



A RUNNING CLUB FOR WOMEN

WOMEN ON THE RUN Newsletter

IN THIS ISSUE

Latest News

Welcome to a new issue of our newsletter at a time of year that all runners look forward to. The clocks have now gone forward and Spring has sprung. With the lighter nights comes more time for after-work running and the excitement for getting off road for the group runs is upon us.

A number of our Preston members are already enjoying the start to the trail running season by taking part in the fabulous Lakeland Trails series of runs and our Kendal group are continuing to enjoy the wonder that is parkrun, whilst back on their original route now the flood damage has been repaired at Fell Foot Park.

Guest Editor

We have a new editor for the next few issues. Helen Borking, Preston Thursday leader will produce the newsletter as regular editor Claire Langford studies and takes professional exams. Our very best wishes and good luck go to Claire!

Exeter 10k Race for Life

Cancer Research UK's Race for Life is a popular women-only fundraising run with

events taking place nationwide. Our Exeter ladies have a group set up for the event taking place at Westpoint, Clyst St. Mary on Sunday 24th July. Just add yourself to the group when you register. The group name is "Women on the Run", Group ID is UM7002. Further details can be found at www.raceforlife.org

Weekend Away to the Forest of Dean

For those ladies partaking in our Exeter-Preston 2 night weekend away to the Forest of Dean on Friday 16th September. The balance of £45 is now due and should be paid to Mike Gibson or Helen Borking as soon as possible. Further details regarding the weekend and an itinerary will be sent via email in due course.

parkrun

parkrun is a series of 5k runs held every Saturday morning at 9am in areas of open space around the UK. They are open to all, free, and are safe and easy to take part in. You need to register once, print off your barcode and then turn up on Saturday morning. Remember to add your running club as Women on the Run in your parkrun profile and to run in your coveted WOTR blues. <https://www.parkrun.org.uk/register/>



Women on the Run AGM

The 2016 Women on the Run AGM took place at Killerton on Saturday 9th April. Claire Langford gives us a "run" down of how it went..

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Preston WOTR member, Christine Acklam and her family take on Orienteering and find they really like it.

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Spotlight on...

A new feature to our newsletter and we start off with a spotlight on... Liz Moulder

Name: Liz Moulder, Club Chairperson and Run Leader with Exeter group

Occupation: Jobcentre Work Coach

1) When did you start running and why?

I can't remember which means it must have been a very long time ago, possibly early 2000's? My husband is a keen runner and I was fed up of being a "running widow". I entered the Race for Life, joined a club and never looked back (except at mile 17 in the London Marathon when I fell over a glove!)

2) What's your top tip for lady runners?

For beginners, leave the water bottle behind; you really won't need it until you are running for at least an hour unless it is mega hot. For confident runners, don't get hung up about PBs etc. to the extent you don't enjoy your run.

3) How has Women on the Run changed your running?

I'm not sure it has, although I have made lots of friends through the club.

4) What has been your best running experience to date?

Being invited to join an early morning run with the Casablanca Running club. They met at the American Embassy A.K.A. McDonalds and ran to the King's Palace and back. A rather surreal experience as all the lady runners had to be "chaperoned" by a male runner and you had to avoid goats.

5) And worst?

The Harepath which is no longer held, although I can't imagine why! It had a more or less vertical start over a sun baked rutted field that you couldn't get any footing on. I came last although the results showed me as third from last, as I crossed the line with 2 slightly younger friends. The reward was some local fruit wine which was foul.

6) What's your favourite run/race/route?

Another run that no longer exists. The Midsummer Dream; fancy dress, 19 miles, a river crossing where they attempted to drown you, 5 pubs and a cream tea. I suppose my current fave is the Scrumptious Croyde Trail which still involves alcohol but slightly more food. Can you spot a theme here?

Thanks Liz... Where will the spotlight fall next issue?



WOTR AGM

by Claire Langford

The daffodils and the turquoise t-shirts were out in force on Saturday 9th April as we met for this year's Women on the Run AGM at Killerton. We started with a 5km run, following the parkrun route and admiring the lovely views of the rolling Devon countryside (which you don't always get to take in when scurrying round with several hundred other runners!). Luckily the cows had cleared the final field for us - rumour has it they were staunchly defending their territory earlier on in the day - and we made it back to Killerton House just before the rain started.

Then it was muddy trainers off, and indoors for the important bit...cake!

