

WEST HULL LADIES

NEWSLETTER Autumn 2022



400m reps training 26/09/2022

West Hull Ladies Mid Summer Madness Thixendale Village Hall



Anna S, Angela, Jill, Sarah W, Liz H (photographer)
Anna V, Amanda, Verity, Rachel, Karen Ann and Felicity



The club hired the village hall in the pretty village of Thixendale for all members to use as a base to run, walk, eat and socialise. After unpacking food and loading potatoes in the oven we headed out, photographs taken then split into two groups.



Amanda led the Wharram Percy 8 mile route with Rachel W, Verity, Anna V, Felicity, Anna S and a nervous Karen Ann for her longest run in a while and a hilly route to boot.

It was a beautiful day. Not too hot and mostly bright blue skies.



A cut path had us clearing spiky grass from our socks and shoes.



Onward to the top of Burdale before the descent to Wharram Percy with poppies providing a pretty picture

Wharram Percy
Abandoned medieval village

We enjoyed checking out the church and I did a bit of stretching with help from a gravestone (RIP).



The village pond looking lovely – as did the runners





Then it was up the hill to the ridge, which is a bit of a slog.

We met the other group on the ridge (Jill, Liz, Sarah and Angela), then continued.

At the turn off to the village, Rachel, Verity and Felicity took the extension (along the ridge then down Thixendale road, an extra 2.5 miles).

Whilst Karen and the Annas joined me on the direct route back to the village.

Karen did not need to be nervous, she was really strong.

Meanwhile the Jill, Sarah, Liz and Angela group had also headed off for a shorter Wharham Percy loop. Was good to bump into them on the ridge.



Back at the village hall the kettles were put on and food placed out and quite soon everyone was back and we all tucked into baked potatoes, vegan sausage stew, cheese, salad, various snacks, more tea and plenty of cake.



After the clear up the afternoon outings began.

Verity and Rachel wanted to complete 20 miles (12 done, 8 to go) so after consultation with the map we three headed up to the Roman Road, passing the Robert Fuller gallery where I turned left taking a loop back down Wormdale and Verity and Rachel turned right then left to Kirby Underdale.

Thixendale Church

There were two Robert Fuller Gallery Groups





Anna V, Karen and Felicity joined the Sarah 0-5K group with which meant they ran 90 seconds, walked 90 seconds all the way to the Gallery, particularly impressive keeping the run going on the hill. Felicity kept me company for a while before turning down to the gallery.



Liz, Jill, Angela and Anna S walking to the gallery. Where they enjoyed a cup of tea as well as viewing the artwork.





Back at the hall, Verity and Rachel the last to return having having claimed a bonus mile, 9 miles in the bag.

Then time for tea, cake and toasted crumpets. Fabulous day, lovely company. Cannot wait for the next one.



Everyone covered a lot of distance between the morning and afternoon ... and climbed quite a few feet:

- Liz, Jill and Angela 9 miles. Sarah 9.3 miles
- Anna S and Karen 10.7 miles, Anna V, 11 miles
- Me 14 miles and Felicity 14.1 miles
- Rachel and Verity (preparing for big events) 21 miles

And between us: 137.8 miles

Gallery



Amanda Jazz hands Champagne League



Amy at the Champagne league



Chantel Jazz hands Champagne League



Angela at the Sledmire trail

West Hull Ladies in the News

CLUB OF THE MONTH WEST HULL LADIES

Discover more at westhullladies.org.uk
and Instagram @westhullladies

This club launched in 2004 to provide a safe, supportive and inclusive environment for women of all ages and abilities to run together – without pressure or judgment.

“The best thing about the club is the members. Everyone supports each other and, whether you run one mile or 100 miles, members are there for you,” says Liz Hobson. West Hull Ladies (WHL) offers three sessions a week on

Mondays, Wednesdays and Fridays. It costs £30 per year to join, including England Athletics membership, and it has around 80 members.

“We have a Facebook page where members can post their runs. We log training sessions so anybody who can’t make training in person can still be included,” adds Liz. “We have awards for women who complete milestones and a presentation evening too!”



TELL US WHY YOUR CLUB SHOULD
BE CLUB OF THE MONTH
EMAIL WOMENSRUNNING@ANTHEM.CO.UK

West Hull Ladies appeared as the Club of the Month in Woman's Running Magazine..

Liz did the article with a lot of help from our committee members .

“The main difficulty was the word limit because our club is so good I needed more words than I was allowed!”

Our very own Kerry-Ann Taylor was named ‘One To Watch’ in The LDC Top 50 Most Ambitious Business Leaders programme

Kerry-Ann Taylor, Managing Director of CB Solutions U.K. Ltd has been named as a ‘One To Watch’ in The LDC Top 50 Most Ambitious Business Leaders programme for 2022.

Surely with Kerry as a member we’ll be up for club of the decade next!!



