

# BLISTER 30



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I got an email from a company selling running clothing and equipment saying 'have a run-derful Christmas'. I hope so, and I hope you all do too. Meanwhile you can read about 2 of our members in this issue—Andy Haskard and Rhuarhri Cordon. Also includes another bit about Lactic Acid and how to prevent it. Remember—avoid eating Christmas decorations or you'll get tinsel-it is!

## 60 Marathons in 60 days

This from Radio 5 live :- A mum from Southampton—who has set a new world record by running 60 marathons in 60 days—says the achievement was on her “becket list”.

Alice Burch ran a total distance of 1,560 miles, which is the equivalent of running from John O’Groats to Monte Carlo. She told 5 live “Some days it’s an absolute slog to just keep going” whether she was “running really slowly or walking”.

Alice, who is 34 years old, started the challenge on October the 1st and finished on November 29th, She was running to raise money for charity.

## FORTHCOMING EVENTS

January 1st—New Year’s Day Hangover 5 mile. Matlock.

January 9th—Notts AAA Cross Country– Shipley Park

January 9th—Colliers Wood Canter 5k or 3k

January 10th—NOT the Peat Pits Fell race, Milford.

January 24th—Booth Decorator’s League Cross Country—Trent Meadows—Long Eaton

February 6th—Winter Warrior eXtreme Obstacle Race 10k—Derby

February 6th—The Rauceby Ripper (8.5 miles) - Sleaford.

February 7th—Booth Decorator’s League Cross Country—Holmebrook Valley Park, Chesterfield

February 7th—The Caythorpe Dash (13.1 miles multi –terrain) Grantham

February 13th—Colliers Wood Canter 5k or 3k

February 13th—Dukeries 10—Newark

February 13th—National Trust night run—Clumber Park , Worksop (6 p.m. start)

# BLISTER



**Andrew Haskard—KADS Member (pictured at Bakewell Cross Country)**

**What is your job?** I'm an accountant for a practice in Derby, looking after a wide range of small and medium businesses. I'm also responsible for auditing several local charities.

**Partner/Family?** My brother Steve (also a KADS Member) - he's like me only faster, lighter and 'Older'!!

**What is the best/worst thing about running?** Best—putting in a sprint finish, if I can manage it. Worst—Hills, Hills, Hills, I hate hills.

**How far do you run per week?** 8 to 10 miles per week. Saturday parkruns or Colliers Wood Canter, the medium or long KADS run on a Wednesday, plus a few extra events through the year. I managed over 400 miles in

2015 and I'm aiming for at least 500 in 2016.

**Runs I'd like to do?** We're probably going to do the Skye Half Marathon next year . It's a tough one but the scenery will hopefully make up for the hills.

**What are your interests outside of KADS?** I follow Formula One and American Sports. I used to play American Football, which is why I've got so many niggly aches and pains.

**What are your favourite pieces of music?** I like the 80's and classical music. Orff's Carmina Burana is probably my favourite piece (the Old Spice advert for those that can remember it) and 'Through the Barricades' by Spandau Ballet from the more "modern" era.

**Favourite books?** The Hitch-Hikers Guide to the Galaxy by Douglas Adams and King Rat by James Clavell.

**Favourite places?** I've had some great holidays with Steve in France, Germany, Switzerland and the Isle of Skye. I'm looking forward to a return to Colditz that was a great road trip.

**Places I'd never go again?** Portugal, too hot and the language seemed impossible.

**Things I'd like to see KADS do?** KADS already offer some great running and social events, so basically more of the same.

**Favourite tippie?** I'm not much of a drinker but I occasionally enjoy a really nice whiskey, my favourite is Laguvalin.

# BLISTER



**TV shows that I watch?** I quite often enjoy the Big Bang Theory, which is always good for a giggle. Every few years I put on my Yes Minister and Yes Prime Minister boxset, usually I watch them all over a few days, brilliantly written and still topical after all these years.

**Favourite Films?** Highlander—Sean Connery, great scenery and a Queen soundtrack.

**Pet hates?** Smoking

**Favourite food/places to eat?** Lime in Nuthall. Whatever curry I have I always have a choc chip naan with it, much to the waiters' amusement.

**Describe yourself in 6 words.** Honest, reliable and a bit daft.

Reducing Lactic Acid during a workout.

## LACTIC ACID

- 1) Stay hydrated. Lactic Acid is water soluble, so the more hydrated you are, the less likely you are to feel a burn while you workout and cause lactic acid to build up.
- 2) Breathe deeply. The cause of the burning sensation you feel in your muscles whilst exercising is twofold : it is partly due to the build up of lactic acid , but it also due to lack of oxygen.
- 3) Work out frequently. The more physically fit you are, the less glucose your body will need to burn, and there will be less acid build up.
- 4) Be cautious when lifting weights. Weightlifting is an activity that tends to promote lactic acid because it requires more oxygen than our bodies can deliver.
- 5) Decrease the intensity of your workout if you start to feel a burn. The burning sensation you feel during intense exercise is the body's defence mechanism trying to prevent overexertion.

## RUN IN SPACE

You've probably seen Major Tim Peake on the news or in the papers—he blasted off from the Baikonur Cosmodrome in Kazakhstan on December 15th. He will stay there for 173 days until June 5th next year.

But did you know that he will be running a marathon in space? He will attempt to run the 26.2 miles on a treadmill at the same time as the London Marathon. He will be attached to a treadmill by a harness in order to combat weightlessness and will be watching a video of the London course on a big screen.

“I'll be running it with the iPad and watching myself running through the streets of London whilst orbiting the earth at 400 km above the surface and travelling at 27,000 km per hour.

Tim completed the 1999 London Marathon in 3 hours 18 minutes.



# BLISTER



**Rhuarhri Cordon**—KADS member and 3 time winner of the Kimberley Youth Cup (receiving his trophy)

**What is your job?** Unemployed.

**Partner/Family?** I live with my family.

**What is the best/worst thing about running?** Best—it is fun trying to overtake runners. Worst—it can get boring.

**How far do you run per week?** A minimum of 5 miles.

**Runs I'd like to do?** I would like to do track and field.

**What are your interests outside of KADS?** Computer programming, Cycling and Scouts.

**What are your favourite pieces of music?** Clocks by Coldplay

**Favourite books?** I don't read a lot of books.

**Favourite places?** Kimberley

**Places I'd never go to again?** Nothing comes to mind.

**Things I'd like to see KADS do?** I would like to see KADS do more sessions on the track, and something gym related—like a leg workout.

**Things you enjoy doing at KADS?** I personally like the activities like hill training and the handicaps.

**Is there anything which KADS could do to improve?** KADS is exactly what I'd expect a running club to be like.

**Favourite tippie?** I rarely drink alcohol.

**TV shows that I watch?** Top Gear. Big Bang Theory.

**Favourite films?** Silence of the Lambs

**Pet hates?** Nothing comes to mind.

**Favourite food/places to eat?** Curries.

**Describe yourself in six words :** I'm active, tech savvy and helpful.







