

WEST HULL LADIES NEWSLETTER Winter 2021



Ladies for Newland Pairs training 13/12/2021



Sam Page's Peterpan parkrun Hen Party 12/02/2022

Mid-Winter Madness at Millington Village Hall Amanda Dean and friends

In fact, there is nothing mad about wanting to get out into our beautiful Wolds for a morning run, wonderful lunch, afternoon walk, a yoga treat and more tea and cake. What a fabulous day and not too far away either (28 miles from the club). Check out the link for more information.

<http://www.millingtonvillagehall.org.uk/Site/Home.html>



Three separate group runs were planned. However, we had a very unfortunate start to the day as the long runners hit black ice with a thin layer of melting water on top. Three of us went down (I was apparently graceful), Rachel W also unscathed but Adriana broke her arm. Thankfully we were very close to the hall and carefully got Adriana back where Cath (many, many thanks) volunteered to drive her to A&E, this took Stacy, Becky and Jade home too. A group living close to Adriana supported her with meals and company over the next few days then Anna V took her into her house until she could cope alone.

Adriana still recovering but very much hoping she will be fit soon.

We had very glum faces after Adriana left. All upset. But after a pep talk we got ourselves tentatively out and the runs went ahead. The remaining group enjoyed our day.

Kerry

Absolutely brilliant day at Millington despite the very tragic start with poor Adrianna's fall. 10.2 miles running in very difficult conditions, ice, hills, mud, rain, fog. 3.5 miles walking and afternoon session of yoga following a gorgeous homemade lunch. Thanks everyone, really enjoyed today xxx





Amanda

The day started with low lying cloud.

The long runners were Janet, Eleanor, Rachel and me.

We headed south out of Millington up the steep hill then east towards Huggate. We were very careful wherever we could see ice or mud!

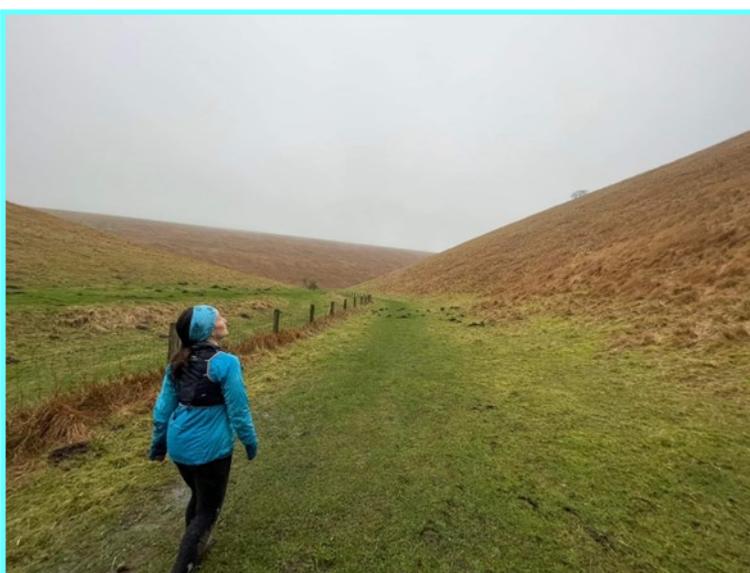
Our route went up and down the steep sided valleys before reaching the road at Huggate where we headed north over fields, then road. We all decided the shorter route was the best idea as the conditions were difficult (turned out to only be 1 mile less!).

We were entertained by 4x4s sliding back down an icy track (They were out for a shoot.)

The sun appeared and we had some great views, finishing our run along Millington Woods road.

Back to the hall for a perfect feast of chilli, baked potatoes and a never ending teapot (thank you Anna V and Catherine), cakes, chocolates and biscuits!

Catherine and Anna walked in the morning then did an amazing job of manning the hall and sorting sustenance. Thank you xx



Catherine

It was a fab day. Thanks for organising Amanda, Jan for the very relaxing yoga session & for the great company & delicious food



Karen Ann

I loved yesterday, thanks to all involved in the organising of it. Was such a laugh and great to chat to those of you that I don't usually get to run with.

Di

What a fab day with great company, thank you to all the organisers!



One of the other running groups heads home

Anna S had missed out on the morning run and Kate B not had enough so I lead them a short route (4 miles ish) back up the steep hill but heading west at the top. **Kate B:** It was a lot of fun.



Thanks so much to everyone who organised so well.

Anna S: Thank you all- I had a super afternoon- loved it. Great to spend time with you all.

We ran into Millington then up the road to join the walkers who were having a hilarious time.

Angela posing!!

Photo at the view point
top of Millington Woods
nature reserve.



All on the way back. Photo at the entrance to Millington Woods nature reserve



Back to base and Jan lead a wonderful half hour of Yoga – massive thanks, it finished the day perfectly



Though we still had time for more tea and cake – of course.

Look out for our Mid-Summer Madness at Thixendale Village Hall June

Gallery



Saluting Maria's Boobs! night out at Hitchcocks 12/11/2021



Vicky, Janet and Jan on 14/11/2021 Vicky's furthest run so far



Fartlek training with Kim 15/11/2021



Jill and Liz marshalling at the Ferriby 10 mile



Sara, Rachel, Karen and Amanda in the hills 6/2/2022

Meet the Member

Kerry Taylor

Member of WHL since

July 2019

What do you do when you're not running?

I am a Director of Manufacturing business near Bridlington supplying the construction and modular builders with Aluminium windows, doors and curtain walling, UPVC windows and doors and Timber Fire Doors. I absolutely love my job and find it highly rewarding, but it does take over much of my life especially now we are operating a pretty much 24/7 live plant.

