



BLISTER 35

In this issue:

- Forthcoming events
- Melisa & Caty Saunders
- Running news/When I'm 64
- Ask Kerstine
- Ask Kerstine/Train your brain
- When I'm 64 continued

Firstly, good luck to everyone doing the Robin Hood half and full tomorrow!

This issue I've had the pleasant problem of having too much to write about. Melisa and Caty have filled in the Blister questions, there's a new 'Ask Kerstine' section and Sue has written about keeping going even though we're all getting older.

FORTHCOMING EVENTS

October 1st Wild Warrior 10k—Ashbourne

October 2nd—Booth Decorator's League—Shipley Park

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

November 5th Robin Hood Adventure Challenge—Sherwood Pines

November 6th Derby 10 Mile, iPro Stadium

November 13th Booth Decorator's League—Chaddesdon Park

November 20th Clowne Half Marathon

November 20th Loughborough 10k

November 20th Nottingham MoRun 10k—Wollaton Park

November 20th Skegness Coasters 10k

November 20th Heanor Pud Run 10k

November 27th Caythorpe 10k , Grantham

December 4th Booth Decorator's League—Bakewell

December 11th Keyworth Scouts Turkey Trot

BLISTER



Melisa & Caty Saunders—KADS members

What is your job? Melisa : Operating theatre technician—hips and knees.

Caty : I'm currently in year 11 at Kimberley School.

Partner/Family? Dave, and Will who's studying at Hull University.

What is the best/worst thing about running? : Best thing? **Melisa :-** the running community and fitness gains. **Caty :** Great way to relax and have fun. Worst thing? **Melisa :** there's no place to hide! It's hard work. **Caty :** being tired afterwards.

How far do you run per week? Melisa : 5—20k per week depending on work. **Caty :** about 5 miles.

Runs I'd like to do? Melisa : Whitby to Robin Hood's Bay. **Caty :** Robin Hood half marathon and Tough Mudder.

What are your interests outside of KADS? Melisa : Swimming, gym and gardening. Oh, and cooking. **Caty :** I play electric guitar and dance (ballroom/latin).

Favourite Athlete? Melisa : Mo Farah. **Caty :** Liam Malone (Paralympic sprinter).

What are your favourite pieces of music? Melisa : Most things by REM and The Levellers. **Caty :** Starlight (Muse), Shut up and smile (Bowling for Soup) and You Know Nothing (Lacey)

Favourite books? Melisa : A good autobiography, or a thriller. Most recently, The Running Hare by John Lewis-Stempel. **Caty :** Harry Potter series by JK Rowling and everything by Nicola Yoon.

Favourite places? Melisa : The Yorkshire Dales. **Caty :** Rock City and Sutton on Sea.

Places I'd never go again? Melisa : Any fairground ride—ever! **Caty :** School exam hall!

I'd really like to see KADS—Melisa : Do some outdoor training sessions. **Caty :** More 10k events.

Favourite Tipple? Melisa : A glass of bubbly (or 2). **Caty :** Cucumber and mint cordial (a bit lame, but I can't drink yet)

Favourite TV Shows? Melisa : Borgen, Peter Kay's Car Share. **Caty :** Adventure Time, Doctor Who and The Great British Bake Off.

Favourite Films? Melisa: The Bourne movies. **Caty :** Harry Potter series, Fault In Our Stars.

Pet hates? Melisa : laziness. **Caty :** Daddy long legs (what do they even do !?!

Favourite food/Places to eat? Melisa : Carluccio's. **Caty :** Boscanova (in Bournemouth).

If you was a fruit, what would you be and why? Melisa : A passion fruit.



BLISTER

Slightly funny looking, but very tasty. **Caty** : A nectarine because they are awesome!

Describe yourself in 6 words. Melisa : Optimistic, active, hard worker, reserved. That's enough about me :) **Caty** : Loving, happy, weird, musical, adventurous and runner.

RUNNING NEWS

Hornets attack 115 Marathon runners!

Hornets stung 115 men and women taking part in a marathon in Hida, Gifu Prefecture, on Sunday morning. Of the runners stung, aged in their 20s to 60s, eight were taken to hospital to be treated, police said. The others were treated by ambulances called to the scene.

