

West Hull Ladies Newletters

Check out Shelley 'Finding Mojo'



Leeds Endure 2018



West Hull Ladies Newletters

Letter from the editor

Thank you to Martina for the work done producing the newsletter. She has struggled to get contributions and is handing the baton on now. We appreciate all the work she has done.

As an interim, I have put together a newsletter of contributions received since the last one. This will now be handed on to Anthea. Thank you Anthea. Please help Anthea out by sending in contributions big or small.

We have an epic newsletter, enjoy:

- **Front Page:** Fab Photos
- **Club Stuff:** Coming events. Minutes from the meeting
- **Finding Mojo:** Shelley Running around France
- **Racing Romps:** Anna's Summer League, June's Berlin Half, Sharron's Rock & Roll Liverpool Marathon, Liz N's HOTH and Amanda, Kim and Diana's HOTH
- **Snails Tales:** Anthea takes the lead and 25K club
- **Must Tri Harder:** Shelley's Derwent Water Half Ironman
- **Training Tips:** Various
- **Bits & Bods:** Jan D's Hansons Marathon Method book review and Maria's Chocolate Peanut butter cake recipe
- **Back Page:** More Fab Photos

Thank you to everyone who has contributed to this month's newsletter.

Amanda Dean,

Newsletter Editor, WestHullLadies@outlook.com

Dates for your Diary

Christmas Lunches Friday 7th December and
Saturday 8th December

Organiser Ann Holmes

West Hull Ladies Presentation Evening

Friday 29th March, Canham Turner, Hull
University

Organiser Jan Draper

Midsummer Madness

Saturday-Sunday 8th-9th June, Thixendale Village Hall

Organiser Amanda Dean



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Committee Minutes 1st October 2018

Meeting held at Bunyan Room, Baptist Church, Chanterlands Ave, Hull, 7.30pm

Present Anthea, Jill, Jan D, Linda, Anna, Maria, Amanda

1. Apologies received from Sandra, Annette, SarahJW, Andrea, Jan A
2. Minutes of previous meeting accepted as a true record.
3. All matters arising from previous minutes have been dealt with.
4. Newsletter, thank you to Martina for the work done producing the newsletter. She has struggled to get contributions and is handing the baton on now. We appreciate all the work she has done.
5. Race Page to be decommissioned from its current format but changed to be a collection of useful race links. Action Jill to provide URLs, Amanda to update web page DONE
6. Romp looks like leads will take place, thanks for all volunteers.
7. Corporate Hull run for all. Looked interesting but is expensive and perhaps really just aimed at businesses.

AOB

- 25K Award. Logo agreed and will soon be on the website. Thank you to Stewart Dodsworth. Actions Jill & Linda will visit the trophy shop about an award. Amanda to put the logo onto the 25K web page DONE
- Guest speaker for 2019 presentation dinner was discussed.
- Wednesday runs to start at 6:15pm. All agreed. Action Amanda to email, Facebook the change and to update calendar. DONE
- Endure: the numbers are very large for next year (25-30 people). Believe it best to form smaller support groups rather than one large one. All agreed the shared food should be simplified considerably (teas, coffee, few snacks) with people bringing their own main sustenance. Further discussion required, join the November meeting.

**MANY THANKS TO
JAN D AND HER AMAZING VEGAN FLAPJACKS
AND TO MARIA WITH HER AWESOME VEGAN BUNS**

Next Committee Meeting 12th November - All Welcome

Meeting held at Bunyan Room, Baptist Church, Chanterlands Ave, Hull, 7.30pm

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Finding Mojo

Shelley Running Around France.

We'd decided, back in January, when it was cold and wet, to book an activity holiday. I'd been following a page on Facebook called Running Around France, it was a lady who'd done ultra runs and put on running holidays based from her farm in rural France, not far from Limoges. So we booked it!

I was quite nervous, as the icy winter kept me indoors and I knew I was quite unfit, but luckily none of the other runners there (8 of us in total) were awesome running mad-heads (including the 'Ironman' that I went with). We were among the youngest there and the other runners were made up of couples, friends or people who had come on their own. The runs started as soon as we arrived (no rest!), and we took a disused railway trail, which ran alongside a river not far from the farmhouse, not too hilly, I was at the front, things were looking good.



However..... after a breakfast of croissants and jam, we were driven to a nearby lovely village introduced to the region's hills the next morning, Oh. My. Word. They were big, and I only remember running up, I swear we never ran down them! The only thing keeping me going was the thought of lunch. A picnic was provided and we ate by the river before exploring the village afterwards and then heading home for a shower and a chill before a lovely traditional French evening meal (with wine, bien sur!). This was the routine



for the rest of the week, chilled running fun on some off-the-track trails, sometimes accompanied by Millie the dog, who knew all of the paths. We had all of the seasons that week too, so hot I got burned and so wet I had puddles in my trainers, but the beauty of running is that it's an all-weather sport, as long as you have the right gear. As I said, I was worried about the holiday as my running mojo had been hiding and I was well aware that I wasn't as fit as I had been, but the no-pressure running and trail runs put me at ease and I began to love being in my trainers again. It wasn't about being fast, it wasn't about distances, it was just about being outside, and that was lovely.

I've got my mojo back and it's a better one.

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Racing Romps

Anna's East Hull Harriers Summer League

I have always wanted to do this league of races. I like a local race, with small numbers: nice and low- key. And, growing up in Holderness, all the routes are on roads from my youth, so these would be real trips down memory lane! So this year I printed out the schedule, wrote the first race up on the calendar, and that was that.

Race 1/ New Ellerby. 5 miles

Well, this was a shock to the system! I had come along expecting a gentle run in the countryside, just for pleasure after a day at work. Hmm- that's not quite what I found! I set off at a good pace and felt that I had to keep up as best I could. I was very conscious of pace all the way round, I think because of the small numbers in the race. It's hard to hide!

The route was just lovely, as we cut passed Burton Constable Hall I finally started to enjoy the setting. New Ellerby is visible for almost the last mile, with an incline, which was challenging- it didn't seem to get any nearer! But, as dusk was settling in, I got to the village to be welcomed by the lovely Liz H! She gave me the last oomph I needed to get to the finish.

And- I was pleased that I had pushed myself, as..... 47:41- PB!

Race 2: Sproatly 6 miles.