When I'm not working, I love to spend time with my 10 year old son, my husband and our little cockerpool, Luna. We are all usually found on a rugby or football field watching and encouraging Ashley, who is absolutely sports obsessed.

How long have you been running?

I use to play netball and hockey but unfortunately snapped my ACL, MCL and tore my meniscus very severely in September 2017. I had to have reconstruction surgery in February 2018 and tried to return to netball August 2018, but sadly I was not the player I was prior to my injury as my confidence had been shattered. So in July 2019 I pretty much decided overnight I needed to find another hobby and started asking friends about running clubs in the West Hull Area. I had always ran a little with friends as part of my netball and hockey training but had only ever ran 2 10k races, 2 half marathons and Gilberdyke 10 miler for fun (*although these were hardly fun when I never trained properly*). And after all that waffle, the answer to the question is that I have really only been properly running since joining the club in July 2019.

Why did you start running?

I definitely inherited bad genes and struggle with my weight! I'm adamant that I have some magical power that makes me blow up like a balloon just from looking at food! I'm not the best cook either, I can literally burn a salad so exercise is crucial to my wellbeing. I have quite an obsessive personality too and tend to worry a lot about nothing and never switch off so I need time out of my work schedule, I do recognise that I need 'me' time to be a better version of myself, and running does this for me. People always comment that I am always flying around and I should chill, but I struggle to relax and do nothing so running really suits my lifestyle. Running suits my energy with my need to be moving and kept busy whilst giving me that escape from other pressures.

Favourite distance

10k, long enough to go as fast as you can and over with before it really starts to hurt!

Any injuries?

Not at present, finger crossed it stays that way!



Running goals?

I have some very ambitious goals, most of which I am a long way off, but I'm slowly chipping away and getting closer to some of them. These are my current targets as every-time I get a bit nearer I make them a bit harder!!

5k – 25minuter
10k – 55minuter
Half Marathon – 2 hours

Proudest moment(s) running related or otherwise?

A recent proud moment would be my PB at Gorton and Gainsborough 10k of 57.15 I was incredibly proud of this PB as my previous PB was 57.32 back in 2012 when I ran Hull 10k for fun with a friend!

Best piece of advice you've received In anything?

Choose your battles (this is always at the forefront of my mind, especially when I come in to my sons trainers and socks spread across several rooms in the house ha ha)

Don't try and take on the world (I live by a list to stop me trying to do everything at once and work through things methodically)

You get out what you put in (relevant to everything in life)

Running alone or with friends?

I like both. I love running on a Sunday night on my own so I can prep for the week ahead in my thoughts, but I love the banter and chit chat with the WHL on club run nights. I've met some great friends through the club.

What keeps you motivated?

The Garmin constantly telling me to move grrrrrr! The bathroom scales and the enjoyment I get from running.

Favourite moment in a West Hull Ladies vest?

Beverley 10k – what a laugh that race was with Coach Jenny leading the way very chirpily saying throughout “come on girls, its all downhill now”. I still laugh now when I think back about that race.

A recent proud moment was my 10k PB that I got at Rothwell Valley just before xmas. Myself and Jackie went along to the race without telling anyone as I had a chest infection and was completely unsure if I would even make it round the course. I didn't want the pressure and probably knew I shouldn't be running but after all of Sandras 10k training and not been able to run at Doncaster I was determined to try for another PB. I managed 56.43 a 32 second improvement on my previous PB at Gainsboro.



Favourite piece of running kit?

My Garmin 245

Hello! Not seen you for a while and thought I'd say Hi!

Liz Nicholson

I was inspired by the WHL Facebook page to get out running again following a rather inactive period last year. The perimenopause has been causing me havoc, particularly over the last year or so. I've put on some weight, been feeling a bit rubbish, and stopped running regularly. I am now a HRT lady, hopefully looking towards a brighter time and feeling a bit more like my old self again.

I'm following Marias WHL 0-5K plan (virtually) working my way through each week. Kim McBirnie has been lovely, joining me for a loop around the village or two. I found some sessions hard, particularly the 7min session as my calves were complaining. I abandoned the run, stretched, and ran it again the next day. I didn't have any tunes with me on my last run, but I did have *'Life in a Northern Town'* by *The Dream Academy*, as an earworm instead. So, it's all going well, I think.



It's good to be back out running. When you start running, or running again, random things hurt a little but it's possible to see improvement quite quickly – which is nice. I'm looking forward to running a mile non-stop in the training as it's been a while, and then to Parkrun at the end of the 0-5K.

Following Parkrun, I have my sights on the Beverley 10K, which I've not before. In June is the return of my favourite half marathon, the Humber Half, then I have a place in the Loch Ness Marathon on 2nd October. I should have been running Loch Ness for my 50th birthday but a pandemic got in the way! Of course, this is alongside any HOTH (Hell on the Humber) events I can go to – because they are great, and a bit mad. So, I have a bit of training to do. Hopefully I'll be back at WHL in person on Monday nights soon.

