

WEST HULL LADIES

NEWSLETTER Winterish 2022



Drinks station Haltemprice 10k



Champagne league ladies

Club Welfare Officers

England Athletics requires the club to have 2 appointed welfare officers.

Safeguarding aims to protect the health, wellbeing and human rights of individuals, enabling them to live free from harm, abuse and neglect.

While safeguarding is the responsibility of everyone within the club, the club welfare officer ensures the club has dedicated individuals with the responsibility for managing and reporting concerns about children or adults at risk.

Who are the WHL Welfare officers?:

Sara Ellis and Karen Watkins

What are the key roles of the welfare officers:

- Implement effective Adult Safeguarding Policy and Adult Safeguarding Procedures and keep them up to date (alongside Sarah Wilson, policy officer).
- Safeguarding at the club and encourage good practice.
- Respond appropriately to safeguarding concerns
- Deal effectively with breaches of the codes of conduct, poor practice, or allegations of abuse
- Keep up to date with developments in safeguarding
- Attend the relevant safeguarding courses for the role of CWO

What does this mean for club members?

Your welfare officers are friendly and approachable, if you have any concerns about your own or another club members welfare then please do not hesitate in speaking to us either in person or facebook messenger. Sara leads the Friday Fresheners session most Fridays.

You can be assured that any conversations will be treated with sensitivity and discretion, with an awareness that some information may need to be shared in order to protect the best interests of the child/adult at risk.

Further information can be found on the England Athletics website.

Thank you,

Karen and Sara.



Karen



Sara

Meet the Member Camila Walker

Meet the Mem-

ber: Camilla Walker

What do you do when you're not running? When I'm not at work or running, you'll probably find me either doing yoga, teaching myself German or out for a walk with or without the dogs!

Why did you start running?

I started running with the club doing couch to 5k in January 2022 but thanks to an injury, I didn't really start properly running until July 2022.

Any injuries?

Not from running but I'm very clumsy so I'm always covered in bruises - my last workout related injury

was getting hit in the eye with a resistance band when trying to do a pull-up. 10/10 would not recommend!

Running goals?

I'd like to: keep on improving my Parkrun times (I'd love to know if a sub 25 minute is possible); be able to keep improving my 10k road race times and keep developing my distances.

Proudest moment(s) running related or otherwise?

Running: my first ever 10k race in less than an hour and all my Parkrun PBs! Also being given a shoutout by Tape2Tape on instagram was pretty cool!

Non running: my first ever residential trip as a teacher where I climbed a mountain and scored the winning goal in the staff vs students football match - I've been fielding off requests to join games of football ever since!

Best piece of advice you've received In anything?

If you can't do anything to change it, then try not to spend more than 30 minutes worrying about it. Surprisingly effective for the small things! As for running: don't set off too fast (me all over).

Running alone or with friends?

Definitely with friends!

What keeps you motivated?

My fitness journey and the belief that other people have in me - definitely helps me keep going!

Favourite moment in a West Hull Ladies vest?

I didn't have it for my race but I had it for my Newcomer of the Year award, which made me realise how far I'd come!

Favourite piece of running kit?

Shoes: Nike Pegasus for day to day; Nike Pegasus Shields for the rain and mud (these probably get the most mileage if we're being realistic); Nike Zoom Vaporflys for when I'm attempting any sort of PB! I've just invested in some Brooks as well and I love my Sweaty Betty leggings too! Basically running has opened up so many shoppotunities for me!



Running Bodies and Ranking Sites Explained.

Sandra Holdsworth

As we have several new ladies to the Club it seems like a good idea to explain different Running Bodies and sites that will be of interest to you as individuals as well as Club Members.

UKA (United Kingdom Athletics)

This is the governing body for the sport of athletics in the UK. It is responsible for the provision of many high-level functions. These include GB and NI international teams, UKA rules for competition and coach and officials licensing.

British Athletics

UKA introduced the BRITISH athletics Brand in 2013 to act as an identity for athletics in the UK. It has four-member organisations England Athletics, Scottish Athletics, Welsh Athletics and Athletics Northern Ireland.

Run England

Is the official England Athletics running project which aims to get the whole nation running. It provides a resource for new or would be runners to find Clubs and motivates them to take part in sport.

Power of 10 and Runbritainrankings

These are sister sites with the Power of 10 providing rankings for athletes competing in track and field events and Runbritainrankings for road runners.

If a race is affiliated under UKA then the results are automatically entered onto the site.

As a Club we would find the Runbritainrankings of more use but members will more than likely feature in both sites.

The centrepiece of the website is the handicap score awarded to every runner who has done at least one run since the start in 2010. The handicaps are intended to motivate runners to race more and at different distances and so improve their handicap.

Importance of Runbritainrankings to West Hull Ladies

We use the site to help in deciding whom to award the different trophies to at the Annual Awards evening.

Importance to Individual (you!)

Take a look at the site and look at your profile. It can be a great motivator when you see the graph line of your progress going up. It is also understandably can at times dip as we are not robots. But again, that can be the motivation maybe to do a little more to see it climb again.

Whilst we should all be on the site if you are not please get in touch and we will help you sort it out.

Check out www.runbritainrankings.com and register to see your profile.

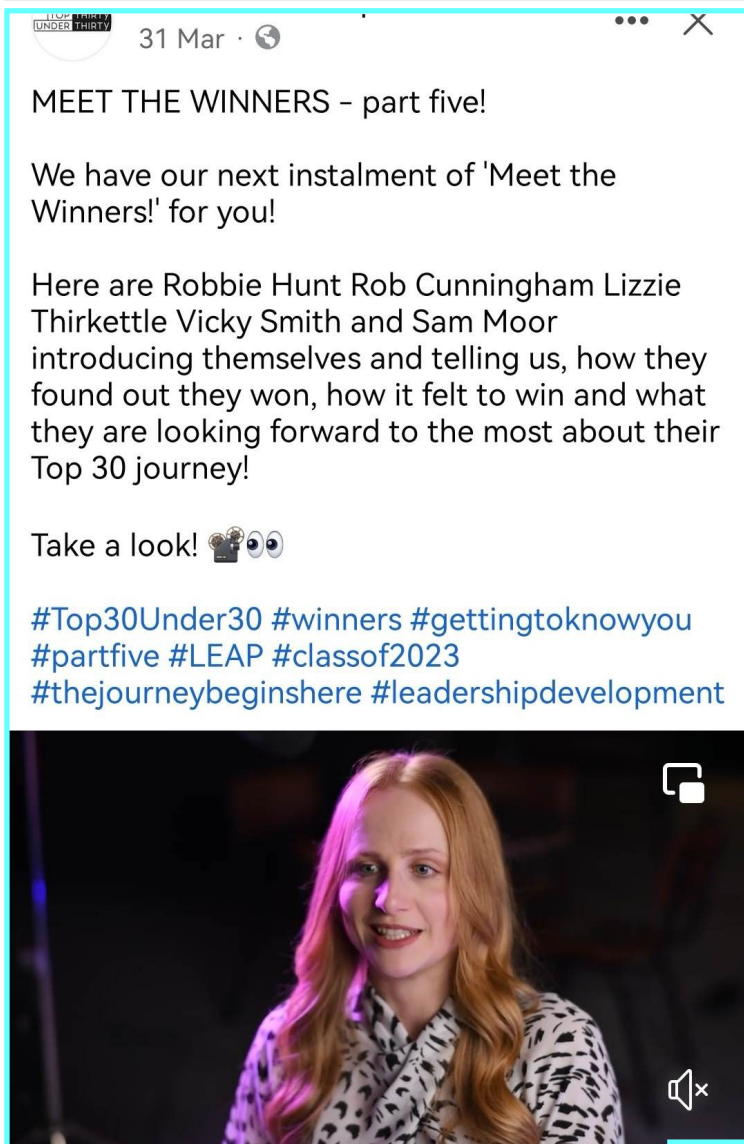
On the site you will see SSS. This is explained below.

The SSS is a difficulty score based on how easy or difficult it was to run a quick time in a given race. The harder it was to run a quick time, the higher the SSS score. The way it is worked out is by looking at people's times in a particular race and comparing it against their previous performances. As a very simplified example, if 100 people run in race A one weekend, and the same 100 run in race B over the same distance the next weekend, if, on average, the field is 60 seconds slower in race B than race A, there was clearly some factor (be it weather conditions, accuracy of course measurement, type of terrain, competitiveness of the field, how hilly the course was etc) which caused times to be slower. Therefore the SSS for race B will be higher than the SSS for race A.

Sometimes the system doesn't have enough data to run the calculations properly – for example if there were only a small number taking part and only a few of them have profiles so we have limited access to previous performance data. In this situation the system gives a notional value of 1.0.

I hope that this is useful to you all

Club News And Gallery



Karen at the London Landmarks Half Marathon with a Pearly Queen

Our very own Vicky Smith has been named in Hull and Humber Top 30 under 30s. Well done Vicky



Jan and Suzanne at the Ali Clark 10k

Clumber Park Duathlon

Sandra Holdsworth

Shell contacted me in January to let me know entries for this event was open. It was one that I had completed last year and so I decided it would be good to give it another go and with the best intentions of doing the proper training (or even just some cycling!) I entered.

