

# BLISTER 31



## In this issue:

- Parkrun
- Forthcoming events
- Georgina Grimshaw
- KADS on tour
- Other news/books

It's one of those age old questions—how, after carefully making sure that my running shoes have nothing in them, do I seem to be running with a stone in my shoe?

As ever if you have any articles that may be of interest please let me know.

This edition was brought to you whilst listening to Trout Mask Replica.

## PARKRUN

Obesity is a major health crisis but instead of urging residents to exercise, a council is to charge runners to use one of its parks for a weekend parkrun. Stoke Gifford Parish Council has threatened to charge runners for maintenance of the paths. It's enough to make Britain's runners have a lie-down.

At the last count there were an estimated 10.5 million runners in the UK, who averaged 72 runs a year. 300,000 runners completed in a marathon, half-marathon or triathlon in the 12 months to August 2014.

The average finishing time for a marathon (globally) is 4.21.21, although in the UK it is 4.32.24. The fastest average time is in Spain—3.55.35.

## FORTHCOMING EVENTS

May 1st Helen's Trust 10k—Chatsworth

May 4th Notts AAA League—National Water Sports Centre, Holme Pierrepont

May 10th Booth Summer League—Ilkeston

May 14th Colliers Wood Canter—Eastwood

May 15th ASDA Foundation 10k—Nottingham

May 25th Beeston Trent 5

May 25th Buxton Half Marathon

June 5th Derby Ramathon

June 6th—June 10th Gordon Whelbourne Running week—4 x 5k and finish off with a 10k. Newark.

June 7th Booth Summer League—Denby Pottery

June 11th Colliers Wood Canter—Eastwood

June 17th Notts 10—Holme Pierrepont

June 22nd—Notts AAA League—Wollaton Park

# BLISTER



## **Georgina Grimshaw—KADS Kit Manager**

**What is your job?** I have worked as a Maths Teacher at the Holgate Academy for nearly 12 years.

**Partner/Family?** Husband Craig, 6 year old son Freddie and another on the way in July.

**What is the best/worst thing about running?** Best thing about running is racing with KADS cheering you on and getting new P.B's. The worst thing about running is dealing with injuries and hills. A run without a niggle would be lovely thank you!

**How far do you run per week?** Currently about 3 miles a week.

**Runs I'd like to do?** Liverpool Rock and Roll Half Marathon or Run to the Beat 10k. I love the idea of having music and entertainment along the way.

**What are your interests outside of KADS?** I love a good bootcamp and have recently taken up Pilates. I love spending time with my family and friends, whether it be days out or enjoying a bottle of good wine in our garden.

**What are your favourite pieces of music?** I love a good mixture of music depending on my mood , from 80's/90's to dance anthems.

**Favourite books?** I love reading! I'm a big fan of Dan Brown and James Patterson, but my all time favourite books are Harry Potter and gold old Bridget Jones Diary!

**Favourite places?** Last year we were lucky enough to have a short visit to Australia, we loved it and will certainly be back. My favourite holiday destination has to be The Maldives (pre Freddie though)!!

**Places I'd never go again?** I wasn't a fan of Turkey.

**Things I'd like to see KADS do?** Loads of us at this year's Summer League races in sparkly new personalised KADS kit!

**Favourite Tipple?** Wine, in particular Prosecco!

**TV shows that I watch?** We don't watch much TV but we do like a good box set. Watched every episode of 24 and now working through Prison Break.

**Favourite Films?** Like my music I like a variety of films, but I am partial to a good musical.

**Pet Hates?** Lateness

**Favourite food/places to eat?** We love to eat out and are regular visitors to establishments in and around the Kimberley area; Sinatras, Simla, The Nelson and a KADS favourite Mansouris Pizzeria.

**Describe yourself in 6 words?** Organised, early, particular, reliable, happy and tidy.

April 23rd, 2016

# BLISTER



## KADS ON TOUR—SHAKESPEARE MULTI-EVENT

A few months ago Me and Steve had decided to re-visit the Shakespeare Raceway, where back in November Steve had put up a valiant attempt at the marathon distance, only to be defeated by icy drizzle and arctic winds on his 7<sup>th</sup> of 8 laps.

Steve was going to try the full distance again, I opted for the half and Micky after chatting with us one night decided to come along for the 10km. With KADS filling 3 of the 4 disciplines Rob took up the remaining 5km slot and as the event approached Nic also heard about the venture and got her name down for the half marathon.

It didn't take much working out that 5 KADS would fill a car and early morning collections were arranged.

We arrived at our destination just before 9, eager to collect our numbers and check out the facilities.