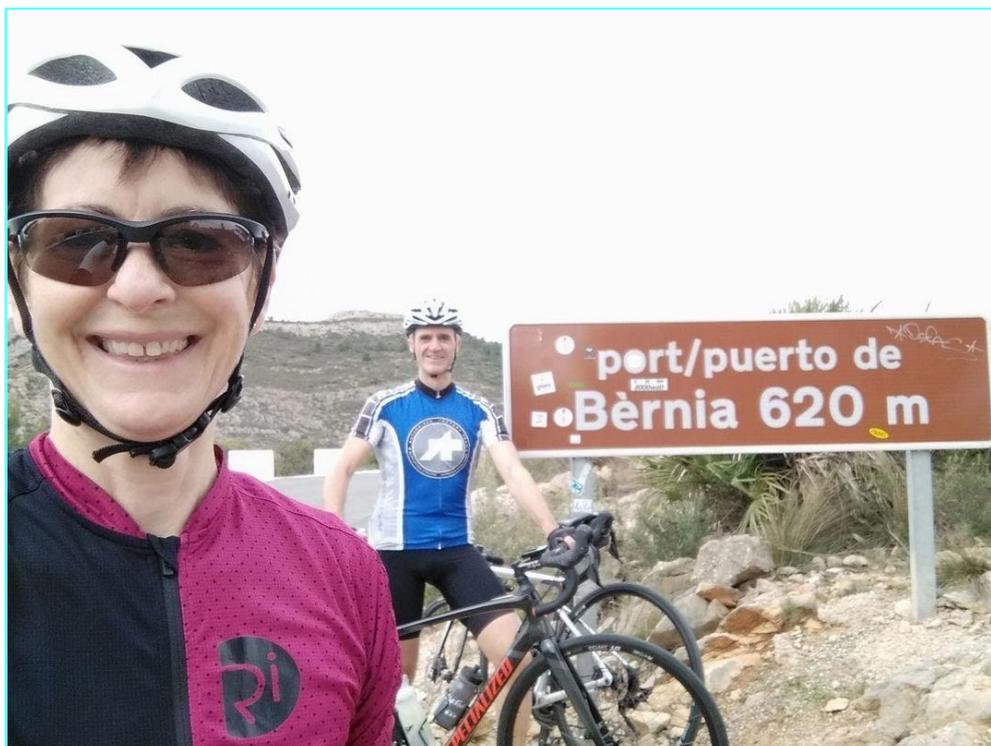
Oh, and if you like listening to Podcasts while running, check out *Uncanny* (BBC Radio 4/BBC Sounds) for some spooky stories. (Maybe not while running at night...)

...Hey-y-yah
Life in a northern town
Ah-hey-ma-ma-ma-ma

Amanda Adventures: Calpe, Costa Brava, Spain December 2021

It was a challenge getting on the holiday with the COVID restrictions and additional cost for the lateral flow test (2 days before leaving Spain) and PCR on return. A lot of preparation too. But worth it. Travelled with Jet2 staying at the Diamante 4* Hotel where pro and semi pro cycle

teams stay for winter training. The cycling is tough. The coast road is hilly and the other choice is going inland up steeper hills. It also means choice of routes are limited (my three rides took the same 5 mile climb at the start of each day) but the scenery is fabulous and the roads are in good condition. Running also limited but there are 3 really nice routes, which is what I did. Calpe is a clean, quiet town, the opposite of Benidorm which is just down the coast. A summary of my 3 rides and 3 runs.



Day 1: Col de Bernia 37 miles, 1,100m climbing, 13.7mph (me), 14.2mph (Neil).

Weather pleasant about 18C tops today. Shorts, t shirt, jersey and arm warmers enough 😊

Short ride for our first day in Costa Brava to test the bikes, legs and get used to fast descents again. It is a tough ride with the steepest climb at 17%.

Me and my legs were destroyed 😞 Neil coped fine.



Day 2: Pedreguer (Jalon Valley) 50 miles, 1,210m, 14.8mph (me), 15.4mph (Neil)
 Wonderful sunny day today. Max around 21C. Another tough, hilly but beautiful ride. Usual climb to Benissa with the wonderful views out to the sea. Went as far as Pedreguer then down the Jalon Valley to

Libier and back to Benissa and climb back over the hill to return.

Day 4: Confrides 76 miles, 2,100m, 14.6mph (me), 15.1mph (Neil)
 12 hills one really big and one enormous! Weather a little cooler but still gorgeous. Longest cycle. I coped really well by breaking it into eating segments. Two on the road and one at a café. 25 miles, Danish pastry then a sandwich at the top approx. 28 miles. This is the 12 mile climb (with some flat sections). The final three miles up a gorgeous valley. Around 6% climbing, enjoyed it.

From there to the town of Gorga and up the climbs through the valley. Lovely but tough. Each climb had steep dips back to the river then climb again. It finished with a long steep climb out of the valley.