Did I do the training? – sadly no but I did treat myself to a new bike in May last year which again sadly I only rode about 4 times. The only excuse I can make is that during the summer I was training for the London Marathon last October and then cycling in the winter didn't appeal. Lame excuse but there it is, the only one I have.

I did initially enter the standard event which is a 10k run followed by a 40k bike ride followed by a 5K run. But about 2 weeks before the event I contacted the organisers begging to drop to the sprint (5k run, 20k bike ride and 2.5k run).

They readily agreed to this thankfully. I did however hum and ha about whether I was capable of doing the shorter distance and did I really want to. Nothing worse than going into something unprepared.

On the Friday before the Saturday race day I was out training and was told 'If you don't do it you will regret it'. How true is that before any run or race?

So that night the bike was put in the back of the car, my overnight oats were in the fridge and my bag was packed.

6am I was up listening to the rain and thinking "Do you really want to go" Not really but I dare not go. I had told too many people and felt I would let them down and myself.

So off I went in the driving rain and fog which seemed to get worse. As did my fear of cycling in the rain and coming off and then I thought "No I haven't got lights on my bike I might get there and they might say I couldn't ride!"

Anyway, I did get there and they did let me ride and the weather did take a turn for the better.

I racked my bike (think that's the right expression) and went back to the car to change my soggy trainers and socks. Although it wasn't raining the grass was wet.

After changing them I put some doggy bags over them hoping to keep them dry until I started the run. As I was walking along a guy stopped me to tell me something was stuck to my shoes. How embarrassing but he gave me a tip for next time – put them inside your shoes. Doh how simple was that.

Anyway 9.15am and my wave was the last to go and we started on the 5k run. I was prepared for the hills this time and so they didn't seem to bad. The best bit was on the downhill for the last part of the run. I felt ok and got ready to go on the bike. Helmet on gloves on. No, the gloves wouldn't go on as my hands were cold. Never mind they got thrown on the floor as did my jacket. It had really warmed up.

The cycle course is very undulating and very pretty in parts. I really enjoyed this part but really showed my inexperience by having to pull into the side to have a drink. Whilst this cost me time it kept me safe. Riding one handed isn't for me.

The last couple of miles is down into Clumber park which would have been nice if the road surface had been ok. It was a nightmare and not enjoyable at all. So many potholes I really didn't enjoy that part nearly coming off at one point.

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So, off the bike and after racking it I set off for the last run of 2.5k not long at all. Last year when I did this I really did have the jelly legs but surprising they didn't feel so bad. Just as I started I heard my name being shouted and it was so lovely to see Shell and Chris there. It really does make a difference having someone there as we all know.

The uphill was a bit harder this time so I decided that if I took a gel I could justify walking a short time which I did and then I was at the lovely cone where I turned and made my way back to the finish. And then it was over and I reflected on how pleased I was that I had done it and how much I had enjoyed it.

If anyone else would like to do a duathlon I would really recommend this one. The organisation is really good and the run and cycle ride are on scenic courses. The volunteers as always were first class and very supportive.

The event was 1000 places down from last year but the organisers have said that because of the excellent feedback they will put on the event next year.

I shall definitely be there supporting it again as it would be such a shame to lose such a great event. And you never know I might actually get my act into gear and train properly and learn how to drink and ride at the same time.



Show us your Bling



Jade, Chantal and Gail showing off their mugs at Dave Macdonald Haltemprixe 10k



Kate with her 3rd in her age category at Haltemprixe 10k



Karen Park's Meridian Half Marathon 3rd placed lady 6/11/2022



Annie Norton Meridian Half Marathon

Gallery

Dalby 10k 13/11/2022



Top Sam, Sandra and Amanda
Bottom Karen, Di, and Gail

London Marathon 23/04/2023

Kim McBirnie

Over the last week I've been thinking back on my marathon experience – all of it, from when my name was pulled out of the hat at the 2022 awards dinner, getting covid and having to defer last autumn, to crossing the finish line on the 23rd April. It has been an amazing journey, I've entered the ballot and been unsuccessful 12 times, so I cannot express what a huge privilege it was to get the club place. So thank you West Hull Ladies, for the opportunity to run a race I have dreamed of for so many years.

So, this was my marathon weekend – feel free to skip ahead to the good bits!

I travelled down on Friday, aiming to pick up my number from the expo and then have Saturday free to rest my legs (and eat). There were loads of people travelling down to the marathon, both to run and spectate, and we all shared a bit of a head nod to acknowledge we were part of that not so secret but very exclusive community of runners. My kids would have been mortified if they'd been there!

I dropped off my luggage at the hotel and then headed to the expo, there's no getting lost, you just follow the crowds by this point in the week. As the volunteer handed me my pack and explained how to drop off kit in the luggage vans, I had the first (of many that weekend) feeling that this was unreal and surely must be happening to someone else. Was I finally going to run the marathon?

Friday night I had a wander round Canary Wharf (and a free meal, but that's another story) and an early night – after a luxurious bath using all the free products, in my upgrade to an executive suite. Saturday afternoon I met my husband, Andy, who travelled down the day after me.

The week before the marathon, the weather forecast had swung wildly to 21 degrees and sun, so I had travelled down with shorts and vest to run in on the day. Somewhere on the way to London that forecast changed to 8 degrees and 80% chance of rain for practically the whole day, so the Friday evening also included semi frantic calls to my husband to bring long leggings, a tee shirt and my jacket. Crazy weather!!

Sunday morning arrived, I desperately tried to shovel in some porridge even though my stomach said nope – so I took a peanut butter sandwich and porridge bar with me for the wait. I also sent Andy outside to see what the temperature was – cool and breezy – so I opted for long leggings and a tee shirt. At 9 :20 I left him having his breakfast and set off.

Depending on where you are staying, London Marathon doesn't have to be an early start, in your race pack it tells you what time to arrive at the Park, and my suggested time was 9:45, with my wave starting at about 11am. I got the DLR from South Quay, which was only an 8 minute journey to Greenwich station, and then a half hour walk to the red zone in Greenwich park, by which time the clouds had started to gather and the first spots of rain started to fall. I'd taken a bin liner with me as well as a hoodie to leave at the start, but ahead of me in the toilet queue was a young girl without a jacket, and she was shivering violently. I offered her the bin liner I'd brought with me – she looked very confused at first, but I tore a hole in the bottom and helped her get it over her head, and by the time we reached the loos – HUGE queues – she was much warmer and had stopped shivering. This came back to bite me later, I got a bit cold and very very wet as the heavens opened and it rained heavily for an hour. By the time I'd finished the race, I'd got chaffing in places I had never chaffed before, presumably from wet clothing. Ladies, the pain in the shower was real!!





At 11am, our wave started to move, and finally I was across the start line. The first few miles are relatively quiet, gently undulating, and I settled into a steady pace. It doesn't feel like you're actually running in London at this point, it's just pretty suburbs that reminded me a bit of Hesse. The other waves join at about three miles, and suddenly there are a lot more people around you. The crowds and noise starts to build from here, and by the time you reach Cutty Sark (about 6 miles) the noise is totally overwhelming. Andy had tried to get to Cutty Sark to see me, but there were so many people there already the train didn't stop, and the tunnel from docklands had also been closed. The spectators on the course are incredible, all the way round. So many people offering vegan sweets, Haribos and jelly babies, one lady had obviously cut hundreds of oranges in to wedges by the number of skins across the road. The crowds are generous with their support, in so many ways, and this both lifted me, and overwhelmed me (canary wharf, mile 18) in different parts of the race.

After Cutty Sark, the next landmark was Tower Bridge. I knew what mile it was, but I think I was totally in the zone, and it was a surprise when we turned a corner and there it was ahead. Again, the noise was incredible. I felt very emotional as we crossed the bridge, this was approaching the halfway point and I knew that the real work was about to start.

The next section heads away from central London back to Canary Wharf, I finally saw Andy about mile 17/18 – he had some chocolate for me, but I couldn't stomach the thought of it by this point. I'd taken Tailwind with me as a fuel source, it sits really well with my stomach, but after struggling to get a sachet into my soft flask in the later stages I know this is something I'm going to have to practice for future races. Ladies, I would highly recommend BabyBel as a long run fuel source. I took 4 with me, they're wrapped in wax, which is easy to peel off, and at those later stages where you start to dread the thought of something sweet, the hit of savoury cheese was amazing! That is my top tip for all of you non – vegan runners out there.

Mile 21 was a low point, I was really feeling it by this point and was hanging on by my finger nails. Then I came to the Run Dem Crew – oh what a lift that was!! If you've never heard of RunDem-Crew, google them. They are a non affiliated running group set up by Charlie Dark, a poet and musician, and it attracts like minded people – which you see at their mile 21 station. They're all singing and dancing through the crowds, and runners on the course join in, you can't help yourself, their energy is infectious in the best way. There was no way I could feel low running through there, in fact I think I danced through – the mile 21 crew saved the last section of my marathon.