A wonderful thing happened in this race: I could feel a group behind me getting nearer. As I don't run with a garmin/ watch, I never know my pace. So, when I hear people approaching, I assume it's because I've slowed down! A lady pulled up to run next to me, and instead of my usual chat, I got my head down and ran faster. She stayed for a few minutes, then pulled back and muttered "well done". I'd held her back and not let myself be overtaken! I was really chuffed with that!

This was another gorgeous route around Burton Constable. The weather was perfect, and the route was interesting- no long straights. Again- I sped up when I saw the bright red numbers at the finish..... 56:26- PB!

Race 3: East Park 4 miles

Missed due to family stuff going on which I was gutted about as was doing OK in the handicap.



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Race 4: Leven 10K

I set off for this race not having a clue where it stated from- but had learnt by now that it's so easy- you just look for a huge mass of runners in the middle of the village listed. Usually all in red (EHH).

This was another beautiful route- quiet and peaceful. Good for the soul type of route. And the air was always cooler by this time in the evening- I was enjoying the timing of the races.

A runner just in front of me was working at a great pace for me- I could tell that I was pushing myself, but it felt OK. I did wonder if I could keep up my summer league pace for a ten k distance but wanted to try. I kept with her most of the route, apologising to her for just sitting there behind her. We had a proper chat at the end when I could thank her for getting me..... 57.54 PB- which I was so pleased with, as I've never been under the hour before!

Race 5: Sproatly 7 miles: I missed this race as I was just back from Thixendale, recovery seemed more sensible sadly.

Race 6: Coniston 10k

This route was probably my least favourite. Much of it was out and back, which meant that you could see just how far you'd to go, and the turning point wasn't even half way. Although this did make the route more sociable, as you could say hi to those running the other way.

The villages were gorgeous, and the gardens were worth a run past they were so pretty.

The main road for the last mile, means that you are running past others who have finished and are driving off home, which was a bit deflating.

Another gorgeous evening, no PB, but happy with..... 61:21

Race 7: Skirlaugh 8 miles: Missed, and I can't remember why.

Race 8: Hedon 4 miles:

I am lucky that my friends live at the house at the finish line- so I was able to park close and use a nice toilet with no que! Although the others felt that I was missing out on the whole race experience! It's a short walk to the start line, with a fantastic view of the ferry, appearing to sail between the fields. This was another out and back, but the short distance made it a bit easier.

The lovely Karen Scott joined me for the middle two miles, so I had great company. As with other summer league runs the wildlife has been super- I missed it, but others saw a deer running through the last field. The roads were pretty long and straight, and there was a flyover to manage near the end, but it was fine. I felt fairly strong and was pleased with....

38.43 PB (although have never run a 4 miler before for comparison!)

I'm really going to miss these runs. The evenings have been gorgeous, at the coolest part of the day. The routes have all been quiet on mostly flat roads with lots of wildlife and pretty scenery. These have been a peaceful and calm end to the day.

They have also made me work really hard! I've been very conscious of the speed of the group, and I've started to approach races with a more determined mind set.

Thank you to Jen, Suzanne and Stacy who were super company throughout, We've had a great time!

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June: West Hull Lady on Tour for the Berlin Half Marathon 8 April 2018

Imagine the scene, it's 1st July 2017 and I am looking on the Internet for races abroad as someone had mentioned races abroad at club, not really intending to do one but just to see what is available and I find the perfect one - the Berlin Half Marathon in 9 months time. Berlin is my favourite city and Germany is my favourite country. I then realise the race is 2 days after my 20th Wedding Anniversary so I ask my husband if he fancies going to Berlin for a long weekend for our anniversary and of course he says yes. So while he is checking flights and hotels I booked my place in the race, good job I did too as it soon sold out and there were only 32,000 places of which 26,000 were runners and the rest inline skaters and wheelchairs.

At this time I had only been running for 15 months and I had only been at half marathon distance for 3 months but as the race was next year I wasn't worried at all as I planned to be up to 20 miles by the end of this year. That plan was going very well and I got up to 16 miles the following month and then unfortunately I tore a disc in my knee which put me out for a few weeks but luckily after excellent physio I was soon allowed to go back running and I was back up to 12 miles by February 2018 and 14 miles by March 2018.

The 9 months have really flown by since I booked my place in the race and it's now noon on Thursday 5 April 2018 and I am relaxing in the airport lounge awaiting my flight. This was the first time it really hit me that I was going to run my first international half marathon in a few days. I am getting some funny looks off people as I am wearing my bright orange running shoes and the rest of my running gear and documentation is in my carry on bag as I was not risking losing anything needed for the race if my case went missing (I did the same on the way back too - I had worked hard for that medal and wasn't losing it).

Saturday arrived and I was very excited but nervous too. An EXPO had been arranged where I had to collect my race number etc. I turned up with my paperwork and Passport and went into the event at the old Templehoff Airport. Upon arrival I had to put my arm into a machine which put a wristband on me. I assumed this was to let me into the Expo and so when I got back to the hotel I cut it off as it was a bit tight - this was a big mistake (see later).

The Expo was good, there were bands on and loads of stalls. I bought a teal headband that was supposed to dry up sweat before it runs down your face. This is something I suffer with and I waste a lot of energy mopping my brow when running but luckily this headband worked perfectly and not one drop ran down my face.

Collecting the race kit was very well organised, no collection of an envelope like here. They scanned the barcode on my race confirmation letter and my race number 8038 was printed off in front of me, they then gave me a plastic electronic chip called a Champion Chip which I had to return within 2 hours of the race finishing or they would charge me €26.00. I was scared stiff I would lose it but luckily it stayed in place. I was pleased with my race number as it was the 38th Berlin Half Marathon and to have 38 at the end of my number was special.

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I then collected my goodie bag which contained two small deodorants (one male and one female), an energy bar, a booklet about the race and some leaflets.

I then collected my t-shirt, this wasn't free and cost €30.00, a bit expensive for a t-shirt but I was only gonna do this race once and so as it was Berlin I thought I would treat myself.

After collecting everything I needed for the race I went outside on to the airfield and watched some of the attractions, had some food and a couple of beers as I had no intention of drinking on the night - me not drinking in Germany is unheard of and I hope no bars went out of business because of it!

Morning arrives and I am now feeling very excited about the race. I am also very nervous about racing abroad and not knowing anyone. I was also very worried I would not be able to take part as I found out at breakfast that the wristband (which is not on my wrist!) was to get me entry into the race arena and so I had to ask the hotel staff for cellotape to put it back on, luckily it was in the hotel bin. They never even looked at it when I went in but I won't risk it in future.