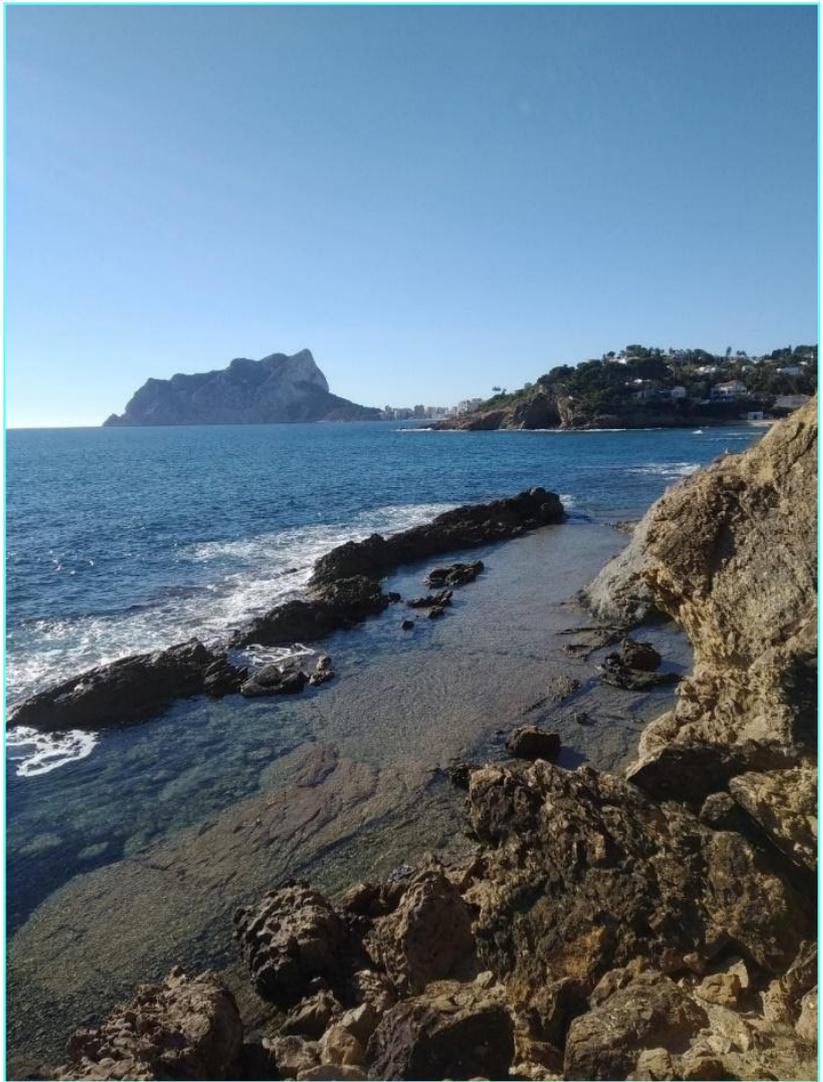
A long swoop down to Castell de Castells where a lovely bench provided a place to eat another sandwich and Danish pastry looking across the valley. 50 miles into the ride.

The road continued downhill with great views, quiet roads and the sun keeps shining.

Then on to Acalali where we stopped at the bike café

(with a corner in the café complete with pump and all the tools you could need). Neil opted for raspberry cheese cake and I went for the almond cake. Just 15 miles and two climbs (and a few false flats i.e. climbs) remained to get us back to Calp.

Day 3: Coast path and Promenade: 🏃 10K (70 mins), 185m climbing 3K out, 3K back on the Basset coast path. Very well maintained with a lot of ups and downs on steps. I was wearing my GB vest from European champs last year 😊

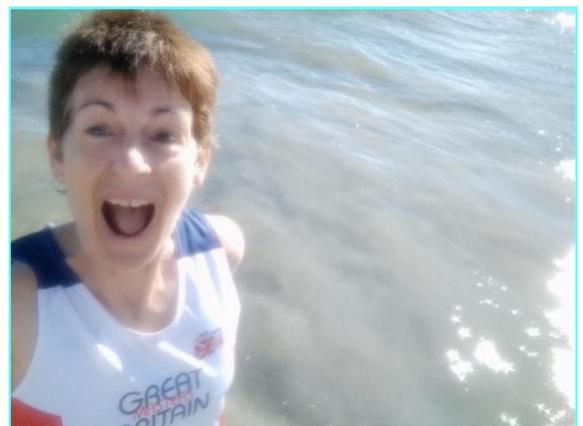


Very slow because of the number of people on the path but worth it for the views: back to Calp and the Ifach. In order to make it up to 10K I ran along the sea front at Calp and back.

Thought I would wade in the sea to cool my legs before heading back to hotel. Looked nice. The final selfie just



after a big wave got me 😂 shorts very wet.



Day 5: Cim d'Olta 🏃 20k (12.4 miles), 646m climbing, 2hrs 48mins Fabulous 🍷.

Started with pertex jacket but soon discarded. Lovely weather. Didn't stop my watch varied pace from 8:24/mile to 26:12/mile!!.

The first couple of miles are across the town then up steep roads through Cucarres before reaching the tracks. Track became steep paths, woods, scree then onto the top, limestone paving, mostly walking because dangerous to run.



Stunning views from the top:
My return route down a wooded valley which is much easier underfoot. Lovely path getting back to the main track before fairly steep down looping round below Cucarres.

Down through the town and returning along the sea front. Fab run.



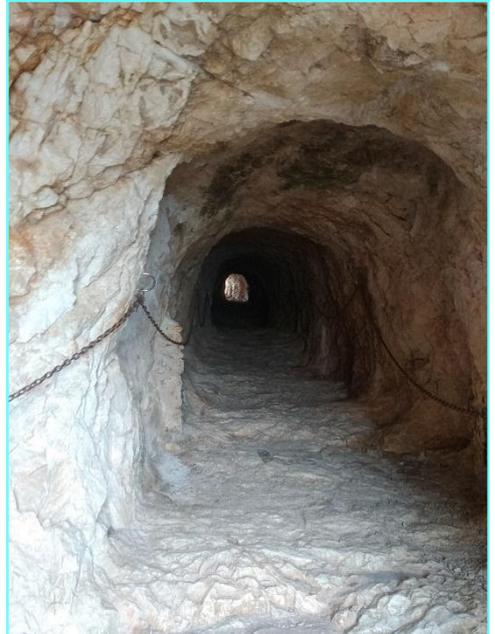
Day 6: Ifach 8.3K (height gain unknown)

Ran along the sea front to the end then uphill to the start of the climb. Managed to run mostly to the tunnel then a lot of walking as dangerous underfoot, steep and scrambling at times.

Worth it for the views.

Cooler today and kept my jacket on until back down.

Wasn't tempted to go further, legs tired, must be time to go



home.

Spotted this on the run back along the promenade. Know



where I was going for afternoon tea 😊

TOTAL:

Bike: 163 miles, 4,351m climbing

Run: 23.8 miles, 831m climbing (+ Ifach)

West Hull Ladies Committee Meeting
Cottingham Road Baptist Church 06/12/2021
Kim McBirnie

Present: Kim, Amanda, Janet W, Maria, Cath, Sarah W & Anna S.