Those last 5 miles are a bit of a blur now. I can remember drummers in an underpass, crowds, music, seeing the London Eye across the river and then Big Ben as I approached the turn to the Mall. The last five miles had been tougher as well because more people were walking – or in fact would just stop running right in front of me, and I was having to dodge and accelerate round people which takes a toll on your quads. The next sign said 800 meters to go, and it felt bloody long, but then Buckingham Palace comes into view, and as you round that corner you can see the finish line right there, only 100 meters away. I was so ready to stop at this point that I picked up my pace and powered through. And it was done. London Marathon, 2023, one of the hardest races I've done (my quads were absolutely trashed!) but one of the best experiences I've ever had. If we can run Marathons, we can do anything, right?



I can't wait to see who gets the club place for 2024 – you are going to have the most amazing time.

More Bling



Rachel and Shelley after the Brass Monkey
15/01/2023



Anna with her North Coast 500 mile medal
31/12/2022



Janet at the Easter 5 Mile race at Bridlington

Presentation Evening

17th March 2023 Cottingham Parks



Victoria Osborne 10k award



Camilla Walker Newcomer of the year



Maria Diaz Improver of the year



Diane Pickering Improver of the year



Amanda Dean True Grit award



Sandra Holdsworth Member of the Year



Verity Pick 100 miles silver plate

1000 miles in a year

Sara Ellis

Verity Pick

Cath Dyson

Karen Park

Jenny Henderson

Sandra Holdsworth

Amanda Dean

Jackie Foreman

Chantal Cable

Stacy Foxworthy



100k in 24 hours Hoodie

Sam Thompson

100k in 24 hours certificate

Karen Park

50k in 12 hours badges

Gail Farr (Twice)

Cath Dyson

Anna Cartwright

Kerry Taylor

Jackie Foreman

Stacy Foxworthy

Verity Pick

Amanda Dean



1000k in a year Badge

Samantha Thompson

Kim McBurnie

Lynne Parkin

Sara Ellis

June Beadle

Felicity Williamson

Sarah Wilson

Suzanne Clarkson

Anna Shepherdson



Marathon Recovery

Amanda Dean

Marathon recovery begins the minute you cross the finish line. Keep walking at least 10 minutes after you cross the finish line to allow your body to return to its resting state gradually. Get your medal, take your photos, pick up your gear and keep walking. It will allow your heart rate and blood flow to return to its normal state as well as reduce the risk of blood pooling in your legs which can cause fainting. Get up and walk around 10 to 15 minutes every few hours for the rest of the day.

Refuel depleted muscles as soon as possible with a meal that includes carbohydrates, protein and sodium. Fuel is most efficiently absorbed in the first 30 to 60 minutes post-race. A peanut butter and jam sandwich, banana and sports drink is one example. If you struggle with eating post-race, try a liquid recovery drink. Recovery drinks are formulated with everything you need to refuel your body--carbohydrates, protein, electrolytes and fluid.

The stress of running a marathon can depress your immune system, leaving you susceptible to colds, flu and other upper respiratory tract infections in the days immediately following the race. Self-care is the best way to reduce your risk of contracting a virus, so make sure you get plenty of sleep, eat well-balanced meals and drink lots of water.

A general lack of energy in the week following marathon is perfectly usual. Try to eat meals comprising 50-60 per cent carbohydrates to replenish your glycogen reserves, and foods rich in protein to assist your body in repairing muscle and tissue. Indulge any cravings you might have – these could be your body's way of telling you what it needs. Scientific research also indicates that many marathon runners lose around 3mg of iron per day for up to five days after the marathon, so eat foods rich in iron: meat, spinach, beans, peaches, parsley and peas during your post-marathon week. To promote iron absorption, drink orange juice or consume other rich sources of vitamin C with your meals.

Some runners complain of weight gain immediately after a marathon. This is most likely due to water retention as your muscles repair and rebuild. Don't be tempted to start (or resume) any weight-loss regime during this time – your body requires a full complement of nutrients to recover from the stress of the race. Of course, if you are still gaining weight after your first recovery week, you might want to consider adjusting your calorie intake to suit your new activity levels.

Tapering in Reverse

Just as you tapered off with decreasing weekly mileage in the weeks just prior to the marathon you need to do the opposite after the race. Here is a typical post race schedule:

Week 1:

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Walk	Walk	3M	Walk	Rest	4M	Walk

Week 2:

Mon	Tue	Wed	Thu	Fri	Sat	Sun
3M	Rest	5M	Walk	Rest	6M	Walk

Running Form (1)

Amanda Dean

Having read this article I agreed with all his points about running form so want to pass them on to you. Note you should take from it what suits you. If you do try to change your style to match his recommendations work on tweaks, not big changes at once as this can cause injury. Hope it is useful to you,
Amanda

Running Form for Distance Runners

By Rick Morris (Owner of Running Planet Journal)

One often overlooked subject when learning to run is your running mechanics or running form. Many recreational runners make the assumption that running form is only important for competitive athletes. That assumption is wrong. It is just as important for a new runner to learn proper running mechanics. In many ways it is even more important for a beginning runner to learn proper form. Learn it early and you will avoid picking up bad running habits that can cause you to become injured, frustrated and an inefficient runner. If you have bad running form habits correct them now. It will improve your performance and help you avoid injuries. Everyone's form looks a bit different. Even among the elite, world class runners, you will see many different specific running styles. Some run low to the ground with little knee lift while others run powerfully, with high knee lift and a strong kick. Some athletes run with a slight forward lean and some run very upright. Despite the large variety in specific running forms, there are a number of elements that are common to almost all successful running styles. Each of these elements can be practiced and adjusted. Good running form is not something a runner is born with. It is a learned skill.

Foot Plant

One of the most important phases of running mechanics is the position of your foot when it lands on the ground. When your foot strikes the ground it will land either; toes first, ball of the foot first, flat footed or heel first. Many runners make the mistake of reaching out in front of their body and landing heel first. That type of foot plant is inefficient and can be the cause of a long list of injuries. When you land on your heel, your leg is straight and extended in front of your body. The combination of a straight leg and a hard heel landing transfers a lot of impact through your heel and up through your knee to your hip. The excessive stress a heel strike places on your joints can cause pain and injury to your hips, knee, ankle and foot. Shin splints (pain of the front of your lower legs) is an example of a common running injury that can be caused by heel striking and over striding.

A heel first foot plant also means you are over striding. You are reaching out in front of your body with each step you take. When you reach out in front of your body, you will land heel first and will be putting on the brakes with each step. You are wasting energy and making your training run harder than it should be. Landing toes first is not an efficient style for distance running. Toe first landings result in a lot of up and down motion and puts a lot of stress on the calf muscles. Toe running is more appropriate for sprinting than for distance running.

As a distance runner, your most efficient foot plant is one in which your foot lands directly under your hips or your centre of gravity. You may land on the ball of your foot or flat footed. The ideal landing position is slightly toward the outside edge of your foot, just behind your little toe. Your foot would then naturally roll slightly inward while pushing off over your big toe. The slight inward roll of your foot is called pronation and provides some cushioning during the running stride. A small amount of pronation is normal and desirable, but excessive pronation can also be the cause of injury and stride inefficiencies. Excessive pronation can be prevented through the use of motion control shoes. That type of shoe has strong heel inserts that stop the inside rolling motion of pronation. While motion control shoes will temporarily solve the problem, it is like putting a band aid on a cut that will never heal. It solves the immediate problem but it not a long term cure. Pronation can be caused by weak muscles in your lower leg or stride inefficiencies. Doing some barefoot walking and running will help strengthen the ankle and foot stabilizing muscles in your lower leg. Doing exercises and drills on an unstable surface such as a wobble board or stabilization pads can also help with this problem. If you pronate severely I would suggest consulting with a physical therapist to find out if there are alternatives to motion control shoes in your specific case.

Posture

Years ago, when I was first learning how to run, I was taught to run with a very upright and straight posture. I was told not to lean forward or backward. Nearly every coach taught that same technique. They coached that way because it was the way they learned to run. I ran successfully using that technique in the early stages of my career but as I advanced to longer, more difficult training runs and higher levels of competition, that technique was no longer adequate. I began suffering from back pain and leg injuries. Running became more difficult and my enjoyment level plummeted. So, I made changes. If you watch world class runners on television, you will notice that they appear to run with no effort. They seem to be gliding smoothly along the road or track. I watched the most successful runners. Nearly all of them run with a straight and erect back, but they lean forward very slightly. This very slight forward lean gives them a completely balanced posture. Balance is the key word. You should always feel as if your upper body is in balance above your hips.

When you are standing still your upper body is very straight and balanced on top of your hips. Go ahead and try this. Stand up and feel your body. Lean your body forward and backward. When you lean forward you begin to lose your balance in that direction. When you lean backward you feel your balance shift to your rear. Only when you are standing with a straight upper body do you feel in balance.

