

BLISTER 29



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Hi. It's amazing what stories you can find out about running—from half-marathons going wrong, to people wanting to cheat (why?), to a lady getting on to the cover of a running magazine because she was the subject of abuse. It's not funny and it is certainly not clever.

Profiled this month is Yvette Dean who is pictured competing the Great South 10 mile run. In further issues I have more to say about Lactic Acid.

WORLD'S LONGEST HALF MARATHON

Bangkok is now home to the world's longest half marathon after an error by race organisers.

Instead of the typical 21km (13.1 miles) run through Thailand's steamy capital, Sunday 15th November's run accidentally extended its half marathon to nearly 28km (17 miles). The bonus miles came as a surprise to runners who unleashed a tirade of complaints after the event.

Songrakm Kraison the vice president of the Jogging Association of Thailand , one of the two organisers of the race admitted to the error, and apologised for the mistake. The marathon's Facebook page was filled with comments from runners who called it 'ridiculous', a 'massive miscalculation' and 'incredibly dangerous' for participants who had trained to run just 21km.

MARATHON 'CHEAT' IN FRAUD CHARGE

Julius Njogu, a 28-year-old Kenyan runner who apparently finished second at the Nairobi Marathon on Sunday, is in some hot water now. Turns out, he allegedly didn't even run a mile.

The Associated Press reports that Njogu was arrested and will face fraud charges for his attempt, which would've netted him \$7,000 (about £4,500) in prize money.

TV cameras caught him arguing with event officials at the end of the race. He even took off his shoes in an apparent attempt to show organizers he had blisters from running the race.

"Officials said they became suspicious because Njogu showed no signs of fatigue and was not sweating when he had supposedly just run 42 kilometers (26 miles). They discovered that he'd run barely one kilometre after emerging from a bunch of onlookers and joining the leading group of runners just outside the stadium," the AP reports.

Joshua Kipkorir won the race in 2:13:25, and Shadrack Kiptoo was in line to finish second before Njogu dashed past him close to the finish line.

"I followed the leading team from start to finish and I didn't see him," race director and Kenyan running legend Ibrahim Hussein, a three-time winner of the Boston Marathon, told the AP. "He will not be recognized and I'm so disappointed that one can cheat in this modern age. He didn't finish second."

BLISTER



Yvette Dean—KADS member

What is your job? I'm currently a PA to 3 Nottingham City Councillors. I have a new role with the Ministry of Justice from January 2016.

Partner/Family? Hubby—Richard, married for 26 years—I know I don't look old enough! Son, Jeffrey, currently at Nottingham Trent University studying History.

What is the best/worst thing about running? Best—I never thought I would become a 'runner' - it's amazing what you can do when you put your mind to it! Worst—the self deprecating feeling when my run has not gone as well as I would hope.

How far do you run per week? I try to do at least 2 runs a week, average about 5 miles each unless I go on the recently re-established night runs with Ash (approx. 8.5 miles off-road) - quite enjoying these runs! Of course, these mileages increase if I have any planned half-marathons.

Runs I'd like to do? I'm tempted by a marathon— but not sure I could do it mentally. But I am planning to take part in a few 'Rock & Roll' half marathons next year, possibly including Vegas!

What are your interests outside of KADS? 'Socialising' with friends and family. One of my adopted sisters is just about to return to the UK permanently from Oz, so we have a lot of catching up and shopping to do! Baking—a colleague and I had a 'mini' competitive bake-off at work over the period of 8/9 weeks—other colleagues sampled the cakes and scored—out of 2 competitors, I was runner up!!! But it was a fun experience, never again will I bake Florentines (nightmare).

What are your favourite pieces of music? I listen to all kinds of music—my Ipod has a very eclectic mix of pop and rock.

Favourite books? I have recently joined a book club, which clashes once a month with running club Wednesdays, and the selection of a book each month is random, with each book being of a different category, subject matter, fiction/non-fiction—and this has led me to read some that I would never have picked up in a book shop or library. I recently read 'To Kill A Mockingbird' - brilliant book and I'm sure I will be reading the follow up 'Go Set A Watchman' soon.

Favourite places? Hawaii, Las Vegas, home—probably in that order!

