



A RUNNING CLUB FOR WOMEN

WOMEN ON THE RUN Newsletter

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Latest News

Summer is on its way at last, after a very soggy winter! With the days now much longer (with - as I write - sunrise before 5.30am and sunset not until 9pm), it's the perfect time of year to don the running shoes and get out there and enjoy the great outdoors.

Women on the Run members have been doing just that, and running all sorts of races; from a 5km Race for Life, 10km Age Concern run, 15 mile "foodie" run along the Dart river valley in Devon, to a 34 mile Exmoor ultra-marathon – much respect Maddie Smale!

The Wanderer Returns

A big "welcome home" to (Dr!) Jenny Barnett: leader of the Wednesday night Pyramids group in Exeter and globetrotter extraordinaire. Jenny has been travelling the world for the last 6 months, taking in Cambodia, Vietnam, Borneo, Australia, New Zealand and Fiji (have I missed anywhere?). It's good to have you back Jen.

New Exeter Group

A new beginners' group started this week in Exeter and will run until the 24th July. The group is geared towards completion of the 5km Race for Life at the end of July and

meets on Thursdays at 6.30pm at Morrisons. Please spread the word!

New Leaders

We've had a great response to the request for new leaders, with several having completed the LiRF course already this year, and more to come.

Saturday Runs in Devon

Cheryl Scudamore will be taking Saturday runs: please drop Cheryl a line at c.scudamore@yahoo.com if you'd like to be included on the email list. The group has a relaxed attitude to running, with looping to keep everyone together, and the obligatory cake stop afterwards!

Newsletter Contributions

Thanks to all those who have contributed to this quarter's newsletter. As always, any running tales (whether you're an absolute beginner, a social runner, a competitive clock-watcher or an ultra-marathoner) will be very gratefully received. I am also on the lookout for photos, especially from groups outside Exeter.

Claire Langford
(chamberlain_cl@hotmail.com)



Running and rhubarb meringues

Women on the Run members eat, drink and are merry (and manage to fit in some running!) on the Delicious Dart Trail.

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Women on the Run AGM

The sun shone for us at Killerton for the 2014 Women on the Run AGM. Read all about how we got on...

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Monsters, aliens, locusts and scones

by Dee Pichler

After conquering the mud-fest that was Rock Solid 2013, the Exeter Tuesday group needed a new challenge. We were intrigued when our leader, Liz Moulder, introduced the delicious Dart Trail. Promoted as '15 miles of spectacular riverside trail' from Totnes to Dartmouth along which participants will taste more than a dozen different beers, wines, liqueurs, savouries and puddings. No mud, no obstacles – and food! We're in!

The team – Liz, Dee Pichler, Sarah Stanbury, Sarah Davies and Gemma Cottam (a former WOTR member who returned from London just for this) – entered into the Monsters and Aliens team spirit.

Training was sketchy over the winter months but all we had to do was run a bit, eat a bit, run a bit, drink a bit ... how hard could it be?? We soon found out we had under-estimated the challenge!

It started well with a flat two mile riverside route into Totnes greeted by a selection of mini croissants at the Waterside Bistro. Suitably fuelled we ran around the first bend to be confronted by the first monster hill of many (forgive the pun!).

We thought we were doing ok until we were overtaken by a large locust and her friends! On and up and more up to Sharpham Vineyard for wine (Liz demonstrating that runners don't need water to hydrate!) and cheese followed by wild boar burgers in Tuckenhay village. Local beers, rhubarb meringues, crab pate – you get the idea! The memory of each hill was tempered by a treat of some sort and running out of the woods to be confronted by a man holding a tray of fresh scones with jam and cream beats a water station any day!

Up and down hills with stunning views over the Dart Valley, the prettiest Devon villages, two ferry rides and a jaunt through Agatha Christie's country estate all led us towards our goal – Dartmouth. Here we had to muster our energy for a final public push along the embankment to the finish line at the Rockfish café in Dartmouth - and yes, fish and chips were waiting for us!!



The intrepid team all survived the day and summed it up as great fun, extremely challenging, different and very tasty! The event was well organised and also raised nearly £7000 for CHICKS charity.

If this has whetted your appetite for a quirky challenge, there is a Delicious Drakes Trail planned for 5 October <http://deliciousdrakestrail.co.uk/>.

SEND US YOUR RUNNING TALES

We'd love to hear what you've been up to. Please send any running tales to Claire Langford (WOTR Exeter)

chamberlain_cl@hotmail.com





Ready to run....

We met at Killerton National Trust property on a glorious March morning for the 2nd Women on the Run AGM.



Shoes off please!

Muddy trainers left at the door. After a 5km off-road run we headed inside for the AGM.



Cake, of course!

A vast array of cakes was provided by our committee members, and very tasty they were too. This was the 'before' picture: there wasn't a great deal to see in the 'after' one!



WOTR AGM

We had a good turnout at the AGM on Saturday 15th March with WOTR members attending from all corners of Devon. Apologies were received from Preston and Bath group members.

Election of committee

The existing committee members were re-elected by unanimous vote together with the addition of Denise Pichler (Exeter). We would also like to welcome Helen Borking (Preston) to the committee. Helen will represent our WOTR friends up north. It is worth mentioning that Preston have their own kit but contribute a portion of the profits from that to WOTR - thank you Preston!

AOB

At the time of the AGM, Women on the Run had 311 members and 20 leaders.

Our Chairwoman, Liz Moulder, asked attendees to comment on their thoughts about WOTR. Members were keen to keep the 'ethos' of WOTR to encourage women of all shapes/sizes/fitness levels to reap the benefits of running; and praised the low membership fee and the fact that our groups are so welcoming. Members also said that they would like to see more 'cross pollination' of groups, more social events, and better communication. This last point will be addressed by the new website – watch this space!

