



A RUNNING CLUB FOR WOMEN

# WOMEN ON THE RUN Newsletter

## January 2017

IN THIS ISSUE

## Latest News

Happy New Year to all our readers and welcome to our first newsletter of 2017.

With Christmas now a distant memory, as runners, we now look forward to the lighter nights and spring months. Our groups up and down the country are seeing larger numbers of ladies running with the various groups, even when the weather has been very cold. We are a hardy bunch of ladies! Running with a group when the nights are dark is a safe option and we welcome new members to all our groups. See our website for more details of all our groups [www.womenontherun.co.uk](http://www.womenontherun.co.uk)

## Brighton Marathon Club Places

Helen Borking from Preston and Christian Allan from Exeter won the two club ballot places for the Brighton Marathon which takes place on 9<sup>th</sup> April 2017. Unfortunately Christian has had to defer her place. Our best wishes go to Helen and we look forward to hearing all about it after the race. Helen is raising funds for the Cystic Fibrosis Trust and you can sponsor her here <http://uk.virginmoneygiving.com/helenborking>

## Women on the Television (and Radio)

The New Year saw much media coverage of the England Athletics survey where, out of 2000 women runners surveyed, 32% said they had faced some form of harassment and 60% said they felt anxious whilst out running solo.

On 10<sup>th</sup> January Women on the Run were invited to BBC Radio Lancashire to discuss the subject. Helen Borking went along and chatted with Graham Liver about our group experiences of harassment, which thankfully has only ever been verbal. Later the same day Felicity Cross and Helen were also invited to That's Lancashire TV for their take on the subject.

Here is the link to watch it. [https://www.youtube.com/watch?v=CluQ\\_FX-hw8&app=desktop](https://www.youtube.com/watch?v=CluQ_FX-hw8&app=desktop)

Harassment of any kind is a serious subject and we were glad to be able to give our opinion on the matter.



### Spotlight on...

This issue we bring you two spotlights... We have Sue Thorne and Gill Thorne (no relation) who are both leaders in Exeter.

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### Why I Run?

Now in her 70<sup>th</sup> year, Kendal member Wyn Clayton tells us why she has the running bug.

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### Shiver me Timbers!

Preston leader Felicity Cross takes the podium whilst on holiday in warmer climes.

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### Running in Winter

We pass on some commonsense advice for winter running

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## Spotlight on...

Our club has so many interesting lovely members that one spotlight per issue just doesn't seem enough. This issue, we bring you two. First we have:

Name: Sue Thorne, Group Leader Exeter, Occupation: Biology Teacher

### 1) When did you start running and why?

*This was when a good friend of mine died suddenly in 2010. A trust fund was set up in her name and a group of us decided to run the Great West Run (a half marathon in Exeter) to raise money for it. To train, I started going out running on my own, slowly building up the miles.*

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

*Don't be afraid to give it a go. Run with others; the running community is very supportive.*

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

*It's a great incentive and keeps me going. I've made new friends and I'd call myself a runner now. I've even started to think of my 'form' (this is a term that I didn't even know existed!). The London marathon place is certainly making me put in the miles now; I'm delighted to be representing the club and a great charity, the Teenage Cancer Trust.*

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

*Finishing my first Great West Run in 2011. It wasn't nearly as difficult as I thought it would be to run 13 miles – I was hooked! Oh, and seeing Helen's post on Facebook when I learned I'd be running in London on April 23<sup>rd</sup>.*

### 5) And worst?

*There have been times when I'd rather have been down the pub, but to be honest, I can't think of any particularly bad experiences.*

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

*Any run that does not have Animal Kingdom Hill in it!*

Thank you Sue! Sue won the club ballot place for the Virgin London Marathon and is raising funds for the Teenage Cancer Trust. You can sponsor Sue at <http://uk.virginmoneygiving.com/suethorne1>



And secondly we meet:

Name: Gill Thorne, Group Leader Exeter (no relation to Sue), Occupation: Retired Physiotherapist



### 1) When did you start running and why?

*September 1996 to do the Exeter Half marathon the following May. A friend and I had watched so many half marathons and marathons that we thought if we don't do one now we never will. We joined Exeter Harriers beginners group under Yvonne Hayman and never looked back!*

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

*Enjoy your running otherwise you will stop.*

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

*When Women's Running Network closed although my group kept going I thought that was the end of seeing all the Exeter groups and the Saturday runs. I am so grateful Women on the Run started and have kept the philosophy of WRN. Ruth and I now run the Saturday group.*

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

*Must be the New York Marathon! When I hear Frank Sinatra sing New York, New York it takes me right back to the start of the race! Magic!*

### 5) And worst?

*Taking part in a Cross Country race just to make up the numbers! The rest were off like mountain goats and I nearly killed myself getting in last and all the marshals had gone!! (A lesson to me now when marshalling!)*

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

*I love running along the coastal footpaths, up and down! One of my favourites is in the South Hams. Starting at Newton Ferrers, across the fields and around the coast and back up the estuary to Noss Mayo. Fabulous run.*

Thank you so much Gill. So, where will the spotlight fall next issue?

