

~~5K~~



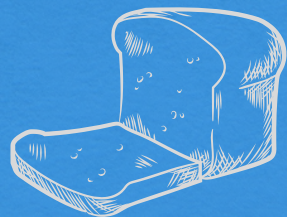
NICE CAKES YOUR WAY



Home baking, parkrun
and cancer recovery



Carolyn Garritt



In 2018 the charity Move Against Cancer began an initiative '5K Your Way', which set out to bring together people affected by cancer, plus their loved ones and cancer healthcare professionals, to take part in their local parkrun.

Together, once a month.

Since then it has gone from strength to strength and at the time of writing there are 87 5k Your Way groups, spread across the UK and Ireland.

I set up the Southwark branch of 5k Your Way and we have met, pandemic aside, every month since February 2019.

Each month I bake something for us to share afterwards. Here's what we've been eating.



Recipes

1. Tea loaf
2. Olive's lemon poke cake
3. Hungarian cheese scones
4. Heather's chocolate cake
5. Luke's carrot cake
6. Lucy's Malteser slice
7. Victoria sponge cake
8. (Not)parkrun lockdown
banana bread
9. Chocolate raspberry
brownies for Renate
10. Yorkshire parkin
11. Apple and cinnamon oat bars
12. Christmas biscotti



Choices, choices

Reduced/ no refined sugar: Tea loaf, Hungarian cheese scones, Apple and cinnamon oat bars

Gluten free: Chocolate raspberry brownies, Apple and cinnamon oat bars

Beware - contain nuts: Olive's lemon poke cake, Luke's carrot cake, Apple and cinnamon oat bars, Christmas biscotti

Dairy free/easily adapted: Tea loaf, Chocolate raspberry brownies, Apple and cinnamon oat bars

Vegan: Apple and cinnamon oat bars

Don't tell the dietitian: Olive's lemon poke cake, Heather's chocolate cake, Lucy's Malteser slice



Tea loaf

I often make a tea loaf and it's a staple at 5k your way. They're great if you're trying to reduce refined sugar and/or fat in your diet. It works well for the January meet up, if your group are trying to stick to New Year's resolutions.

This is a re-working of a recipe originally by Davina McCall in her book '5 weeks to sugar free'. I've altered several of the ingredients, but the method is hers.

Ingredients

350g mixed dried fruit (I use raisins, cranberries, sultanas, and chopped apricots figs and dates)

200ml freshly brewed tea

75ml maple syrup or agave

250g plain flour

2 tsp baking powder

1 tsp each of mixed spice, ground ginger and cinnamon

2 large eggs



Method

- Place the dried fruit in a bowl and pour over the tea and maple syrup. Leave the fruit to soak in the tea and syrup for 2 hours or more
- Preheat the oven to 180°C/160°C fan/gas mark 4
- Line a 1kg loaf tin with parchment paper
- In a separate bowl mix together the flour, baking powder and spices
- Stir the dry mixture into the fruit mixture
- Add the eggs and mix everything thoroughly and gently pour into the prepared loaf tin
- Bake in the oven for about an hour until a skewer comes out clean
- Remove and leave to cool in the tin for 10 minutes, then turn it out and transfer it to a cooling rack



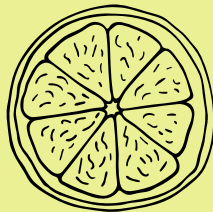
Olive's lemon and blueberry poke cake

A poke cake is a sponge that, once baked, has holes poked into the top and then a jam or sauce poured over it. The jam sinks into the sponge, making it gooey.

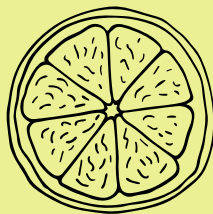
This recipe is my favourite cake recipe, and one I would make for myself whenever there's an excuse to. It's an absolute winner and looks deceptively impressive.

The recipe is by Anna Glover and was published in Olive magazine in August 2016. I wouldn't alter it at all, and all credit goes to her for this delicious recipe.

Recipe is available online at [olive magazine, lemon and blueberry poke cake](#)



We had this cake at our group's 4th birthday gathering in February 2023 and I fully expect it to reappear in 2024



Hungarian cheese scones

I am lucky enough to work with two of the London Maggie's Cancer Support Centres. During the summer we often have students come along for voluntary work experience.