OUTSTANDING RENEWALS

A membership renewal form is available to download on the WOTR website. Please complete and return with the £5 membership fee to:

Cheryl Gibson, WOTR Membership Secretary, Tithebarn Copse, Exeter EX1 3XP

Recipe -Date and Walnut Cake

Ingredients

7 fl oz (210ml) boiling water
6 oz (175g) chopped dates
¾ teaspoon bicarbonate of soda
6 oz (175g) light soft brown sugar
2 oz (50g) spread for baking
1 small egg, beaten
8 oz (225g) plain flour
¾ teaspoon baking powder
Pinch of salt
1½oz (40g) chopped walnuts

Method

Preheat the oven to 180C/Gas Mark 4 and grease and line with greaseproof paper an 8 inch (20cm) square cake tin.

Put the water, dates and bicarbonate of soda in a bowl and leave to stand for 5 minutes.

Cream the sugar and spread together and then beat in the egg, along with the water and dates.

Sieve the flour with the baking powder and salt and fold it into the mixture, together with the walnuts.

Turn the mixture into the cake tin, smooth the top and then bake it in the oven for about 1 hour until cooked. Turn out, remove the greaseproof paper and leave to cool on a wire rack.

This is a cake with a lovely flavour. It is ideal to include in a packed lunch and it keeps very well.

Taken from Mary Berry's "Fast Cakes" – copyright Mary Berry.

Age Concern 10K

by Cheryl Gibson and Michelle Hendrick

We arrived for registration in Princesshay [shopping centre in Exeter] at 9am in the morning: the weather was very cold and with a chilling wind when not in the sun. We had a bit of a warm up with 2 very fit instructors (!!!) and the start took place at 9.30am, on time thankfully.

The race was very well supported with about 850 runners of all sizes and ages. The start was fairly fast and we quickly decided to take things down a gear. We soon warmed up after leaving Princesshay, turning down Western Way and then onto the Quayside. We progressed along the canal path, passing Double Locks pub and on to the Countess Weir swing bridge.



The first half of the race was fairly easy going, but after we turned round at the swing bridge and came back on ourselves it became much harder going as we were heading into a strong head wind. We struggled towards the end finishing the 6.27 miles in 59 minutes 57 seconds, achieving 9.34 minute miles: no wonder we were knackered!

A good run, we were glad to see the finish but well pleased with our result. We received a lovely T-shirt [as modelled in the photo!] and a goodie bag. Thank you Age Concern for a good, well organised race.

Cullompton Beginners' Group

by Yvonne Gilbert

It seems a long time ago now that we launched our first beginners' running group in Cullompton for some time back in January. We invested some time and effort into advertising by putting flyers through letter boxes, posters etc. We were also lucky to enlist the help of a young journalist from the Mid Devon Gazette who agreed to publicise the group for us and actually came along and ran with us to see what it was all about. I contacted her again when we completed the course and she did another update for us. She also told me that we had inspired her and her mother to take up running.

We had a great initial response but as always some of the ladies either decided running was not for them or they found they were actually not beginners at all! Considering the weather in January and February we did pretty well and a core of ladies have flourished with us, so much so that we are all running the Race for Life 10km at Westpoint as a group. The photograph shows the ladies when they completed their ten week 5km run. They were amazing and completed it, not only in good time but still smiling at the end: their journey with running has begun! One of our ladies has entered the Great North Run this year so we are going to be helping her prepare and train for the big event.

From a personal point of view, after not being able to run myself for sixteen months due to a knee injury, these ladies have inspired me to get back to running and find I am really enjoying it again. I know my marathon days are gone but just to be back doing what I love is fantastic and thank you to all my beginners who have helped me get there.

If anyone would like to join us on the 10km at Westpoint we have a group reference of SM8308 and we would love you to run with us.



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www.womenontherun.co.uk

In hot weather, don't forget to pay attention to your hydration levels.

How much should I drink? As a general rule, we need at least 1.5 litres of fluid a day. 'Fluid' includes all non-alcoholic, non-caffeinated drinks, and also the water contained in fruit and vegetables.

To work out exactly how much fluid you need for your body size you should multiply your body weight in kilograms by 0.033. So, for example, if you weigh 60kg, your body requires 1.9 litres of fluid per day (60 x 0.033).

What about when I'm running? Current guidelines recommend drinking anything from 300ml to 800ml of fluids per hour when you're exercising. There is a huge amount of debate on running websites (such as <http://www.runnersworld.co.uk/>) as to what is the optimum fluid intake, and warnings as to the dangers of taking on *too much* fluid, which in extreme cases can be fatal. Ultimately, the best advice seems to be to drink when you are thirsty, and to monitor the colour of your urine (it should be a pale yellow, or 'straw' colour).

Water or energy drinks? In her book "How to Run", Paula Radcliffe suggests that a specialist hypotonic drinks are a quicker, more effective way to rehydrate than plain water; however, your focus should be on rehydration rather than big energy boosts.

Pimms o'clock! Remember that alcohol is a diuretic, meaning that it dehydrates you. Whilst it is probably a wise idea to avoid copious amounts of alcohol the night before a race or long run, even the experts don't insist on abstaining altogether, as long as you stick within the recommended limits.

Information courtesy of Runners World and Paula Radcliffe "How to Run".

The next newsletter will be out in July 2014. Do get in touch with any of your running tales and Women on the Run news. Meanwhile, [enjoy the sunshine!](#)



Women on the Run