



A RUNNING CLUB FOR WOMEN



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Latest News

Welcome to the summer edition of our newsletter. Our ladies have been extremely busy since the last edition and so we have a bumper offering for readers this time.

Our groups are continuing to attract good numbers to weekly runs with more members venturing into taking part in races and events.

Boobydoo

Women on the Run have been very fortunate lately to have been offered places for members to take part in the Women's Running Race Series by sponsors Boobydoo. Our ladies have run Exeter and Liverpool and we have a team of 7 ladies taking part in the Manchester event in September. We currently have 3 places left for grabs.

Please email helen.borking@gmail.com to secure one of the final places.

Boobydoo offer a fabulous range of sports bras through their UK website and strive for the 'no bounce' policy at www.boobydoo.co.uk

Muddifords Cheese Run

Weekend Away - September 2017

We still have a handful of places for our weekend away to Rydal Hall, Ambleside on 29th & 30th September. Please email helen.borking@gmail.com if you are interested.



Spotlight on...

This issue we bring you two spotlights... We have Sarah Stanbury who runs and leads with Exeter and Preston leader, Lindsey McGahey.

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Spotlight on...

This issue, we bring you another two spotlights on. First we have:

Name: Sarah Stanbury, Group Leader Exeter,
Occupation: Primary School Teacher



1) When did you start running and why?

My friend was a leader for Women on the Run and asked if I could help on a water station for the Great West Run. My sister and I helped and met some lovely ladies who convinced us to try out a group which we did. This was 5 years ago and now those ladies have become close friends. I now lead one of the Exeter groups, have dropped 3 dress sizes and have no more space on my medal holder! Running and fitness has now become a big factor in my life which wasn't my priority before. I lead PE in the school and I teach at and organise Race for Life groups, Santa runs and have even run parkrun with pupils from my school. Children are great for getting you PB's!

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

My advice is to try different events because at each one you discover something new about yourself! I love what I call novelty runs (usually they involve fancy dress, food or alcohol.) With the group, you get to know the other members better, you get to run different routes and I am a sucker for a medal. I am trying the Inflatable 5k this summer which I am really looking forward to.

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

Women on the Run hasn't just changed my running, it's allowed me to feel like I am a runner! I didn't really run before I joined the group instead I'd tried lots of different fitness activities like Zumba, swimming, cycling but it didn't really become a habit as I would normally give up after 6 weeks. My sister did her first half marathon a few weeks before we joined and I took part in some of her training runs. Joining Women on the Run has made running part of my lifestyle and more importantly I have gained lots of new friends.

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

My best running experience was probably the Cheltenham half marathon last September. I have run 5 half marathons and it is the only one I have really enjoyed! Haha! I went to university there and taught there for a few years before returning to Devon. It is a beautiful town and there was so much support along the route – I have never been offered so many Jelly Babies! Gloucester rugby boys were also handing out drinks half way – that helped too! ☺

I also really enjoyed the 'Mud and Sweat' run because we ran 10k but had a few obstacles like jumping through a river, carrying a log, going down a water slide and getting very muddy!

5) And worst?

My worst experience was either my first half marathon or the Rock Solid race. My first half marathon was Cardiff but I had only been running for five months. I was overweight and not very fit. It was very warm and generally very overwhelming. When I finished, I felt very sick and ate 3 spoonfuls of sugar which made me feel more normal. I am going to do this half again because I know I can perform better now. Rock Solid generally broke me – 7k with 19 obstacles like 6ft walls to climb over. I had so many bruises and found mud in my ears four days later. I will never do that again!

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

One of my favourite races is Michelmores in Exeter. It was one of the first 5k races I did other than Race for Life. Everyone gets a t-shirt to wear on the day and you run around our beautiful city centre with many other mad runners! Each year a large number of Women on the Run members take part. The last two years the race has supported Balloons charity which one of our runners is the CEO of. I have seen the impact of this charity and how it supports family. It is truly amazing and deserves all the support we can give.

As a leader I plan many routes but my favourite routes are around the green circle in Exeter. I love how close we live to the sea but also the country side. We have one route called 'The top of the world.' You can see for miles along the mouth of the river Exe all the way to the sea, the view never gets boring and it is truly spectacular.

I am also an avid parkrun fan and not far off getting my 50 t-shirt - which I will wear with pride, especially as I also plan to get the Women on the Run logo printed on it.

My mum and sister are also members of the club and last year we all did the Taunton half marathon for Balloons. Running has helped all three of us become stronger; mentally and physically. I am very proud of both of them especially my mum who joined our beginner group and two years later ran her first half marathon at 60 years old; something I would never have imagined that she could have achieved. She has inspired other ladies to take up running and join the club and is evident that anyone can run. Fabulous considering previously she had always been adamant that all runners were bonkers!

Thank you Sarah!

More Spotlight on...

