



### Wile E's World

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#### Race Report

Race Results: -

Colyton 10K - Heather Foundling : XX:XX:XX.  
 Jo Lowman : XX:XX:XX.  
 Karen Crow: XX:XX:XX.

Fun run (5K ish)

Ben & Paul Lowman completed the  
 course in XX:XX:XX

This was an excellent event, thanks to AVR, with all proceeds from the race going to the "Children in Need" appeal. For those of you that want to train for a first race, Colyton has to be the one. It consists of a level two lap event and attracts runners of all abilities. (If you can run consistently, that is around two to three miles without stopping, then you already have most of the training under your belt).

Congratulations to Heather who was the first lady to finish out of a total field of around 150 runners. After the event Paul (foolishly) ran back to Honiton due to a rather lengthy prize giving, at least that's what the other runners claimed.

1. Retired after 5k.

- Affiliation to the South of England Athletic Association (SEAA) is under the looking glass. It does seem a bit formal, but unless we affiliate we won't be able to organise races. On the plus side we do get limited insurance cover and our members, being affiliated to the SEAA, won't have to pay the extra £1 that non-members do when entering races. *(Hey! If we all enter enough races, lots, we can recoup our affiliation costs).*
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#### Runny Legs?

After our section on muscles, last month, it seems appropriate to continue with:-

#### SOFT TISSUE INJURIES

These injuries will invariably be the most common and are likely to be the easiest to treat. The infamous "**LISTEN TO YOUR BODY**" still applies and will save you from excessive discomfort. Anyway, this section offers you a great opportunity to not only stay healthy, but also to impress your friends with your knowledge of Human Physiology, Bio-Mechanics & Verbal Dexterity, phew!

#### Blister

A collection of fluid within the outer layers of the skin.

**Symptoms.** The skin invariably swollen and sensitive to pressure, and occasionally reddened.

**Causes.** A blister is the result of irritation between two surfaces, such as socks or shoes and skin. The friction makes the outer and inner layers of the skin separate and fill with fluid.

**Treatment.** It is generally considered best to puncture the blister with a sterile needle and release the fluid. Don't pull off the outer skin, as this may expose sensitive, underdeveloped tissue underneath. Covering the blister with a plaster will

#### Developments/News & Freebies

- Freebie - Heather Foundling "Hand On" has very kindly offered all members of the running club a free initial consultation. Heather is a qualified Sports Therapist & Reflexologist. She can offer you guidance on Nutrition, Exercise, Relaxation (not always as easy as it sounds) & Massage away many of those stubborn sporting injuries. The list is endless, so either have a chat with Heather on club nights or phone her for an appointment on Honiton 01404 45917.
- Club Rules & Constitution are now in Draft form. Your "Committee, elect" will give the draft a "Butchers" and amend as necessary.

help to prevent infection, but many runners prefer to leave the blister open and cover it with sterile lubricated jelly or powder.

**Prevention.** Clean and well-fitting socks and shoes are less likely to cause friction, though careful covering of vulnerable areas prior to a run, and avoiding wetness in the shoe, will also help to limit it.

### **Bursitis.**

This will be covered in a future issue under 'Joint Injuries'.

### **Callus**

A thickening of the skin, usually over an area which is exposed to chronic irritation and friction during running.

**Symptoms.** Calluses are usually thickened and painless, providing there is no underlying bursa.

**Causes.** Constant friction and pressure make the skin thicken for self-protection.

**Treatment.** Thinning the callus by rubbing it with a pumice stone may help. Avoiding pressure by using felt pads or orthopaedic foam will allow the thickening to disperse over several months.

**Prevention** Wear shoes which fit properly.

### **Fasciitis**

Any inflammation of the fascial tissue which surrounds many muscles and loose connective tissue between ligaments, bones and tendons.

**Symptoms.** Invariably, pain.

**Causes.** This is a common overuse injury often associated with poor bio-mechanics.

**Treatment.** Use RICE and anti-inflammatory tablets, and correct your gait using orthotics. Early correction should avoid the need for a cortisone injection.

**Prevention.** Exercises for the intrinsic muscles between the web of the foot, and wearing well-fitting and comfortable shoes, should help to stave off plantar Fasciitis, the most common form of the condition.

### **Periostitis**

If the thin, sensitive tissue surrounding a bone is irritated, it can be called a Periostitis, This occurs most commonly along the medial border of the tibia.

**Symptoms.** There is usually pain over a two- or three-inch length of the tibia, and there may be some roughness or swelling.

**Causes** Periostitis is almost certainly caused by overuse, poor bio-mechanics and poor footwear.

**Treatment.** You need a medical assessment, which may include x-rays and a bone scan. Although anti-inflammatory drugs may ease the symptoms, and some running on soft surfaces may be possible, correcting the primary cause (whether this is in your foot or your shoe) is vital to prevent Periostitis recurring.

### **Synovitis**

We will cover this in a future issue under 'Joint Injuries'.

## TENDON INJURIES

### **Rupture**

This is relatively rare among runners, but it can occur. It is particularly liable to affect the Achilles and patellar tendons.

