a 3rd or 4th one?

Non-running: cliché, but my two boys make me proud every day. Caelan is 21 and at uni in Manchester, and Alex is 18 and about to start a business management degree apprenticeship. Both mummy's boys, and I wouldn't change that for the world!

Best piece of advice you've received in anything?

"Never have any regrets" (my dad 25 years ago)

And, "the harder you work, the more you need to exercise, as it's the only way to effectively relieve your body of stress. So find an exercise you love and protect the time to do it regularly" (my GP in 2009)

I find the 2nd one much easier to follow than the first!

Running alone or with friends?

Both - I am still a solitary runner, as it's my time for a bit of headspace. But I also love running with ladies from club - so many stories, targets, and reasons for running/training, and bucket loads of encouragement, tips, and laughs!

What keeps you motivated?

The endorphins.... holding off the flab..... the 1,000 mile challenge.....oh, and definitely my Strava stats and graphs!!

Favourite moment in a West Hull Ladies vest?

Crossing that final line of Champagne League 2023 with my two team-mates, Amy and Jermaine, after an epic series! That was special.....

Favourite piece of running kit?

My London Marathon finishers t-shirt!

And my Parkrun 50 milestone t-shirt!

What does WHL mean to me?

It's a special community of just lovely people, all with the same love for running. No matter what pace or fitness, what target, age or experience- we all come together whenever and wherever we are - and everyone is welcome, always. I am looking forward to creating some more memories with more of you in coming years.... we already have some irons or ideas in the fire, don't we!!



Gallery



Pizza night 23/08/2023



Jan at Beverley Westwood Parkrun
26.08.2023



Stephanie training in La Oliva 20.08.2023



Fartlek session 28.08.2023

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

Equinox 24 with a difference

Liz Hobson



On 15/09/2023 me and Jill took the van back to Equinox 24 but in this case it was not to compete we had decided to volunteer. This was for three reasons, one neither of us are particularly run or walk fit, 2 we wanted to give something back to an event and venue we both love, 3 the camping is free for volunteers and they give us food vouchers!

We arrived at Belvoir castle on Friday after an interesting journey down a road with passing places and a hump-back bridge which is all good fun in a motorhome, (thankyou google maps!) We then had to queue because we'd not realised the event didn't open until 12. Ironically had we been running we'd have almost certainly checked this. We'd not had to queue before and I'm not sure if that was because we were after midday or the organisers had changed the times from previous years. Jill nearly caused a queue rage incident by accidentally beeping her horn when getting back in the van after standing near it, but

luckily the other queuers seemed quite chill about it.

Eventually we were let in and met Laura Nicol who runs Equinox and after thanking us for volunteering, told us where to park and a bit about where we needed to come for our shifts. Laura and her husband Johnny run sports event company Racetime events and run an open water training venue at Six hills in Leicester called Race Hub. I really get the impression that for her and her family this is a labour of love. The event started in 2013 and was an idea that had come to Laura and Johnny while they were on a long car journey. Laura is both lovely and competent a great combination for an event coordinator, she'd already sent us video information and email information about what our roles would be and also was able to answer any questions we had. In short she's one of those people who immediately gives you total confidence that she is on to any problems you or the race might have. Having marshalled at a number of events I would say I found this very reassuring. A good example of how well organised it is that there are waste sites for caravan toilets, waters points all over the site and skips for your rubbish on the way out of the site. I think I may have mentioned before that Equinox has the cleanest portaloos I have ever seen, and I know for a fact that Laura keeps an eye on all of this because she checked after our shift on Sunday morning, if the van been up to sort them out.

We got parked in a great slot overlooking part of the course and immediately a lady called Becky introduced herself as our campsite neighbour for the weekend, she and her family had a team entered of about eight and her dad was in the day 10k event, which you can additionally enter and is basically the first lap. I think Becky and her family really represented what I think makes Equinox the event it is. Yes the running clubs are represented but there are so many teams at this event which are family teams and the whole event seems like a festival it's really chilled and friendly.