Gallery



Afternoon out 16.07.2022



Camilla climbed Ingleborough



Sams Wedding

Show us your Bling



Amy Race for life 03.07.2022



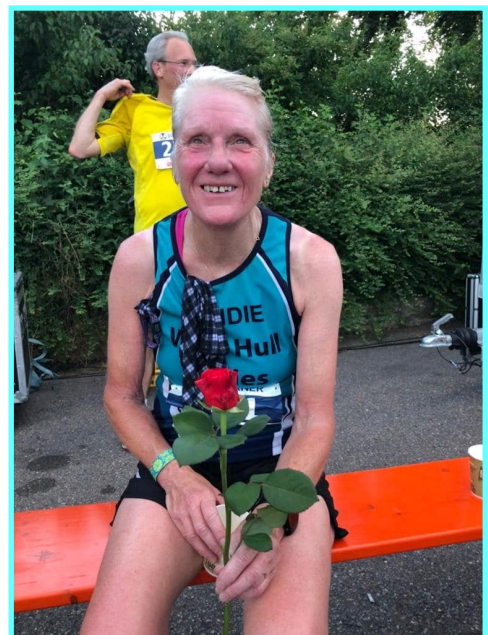
West Hull Laddie George (Sam's son) with his Endure Medal



Kim's Hardmoors t shirt and Medal



Rachel with the coveted and much admired Giant's Head medal



Sandra with her Rose from the City Lauf 10k

Gallery



Jade on holiday at Los Alisios



Jenny at Kos



Gail at the very hot Lakeland ultra



Shelley and Andrea at Dalby's Inferno

Summer League 2022

Anna Shepherdson

Every year I look forward to the East Hull Harriers Summer League. It was one of the events that I really missed 2020/ 2021. I tend to book the whole series up front, as its much cheaper, it saves registering at every race, and I have then made the commitment to run them all. So all the dates were written on the calendar, and my club vest all set out.

Race 1: New Ellerby 5M



I was so excited to start the series, but had just had Covid, and still felt really tired. This was a tough race. Summer League is always a challenge for me (which is partly why I do it), and this race was a reminder of that. I was struggling with the distance and the speed, and I was thankful just to get round, even though it was almost dark when I finished! It was lovely to see so many West Hull Ladies at this one, both running and cheering on.

Race 2: Sproatley 6M

This was the race that I nearly didn't do! After showing up, I felt stupidly intimidated by the whole situation. I felt completely out of my depth and very nearly got back in the car to go back home. I called home, and they told me not to be silly, and pointed out how annoyed at myself I would be if I bottled out. After my pep talk, I joined the crowd at the start line knowing that the message from home was right.

There was a small group of us near the back, and I managed to keep with them for half of the race- a strategy that I used for most of the series. I couldn't manage each whole race with the group, but half a race got me some good prompt miles in before I toned it down. In this race it paid off, as I ended up coming first in the handicap table.

Race 3: East Park 4M

I never really like this one. It's a bit like Park Run but longer- which makes it tricky to pace and hard to gauge how far you've done. However- its only 4 miles, and not far to travel to. At mile 3 one of my year 11 pupils cycled past and offered me a lift- which was extremely tempting at that point!

Race 4: Leven 10k

The health issue for this race was my back! A dodgy hip had led to a really painful back, and so I started out not being sure how far I would get. I am so glad that I managed to complete it though- as its one of my favourite ever 10 k routes. It's so pretty, quiet, and gently undulating.

I didn't really go for it here, just enjoyed the run, and as a result added a huge 10 minutes onto last years' time- which has to be a personal worst! I don't care- it was still fun, and I felt more like I'd got into my stride with the series.

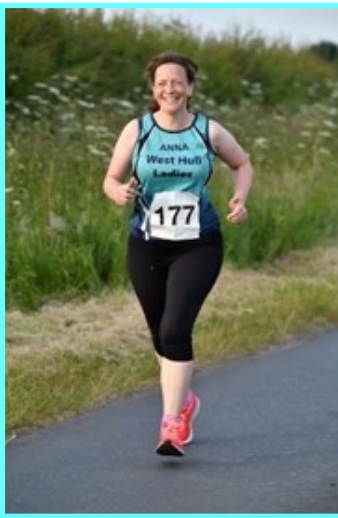


Race 5: Sproatley 7M

Summer League is great for training, as it builds distance steadily. So when you reach this 7 mile- you do feel prepared if you've done the others. I managed to keep up with some lovely ladies from Bridlington Runners for the first 3 miles, then was out on my own. I let a few people overtake, as I did give up a bit on speed. I certainly sacrificed 2/ 3 minutes to take a video of a horse and some ponies running together in a field in the sunlight! It was such a sight, and cost me 2 more runners overtaking, but was gorgeous!

Race 6: Coniston 10K

This is an out and back route, which isn't always popular, but I like it because it feels more sociable than running than in a row. By now, we had a regular little group running at a similar pace. I managed to stay with one of the group for all but the last mile- we silently took it in turns to lead. We did all joke at the end about all knowing our place! Great 10k, and second in the handicap- so a good result.