Name: Lindsey McGahey, Group Leader Preston,
Occupation: Senior Logistics Planner, Aircraft Manufacture



1) When did you start running and why?

I started running in March 2011 -I liked the thought of just being able to put on a pair of trainers and run, I'd always been into fitness regularly going to gym classes but always fancied the freedom of running.

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

Get out there don't be afraid, we all have to start somewhere and make sure you wear a good bra!!

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

If it wasn't for Women on the Run and the beginners group back in 2011 I don't think I would have taken to running the way I have, I've made some great lifelong friends and it makes me get involved and get out entering races and wanting to improve each time; it brings enjoyment to my running.

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

Completing the Manchester Marathon in 2015.

5) And worst?

Also the Manchester Marathon - the training involved with entering a marathon is very intense, you have to be very committed to get out there week on week, getting those miles under your belt and re-fueling correctly it does take its toll and to be honest afterwards I did cut back on my running, I felt I had fallen out of lovethankfully only for a short while.

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

Lakeland Trails - I love The Lakes and it's great to get off road and the scenery is just amazing.

Thank you Lindsey! *Photograph courtesy of Lakeland Trails*

Tour de Force

by Susan Frankling, Exeter member

Whenever we go away, I always take my knitting and my running kit with me. Last year, we spent 3 months touring Spain in our caravan. My intention was to go for a run in every campsite we stayed at. Unfortunately I didn't manage that, as the more south we travelled, the hotter it got.

This meant that I had to get up earlier in the morning to go for a run before it got too hot. After a few Sangrias the night before, it became harder to do this! I did knit a hooded cardi for our youngest daughter.

In January this year, we went to New Zealand to visit our daughter and family who live out there. At the moment, they are in Waiouru (our son in law is in the army). I went for lovely runs around the camp, going past the local Marae (the Maori meeting house) and Mount Ruapehu (an active volcano) in the distance. We hired a really old campervan and did a little travelling in the north island and this time I did go for a run at every campsite and I knitted some patchwork squares for a blanket.

In June this year we went to Concarneau, Brittany for a couple of weeks. It was great to go for a run along the GR34 coastal path overlooking the sea. This time I knitted 2 Supermen for our youngest grandsons.

Being a member of the Women on the Run Thursday Morrisons group has been wonderful. They are a great group of ladies and I have made some good friends. I have to say a big thankyou to Sarah, Heather, Ruth and Emily for being inspiring and motivational leaders. They make going for a run fun!



Caldervale Supper Run

by Joanna McClean, Preston member

Just a few words to say how much I enjoyed the Caldervale 4 mile Supper Run on Thursday 13 July with the wonderful Women on the Run ladies and my 15 year old son!

The weather had cooled down fortunately which helped on those steep bits no one warned me about! It's a lovely scenic country run with clear unobstructed views over the Fylde Coast. We were rewarded at the end with pie and peas, homemade cake and a good laugh. 4 miles is not the longest of runs but myself and several other runners were complete beginners in February so this was not an over facing distance. Taking part and finishing with support and encouragement from the leaders and group was great.

A 10k next I think....



From Tumble to Tri!

by Wendy Woods, Exeter member

Having been a runner for many years and taken part in many a running race/event I decided that 2017 would be the year that I enter the event that would include the three sports that I equally enjoy! Swim – bike – run = A triathlon!

So July 16th 2017 became the date firmly imprinted on my brain. Sutton Park, Sutton Coldfield, Birmingham. Sprint distance. 750m open water lake swim, 20K ride and 5K run. What could possibly go wrong?



Sunday June 4th 2017. I had a spectacular tumble ... from running to ground in a split second on the North Devon Coast path whilst taking part in the Scrumptious Croyde event with a group of ladies AKA Bat Girls from the

Exeter Women on the Run (Tuesday group). It appeared that the super powers of my Bat Girl cape couldn't save me. I didn't think I had done anything too serious at the time as I managed to dust myself off (quite literally) and run in the final mile. Feeling quite sore I dosed myself up with pain killers for the rest of the day and thought I would re-evaluate my limbs in the morning. Unable to move my right shoulder on Monday morning and with a sore chest on breathing meant a trip to A & E (my previous place of work). Diagnosis = badly sprained shoulder, bruised bone to my elbow and a couple of fractured ribs. My dominant right side by the way! My first thought was 'what about my triathlon training?' Only 6 weeks to the main event!

June was a very long month both physically and mentally! After a couple of weeks however, I managed get back into the outdoor pool and swim to a fashion with one arm and a float. The challenge of wrestling my way in and out of my costume whilst maintaining my dignity caused much hilarity I am sure. Thanks to Kev, my friends and Ruben the dog who supported me, kept me sane and positive and Topsham pool (not for the first time) was therapeutic in the recovery process whilst maintaining a level of fitness. After 4 week's I did my first bike ride equal to the distance to that required in the tri followed by 2 mile run (thanks to Dee). Training was back on but only two weeks to go to get match fit!