Now start to walk forward. When you begin to move shift your upper body very slightly forward. You are leaning into your movement. In a way when you walk you are actually falling forward and catching yourself with your legs. Running is the same. When you run you need to lean forward to keep your body balanced over your hips. If you kept your body straight your balance would be shifted to the rear of your body. You would not be able to continue the action of "falling forward". You would have to reach out in front of your body and pull your legs back to create forward motion. That would make your running more difficult and inefficient.

The most efficient posture is one that is upright and relaxed with a slight forward lean. Your chest should be out and your shoulders back. If you lean too far forward you will begin a stumbling, high impact stride. You will also put excessive stress on your knees and back. A backward lean will cause you to over stride and land heavily on your heel, which will also stress your knees, hips and back. A visualization that may help is to imagine your hips and legs being a motor. You just want to keep your upper body balanced over your motor.

Keep your hips pressed forward and your butt tucked in. Visualize standing face first against a wall. Press your hips forward so that the bones of your hip touches the wall. Running with your hips forward will help your knee lift higher, with less effort.

Another common form error is called "sitting in the bucket". This is especially common among beginning runners. This style is caused by the hip and butt being pushed back, into a slight sitting position. This causes your feet to be in front of your body with a very weak push off behind your body. Keeping your hips pressed forward will eliminate this form fault. Keep your body as relaxed as possible. Tense muscles will slow you down and force you to work harder. Concentrate on keeping your shoulders, jaw, torso and legs nice and loose.

Stride Length

The most common form flaw I have observed in runners I have coached is over striding. Forcing a long stride length will not improve speed or running efficiency. Just the opposite happens. Over striding will result in reaching out in front of your body with your foot and landing heavily on your heel. This will cause the braking action that I mentioned earlier. In a proper stride, your foot should land directly under your body with every step. Concentrate on running with a quick and light stride. Your stride should be like a rotary motion with your foot landing directly under your center of gravity at the bottom of each cycle. Over striding is a form flaw, but in order to run as efficiently as possible, you must extend your stride to its maximum, without over striding.

You should increase your stride length by opening up your stride or making "bigger circles" with your feet and legs. Do not reach out with your forward foot, but allow the forward momentum of your body to "catch up" with your forward foot so that no braking action is initiated. Your forward foot should land directly under your body. If you reach out with the forward foot, you will land on your heel and initiate a braking action with each step. This will excessively stress your knees, hips and back, in addition to slowing you down.

Stride Mechanics

All of your effort should be directed forward. There should be very little up and down motion. Runners that bounce or hop when they run are wasting energy. They are also putting excessive stress on the knees, hip and back. You should feel as if you are gliding along. Imagine you are running with a beanbag on your head. If you bounce too much the beanbag will fall off.

Your stride should be quick and light. Visualize trying to sneak up on someone while you are running. Your steps should be light and quiet. If your steps are heavy and noisy, you are running with too much up and down motion, or are leaning forward too much.

You should not exaggerate your knee lift when running long distances. A high knee lift is much more important when sprinting or when running hard for the finish line. An exaggerated knee lift will require the use of too much energy to maintain for a long period of time. Knee lift is a very misunderstood term. Many believe that knee lift means to lift your knee straight up, which results in a bouncy, up and down motion which wastes a lot of energy. A proper knee lift should feel like you are driving your knee forward, not up. A forward knee drive will result in a low to the ground and efficient forward running motion.

To initiate your foot plant, slightly pull your lead foot back gently so that it will match the speed of the ground moving under your body. That way you will avoid any braking action and will run very smoothly and efficiently. Immediately after your foot plant concentrate on quickly picking your foot up to continue the cycling motion. It may help to think of your legs moving in a continuous cycling motion, very similar to pedaling a bike. A rather amusing mental cue is sometimes use is imagining I am moving like the cartoon "road runner". I imagine my legs spinning in a continuous circular motion and my body is just going along for the ride.

Arms

The main purpose of an arm swing is to provide balance and coordination with the legs. The arms should hang loose and relaxed, close to the body. Avoid excessive movement. You want to avoid any tenseness in the shoulders. Your wrists should be loose and floppy. Do not clench your fists. Your hands should be held in a relaxed manner. You may try imagining that you are holding a butterfly in your fingers. Do not crush the butterfly. Any tightness in your hands will transfer all the way up your arm. During the arm swing, your hands should not travel above your chest or behind the midline of your body. Try to avoid crossing your hand in front of your body. Keep your arm swing compact and your elbows at about a 90 degree angle. Do not drive your arms forward. A forward arm drive will encourage over striding. There is only one direction for arm drive - backwards. Driving your elbows back when you run will help you run with a quick, light and efficient stride.



Gallery



June and Liz N at Ho Ho HOTH
3/12/2022



Camila looking very dapper in her rainbow
headband 3/12/2022



Verity, Rachel, Shelley, Amanda and Sara at Rudolph
Romp 4/12/2022



Kim and Felicity at Rudolph revenge
18/12/2022



9th January 2023 group



Ladies at the Haltemprice 10 mile 29.01.2023

Running Form (2)

Amanda Dean

When my running was beginning to plateau I found this research into why we get slower as we age really useful – and surprising. If too many words, I have highlighted what stood out to me but hopefully you will enjoy reading this research.

Keep up the Yoga, Pilates, whatever you can to stay flexible and strong and that will go a long way to keeping you running as you get older.

Happy reading, Amanda

The Hamilton tapes Dr. Nancy Hamilton at the University of Northern Iowa

Although most investigators have linked age-related performance fall-offs with declines in cardiac power and losses in muscle mass and strength, Hamilton wondered whether changes in form might also account for a significant fraction of the performance downturn. It was an exciting idea, because it meant that it might be possible to identify those specific aspects of form which must be preserved in order to sustain fast and efficient running.

So, at the World Games in Eugene and the National Championships in San Diego in 1989, Hamilton spent hour after hour videotaping 162 competitive runners (83 males and 79 females). She then digitised the runners' performances into a computer and literally spent hundreds of hours analysing the runners' biomechanics. Fast runners were compared with slow ones, older runners with young upstarts. As she watched the tapes unwind, Hamilton became convinced that performance differences between runners of the same age and also age-linked declines in velocity might be caused to a very large extent by mechanical factors such as range of motion at the hips, knees, and ankles.

Her theory was that range of motion was bound to influence stride length and stride frequency, two key components of running economy and the two elemental aspects of running which must change if you're to become a faster runner.

It's the length - or the frequency

For example, if you currently run a 5K at a steady pace in around 18:30, you cannot improve your time unless you change your stride length or frequency. If you currently take 180 steps per minute (90 strides) and your stride length is 3 metres (1.5 metres per step), you're automatically locked into approximately a 1667-stride (3334-step) race, since 5000 divided by 3 equals about 1667 strides. Now 3334 steps divided by 180 steps per minute gives you a finishing time of around 18.5 minutes, or 18:30.

If you improve yourself physiologically or ameliorate your form and transfer that nice change into a 1-per cent increase in stride rate (without any decrease in stride length), you'll run your 5Ks in around 18:20, a 10-second improvement. If your transformation produces a 1-per cent increase in stride length instead of rate (without any loss in rate), your 5-K time will slide down by the same amount - to that nice 18:20. Of course, simultaneously upgrading stride length and rate by 1-per cent each will bring you home in about 18:10.

Do stride patterns change with ageing? Of course, but Hamilton was startled to learn that stride rate dropped off to only a small extent (and the change wasn't statistically significant). In fact, there was actually a trend for stride rate to increase slightly between the ages of 35 and 55, after which it began to decline a bit. **The stride rates of runners in their 80s were only about 4- to 5-per cent slower than those of the 35-year-old whippersnappers.**

Although stride rate didn't change much, stride length did decline by rather massive amounts.

Looking at the most extreme comparison possible - the stride lengths of 35- to 39-year-old runners versus those of 90-year-old competitors, Hamilton found that stride length during sprinting declined from 4.72 metres per stride (2.36 metres per step) to 2.84 metres per stride (just 1.42 metres per step), a whopping 40-per cent decline! As Hamilton put it concisely, 'Even though the legs of older runners were still moving quickly, they were not gaining as much distance per step'.

Although Hamilton was somewhat surprised by her results, her findings reinforced exactly what other researchers had noticed about walking patterns. Basically, at least six different studies published since 1980 have shown that walking speed declines with ageing, even though 'gait timing' (the number of steps per minute) remains constant. The key change is the same one Hamilton observed - a rather remarkable plummeting of step length.

Why does it happen?

Stride length shortened progressively and predictably once runners passed the age of 40, but what was actually causing the negative change? For one thing, Hamilton found that ageing increased the amount of time each foot remained in contact with the ground during running. In other words, older runners weren't 'exploding' from one foot to the other as they ran; instead they were spending more time with their feet 'planted' to the ground. This increase in the amount of time spent in the 'stance phase' of running produced greater deceleration (the longer your foot is on the ground, the more speed you lose) and thus accounted for some of the stride-length dip. Older runners simply weren't moving as fast when they 'toed off.' Thus, they crossed more meagre amounts of territory before the next footstrike occurred.

