



WOMEN ON THE RUN Newsletter

A RUNNING CLUB FOR WOMEN

IN THIS ISSUE

Latest News

The sun is shining as I type and it's starting to feel a lot like summer! Plenty of WOTR-ers have been busy this spring with several Preston members taking part in the Manchester marathon and Jenny Barnett from Exeter running the Grizzly and the Taunton Half Marathon. Meanwhile, Maddie Smale (also from Exeter) ran an incredible 80 miles at this year's Hope 24.

Do drop me a line with your running achievements so I can pop them in the next newsletter.

WOTR Website

The new Women on the Run website is now up and running (sorry, couldn't resist!). The website includes details for all of our groups and has a great "news & calendar" page on which upcoming events are listed (see <http://www.womenontherun.co.uk/news--calendar.html>). There is also a running advice page and some handy links to running-related websites. Definitely worth a good gander!

New Exeter Group

A new beginners' group started on the 14th May and meets in the foyer of Morrisons in

Exeter, every Thursday at 6.20pm. An improvers' group also meets at the same time, same place. Please spread the word amongst any friends, family or work colleagues who might be interested in joining either group.

Pretty Muddy

A WOTR team will be taking part in Race for Life's Pretty Muddy 5km run on Saturday 25th July 2015. If you are keen to join them at Westpoint, Exeter, for some mud and laughs, all in aid of an excellent cause, please follow the link below. The group leader is Liz Moulder. <https://raceforlife.cancerresearchuk.org/rfl/forms/race/enter.jsf?groupNumber=BJ2139>

Dogs on the Run

An idea which was suggested at the recent AGM was a run to which members could bring their dogs. Please contact Sarah Davies via the website if you are interested in bringing your furry friend along to a run.

Newsletter Contributions

Thanks again to everyone who contributed to the newsletter. Please send any running tales, news and photos for future newsletters to:

Claire Langford
(chamberlain_cl@hotmail.com)



Manchester Marathon

Preston WOTR member, Fiona Lord, writes about her Manchester Marathon experience.

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Women on the Run AGM

It's that time again! The 2015 Women on the Run AGM took place at Killerton on Saturday 18th April.

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My Manchester

by Fiona Lord

"I'm in" - two short words but with such a big commitment attached! In a matter of seconds, I'd talked myself into signing up for the 2015 Manchester Marathon - a few of the running club ladies were signing up and I knew I had to be part of the experience. I'd run a marathon in 2012 so knew about the commitment in terms of training and the run itself but "that's fine" I told myself - with a plan and determination I could do it again.

I re-visited my training plan from 2012 and reflected on the range of runs that I had done and how I'd felt both before and after the marathon. I really wanted to better my time of 4:33 and had a secret hope of achieving 4:20.

As the weeks ticked by, the mileage increased and for most of the time I enjoyed the challenge of running for longer and longer. But my 16 mile run left me almost in tears, really tight hamstrings and calves made the last 3 miles incredibly slow and painful, and mentally it was a real struggle. Could I do this, I questioned myself over and over.

The long runs were weekly, days off work were spent running regardless of the cold and wet winter weather: when would spring arrive? The plan said 18 miles, my head said "no thanks", but off I went anyway. That's how it is when training for the big one. I managed 2:59, about right to get 4:20 in April. My training plan went a bit wayward - life just seems to take over - but every chance I got to run, I did. If we went out as a family I would go in my kit and run home, or I would meet the family at our destination. 9 miles here, 10 miles there - it all counts. A 12, a 13 - bit-by-bit the miles clocked up.

Then the 20 mile training run came up on the calendar - the real test. Luckily, the lovely Lindsey from WOTR was doing her 20 mile run the same week and we managed to co-ordinate the day - how lovely to have some company for that distance. We set off with gels, drinks and enthusiasm - a lovely but undulating route planned. It was great: the weather was perfect, the miles rolled on and I felt strong for the whole run and could have done more. How I tried to remember everything about that week to duplicate it 4 weeks later!

With renewed confidence I decided to put my steps to good use and raise money for charity, choosing Epilepsy Action and Pear Tree Specialist School Fund. My son was diagnosed with epilepsy at 4 months old and Epilepsy Action has been a source of information and support. The epilepsy has had a profound effect on Adam's learning and development and he goes to Pear Tree Specialist School - it is an amazing place, full of happiness and love and all the children are encouraged to be the best they can be and fulfil their potential no matter what the challenges are. The school needs to raise £220,000 to support the re-development of the Further Education unit to provide accessible and fit for purpose facilities to accommodate young people with complex needs for the foreseeable future.

With donation pages set up, I targeted myself with raising £250 in total. To say that people are generous is an understatement! My husband's work got right behind me and sponsors were coming in thick and fast - with messages of support making me both laugh and cry! The run was getting close and the excitement was building.

There were 3 of us from WOTR Preston running Manchester and many a mention was made during club nights of our progress and our Facebook pages were dominated with training updates, links to useful information and general marathon chit chat. I definitely have to mention Helen Borking for her unstinting excitement and enthusiasm - it was infectious and wiped away any doubts that I had.