I set off early on the morning of the race even though it was only 2 underground stops from my hotel. The atmosphere was electric when I got there and not knowing anyone I just stood around and took it all in. I had been allocated a "pen" in the race being Section E as I had said I wanted to do the race in 2 hours so I went to my pen (after 3 visits to the portaloos) and waited for the start. There was English rock music playing and people were "warming up" by dancing around and singing. The first competitors to go were the inline skaters at 9.30 am and 20 minutes later the wheelchairs set off. The tapes separating the pens were cut and the 26,000.00 runners all moved forwards, we all had our fingers poised on our watches and then the gun was fired and off we went. While on the start line my stomach was doing summersaults but as the race started this disappeared and my amazing journey started.

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Due to the amount of runners it was impossible to pass anyone early even though I easily could have done as I felt strong and full of energy. I had added a powder energy sachet and a rehydration tablet to my water, it was a bit too sweet for me and I don't know if it helped me or not but I have used them since on long runs.

The race started and finished in a large famous street called Karl Marx Allee and took us in a loop around the centre of Berlin passing many famous sights, including:

- The Dom
- Grand buildings of Unter den Linden Boulevard
- Brandenburg Gate (we rang through this)
- Tiergarten Park
- Berlin Victory Column
- Charlottenburg Palace
- Kurfurstendamn Boulevard
- Checkpoint Charlie (we rang through this too)

It was amazing running through the Brandenburg Gate at the 2 mile point and through Checkpoint Charlie at 7.5 miles. The whole route was lined with spectators cheering us on and English music was playing on every street either by live bands or big speakers, considering I spoke to nobody during the race I certainly didn't feel lonely at all.

Unfortunately I did see some sad sights, I saw several people younger and presumably fitter than me either sat/laid on the sides of the road or being taken into ambulances but the most horrific was at about the 15K point a man running about 10 foot in front of me who looked about 25-30, he seemed to be running strong, I had noticed him in the distance as he had a bright orange t-shirt on and I thought that would go well with my running shoes, all of a sudden he slowed down and his legs wobbled and he fell to the floor, luckily there were medics everywhere and they were with him within seconds but I felt so guilty carrying on running past him, I hope he was OK.

It was 21 degrees and the time seemed to pass fairly quickly, I kept my Garmin on miles as I know my pace and I kept checking now and then and I was running at the pace I wanted for a 2 hour finish. At the 10K point I was on 59 mins so I knew if I kept up that pace and ran faster from the 19K point I would achieve my aim. Unfortunately as there were so many runners there were hardly any gaps to pass people and so when I did pass it was usually on the kerbside, I am pleased to say I did pass many people but as the race came to the last 3K the route narrowed and it was like a bottle neck and we all had to slow down as there were so many people running together.

I overtook a few people just before the finish and completed the race in 2 hrs 8 mins 25 seconds which I was very happy with as this was a PB and 4 mins 19 seconds faster than my previous Half Marathon which was Humber Bridge in June 2017 which I did in 2 hrs 12 mins 44 seconds. Berlin was flat and Humber Bridge is the exact opposite but I am still claiming this PB. My aim was to complete the race and beat my previous time which I did - my dream to do it in 2 hours was just that, a dream.

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I am happy with my stats too and even managed a 9 min 17 second mile, I don't know what happened at mile 7 but whatever it was I picked it back up on the next mile:

Miles	Time	Elev Gain	Elev Loss
1	9:27.1	48	37
2	9:17.1	20	28
3	9:21.4	15	21
4	9:20.0	16	27
5	9:26.2	17	11
6	9:46.5	15	10
7	10:13	17	--
8	9:43.4	17	29
9	9:33.8	6	--
10	9:42.9	17	21
11	10:17	38	46
12	10:01	31	12
13	9:50.6	26	27
14	2:28.5	--	12

My husband came to see me cross the finish line and it is the first time he has seen me race, he was actually surprised how good I was and even said he had seen me overtaking people at the end.

I collected my medal which was a map of the route and my free pint of alcohol free beer, I was going to give that to my husband as I cannot see the point in alcohol free beer but it was so cold I drank half of it first. He was instructed to meet me with a cold proper beer but he was not allowed into the arena with it so he bought me one from one of the stalls.

After handing back my Champion Chip we stayed in the area for a short while as there were stalls to get food and drink (very cold beer) and a quick photo.

We then walked back to the hotel as the route to the station was closed so at least that loosened up my legs a bit. A quick shower and change of clothes before heading out for a few well deserved beers. The walk to the hotel and pub crawl lasted 6 miles so in all I did 20 miles that day running/walking. I enjoyed showing off my medal and t-shirt in the pubs, although it didn't get any free drinks



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The next day the local paper printed the names of all finishers with their times so I got a paper, there was another Beadle in the race (Judith) and she beat me. She is no relation to me. There are a few flying feet on this but luckily they didn't manage to catch a photo of me.

The whole experience was absolutely fantastic and I can certainly recommend this race to everyone.

The route for 2019 will be the same but the start and finish is going to be the Brandenburg Gate.

I am going to do it again another year.

They also do a full Marathon too.



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Sharron Wiley Rock n Roll Liverpool Marathon

Hiya. Again, my apologies about this being sooooo long. I just can't help myself ☺

I was always looking forward to this one! I mean, Rock and Roll says it all doesn't it! Bands usually every mile so yes, literally rocking n rolling around Liverpool!!! FABULOUS!! Did the 5k and the half marathon the previous year and knowing I could get LOTS OF BLING I entered it this year too!!! It's all about the bling..... !

The reason for the marathon this year over the half marathon you ask? Well, talking last year after we'd finished the half, to a couple of runners who had done the marathon, they were excitedly talking about running round football grounds. Now, those who know me know I love my football (supporting Hull City aside.....) and I was hooked straight away!!

So, I entered the 5k and the marathon AS SOON as I got back last year! Nige, at the time, was running well and he'd decided to enter the 5k and the marathon too, I'd also sold him on it as the runners had sold me; FOOTBALL GROUNDS!

So, we set off very early Saturday morning, arrived at the hotel, was able to book in THAT early in the morning, dumped our bags and wandered over to the 5k start.