However, stride-length fall-offs turned out to be most closely related not to stance-phase lethargy but to **changes in range of motion at the hips and knees.**

The range of motion at the knees during running (basically, knee flexion) decreased by 33 per cent - from 123 degrees to just 95 degrees - between the ages of 35 and 90. This shift basically put the lower part of the leg at a right angle with the thigh at the point of maximum flexion (during the swing phase of the gait cycle) - rather than crooked back upward toward the buttocks.

Why is this important? Well, keeping the knee less flexed and the foot down at the level of the knee rather than perched up by the buttock during the swing phase of running (when the leg is brought forward to make the next contact with the ground) would mean that in effect you were creating an extra-long lever with a heavy foot dangling out at its end. That's bad, because long levers are harder to move than short levers. Plus, that size-11 foot tends to weigh a lot, and once you put weight on the end of a lever it loves to resist motion (that's why the heavier person on a see-saw tends to remain planted on the ground). As your leg begins to swing forward, it's best to have that knee tucked up by the buttock, cutting your lever almost in half by making the knee - rather than the foot - the endpoint of your limb.

Picture it this way: as you are running along, your left foot has just initiated contact with the ground. Your right leg is flexed at the knee, and as your left foot rocks forward toward toe-off, you swing your right leg forward. As you swing your right leg forward, it's most economical to have your knee flexed so that your right foot has moved well up toward your buttock. If your leg stays straight, or flexes only moderately at the knee, too much weight will be at the end of your right 'lever', which has its pivot point at your right hip. As a result, that leg will be very difficult to accelerate. Once you've shortened that lever by flexing the knee, you can zing your right leg forward at high speed, and you've solved part of the problem of achieving a more expansive stride length.

That blasted hip

Although movement at the knee declined with ageing, Hamilton found that **the loss of range of motion at the hip was even greater - dropping by 38 per cent between the ages of 35 and 90.** There was a slight age-related difference between the two different types of range-of-motion decline, **with knee 'stiffness' striking with greatest force after the age of 50 and hip problems waiting until the age of 60 or so.** However, **Hamilton's research suggested that preservation of hip flexibility was more important for maintaining speed, compared with the maintenance of knee suppleness.**

Specifically, Hamilton found that the key to optimal hip range of motion was the conservation of hip mobility in the kick or drive phase of running - when the foot becomes a rigid lever for toe-off, the gluteal and hamstring muscles recoil and contract to propel the leg backward, and the quads also activate themselves to help straighten the leg for the backward push. We can call this basic motion hip extension - the backward movement of the leg at the hip.

How can older runners preserve adequate hip extension and thus stride length - and younger harriers improve on the extension they already have? Certainly, flexibility of the quadriceps muscles is one key, since over-tight quads will resist backward leg movements. *Consistent and thorough stretching routines for the quads - carried out only after a thorough warm-up - can certainly help make the quads and their associated connective tissues more supple.*

However, Hamilton points out that another key is to deliberately alter the way you run, eg, to focus more on using the muscles around the buttocks to push backward on each step.

As she puts it, 'Rather than reaching out with the foreleg to get maximum distance forward during a stride, think about pushing back as hard as you can on each step. Use the buttocks and hamstrings to do so, very much the way you might push out hard from a set of starting blocks. Run from your hips - not from your knees'. Make sure you do this only after your quads are warmed up and loose, however, to avoid overstressing them with your new-found form.

So those are three great ideas for form transformation - better quadriceps flexibility, increased knee flexion during the swing phase, and heightened backward pushes with the hams and glutes, the goal being the natural advancement of stride length. What else does the highly respected Hamilton recommend? 'Paradoxically, while knee flexion is good during the 'swing' phase of running, it's not so good during the stance phase - when the foot is on the ground. Excessive ankle flexion is also bad. The problem that occurs when you flex your ankle and knee too much at impact is that you have to straighten those joints back out again at toe-off. So, the more they are flexed, the greater the amount of time spent in footstrike,' says the excellent UNI researcher. Of course, that's bad, because during footstrike the foot is essentially screwed into the ground and there can be no horizontal movement. Movement only occurs when you are leaping from one foot to the other, so the goal is to make footstrike very brief yet very explosive in terms of force production.

As we've mentioned before in PP, improvements in performance associated with decreased footstrike time can be rather phenomenal. For example, take the case of the elite female road racer who has been finishing her 5-K races in about 16 minutes. Figuring that she takes about 190 steps per minute, that is a 3,040-step (16 X 190) race for her. Snip just one-thousandth of a second from her footstrike, and she'll be home three seconds sooner, perhaps enough of a saving to help her pass another runner or two. Trim 1/300th of a second, and she'll arrive 10 seconds more quickly, perhaps enough to finish among the top five runners. Shear off just 1/100th, still a very small change, and she'll cross the finish line 30 seconds sooner, enough to win the race.

Of course, the absolute time improvements are even greater for 'back-of-the-pack' competitors. Someone running a 5K in 30 minutes (or about 5400 steps) would improve overall race time by almost a minute if the stance phase were condensed by 1/100th of a second.

True, footstrike time should not be made too brief, because an overly abbreviated stance phase might not allow enough time to generate maximal force - and thus could curtail stride length. However, can you actually think of any distance runners who are too explosive? The usual problem is the reverse - a rather sad collapse of the foot against the ground, poor stability, modest force development, and mediocre acceleration over to the other foot.

Strangely enough, although Hamilton found that excess knee flexion during the stance phase was bad because it fattened total footstrike time, increased knee flexion during stance is often recommended by form experts because 'it helps to absorb shock'. Although this proposition has a certain appeal, there is absolutely nothing in the scientific literature to suggest that people who flex more at the knees actually experience lower impact forces at the hips and spine - or have lower rates of injury.

The bottom lines? *Expanded knee flexion during the swing phase of running is good; during the stance phase it's bad. Quad flexibility upgrades stride lengths, and so does better buttock-muscle pushing. For now, those are four fine ways to begin renovating your form. Is there a danger of 'overstriding' with these fine-tunes? Not if you avoid 'reaching out' with your swing leg, and not if you let your leading foot land just slightly ahead or just under your centre of gravity. Your body will almost catch up with your lead foot just before impact with the ground, which will avoid any 'braking action' and will put you in great position to move powerfully forward.*

**West Hull Ladies Committee Meeting
10th October 2022, Cottingham Rd Baptist Church.
Andrea Thomson**

Present: Kim, Andrea, Maria, Sarah, Kerry, Amanda, Janet, Cath, Karen, Anna S

1. Apologies: Sara

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

3. Matters arising:

- **Policies** – Amanda has added them to the website. The link to the website is to be included in the next newsletter and sent to the club members via email
- **Welfare Officers** – As above.
- **Club Flag** – still looking! -**Action Andrea**
- **First Aiders** – Karen has contacted St John's Ambulance to ask for further details. No response received yet

4. Reports –:

- **Members Maria:** 86 first claim club members plus 5 second claim = 91
- **New Contacts Janet:**
- **Email Amanda:** 94: members (90) and new contacts (4).
- **Facebook:** Currently have 111 face book members: 89 first/second claim members, 4 new contacts, 16 guests.
- **Treasurer Janet:**
- **Training Amanda:** I've been so impressed with all the marathon and half marathon runners this month and, of course, jaws drop with Verity completing the Robin Hood 100 miles event! But in addition seeing PBs at parkruns is just as fab
Whatever your pace+ or distance keep posting on Facebook because you inspire other members. If you could do a write up for the newsletter that would be massively appreciated.

The '**Back to Running**' has been a great success, thank you Kim for suggesting and even bigger thanks for leading the sessions. Hopefully those who joined in feel comfortable joining in club runs once more.

Thank you all members and especially leaders who volunteer their time. Great to have our new leader Shelley on board and Andrea who is starting the training.

The weekly 10K round up (thank you Sam T), Friday Fresheners (thank you Sara), parkruns encouragement (thank you Chantal) and the 1000 challenges round ups (thank you Karen Ann) keep us all motivated and it's especially useful that we can do the runs virtually and post on Facebook when not able to get to the club.

- **Pace Groups All:**
- **Website Amanda:** Policies web page has been created with all documents loaded up and link added from main page **Action** (Kim?) email to advertise polices. Other Stuff page edited to remove documents now on the policies page.
Main page prizes list updated - Karen P Humber Bridge half, 1st in age cat.
100 mile page updated with Verity's amazing success plus photo on main page.

Committee & Leaders page: Action add Kerry Kit Officer to committee and Shelley to leaders need photos.

Action: Facebook community guidelines on policies page (done, may need amending).

5. Spring 2023 club away trip 10/11 March 2023 – Facebook post to ascertain interest and if members can suggest suitable places to stay. – **Action Kim**

6. Wednesday start time – It was agreed that the start time should stay at 6.30. The club survey which was undertaken earlier this year gave a split result. However, the start time was moved to 6.30 due to the availability of leaders.