Race 7: Skirlaugh 7.5 M

This race is always the longest usually at 8 miles. This year it was shortened to 7 and a half, which I was not going to complain about! It was a gorgeous summer evening, great interesting route, and such comfy running- I loved it. The only tricky part was getting past the pub with people out drinking lovely cold beer!

Race 8: Hedon 4M

This was the one in the heatwave! It was impossibly hot during the day (my car registered 39), but I was determined to do it as I was doing so well in the standings.

The heat was actually not as bad as I had imagined. I would normally avoid running in that temperature but, it was late in the evening, there was a river breeze- nice air, and plenty of people were out with water pistols, hose pipes and bottles of water.

I was frustrated not to be able to give it everything, as it was too hot for that. Instead, I just picked a comfortable but strong pace and hung in there.

Celebrations: Pub

Going into the last race I was in 2nd position in the standings, so was keen to stay for the celebration evening. I almost melted in the heat of the pub and missed the buffet, but it was totally worth it- I had a fantastic evening! I have never won anything for running before, so it was really exciting to collect two envelopes- both with cash prizes in them! In fact, all three West Hull Ladies from the series came away with prizes- a great evening.

Roll on Summer League 2023!

Epworth Triathlon Jill Jameson 02/10/2022

Just before I talk about the experience of doing this I must mention that my build up to this event was not ideal. To be honest I've really struggled to get myself running post lockdown. I think its only because we have just had a 'back to running group' that made me think that I could actually go and do this event.

This entry had originally been from April 2020. As we know everything locked down during 2020, so it was eventually passed on to April 2022, but I wasn't able to do that date so ended up doing this one instead. I had good intentions to get on my bike etc etc...but that didn't happen, however I do swim 2-3 times a week after my gym sessions so I decided that I presumably wouldn't drown doing 400m... at least. I had started to come and do a bit of running with the above group so decided I should be able to crawl round 5k, and I would just have to wing it on the bike.

My sister and partner in crime, Liz Hobson offered to crew me, which was great. Poor Liz, not only did she have to get up at 5.30am on the day but she had deal with me whingeing all of Saturday and also Sunday morning about whether I could complete the event, and how I was cr*pping myself about doing it!

We collected my numbers on Saturday afternoon and took a ride around the 12 mile bike course to see what it was like. That was really useful as it gave me some pointers about where the finish was etc. It was supposed to be flat...but actually had a couple of moderate hills in it near the end, just for when your legs are at their most tired. There was also some road works...which is a bit of an issue, and in the briefing before the event we were told, in no uncertain terms, that if you went through the lights at red, you would be disqualified.

On the morning of the event we arrived at the venue which was Epworth leisure centre. We had so many bags it was ridiculous! I had a bag for transition, a bag for swimming and a bag with a flask and other food items. Transition is always a bit complicated. You have to have numbers on your bike, your helmet, your leg and on your front for the run and back for the cycle! You need to remember your helmet, trainers and cycle shoes, and me feeling the cold, needed a cycle jacket. Because I can't see without my glasses, I need to remember to leave some in transition so that I can see the road on the bike!! It's a good idea to have access to a drink and energy gel/bar etc, and putting a towel on the ground is a good idea for when you come out of the pool. For cycling and running I need to wear either compression socks or calf guards to protect my legs. This can present a problem when you are trying to put these on over wet feet and legs. Talc can help, but if you put too much in, it sets like concrete around your toes!!! Being a more mature person (an old git!), I stiffen up very quickly so reaching my feet after doing exercise can be a challenge. I found that leaning against my racked bike was good, although if I have pushed the bike over, it would have been like a set of dominos going down in a big heap, but with thousands of pounds worth of bikes!...

I was off for my swim early at 8.15am. This is because I'm a relatively slow swimmer and the slower

swimmers go first. The pool at Epworth is quite shallow, 0.9m at the shallow end and 1.5m at the deep end, but its only a 20m pool, so you have to do 20 lengths. This can be really difficult to count as its really easy to forget how many you have done. I remember Liz Hobson doing 2 extra lengths at one triathlon in the past lol! They start people off in each lane at 5 minute intervals so you end up with 3-4 people in each lane at any one time. In hindsight, it was okay, and I did it in around 12 minutes, but I had to really stop myself panicking particularly when I missed grabbing the side at the so called deep end (1.5m!!!!!!). I think I spent the whole swim looking like a demented fish!





Running out of the pool, Liz managed to snap this very flattering (not) pic of me! Lycra is never very kind to those of us who are not slim and sylph like, and tri suits are particularly horrific!

Running into transition, I had to negotiate putting on my calf guards, socks and various bike gear. If you have ever watched professional triathletes in transition, my version of transition from pool to bike bears no resemblance to this whatsoever. The only thing I'd say is that at

least I didn't fall over or fall off my bike when trying to get on it, both of which I have done in the past. In fact, I was in transition for four minutes!!!! Anyway I got my bike and set off.