Apologies: Annette, Rachael, Sara E, Caroline, Jan D, Anna V.

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

3. Reports:

- **Membership - Maria:** We have **83** first claim club members plus **5** second claim = **88**
- **New Contacts - Janet:** We are continuing to have approaches through all the channels which Janet is monitoring.
 - **Email - Amanda:** *We have 93 on email made up of 87 members and 6 new contacts.*
- **Facebook -Anna C:** *We have 114 of which: 87 members, 17 Guests (listed below) and 10 other. We continue to get requests to join our group.*
- **Treasurer Report - Janet:** Ticking along nicely! The booking of Millington Village Hall is now paid for.
- **Training – Amanda:** Towards the end of the year many ladies are joining in races, big thank you to Sandra for her 10k training which seems to have been very popular. Nine members completed both the 1000 miles and the 1000k this year, and some are now very close to achieving their goal. Those who will not make it are already talking of making it a challenge for 2022, and it is very motivating. The newsletter for autumn had a number of articles to explain about our challenges and virtual runs. Training continues to go well, and many club members to join in, the three pace groups on Wednesdays are a big positive. There are lots of lovely Christmas runs planned for December which is a fab way to round off the year.
- **Pace group 2 & 3 –Kim & Sarah:** see below for detailed discussion. • **Website - Amanda:** This continues to be updated as required.
- **Survey – Sarah.** Huge thanks to Sarah for formulating such a well thought out survey – this will be coming out to club members in the second week of January.

Awards Ceremony, Cottingham Parks – Amanda: Thanks to Amanda for doing all the running to organise a date for our annual awards ceremony. We are currently looking at evening of either Friday 18th March or Friday 1st April at Cottingham Parks. With a club subsidy this will cost £15 to members (£19 from club) and will be open to first and second claim in this instance. There will be three choices of meal/dessert including a vegan option. Tea/coffee after.

Pace Group 3: All Our current pace group 1 (9-10min/mile) and pace group 2 (11- 12min/mile) work very well. Our pace group 3 seems to be 12-14mins/mile generally, and this appears to be a comfortable run allowing the ladies in the group to run consistently and work towards improving pace, whilst also allowing the run leader to have a quality run themselves. What we are seeing since the start of the pace groups in June, is many ladies move between the pace groups, and the step up 10k feedback has been wholly positive. We feel that for clarity, we should now set 12 – 14 mins as our PG3 minimum running pace for the benefit of majority of our members. We have discussed the feasibility of introducing a further pace group, but we feel that as a small club with limited run leaders, we do not have the capacity to do this, and the pace groups we have in place are the best option to offer quality sessions to all of our members. **Action:** *Cath and others checking run data to confirm average pace over group 3.*

Couch to 5k – Maria – or ‘The Return of Maria’: Maria is able to run again from the second week in January and is proposing to do a 6-week C25K to ease herself back into it. She has proposed opening this up to non-members – or members who may have had a break from running. The limit will be 20 people so that we can buddy and support. For non-members this will cost £10, and if they join following the course, this will be taken off their membership fee. The training will culminate in a graduation at Peter Pan Park Run on the 19th February.

Action: *Amanda to publicise to the club*

Midwinter Madness – Amanda: Booking has been confirmed: Millington Village Hall, Saturday 8th January. This is open to all members without charge. Come and join us for a run, afternoon walk, soup and rolls lunch, tea and cake, mulled wine, and a yoga session from Jan at the end of the day.

Action: *Amanda to look out some routes and advertise before January*

Action: *Kim to coordinate food.*

PPPR – Sarah: Rob Newton has mentioned that he is struggling to fully staff the rota now many of his usual volunteers have moved on to University – some of the other clubs in the area have offered to take over the PR for a Saturday, is this something we could do to support one of our most popular events. We have suggested combining this with the C25K graduation – so 18th Feb. Anyone who would like to volunteer in the meantime would be encouraged to contact Parkrun direct,

AOB

Amanda – Parkrun Donation: Can we donate to our local PR's, towards their future operating costs? The committee thought that this was a lovely idea and the amount of £50 to each of the 4 local events was suggested.

Action: *Kim to speak to Helen Penn about how to get the money to a specific named PR.*

Many thanks,
Kim McBirnie

Next Meeting: Thursday 6th January 2022, 6pm virtual.

West Hull Ladies Committee Meeting
Virtual meeting
Kim McBirnie 6/01/2022

Present: Kim, Amanda, Janet W, Maria, Cath, Anna S, Caroline, Jan, Sara E. Apologies: Annette, Rachael, Sarah W, Anna V.

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

3. Reports:

- **Membership - Maria:** We have **85** first claim club members plus **6** second claim = **91** • **New Contacts - Janet:** 3 ladies have expressed an interest in joining the club in the last month and are expected to join very soon. The C25K course has generated a lot of interest and contacts.
- **Email - Amanda:** We have **90** on email distribution lists, made up of **87** members and **5** new contacts.
- **Facebook -Kim:** We have **121** of which: **91** members, **17** Guests (listed below) and **13** other which now includes the C25K ladies. We continue to get requests to join our group.
- **Treasurer Report - Janet:** Healthy balance showing, with a slight profit on last year. • **Training – Amanda:** 15 ladies completed the 2021 1000-mile challenge, a further 15 completed the 1000K challenge, and 4 completed both challenges. A third of the club successfully completed one of the challenges and this has become a real motivator for members to make it a target for next 2022. Jan has completed the first 50K in 12hrs for the year! The New Year came in very lively with many very positive blogs on Facebook. Many posts of personal challenges for 2022. Training continues to go well, and we can be proud of the training continuing through the festive season including bank holidays. Thank you, leaders.
- **Pace Groups – Kim:** All are working well, and we have had some positive feedback, they have enabled ladies to challenge themselves where they wanted to or enjoy a different pace when injured or tired. The 10k step up group is allowing our PG2 ladies to try something different as well.
- **Website – Amanda:** Main page has been updated to include Suzanne C, Prize winner, and the final 1000M/K pages for 2021. Jan has been added very early in the year to the 50K page!