**Symptoms.** A rupture will make you unable to move the joint, and may well cause pain and shock. Partial ruptures may simply be painful and incapacitating.

**Treatment.** A complete rupture will almost certainly need surgical repair under general anaesthetic, though some partial ruptures respond to careful physiotherapy and rehabilitation, usually over several months.

**Prevention.** This may be impossible, though injury is less likely in those who run with a comfortable style in sensible shoes, and who have no bio-mechanical problems.

### **Strain**

See under 'Muscle Injuries' in last months newsletter.

## **Tendonitis**

An inflammation of a tendon.

**Symptoms.** Tendonitis is invariably painful and there may be swelling, though the pain often occurs before and after exercise and can be ignored by a runner during a race or heavy session.

**Causes.** Tendonitis is caused by overuse and the repeated action of running, though it may also occur as a result of wearing new or inflexible shoes.

**Treatment.** Use RICE until the condition is fully cured with anti-inflammatory drugs, though physiotherapy may also be necessary.

**Prevention.** If your shoes are rubbing against the tendon, remove the heel tab. Instigate a proper

Achilles stretching routine as part of your training, and only increase your weekly mileage very gradually.

*Note. The main Tendon problem occurs in the Achilles tendon, a frequent cause was a high heel back on training shoes. In mild cases you might get blisters on the bottom of the Achilles Tendon, just above the heal, but the most common symptom is tightness or tenderness. In extreme cases of Tendonitis (see Rupture), the tendon can snap which is very painful & surgery is required to repair the injury. You've probably noticed that almost all trainers have a "U" shaped cut-out at the back of the heel or have a low heel, now you know why. Pixel.*

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## **FIXTURES**

Races are on road unless indicated otherwise. A number of these events have associated fun runs, contact Paul for further details, or check the fixtures in "Run Down" or one of the monthly magazines.  
(m/t = Multi-terrain)

- 12.12 Bicton Blister, Bicton College (11/5 m/t).  
Christmas 10K, Christchurch.  
Wyvern Christmas Cracker 10K, Weston-super-Mare.
- 19.12 Bert King Memorial Wellington Monument 10K.  
Turkey Trot, Redruth (4).  
Shoreline's Christmas Cracker (10K), Bude.  
Torrington Christmas Caper, North Devon (7 m/t).
- 26.12 Clevedon Boxing Day 4, North Somerset.  
Round the Lakes (10K), Poole.  
Stoke Stampede (10K), Taunton.
- 01.01 Broadstone Quarter Marathon, Poole.  
Hangover 10K, Weston-super-Mare.
- 02.01 Exeter "First Chance" (10K), Exeter.  
Plympton 10K.

## **05.01 FIRST CLUB NIGHT OF THE NEW MILLENNIUM**

- 09.01 Milborne 10, Blandford.  
12.01 Street Winter Series 4th of Six a

- Flat (5k) over five laps. Also 2k for U16 and 1k for U12 for each event.
- 20.01 Weston Prom Run Series No.5 of 9 (5 m) West-super-Mare.
- 23.01 Braunton 10, North Devon.
- 30.01 Luppitt Lollop, Honiton (15 m/t).
- 09.02 Street Winter Series 5th of Six (5k)
- 17.02 Weston Prom Run Series No.6 of 9 (5 m) West-super-Mare.
- 20.02 Fulfords 5, Exmouth.  
Tough Ten, Weston-super-Mare (m/t).
- 05.03 Bideford Half.
- 08.03 Street Winter Series (Last of Six) 5k
- 12.03 Bradninch Guildhall Chase (8 m/t).
- 16.03 Weston Prom Run Series No.7 of 9 (5 m) at West-super-Mare.
- 26.03 Teignbridge Ten, Newton Abbot.
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## **Finishing Post**

1. If you would like to receive future issues by email, Hot off the Press, please send your email address to paul.lowman@btinternet.com
  2. If you would like to contribute to Wile E's World, please let me have your article. Even if you don't want to write the article let me have the information and I will do my best to include it.
  3. Interesting WebSites  
<http://www.runnersworld.co.uk/> - UK race diary. Shoe Guide. Injury Guide (you've read some more of it).
  4. Would anyone out there like to partake in a coastal path, off road & hilly, run. I will organise a run from Sidmouth to Branscombe in the new year, Jan/Feb, if there is enough support. The itinerary I have in mind is something like. Depart Sidmouth a.m./run to Branscombe/Lunch and Ale at the "Fountain Head." For those that do know the Pub, Good Basic Food, Well Kept beer, log fire, slate floors & in one of the most beautiful locations in East Devon. Please let me know, SPEAK UP, I can't hear you. Verily, verily I say unto you "Lets go 4 it."
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**Ho! Ho! Ho! 'tis the season of good cheer.  
Here's Wishing You & Your Families a  
Very Happy Christmas.**

**May you all enjoy a prosperous & injury  
free year**

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**'appy running 'til next month,**

**Pixel**