

**Frank Elford
Sports**

Running &
Yoga Specialists



Be Fit 4 Life

ISSUE 3 - SEPTEMBER 2015

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Race Review

The Salisbury 54321 by Louise King

For the last 5 years a group of Plymouth Musketeers have been completing in the Salisbury 54321 race. It comes by its name as when you run the marathon you count down the 5 rivers, 4 hills, 3 large country estates, 2 castles and one cathedral.

You have the option of 50K, 42k marathon, 33k or the 21k half marathon. Previously there was a 10k to run but this was not in place this year. Walkers also do the routes and they have the added options of 10k and 5k. There are different start times for all runs/walks. It must be noted that the 33k and 42k are actually longer than expected by at least a mile.

Our 50k started at 9:30am and the cut off was 6:00pm so plenty of time to enjoy the views! The 50k does a few miles loop before picking up the marathon route.

I ran with 4 other Muskies. I would recommend running around with others, as the routes are multi terrain so a PB is hard to come by. So just go run and enjoy and maybe a laugh along the way. We certainly did when we spied a shopping trolley and thought what a fun photo opportunity. I got in and the others pretended to push me. It was good timing as two other Muskies doing the 33k were just overtaking us at the time so stopped for a pose!

It was a really hot day but the water stops were plentiful and the run has become well known for its good food stops. The most famous has to be the homemade bread and butter pudding just before you run through an enchanted forest! The views are breath taking as you run through private country estates and over cornfields.

It was good to have Muskies achieving new distances. Rachael Tarrant who was in my group and Dean Trice ran the 50k distance. Kelly Brumhead, Michelle Shaddick and Lisa Pawley ran their first marathon. Then Heather French the 33k.

The finishing medals can be a little disappointing in the fact that they are all the same just different coloured ribbon. However all proceeds do go towards the Fire Fighters Charity.

The routes start and finish at Salisbury fire station which is approx a 15 minutes walk from the city centre and cathedral for those not actually running/walking.

We ended our day by having a chinese delivered to our campsite which we enjoyed with a few beers and wine!

Running Group of the Month

Storm Running Group

Why should runners choose the Storm Running?

Runners should choose Storm Running as it caters for all abilities right from the basic. It enables endurance, confidence and the strength required to progress to distance running whether that may be 2-9 miles! The group is incredibly managed and supportive, will never leave anyone behind and is a fantastic team to be apart of. (Jade Symons)

Where do runners meet on training nights?

We meet at different locations around Plymouth and Scott puts the locations on the storm website for all to see and to comment on this way he knows how many people will b there on a given night. (Sarah Legg)

What is the best thing about being part of Storm Running?

The one thing enjoy about being part of Storm is the ethos of the group. It's motto 'nobody gets left behind' is very true when out on the runs. It's incredible to see the amount of support from each and every runner towards each other. It doesn't matter if you're at the back, at the front or a little bit in the middle when out plodding the streets, we're all in it together with the main aim of getting each other around and looking for that improvement in our running. (Paul Elliott)

How does the club support its runners on club nights?

Everyone in storm support each other because we all know how challenging running can be, if a runner is struggling at the back the group will loop back, pace varies too, if the group is struggling as a whole the pace is change to benefit everyone. From personal experience I can assure anyone that Storm is beyond supportive (Jade Perraton)

What are the future ambitions for the club?

Everyone is hoping we go further and achieve club status and we go from strength to strength. We are all looking forward to being part of it all

If people are interested in joining the Storm Running, what are the contact details?

If people are interested we are on Facebook under Storm Running, all details are there and you can contact Scott through those means.

Race of The Month

An Athletics
Network 



ARMADA ATHLETICS NETWORK

www.armadaathletics.co.uk

ARMADA AUTUMN TRAIL

Supported by Newnham Park

Sunday 27th September 2015

(Under UK Athletics Rules)

Minimum age 16

Starting & finishing at

Newnham Park, Plympton, Plymouth with a 1030 START

By kind permission of the Cobbold Family at Newnham Estate.

This 8 Mile Off Road event, with river crossings, will be run over the same course as the popular Frank Elford Sports Autumn Trail.

Also 1 Mile (approx) FUN RUN 0945 START (medal to all finishers)

NO HEADPHONES TO BE WORN IN THE RACE

Medical support provided by Dartmoor Search and Rescue Team - Plymouth

Entry Fee £16.00 - Discounted Entry Fee for EA Competition Licence Holders - £14.00

NO ENTRIES ON THE DAY

FUN RUN ENTRIES ACCEPTED ON DAY OF EVENT BEFORE 0930 - FEE £2.50

Quality Memento to all finishers

For Postal Entries Enclose 9in x 6in SAE for Race Info and Race Number

Ensure correct postage is paid when entering or you will incur a charge.

