



A RUNNING CLUB FOR WOMEN

Women on the Run members have been busy folk with Dornafeld 10K (Devon), English Half Marathon (Warrington), Taunton Half Marathon (Somerset), Lakeland Trails (Coniston), Purbeck Marathon (Dorset) and the City to Sea 53 Ultra (Devon) completed, as well as a whole host of Parkruns. Keep up the good work ladies!

Club Weekend Away

A club weekend away to the beautiful Forest of Dean has been arranged for the weekend of Friday 16th September 2016. This is a great opportunity for our north and south groups to meet up for a weekend of running and fun. Details have been sent by email: please see your leader if you haven't received this or email helen.borking@gmail.com. Please book asap as the trip is filling up VERY fast.

Wednesday Pyramids Group

Sad news in that the last WOTR Pyramids (Exeter) group will meet on Wednesday 21st October. It's the end of an era for the Wednesday group which goes back many years and which was the flagship group in the Women's Running Network days.

With increasing work commitments, Jenny and Maddie are no longer able to lead this group and so have decided to step down as WOTR leaders. Wednesday night runners wanting to continue running with WOTR are welcome to join another group on a different night (please see the WOTR website: <http://www.womenontherun.co.uk/our-groups.html> for details of other groups).

Runners from other groups are more than welcome to join us for the Pyramids group finale on Wednesday 21st October, meeting at 6.30pm at Pyramids swimming pool (in the room behind reception).

Great West Run

Good luck to any WOTRs doing Exeter's Great West Run on Sunday 18th October. I will be marshalling around the 2 mile mark, so will give you a wave (and throw you a jelly baby or two!) on your way past.

Newsletter Contributions

Once again our northern compatriots have excelled themselves with copy for the newsletter – thank you very much ladies! Please continue to send your running news & photos to: chamberlain_cl@hotmail.com

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Badass Mucker 3 - The Reckoning

by Felicity Cross

Badass Mucker is a premier new obstacle event in the North West. A punishing 27+ obstacles on a course designed to test your strength and stamina. You'll find yourself tackling the toughest natural terrain and Badass-built obstacles. Come and join us if you want pain and pleasure in equal measure!

Perhaps Alisha and I should have read the advert before signing up for this one...

"Gruelling" certainly seemed to be the watchword of this exhilarating event: there were 10 kilometres of challenging terrain to cover in addition to the obstacles.

Badass took place on 6th June at Halton Park Estate, Lancaster, with a tighter and tougher course than previous years. 10km of mud, forest, ponds, and slides; climbs, scrambles, streams and screams (of pain and pleasure). Alisha took part wearing her Mum's 'white' vest, which she borrowed for the event – I doubt if mum, Karen, will want this item back!

The course included lots of water, forested areas, hill climbs, slides, and a series of tough obstacles to get over, across, under and through. All of your core strengths were tested to their limits – obstacles included the log carry, river crossing, cargo net crawl, mud pit, pine crawl, bale hurdles, swamps, ramps, slides and the electric wire to name but a few!

The event was well organised and despite the rather chilly June weather (a bit of sunshine would have been welcome after the river crossings), the obstacles kept the blood and adrenalin pumping

Perhaps Badass is not as scary as the Tough Mudder series, however, this was certainly an exciting and challenging enough event for anyone wanting to 'dip their toe' into the field of obstacle races.

Just make sure you don't wear any of your favourite gear – mine still smelled of dirty swamp water after several hot washes!



FANCY THIS?

See <http://badassmucker.com/> for details of future Badass Mucker events in the North West.

Otherwise see <https://toughmudder.co.uk/events/find-an-event> to find a Tough Mudder event near you.





Run Cumbria

WOTR Kendal group leader Lesley Wallace taking part in the Lakeland Trails series.



Run Cheshire

Preston WOTR members having completed the English Half Marathon.



Run Lancashire

Preston's Thursday night group out and about on a local trail.

GPS Watches

GPS watches track your runs. The data can then be downloaded onto your computer for future reference (and uploaded onto Facebook for bragging purposes!), but what are the pros and cons of investing in such a piece of equipment?

Pros

GPS watches are relatively light (the average GPS watch weighs about 2 ounces) and easy to carry on your wrist. They are easily viewable as you run. Compare this to using a smartphone with a running app on it: iPhones weigh twice that of your average GPS watch, and must either be carried in your hand (not ideal) or using an armband (difficult to look at while you are running).

GPS watches are also weatherproof, allowing you to wear them in all conditions.

Depending on the type of GPS watch you opt for, distance, pace, speed, calories, lap speed, average lap speed, elevation, heart rate and cadence can all be tracked on a run.

GPS watches are no longer the rather manly devices they once were! Garmin's entry level GPS watch, the Garmin Forerunner 15, now comes in a range of different colours.

Cons

GPS watches start at around £75, about the same as a pair of running shoes; however, the more features the watch has (such as a heart rate monitor), the more expensive it will be. Clearly this is a lot pricier than a running app (such as MapMyRun or Strava) downloaded onto a smartphone. What this means is that a GPS watch is an investment. Unless you use it often, it may not be worth the cost.

They are not 100% accurate, instead most GPS watches are accurate within 1% to 3%. This translates to between one-hundredth to three-hundredths of a mile per mile, plus or minus. Or, to use a real world example, a GPS watch would measure a 10 mile run as anywhere between 9.91 miles and 10.09 miles. With a GPS watch, "your" distance won't always be the same as race distance, often leading runners to complain to race organisers about the distance being incorrect.

Recipe - Superb Carrot Cake

A Mary Berry special, in tribute to the Great British Bake Off!