One exceptionally nice chap - a hopeful medical student - had the foresight to arrive with a tin of cheese scones that his mum had made from a family recipe. She was kind enough to share the recipe, which went down an absolute storm at parkrun.

Ingredients

500g strong bread flour

125g softened unsalted butter

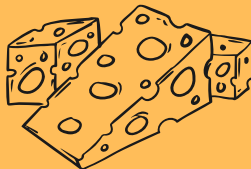
1 egg, plus 1 egg yolk, and its white, separated

200ml sour cream

1 teaspoon salt

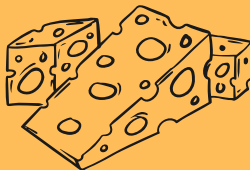
1 sachet fast acting yeast

150g strong cheese, grated, plus a bit extra
for topping



Method

- Take all of the ingredients except the separated egg white and extra cheese, and mix together to form a dough
- Knead for a good five minutes
- Let it rest somewhere warm for an hour, or until it has doubled in size
- Knock back and leave to rest for a further half an hour
- Preheat oven to 180c/160 fan/gas mark 4
- Roll the dough until it is about 1.5cm thick then brush the top with egg white and sprinkle with the spare grated cheese
- Use a cookie cutter to cut into rounds, place them on a baking sheet and leave them to rest for 10 minutes
- Bake for 15-20 minutes, until they turn golden brown



The Joy of Volunteering

One of parkrun's distinct strengths is the central role of volunteering. Indeed it is how it started, when an injured Paul Sinton-Hewitt offered to time his running mates as they galloped around Bushy Park. Being a so-called high-vis hero has become an intrinsic aspect of being a parkrunner.

This is an extract from the parkrun blog, by parkrun UK's Head of Volunteer Management Jaz Bangerh

"Volunteering is every bit as beneficial a form of physical activity as walking, jogging, or running, and it provides a fantastic opportunity for people to participate in their community. I'd even go as far as saying we have redefined, in our minds, what being physically active actually means. Whilst the established view is that it's measured in heart rate, calories, intensity, or duration, we increasingly believe that it's much less tangible than that. Aspects such as personal development, social interaction, and exposure to a natural environment add huge value to physical activity, yet are not accounted for in the aforementioned measures and are often undervalued by those looking to improve their health and wellbeing."

Read the rest of the blog here:

<https://blog.parkrun.com/uk/2018/04/25/the-joy-of-volunteering>



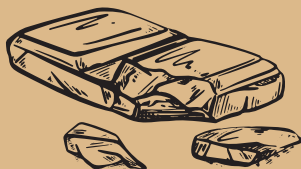
Ultimate chocolate cake for Heather

In April 2023 Heather and her husband completed the London marathon together. They ran in support of Breast Cancer Now, a charity they both hold dear, since Heather's diagnosis, at stage 4.

I have the utmost respect to her, for somehow managing to complete both the marathon and the training while having treatment.

So, for our parkrun in April, only a few days after the race, we had the most delicious chocolate cake, as Heather's choice.

This again is not my recipe - it was written by Angela Nilsen and appeared in the BBC Good Food Magazine in April 2004 and full credit for this yumminess goes to Angela.

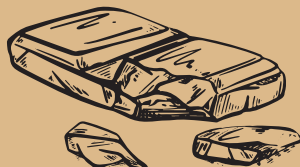


You can find the recipe online here:

BBC good food, ultimate chocolate cake

I did it my way, and used white chocolate on the top, and I couldn't find buttermilk in my local shop so I used plain yogurt.

Be warned: this is a *really* indulgent chocolate cake.



Luke's carrot cake

Luke Grenfell-Shaw was a visitor to our group in May 2022. He is an exceptional chap who, as a stage 4 cancer patient, cycled the distance from Bristol (where he lives) to Beijing, on a tandem, as a fundraiser for 5K Your Way.



He got as far as India and then, due to Covid travel restrictions had to return to the UK where he completed the distance by touring the UK with his tandem on a turbo trainer. He'd ask people to jump on the back and ride with him a while. He raised a small fortune for us and other cancer charities



We met Luke when he brought his tandem to London, first in a bike shop and then he joined us on 5k Your Way day.