RACE PRIZES

One category prize only per athlete to the greatest value

MEN - First 3 Open +First Vet O/40, O/45, O/50, O/55, O/60, O/65

LADIES - First 3 Open +First Vet O/35, O/40, O/45, O/50, O/55, O/60

Plus First Men's & Ladies Teams – 3 to count

For more info and online entry visit www.armadaathletics.co.uk or

www.runbritain.com

Online entries – Race number collection on Race day before 0945. No refunds given.

Other Races in September

6th Plymouth Coasters 5

6th Treggy 7

9th Armada Athletics 5k

13th Dartmoor Volcano

20th Truro Half

27th Barnstable Marathon and Half Marathon

Hello, my name is Paul and I am a Health and Care Professions Registered Podiatrist. My special interest areas are Musculoskeletal Podiatry and Biomechanics and I work from two clinics in the Plymouth area. Alongside this, I run an injury assessment clinic in Frank Elford Sports. I am also a keen runner with a long association with a local running club.



This month I would like to talk about plantar fasciitis, a condition that I see in my clinics every day.

After traumatic incidence, plantar fasciitis is the most common cause of chronic heel pain. In the athletic population, long distance running is the activity most often associated with this condition and 10% of runners are likely to suffer with this condition at some time.

The probability of incidence is further increased as you get older, if you have a high BMI (+25), if you have a weight-bearing occupation or if you have reduced flexibility in your ankles.

The plantar fascia is a 'tendon-like' structure that spans from the heel to the toes. It may present as three bands; medial (inside), central (middle) and lateral (outside), however it is the thicker central band that works the hardest as the foot functions and is the most likely to be the cause of pain as a result.



The main complaint of those with plantar fasciitis is pain on the bottom of the heel, especially first thing in the morning. Walking barefoot, walking upstairs and participating in sporting activities also seem to aggravate the condition. A good patient history taking and a thorough examination by a suitably qualified health professional is usually enough for a diagnosis, however an ultrasound scan may highlight a thickening of the plantar fascia, confirming the diagnosis. Footwear advice is always a good starting point in the treatment of plantar fasciitis; advice is always specific to the patient and is never a 'one shoe suits all'. Ways of reducing pressure on the plantar fascia may also be considered as a treatment option. This may be achieved using taping, insoles or gel heel cups.



As reduced ankle flexibility may triple the likelihood of plantar fasciitis, calf stretches should be considered.



In addition, specific stretching of the plantar fascia is deemed beneficial in reducing symptoms.



Very current and exciting research is now pointing in the direction of strength training for plantar fasciitis - a commonly used treatment option in 'tendinopathies'. The objective is to make the plantar fascia more robust and able to manage the stresses put upon it.

These exercises can be done with weight slowly increased over time (I advise placing weights in a rucksack on your back).



Plantar fasciitis is a stubborn, hard to treat condition. If these conservative options (or others you may have read about) do not improve the condition a thorough biomechanical assessment may be required to look for contributing factors for the heel pain.

Additionally, many other treatment options are available and may include steroid injections, shock wave therapy or even surgery. However, these options should be thoroughly discussed with a suitably qualified health professional.

If all else fails, note that plantar fasciitis is 'self-limiting' and will eventually go on its own accord, even without any treatment interventions...

Run happy and pain free!

Paul

Nutrition

Good Carbs/Bad Carbs or The Case for Real Bread?!

I will apologise in advance as I may be swearing to some people in the next few paragraphs; with words such as “Carbohydrate” and “Bread”. Carbs have been getting a really bad press lately; some cutting them from their diet all together, we’ll be having sections in restaurants soon – “carb or no carb madam?”

We really need carbs, they are our fuel and essential as part of a balanced diet. I found this out years ago; I too jumped on the carb free bandwagon & found my energy for simply getting out of bed depleted, never mind for runs or gym sessions. After a few months I landed at the doctor’s convinced I had some disease or syndrome. The diagnosis – eat more carbohydrate and miraculously my energy re-appeared. Now of course there are many types of carbohydrate but I really want to focus on one of the simplest and most maligned – bread.

Bread really is an excellent source of carbohydrate. Easy to eat in the form of toast or a lunch time sandwich it’s a tasty starchy carbohydrate which will give you a sustained release of energy with fibre for healthy digestion. Government advice is that we base our meals on starchy foods with a minimum of 50% of our daily calorie intake coming from carbohydrate and at only 4 calories per gram it’s the same as protein. However, more people seem to be specifically avoiding bread. What happened to bread being the staff of life, what’s the big issue?

My belief is that it’s not the wheat or the gluten in bread that is the problem, it’s the way most modern bread is produced. The Chorleywood Process, developed in 1961, now accounts for around 80% of the UK’s bread production. It’s supremely quick allowing for a loaf to go from raw ingredients to sliced & packed in about 3.5 hours & also enables the use of lower protein (read less nutritious) wheat, as well as requiring various additives.