We had lunch and then went to explore, there's an event village, I think this one is brilliant, there are many eateries, a bar in the form of a bus, and best of all great pop up shops. The village is set up with picnic tables and there is a sort of climbing bouncy castle in the middle. Jill was very interested in a company called Flanci who does very colourful leggings and they like all the stores had special deals on. There is also a camping shop and a pop up shop that sells essentials like bread and milk. There is also the Equinox merchandise shop which for an event Merch shop is not too bad price wise.



We had signed up for 2 shifts both at the water station at the top of one of the hills the first shift been at 3am to 6am on Sunday morning and then the later one at 9.30am until the end of the event so about 1.30pm. That meant that we could spend Saturday generally chilling and spending too much money, but hey we weren't paying for the camping as I reminded Jill, when another pair of fancy looking Flanci capris came back with Jill into the caravan! Ok I bought a t shirt, jacket and an Equinox print at the merch shop. We were also able to see the kids fun run round the bit of the course on the camping field and it was fantastic to see the course lined with spectators all cheering on the kids. There were some very small kids some of which had a bit of help from mum and dad and one competitor giving another a piggy back ride. All the kids got a medal and it was fun to see them still wearing them proudly during the day. We also watched the start of the actual Equinox 24 at 12pm and as always the competitors looked very determined and happy. What was really lovely was that many of the children were stood with their medals cheering on the adults. In fact I saw one child possibly about 3 holding his dad's hand still clutching his medal at 4pm on Saturday.

As I mentioned the first lap includes a 10k race and you can enter both, but show 2 numbers, there is also a night run which is at 8pm on Saturday, so you could go and do these runs and not go the 24 hour route or you could do them all. As it's September the night is more around 12 hours so you can do a night run at a more civil time than in the summer, but it does mean you need to remember your head torch earlier.

We had an early start so got as much ready as we could for a quick breakfast and because it would be night time and it would be cold we had our trusty dri robes handy. I think we managed a couple of hours sleep and got up about 2am, we had to report to race HQ about 15 mins before, so we got there a bit early and picked up our Event Crew t shirt and food vouchers, we could choose whatever eatery we fancied including the ones that sold cakes! The drinks station



was about 2 miles up the road so we had a 6 seater buggy take us up there. The journey has to go by the runners on the course some of whom are a bit staggy so our driver was talking to them and actually asking if they were ok as we made our way up the road in darkness. Also because it was a bit misty his windscreen kept fogging up and as an essentially open top vehicle it had no windscreen heater. I have to say this made the journey more interesting as well as bumpy. We dropped one Marshall off at Marshal point one at the bottom of one of the hills, there would normally be two but the other one was doing a double shift and was an actual competitor

and was using the shift as one of her laps which I thought was interesting. We then got to our water station and had a quick changeover with the previous volunteers and we were on our own. We also had an ambulance and first aiders next to us, plus a toilet block.

The previous volunteers had left us some drink cups already filled and the water containers full, which was good as the tap was about 40 meters away and you had to carry the containers to the tap and back again. We also had sweets to give out which were jelly types and were ok for vegans. but we had to drop them into paper cups because they didn't want runners to touch each other's sweets, which you would have if they had just reached into bags. We were wearing latex gloves so hopefully wouldn't pass anything on. We had a steady stream of runners and walkers and as you can imagine they were in various states in terms of their mental and physical state, part of our job was to talk to the runners and check they were ok. We had some chairs nearby where they could sit and we had the first aiders there in case they were needed. We couldn't stop them from carrying on but if we did have concerns we could radio



through to the next marshals to keep an eye out for them. If they then didn't appear they had people on bikes and the buggies to check them. I have to confess that it's something I've never thought about when doing these events. There is a whole host of things going on behind the scenes.