Roger Rowe, the Race Director for Killerton parkrun, talked to us about his running career and the retired running celebrities who are often in our midst at parkrun. Roger himself ran as a veteran for the Great Britain team and had the t-shirt (running vest) to prove it. He raised a few chuckles with his so-called 'freedom shorts': running shorts with a liner, which allow male runners to 'run free' (or, in other

words, go commando). On a more serious note, he stressed the importance of suitable running gear for everyone, in particular the need for all female runners to invest in a good sports bra. Roger also advised that Killerton parkrun's 5 year anniversary is rapidly approaching. They are hoping to get a record turnout for this and so he encouraged us to join the celebrations on Saturday 23rd April. Anyone who has not previously done parkrun should register beforehand. <http://www.parkrun.org.uk/register/>

The AGM itself followed. Our Treasurer, Michael Gibson, gave details of current membership numbers and said that there had been a positive and speedy response to membership renewal reminders. Despite a number of groups leaving WOTR last year, membership numbers have picked up again, with several new beginners' groups (in Kendal and St Thomas, for example) encouraging new members.

As the funds are looking healthy, our Chairwoman Liz reminded us that WOTR will subsidise 50% of the cost of completing the Leadership in Running Fitness (LiRF) course and asked that anyone interested lets their group leader know. Members taking advantage of this

offer should either help out with an existing group, or lead a new beginners' group, on completion of their course.

We also discussed the allocation of this year's London Marathon place. The consensus of opinion was that 'interested party names out of a hat' was the fairest way to go. To enter the draw, you will need to be a renewing WOTR member (i.e. those who have just joined the club in March 2016 will not be eligible) and be committed to training for and running the marathon. This has yet to be decided though and the committee will advise in due course.

The committee were all duly re-elected and apologies given for our Preston and Kendal members, who understandably were unable to attend. It was lovely to see a Bath contingent in attendance though: thanks for joining us ladies!

Exeter member, Emily Goodhew won the fleece which was raffled for renewing membership by 9th April and I went home feeling enthused and optimistic about Women on the Run; and excited about using the Mandara Spa Island Paradise Foot Care Essentials Collection I won in the raffle!

WOTR Club Kit

Official club kit is available to buy direct from your Group Leader. We have tee-shirts, vests and hoodies. Recently introduced to our range we now offer a long-sleeved tee-shirt modelled below by our Preston leader Lindsey McGahey. Please see your Group Leader for pricing and size information.

We encourage ladies to wear their club kit to races, runs and parkruns as it is a great way to meet new people and it gives the Club valuable exposure.



My Marathon Journey

by Jenny Latham

I began running around 2006 when a friend of mine decided that she fancied doing the London Marathon. We both joined a women only running club and found the welcome and support wonderful. I am not sure entirely when the inclination to run a marathon first hit, I just decided it is something I should do at least once in my life... so, I entered the Amsterdam marathon back in 2012 but sprained my ankle whilst running on an uneven surface and at some point whilst resting I lost the motivation to put my shoes on and head out of the door.

I took 3 years off in the end, but there is something emotional about running which brought me back last spring, which I think every runner feels – the trepidation, or anticipation when it's cold or raining but you've arranged to meet friends, and the thrill and feeling of being alive once the sun is shining or the blossom is out, perhaps even a smugness whilst tucking into the well-deserved cake at the end of a challenging distance and most definitely the high, the endorphins kick which happens every time, rain or shine, having run alone or with a group.

Last year, last spring in fact, I decided to enter a marathon, so I sat with my lap-top and looked through the races coming up in 6

months' time, I made a list, and then decided to pick the one closest to home, the Dartmoor Vale... so I could eat and sleep properly before and after. This turned out to be perhaps not my wisest decision; the training went really well, a special thank you to Cheryl Scudamore for all the wonderful help and support. Due to my (lack of) speed I struggled to find people I could train with and did a lot of miles alone.