The alternative - real, healthy, sustaining & nutrient dense bread, made to traditional, slow methods. So, where to get this bread from; (bread makers don’t count). You may be surprised how easily a slow risen loaf can fit into your routine, the large gaps between stages mean other things can be done – investigate a few cook books & see what you think? Alternatively there are a growing number of traditional bakers and shops selling real bread, monthly farmers markets are great places to stock up. This bread freezes beautifully and yes, it is more expensive but also more filling so a little goes a long way. If you split loaves and freeze then it makes part of a balanced diet along with other starchy carbs. No need to eat it all at once either as even un-frozen it lasts, just toast to refresh. Try some other flours; Rye, Buckwheat & Spelt all create a delicious loaf with a broad spectrum of tastes and nutrients also try a sourdough loaf, made with slow growing natural yeasts.

Just a final note; always have your bread with some good quality protein for long lasting, slow releasing energy – a Ploughman’s Lunch isn’t mainly bread & cheese for nothing!

Helen Warman

Yoga Corner

This month I thought it worth looking at Yoga Therapy which I will be offering soon
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What is Yoga Therapy ?

Yoga therapy adapts the practice of Yoga to the needs of people with specific or persistent health problems not usually addressed in a group class.

Yoga Therapy is only just now emerging as a discipline in itself.

It is typically conducted one-on-one or in small groups. Often, a session more closely resembles an appointment with a physical therapist or rehabilitation specialist than it does a typical yoga class. What sets this healing modality apart from others is the focus on **linking movement to deep, rhythmic breathing**. Another difference is the **emphasis on relaxation**. In fact, when someone is gravely ill, a therapist may suggest that the entire practice consist only of breath awareness and relaxation until the patient is ready to tackle more.

More health care practitioners are starting to include **yogic techniques** in their **approach to healing** -- and more yoga teachers give a therapeutic intention to their teaching. As yoga techniques are researched and new data is gathered, it becomes easier for science and the medical establishment to understand and accept the benefits of Yoga Therapy.

This month's featured posture is **Big Toe Pose**.

Big Toe Pose:



1

Stand upright with your inner feet parallel and about six inches apart. Contract your front thigh muscles to lift your kneecaps. Keeping your legs completely straight, exhale and bend forward from your hip joints, moving your torso and head as one unit.

2

Slide the index and middle fingers of each hand between the big toes and the second toes. Then curl those fingers under and grip the big toes firmly, wrapping the thumbs around the other two fingers to secure the wrap. Press your toes down against your fingers. (If you can't reach your toes without overly rounding your back, pass a strap under the ball of each foot and hold the straps.)

3

With an inhalation, lift your torso as if you were going to stand up again, straightening your elbows. Lengthen your front torso, and on the next exhale, lift your sitting bones. Depending on your flexibility, your lower back will hollow to a greater or lesser degree. As you do this, release your hamstrings and hollow your lower belly (below your navel) as well, lightly lifting it toward the back of your pelvis.

4

Lift the top of your sternum as high as you can, but take care not to lift your head so far that you compress the back of your neck. Keep your forehead relaxed.

5

For the next few inhalations, lift your torso strongly as you continue to actively contract your front thighs; on each successive exhalation, strongly lift your sitting bones as you consciously relax your hamstrings. As you do this, deepen the hollow in your lower back.

6

Finally exhale, bend your elbows out to the sides, pull up on your toes, lengthen the front and sides of your torso, and gently lower into the forward bend.

7

If you have very long hamstrings, you can draw your forehead toward your shins. But if your hamstrings are short, it's better to focus on keeping the front torso long. Hunching into a forward bend isn't safe for your lower back and does nothing to lengthen your hamstrings.

8

Hold the final position for one minute. Then release your toes, bring your hands to your hips, and re-lengthen your front torso. With an inhale, swing your torso and head as a single unit back to upright.

Pose Information

Sanskrit Name

Padangusthasana

Contraindications and Cautions

Avoid this pose with lower back or neck injuries

If you can't easily hold your toes with your knees straight, loop a yoga strap around the middle of each arch for a handhold, instead of bending your knees.

Benefits

- Calms the brain and helps relieve stress, anxiety and mild
- Stimulates the liver and kidneys
- Stretches the hamstrings and calves
- Strengthens the thighs
- Improves digestion
- Helps relieve the symptoms of menopause
- Helps relieve headache and insomnia.

Happy practising

Zoe.

For any questions please contact me on 07763 833667.

The Month in Numbers and Stats

- 2 – The minimum number of pairs of shoes you should have on the go, according to a study on shoe rotation and injury risk
- 4 – Number of hours we should stand for during the working day
- 17 – Percentage by which exercise intensity dropped when treadmill users used phones to talk or text rather than listen to music
- 26 – The percentage of Brits who admit to lying about how often and how far they run
- 35 – The number of treadmill minutes exercise performed twice weekly that reduced symptoms in people with asthma
- 1,000 – The reduction in weekly calories when people swapped a surgery snack for berries