



A RUNNING CLUB FOR WOMEN

# WOMEN ON THE RUN Newsletter

## Spring 2017

### IN THIS ISSUE

## Latest News

Welcome to our Spring 2017 newsletter which promises to be a bumper issue. We've had some fabulous articles from members for inclusion so grab a coffee and find yourself a spare few minutes to sit and have a read...

With Christmas out of the way, race season begins with a vengeance and our ladies have been out and about up and down the length and breadth of the country wearing their WOTR blue running kit with pride.

We have had beginners groups in most of our locations and our new ladies are progressing brilliantly. Keep it up ladies!

### Facebook groups

As a club we have numerous running groups each having their own separate Facebook group, where members can find out local happenings and post bits n bobs specific to their area. Some groups are closed, some are secret and some are public. Ask around at group for details of your local page, you'd be surprised what snippets you may be missing.

### Membership renewals

Membership renewals were due on 1<sup>st</sup> April 2017 and at the time of writing we have 228 club members and 22 leaders.

All members who renewed for the coming year were issued with a WOTR club buff as part of their membership renewal and these have been well received.

### Michelmores' Charity 5k Run

Thursday 7<sup>th</sup> September see's the return of the popular Michelmores' Charity 5k run, the South West's largest corporate charity run.

An early bird rate of £16 is available until 1<sup>st</sup> July. See [www.michelmores.com/events](http://www.michelmores.com/events) for further details.

### Marathon runners

We have had a number of members running Spring marathons this year, all of whom have put in a fabulous amount of training and effort. Our congratulations go to them along with a message to other members – Never Say Never...!!



## Women on the Run

### Spotlight on...

This issue the spotlight turns to Preston member Jane Taylor. Jane has been a member of WOTR and previously Women's Running Network since the beginning and is a very supportive member of the club.

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### Wray Scarecrow Run

Preston ladies had lots to 'crow' about...

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### Paris Marathon - Mais Oui!

Sabia Dayala gives a fabulous account of her trip to Paris.

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### Exeter Gallery

Our Exeter ladies have had a busy few months. Here we have a gallery of pictures....

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## Spotlight on...

Name: Jane Taylor, Preston member,  
Occupation: Client Relationship Manager

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

*I was inspired to start running when I watched the Great North Run on TV in 2006; I set a goal for myself to run in the Great North Run 2007 to raise money for Macmillan Cancer, in memory of my Mum for her 25<sup>th</sup> anniversary. A lady at an aerobics class told me about Women's Running Network (the club prior to Women on the Run).*

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

*Sometimes the hardest part is stepping out of the door – anything you do after that is a bonus. Don't be too hard on yourself – sometimes the first 1-2 miles are the hardest – focus on what you have done and not on what you haven't.*

*Don't forget to look up – it can be a great distraction, especially at this time of year with the wildlife and changing seasons – don't just run it, experience it!*

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

*It is a very welcoming and inclusive club where everyone can feel comfortable and be given the confidence to achieve more than they realised they could. Running with others is very social and safe, we run some lovely routes – especially during the lighter evenings and you always feel better by the end of the run than when you started (although sprints and hills can be challenging!)*

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

*Running alongside the beach, at South Shields, approaching the finishing line of my first Great North Run, with the Red Arrows doing a fly past.*

*I was also really proud to complete my first marathon in 2012, Preston Guild Marathon, to raise money for Cancer Research in memory of Mum for her 30<sup>th</sup> anniversary - I blew a kiss to the sky as I crossed the finish line and when I hugged my Husband and Dad all my emotions came out. On 21<sup>st</sup> May 2017 I am running the Windermere Marathon for Mum's 35<sup>th</sup> anniversary, raising money for the hospice that cared for her in her final weeks*

<https://www.justgiving.com/fundraising/Jane-Hilton-Taylor>

### 5) And worst?

*Some races and training runs are more challenging than others, but are often the ones you learn from – they also make the good experiences even more special.*

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

*The Lakeland Trails runs are fabulous – lovely views of the beautiful Lake District, well organised with a great atmosphere. I did the Coniston Half Marathon in June 2016, on one of the hottest days of the year – it was great at the end to cool down in Lake Coniston and have a picnic at the side of the lake.*

Many thanks to Jane, who is a very supportive member of our Preston group. You can often find Jane running and encouraging new ladies who have joined our club. Where will the spotlight fall next...?



## Liverpool Half Marathon

by Jackie Knowles, Preston member

The Liverpool Half Marathon was brilliant with a great course, lovely friendly people and a big turnout but not huge like some. The marshals did a great job and there was a lot of support and encouragement from the spectators.