The water station was busier than I thought it would be and we really didn't stop, having said that it was great to see the headtorches come up the hill and then get a good look at the person and chat to them. I don't think I've ever been so popular particularly when I mentioned the word sweets! They give them out from 12mid night until they ran out, and the marshal point 2 was telling runners about it. They really do have the water station in the correct place it's just at the top of the long hill and they have "that hill" which is a short but very steep hill to come. They visibly cheered up when they had water or sweets and were very grateful, we were there. We had one lady we helped with who had a bra malfunction

which had twisted in a very uncomfortable way and she hadn't noticed until she'd got going on the run. We had to fill the containers a few times and I have to say the weight training comes in handy to get the water on the counter. I managed to nearly explode one of the containers as they had a filling cap and the tap. With the tap closed there was no way the air could escape as the water filled it and I didn't realise until I saw the container bulge out, as I released the hose it hissed and spurted water out whoops!

The shift seemed to go very quickly and the buggy came back to collect us. It was funny how the tiredness hit us as we got into the event village and Laura was there to check everything was ok and gave us some more food vouchers. She recommended the cheese toasty van and we had a Bree-yonce toasty and a bacon and cheese one. We then chilled before our next shift.

When we had decided to volunteer there hadn't been many shifts left. We really enjoyed the 3am to 6am shift but perhaps would have preferred a longer time between shifts. We had a bit of a rest and then were back again for the final shift. This time we were in daylight and we had a slightly more hairraising lift back up to the waterstation, we were also snapped by the photographer as we went over the bridge.



The second shift was very busy as I guess more runners were out on the course plus the weather was now quite close and hot so a lot of the runners were taking more water. They were all happy to see we were still giving out sweets which had lasted well. One runner had not eaten enough and Jill watched him Hoover up about 6 cups of sweets, he apologised but we had a bit of a joke with him that they wouldn't let us leave until all the sweets had gone! We also

managed to get the Bluetooth speaker working and Jill's running playlist was blaring out. I'm not sure if she kept changing it but I must have heard "The final countdown" about 4 times which I guess was appropriate when we hit the final hour. Each hour HQ would radio the Marshal point to check that all was ok and I replied that yes we were really rocking, it turned out to be Laura and she said that she wished she could join us.

It was a bit odd because we just carried on giving out water and sweets and didn't hear the last 12 o'clock finish. We just carried on with the runners on course, they were keeping an eye on the last runners and one lady was particularly causing concern as she was up near the start. Laura checked that we would be able to stay beyond our shift to make sure there was water for her, she would have arranged for a replacement. We had one guy who got to the station and couldn't go any further. We managed to arrange for the buggy to take him back down. There was also a guy with a spiderman vest who was very tired but he carried on, I made him laugh when I suggested he use his spider powers to get up the hill.

The organisers were starting to pack up so we helped them with the gazebo and I noticed the last lady coming very slowly up the hill. I went down to join her to chat a bit to her. Her name was Louise and she was determined to get 15 laps in. She said she thought she'd upset the 1st Marshal because she had wanted to carry on, but I think she was in a better state than she had been earlier as she wasn't staggering and was capable of holding a decent conversation with me. I told her she was amazing and got her water bottle filled and she went on her way. I then radioed in to say she was on her way.

Our lift then turned up and we returned to the site via a now deserted track, stopping at Marshall point two to say Louise was on her way.

We really enjoyed the shifts and I have to say all the runners were so supportive of the marshalls and thanked us on their last laps. I saw spiderman finish so I was happy about that, and we had lunch in the van when we saw Louise come through the finish, what was lovely was that the Marshall at point two had walked with her rather than get a lift down which I thought was great. We gave her a special cheer before starting to pack up the van.

It's been a great weekend and I have to say I love this event. It's also great to get an insight into the organisation. Jill did Endure this year and really as much as I love Endure, it really isn't as good as Equinox, for the family atmosphere, the organisation did I mention the food and the shops!