The taper period came - gosh, that time is so weird! I felt strong and ready to do the marathon then, so couldn't get my head around dropping back on the mileage and still keeping up the fitness. The mental challenge had taken over from the physical.

Tick tock, tick tock and the day arrived - marathon fever was in full swing and I was EXCITED.

So on Sunday 19th April 2015 I headed to Manchester with my lovely family and my nerves intact - this was going to be a great day. The event was buzzing, runners, supporters, family and friends all there for one thing - to run or to support someone who was running. What a feeling!

At the start a lovely woman hugged me and wished me good luck, I'd never met her before but we ended up running the first 10 miles together. Step by step, mile by mile the distance passed. Team Lord were at the halfway mark cheering me on with a kiss and

a quick hug, how great to see them there. I bettered my best 13.1 and felt really good - the support along the route was amazing and it was so uplifting to hear strangers shouting my name and encouraging me along.

18, 19, 20 - and the aches and pains started to niggle. Come on Fiona, 10k to go. 21, 22, 23, 24 - ouch, now it's starting to hurt! At around the 24 mile mark I saw 3 of my WOTR buddies who had come to support us - I nearly cried. It was such an emotional moment and I can't tell you how great it was to see them standing there cheering me on - thank you Paula, Sam and Diane ☺

My family were waiting at just over 26 miles: I saw the "Run Mum" banner before I saw them so was able to get to the right side of the road for a final high-5. There were cheers and tears. "Come on Mum, you can do it", the kids shouted and I knew I could. I ran to the finish line with a smile on my face and a quicker pace in my legs. The medal was placed around my neck and the foil blanket around my shoulders.

I'd done it, it was over and it felt fantastic. The clock said 4:28 so I knew I'd bagged a new pb but when the chip times were published I'd got the 4:20 I wanted.

The generosity and support of people to my fundraising has blown me away - I've raised around £2,000 for my chosen charities, something I never thought was possible and it will make such a difference. Thank you to everyone who has donated, you have been part of this.

Running for me is a way to channel energy and emotion into something physical. There are highs and lows, but I know that tough runs will always be followed by easier, faster or better ones. Having a child with health problems and learning disability is emotionally and physically demanding and during the tough times when Adam has been ill, running has been an outlet for me to focus on something different and I return home stronger and re-energised.

So, what now? Time to look for a few more races this year - might as well put all that training to good use - and also to just enjoy running for the sake of it. And do you know what? I think I might just sign up for Manchester 2016.

FIONA'S SPONSORSHIP PAGES

www.justgiving.com/Fiona-Lord/

<http://uk.virginmoneygiving.com/FionaLord>



Bath



Topsham



Exeter (Mondays)



Preston (Tuesdays)



WOTR AGM

Many thanks to everyone who attended this year's AGM at Killerton in Devon on Saturday 18th April. Apologies were received from Preston and Bath group members.

Election of committee

Claire Langford has stepped down from the WOTR committee due to work pressures but will continue to produce the newsletter. The remaining existing committee members were re-elected by unanimous vote, with the addition of Cheryl Scudamore, Sarah Davies and Sharon Knowles as new committee members.

Points of note

It was agreed that Women on the Run would change its affiliation from ARC (Association of Running Clubs) to England Athletics. The benefits of EA affiliation were outlined at the AGM, but include discounted race registration at an annual cost of £12. This can be applied for on the new website.

It was suggested that WOTR members volunteer to marshal at Parkrun: by wearing WOTR t-shirts we should get some good publicity for the club.

As the WOTR bank balance is looking healthy at present, our Chairwoman (Liz Moulder) asked members to put forward any ideas for advertising or improving the club.

OUTSTANDING RENEWALS

Don't forget that memberships were up for renewal in March. Please complete and return your membership renewal form (available on the website or from your group leader) with the £5 membership fee to:

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

Recipe -Blueberry Yoghurt Loaf Cake

Ingredients

75ml almond oil
125g full-fat natural yoghurt
150g caster sugar
2 large eggs
1 tsp vanilla extract
Zest of 2 lemons
210g plain flour
1½ tsp baking powder
A pinch of salt
150g-200g blueberries

Method

Preheat the oven to 180C/350F/Gas Mark 4 and grease and line with greaseproof paper an 8 inch (20cm) loaf tin.

In a large bowl, whisk together the oil, yoghurt, sugar, eggs, vanilla extract and lemon zest. In a separate bowl, stir together the flour, baking powder and salt. Pour the dry ingredients into the yoghurt mixture along with the blueberries and fold everything together very gently. Take care not to mix any more than is necessary: overzealous stirring at this stage could result in a tough cake later.

Pour the batter into the prepared loaf tin and bake for 50-55 minutes, or until a small knife or skewer inserted into the middle of the cake comes out clean. Leave to cool on a wire rack before serving.

A cake for lazy days!

Taken from the "Cook" supplement of the Guardian.