7. New Kit – Kerry was voted in as kit officer and thanked for her work in researching new kit options. It was agreed that the samples provided by Scimitar gave a good range of size options. Initially we will give members the option of racer back vest and ladies fit vests, and a running jacket. Kim will take the samples to the next few club nights for members to try. The design for the running jackets was agreed. **Action – Facebook posts and survey to advise members/check interest in vests and jackets - done**

8. AOB – Financial Audit – Cath/Janet Cath recommended that any payments made by Janet should be also agreed by another person. Cath will produce a club budget based on the last few years accounts.

Leaders meeting – Maria suggested a yearly meeting to be arranged for leaders to discuss new ideas for training sessions etc. Suggestions were a club race series, bleep test, looking at booking indoor sports halls etc for training. **Action Maria to arrange date.**

Next Meeting: **Monday 7th November 2022 7.15pm** at Cottingham Road Baptist Church

West Hull Ladies Committee Meeting

7th November 2022, Cottingham Rd Baptist Church.

Present: Kim, Andrea, Maria, Sara, Kerry, Amanda, Cath, Karen,

1. Apologies: Sarah, Janet, Suzy, Anna S

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

3. Matters arising:

- **Club Flag** – check with other clubs where they sourced theirs
- **Policies** – Policies link and welfare officer info has been sent to Liz H for addition to next newsletter. **Kim** will send club email with policy info

4. Reports –:

- **Members Maria:** We have **86** first claim club members plus **5** second claim = **91**
- **Email Amanda:** **94:** members **91** and new contacts **4**.
- **Facebook Amanda:** Currently have **109** face book members: **90** first/second claim members, **3** new contacts, **16** guests.
- **Treasurer Janet:** Updated monthly accounts forwarded to WHL this morning. Main transactions this month were the income payments from members for the jackets £54.60 x 13 = £709.80. Payment to Scimitar Sports was £785.22. This included a £50 set up charge for the design (which the Club had agreed to cover) and £25.42 for postage. Kim is aware of this extra charge and agreed that this be covered by the Club as well. This needs to be formally agreed and Kerry can explain if she is there. **Agreed.** Current balance in account is £3810.33.
- **New Contacts Janet -Beth Anderson** – first enquiry was end August and indicated she wanted to join but nothing yet. Have sent follow up email but could you check if she is still running with us regularly? **No she isn't** Rebecca Codd – chased up and still interested but not moving to the area until mid-December. I'm happy to let her stay on distribution list until then if everyone agrees. **Agreed** Lucy Carter – enquired end October.
- **Training Amanda** Another amazing month of running from parkruns to ultras. Check out Facebook and our home webpage with four ladies on showing off prize trophies. Thank you all members for motivating each other, you are what keep this a fantastic club. As usual thank you to our leaders without whom we would not have training. A special thank you to Sandra, her 10K build up training is being very well attended, hope you all keep up the training. The weekly 10K round up (thank you Sam T), Friday Fresheners (thank you Sara), parkruns encouragement (thank you Chantal) and the 1000 challenges round ups (thank you Karen Ann) keep us all going. It is especially useful that we can do the runs virtually and post on Facebook when not able to get to the club.
- **Website Amanda:** Photo of new Latus sign added to Find Us page. Autumn newsletter added. Kit page update. Main page prizes list updated – Kate B Haltemprice 10K, 3rd in age cat; Karen P & Sara Meridian half marathon 3rd lady and 1st age cat respectively. Suzanne Biathe.

5. Spring 2023 club away trip – Still looking for suitable locations– **Action all**

6. Food bank run – Agreed to contact Chantal for details of dates etc – **Action Andrea.**

7. CTC Membership – Cycling time trial membership - £30 for the year. Agreed to continue with it. **Action – Amanda to ask Janet to pay**

8. First Aid Training – **Karen St John's Ambulance** have responded. Karen will contact them to as for a Wednesday evening in January, 1.5 – 2 hours suitable for up to 30 people. **Action Andrea – contact Rhonda to ask about available rooms at the Baptist Church, Karen to contact St John's Ambulance**

9. PB Teamwear/ Kit – Sandra is the contact for PB teamwear. Need to check whether the vest design is copyright of PB. **Kim will contact Sandra to check. Amanda will remove info on club website for PB.**

New kit – 34 have responded to the survey. Vests must be ordered in groups of 10, can be combination of sizes and styles. It was agreed to order 40. The club will pay and then members can buy the stock. **Action – Kerry will put 'last call' post on facebook**

AOB

ERXC Races – Catherine has asked if the club could join the consolidation of local clubs to join the ERXC races **Action – Andrea to contact Catherine to as her to make the enquiries and pursue interest via facebook.**

Committee vacancies – it was agreed that the committee roles should be advertised in advance of the AGM, making it clear which roles are available. Member secretary Maria is stopping in March. Anyone interested in the role can contact Maria for details.

Frequency of meetings – it was agreed that meetings would be held 9 times a year. The committee will **not** meet in August, January and May.

WHL Presentation night – date and location agreed 31st March 2023 Cottingham Parks. **Action – Kim to contact the venue – follow up – 31st March not available at Cottingham Parks, they will provide alternative dates.**

Club runs meeting place – All agreed that as no facilities available for the club now and parking is increasingly difficult at Latus we would start to meet a couple of Wednesdays a month at Warners on Pickering Road **Action – Kim to make enquiries with Warners/City of Hull who meet there on Tuesdays**, though there is nothing preventing us meeting there as the car park is public

Next Meeting: **Monday 5th December 2022 7.15pm** at Cottingham Road Baptist Church

West Hull Ladies Committee Meeting
5th December 2022, Cottingham Rd Baptist Church

Present: Kim, Andrea, Kerry, Amanda, Anna, Sarah

1. Apologies: Sara, Janet, Suzy, Sandra, Karen, Cath

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

3. Matters arising:

4. Reports –:

Members Maria: We have 85 first claim club members plus 5 second claim = 90

Email Amanda: 97: members 90 and new contacts 6 (1 extra)

Facebook Amanda: 112 Facebook members: 90 first/second claim members, 6 new contacts, 16 guests.

Treasurer Janet: Balance is £3780.33. Only payment this month was the Cycling Time Trials subscription of £30. Managed to get it done online but got the impression it is going up to £50 next year so may need re-evaluating,

New Contacts Janet – One lady chased for membership, one lady held whilst her house move takes place. Three new contacts received welcome email. Two new contacts on Facebook need nudging to drop us an email.

Training Amanda Well done all on a good running month. As usual thank you to our leaders without whom we would not have training:

The weekly 10K round up (thank you Sam T), Friday Fresheners (thank you Sara), parkruns encouragement (thank you Chantal) and the 1000 challenges round ups (thank you Karen Ann) keep us all going. It is especially useful that we can do the runs virtually and post on Facebook when not able to get to the club.

The 1000 challenges coming together, already seven 1000 mile and two 1000 Km badges to hand out. Looking forward to seeing more of you hit the target.

Enjoy your Christmas runs.

Website Amanda: Quieter month, just 1000 challenges updated

5. Spring 2023 club away trip – Cath has found a potential suitable location - <https://www.yha.org.uk/hostel/yha-castleton-losehill-hall#room> Will discuss further at special meeting in January.

6. Food bank run – Chantal has provided details. – the two local foodbanks - in Hull and in Hessle - are only open weekdays in the morning, so that doesn't suit us. So there are 3 options:

a. Meet at club and run to Asda on Hessle Road where there is a drop off point - 4.5 miles round trip

b. Meet at Haltemprice and run to Waitrose in Willerby where there is a drop off point - 3 mile round trip although we could add a little loop

c. Ask people to bring their donations to club run and I'll (Andrea) collect them in my boot and drop them off at a Foodbank or drop off point.

We agreed that the third option would be best so that we don't need to carry the items to the drop off point.

When? Any night in Feb would suit although avoid half term. What about Wednesday 1st or 22nd Feb?

We will ask Chantal to arrange and promote the run.

Foodbank accept monetary donations, so maybe the club could donate a nominal amount for every runner who joins us... say £2 or £3 per person?

We also agreed to make a club donation– Action Andrea to contact Chantal

7. ERXC Races from Catherine - The update is that 10 clubs form part of the league & they hold 6 races during the winter season. Our request is to be added to the AGM meeting which will probably be held in April 2023! Watch this space !!

8. First Aid Training – The church are likely to have an available room, but require proof of PL insurance and risk assessments from SJA. This shouldn't be a problem. Karen has contacted SJA and once they come back with a date we will book room and promote with the club. Action Andrea/Karen

9. Presentation Night – Cottingham Parks have 17th March available. Kim is waiting for them to confirm the booking. Action – to be discussed at January meeting

10. Monday/Wednesday training Sandra: moving the Monday speedwork session to a Wednesday and the 10k to the Monday. My reasoning behind this is that a lot of ladies either do a long run as part of their training on a Sunday and many races are also held on Sundays. The principle of speed training as I understand it is that it should not be run on tired legs. To do speed work on tired legs also can enhance the risk of injury. This is opposed to doing a speed session before a long run which can be beneficial as it can replicate running on tired legs as you do for longer races. The 10k run if done on the Monday would benefit all those either having raced on the Sunday or completed a long run. And for those that use it as a steady chatty companionable run it will still be that but just run on a different night. Tired legs would have recovered sufficiently to do justice to the speedwork and possibly reduce injury.