## Windmills, Christmas Puds and Mad Dogs....

by Ruth Buxton, Kendal member

I have just finished wringing out my socks after a wet and muddy parkrun at Fell Foot which I did this morning along with 5 other Kendal 'Blue' ladies, and I realised that it is a year since I joined WOTR Kendal as one of Lesley's 'Imps' (the Improvers' group). If anyone would have said to me then that, a year on, I would have completed the Fylde Windmill 10k, the Langdale Christmas pud 10k and done 8 parkruns in all weathers, I wouldn't have believed them!

So, huge thanks to all of Kendal WOTR, especially Lesley, Jude and Sue for helping me to become a runner (albeit a slow, steady one) just as I am about to turn 50 – thanks to all of you; now I don't find time to run, I MAKE time to run.

I didn't sign up for the forthcoming Mad Dog 10k event in Southport but I now wish I had – hearing other WOTR Kendal ask 'which dog are you?' and seeing them get so excited to find out if they are a Bulldog or a Husky or a Dalmatian is great to see and very infectious. I'll never win any prizes for being fast but in the words of Confucius, "it doesn't matter how slowly you go as long as you do not stop"; so maybe I'll sign up for next year's Mad Dog – and who knows, maybe that will be my chance to be a Greyhound.....



## Why do I Run?

by Wyn Clayton, Kendal member

Now there's a question I often ask myself on a day like today, doing parkrun when it's cold, rainy and muddy. Then, before I actually start to enjoy it, I remember it's for the sake of my health and wellbeing. I know 'studies show it can help prevent type 2 diabetes, heart disease, high blood pressure, stroke, some cancers and all sorts of other unpleasant conditions' and that 'it vastly improves the quality of my emotional and mental life and may help me live longer' because I have read it in Runners World.

I'm knocking on a bit... almost 70 and have had problems with my knees for decades (I have osteoarthritis), running regularly certainly seems to help me. I can't remember a time when my knees were better! That could however be put down to age related memory loss; and there's another thing..... 'there is unsurmountable evidence that regular exercise helps defeat age related mental decline'. So as a runner I am clearly onto a winner.



I haven't ever really run regularly until now, although I keep myself fit through walking, cycling and kayaking. What has made the difference? Well... Women on the Run of course! I had done a couple of parkruns when, early last year, I was sitting having my post run coffee on my own feeling like a right Billy No Mates when I spotted a group of women wearing blue tee shirts all having a good laugh. The next week I ran behind a blue tee shirted woman, clocked the logo and followed it up by contacting the group leader, Lesley Wallace, when I got home. I've never looked back. The group leaders are fab, friendly, supportive, encouraging and inclusive as are the other members. Being part of the group makes me go out and get running when I otherwise might make excuses. During this last 12 months, my 70<sup>th</sup> year, I have completed many 5k and several 10k runs and 4 sprint distance triathlons. I won a prize for 1<sup>st</sup> in my category in the Xtra Mile Sprint Triathlon; I think I was the only one. But best of all I now love doing 10k trail runs, something I never believed I could do and I also have lots of new mates to keep fit and have fun with.

## Beginners Group - Preston

Thursday 12<sup>th</sup> January saw our Preston leaders Helen Borking and Lindsey McGahey welcome 15 ladies to their 8 week beginners course which is running (pardon the pun) from the Millennium Hall, Longsands Lane at 6pm each Thursday. We are now 3 weeks in and our new ladies are doing very well and are managing to cover approximately 3 miles per session on a run/walk basis.

The ladies will graduate at Preston parkrun on Saturday 4<sup>th</sup> March supported by other club members. Any member who would like to support our new ladies on that day should give their name to Helen Borking. Après run coffee and cake will be provided to members.

Thank you in advance.

## I Don't Run!

by Zena Cassels, Kendal member

"I don't run!" – that's what I spent 39 years of my life saying. That is until I heard about Women on the Run...

Memories of trailing in last in school cross country races; cold, wet and demoralised, have haunted my teenage and adult life and relegated running into the same unpleasant category as hockey and netball! As life progressed I was a trampoliner, gymnast and dancer but, despite a few random attempts, could never get myself past those first uncomfortable 5 minutes of a run, finding it so much easier to give up and go home. So when a friend told me about a new women only group in Kendal doing the couch to 5K I decided to give it a go.