Race day soon came, lovely, cool, perfect conditions. I gathered at the start line with the 100 or so other runners and off we went... well, off they went, they were so fast, I couldn't believe it. Even the back marker on a bike didn't notice me straggling along behind the crowd, I tried to run, I really did, the first 6 miles were at a fair pace, but not as quick as the rest of the entrants, I soon lost sight of everyone, fortunately I have a good sense of direction and there were adequate arrows along the route, and a local cadet group doing a Mexican wave at mile 6. I got to mile 6 and a hill, the marshal helpfully pointed out that I was soon to be running up a great big massive hill. At around mile 8 my knee really hurt, it never got any better no matter how much I tried to convince myself it was all in my head and there was nothing wrong with my knee, the pain just got worse. But, I'd trained so hard; there was no way I was going to give up. I carried on, my personal cheerleader; Cheryl supported me along the way, I did the great big massive hill for the second time and by mile 18 I was close to tears – what a day... Cheryl ran alongside me and chatted to me about stuff and things, she really distracted me from the despair I felt, this apparently is 'the wall', when I had just used up everything I had, I felt so drained I just wanted to stop. Eventually after 6:00:24 on my feet I crossed the finish line to a wonderful cheer from all of the marshals, my sister, my partner and of course Cheryl. I am certain my finish felt just as good as the winner.

Well, that's not it, I am sure I can improve on that, after all, I was aiming for 5 hours... so, let's do another one, but this time, one with crowds, one where the other runners won't all speed off and leave me behind. I thought I'll go for the Virgin London Marathon. I'd tried unsuccessfully for the ballot, but heard a rumour that there might be a WOTR club place –yes, a second chance to enter, brilliant.

In December, the night of the draw arrived, I felt all the anticipation that I get before a race, but before my heart rate got too high my name was announced, I couldn't believe it! Here we go again, four months of focus and training, four months of being mindful

about my diet and rest, and four months of being out in all-weather to get the miles of training done, I was filled with excitement and trepidation. Dave Moulder kindly sat with me to prepare a marathon training plan and as a member of Women on the Run I was invited to join 'InStep' who organised a weekly Marathon Training Group. I have been along almost every Saturday, we've run distances of between 12 and 20 miles and thankfully there are a couple of others who run at a similar pace so I had good company along the way.

Back in February my knee started to hurt again, this time I was determined to understand the problem and to find a way of fixing it. I visited a physiotherapist who told me the injury was Iliotibial band syndrome and to summarise I needed to do more than just run, do another sport besides running. I had to take a break from running, I took three weeks to work through the injury and had to withdraw from Exeter Half Marathon in February, but I am now a regular at Body Balance, yoga and swimming, I went out and ran 12 mile last Saturday (my final long training run) and I feel great, my knee is good and I am feeling strong and ready to go. Apparently now it's time to taper, that is less running, more resting. It is difficult – almost as difficult as putting my trainers on when it's raining. Fortunately my training buddy is helping me with common sense and stopping me from trying to do too much.

I have decided to raise money for Hospicare, a charity providing expert support, resources and personalised specialist care for people in Exeter, Mid & East Devon who have been diagnosed with a terminal illness. If anyone would like to donate to this great local charity please visit: <http://uk.virginmoneygiving.com/team/ExeterWOTR> VLM Number 20903, Blue Zone start 10am

A special thanks to Women on the Run for helping me to come back to running and for the support in my mad endeavours to run really far. If anyone is thinking about going for a marathon – I really recommend it, you just need the time to train.

OUTSTANDING RENEWALS

Memberships were up for renewal on 31st March. The WOTR membership fee still remains a very reasonable £5. Please pay this to your group leader as soon as possible.

Healthy Chocolate Fudge Zucchini Brownies

by Christine Acklam

I have recently become obsessed with the search for a 'Healthy Brownie'. Searching on the internet I stumbled upon an amazing website called Chocolate Covered Katie (<http://chocolatecoveredkatie.com/>)

I have tried out a few of her recipes and they are all fab. This one below is a favourite. It made so many brownies that I handed samples out to friends, all said it was delicious. This recipe is vegan friendly and Gluten Free.