Presentation Award Dinner Cottingham Parks Amanda: The committee have agreed that Friday 18th March looks like the best date (6:30pm for 7pm, meal £15 to members (£19 cost). There will be three choices of meal/dessert including vegan option. Tea/coffee after.

Action Amanda contact Jill and Liz (done), confirm with Cottingham Parks (done) arrange deposit, menu.

Action Jan create group to manage the dinner – Janet, Anna S, Amanda & Jan.

Haltemprice 10k free place – Jan: Following the success of the WHL water table at the Haltemprice 10k, the club has been offered a free place for 2022. The committee agreed that the fairest way to allocate this would be to ask First Claim ladies who would like to run the race in October to put names in a hat. This will be drawn at the awards dinner.

Maria's 0-5K: 10th January. Amanda: Laura Bee did a great advertising job, 24 ladies contacted the club. 18 joined, email sent Tuesday with info including to pay £10 to club (Janet). **Maria** will be main leader and will post the week's training.

I will be there on Monday for a brief coaching session (and lead/buddy), Maria for the safety etc talk and main leader, post stretching. Hoping for many buddies (with stop watches).

Mid-Winter Madness Amanda, Kim: Millington Village Hall, Saturday 8th January. 11 mile, 10K route planned. Amanda has phoned to check all well, and we are still welcome. Heating should be on. We need to leave as we find it, pop key through door at the end of the day.

Action: Cath to bring a sheet of plastic for dirty shoes

AOB

Caroline (in absentia) There has been an email from England Athletics offering virtual courses on club management - Is your club fit for purpose? (all committee members have completed safe guarding): Kim has signed in for Intro the club standards on the 19th Feb and will feed back. Janet for Club finances on 2nd Feb

Many thanks,

Next Meeting: Monday 7th February at Cottingham Road Baptist Church

West Hull Ladies Committee Meeting
7th February 2022, Cottingham Rd Baptist Church.

Kim McBirnie

Present: Kim, Amanda, Sarah W, Janet W, Maria, Cath, Anna S, Jan, Andrea
Apologies: Sara E, Anna V & Caroline.

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

2. Matters arising:

Maria and Kim to get together to look at club standards checklist prior to new affiliation year.

Sarah, Andrea, and Kim to look at survey feedback.

Kim to check Thixendale Village Hall availability for 18th June.

Cath to audit accounts for the club.

Sarah – risk assessment template.

3. Reports:

- **Membership - Maria:** We have **87** first claim club members plus **6** second claim = **93** (list below).

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- **New Contacts – Janet:** We have had 3 more contacts this month, one of whom has come and run with us which we are really pleased about.

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- **Email - Amanda:** *We have 92 first and second members on our distribution lists. Plus 6 'New Contacts'. Total 98. We have 7 ladies on the 0-5K*

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- **Facebook -Anna:** *We have 122 of which: 92 members, 17 Guests (listed below) 7 0-5k and 6 new contacts.*

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- **Treasurer Report - Janet:** The deposit for the meal has now been paid, and the four donations to local Parkruns. (Breakdown of accounts below.)

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- **Training – Amanda:** 35 members are going for one of the thousand challenges, motivated by the successes of last year. Well done all 12 ladies who ran the Ferriby 10 – excellent results and a lovely sweatshirt to commemorate the day!

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Training runs are generally well attended, thank you all leaders.

Thank you to Lynne for her weekend leads and to everyone who opens their run to other club members.

0-5K going well and already some members are being integrated into club runs. This is made much easier due to the three pace groups on Wednesday. Two who joined the course are unable to continue and two have injuries, hoping they will continue once recovered. Thank you to everyone who has helped with the group.

- **Pace Groups – Kim:** We are still getting good feedback on the night for the different pace groups, some ladies aren't deciding until they arrive which group they would like to run with. No issues reported, and a good consistent turn out.

5. Club Standards Checklist: EA have announced a new checklist that all clubs must complete prior to affiliation - these include the seven standards and may require some evidence to be uploaded. They include Constitution, Committee breakdown, Grievance and Disciplinary policy, GDPR policy, Inclusion and Diversity policy, Safeguarding policy, Health & Safety. **Action – Kim and Maria to get together and work through to ensure evidence is up to date.**

6. Survey Results – Sarah: Thank you to all members who completed the recent survey, there is a lot of information to work through. Firstly, we have agreed to post a poll on our Facebook page to survey members on how they feel about the start time of our club sessions.

Action: Sarah W, Andrea, and Kim to get together and work through the feedback in detail, come up with some 'you said, we did' feedback for all members.

7. Emergency Contact Numbers / ICE tags: Maria – Firstly as a reminder, the club has 'In case of emergency' tags available, free to all members, that can be attached to your shoe / clothing in case of accident or emergency. We would also ask all members to check their England Athletics account to ensure their emergency contact details are up to date. We would use this information in the event of an incident.

8. 1st Claim Mix Up: Maria – All first claim members must be registered with England Athletics, to have a second claim club there must be a first claim within that current year. This has been confirmed by England Athletics.