It was agreed that this was a good idea in principal. Kim contacted Maria who has emailed the leaders for their input.

AOB

PB Teamwear – Sandra has check PB website etc. There is no contract and no mention of copywrite, so we are free to use the vest design with another supplier.

New Kit – 38 members expressed an interest in the new vests. It was agreed that Kerry would put a request on facebook/email beginning January asking for orders with payment due at the end January Action Kerry

Next Meeting: To discuss presentation evening and spring weekend away Monday 16th January 2022 7.15pm at Cottingham Road Baptist Church

West Hull Ladies Committee Meeting 16th January 2023, Cottingham Rd Baptist Church

Present: Kim, Andrea, Kerry, Amanda, Anna, Maria

1. Apologies: Sara, Janet, Suzy, Sarah, Karen, Cath

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

3. Matters arising:

4. Reports –: Not reported on this month due to number of other items on agenda

5. First Aid course – 6.30pm 15th February 2023 Advertised on facebook – we have 11 or 12 attending. Just waiting for proof of insurance from SJA to pass to the church

6. London Marathon Maria – As the rules for London Marathon entry change, Maria suggested that rather than have the details on the WHL website, that the link to the London marathon website is provided instead. Action Amanda to update website

7. 0-5k Maria – Suggested adding our 6 week 0-5k programme to the website. Agreed, and the include a link to the NHS 13 week 0-5k programme, with warnings about seeking advice before starting an exercise programme etc. Action Amanda to update website

8. Times for Monday training Maria - Maria suggested moving Monday training to 6.30 in line with Wednesday training – agreed. Andrea spoke to the lady who runs Warners café, they are happy for the club to run from there once a month on the second Wednesday each month. Café closes at 8, so we will promote those runs as a chance for a post run social. Dates are 8 th February, 8 th March, 12th April, 10th May, 14th June, 12th July. Andrea will let Warners know the dates. Action - Andrea

9. Away weekend - Agreed that as a lot going on in March we would look at having an away day instead. Action – Amanda to look for venues.

10. Presentation Evening - Booked for 17th March at Cottingham Parks. Kim will check menu options with the venue (they have been difficult to get hold of) Awards – all info passed from Amanda to Andrea. Andrea and Kim will co-ordinate. Kim suggested possible guest awards presenter – she will contact. Andrea to contact Liz and Jill to ask if they are available for the entertainment. Action Kim/Andrea

AOB

Track session at Ennerdale - offer of a free track session at the Ennerdale Cycle track 1k course, then offer is 3 sessions for £51. Andrea will contact Ennerdale Leisure Centre and enquire. Proposed dates are 20th Feb, 20th Mar, 17th April and 22nd May Action Andre

Treasurer – Janet Treasurer's Report 2022

Balance at beginning of the year was £4108.57 and end £3608.33, so a slight decrease but still a healthy balance.

Some of the expenditure over the year included:-

Presentation evening - meal subsidy, trophies, presentation hoodies and £100 prize for 100 miles.

Hire of Thixendale Village Hall for summer awayday

Leader training for three members at £160 each

Website hosting – this has increased from £71.86 in 2022 to £100.66 this year. It was agreed to pay this year and investigate other providers for next year.

Parkrun donations of £50 each to the four local parkruns – it was agreed to monitor the balance of account before committing to further donations.

Coach – Amanda

Club Coach Report 2022-23

Well done to you – club members who get out there and run. Mostly enjoying it but, at times, just being tough and getting out even when you are not in the mood. That's when you deserve a medal. And even more thanks to you for encouraging other members to achieve whatever they are aiming at. You are what makes this club. I'm proud of our reputation of being a friendly club which is thanks to you. Keep it up girls.

Thank you to our leaders

We would not be able to put out Monday training, three different leads on Wednesday and our Friday training without leaders.

Welcome to Shelley, Andrea and Kerry-Ann who trained and joined our group of leaders this year.

If you run regularly with the club you might like to consider joining the leaders group. We just ask that you volunteer for one lead each month.

Club Challenges

We have had lots to shout about and our club challenges have provided motivation.

Consistency is key. 14 members completed 1000 miles last year with a further 11 members running 1000km. That is over a quarter of the club. Can more of you make it this year?

Eight members completed 50K in 12 hours, Karen P and Sam T 100K in 24 hours whilst Verity completed 100 miles in 36hrs. If you don't know about these challenges check out the website <http://westhullladies.org.uk>

In addition to this, our 10K series should encourage you to run in open 10K events. Get out there and represent your club J

Motivation

Our Facebook page is a great success. Wonderful to see how supportive of each other everyone is and how you encourage others to come run with you or to join in with open events (aka races).

It's also the place to post your training runs which are gathered up by Sam T for the weekly 10K and 10K+, Sara for

West Hull Ladies Committee Meeting 6th February 2023,

Cottingham Rd Baptist Church

Present: Kim, Andrea, Kerry, Amanda, Cath, Maria, Sara, Karen

1. Apologies: Sarah, Janet, Anna

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

3. Matters arising: Website has been updated by Amanda – London Marathon and 0-5k Ennerdale track session – **Action Andrea to ring them again**

4. Reports –: Membership – 86 first and 5 second claim

New contacts – Janet has chased up all new contacts from before Christmas and will advise if they need removing from facebook

Training *Amanda* Some amazing training going on. Massive thank you to all our leaders providing a good training base and the virtual 10K, FF, parkrun options which really encourages members to run. Pleased to have 25 members opt in to the 1000 k/mile challenges which is a massive incentive to run consistently.

Website *Amanda:* 1000 challenges updated (a number of times) and Chantal's photo added for parkrun news under Committee and Leaders.

5. Monday training times – Agreed to move Monday training to 6.30pm from beginning of March. Will require prompt on facebook as well as highlighting in training email. **Action facebook post – Andrea, training email Amanda**

6. London Marathon Maria

In 2022 TCS London Marathon did not email us to apply for a club marathon place.

In 2021 if the person who held a club place deferred, the club did not get a place for the following year. We had a deferral in 2022.

As a result of the confusion we did not get a club place for 2023. We will for 2024.

7. Ad hoc training – Sandra's targeted 10k and half marathon training sessions have been popular. Discussion as to whether this was due to the specific target or location? Monday training has been less well attended recently. Agreed that Maria and leaders would have a look at refreshing the sessions. Amanda will run a beep test session at the University on 13th March **Action Maria**

8. Presentation Evening – Venue is booked and deposit paid. Jill and Liz are working on the entertainment. Kim agreed to contact a possible guest presenter. **Action Kim**

9. Kit update - Kerry Scimitar have given Kerry incorrect information, meaning that VAT needs to be added to the price of the vests, plus future orders must be a minimum of 10 of one type of vest (men's, women's or racer back) the meeting agreed that the club would meet the difference (£65.40) Also agreed that the club would look to put in another bulk order later in the year, making up the numbers to 10 if necessary. New members won't be required to wear WHL vests for racing until they're able to purchase them, also request to current members if they have any vests they no longer wear which could be passed on to the new members.

10. Budget – Cath has looked at the last few year's finances to give the club a better idea of our financial position – how much we spend on what. England Athletics fees have gone up over the years but we have not passed on this cost to members.

11. CiRF training – Sam has expressed an interest in the CiRF training which is being offered in Hull from May. **Action Andrea to contact Sam.**

12. Date for AGM – Agreed **Tuesday April 4th 2023**. Will consider other locations and possibly offer refreshments.

13. North Lincs Half Volunteers – Amanda will email the 10 who have volunteered with details. **Action Amanda**

14. AOB – Club flag – Kerry found that Scimitar do feather flags £85 plus vat. Agreed to buy from Scimitar if it's found to suit our requirements– **Action Kerry enquiring with Scimitar**

15. Next Meeting – **6th March 2023**

West Hull Ladies Committee Meeting
6th March 2023, Cottingham Rd Baptist Church.

Present: Kim, Andrea, Kerry, Amanda, Cath, Maria, Janet, Anna, Sarah

1. Apologies: Sara, Karen

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

3. Matters arising: None

4. Reports –: Members *Maria*: We have **87** first claim club members plus **6** second claim = **93**

- **New Contacts *Janet*:** All up to date and match facebook

- **Email *Amanda*:** **95:** on members lists **92**, new contacts **3**

- **Facebook:** See new contacts

- **Treasurer *Janet*:** Presentation night and memberships to pay out

- **Training *Amanda*** Discussing on making the training more relevant and more likely that members will join in. Pointed out that much of our Monday speed work sessions are staples of elite runners – hill reps, 400M reps, pyramids, Km and Mile reps. However, we all agreed it is a training plan that keeps us on track.

Maria is starting a sub 25min 5K training plan and will offer that to any members who want to join her.