The incident occurred at around 10 a.m. when the runners reached the half-way point in the race—a bridge, Sankei Shimbun reported. Police said a nest of hornets was below the bridge and believe that vibration caused by the runners caused the hornets to attack.

About 1,500 people took part in the marathon, organizers said. The runners who were stung were among the 697 participants in the half-marathon section of the race.

WHEN I'M 64

In the last issue of Blister, both Helen and Kerstine made reference to Jo Pavey and her book "This Mum Runs". Jo is an amazing woman who won the 10k race at the European Championships in 2014 within months of having her second child – and at the tender age of 40! It was a superb achievement, by any standards.

Helen, in her article, went on to outline how she has managed to get back into running, after having 2 children and returning to work, and hopes to inspire other mums to follow suit.

Given that we have just experienced an outstanding Olympics in Rio, many of us will, perhaps, be inspired to either take up a new sport, start again or continue with an exercise regime, whatever it may be. It could be running, cycling, swimming, walking or even a team sport like football.

As an older woman who continues to run, along with an occasional swim and cycle ride, I would like to encourage other older people, both men and women, to exercise more.

Paul mentioned in the last Blister that we, as a nation, don't exercise enough and statistics provided by the Centre for Ageing Better show that only 18% of Men and 19% of Women in the age group 55 – 64 undertake the recommended amount of regular aerobic and muscle – strengthening exercises.

(Recommended amount is about 150 minutes a week – or about 30 minutes each day, 5 times a week)

That's staggering news, but would you believe that this falls even further as we get older! In the 65-74 age group those statistics are 17% and 13% respectively and from 75 – 85 a mere 10% of men and 2% of women.

Ok so we all have aches and pains and getting older can wreak havoc on our bodies, but to have an improved quality of life, exercise will always play a key part.



BLISTER

ASK KERSTINE



Question : Kerstine, I have a very sore ankle. Below the ankle on the left foot. Want to know how to strengthen/make better? Exercises? Should I lay off running? Foot aches now when walking.

Reply : possibly peroneal tendon irritation, this would cause aching in your arch. Ice whole foot/ankle, have a week off running but continue to exercise- swimming, gym, cycling, walking etc. Calf stretches daily and a bit of massage (or foam rolling) into calfs, especially outer side.

Running is one of the highest risk sports you can take part in and I'm sure we've all had our fair share of aches, pains, injuries and niggles. The information in this article is generic so if you do have a specific injury it's always best to get it checked out so you can rehab it and often this can mean not having to stop running altogether but tailoring your running to what your body can safely tolerate. Today's topic is pain on the outside of the ankle.

Anatomy

The ankle joint is a synovial joint made from surfaces of the tibia, fibula and the talus. It's held together by very strong ligaments called the deltoid (inside aspect of ankle) and the lateral ligaments. The main movement at the ankle joint is dorsiflexion and plantar flexion (up and down). You may have sprained the ligaments of your ankle in the past by rolling over on your ankle. This generally occurs outwards and it is the lateral ligaments that are strained. This is usually accompanied with bruising and swelling but generally heals in 4-6 weeks.

Link describing ankle joint anatomy: <https://www.scoi.com/specialties/anatomy-ankle>

Muscles of the ankle

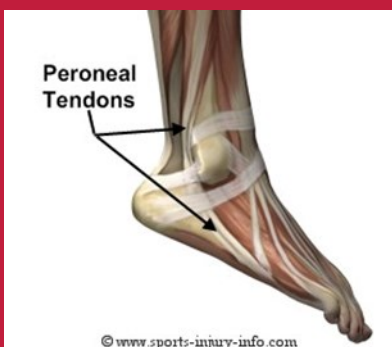
The main muscles that perform ankle dorsiflexion (pulling your ankle up) are:

- Tibialis anterior
- Extensor hallucis longus
- Extensor digitoris longus

The main muscles that perform ankle plantar flexion (pointing your toes) are:

- Gastrocnemius
- Soleus
- Plantaris
- Tibialis posterior

There are several other muscles that assist the big muscles and also help with



inversion and eversion of the ankle (turning your soles in towards each other and out away from each other). Most running injuries are overuse injuries and result from too much too quickly or a change to your running routine. Poor running style can also contribute to running injuries such as knee pain or shin splints. So, back to our pain in the outside of the ankle. If this injury has come on gradually it may be that your body cannot withstand the forces it is being subjected too and the weakest area is where the soft tissues may become irritated or inflamed.