Sensible Shazza kicks in from the start; It was warm, with doing the marathon the next day I knew I had to take this 5k steady and I did. So, my legs were all set up nicely for the following day. I made myself become a slight recluse after the 5k as I wanted to rest as much as I could before the Sunday and I also didn't want to be tempted to eat stuff I don't usually eat so, I practically camped in my hotel room and watched telly!! For tea I munched on a cold pack-up of pasta, but we went downstairs briefly for Nige to get tea, I'm not THAT mean, I DID let him eat!!

Waking up first thing on Sunday morning, 'MARATHON DAY!!!' was lovely, I'd had a good nights' sleep, I felt refreshed, I felt ready, I didn't feel nervous.....then it all started to go wrong!!!!

1. I had a running bra malfunction..... slightly stressed by this.
2. It took me 3 attempts to put on my WHL vest(???).....I know!!!.....stress levels rising alarmingly.
3. I forgot to put on my DVT stocking, so I had to turn around, go back to the lift and back up to the hotel room.....stress levels rising horrifyingly.
4. I then forgot to put on my wristband so I could collect all the bling, so I had to turn around AGAIN, go back to the lift AGAIN and go back up to the hotel room AGAIN.....stress levels rising spine chillingly.
5. Then I walk out into the bright warm sunshine, HOW WARM ALREADY??!?!?.....stress levels rising bloodcurdlingly.

ARRRRHHHHHHhhhhhhhhhh.....

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Nige was undecided until the day whether he would be running, he had been suffering injury for several months, we'd already transferred him from the marathon to the half, so, when he decided to give it a bash, I was so happy for him. We made our way to the corrals and I looked out for other WHL and thankfully saw quite a few (apart from Linda, what was going on there....???) Then the half marathoners set off and all of a sudden I felt very lonely. It was awful. There was a cacophony of noise and then all of a sudden it was gone, so strangedidn't like it.....

I wandered into my corral and ended up chatting to these 2 ladies which really put me at ease, then we were off.

Sensible Shazza strikes again; I started off with the 5 hour pacer. I wanted to take this easy, I wanted to get to the end, it was very sunny and the warmth was really worrying me. I felt comfortable, comfortable enough to sensibly overtake the 5 hour pacer when I was ready and then a few miles in I spotted the 4:45 pacers. I then made the sensible decision to keep them in my view but not worry if I lost them. I felt reassured to some extent they were there.

Sensible Shazza strikes again – part two; The water stations were very well stocked, forward planning there I think! So, because of this I had made the decision to collect as many water bottles as I could handle at each of the 11 water stations. At a couple of the water stations (and I really don't know how I managed it now) I managed to grab 3 bottles; 2 to pour over me and 1 to keep hold of to sip, but usually I grabbed 2. And as the next water station approached I'd throw what was left in the one I was holding over me and start again with my collection.

Now, these football grounds; They took us to Goodison Park first, was so excited when I looked up and realised I was running round it. I made sure I took all this in! Then Anfield, Liverpool's ground. I had been there several times for Football games but it felt different running around somehow. They took us round Anfield, then, to my delight through it, then OH MY GOSH under the stadium, wow, it was amazing, I knew I was tearing up but I just didn't care!

We went through many parks, Stanley park, which was lovely, Sefton park, even lovelier.

I was still feeling ok. Hot but ok. I was still collecting as many water bottles as I could handle from the water stations.

Sensible Shazza strikes again – part three; I found myself getting nearer to the 4:45 pacers then all over a sudden I was upon them, I was tempted to run slightly ahead but thought 'No Sensible Shazza' so I stuck with them in a space behind the main group they had attracted. The pacers were great, they were playing their own music, they were advising us all how to tackle each hill, oh....the....hills.....

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.....the hills, this marathon was much hillier than I expected it to be. I knew there were some hills as I'd looked the route up but, oh my, it felt as though it was hill after hill after hill.....BUT saying that..... At one point, and I really don't know when it was at all and I still can't work it out, they took us up another hill. A loooooong hill, a loooooong loooooong hill, up and up it went, I starting cussing under my breath wondering WHY ON EARTH.....???? Well I soon found out WHY ON EARTH when we got to the summit(!) Woah, the views, what can I say. I straightened up, raised my head as I got to the top, looked to my right and wow, the views of the City of Liverpool, they just took my breath away, absolutely amazing!!! Runners were actually going off the marathon course to take photos and selfies. That view was spectacular!!! I still get goosebumps thinking of that view now!

11.5 miles they routed us by the hotel I was staying in. I wondered to myself if I would see Nige..... I was hoping against hope that he may have noticed the front marathon runners running by our hotel if he was on his way back after (hopefully) him completing the half marathon. I was looking out for him then, all of a sudden, I heard "SHAZZA!!!!" I looked to my left, THERE HE WAS!! Much to the delight of a few runners behind me (I could hear them chuckling away) he then started running alongside me throwing packets of Haribo's at me!! Oh, I was so happy to see him and the Haribo's!!!!

Sensible Shazza strikes again – part four; I started feeling 'it' at around 14 miles. I was getting further behind the 4:45 pacers which was fair enough, they were just for company really but then I started stressing that I could see I was falling behind and it was messing with my head so, I took the decision to stop and walk until I could no longer see them, that plan worked! I started up again and felt a lot better but, only up until 16 miles.....

.....I hit 16 miles, I didn't so much 'hit the wall' – as much as the sun streaming down 'hit' me!! I just crumbled. I THOUGHT I had said to MYSELF "I don't think I can do this" but in fact I actually said this aloud. Then someone from somewhere around me must have heard me and gave me a little "you CAN do this, WE ALL CAN DO THIS, we ARE doing this" pep talk. Wow! Just what I needed. It got me moving again, not fast by any means, but I was moving. I got a little emotional, the support from runner to runner is what it's all about isn't it, sigh.....

Sensible Shazza strikes again – part five; I wanted to start enjoying this again so I made myself look around, notice things, see the views, enjoy the views, encourage others, talk to others. By golly I WAS going to enjoy this and I WAS going to finish this!!!

I then started with tummy pain AND back pain(!?!). I could not work out if I was hungry or not, I couldn't work out if I wanted a wee or not, I couldn't work out if I was thirsty or not. I was getting myself more and more confused wondering what my body was telling me - Nige often warns me it's dangerous for me to think!!! So after contemplating all this for a while I decided that I would look out for the next lot of portaloos, nip for a quick wee and see how that made me feel. WOW!!!! That was better!! That is all I needed; a quick wee!!!! If in doubt;

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wee!! Plus with having this little break, I realised that I had started stooping a little whilst running, so I set off again, making sure my posture was right.