Ingredients

8oz (225g) self-raising flour
2 level teaspoons baking powder
5oz (150g) light soft brown sugar
2oz (50g) walnuts, chopped
4oz (100g) carrots, washed, trimmed and grated
2 ripe bananas, mashed
2 eggs
¼ pint (150ml) corn oil

Method

Heat the oven to 180°C/160 fan/gas mark 4. Grease and line an 8 inch (20cm) round cake tin with a circle of greased greaseproof paper.

Sift the flour and baking powder into a large bowl and stir in the sugar. Add the nuts, carrot and bananas and mix lightly. Then make a well in the centre, add the eggs and oil and beat well until blended.

Turn the mixture into the tin and bake in the oven for about 1¼ hours until the cake is golden brown and is shrinking slightly from the sides of the tin. A warm skewer pierced into the centre should come out clean. Turn out, remove the greaseproof paper and leave to cool on a wire rack.

Topping

3oz (75g) soft butter or spread for baking
3oz (75g) rich cream cheese
6oz (175g) icing sugar, sieved
½ teaspoon vanilla extract

Place all of the ingredients together in a bowl and beat well until blended and smooth. Spread over the cake and rough up with a fork. Leave in a cool place to harden slightly before serving.

Taken from Mary Berry's *Fast Cakes*

Kendal Group Hit the Road

by Lesley Wallace

I would like to give a big welcome to 18 new WOTR ladies! Our new group in Kendal started on Monday 28th September 2015. We will be meeting every Monday at 6.30pm.

I was amazed how much interest there was in the club and how keen the ladies in Kendal were to get running! I advertised the club once on a Friday evening and by the Sunday evening I had 18 ladies signed up ready to go! We had a lovely sunny evening for our first run, and have a mix of ages ranging from 16 to 60! Some of our ladies are new to running and some are returning after injury!

We started off gently with interval training consisting of a 2 minute run and 2 minute walk along the river and the ladies managed an impressive 2½ miles.



There was a lot of talking and laughing en-route and we even indulged in a sneaky piece of flapjack afterwards to re-energise us!

The current beginners' course is a 10 week programme and we are working towards completing Fellfoot Parkrun on Saturday 12th December 2015. We are very lucky to have the support of Pete Bland Sports who are going to present the ladies with a goody bag after completing the Parkrun!

Many thanks to Helen Borking from the Preston Group for helping me in getting this group up and running!

Over the Hills and Far Away

by Claire Langford

The taxi driver to Weymouth ferry bridge asked me what I was up to, and I told him that I was about to embark on a "silly run". When he asked me what was silly about it, I explained that I planned to cover 100 miles of the South West Coast Path in the next 4 days, and that it was "silly" because I honestly didn't know whether I would be able to do it.

The night before had seen severe weather warnings for the South Coast, with thunderstorms and torrential rain forecast. It was perhaps not the best of days to be running solo on the coast path. I set off at gam, aiming to run the length of Chesil Beach, through West Bay – the setting for Broadchurch - over Thorncombe Beacon and Golden Cap and on to Charmouth by late afternoon. I think my progress is best summed up by my daily Facebook posts:

Thursday 13th August - Lessons learnt today:

Don't always trust a severe weather warning;

Even a cold toasted marmite bagel tastes good after 21 miles;

Chesil Beach is not very easy to run (or even walk) on;

Cake is a great motivator;

Ice baths are evil.

Friday 14th August - Today's lessons:

The sunshine after the rain can take a while to appear;

Don't be lulled into a false sense of security by signposted coast path diversions in case the South West Coast Path randomly decide not to provide any (between Lyme and Seaton);

A full day in soggy shorts can cause some nasty chafing;

There's no shame in walking;

If the going gets tough, cheat and catch the bus (I'm kidding!);

Tomorrow is another (hopefully sunnier) day.

Saturday 15th August - Another day, another marathon! Learnings from day 3:

It's easier with a friend;

Devon is beautiful;

The distances on the South West Coast Path website include ferry crossings;

You can run 26.5 miles in the sunshine wearing a backpack and still not be the smelliest person on the train home;

It's a good idea to take a door key if your husband is likely to be out playing cricket when you get home from a long day on the coast path!

Sunday 16th August

2 counties visited;

12 river mouths crossed;

3 ferry journeys made;

18 coastal pubs passed without partaking;

4 days covered; 100 miles completed!



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The joys of winter running:

You'll be fitter in the spring

Taking the winter off from running means coming back rusty in the spring, and needing a few weeks to get back to top form. Those who keep up their running during the winter stay fit throughout and can set higher spring running goals.

Winter races are real tests

As well as maintaining your competitive edge, winter races are also a much tougher test of your ability. Not only are you battling the distance, you're also coming up against bad weather.

It energises you

Colder weather can leave you feeling more tired than usual, so it can be hard to get out the door and start running. But running has been shown to actually boost your energy levels, so you'll feel the benefits once you've been out.

You won't get as sweaty as in the summer

The colder weather allows you to push yourself harder without sweating up a storm! Even if it's cold, you'll find that you don't need to wear excessive amounts of layers as you will quickly warm up once you get moving.

You can be achieving goals all winter

It's a good idea to set yourself a mini target that you want to hit by the spring. It can give your winter running a purpose and it can also boost your morale to look ahead to the end of winter.

Difficult terrain helps you improve your technique

Winter weather can mean that your route is more slippery. Your lower leg muscles will get stronger as they work to keep you balanced and upright.

Bad weather toughens you up

Getting through cold weather gives you a real sense of accomplishment. Once you're back home, you can relax and recover. And on your next run, your body will be stronger and more adept at dealing with cold conditions.

Information courtesy of <http://www.asics.co.uk/sports/running/preparation/motivational-tips-winter-running>

The next newsletter will be out in the New Year. In the meantime, do get in touch with any of your running tales and Women on the Run news and - until 2016 - [happy running!](#)



Women
on the Run