I had spent the 9 years since having my first child trying to lose the baby weight, whilst juggling family, work and a love of food and wine. Although I had had some success through swimming I knew I had to find something sustainable that I could do whenever and wherever I was and so it was with some trepidation that I arrived at the inaugural outing of Kendal's Women on the Run, led by Lesley Wallace. It was a pleasant September evening in 2015 and we chatted our way around our walk/run course. I can do this, I thought - until we were handed our homework runs! But I amazed myself...I did the homework and went back the following week, and the week after, and the week after that. We continued running through the dark nights and the devastation following storm Desmond and steadily we neared our 5k goal. I gained myself a reputation for not liking hills and talking all the way to the finish, but more importantly I gained friends who encouraged me to keep going on a tough night and do homework runs together. We graduated one cold December night just before Christmas and I couldn't believe I could now say that I could run 5K. I could now just about say I was a runner, but I still don't think I could say I enjoyed running. What I did enjoy about my Monday nights was my 'me time', the chance to meet new and interesting people and the feeling that I was getting better at something that had always been just out of reach.



So, where am I now, a year later? With the help of Lesley and the friends I've made through WOTR I completed my first 10k recently - and I loved it! I'm also just about to complete the Run Every Day (RED) January challenge having clocked up over 110k in 31 days. But most importantly, I've discovered that I CAN run wherever and whenever I want and my boys can join me - and I enjoy it! I'm going to carry on challenging myself and showing my children that when you put your mind to something and try hard, no matter how difficult it is you can achieve something you never thought you could.

## Pirates Week on Grand Cayman

by Felicity Cross (Preston Tuesday Joint Group Leader)

If you are celebrating a 'big' birthday, then heading for a Caribbean island whilst the weather in 'Old Blighty' is less than clement comes thoroughly recommended. Grand Cayman was my destination and having a sister who has lived on the island for over 10 years, I am no stranger to this spot of paradise. My trip this time coincided with the annual Pirates Week celebrations and part of these festivities includes the Pirates 5K and the 10K, 'To Hell\* and Back'. My sister, who is also a runner, pre-booked these races, so no backing out allowed.

The Pirates 5K took place in the capital late afternoon. The temperature was reading 28 degrees, but at least the out and back route was flat. Despite the water stop at the half-way point, taking on enough fluid to keep cool and hydrated seemed impossible! This is not usually a problem I am accustomed to! A distraction from my own discomfort was a young man, who had come straight from work and had forgotten his trainers, so was running in his black leather work shoes! His fellow colleagues were giving him equal



measures of ridicule and respect! With some relief the finish line appeared and I managed to win a coveted Pirates Trophy for being the first lady home in my age category. (Qualifying in a new FV age category is clearly not all bad!) Being welcomed across the line by hordes of people dressed up as pirates was certainly a first for me, and the fun continued into the night with music, parades and the most amazing fireworks.

The 10K was taking place towards the end of my stay, which did give me some time to get acclimatised to the heat. The race started at 6am, just before the sun was up but not soon enough to avoid the sun in your eyes on the return leg. That early start had unfortunate consequences for my constitution (or was that too many Mud Slide cocktails the night before?!). Anyway, in true Paula Radcliffe style I headed for the bushes with just over 1

kilometre to go. Oh dear! Still, once the race was over all runners were rewarded to breakfast at Calico Jack's Beach Bar, where results and prizes were presented. To my surprise I still managed a silver medal (2<sup>nd</sup> in my age category). My sister got the gold!

So, my relaxing birthday break included 2 races, 3 club night runs with a local running group, (including a Guess Your Time 5K) plus a couple of early morning runs with my sister. There's no such thing as a holiday once you're a runner! ☺

\*Hell is a group of short, black, limestone formations located in West Bay; it is roughly the size of half a football field. Visitors are not permitted to walk on the limestone formations



## Running in Winter

With the shorter and colder days, lacing up for a run might be the last thing you feel like doing. But don't let the winter weather stop you from being physically active and keeping fit. Try the following tips to help you stay safe and motivated when you're running in colder weather.

### What to wear

Dressing appropriately will help ensure you enjoy your run. Consider wearing lightweight layers of breathable clothing; this works well for keeping you warm and any layer can be removed as conditions change during your run. When choosing your layers, remember your body heats up during exercise. You should be slightly cool when you start your run. For example, depending on the weather, a layer system could consist of:

1. A base layer: the first layer, such as a breathable synthetic fabric to draw the sweat away from your skin.
2. A mid layer: such as a fleece to keep the warmth in and remove any moisture from the base layer.
3. An outer layer: such as a light water-resistant jacket: to expel moisture and protect you from the wind and rain.

Use any zips and air vents to help regulate your body temperature to stay comfortable during your run. Avoid running in cotton tops. Cotton soaks up moisture and takes time to dry and may make you feel cold. A pair of leggings or running tights underneath a pair of shorts, or some tracksuit bottoms will keep your legs warm. A pair of gloves and a hat or fleece headband are a good idea to stop you losing heat from your head and hands.