Andrea will look to making the Wednesday PG3 social run more accessible to new runners (4 miles is too far) and perhaps start a 0-5K

As usual, thank you to all our leaders and well done to everyone keeping up their running. Consistency is key to improvement and enjoyment. And enjoying running is the most important criteria achieving whatever you want.

- **Website *Amanda*:** 1000 challenges, Champagne League and Summer League

5. Email, general comms – this was more general management of club emails and was about Amanda passing on the liaison work she does. Already Andrea, Kim and Janet managing their own emails but still more (e.g. Weekly email, monthly training email, Sports Shoes code, various responding to emails. Contact lists. Busy time moving people around when membership is updated, eases at end of April). Cath has offered to take over these email admin tasks – Thank you Cath.

6. ICE tags *Maria* – agreed to send gentle reminder to members (email and facebook) to make sure that they carry emergency contact details with them when running.

7. Flag *Kerry* – Flag design was agreed – thank you once more Kerry.

8. Donation to St John's Ambulance – Agreed to send donation of £50. **Action Andrea to contact Karen**

9. Yorkshire Vets AA 2023 affiliation – Cost is £20 agreed to join this year and see if any of our members join in the races. Club members 35yrs+ doing any of the events (which are open events) are automatically entered into the YVAA and may receive a trophy on the day. You can also enter teams which means 3 ladies in the same age cat. **Action Amanda** to pass info to Janet to pay and advertise to club (**done**).

10. Presentation dinner – 38 are attending. Arrive from 6.30, food served 7.15

11. AGM – Room booked at Baptist church **Tuesday April 11th 2023 7pm**

AGM Minutes

Andrea Thomson

1. **Present** : Karen, Angela, Janet, Kim, Suzy, Anna S, Kerry, Maria, Cath, Sarah K
2. **Apologies** : Jan, Sam, Sarah W, Amanda
3. **Minutes of previous Meeting** : Agreed
4. **Matters Arising** : Club flag – is due by the beginning of next week (w/c 17.4)
5. **Election of Officers**

Role	Member	Proposer	Second
Chair	Kim McBirnie	Cath Dyson	Suzy Allott
Treasurer	Janet Wardale	Andrea Thomson	Kim McBirnie
Membership Secretary	Cath Dyson	Maria Diaz	Karen Watkins
Secretary	Andrea Thomson	Kim McBirnie	Anna Shepherdson
The following were all agree by the meeting Welfare Officers Karen Watkins and Sara Ellis Liaison New members – Janet Wardale, other shared between Cath, Kim and Andrea DBS Verifier Karen Watkins, Kim McBirnie Coach Maria Diaz agreed to fulfil this role, but will not be on the committee Policy Officer Sarah Wilson Kit Officer Kerry Taylor General Members Suzy Allott, Anna Shepherdson, Sam Thompson, Stacy Foxworthy Other roles 10k series Chantal Cable Facebook Admin Kim, Andrea Newsletter Liz Hobson Website Amanda Dean			

6. Officer's reports

Chair – Kim

Taking on the Chair role after Jan Draper stepped back left me with very daunting, competent shoes to fill. Thankfully, I haven't been alone in my task – I have been surrounded by a wonderfully supportive and experienced committee, and together we have navigated our way to this point, the start of a new year. It hasn't been the straightforward year I'd expected, we have had to work through some issues that none of us had any experience in dealing with, and I send my heartfelt thanks to the committee for their emotional support, and the significant amount of their time that they have given up to the smooth running of the club.

The coming year will see changes for us again – both Maria Diaz and Amanda Dean are stepping away from the committee, and we will greatly miss their expertise. We would like to thank them both, on behalf of ourselves and the club, for all the time, energy and passion they have put into the club. Without them, the new committee will have to find our way with the day to day running of the club, and there may be some changes in how we do things. We would, as always, encourage all of our members to get involved, give feedback and take on either committee roles, or volunteer opportunities where they can. It can be time consuming, but it can also be very rewarding to be a fundamental part of the machinery of this wonderful club.

As with the committee, our membership has changed within the last year, some members leaving us for pastures new, or where they have found life getting in the way. We wish them well with all of their running in the future. To

Treasurer – Janet Treasurer's Report 2022

Balance at beginning of the year was £4108.57 and end £3608.33, so a slight decrease but still a healthy balance.

Some of the expenditure over the year included:-

Presentation evening - meal subsidy, trophies, presentation hoodies and £100 prize for 100 miles.

Hire of Thixendale Village Hall for summer awayday

Leader training for three members at £160 each

Website hosting – this has increased from £71.86 in 2022 to £100.66 this year. It was agreed to pay this year and investigate other providers for next year.

Parkrun donations of £50 each to the four local parkruns – it was agreed to monitor the balance of account before committing to further donations.

Coach – Amanda

Club Coach Report 2022-23

Well done to you – club members who get out there and run. Mostly enjoying it but, at times, just being tough and getting out even when you are not in the mood. That's when you deserve a medal. And even more thanks to you for encouraging other members to achieve whatever they are aiming at. You are what makes this club. I'm proud of our reputation of being a friendly club which is thanks to you. Keep it up girls.

Thank you to our leaders

We would not be able to put out Monday training, three different leads on Wednesday and our Friday training without leaders.

Welcome to Shelley, Andrea and Kerry-Ann who trained and joined our group of leaders this year.

If you run regularly with the club you might like to consider joining the leaders group. We just ask that you volunteer for one lead each month.

Club Challenges

We have had lots to shout about and our club challenges have provided motivation.

Consistency is key. 14 members completed 1000 miles last year with a further 11 members running 1000km. That is over a quarter of the club. Can more of you make it this year?

Eight members completed 50K in 12 hours, Karen P and Sam T 100K in 24 hours whilst Verity completed 100 miles in 36hrs. If you don't know about these challenges check out the website <http://westhullladies.org.uk>

In addition to this, our 10K series should encourage you to run in open 10K events. Get out there and represent your club!

Motivation

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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



Club Policies

The club policies have recently been updated. You can find them on our website or by following this link

<http://www.westhullladies.org.uk/policies.htm>

View From The Back

Bling from the past

Liz Hobson

It's been quite a time, first of all an apology for not getting the "Winter" newsletter out until now. Some of you may be aware that my husband Chris' mum Joan passed away at the end of February. She was in her 80s but until recently had been in good health so her passing was unexpected. We have therefore been busy organising the funeral and also emptying the house which she had lived in since 1962.

I am sure many of you have had to empty a house in these circumstances and I found it particularly sad looking at the various ornaments, (mainly cats), that had been kept over the years, I couldn't help thinking that everyone of these was a memory for Joan, a gift from relatives, memories of holidays and also little gifts from Chris' dad Len and now of course we can't ask her about them.

There were also thousands of photos luckily she had written who they were on the back of and we enjoyed looking at them and this was the thing that helped me the most with coping with the everything.



What we did come across which I found really interesting and which I'm hoping you will too, was a running shield and 3 running coins which were awarded to Chris' dad Len for a cross country competition in 1957. Len served in the Royal Engineers on National Service and by all accounts was a good runner. It's one of those things I had heard Joan talking about but am now kicking myself I didn't ask her more about it. Len was first in a 3 miler and the team he was in placed and

going through the photos we found one of Len (2nd left at the back) and the victorious team. What struck me was that how running and fitness garments have changed and also the fact that he got a coin and a shield and the design of them compared to the design now.



When I first knew Len he had just had to retire on ill health grounds as he had Parkinson's. He was still fairly fit and enjoyed growing vegetables in his garden and they also managed a holiday until he got too ill, but when you see younger pictures of him you can imagine him running over the hills.

Joan always kept herself fit and was very independent she would walk round the village, tend her garden and drove a car. I can't help thinking when I see all your running exploits and adventures that Joan in a different era would have been a West Hull Lady she just had the same spirit. She once locked herself out of the house and used a ladder to walk along the slate garage roof and climb in through a bedroom window she was well into her seventies at the time. Needless to say one of Chris' brothers confiscated the ladders after that!



The house was a tied cottage to the Farm where Len worked and in a way it's the end of an era, I don't suppose there are many tied cottages now and it'll be hard to hand the keys back but we still have all those photographs and memories.

I'm hoping things will settle down a bit more now. Over this period we also moved my daughter Hannah in with her boyfriend and she is now living near Sunderland and working for the NHS. I have to say that all the strength work I have done really helped with the moving, we also had the help of Jill "The Mountain" Jameson! Next week it's Eurovision and we've got tickets to the Tuesday day semi-final so I'm beyond excited about that!

I am really enjoying seeing your running exploits on Facebook, I hope you enjoy the newsletter and it would be great to have articles on your running adventures. I tend to update the newsletter as the articles come in so if you have anything just send them via the club email. It also reminds me that I need to get back onto the roads and tracksafter Eurovision!

I'll leave you with a picture of Joan. This was taken by the farmer and it was during lockdown. Joan was clearing the guttering on the porch, she was 80.

I sure you'd agree she'd have been a fabulous West Hull Lady!