To be honest I really enjoyed the 12 mile bike. Even though I had not really ridden my bike since lockdown, the course was really good and I even overtook a couple of men on this hills... I'll put this down to doing lots of squats and deadlifts! It was definitely my favourite part of the event. The run was a different matter however. The problem is that after having got off your bike, when you start to run, your legs don't work properly. I cramped really badly! I had to walk for a bit to sort my legs out. Fortunately after that, I settled down into the run. Whilst it had been advertised as off road, I did not expect the run to be a cross between thunder run and the champagne league! It was a bit of a shock to be honest... anyway, I just had to get on with it, and it was only 5k... although it felt much longer! I did finish, and although my time was a bit on the slow side (very slow), I was really chuffed as I did 'run' most of it.



I even managed flying feet at the finish, although that was because I was going down hill to be honest! For anyone fancying a go at triathlon, these events organised by FastFwd events are really good. The atmosphere is really friendly and they are generally well organised. I got a good tee shirt and a nice medal, so definitely a win-win situation, and its given me the confidence that I can have a go at these types of events.

West Hull Ladies Committee Meeting
6th June 2022, Cottingham Rd Baptist Church.
Andrea Thomson

Present: Anna S, Janet, Amanda, Karen, Andrea

1. Apologies: Kim, Cath, Sarah JW, Anna V, Maria, Kerry

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

3. Matters arising:

No matters arising

4. Reports –:

• **Members Maria:** *We have 83 first claim club members plus 5 second claim = 88 (list below). Welcome to three new members this month: Jenny West, Amy Gledhill and Felicity Williamson*

• **New Contacts Janet:**

• **Email Amanda:** *92 on emails, which are members (88) and new contacts (4).* • **Facebook Anna:** *Currently have 109 face book members: 83 first claim members, 5 second claim, 19 guests, 2 new contacts.*

The Facebook group continues to be very active.

• **Treasurer Janet:** *Audit was to take place tonight – postponed til before next meeting.* • **Training Amanda:** *Training runs continue to be well attended along with virtual runs for those who cannot attend. Thank you all leaders.*

There is a lot of racing happening which is keeping many members motivated, along with the 1000 challenges, the weekly 10K round up (thank you Sam T), Friday Fresheners (thank you Sara) and the parkruns encouragement (thank you Anna). Joanne D has taken a lead in forming a messenger group (around 20 joined up) for those doing a full or half marathon race in the autumn. The aim is to share the long runs and keep each other motivated. She will put out a post on Monday of each week on Facebook for anyone to join in. Thank you Joanne and good luck everyone. 10K series underway (thank you Cath) with Victoria taking the lead.

If anyone feels they are getting left behind please get in touch. A chat about what you want, how you can start the journey might be all you need to motivate and give you a focus.

• **Pace Groups Amanda:** *We struggle at times to get enough leaders for all three runs on Wednesday. Would anyone who is already a regular Wednesday runner consider being trained as a leader?*

• **Website Amanda:** *Main page photo & prizes list (Sandra, Amy B, Karen P, Amanda); Newsletter Spring 2022; 1000M/K for May; Champagne League page team photos; Committee photos Cath D, Karen Ann, Andrea, Kim & Suzy uploaded; Training page (change of Wednesday run time).*

5. First Aid Training – email to the members resulted in 7 volunteers to act as club first aiders (with Amanda we have 8) 3 have no training. **Action – Andrea to email first aiders thanking them for volunteering, and look again at options for group training with possibility of offering it to the whole club.**

6. Safety Alarms – Liz H: Thank you to Liz for researching the alarms. **Action – Andrea to email to the club with link to the website, suggesting that if members are interested, they could order together to get group discounts.**

7. Peter Pan takeover – Sarah JW: The meeting agreed to a volunteer takeover in September. Sarah JW will contact Rob Newton to let him know and advise date.

8. Policies – Sarah JW: Sarah will be shortly sending policies out to the committee. Please feedback comments to Sarah so they can be approved at the next meeting.

9. Matt Nelson Session – Kim: moved to next meeting.

10. Midsummer Madness – Amanda: 18th June.

12 confirmed attending

Routes were discussed and have been given the Sarah JW for risk assessing Further emails and facebook posts re food etc – **Amanda/Kim**

11. New Kit Proposal – Kerry: As the samples Kerry was promised didn't arrive in time for the meeting this has been moved to the next.

AOB Janet suggested a run/social night at the vineyard in South Cave

Next Meeting: **Monday 4th July 2022 7.15pm** at Cottingham Road Baptist Church

West Hull Ladies Committee Meeting
4th July, Cottingham Rd Baptist Church.
Andrea Thomson

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

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

3. Matters arising:

- **First Aid Training –Action – Andrea** to email first aiders thanking them for volunteering, and look again at options for group training with possibility of offering it to the whole club.
- **Safety Alarms – Liz H: Action – Andrea** to email to the club with link to the website, suggesting that if members are interested, they could order together to get group discounts.
- **Policies – Sarah JW:** This is more work than Sarah anticipated. Suzy offered to assist.