After that it was just a matter of getting to the end. I ran for a long sections then just walked when I needed to walk. I was running now within the same group of runners. Some would go ahead slightly then walk, then others would take over, there were no words spoken really, we were just happy as a group rubbing off of one another. This lasted for a good few miles until around 22 miles.

I was looking forward to running on the waterside, foolishly thinking the breeze would help me but, for the majority of it there was no breeze and for all of it no cover from the sun!!! Arrrrhhh..... I then met up with this lovely lady and we ended up running in together. She counted down the miles on a regular basis and we devised a run/walk regime together, which helped us both tremendously!

I saw Nige sat on a wall with 400 metres to go and, of course, when he shouted encouragement and shouted we only had 400 metres to go I started blubbing. So, running down towards the finish I had tears and snot going everywhere..... I regained some composure then the crowd cheered and shouted my name which got me blubbing again!!! I'd given up all hope years ago of finishing a race looking lovely, relaxed and giving the impression I was floating in effortlessly.....!!!!

So, I happily collected ALL MY 3 MEDALS. Nige ran the fastest I HAVE EVER SEEN HIM RUN to get to me to acquire my Beer Token off my bib number (I don't drink). I didn't find out what time I did until ages later as I don't have a fancy phone which connects to everything. To be honest, I was happy that I actually finished this one in one piece that I wasn't that bothered about time, I was happy that I got myself back together after my major wobble and actually relaxed enough to enjoy it more than I thought I would when I hit 16 miles.....

My time? Well I couldn't believe it; 4 hours 56 minutes. So, so chuffed with that time. I just aimed to finish and enjoy this one.

Sensible Shazza
XxxxxX

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Liz N Race Report: Hell on the Humber Mad Hatter

9am Saturday March 31st 2018. Humber Bridge

The short version...

The Mad Hatter is a 6 or 9hr endurance event, new for 2018 joining the well-established Hell on the Humber series of events – aka “HOTH”.

Extraordinarily happy participants run &/or walk over the Humber Bridge on a 4-mile loop in all the weather whilst saying encouraging things and congratulating each other as they go. They may or may not have had a lot of sweets, coffee, cake and sandwiches.

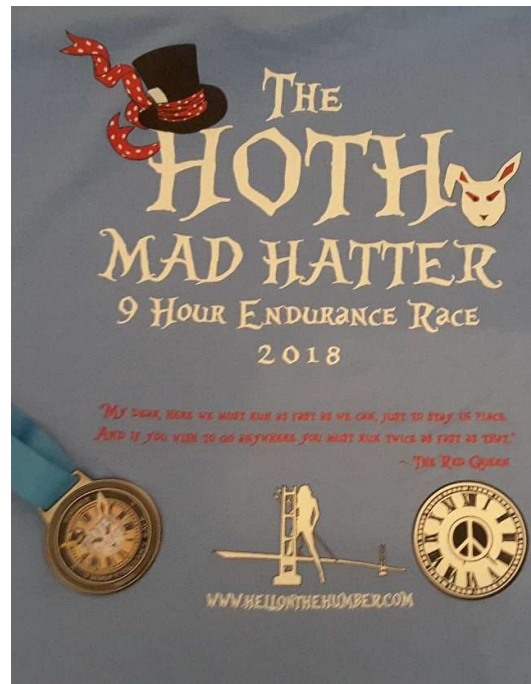
At the end each participant/champion/hero receives a medal and a very cool t-shirt while working out when they can do it all again. Participants can develop an obsession with cones and/or fancy dress. Fancy dress is optional, but I fear the cone thing happens naturally whether you like it or not.

The longer version...

I'm still not sure why I wanted to do this event. I'll admit to having a bit of a bridge obsession and the HOTH has been on my running wish list for a while. Overnight running and things with tents generally don't appeal so when I saw that this race was 9hrs from 9am to 6pm it seemed doable. (also I now know that you don't have to have a tent...although a small village of tents did pop up).

Following advice from Ann regarding taking lots of food, I packed half the contents of the kitchen into a crate and along with two complete changes of kit, I bundled the food, a spare bag of 'afterwards' clothes, a towel and an empty bag for wet kit into my car. Registration started at 7:30 so I left home at 7:15 to drive the 2 miles to the bridge from my house. Unsurprisingly I arrived rather early and it was very quiet when I picked up my race number. Hurrying back to the car in the rain I met Sharron and we sheltered in the car until the race briefing and the start at 9am.

The route was up the slope onto the west side of the bridge, 2 miles over the bridge, around a cone and back to the start. At the end of each loop we had to go around another cone and make sure someone marked our number down before setting off again. There was plenty of food and drinks available if needed – plus the stash in my car!

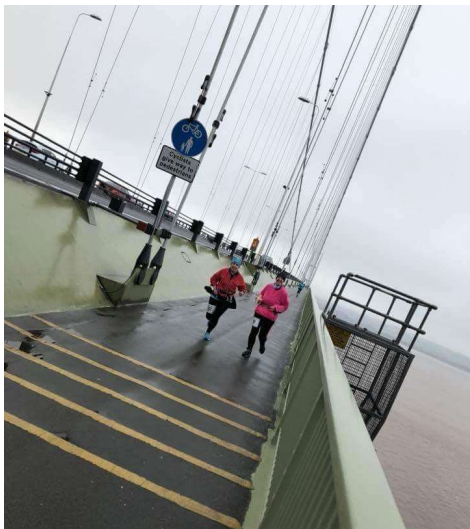


West Hull Ladies Newletters

Due to rather irregular training following winter cold bugs, snow and flexor hallucis issues, I wasn't confident that my legs had a huge amount of running mileage in them, so my plan was to run over the bridge until I felt like run/walking, then run/walk until I felt like walking then stop (eating on the go). This definitely included walking up the hilly section. Sharron and I ran 2.5 laps together before we separated and I walked the uphill section from the south-side of the bridge as Sharron powered up the hill into the mist and rain/lorry spray. After 4 laps I decided to have a quick break and change my hat as it was cold and soggy. Swapping wet tops for dry, a dry buff and hat, then grabbing half a peanut butter bagel and a handful of nuts I headed out again just as it starting raining again. Soggy or not, a few more laps run/walking would take me to 4:30pm then I would work the rest out from there. When I realised that if I kept a brisk walking pace I was on track to do 8 laps I was utterly thrilled! I just had to keep going.