Places I'd never go to again? Portugal—I probably just had a very bad experience on my holiday there. People I encountered there were rude, hotel was awful and I was ill with food poisoning.

Favourite tippie? Cold glass of cider or a lovely bottle of red wine.

TV shows that I watch? The Amazing Race, Downton Abbey, any documentary that David Attenborough makes.

Favourite films? Shawshank Redemption and Forrest Gump!

Pet hates? Bad drivers, idleness and dropped chewing gum!

Favourite Food/Places to eat? Anything chocolatey—whenever I go out for dinner, I'm terrible for choosing my pudding first and then I go back to the starters and main. I have a very, very sweet tooth.

Describe yourself in 6 words? I don't really know how to answer this! (Ed : that's 8 words).

BLISTER



LACTIC ACID

Understand that lactic acid does not cause muscle soreness after a workout. Lactic acid is often wrongly accused of being responsible for the post-workout muscle soreness experienced 1 to 3 days after a hard workout. However, new research shows that lactic acid (which operates as a temporary fuel source during intense physical activity) washes out of the system within an hour of the end of a workout, so it cannot be responsible for the pain felt days later.

The latest theory suggests that this muscle pain -- also known as delayed onset muscle soreness or DOMS -- is the result of damage to the muscle cells during intense exercise. This causes inflammation, swelling and tenderness as the muscles repair themselves.

In order to reduce muscle soreness after a workout, it is necessary to do a proper warm up before exercising. This wakes up the muscles and prepares them for physical activity. It is also important to avoid pushing yourself past your physical limit and to build up your workouts gradually instead.

Understand that lactic acid causes the burning sensation during a workout. On the other hand, built-up lactic acid *is* responsible for the burning sensation you experience while pushing yourself hard during a workout.

- Usually, the body uses oxygen to produce energy in the body. However, when you push yourself hard during a workout, your body requires energy faster than your body can produce it using aerobic methods.
- When this happens, your body uses anaerobic methods to produce energy, as it can do this much faster than with aerobic methods. Lactic acid - or lactate - is a by-product of these anaerobic energy production methods.
- Your body can continue to produce energy anaerobically for up to three minutes. During this time, levels of lactic acid in your muscles begin to increase rapidly, which leads to the burning sensation you associate with intense physical activity.
- After 3 minutes, the lactic acid begins to slow down the muscles, warning your body that it is close to its physical limit. In this way it operates as a defense mechanism, protecting you from injury and fatigue.
- Even though small quantities of lactic acid are necessary and even good for your body in certain circumstances, it is still necessary to prevent lactic acid levels from building up too quickly. If you don't, you will find it hard to work out comfortably or to the best of your ability.
Reducing lactic acid build up -- though it won't prevent DOMS - will help you to work out harder for longer, which is essential for any good athlete.

OTHER RUNNING NEWS

Lindsey Swift has become the cover star of 'Womens Running' after her open letter to a van driver ,who heckled her about her weight ,while she jogged ,went viral. She was out running when a man sang a 'sarcastic' rendition of a pop song Big Girl (You Are Beautiful) at her from a van. In her open letter Swift retorted that if the sight of her jogging offended him, "try driving with your eyes closed, into a "lamp-post".

It is awful that this kind of thing still happens, and is probably one of the reasons why many women avoid and fear exercise.

. Sport England recently launched its [This Girl Can campaign](#). Its aim is "to get women and girls moving, regardless of shape, size and ability".According to the campaign, millions of women and girls fear exercise because they're afraid of being judged. It says two million fewer women than men aged 14 to 40 play sport regularly.

Only 31% of 14-year-old girls regularly exercise, compared with half of boys the same age, [says the Women's Sport and Fitness Foundation](#). Hopefully, the campaign will achieve its aim. In the meantime well done to all the ladies who continue exercising in spite of sarcastic comments etc.

UPCOMING

Sunday 6th December—Booth Decorators' XC at Bakewell Showground

Saturday 12th December—Colliers Wood Canter

Sunday 13th December—Derby Runner Bolsover 10k

Saturday 26th December—Barrow upon Soar Handicap 10k

Sunday 27th December—Queens Head 5km Road Race—Belper

Friday 1st January—New Years Day Hangover 5 mile—Matlock