RunExpo (or The Day I Met Jo Pavey)

by Felicity Cross and Freda Peacock

Advertised as a showcase for all the latest products and clothing, the RunExpo at Manchester's Event City in March didn't disappoint. Event sponsors offered practical advice on run technique, nutrition, hydration, fitness and recovery as well as opportunities to get your gait analysed and enjoy a sports massage.

Swept up in the moment I entered the Badass Mucker taking place in Lancaster in June. A 10K run including 28 obstacles - more news on this to follow if I survive the event! They haven't called it 'The Reckoning' for nothing!



Former Olympian Steve Cram was present but the highlight was the chance to hear Jo Pavey, interviewed by sports broadcaster Dan Lobb, talking about training, motherhood and family life, being the oldest European Champion and, of course, her gold medal victory in Zurich.

We also got the chance to meet Jo afterwards. Jo Pavey was patron of the former Women's Running Network and had recently seen the Club's founder member, Peg Wiseman, on the running track in Exeter. Jo is an inspiration for all runners, but for females in particular, and it was very exciting to meet her and hear how she manages to fit a very close and inclusive family life around her running career.

More Manchester Marathoning!

by Helen Borking

After twice trying (and failing) to get into the London Marathon via the ballot, it seemed that Manchester was my only option as I really wanted to run a marathon before my next "significant" birthday (which, by the way, is in July). So, Manchester entered and 12 page training plan duly printed off, I told myself I just needed to carry on doing the miles I was doing before starting the "proper" training around Christmas. But then tragedy struck, I fractured the third metatarsal in my left foot and found myself in a cast and hobbling around on crutches for a few weeks. Any dreams of running a time went out of the window and my overall aim was to just go for a finish; which is exactly what I did.

As I'd not put myself under any pressure to get a time, I was able to enjoy the training and approach the race with a positive attitude because I knew without a doubt that I was going to reach my goal of a finish – even if I had to walk. In the run up to the race I had no nerves or butterflies and had got myself pretty excited at the prospect of running 26.2 miles. Sad or what?!

There were 3 WOTR ladies running the race; myself, Fiona and Lindsey. I ran the race with Lindsey, another Preston group leader, and until around the 18 mile mark we were fine. We'd had matching bright orange t-shirts printed with our names and the WOTR logo on. The crowd was very supportive and our names were shouted for much of the route. The route was good and our legs and breathing were causing no problems, however, after mile 18, little niggles started to appear and our legs became very tired. Around mile 24 we hit THE WALL and both vowed we were retiring from marathon running. I remember Lindsey saying to me that if she started talking about entering another marathon, then I should shoot her! I also remember giggling hysterically and totally agreeing with her...



We pulled ourselves together for the last mile and it was brilliant seeing Diane, Paula and Samantha from our Thursday group who had travelled to Manchester to cheer us on. An attack of cramp in my calf about mile 26 nearly had me on my knees but Lindsey helped me to overcome it and we got to the finish line in 4:56 (or 5 hours as Lindsey's Grandma informed her, only to be corrected and told it was FOUR FIFTY SIX!) We were ecstatic to finish sub 5 hours for what we vowed was our first and last marathon.

A point worthy of note:

Both Lindsey and myself have entered the ballot for the VLM and I will definitely run Manchester if I fail to get VLM.

I just need to work on Lindsey now **winks**

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www.womenontherun.co.uk

Sports bras – beating the bounce.

Changing-room-test the bra before buying. It is always a good idea to try on a sports bra before purchase.

Straps: Hold the top of one strap and the center of the corresponding cup, then pull. Whether they're adjustable or not, the less stretchy the front straps, the more motion control they'll provide.

Cups: Repeat a similar stretch test by tugging the top and bottom of each cup; the less give, the more motion control. Whether it's a compression or an encapsulation style, the cup should hold the whole breast — no spillage. If it doesn't, choose the next cup size up.

Band and side panels: Slide a finger under the band between your breasts; you should not be able to pull it more than an inch from your chest. (For an adjustable band style, set the clasp on the first eyelet; if you have to use the last eyelet to get a snug fit, you're better off with a smaller band.) Next, reach your arms overhead; if the band creeps up, it's too big. In both cases, pick a smaller size.

Try jogging on the spot in the changing room to get a feel for how supportive the bra will be when you're running in it.

Why has my sports bra started to chafe? Sports bras usually start to chafe when the elastic has begun to age. It can also occur more frequently on longer-distance runs – this is because of the increased movement of the bra against the skin, due to perspiration. One solution is to tighten the rear-fastening by one notch before setting off.

As with running shoes, new sports bras need to be worn in, so - to avoid any unexpected problems - best not to wear a new bra on race day!

How long does a sports bra last? Runners World suggests that, after 30-40 washes, most sports bras need replacing. The technical fabric of your sports bra will wear in the wash, and its elasticity will diminish during use. Try not to tumble dry your bra: the heat will destroy the fabric on your bra and reduce its life.

Information courtesy of Runners World and Fitness magazines.

The next newsletter will be out in July 2015. Do get in touch with any of your running tales and Women on the Run news. Meanwhile, [enjoy the sunshine!](#)



Women on the Run