Sharron was a lap ahead and appeared behind me on the penultimate lap. The weather was getting colder, the wind was fierce and we were getting chilly as we were walking. Heads down we kept going and were really pleased to see Gail and Wayne cheering us on. We decided we needed to head back to our cars to get more clothing for a final lap. With hands full of sweets and wearing everything, we set off back over the bridge – one more lap. The earliest time you could officially finish was 5:30 and we arrived back exactly at 5:30.



Admittedly this may have been due to taking selfies on the bridge. Despite the conditions and freezing fingers there is always time for a bridge selfie!

We got ourselves ticked off on the sheet and headed for the HOTH HQ for our medals and t-shirt then, stopping for a brief photo session on the way, set off for our cars to warm up before driving home.

I've not quite admitted it to myself yet but I am probably going to do this again, despite the weather!

The next HOTH event is in August...then Halloween... then Christmas. 8 laps completed in 8.5 hours = 32 miles. Tired, sore and ridiculously happy. Still not sure why I did it but I'm OK with that.

West Hull Ladies Newletters

HELL ON THE HUMBER

Saturday 17th August 7pm – Amanda 12hrs, Kim & Diana 6hrs

Jan D: "Diana, Kim and Amanda about to start Hell on the Humber. Go girls!"



Badges



Amanda 12:30am "Completed 6 laps. Had a short break. After 4, was hurting then! Last 2 were tough. Need 2 more for 50k in 12 hours. I'm finding it really hard and I now hate the bridge. But ... having a proper break and a cup of tea. It's bliss!

Last time I saw Diana she was completing her 4th lap - 16 miles. Last time I saw Kim she was running well and smiling."

Amanda 2am: "DONE!!! Ouch. I can now join the 50k club. See my Garmin Badge☺. Diana finished 5 laps - 20 miles... awesome. Kim, hope you managed the 6 laps you wanted. Time for bed."

Kim: "Other than a blister the size of Belgium, I don't feel too bad this morning. 6 laps done, 24 miles - if I had been a teeny bit faster I could have got in a 7th I think. Next time!"

Diana: "It was an amazing experience, feeling better than expected this morning in awe of Amanda & Kim. Story behind my 20 miles. I set out intending to do only 3 crossings; my longest run only 7 miles this year due to a saga with toes & knees last year. I did 3 crossings and felt OK for 4 which I intended to be the end.



West Hull Ladies Newletters

At 11.35 race official tells me you have to keep going until 12.35 or you are not a finisher - no T-Shirt, no medal. So went to my car to have a drink and a sulk. Thought what the heck I'll just use it as a recovery walk. So I did, got in a couple of mins after 1.00am told; sorry only counts as half a lap because you exceeded the cut off time. Still got T shirt & medal / or there would have been blood!

Despite all, still a good event and I am pleased I did what I did, even more so that I talked myself into doing that last lap; having even driven to the gate to leave and then told myself not to be so stupid!

I am down as doing 4 and a half laps in the provisional results. If I had known I had to be in by 1.00 I perhaps wouldn't have messed around so long before going out on the last lap which I had to do to avoid DNF, all I understood from Karl was that I could not stop moving before 12.30! Which I still do not fully understand because I had already completed a lap in the second three hours. Confused I know I am? Does it mean if you did two laps at a walk, one in each set of 3 hours but timed your finish exactly between 12.30 and 1.00 you would be OK? “ See below, an explanation of the rules.

Amanda – Also scuppered by the 3 hour rule. Take Note Ladies! “The results show me in the 6 hour group and recording 6 laps (I finished my 7th just ahead of Diana's finish so maybe a minute or two after the 6 hours). I suggested I was moved back to 12hr group with the 8 laps recorded and a DNF marker and would return the T Shirt and Medal. That wasn't possible. If I was moved to the 12hr group I would get zero laps recorded and DNF.

However, the organiser Karl Jackson, kindly confirmed my result:

From: Karl Jackson [mailto:karl@hellonthehumber.com]

Sent: 20 August 2018 18:55

To: Amanda Dean

Subject: Re: HOTH 2018 - Provisional Results!

Hi Amanda,

I can confirm that a total of 32 Miles were documented for you before your withdrawal.

Kind Regards,

Karl

The 3 hour rule means you have to complete your final lap of the session within 3 hours of the close time. So, after finishing I should have had more rest, another cuppa then started a lap at around 3am completing it before 5am (because otherwise there would have been more than 3 hours between lap 8 and lap 9) but after 4am. My brain was not up to working that one out!



West Hull Ladies Newletters

However... see below, that still would not have been enough, I think you have to complete your final lap within 30mins of the finish time.

Overall, it was successful. There were lots of nice people. Everyone saying "Well done" as you passed on the bridge. The tea/coffee at the organiser tent was lovely and there were various cakes, pom bear crisps available and, take away pizzas which you could purchase at a bargain £5."

Do it again?

Kim: "I've signed up for HOTH August 2019. Loved it!!

Diana: "Might give it a go next summer"

Amanda: "Unlikely, though it was very friendly. If I did it again I would train for it!
My 2x2hr training sessions prepared me 2.5 hrs!"

Timing rules of the event from the organiser

The rules as they are now were adapted following the first running of the event in 2011, after we'd noticed some participants maybe not participating within the intended spirit of the event. The rules have been briefed and applied consistently since then, and seem to work for everyone.

The minimum distance rule was introduced when a small group of runners ran the first few laps in the early part of the race, registered their mileage, then went home to bed and came back later for their medal and tee, which didn't feel right when the majority were on site and competing for the duration. The rule is that a complete lap must be registered as finished in each 3 hour segment of the race (or two hours, depending on the race). This also allows most people to take part, and doesn't restrict entry to experienced runners, so those who want to walk and take part / come back from injury, can do so.

The second rule is that you can't withdraw from the race until the last 30 minutes of the race end, therefore requiring you to finish your last lap in that time, ideally. This rule was implemented when a couple of runners ran the mileage they wanted in the first few hours, and when they'd had enough just finished and wanted their finisher tees and medals. Again this didn't feel right for those who are there for the duration, and not really within the spirit of the event. The race is a time limited race.

The third of the rules is that the event cut off time is rigid. This came when we noticed a couple of runners had people counting laps of their competitors, then at 5 minutes before the end of the race went out for a final lap so they could be sure they'd podium. Once again, not exactly within the spirit of the event.