4. Reports –:

- **Members Maria:** We have **85 first claim club members plus 5 second claim = 90** (list below). Welcome to Vanessa Humanes, Jennifer Galbraith
- **New Contacts Janet:** 2 new contacts this month – Jen Ga and Vanessa – now signed up. Janet will contact Laura Wadley as we agreed previously to give her a few months **Action Janet**
- **Email Amanda:** 93 on emails, which are members (88) and new contacts (5). • **Facebook Anna:** Currently have **110 face book members: 83 first claim members, 5 second claim, 19 guests, 3 new contacts.** The Facebook group continues to be very active.
- **Treasurer Janet:** Expenses this month have been Midsummer Madness and flowers • **Training Amanda:** Just look at Facebook to see how active West Hull Ladies are! Training runs, virtual runs, races and events. Particularly great to see just how wonderful members are at motivating each other. Thank you all members and especially leaders who volunteer their time.
- The weekly 10K round up (thank you Sam T), Friday Fresheners (thank you Sara), parkruns encouragement (thank you Anna) and Joanne's Sunday marathon run, the 1000 challenges round ups (thank you Karen Ann) keep us all motivated.
- **Champagne and Summer League:** A number of ladies doing very well. Just two races remaining in each series.
- **50K challenge** Stacy at the Dalby Inferno, Kerry Ann and Jackie F the Virtual challenge in June, whilst Cath and Anna V completed it at Endure Leeds. All for a badge and the kudos ☺. <http://westhullladies.org.uk/50K.htm>
- **Midsummer Madness:** although only 11 of us we had a great time with a lot of miles covered, beautiful scenery, good food and wonderful company. **Action?** Facebook vote for a repeat when more can make it?
100K Challenge: Sam Thompson massive well done. Karen P for the 3rd time covered 100K in 24 hours at Leeds Endure, more impressive, she broke her own record covering 80 miles! <http://westhullladies.org.uk/100K.htm>
10K series underway (thank you Cath) with Victoria taking the lead.
- **Pace Groups:** Having a leader for each of the pace groups for Wednesday runs can be a problem. There was a general discussion about encouraging more run leaders to train as well as solutions for Wednesdays and Mondays.

The committee thought that members might feel that they can't train as leaders as they are unable to commit to leading every week, It was agreed that we would email/facebook post to the members to ask for interest in training, making it clear that this level of commitment isn't required. **Action Kim/Andrea?**

Maria clarified the rules regarding club sessions and leaders. Each club session must have 1 leader present, but they don't have to lead the training. So if a leader wanted to participate, then another club member could do the timing, blow the whistle etc.

Wednesday runs – pace groups can combine and the faster group can shepherd (circle back to the steadier runners)

Make members aware when a pace group doesn't have a leader and ask those joining the run to familiarise themselves with the route. Kim offered to contact Sam for the Wednesday routes.

She'll then laminate a few copies of each route which can be given to runners at the start of the run. **Action Kim**

- **Website Amanda:** Main page prizes list (Suzanne, Stacy, Rachel, Sandra); 1000M/K for June; 50K (Stacy, Kerry, Jackie F, Sam T, Cath, Anna V); Committee & Leaders page

5. Club Kit and storage Cath – Kerry very kindly offered to store the kit at her business premises. The kit needs to be itemised and labelled, and signed out when collected for use. **Action Cath** will collect kit together and liaise with **Kerry** to arrange.

- Club flag – parts of the base are missing, so it can't be used. **Cath/Andrea** will research a more easily transported replacement – we may be able to retain the flag and buy a new pole and base. **Kim** will store the flag as this is needed more often than the camping kit. - Cath suggested that we use the email folders to keep a stock sheet of kit and any other items (ICE tags, hats, buffs)

6. June 50k challenge Amanda: *Committee agreed that the 50k and 100k challenges could be completed by members not only at official events. 50k must be completed within 12 hours and 100k in 24 hours. The times must be the total elapsed time from the start of the first run to the end of the last run – not the total time spent running. Evidence submitted can be from running apps, watches, strava etc.*

7. Peter Pan takeover Sarah JW: *Date is 17th September* **Action Sarah Facebook post – done Andrea – create Facebook event – done**

8. Wednesday Leaders: *Discussed and agreed under pace groups above.* **9. Matt Nelson Session Kim:** *Matt charges £35 per hour and can provide sessions on a number of running and fitness related topics. The committee agreed to put on a session.*

Action – Kim to contact Matt to request his availability for a session on a Wednesday in September after training

10. New Kit Kerry – *the additional samples provided by EV2 were disappointing and not what the club are looking for. Kerry brought further samples from Ron Hill and Scimitar. After discussion Kerry will contact Scimitar for more samples. Once she receives these the club will organise a night where the rest of the club can come and view. As Scimitar require minimum orders of 10 of each item (can be multiple sizes) that we could arrange periodic seasonal group orders. Also due to the order requirements, consideration needs to be given over which items we want to have as a club – vests are the most important.*

Please note

Next Meeting: **Please note – no committee meeting August**

Monday 12th September 2022 7.15pm at Cottingham Road Baptist Church

West Hull Ladies Committee Meeting
12th September 2022, Cottingham Rd Baptist Church.