The facilities were basic and the toilets disgusting, leading to the big question "To pee or not to pee"? (cheers for the pun Steve). With the start time approaching we donned our scarlet and silver tops, which look lovely over a luminous green shirt and shorts combo and agreed to meet up for a pre run photo.



Pre-race routines were varied including some sensible stretching, running up and down one of disused runways and fuelling up with a sausage cob and coffee. I opted for standing about chatting.

As tradition dictates we were too late for the team pic and made our way hurriedly to our appropriate staggered start lines.

Steve would be setting off first to do the extra 2km for the marathon. 90 seconds later Myself and Nic would begin our shorter 1km loop. Finally Micky and Rob would commence their 10km and 5km runs respectively. Once the start sequence had unwound, we would all perform a series of 5km laps to make up the correct distances.

I set off at an optimistic pace and 1km in realised that I should slow down a bit, however I was feeling comfortable and on a flat course 5km came up in just over 30 mins, a time I'd be pleased with at most Parkruns.

The 10k mark was reached in just over an hour, only a minute outside my 2015 best for that distance, I was buoyant and spurred on by the cheers of Rob and Micky who had completed their events.

Towards the end of lap 3 I was beginning to tire, Nic cruised past, as predicted about 1.5k from her finish and the Kads cheerleaders continued their encouragement.

The last 3 miles were a grind as always for me, my calves were tight and thighs burning, my 2:24:45pb was looking doubtful.

But it was KADS to the rescue as Steve caught up with me (now 7k ahead in real terms), Rob joined us with words of encouragement, he knew I could get a pb and wasn't about to let me miss it. Steve took the opportunity for a breather and would run with me to my finish. Nic popped up about 800 metres from the end and paced me to the final straight, where with aching limbs I attempted what could only loosely be described as a sprint finish (I doubt Usain Bolt lost any sleep that night). Final time 2:22:41 a new pb.

Steve now had a gruelling 3 laps left, each time he passed, the KADS urged him on. By now he was struggling but he kept going fuelled by jelly babies. A run-walk-run strategy would see him complete his first full marathon in 4 hours 8 minutes, not bad for an old man!!

I think we all achieved our different objectives and the KADS team spirit was certainly a major factor.

Rob 5km 00:19:53  
 Micky 10km 00:53:43  
 Nicola Half 01:42:47  
 Andy Half 02:22:41  
 Steve Marathon 04:08:35

Micky was 6th in his age category, and got sunburnt (in March!)



# BLISTER

There was an interesting article in the 'i' the other day, which highlighted the benefits of running, and where the UK hotspots were. The data was provided by Strava Insights.

Part of the data said that the average run for a woman was 7 km (4.35 miles) and that of a man 8.4 km (5.22 miles). The most registered runs are unsurprisingly in London, followed by West Yorkshire, Manchester, Hampshire and Surrey.

In another Article (this time the 'Mail') found 6 unusual things about running:-

- 1) Scientists at the University of Portsmouth found running without proper support can lead to straining of the breast tissue (in women) and resultant cleavage sag.
- 2) Fastest marathon by a marching band 6 hr 56 min (Huddersfield Marching Band); Fastest marathon dribbling a ball 3 hr 29 min (Jan Schroder); Fastest marathon on a pogo stick 16 hr 24 min (Jack Sexty); Fastest marathon on crutches 6 hr 24 min (John Sandford Hart)
- 3) The highest life expectancy rates are enjoyed by those who run for between one and 2.4 hours a week—but no more than three times a week according to the Journal of the American College of Cardiology. For those who engage in intensive running sessions, life expectancy is as low as if you don't jog at all.
- 4) Women who do at least three 30 minute sessions a week are a third less likely to suffer hot flashes and painful joints than those who do nothing, says the journal Menopause.

For those of you interested in reading there are a number of running books out at the moment :-

'Today we die a little : the Rise and Fall of Emil Zatopek, Olympic Legend' (the only athlete to win a 5k, 10k and Marathon at one Olympic Games, and had some strange training habits including running in heavy boots and running up stairs with his wife on his back!).

'This Mum Runs' by Jo Pavey—no details as yet.

'The Round : In Bob Graham's footsteps' - for those interested in fell running.

'Feet in the Clouds' by Richard Askwith—also about fell running.

'Eat and Run : My Unlikely Journey to Ultramarathon running' by Scott Jurek

'80/20 : Run Stronger and Race Faster by Training Slower' by Matt Fitzgerald.

'Never Wipe Your Ass with a Squirrel : A trail running, ultramarathon, and wilderness survival guide for weird folks' by Jason Robillard.