I hope this clarifies the rules, and once again I'm sorry for your disappointment with the confusion about their intent / application. I'm happy you still enjoyed the event, though, and hope you'll come back in the future and have another go 😊

Karl

West Hull Ladies Newletters

Snails Tales

At the beginning of February, Carol made the decision to hand over the group leader of the Snail Runners to myself. I was sad that I would not be running with Carol but also happy that she was looking for new things to try.

So I took this opportunity with both hands knowing that I wanted to make sure that the Snails kept on running and to make Carol proud. So far I have created a Snail Runners Facebook (west hull ladies snail runners) page which has lots interest, my niece has created a brilliant new poster and I have also just started using Instagram (west_hull_ladies_snail_runners). I have a strong group of regular runners, I even have someone coming from as far Gilberdyke. Every week we often have someone new join us.

The Snails have been joining in the coaching session everyone found this very useful and the off road which is a big hit and I am really enjoying it too.

I believe this is the best way for the Snails to get to know the other West Hull Ladies so when they are ready to move on to the next group it will be less daunting.

I do miss the original Snail group but knowing that Carol and I have helped them with their running journey and they have all achieved so much, shows me it is so worth it.

I am always looking at different routes although this is difficult as I don't always have time to check to make sure it is suitable and safe, sometime I wing it and we have a Snails adventure.

I have had some of the Snails join me at Park Run East Park and we have run the whole 5k together and this gives me a real sense of achievement.

The Snails Runners are not just about running, we are about meeting new people, building confidence and spending time outside.

I

am taking part in Endurance 24 and I am really looking forward to this. Just to think that 3 years ago I would thought anyone was mad to be doing such a thing. I have come so far from completing couch to 5k and Endurance 24 is really going to show me how far I can push myself and make Team Style and a Smile proud.

I have lots of little targets for myself one is completing a Park Run in 40 minutes I have just over 2 minutes to work off and I am getting there second by second and I would really like to work my way to (honestly I can't believe these words are coming out of my mouth!) a half marathon.

Anthea.

Snails Runners Group Leader.

West Hull Ladies Newletters

Anthea, Jan A and Angela join the 25K Club

What is the 25K Club?

It is an award presented to Snail Club Members Only who cover 25K within a 12 hour period in an official event with verifiable results or our club event

Those reaching the distance are presented with an award at the Annual Presentation dinner.



West Hull Ladies Newletters

Must Tri Harder

Shelley: Derwent Water Half Ironman

I have a habit of signing up for daft stuff. Five years ago a very nervous, but determined, younger Shelley signed up for her first parkrun, I thought I was mega doing that, barely anyone I knew ran and 3.1 miles was a long way! Fast forward almost five years to the day and a very nervous, but still as determined older Shelley stood on the side of Derwent Water ready for a 1.2 mile swim, a 56 mile bike ride and a half marathon, this was to be the daftest thing I'd done yet.

I knew I wouldn't be fast, I'd had lots of injuries last year, which had held me back, I'm a slow swimmer anyway and a recent chest infection threatened was nearly the last straw, but the aim of the day was to finish and have fun.

Jill, Liz, husband Chris and my Chris were all supporting (and probably wishing they were joining in, as they are also known for having daft ideas!), and I gave them a wave as I got into the lake...



The swim:

The water was quite warm, so no need for the old swimmer's heating technique (you can probably guess what that is) and there was plenty of room to swim and not get kicked. We were told to swim clockwise around the buoys, I had planned to stick close to them and not add any extra distance, but by heck they were far away, each one seemed like miles, and some woman who swam like she was drowning was beating me! Eventually I finished and the lovely volunteers all helped us out of the water, turning your head to breathe made me dizzy and it was hard to walk straight. I spent 15 minutes in transition 1 getting changed. Again, the marshals were amazing and pulled my wet-suit off for me, my head was all over the place and I forgot half of my stuff for the bike, but no time to faff, I had 56 miles to ride...

West Hull Ladies Newletters

The bike:

My bike is wonderful, I swear it's magic! The route went out towards the coast and back, it wasn't overly hilly, there were a couple of very steep ones, a few long drags and there was a nasty headwind but my bike ate up the miles and I overtook 32 people without being overtaken once (apart from one guy 10 metres out of T1, but that doesn't count). I did the whole 56 miles without stopping and even managed a moving water bottle exchange at a feed station (like a pro, but more wobbly). I loved that bike ride, I didn't see many people but I said hello to everyone as I passed and AARRRRed at the Pirates (ask Ann). The views were lovely and the cars were very respectful (even on the 70mph A66!), I started to flag a bit near the end of the ride with the thought of a half marathon to do, they are scary at the best of times and I'd only done one brick session in my training, would this be enough? ...



The run:

5 laps of part trail part road in Keswick with two feed stations and an immense amount of support, I even had my own race chant, performed by Liz and Jill, I had to pass them twice per lap so I heard it a lot, it did keep me going, thanks ladies. There was lots of love for West Hull on the course, with a family from Long Riston shouting 'Go On West Hull, Faave and Naaane' and Jermaine's sister Ginny was one of the official marshals and she gave me a massive cheer each time I passed. As predicted, it was a slow run, which I took one lap at a time, I just wanted to finish and finish happy, it was impossible not to really, all of the volunteers were so friendly and fun, even the most senior race director was hands-on and involved in everything, everybody was literally a VIP. No PBs, I've not even looked at my full stats and I don't care about my time, but very importantly there were no tears and no regrets.



I crossed the line and laughed at what was the most mental day ever, and as soon as I could I signed up to do it all again next year, who's with me?

West Hull Ladies Newletters

Training Tips

Winter Running: We tend to get more injuries during winter, no doubt due to muscles being colder. Pay attention to your warm up and don't forget to do a series of dynamic stretches (after jogging for 7-8mins: 20 x steps bringing knees up to front, then kicking heels towards buttocks. Side steps swinging arms up – both sides. Skip. Big skips bring knee to elbow.) You look a right wally and it is hard work but gives a good warm up and stretch.

Amanda (Training Officer)

Increase your Weekly Mileage: It's really easy to get hooked on how well you are doing because you have run further in one go than ever before at one go but your weekly mileage is more important and all our marathon runners can tell you just how true this is. You might feel really pleased that you have run twice in a week doing a 4M and a 7M but running 5M, three times a week is better. The weekly mileage is your foundation and building this up steadily will strengthen joints and muscles without risking injury.

