



# BLISTER 35

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Hi

This issue we've got a profile of Kerstine Herbert, who, we are hoping, will be doing a "Ask Kerstine" physio article for us. So, if you've got a particular running problem and need some advice let us or Kerstine know.

Thanks to Helen also for producing a report on how she's coping with running after having 2 kids.

## FORTHCOMING EVENTS

August 24th KADS handicap Horse and Groom, Moorgreen.

August 27th Double or Quit 5 and 10. Shipley Park.

September 3rd Lincolnshire Wolds Tough Ten

September 4th Northampton Half Marathon

September 4th Wilne 10k—Draycott

September 4th Sherwood Pines 10k Trail race

September 11th Colliers Wood Canter—Eastwood.

September 12th Decathlon 5k Colliers Wood, Eastwood.

September 17th Robin Hood 100—Retford

September 18th Ponton Plod—either 17 or 27 miles—Grantham

September 18th Rutland Half and Full Marathon—Empingham

September 18th Crossdale 10k

September 25th Robin Hood Half and Full Marathon

October 1st Wild Warrior 10k—Ashbourne

October 2nd Lincoln Half Marathon

October 8th Colliers Wood Canter—Eastwood

October 9th Goose Fair Gallop—Underwood

October 15th Clumber Park 10k

October 16th Spires and Steeples Challenge—Lincoln (Half or Full Marathon)

October 23rd—Leicester Half and Full Marathon

October 23rd—Thoresby 10—Ollerton (10 miles, 10k or 5k)

October 29th Spooky Sprint 10k—Wollaton Hall

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## **Kerstine Herbert—KADS member**

**What is your job?** Physiotherapist—with a keen interest in running injuries. (*Well KADS will keep you busy then!*)

**Partner/Family?** Fiance—Steve Robinson-Day and my daughter Abi (13).

**What is the best/worst thing about running?**  
Best thing? - Meeting lots of lovely people. Worst?

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**How far do you run per week?** Varies from 20 to 30 miles.

**Runs I'd like to do?** I love big hills and off road. Running in Scotland where my parents live is the best thing.

**What are your interests outside of KADS?** Being a physio—swimming and long distance running.

**Favourite Athlete?** Jo Pavey—she shows you can still be successful as an older athlete and mum.

**What are your favourite pieces of music?** Carmina Burana (Classical) by Carl Orff and Dancing in the Dark by Brucey (Bruce Springsteen).

**Favourite books?** Love Wilbur Smith. Also like a good horror.

**Favourite places?** Kinlochleven (where my parents live) and the Peak District.

**Places I'd never go again?** Egypt

**I'd really like to see KADS** doing some more coached/structured runs and would love to get involved.

**Favourite Tipple?** Gin and Tonic (or red wine).

**Favourite TV Shows?** I don't watch too much TV as I'm too busy, but I'll watch the Big Bang Theory.

**Favourite Films?** Dirty Dancing.

**Pet hates?** Rudeness, litter, seeing kids hunched over their mobile phones.

**Favourite food/Places to eat?** Mexican food. Places to eat—Mulberry café at Strelley Hall.

**If you was a fruit, what would you be and why?** I'd be a water melon—hard exterior, colourful and tasty on the inside.

**Describe yourself in 6 words :** Tall, enthusiastic, caring, independent, supportive and curious.

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## EXERCISE MORE!

New research has indicated that we should be doing more exercise. Exceeding the current minimum level of exercise each week can significantly reduce the risk of breast and bowel cancer, diabetes, heart disease and stroke, experts found.

The World Health Organisation recommends that people conduct at least “600 metabolic equivalent minutes (MET minutes)” of physical activity— the equivalent of 150 minutes each week of brisk walking or 75 minutes of running.

Researchers from the US and Australia suggest that physical activity needs to be several times higher than current levels. Most health gains occurred when people conducted 3,000 to 4,000 MET minutes per week. The authors of the report said that 3,000 MET minutes could be achieved by climbing the stairs for 10 minutes, vacuuming for 15 minutes, gardening for 20 minutes running for 20 minutes or walking or cycling on a DAILY BASIS.

The researchers said “with population ageing, and an increasing number of cardiovascular and diabetes deaths since 1990, greater attention and investments in interventions to promote physical activity in the general public is required”.

From article in the *I.*

## MIDNIGHT RUNS

Night running clubs are growing in popularity. Midnight Runners club in London meets twice a week : a 6 mile bootcamp run on Tuesday nights and a longer run on Sundays. Then, once a month on Fridays, they have a themed, dress-up run—the only qualification is that you should comfortably be able to run 6 miles. Then they meet in a bar afterwards...

## RUNNING NEWS



Both the 2 Summer Leagues have now finished. Well done to everyone who turned out.

Above are a couple of pictures taken during the last Booth Race League race at Shipley Park. On the left is Lee Cutforth at the start of the race.

On the right Micky Doyle is discussing tactics with Chris Chandler and Andy Haskard (“....once he gets on the cricket field, trip him up and I’ll try and run past him”).



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## THIS MUM TRIES TO RUN!



Jo Pavey has a book out called 'This Mum Runs' if I wrote a book it would be called 'This Mum tries to Run' maybe not as catchy but a more accurate description for me. I've struggled since having my first, Arianna, in 2013 to get back to running for various reasons. There are time issues, someone needing to look after the kids, working full time and being just too knackered to run. The lack of sleep was probably one of the biggest obstacles to me being able to run. Arianna was sleeping through after 6 months so not too bad. Alex is a whole different ball game - waking through the night when he's a new-born is expected but after a year of it it's not much fun and then he wakes up at 5.30am full of beans! I never thought I would ever consider waking up at 7.30am a lie-in but how times change.

Anyhow I've been managing to run regularly now since April (about 4 runs a week) the longest continuous period since 2013. After having a break for so long I thought coming back

to running would be difficult and I would be very unfit but I just wanted to be out running no matter how slow. I must admit though it was hard being far down the field of runners when I've been used to being further up front but we all have to start somewhere. Someone asked why I wasn't wearing a watch at one of the early league races my reply was I didn't need a watch to tell me I was running really slow! However I have surprised myself at how quickly my times have improved and ok those first few runs weren't easy but I've reached the point where I am almost back to my fastest running times well at least for short races. I'm not quite ready to tackle a full marathon yet.

For those who didn't know me from before I came back this year, I joined the club back in 2009 and at some point I was Ladies Captain for 2 to 3 years. At that time we did have very few regular female runners. We struggled to get a female team out at the league races. So fast forward to 2016 and it's been lovely to see more female runners and that we are able to have more than one team at the league races.

My aim is to keep up with my running and later this year I plan to run the cross country races. I was hoping to try to do a half marathon but so far the longest I have been able to run is 7 miles so I don't think I can get the training in yet to do one.

Fitting in running whilst having two young kids & a full time job isn't always easy and at the end of the day the kids come first (I've somehow managed to find time to write this!). It's not like before I could just head out the door and go for a run whenever I liked. Then sometimes I feel guilty going out for a run when I've been at work all day and the house is a mess but you do need some time to yourself. I figure it is better for the kids to have a fit and healthy Mum and the housework will still be there. Of course sometimes I don't feel guilty at all and I am quite happy to get some time away from the little darlings!

Enough of my ramblings I just wanted to share my experience of getting back to running and to say that if you do have time out due to injury or whatever don't get dis-heartened you can get back to full fitness!

Helen Woods