Present: Kim, Andrea, Suzy, Maria, Sarah, Jill

1. Apologies: Amanda, Cath, Janet, Sara, Karen W

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

3. Matters arising:

- Safety Alarms – some members have ordered some alarms, thanks Liz H for the suggestion.
- Club Kit Storage – Kit has been collected by Kerry and is stored at her company's premises – Thank you Kerry and Cath for arranging.
- Club Flag – it was agreed that we would source a new flag which is easier to store and transport -Action Andrea
- Matt Nelson session – He's currently away competing. Kim will contact him to ask of his availability in October.

4. Reports –:

- Members Maria: We have 85 first claim club members plus 5 second claim Action - the committee decided to stop including a list of the members as an appendix to the minutes as the minutes are published on the website. This is for GDPR reasons.
- New Contacts Janet: 2 enquiries, 1 previous enquirer has indicated she will be joining.
- Email Amanda: 93: members (89) and new contacts (4).
- Facebook Amanda: Currently have 113 face book members: 88 first/second claim members, 4 new contacts, 18 guests. (possibly 2 adrift). The Facebook group continues to be very active.
- Treasurer Janet: Nothing significant to report
- Training Amanda: Just look at Facebook to see how active West Hull Ladies are! Training runs, virtual runs, races and events. Particularly great to see just how wonderful members are at motivating each other. Thank you all members and especially leaders who volunteer their time.
 - * The weekly 10K round up (thank you Sam T), Friday Fresheners (thank you Sara), parkruns encouragement (thank you Chantal), Joanne's Sunday marathon run and the 1000 challenges round ups (thank you Karen Ann) keep us all motivated.
 - * Look out for the Fresh Start group which is picking up those who have dropped out of running and want to come back.
 - Summer League: old news now but, a fantastic result for WHL this year for these three!
 - ⇒ ü Anna S: Four prizes in Handicap: Race 2 - 1st, Race 3 - 4th, Race 6 - 2nd. Overall: 2nd place.
 - ⇒ ü Karen P: Five prizes, 1st F55 in races 2, 3, 4, 5, 6
 - ⇒ ü Suzanne: Three prizes, 1st F65 in races 5, 6, 7
 - * Well done for flying the WHL flag. Fingers crossed some ladies will get a prize from the champagne league.
 - * Welcome and thank you to Shelley who has completed training and joined our leader team. We still need more leaders if you feel you can spare a couple of nights a month to lead a run / speed work session.
 - * Pace Groups:

- Website Amanda: Main page prizes list updated - Anna S, Suzanne, Karen P, Sandra – Sandra dominating her new V category! 1000M/K for July and August;
 - * 100K - Sam T, Karen P. 50K - Stacy, Kerry, Jackie F, Cath, Anna V, Gail.
 - * 50K and 100K pages updated to include can be done virtually with verifiable results.
 - * Policies page prepared, not yet live <http://westhullladies.org.uk/policies.htm> Needs documents adding once signed off and a link placing from the home page.
 - * Committee & Leaders page: Is Kerry Kit Officer and on the committee? Shelley to add to leaders, need photos. Action – Kerry to be voted in at next meeting.

5. Policies and Facebook community standards Sarah and Suzy – The policies were reviewed. Thank you very much Sarah for your hard work in putting them together. The only amendment was the addition of 'Do not attend club runs or races if you are unwell, intoxicated or under the influence of any other substances'. Policies need to be reviewed every 3 years as a minimum. Review September 2025.

- Suzy has written some community standards for the Facebook page. Since the meeting, she shared these with the committee and they have been agreed. Action Andrea to add them to the Facebook page

6. Facebook guests/ general internet and email security Kim: It was agreed that the club should regularly review the and change passwords to Facebook, the website and the email account. The club chair should be aware of passwords to all 3 and we should also maintain a register of who has access and are Facebook admins. Passwords should be changed every 12 months or more frequently if required. Action Amanda to let Kim know all the passwords and for them to be changed. Review September 2023

7. Autumn Away Day Kim: No appropriate autumn date was identified so was decided to move to spring. Provisionally 10th/11th March to incorporate Fountains Abbey parkrun. All to research possible glamping/camping pods/ caravan & camper van sites in the area and report back at next meeting.

8. Welfare Officers Karen: Karen has written some information to introduce to the club the welfare officers and their role – attached. All agreed and thank you to Karen for providing this. To be added to the Facebook page as a pinned post or announcement and to be added to the WHL website.