He fabulously cycled on his tandem before the start, got off and scampered around the parkrun course **finishing first**, then jumped back on the bike and continued pedalling.



I asked Luke what cake he'd like and he requested a carrot cake.

I'd never made one, and I needed a totally reliable recipe as this was on the Friday afternoon, before parkrun the following morning.

I turned to Paul Hollywood, the steely-eyed King of Great British Bake Off, whose recipe for the ultimate carrot cake appeared in Delicious magazine.

As you'd expect from a baking maestro, this recipe did not disappoint. It was really tasty and moist. I followed the recipe to the letter, and all credit goes to him

The recipe can be found online at:
[Delicious-ultimate-carrot-cake](#)



For Lucy - Malteser slices

I asked 5k Your Way founder (and Ironman legend) Dr Lucy Gossage what her bake of choice would be and I did not expect this! This recipe is the easiest thing ever (you don't even actually bake it). There is an inverse relationship between effort and skill required, and the love that you will receive on presenting them. Lucy this one's for you.

Ingredients

225g rich tea biscuits

200g milk chocolate

125g Maltesers

Handful of raisins

160g butter or coconut oil

3 tbsp golden syrup

1 tbsp cocoa powder

Pinch of sea salt

For the topping

150g white chocolate (or milk if preferred)

100g Maltesers cut into halves



Method

- Line a 20cm square tin
- Put the biscuits in a zip lock bag or wrap in a clean tea towel and bash them with a rolling pin until they are fine crumbs
- Put the butter, cocoa powder, golden syrup and milk chocolate to a saucepan and melt together very gently, stirring frequently. Set aside to cool slightly
- Add the crushed biscuits to the pan and stir together until mixed completely
- Mix in the Maltesers and raisins
- Transfer the mixture to the tin and flatten it out with a spatula
- Gently melt the white chocolate in a heatproof dish standing over a small pan of almost boiling water, then pour it evenly over the tray mix
- Scatter the halved Maltesers and a pinch of salt flakes over the top
- Chill for at least 2 hours then cut into small squares (they're really rich)



'I love the community and camaraderie that comes with both parkrun and 5kYW. I look forward to Saturday mornings when I meet friends and go for a run (and eat cake afterwards!)



For anyone thinking about doing parkrun or 5kYW - the first step is always the hardest but parkrun / 5kYW volunteers are there to help and encourage you, and before you know it you have completed your first parkrun and are planning to come back the next week!'

Heather





Why bake?

'Bakers make the world smell better'
Anon

"Baking may be regarded as a science, but it's the chemistry between the ingredients and the cook that gives desserts life. Baking is done out of love, to share with family and friends, to see them smile." Anna Olson



"Cooking and baking is both physical and mental therapy." Mary Berry



"Cake baking has to be, however innocently, one of the great culinary scams: it implies effort, it implies domestic prowess; but believe me, it's easy." Nigella Lawson



'Baking is love made edible'. Anon



Victoria sponge cake

Maybe THE classic cake. I learned to make this as a kid, when we still measured in ounces.

Some people like a Victoria sponge with raspberry jam and buttercream. I prefer this

Ingredients

225g butter, softened

225g caster sugar

225g self raising flour

4 eggs

1 tablespoon milk

Strawberry jam

A few strawberries, thinly sliced

250ml double cream

Method

- Preheat oven to 180c/160c fan/gas mark 4
- Grease and line 2x20cm loose/spring bottomed cake tins
- Cream/whisk the butter and sugar together, either using an electric mixer or, if you're old school like me, using elbow grease, until it's light and fluffy.

- Break the eggs into a jug, mix them lightly, then gradually add them to the sugar and butter, mixing all the time. If it looks like the mixture might curdle, add a couple of teaspoons of the flour as you mix.
- Sieve the flour into the mixture then gently fold it in. Gently fold in the milk
- Divide the mixture evenly between the two tins and softly level the tops.
- Bake for about 25 minutes, until the top is golden and springy to touch.
- Leave to cool in the tins for a few minutes and then when they're cool enough to handle, turn out onto a wire rack to cool completely.
- Spread a layer of jam across one of the sponges, then cover that with a layer of sliced strawberries
- Whip the cream (lightly - don't overdo it) then spoon that over the berries
- Place the other sponge on top, then dust the top of the cake with sieved icing sugar



*'I'm not a runner!
I wasn't sure 5kYW actually meant
"your way", I was convinced I'd be the
only person in the group walking but I
wasn't. We walked and chatted for 5km
about all sorts of things, not just
cancer, in fact there wasn't much
cancer chat at all. Then we had guilt
free tea and cake.*

Perfect.'