Sunday July 16th 2017! With belief in myself and determination (I have plenty) I completed my first triathlon. I am now officially a tri athlete and a very happy and proud one at that!



 Women
on the Run

Piano Playing to parkrun

by Dianne Hollidge, Exeter member

I started running some time in my mid to late 20's. I had very unstable asthma as a child which restricted any sports I could do (I learned to play the piano instead, and sadly not very well). In my teens I dislocated my left knee cap on a school exchange program in Germany, and that was the start of a lot of knee problems. It dislocated again in 1991 just after I started nurse training, and I had surgery to stabilise it, and then further surgery to correct the first surgery. My knee looks like a shark has taken a go at it, which is far more exciting than the truth! It turns out that both kneecaps track in the incorrect plain, making them prone to dislocating and also means that the cartilage is being worn away.

I started running as a lot of my friends were runners. I was much slower but loved it and was inspired by my best friend who ran the London Marathon in 2002. A few more surgery's later on my knee and I completed London in 2005, easily one of the best days of my life. A few years later and my left knee was becoming increasingly unstable and giving way. I had an arthroscopy which showed severe osteoarthritis in the left knee and moderate to severe in the right. Unfortunately my left knee then got infected and required admission to hospital for Christmas for a wash out (which was a great description of my Christmas too!!) Subsequently, I was informed my knee was so damaged that only a knee replacement was an option. The surgeon said "do what you like, you can only make the pain worse; the knee has had it".

So I did. I went back to working in cardiac cath labs, doing what I love, wearing a lead coat all day.... and I had a go at running but it wasn't until I left the cath labs and had a bit more time that I started running more.... and more.



January 2015. I started couch to 5k. It took me about 6 months but I got there in the end. Then I started running more regularly, and discovered Killerton parkrun. My knee played up towards the end of 2015 and everyone advised me to rest it, so I started volunteering at parkrun instead. However, I realised the more I rested, the weaker my knee became. A wise friend who is an osteopath said that movement is the best thing, so I listened and started running more. The swelling went down, the strength and stability improved and it's been amazing. Through parkrun I met Julie – actually through advising me about sports massage. Julie runs the Women on the Run group in Pinhoe on Monday evenings – I hadn't considered a running group before because I'm too slow, too intimidated, too self-conscious, too single minded – but Julie is amazing so along I went, and I loved it. Through Women on the Run I have made some wonderful friends, I have pushed to try harder and I have signed up for things I never thought I would.

I am approaching a year on a running streak (minimum of a mile every day, including throughout Glastonbury festival!), and feel stronger than ever. My knee is better than it has ever been since I was 14; clearly having strong muscles supporting it has made the difference. I have completed 6 organised half marathons in addition to regularly running that distance 'for the fun of it', numerous 10k and 10 milers, 60 parkruns and recently completed the Women Can marathon at the end of May. I am one of the run directors now at parkrun, managing to avoid almost certain disaster every week! I love running and I owe a huge part of that enjoyment to Julie and Women on the Run!

I'm a "better me"

by Julie Wreford-Hyde, Exeter member



I joined Women on the Run Thursday group on the walk to run program having never run before. I was soooo nervous. Heather the beginners run leader was amazing at encouraging me and the other ladies were so supportive. I came home that night inspired and excited to run again. Thank you.

8 months later and I am now signing up for 10k challenges. Sarah, the improvers run leader, saw me to the finish of my first blisteringly hot 10k run. Her positive attitude and encouragement didn't just see me to the finish line but countless others on the route too.

I look forward to my Thursday night run with the ladies. They are wonderful company and the social runs and comradeship is like being in a family. Thank you all so much. I am simply a "better me" because of this group.

WOMEN ON THE RUN Newsletter

www.womenontherun.co.uk

“All Over the Place with Women on the Run”

A weekend away to London saw Kendal members Sandra Heighton and Karen Gibson visit Grovelands parkrun for a touch of parkrun tourism.

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



Annual Fish & Chip Run - Exeter

The annual fish and chip run is on Tuesday 15th August. For those who haven't been before, we meet at Darts Farm and order our fish and chips. We then do a large group run around Topsham and get back to Darts in time to be served our food.

The run leaves at 6.30pm so you need to arrive from 6 onwards to make your order. The run is suitable for all abilities and it's a great social event so please come if you can.

We do need to get an idea of numbers as we rather overwhelmed them with our large order last year. So please can you contact Denise Pichler with a yes, no or maybe.

And finally ...

Well there you have it until the Autumn issue which is out around the end of October. Big thanks to everyone who has contributed to the newsletter. Please get in touch with Helen Borking if you have any content for the next newsletter. (helen.borking@gmail.com)

In the meantime, enjoy your summer, keep running with your Women on the Run group and we look forward to touching base with everyone soon.