I ran this race purely for enjoyment, to have lots of fun and to keep fit over the winter months. I didn't have a time I was aiming for I was just after some "me time". I would highly recommend this race to anyone working towards a half marathon.



## Wray Scarecrow 10k

by Felicity Cross, (Preston Tuesday Joint Group Leader)

The Wray Scarecrow 10K has been a race I have missed or dismissed for a few years now – but not this year. With no firm plans for a Saturday afternoon Freda and I signed up for this annual run, and with the sun shining we headed up the M6 to the lovely village of Wray near Lancaster. Car parking and toilets were well organised and we were delighted to see Christine and Catherine, fellow WOTR members, turning up as we arrived.



push back into the village to the finish.

A smart Scarecrow Medal was our reward for finishing and I enjoyed a well deserved ice cream to cool down. Prizes for winners included bottles of wine or a mini scarecrow.

All in all a lovely event, and one I am sure will be repeated. The event was warm and welcoming and the variety of scarecrows provided a carnival atmosphere. A good turnout from locals and supporters, no doubt buoyed by the fabulous weather, was welcomed by runners, especially the last two runners who received a massive applause and cheers as they crossed the finish line.

A lovely "Wray" was had by all!

The village was bedecked with bunting and every other house sported a 'scarecrow' with themes such as Little Red Riding Hood, Goldilocks and the three bears, Peter Rabbit, The Three Little Pigs and even the Grim Reaper! Clearly the residents of Wray embrace the festivities with both pride and effort.

Shortly after our arrival a third member of WOTR, Janet, was spotted in her club 'blues'. As we lined up with the modest race field (entries limited to 150 runners) the atmosphere was friendly and allowed a comfortable getaway at the start without the usual scum. The undulating course along country lanes provided wonderful views, including Ingleborough Fell which is the second-highest mountain in the Yorkshire Dales, at 723 metres.

The day was getting hotter and a drinks station at mile 3 provided a much needed watering hole. After several climbs, a half mile descent around the 4.5 mile mark helped to inject some speed into tired legs before the last




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## Weekend Away to Rydal Hall, Ambleside

A weekend away to Rydal Hall, Ambleside in the English Lake District has been arranged for Friday 29<sup>th</sup> & Saturday 30<sup>th</sup> September 2017. Rydal Hall offers a 29-bed lodge and we currently have 21 confirmed ladies on the list. It promises to be a fun packed weekend and here is a brief outline of what to expect.

Friday - Arrival from 3pm

Friday around 5pm – 2-3 mile run followed by a self-catered meal in the Lodge afterwards. Bring your own drinks and evening snacks. Table tennis table is available for games and giggles.

Saturday morning – optional parkrun at Fell Foot followed by breakfast

Saturday – 6 - 7 mile run around Rydal, Grasmere etc (lots of time over the spring/summer months for ladies to get fit for this if anyone is doubting whether they're capable).

Saturday evening – Dining at The Priest Hole in Ambleside – table booked for 8pm. The Priest Hole is a lovely restaurant with a room which can cater for up to 34 people - ideal for us..... [www.thepriesthole.co.uk](http://www.thepriesthole.co.uk) Take a peek at a sample menu.

Sunday – breakfast, pack cars and head down to Orrest Head for the walk led by Freda & Felicity.

Carry on home afterwards. All transportation to Rydal and return needs to be arranged by yourselves.

Price is approximate at present between £75 and £95 for the weekend, which includes accommodation and food. We have 8 places left - please contact [helen.borking@gmail.com](mailto:helen.borking@gmail.com) if you wish to go or would like further information. £30 deposit will secure your place.

## Paris Marathon review

by Sabia Dayala, Preston member

I'd like to preface this review by saying that my running style would be classed as "leisure" and I'll never set the world on fire with my running speed, form or progress. However I will always relish the feeling of adventure, freedom and accomplishment that running gives me. Having completed several half marathons, I started to become curious about the elusive marathon distance and in particular how I would respond to the physical and mental challenge, not only on the day but to take forward lessons from the training and race day experience that I could apply in life.