Fiona



*I joined the 5kYW when I needed
a boost and to get my confidence back after
some health issues . It certainly did the trick for
me.*

*I'm always disappointed when I can't make it
and miss the camaraderie , the walking and
of course the cake !!!*

Jane

(Not)parkrun lockdown banana bread

During the pandemic lockdowns, parkrun was suspended. parkrun HQ swiftly organised (not)parkrun - unofficial events that we could do under our own steam, to keep morale up until the main events could recommence.

Some of our 5k your way family had to shield but those that could, got together - socially distanced, of course - once we were allowed. It seemed apt to include this lockdown staple in our story.

Ingredients

2 large/ 3 small ripe bananas

140g sugar

55g butter

1 large egg

1 tsp vanilla extract

170g self raising flour

1/2 tsp baking powder



Method

- Preheat oven to 190/170 fan/gas mark 5
- Line a 2lb loaf tin
- In a large bowl, mash the bananas with a fork
- Add the sugar, butter, egg and vanilla extract and mix well
- Sieve in the flour and baking powder and gently mix until the mixture is smooth and lump free
- Gently pour into the loaf tin and level off the top of the mixture
- Bake for 40 minutes until golden on top
- Leave to cool in the loaf tin



Renate's chocolate and raspberry brownies

Renate has been a 5k your way stalwart for several years but her main love is open water swimming. In September 2023 she fulfilled a long-held ambition to swim 2 miles in the Serpentine in London's Hyde Park and we had these to celebrate

This recipe uses fresh raspberries, which just add to the general gooey-ness of the brownies. You could use dried raspberries or dried cranberries. If anyone's dairy/lactose intolerant you could swap the white chocolate and butter for dairy-free.

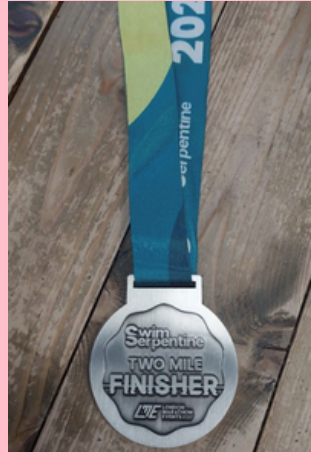
Ingredients

115g butter
200g dark chocolate
110g caster sugar
90g brown sugar
1 teaspoon vanilla extract
3 large eggs
70g gluten free plain flour
20g cocoa powder
125g raspberries - small ones work best
75g white chocolate chips

Method

- Preheat oven to 180/160 fan/ gas mark 4
- Generously line a 20cm baking tray with parchment - let the paper hang over the edges of the tin
- Heat the butter and dark chocolate in a heatproof bowl suspended over a pan of simmering (not boiling) water until both have melted. Remove from heat and allow to cool for a few minutes. This is important, or you'll get scrambled eggs
- Stir in the sugar and vanilla extract
- Gradually stir in the eggs
- Stir in the flour and cocoa until smooth
- Gently add the raspberries and white chocolate - don't over stir
- Pour mixture into the tin and bake for 30-35 minutes, depending how gooey you like your brownies. It's ready once the top starts to crack and the mixture has started to set in the middle
- Cool completely then cut into squares





Running is a mental sport

There seems to be a symbiotic relationship between running and mental health, and there are numerous studies to show that running can help to manage depression, fatigue, stress, and anxiety.

Running can clear your mind, and mulling over a problem can help it to ease. As you run, your mind can really wander. It can be where you do some of your best thinking, and have good, creative ideas.

For some, running can feel easier with distraction, and listening to music or a podcast can really help you to keep going. Of course, this doesn't work for everyone, and some just love the peace and simplicity of listening to what's around them, hearing the birds singing.

It can be really hard to push yourself out of the door to go for a run if you're feeling mentally low, or if your mojo is temporarily missing.