Ingredients

1/2 cup shredded zucchini (Courgette) (100g)
 1/3 cup applesauce (80g)
 1 cup plus 2 tbsp water (270g)
 2 tsp pure vanilla extract
 3 tbsp flaxmeal (18g)
 1/2 cup plus 2 tbsp veg or coconut oil (115g)
 3/4 cup cocoa powder (65g)
 1 cup coconut flour (135g)
 1/2 tsp salt and 1/2 tsp baking soda
 3/4 cup xylitol or sugar of choice (150g)
 1/16 tsp pure stevia extract or 2 tbsp sugar
 1/2 cup mini chocolate chips, optional

Instructions

Preheat oven to 350F, and line a 9x13 baking dish with parchment paper. Set aside. In a large mixing bowl, whisk together the first 6 ingredients and let sit at least 5 minutes. Combine all other ingredients in a separate bowl, and stir very well. Pour wet into dry, stir until evenly mixed, then pour into the baking dish. Using a full sheet of parchment or wax paper, press down very firmly until the brownie batter evenly covers the pan. Bake 19-20 minutes, then pat down hard with a pancake spatula or another sheet of parchment. (If still undercooked, it's fine. Just fridge overnight and they'll firm up!) Let zucchini brownies sit 15 minutes before trying to cut into squares, and if at all possible wait until the next day to eat them. They will be twice as flavorful! Tip: as a general rule, cutting brownies with a plastic knife prevents crumbling. Makes 20-24 squares.

Frosting

1/2 cup cocoa powder (40g)
 2 tbsp pure maple syrup or agave (30g)
 1/2 cup virgin coconut oil, melted (75g)

Mix frosting ingredients together to form a sauce. Spread sauce over the zucchini brownies, then fridge or freeze 10-20 minutes and the sauce magically transforms into fudgy chocolate frosting!

These brownies taste *much* richer the next day, after the flavours have had a chance to intensify. Due to the melty nature of the frosting, frosted brownies are best stored in the fridge or freezer (they thaw well).



Recipe and photo courtesy of Chocolate Covered Katie

"All Over the Place" with Women on the Run

We're looking for photos of members "all over the place" wearing their WOTR colours. It could be on holiday at home or abroad, whilst out on a daytrip or even sat in your garden at home – the choice is yours.

Here's my offering on a daytrip to Grasmere in the Lake District a couple of years ago. It was such a hot day I decided to wear my WOTR blues to help me keep cool on my walk across Loughrigg Fell and along the lake shore. It was a perfect walk on a beautiful sunny day...



Please send yours to Helen Borking (helen.borking@gmail.com) for inclusion in our next issue.

Out and About on the Trails

Some of our members enjoying the mud at the recent Cartmel 10k. Photos courtesy of James Kirby for the Lakeland Trails.



The Tale of the “Bright Whites”

by Tracey Grihault

I had just completed the Women on the Run beginner's course with the Preston, Thursday group and decided that I would like to have a go at trail running. The first time I did this I didn't have a clue what I was in for. I imagined nice solid, dry paths, with the odd puddle and a flat run, as I had been advised we would be venturing around a reservoir. How wrong was I? The weather was favourable at the *bottom* of the hill - but we will talk about the hills later!

I got out of my car in my bright white trainers, not new ones, just my regular road running trainers, loose clothing - again nothing new, but not altogether suitable. We set off down a nice little pathway, somewhere near Bolton. I was with a lovely group of four others, including Dawn, who I'd met at WOTR, her husband (an ex-army chappy) and two of her friends, who were experienced at this type of running. They were all lovely and a warm welcome was offered.

As we got to the end of the pathway we crossed a road to the bottom of what runners like to call a 'slight incline' (or what for me was a hill). There was a group of about 20 walkers just about to set-off on their trek. As we approached them, their leader shouted "RUNNERS!" The group kindly all moved to one side to allow us to pass. I was chuckling inside... 'Runners?!' I thought. Not me; a snail with a battery power-pack on maybe, but not a runner.

We ventured around areas of grass, mud, cobbles, fields, flowing water (which was worse due to the recent snow still melting), jumping over tree roots, avoiding being smacked in the face by branches, whilst all this time in inappropriate clothing.

From top to toe I was irritated, I had been silly enough not to take a hat and at the top of the 'slight incline' (Darwen Moor) it was rather cold to say the least, particularly around the ears! The layers of; sports bra, t-shirt, hoodie and coat did help keep me warm around the core, all be it a little sweaty. But the main problem was the tracksuit pants. No matter how tight I pulled the cord, they would loosen and slide down so I was running on them. The bright whites were wet, grass stained and full of mud.

All I was thinking was, I am in the middle of, well I haven't got a clue, with four people I don't really know, nobody knew where I was,

but wow what a lovely place, such natural beauty and all this only about 20 min from home. I struggled on to the end which was approx 8 miles, but what kindness and support was offered! Words of encouragement and advice, and a kind offering of glucose sweeties to help get me up the 'slight inclines'. To have been with such a group of nice people and witness such nature and landscapes, wow I thought, what a great day.