### Stay safe – be seen

If you go running before or after work during the winter, it's likely you'll be running in the dark. When running after dark, it's essential that you're visible to other people, particularly motorists. Your clothes should be reflective or a bright, light colour, such as white or fluorescent yellow. Don't wear dark clothes as drivers may not see you. Most good running brands make clothes that feature reflective strips. A fluorescent bib that can be worn over your running clothes is also perfect for running after dark. Stick to well-lit areas and avoid running anywhere you don't feel completely safe.

### Warm up and cool down

Easing into your run is a good way to warm-up, especially in cold weather. Start slowly with some very gentle running or even walking to ready the muscles for exercise. Gradually increase your pace until, after around 10 minutes, you get to the pace you're going to maintain for most of the run. Don't stop after your warm-up to stretch. That will cool your muscles down again. To cool down, reduce your pace or walk for five to ten minutes. This will help your body recover after your run. Don't stop and stretch outside or you could get too cold. Do some stretches indoors instead.

### Running with a cold or asthma

Colds are more common in winter, but you don't necessarily have to stop running if you're feeling under the weather. According to Dr Keith Hopcroft, a GP from Basildon in Essex, use common sense and listen to your body. "If your symptoms are not severe and you generally feel OK, then you can go running. If you feel absolutely rotten, then it's best not to go." However, it's important not to run if you have a fever. A fever is when your body's temperature is 38C (100.4F) or above and is rarely a symptom of a cold. "If you run with a fever," says Dr Hopcroft, "It'll make you feel worse. In very rare cases, running with a fever can lead to the virus affecting your heart, which can be dangerous."

If you have asthma, take extra care when running in winter as cold air can trigger symptoms. Dr Hopcroft recommends using your inhaler before you go running and taking it with you when you run.

### Staying motivated

If you need extra motivation to go running during the winter, why not go running with a friend and make your runs a regular fixture? You could also join a local running club or group. Check the British Athletics website for running clubs or RunTogether for local groups. A good way to avoid getting bored is to vary your route. Even running the same route in the opposite direction is a break from your routine. Having a realistic goal to gradually work towards is also a great motivator. The Couch to 5K plan is perfect for beginners. You could sign up for a 5K race in 12 weeks' time, for example, or simply aim to run non-stop for 20 minutes.

Courtesy of [www.nhs.co.uk/Livewell/fitness/pages/running-in-the-cold.aspx](http://www.nhs.co.uk/Livewell/fitness/pages/running-in-the-cold.aspx)



# WOMEN ON THE RUN Newsletter

www.womenontherun.co.uk

## “All Over the Place with Women on the Run”

This issue we have a definite Caribbean theme... Preston leader Helen Borking took her trusty WOTR vest on holiday to Barbados where she also took part in her 6<sup>th</sup> Barbados Run Weekend.

Helen ran the Barbados 5k on a very hot and sweaty Saturday afternoon in December. The race always gives a fantastic medal and vibrantly coloured tee shirt and 2016 was no different.....

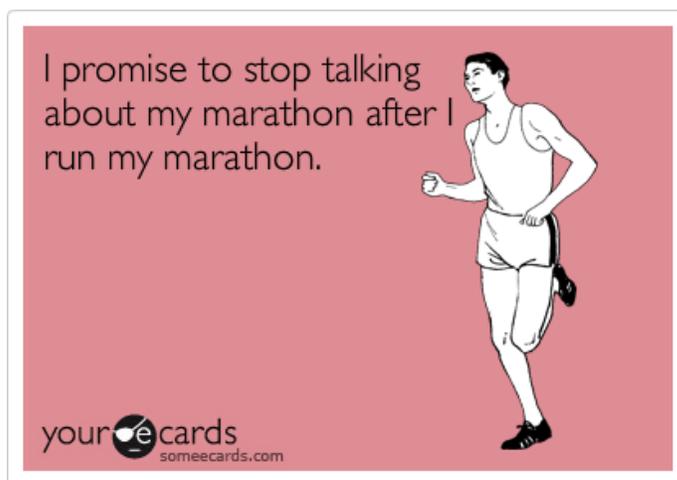
Do you take your WOTR running gear on holiday? If so, we'd love to see your photos. Please send them to Helen Borking ([helen.borking@gmail.com](mailto:helen.borking@gmail.com))



## And finally ...

Well that's us done and dusted until the April issue. Please get in touch with Helen Borking if you have any content for the next newsletter. ([helen.borking@gmail.com](mailto:helen.borking@gmail.com))

In the meantime, we wish everyone the best of luck whether you're training for your first 5k, a spring marathon or about to embark on week 4 of your WOTR beginner's course...



Courtesy of someecards.com