The peroneal muscles are also situated in the lower leg; these are the peroneal longus and peroneal brevis (long and short). The brevis tendon attaches to the 5th metatarsal and the longus tendon passes under the foot to attach to the bones on the medial (inside) side of the foot. The peroneal longus, tibialis ant and tib post together act as a stirrup to support the arches of



BLISTER

The foot. . . If the main movers of the ankle are weak or there are underlying biomechanical problems then these smaller muscles have to work harder or are worked in a more lengthened position and this can lead to irritation of the tendons and or tenderness in the muscles themselves. Often the two go hand in hand and if you press the muscles they may feel very sore or hard. Tendinosis is basically irritation of a tendon and can affect tendons anywhere in the body. It is important to manage an acute tendon injury otherwise the tendon tissue can start to change as the condition becomes longer term causing thickening of the tendon.

Peroneal Tendinosis - the following link describes the condition and symptoms <https://www.aofas.org/footcaremd/conditions/ailments-of-the-ankle/Pages/Peroneal-Tendonitis.aspx>

Management-

Get it checked out!!

Ice it regularly

Calf stretches daily

Gait analysis can help highlight any contributing factors during running

Ankle strengthening exercise- toes raises, squats, theraband exercises

Deep tissue massage- can ease out any tightness in the muscle belly

There isn't a quick fix cures all approach for tendinopathies and the rehab programme is built around the individual runner. Even if managed well tendinosis can take many months to heal so my main advice is don't ignore it, get specialist advice, ease back on your running and continue to train using exercise that doesn't aggravate your symptoms such as swimming, cycling or gym classes.

A new book by Amit Katwala '[The Athletic Brain](#)' suggests that even amateur sportspeople can learn to stave off exhaustion with a few mental tricks.

According to the latest research, our physical endurance is determined by our 'perception of effort' - how much work the brain thinks that the body has done. But the brain can be tricked. In Brazil, a group of scientists improved power output in cyclists by 10% by running a small electric current through the brain. Elsewhere it has been shown that giving athletes incorrect information about the temperature can help them maintain their performance in hot conditions, and that lying to them about their split times can help them break personal bests.

Forcing ourselves to keep going also means ignoring all the signals from our body telling us to stop. This 'response inhibition' is very mentally taxing, and it causes a substance called adenosine to build up in the brain. Adenosine is associated with the feeling of mental fatigue—it builds up when people run marathons or work on boring spreadsheets, or if they haven't had enough sleep. Adenosine increases perception of effort. It is the enemy of endurance.

Caffeine blocks adenosine. This is why Mo Farah drinks a couple of espressos before a race, and why caffeine pills and gum have become an essential part of the long-distance runner's pre-race preparation.

From an article in the Observer.



BLISTER

We all lead busy lives, but 30 minutes of your time each day is really not going to pressure it any more, and may even reduce stress, once you get into a routine. It could be a brisk walk a couple of times a week and a steady jog ,cycle or swim for another couple of days. Fit it in when it's best for you. The main thing is to continue with it and do it regularly. If you do have a persistent, niggling pain and it is preventing you from exercising, then ask our resident KADS physio Kerstine for advice!

We need to do more to encourage and support one another – build confidence, increase self esteem and self worth at the same time as improving or maintaining our good health.

You may ask yourself why I am posting this article in a Blister newsletter – preaching to the converted, so to speak. Well, it's to highlight and congratulate those of us in the older age groups who continue to exercise, rather than taking the easy option. People like Kev and Barry who regularly compete in the league races and the Saturday morning parkruns. Sometimes we even achieve the dizzy heights of a 1st or a 2nd in our category – not because we are fast, but because we're the only ones in that age group taking part! Also a mention must go to Paul Turville and Ray Johnson, who absolutely excel in their category, and long may it continue. We have some older ladies too, who proudly wear the KADS top as they run in the league races. We can't all be Olympic champions, but we can all feel that wonderful glow that comes when we have just achieved something we thought impossible. Not all of us can win Gold, but we can come a close second.

“ K E E P O N R U N N I N G “ *

(Song titles courtesy of The Beatles 1967 and Spencer Davis Group 1966)