One trick – again partly as distraction – is to try to think of things that you feel grateful for. I'm sorry – I know this might sound a little trite. And frankly if you are feeling a bit down, you might feel unable to think of much that you're grateful for at all.

But here's the thing: sports psychologists think that if you distract yourself with grateful thoughts, they will help spur you on physically.

Kevin Vandi has written about this widely and says 'Maintaining an intentional and grateful mind through training can add resiliency to hard workouts. When you're grateful for the opportunity to run, or thankful for being able to be outside safely, it makes it a little bit easier to head out when you'd rather head back to bed.'

Reasons to be cheerful, it seems, include the fact that you've become a runner.

Extract from my book and blog, both called 'Get your oomph back'



Yorkshire Parkin

Parkin is a taste of my childhood. It's a sticky spicy cake that, along with bonfire toffee, is eaten widely in Yorkshire and Lancashire around bonfire night. In Lancashire local recipes tend towards a lighter taste, while Yorkshire bakers go deep and dark with molasses or black treacle. Parkin has appeared at three of our October 5k your way parkruns

Ingredients

1 large egg

4 tbsp whole milk

200g butter

100g molasses or black treacle

150g golden syrup

100g dark brown soft sugar

100g medium oatmeal, or ground porridge

250g self-raising flour

1 tbsp ground ginger

1 tsp mixed spice



Method

- Heat the oven to 160°C/140°C fan/gas mark 2-3
- Beat the egg and milk together in a jug
- Place the butter in a large pan with the molasses or treacle, golden syrup and sugar. Melt everything together over a low heat, stirring occasionally
- Remove the pan from the heat and stir in the oatmeal, flour, ginger and mixed spice. Add the egg and milk mixture and stir until well combined
- Pour the mixture into the prepared tin and bake for 50 minutes to 1 hour, until the sponge is firm to the touch, but not dry. Leave the sponge in the tin until completely cold, then cut into squares





The wonderful Race Directors and Volunteers at Southwark parkrun always go to town with Halloween decorations



Apple & cinnamon oat bars

Two of our 5k your way family need to avoid gluten, so brownies and oat bars appear in our story. Traditional flapjacks are delicious, but can be very heavy with saturated fat and refined sugar. This is my nod towards a healthier option. The apple and cinnamon flavours make this a good autumn recipe

Ingredients

50g coconut oil or butter

2 tbsp nut butter

3 tbsp honey or maple syrup

2 ripe bananas, mashed

1 large or 2 small apples, cored and cut into tiny chunks

250g large porridge oats

200g dried fruits - I use raisins, cranberries and papaya

2 tblsp seeds - I use flaxseeds and sunflower

1 tsp ground cinnamon



Method

- Heat oven to 160C/140C fan/gas mark 3. Line a 20cm square tin with baking parchment
- Heat the coconut oil/butter, nut butter and honey/maple syrup over a gentle heat until melted. Add the bananas, apples and 6 tablespoons of water. Mix together
- Put the oats, cinnamon, dried fruits and seeds into a large bowl. Add in the melted mixture and stir until thoroughly mixed
- Pour into the cake tin and pat down so the surface is level
- Bake for 50-60 mins until golden at the edges. Leave to cool in the tin. Cut into bars - I made 12 with these quantities.
- These bars keep best in the fridge, in an airtight container





Christmas biscotti

These little biscuits are perfect for dunking in a hot drink after parkrun. They also make lovely gifts. They keep for ages.

I found this recipe many years ago and I've made it annually ever since. I prefer my biscotti to be chewy rather than too crunchy, so I make the second baking time shorter than in the original recipe.

The recipe is another from BBC Good Food and all credit for this goes to their writing team. You can find it here:

[BBC Good Food, Christmas biscotti](#)



THANK YOU



This e-book was written and produced as part of my fundraising efforts for my place in the Great North Run. (Originally to run in 2023, now 2024. Long story.)

All proceeds from the sale of this e-book go directly to 5k Your Way.

All donations gratefully received.
Please click here:

[Justgiving, Nice cakes your way.](#)





5K YOUR WAY

MOVE AGAINST CANCER

Please join us! If you haven't already, you are warmly invited to come along. Last Saturday of every month, bright and early.

You can find your nearest group, and more about this fabulous initiative, at www.5kyourway.org

Or come find me in Southwark Park.