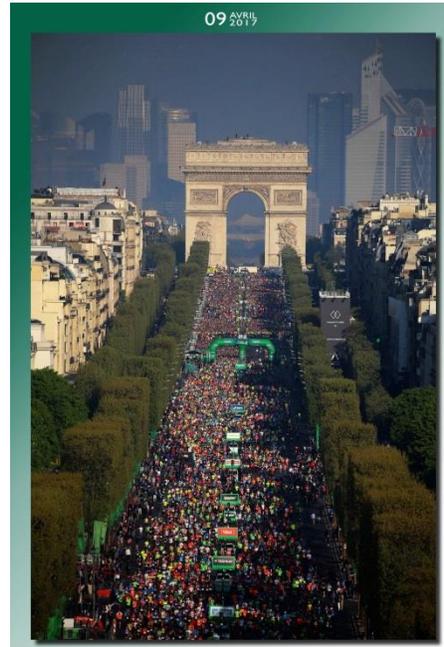
I chose Paris for my marathon debut for several reasons: a beautiful city, a spring race to keep me training over winter on dark nights and the well-renowned cheering from supporters in an international race atmosphere. Exuding world-class art and cuisine, Paris would also provide an excellent post-marathon culture injection. After completing all my scheduled long runs and carbo-loading in the final few days I was ready for the big day.

The expo was bursting with activity. Here, a welcoming touch was the wall-to-wall poster of the names of all of the expected marathon participants. We vied to find our names in print, in the hope of galvanising the good luck wishes received from our friends and families.

On race day, I felt quite nervous. At 08:00, the heat of the sun already felt intense as we made our way across the Arc de Triomphe to the baggage drop. Once in the pen however, the familiarity of race day routine felt comforting as we stood in line along the Champs-Elysees, waving our running watches desperately in the air to capture a GPS signal and struggling to contain our urgency to start.



The route was a terrific sightseeing tour of one of the most beautiful cities in the world. We sailed through a traffic-free Champs-Elysees, Place de la Concorde, alongside the Louvre and the Place de la Bastille. At mile 15 we had an amazing view of Notre Dame, bettered only by the hallmark of Paris, La Tour Eiffel magnifique, at mile 18.



Temperatures soared during the race from 21 to 24 degrees Celsius, well above the anticipated 14 degrees average for April. How could I have prepared for this, having completed my long runs in the infamous British winter?

Luckily, water and snack stations were ample at three-mile intervals. The tunnels along the Seine and the leafy Bois de Boulogne offered some sanctuary from the baking glare of the sunshine and heat of central Paris. Welcome additions were the water hose stations to cool down the sweltering runners.

The atmosphere was electric, with thousands of supporters lining the streets and live music throughout the course delivered by eclectic bands. Despite best efforts, the heat and sunshine eventually impacted on my race, resulting in me running 1 minute/mile slower than my training pace.

A crescendo of cheering erupted over the last mile with shouts of "Allez Sabia!" and "Allez Allez!". Once the Arc De Triomphe came into view once more, the end was in sight. Feeling bolstered, I picked up my speed to the fastest pace I could manage,

after what had been a tough but exhilarating run. I crossed the finish line with a chip time of 5:23, having achieved my primary aims of running all the way, enjoying my marathon debut and avoiding a potential faint in the blistering heat! Surprisingly, I never hit the dreaded "wall" (attributed to excess but enjoyable pre-race carbo-loading!).

Post marathon, after a brief and well-earned rest at the hotel, we ventured out for our victory meal. En route, managing to hobble up the two hundred and thirty five steps to Montmartre, we felt blessed at the foot of the Sacre Coeur, where we had spectacular sunset views of the Paris skyline.

So, what lessons did I learn along the way?

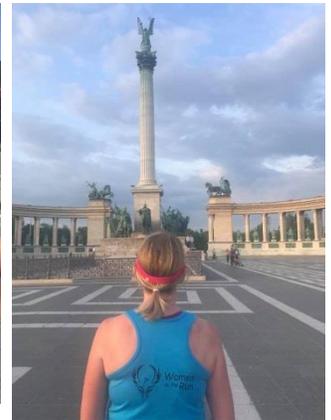
Get advice from existing marathoners (thank you WOTR club members, you know who you are!). During training, I measured my success by the effort I put into long runs and looked at results to learn about what worked well and what needed to be changed. On race day, I found it helpful to have flexible goals in order to adapt to circumstances beyond control such as the weather. Finally, I learnt that walking backwards to descend stairs for 48 hours post marathon was a good idea!

The one sentiment that I recall at the finish line, which will stay with me forever...would I run a marathon again? Oui, absolument!



# Exeter Gallery

Our Exeter members have been very busy since our last issue....



# WOMEN ON THE RUN Newsletter

[www.womenontherun.co.uk](http://www.womenontherun.co.uk)

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

This issue we see Sarah Stan enjoying a run whilst on holiday in Thailand. Here she is at the Phi Phi island viewpoint – and wow, what a view!

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))



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## And finally ...

We can all relate to this month's running meme... Housework should never get in the way of a group run with the ladies!

Please get in touch with Helen Borking if you have any content for the July/August newsletter. ([helen.borking@gmail.com](mailto:helen.borking@gmail.com))



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