9. First Aiders: St John's Ambulance is a good option for general first aid awareness for the whole club. Action ask Karen to ask SJA for further details – length of session, weekend? Evenings? With the intention of a session for any interested club members Then Andrea to contact the first aid volunteers to explain what it is the club would like them to do – which is to act as a nominated person at (primarily) club away days.

10. New Kit Kerry – the samples Kerry ordered have not arrived. When they do arrive we will arrange an ad hoc meeting, as Kerry will have a limited time to return them.

Next Meeting: Monday 10th October 2022 7.15pm at Cottingham Road Baptist Church

Parkrun News

parkrun

parkrun



Andrea's 250th parkrun 9.7.2022



Sam and George at Dalby Forest Parkrun



Sarah and Peter at Water Park run



Janet Nobles Parkrun Isle of Wight

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 Just how far can you go in 24 hours without any proper training?

Liz Hobson

First of all can I say sorry for not publishing the summer newsletter until the Autumn. I have a few excuses but my main concern in September has been helping to move my daughter back in to live with us partly due to various changes in circumstances and of course the cost of living. We've also had a lovely holiday in the Lakes. All this has also had an effect on the amount of running I have been doing and I managed to trip and fall while running, luckily my injuries were superficial mainly gravel rash and bruises plus total annoyance and embarrassment! I have however managed to carry on with the strength work at the gym.

Ok so this means that I arrived at Equinox this year with very few long runs behind me in fact I'd not run more than 2 miles in one go. Jill had also struggled with her training and as we pulled into the Equinox campsite we agreed that we would not push it in terms of mileage and hopefully we would enjoy our weekend without picking up any injuries.

We did Equinox last year and I have to say it is my favourite circuit with stunning views and mixed terrain, I also enjoy the cooler weather rather than the high summer endure events. That said there was a chill wind at the site and the guy who checked us in was freezing. It's great having Jill's van and it really means that we can pull up, relax and get the kettle on. We spent a chilled couple of hours feeling smug watching people try to put up their tents. We then went to explore the site and look at the stalls. I think I said last year there was some nice stalls including the Equinox merchandise stall and also even a camping equipment stall. There was a good running stall which sold discounted running gear and more of the clothes stalls sold dri robes which was definitely the Equinox fashion garment of choice given the cool breeze. We also picked up our Equinox T shirt, solo badge and keyring. The shirts are quite cool as they have all the names of the solo competitors on the back including my name and Jill's, I really like this from the organisers it's a great touch.



We had a quiet evening with more food and watched bakeoff extra slice on the TV which is another good thing about the van. There was a band playing at the site centre but me and Jill preferred bake off, (old age)!

The night was very chilly but we were both fine in our sleeping bags with dri robes on top but relived we weren't in a tent. We had breakfast and then went to make some purchases from the Equinox shop. I bought a T shirt and while I was in the queue a guy in front was purchasing a dri Robe, he'd been freezing during the night and said he'd been dreaming of a dri robe all night. His dream had come true! We then began to get ready for the start at 12 pm.

The circuit itself is about 10k, the early part of it is relatively flat and then you head to the hills just after half way, before descending back to the campsite. We had both chosen to

wear trainers but we regretted this as the field we were running in was quite uneven with hoof prints in. We ran where it was flat so combined a mix of walking and running. We also had our Nordic walking poles with us so when we reached the start of the hills we used those. We felt reasonably strong and enjoyed the views and the beautiful weather which had warmed up a little now we were moving. We were reaching the top of the first hill when we heard a commotion behind us and realised a lady had fallen over. She had a friend with her, but she was on her back holding her injured hand. Luckily this was within site of the water station and there was an ambulance there. We ran up to this and called the Ambulance driver across. I have to say that it was a good job the lady wasn't having a heart attack as his question to me was "where is she?" I looked back from where we had come and this lady was the only one on the floor, with her friend standing over her. Everyone else was steadily walking or running up the hill. I pointed her out and he went to see her but I can't say he exactly spang into action!