I got home and peeled off the not so bright whites and put them in the washer 'Daz, whiter than white' will sort them out, I hoped, (other soap powders are available). After a nice long soak in a hot Radox muscle relax bath, I perused my old friend (Facebook). What's this I see? 'Love Trail Running taster session, 10km'. I opened up the page and clicked on the link to say I was interested. 'I was interested!' Me, 'I'm not a runner what am I thinking?' I persuaded my hubby to tag on for a bit of moral support as he states he's got 'Ox legs' so I figured he could manage the 'slight inclines' and the slipping down the worn, wet pathways no problem. We went and we loved it!

I'm still a snail with a battery-pack but I love it, I've got the running bug. The bright whites have been upgraded to darker than dark trail running trainers, with extra grip to try and prevent me going head over toe. All this, from not being able to run the distance of two lamp posts. Nothing more to say than feeling #proudofmyself, top tip - get out and see what's on offer on your doorstep, it really is a beautiful world.



Adventures in Orienteering

by Christine Acklam

My family and I have recently started taking part in Orienteering events. If you love trail running or are just looking for your next challenge, you should give it a try. It's an Adventure Sport - It mixes Running with Navigation, so you get both a physical and mental workout. The aim is to navigate between control points marked on an orienteering map. It's up to you to choose the best route between control points. It can take place in a variety of places from local parks to remote forests.

Orienteering is family friendly - you can choose the length of course you want to run and the difficulty of the navigation. So as a family we are able to do an easy 'Orange' Route suitable for beginners. My 10 year old son loves the 'dibbers' these are the clever gadgets you get to use when orienteering. Once you have navigated to a control point - you need to 'Dib' to register that you have been there. When you return to the finish - you are able to instantly download your data - and get your race time. We have now joined our local Orienteering club and taken part in a few coaching sessions and events. I am starting to get the hang of the navigation and managed to come second in the last event, beaten by my son, who had his Dad helping him with navigation.

I recommend taking a look at what your local orienteering club can offer you. They run regular coaching sessions so if you have no idea which way up a map goes or what to do with a compass don't be put off.

Check out the British Orienteering website for details of clubs and events near you.

<https://www.britishorienteering.org.uk/home>



WOMEN ON THE RUN Newsletter

www.womenontherun.co.uk

Club Membership and England Athletics Affiliation

Membership of Women on the Run remains at £5 per year, with our membership year running from 1st April to 31st March, although first year membership is £15, which includes a club tee-shirt.

Our club is also affiliated to England Athletics and members can voluntarily become an EA affiliated member by paying a further £13 per year. To do this you would follow the link on our website <http://www.womenontherun.co.uk/affiliation.html> and complete the necessary information.



Being an EA affiliated member of Women on the Run brings with it a number of benefits and discounts. There are discounted race entry fees (minimum £2) and also discounts available from Sweatshop (both in store and online), New Balance, BUPA and Intercontinental Hotel groups. There are other opportunities to get involved in exclusive events and experiences. Further information can be found on the EA website. <http://www.englandathletics.org/athletes/athlete-registration#Benefits>

Race Directors are becoming more savvy in checking that runners who 'claim' the race discount are in fact current affiliated members, so if you enter a number of races it is well worth being an affiliated member of Women on the Run.

Being an EA affiliated club also brings club benefits. By virtue of the club having at least one affiliated member we are assigned a place in the Virgin London Marathon to assign as the club decrees, however, the member chosen would need to pay for the place themselves.

EA also offers better insurance for group leaders and discounts off courses such as 'Leadership in Running Fitness' and 'Coach in Running Fitness'. For further information on England Athletics, please visit their website. <http://www.englandathletics.org/>

And finally...

And so there you have it until the next time; I've thoroughly enjoyed my first stint at the newsletter and hope you have too. The next newsletter will be out in June/July 2016. It's always nice to hear what other club members get up to, so we would be delighted if you'd share your running exploits and other adventures with your fellow members via the newsletter. It would also be fabulous if members would send in their "all over the place" photo's so we can share them with other readers in the next issue. Please email Helen Borking (helen.borking@gmail.com)

All that remains for me to say is, enjoy the light nights with lots of WOTR laughs and some running chucked in for good measure....



Courtesy of eCards and ilovetorun.org