9. Midsummer Madness – Kim & Anna V – We are keen to book Thixendale Village Hall for the club for our usual midsummer madness away event, this is usually June before Endure 24. Committee all agreed on a provisional date –

Action: Amanda to investigate date and pass on booking details to Kim. After checking race calendars Saturday 18th June which is 2 weeks before Endure24 Leeds seems best.

10. Club Finances Webinar – Janet: The main point of this webinar was to encourage clubs to ensure that finances are transparent, and members understand where their membership goes. It was suggested that a monthly breakdown could be included on the newsletter and minutes, and the membership form could be amended to show that half the annual membership is paid to England Athletics.

11. Session Start Times - All: It was agreed that a poll would be loaded onto Facebook to ask members what they would prefer, to keep session times as they are, or move slightly later.

12. Reflections on Millington accident - All: Amanda recounted the accident and subsequent actions with all agreeing it was the correct procedure in the situation.

However, we took from this that in future we should have a risk assessment which includes:

- Procedures for accident, illnesses
-
- ICE for each person attending. Not allowed to go if cannot provide one.
-
- First aider(s) with kit
-

Action – all: Do we have any club members who are first aiders and would be willing to be a designated FA at away days? Are there any club members who would like to train as a first Aider?

Sarah – Look at risk assessment templates for future events.

13. Presentation Dinner update – Jan / Amanda: Friday 18th March 7pm

- Date confirmed. Deposit paid. Menu decided. Entertainment Jill and Liz confirmed. Raffle to be managed by Maria. Guest plus partner arranged.
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- **Awards – Jan:** Member of Year, True Grit underway. Cath looking at 10K results for the year.
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- Group for Newcomer and Improver gathered.
- Awards badges and certificates - **Amanda.** List of club awards (1000M/K, 100M, 100K, 50K, 25K) compiled. 100K hoodies on order (thanks Sandra), 100K & 25K certificates prepared, printed, and framed.
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- **Amanda** will send email on 18th February with invitation to book in.
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- **Anna S** will set up a Facebook Event "Haltemprice Ballot". Anyone who accepts will have their name put into a "hat" to be pulled out at the awards. Winner will get a free place in the race
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AOB

Amanda – What should the time limit for a 100-mile challenge be? 36 hours was agreed, as this is a usual cut off for 100-mile Ultra marathons.

Action: Amanda to update the website with rules.

Many thanks,
Kim McBirnie

Next Meeting **AGM: Monday 7th March** at Cottingham Road Baptist Church

The Maffetone Method

Sarah Wilson



A couple of people have asked me about this training method that I've been using over the last couple of months. So here goes. I am no expert and there is a very long and detailed book about it, but this is about some of what I've learnt.

Firstly, a bit of background. Last summer I followed a Garmin training plan to prepare me for the Great North Run. I've done the GNR several times and whilst the route isn't the most exciting, I love the sense of occasion and being part of a national event. I followed the

training plan to the letter, until about 3 weeks before the end when I had a couple of days off due to a cold. To start with, it felt great and I really felt like I was getting somewhere. However, I gradually started to feel that although I was completing all the sessions, I'd stopped improving and each run felt increasingly hard. On race day, I put aside my worries and hoped for a similar performance to recent years. The first 10k were fine, but after that it was just hard work and I spent quite a bit of time walking.

Afterwards, I felt confused, disheartened and tired. After a couple of weeks, I started Sandra's 10k training but my heart wasn't in it and everything felt like a struggle. Having had some blood tests done, I knew there wasn't anything amiss that a slight increase in my thyroxine tablets wouldn't sort out, but I started to wonder whether this was it for me and running.

I sat down and thought about why I run and what I enjoy doing. I came to the conclusion that I wanted to continue, but that road running was a necessary evil and what I enjoyed most was off road. About this time, I became aware of the success a friend was having using the Maffetone Method, having gone from a slower than ever half marathon, to a marathon PB on a hilly route. I decided I needed to learn more.

Dr Phil Maffetone created this method and has used it with runners of all abilities, including elites. It's called MAF, partly because of his name, but also because it stands for Maximum Aerobic Function. You take your age away from 180 and set this figure as your maximum heart rate which you never go above in your running, working in the 10bpm below it. The theory is that by running exclusively aerobically, you are able to do more miles and put less strain on your body, eventually increasing the pace at which you can run within your MAF pace. It may take 3 months or more for there to be an impact.

So, at the beginning of October I decided to give it a go, running off road as much as possible. I decided that I would give it at least until Christmas and see where I was. Being 58, my MAF rate was 122 so I needed to keep my heart rate between 112 and 121. This was indeed very slow running. I found I had to walk as soon as there was a slight incline and sometimes walk very slowly to bring my heart rate down. However, as it was such low impact I decided I could do more than usual, so aimed to 'run' at MAF rate for 1 hour as many days as possible. I soon built in a longer run at the weekend, then a slightly longer one mid-week as well.

By the end of November I was doing about 30 miles a week and loving running in beautiful places. I am now doing about 35-40 miles per week, more than I've ever run before and having no pressure to run fast is great.

So what do I think? The advantages are the amount you can do comfortably, not being worn out by longer runs. It has certainly helped me to enjoy running again and to accept my slow pace.

However, there are downsides. It is frustrating running at a pace that is so much slower than you know you could and it pretty much rules out running with other people. My parkrun times dropped drastically and I have been just in front of the tail walker on a number of occasions. I have also realised that whilst I may have developed my aerobic fitness, my legs can no longer run at a faster pace, they're just not used to it.