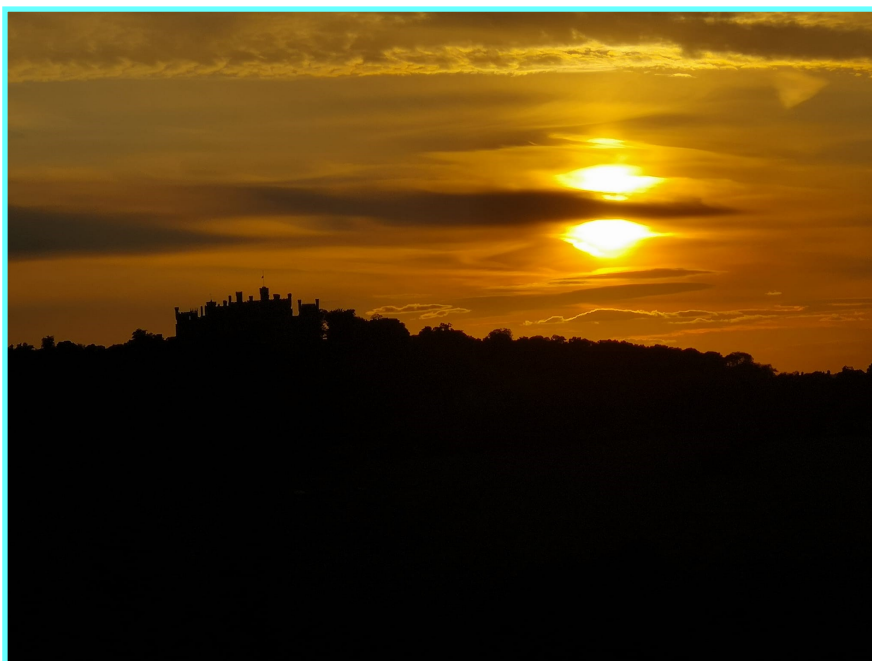
We carried on and reached the best, and worse part of the course, the best because the view of the castle is amazing and worse because there is first a steep hill drop down and then a more steep uphill which is affectionately called "that hill". "That Hill" has a timed hill climb but we decided that discretion was the better part of valour and we took the hill steadily. I have to say that all the strength work I'd been doing had made a difference and I did feel that I climbed up the hill better than last year. The poles were a massive help as well. At this point we decided to discuss what we would have to eat when we got back to the van this became a pattern in all our laps! The part of the course after the hills is probably the most boring part as although downhill and then flat so relatively easy, you are just looking forward to getting back to the camp site but when you return to the camping field itself, there is still another kilometre to go. The good news is there is a lot of support in the field and music and it keeps you going.

We finished our lap and had lunch and then planned our next lap which we wanted to do about sunset. This meant we had a couple of hours to kill before our next lap so we watched the Horse Racing.

The second lap was just stunning, we were lucky it was a clear day, we'd changed to walking boots and felt much more secure in our footing. While Jill went to the loo I spotted the lady who had fallen over waiting for her friend, (also in the loo). She had a bandaged finger

and I asked how she was, luckily it was just a sprained finger, bumps and bruises and gravel rash. She'd spent the afternoon in the local casualty but was largely ok, she also said that having been taken back to the start in the ambulance she was actually on her 1st lap now! Her main annoyance was that she had holed a brand new pair of leggings!

I sympathised with her and when Jill returned we carried on. It really is fantastic to see the sun setting behind the



castle and we took our fair share of pictures. We'd also put a few more clothes on and were complemented on this by the one of the marshalls. I have to say many of the runners were in shorts and some looked freezing, particularly as a lot had started run walking due to fatigue. Once the sun goes down it's amazing how the temperature falls.

We again planned lunch and returned to the van and settled down for the evening. Equinox has too extra 10k events including a night run and we were happy to get in before this started. There is also a kids fun run which goes is before the main run starts and so it's possible to pick up more medals if you are that way inclined, (we weren't)!



A plan was made to get up early in the morning to try and see the dawn in. So with alarms set we settled down to bed. We were hoping to manage two more laps but would see how it went. I could say that when the alarm did go off we sprang out of bed and went to greet the dawn. This was not what happened at 5.30 we got up groaning about how stiff we were, managed to have a quick breakfast and made our way gingerly to the start. It was a bit cloudy and I have to say the dawn beat us to it. It was still fairly pleasant though and it was interesting to speculate who had been going through the night as there were a few people who I can only describe as walking zombie like back onto the circuit. Many people were walking in dri robes having felt chilled in the night. As solo runners we often got asked how many laps we had done and felt a little embarrassed that we were only on our third lap. We decided this was lap shaming!

We saw the lady who had fallen on Saturday and I have to say she was moving better than either me or Jill, she was clearly very tough! We decided on a Bacon sandwich for our return to the van and then would make a decision on if we would try another lap. I have to say there then followed a "Very British problem" conversation where neither of us particularly fancied another lap but we didn't want to actually say this in case the other one really wanted to go. You'd think after 55 years of knowing each other we would have been able to say directly I really

don't fancy another lap lets call it quits, but instead it was a case of, "What do you think? Can we do another?" but wanting the other one to say no I'm not really up for it. Instead it was a case of "Well I don't feel too bad, we could maybe do it." But actually meaning, "No, no no there is no way I wish to drag my sorry carcass up "that Hill" until a year has gone by!"

Eventually we did come to a decision and decided to call it a day and collect our medal. It was just as well because in the time we had been talking about it we had both stiffened up when we set off for the Equinox admin tent. The medal itself has a sliding pointer to show the number of laps, which the volunteers were doing for you. So more "lap shaming" went on, (not true the volunteers were lovely).

We had a great weekend and managed to not overdo it, in answer to the question how many miles can you do without training, for us it was 18miles.

I'd really recommend this event everyone is very friendly and it just has a lovely atmosphere and it's a stunning course.