All your Training Officers

Recovery activities such as walking or easy running following intense efforts will speed up the removal of the acid. The first ten minutes of active recovery produces the greatest reduction in lactate and acid levels

Taken from a UKA article

Old trainers tell the truth: If you have a pair of trainers that are wearing out, check the sole. If the wear is in the front part, middle to fore that is perfect. If the heel has wear, you are likely to be over striding which is inefficient and puts you at a high risk of injury due to impact on your joints, work on your running style. If there is wear either side of the sole, you are over or under pronating and may need specific shoes to compensate (Humber Runner can do an analysis).

Amanda - Training Officer

Runners Tips, Sweet Drinks:

I would not recommend anything artificially sweetened due to a possible negative effect on the nervous system. Sweeteners stimulate hunger by making the body expect an easily available source of energy, which may then prompt a lowering of blood sugar levels and stimulate further hunger. Sweet drinks though useful for fuelling exercise and immediate recovery, should be avoided for general good long term health due to causing erratic fluctuations in blood sugar, which may encourage bad dietary habits, weight gain and cause unnecessary physiological stress.

Mark Mckeown (MSC) Sports Scientist

West Hull Ladies Newletters

Bits & Bobs

Book Review – Hansons Marathon Method: Jan Draper

I've been reading a good marathon training book and so Amanda suggested I write a short book review, so here goes!

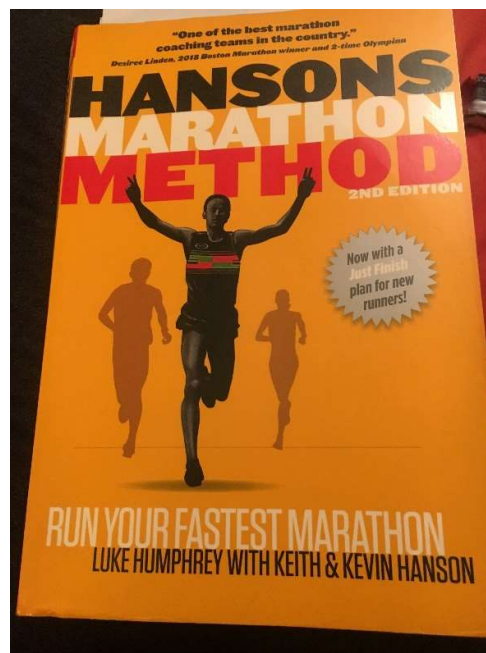
A friend recommended the Hanson Marathon Method after she'd used it and PB'd in Tokyo in 3.48. It's a very popular, successful and well respected training method in the States but less well known over here. It was developed by the Hanson brothers (Keith and Kevin) over 20 years ago. The book is written by Luke Humphrey, a marathoner, who set up and runs Hanson Coaching Services. I've really enjoyed reading the book and have learned a lot about all the sports science underpinning marathon running.

So here are a few of the Hanson principles:

1. The plan is built on a system of cumulative fatigue – training your body to run on tired legs and to cope with the latter stages of the marathon.
2. Consequently, you run six days a week, as mileage is key to cumulative fatigue.
3. That said however, not all runs are created equal and diversity in the training is crucial. Two of the weekly runs are what they call SOS runs – Something Of Substance runs. One is a speed session that gets increasingly more demanding over the duration of the plan and the other is a tempo session (at marathon pace), which also gets longer and more challenging over the 18 week plan. Three sessions are 'easy' runs which are much slower than marathon pace and are crucial to the success of the plan, as it's these runs that increase capillary development and the numbers and size of mitochondria in the cells. The sixth run is the long run and herein is the key characteristic of the Hanson method – the longest run on the plan (and they have three: 'Just Finish', 'Beginner' and 'Advanced') is 16 miles because....
4. Another principle is that the longest run on the plan should not be longer than 25%-30% of the total weekly mileage. They are very critical of other training plans, typically of 4 or even 3 runs a week, that have a 20 or 22 mile long run. This length of run takes a lot out of the body and means that high quality SOS runs are not possible for 4 or 5 days after such a long run. With a shorter long run, it is still possible to continue to do high intensity training within a day or so.
5. The final principle is consistency – sticking to the plan and to the scheduling of the different sessions.

So that's it in a nutshell! I'm looking forward to trying it out in the future! Jan

Luke Humphrey (2016) (2nd Edition) *Hansons Marathon Method. Run your fastest marathon.* Velo Press, Boulder, Colorado.



West Hull Ladies Newletters

October Committee Meeting Treat: *Maria Diaz*

Fab, very rich cup-cakes. Maria spoils us all.

Chocolate peanut butter cups

SHALANE

When I'm training hard, I look forward to a sweet treat and these really hit the spot. If I'm not racking up a ton of miles, I'll have these a couple of times a week. But when I'm training for a marathon these are mandatory, every day.

ELYSE

These are rich, but you can feel good about eating them. They use peanut butter, coconut oil, cocoa powder, and maple syrup, so it's all whole foods and good fats.

Serves 12

Prep time: 60 mins

INGREDIENTS

▶ Chocolate

80ml virgin coconut oil
25g unsweetened cocoa powder
3 tbsp maple syrup

▶ Peanut butter filling

2 tbsp virgin coconut oil
125g peanut butter
1 tbsp maple syrup
¼ tsp vanilla
½ tsp fine sea salt

DIRECTIONS

1. Line a mini muffin pan with 12 mini paper muffin cups.
2. To make the chocolate: in a small bowl, microwave the coconut oil for 30 seconds, or until just melted. Stir in the cocoa powder and maple syrup.
3. Place 1 tsp of the chocolate in each muffin cup. Place the muffin tin in the freezer until the chocolate solidifies (about 5 minutes).
4. To make the peanut butter filling: in a bowl, microwave the coconut oil for 30 seconds, or until just melted. Use a fork to stir in the peanut butter, maple syrup, vanilla and salt.
5. Spoon about 1 tsp of peanut butter filling on top of the chocolate. Then spoon another tsp of chocolate on top of the peanut butter filling to fill the cups (if the chocolate begins to harden, microwave it for 10 seconds). Place peanut butter cups in the freezer until solid (about 30 minutes).
6. Store in an airtight container in the fridge or freezer. If frozen, remove from the freezer 15 minutes before serving. 🍫



West Hull Ladies Newletters

Run a dragon ...



Check out Shelley Derwent Half Ironman



Website: <http://www.westhulladies.org.uk>
Facebook: <https://www.facebook.com/groups/westhulladies>

Email: westhulladies@outlook.com
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