I think MAF has had great benefits for me in increasing mileage and bringing back a love of running. It's made me see that slow running has advantages, and that it's not good to put maximum effort into every run. It's simply not sustainable to



treat every run as a race and slow and easy is a very valid element of training. However, the fact that my legs can't remember how to run faster, and that the pace I run at my MAF heart rate has not improved at all, may be the decider.

I'm now looking at the theory of 80/20 running, 80% of your running being at low to moderate intensity and 20% being at moderate to high intensity. Maybe this will use the best of the Maffettone method and more traditional methods and fit better with our club training.

If you'd like to know more, there is plenty of information about the Maffettone Method and 80/20 running online. In the meantime, when you see me shuffling along, you'll know why!

Show us your Bling



Amanda at the Doncaster 10k



Stacy and Cath at the Valentine 10k 13/02/2022



Kerry and Jackie also at the Valentine 10k



Ineke (new PB) at the London Cancer Research 10k 13/02/2022

Sam Page's
Parkrun
Hen Party
12/02/2022



Pictures Kim McBirnie



Parkrun

19/02/2022

0-5k run and WHL volunteers



Club's Camping Equipment

The club has the following camping equipment available to borrow for events:

2 Event Tents with four sides

1 Cook stand

1 Double stove with Gas bottle

First Aid Kit

Please email the club if you would like to borrow any of the equipment



SAVE THE DATE

**Midsummer Madness
18th June 2022**

View From The Back

Liz Hobson



It's been an interesting start to the year. Chris, my hubby, has started to do a 500 miles in 2022 swim challenge to raise money for guide dogs. In a shameless plug here is his Just Giving Page link <https://www.justgiving.com/fundraising/chris-hobson9> should anyone be kind enough to donate.

This has meant that he has been frequenting the gym more as he swims for about 2 hours each day and as a consequence I have been doing more weight and gym work before joining him in the pool. I am afraid spending 2 hours swimming up and down is beyond my powers of concentration as well as beyond my garmin which likes to give me a length or take away a length at will. It has nothing to do with my slightly dodgy swim technique confusing my watch.

I am now so strong I regularly break the machines

I have therefore, and never thought I would ever say this, signed up with a personal trainer Shane, (to be known as SPT or Swanky Person Trainer from now on) .We have been working on strength workouts on the many, varied and confusing machines at the gym. As with many of my fitness forays Jill has introduced me to SPT and from March he has agreed to train us together, he obviously doesn't know what he is letting himself in for!

I would definitely recommend a Personal Trainer as they are very good at making sure that you use the machines correctly for example on the leg press you should never lock out your knees. He's also taught me how to do squats properly as it was something I knew could be useful, but whenever I tried it I ended up with terrible knee pain. It turns out that you need to make sure your knees are facing outward and not coming together. This is a common problem with ladies as our pelvis means our knees tend to go inwards to meet each other.

I think it's also encouraged Jill to come to the gym more as we work together and it allows us to have a rest between sets, while the other one works. Jill has been seeing SPT for longer than me but sometimes did not do much training between his sessions. It is amazing how stronger we feel and we have a laugh flexing our muscles in front of the mirrors at the gym, often to the consternation of the more sensible and serious gym members! I am also amazed that in about 2 months I can shoulder press 20kg not brilliant I know, but hey that's a full bag of chicken feed!



Weight Training is taken very seriously

I have also started doing planks and the dreaded side planks. When I started I couldn't even stay up for a few seconds and now I can manage 50secs each side. In fact I have been practicing at home and I have to say my cats like to involve themselves. I was very proud of myself when Millie decided to jump on my side while I was planking, yes I toppled over but was able to keep my core engaged as opposed to collapsing in a heap which is what would have happened previously.

All this has meant that I am not running as much, although there are various tortures devised by SPT, which involve pushing a thing called the prowler 30 metres and then running round the 200m indoor track as fast as you can and pushing said prowler back again. I have to confess I am considering hiding the prowler in the ladies only bit of the gym so SPT doesn't know where it is!

Joking apart I have enjoyed my sessions with SPT and my workouts with Jill. I am hoping to start to do a bit more running and am actually interested if my running will improve as a result.

Until then I have noticed three benefits of weight training

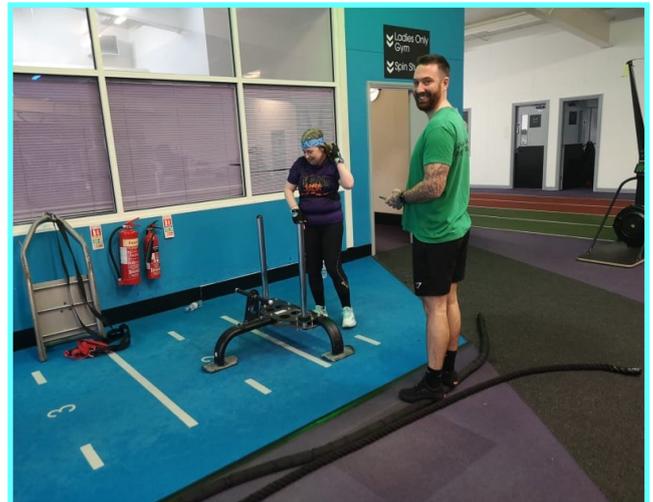
I am finding it easier to clip my toe nails!

I am much more comfortable sitting in theatre or cinema seats!

I am brilliant at disentangling supermarket trolleys!

If anyone is interested Shane (Williamson) does initial taster sessions and is based at Total Fitness at Willerby and I would recommend him and can pass on his contact details if required. I think you do have to be a gym member to go to his sessions.

Also on 30/04/2022 we are off to see Britain's Strongest Woman at Doncaster, I hope they won't be too intimidated by our presence!



Here I am with SPT contemplating the Prowler