

MEDICAL ADVICE FOR THE WASHIE 100 and GRIFFIN 50 miler

We cannot possibly cover all the medical aspects involved. But here are a few pointers & the more common ones.

PROBLEM	POSSIBLE CAUSE/SOLUTION	PROBLEM	POSSIBLE CAUSE/SOLUTION
<u>Dehydration</u>	Don't overheat - wear a hat, light clothing & sponge regularly in hot weather	<u>Pain in front of Ankle</u>	Ankles get swollen over this long distance Loosen shoe lace/ lace one loop lower
	Drink enough - about 500ml/hour - you are more likely to take in too much than too little on an ultra, causing nausea	<u>Numbness in forefoot</u>	Miss out lower loop to add width to toe box
	Treat nausea & vomiting - possible side-effect of some drugs - Don't take anti-inflammatories	<u>Drugs</u>	
		<u>Anti-inflammatories</u>	Stomach problems - nausea vomiting heartburn ulcers & bleeding NB! A real danger of kidney failure, especially if dehydrated.
<u>Nausea & Vomiting</u>	Motion sickness - anti-nausea tablets	Voltaren	
	Wrong food - take care with milk products	Myprodol	
	Too much fluids - can only absorb a small amount at a time - too much will slosh around causing nausea	Diclofenac	
	Some drugs - eg anti-inflammatories & painkillers	Ibuprofen[pienkies] etc	
<u>Blood in urine</u>	Not unusual in long distance-don't empty bladder completely-lessens friction	<u>Painkillers</u>	Containing codeine/asprin - as above & could suppress breathing
	Should clear completely in 3 days	Disprin	
	Could be caused by use of anti-inflammatories/asprin	Grandpa's Codis etc. etc.	
<u>Cramps & Aching Muscles</u>	Low sugar & salt	<u>Stimulants</u>	Can cause irritability, aggressiveness, nausea, vomiting and potentially fatal heart palpitations
	Not stretching at regular intervals	Bioplus	
	Exhaustion - Walk at regular intervals	Alert	
	Have regular rub downs	Diet pills etc.	
<u>Flu & Viral Infections</u>	Do not run unless clear [7-10days]	<u>Erythropoiein EPO</u>	Increases red blood cells Significant increased risk of heart attack & stroke
	No temperature or body aches	<u>Alcohol</u>	Dehydrates & not best form of carbo's
	Permanent damage to heart muscle can occur!	Most cough mixtures	
	Most flu medicines contain caffeine, stimulants & alcohol	<u>Problems at Finish</u>	
<u>Runner's trots</u>	Eating too much & incorrectly	<u>Extreme cold & shivering</u>	Get into warm dry clothing as soon as possible. If you are having drip this may drop your body temperature & cause cold & shivering.
	Normal in long distance	<u>Fainting & dizziness</u>	Don't stand around after finishing. Sit or lie down with feet elevated. If you still do not recover, report to the medical room.
	Take imodium	<u>Extreme cold & shivering</u>	Get into warm dry clothing as soon as possible. If you are having drip this may drop your body temperature & cause cold & shivering.
	Reduce carboload concentration	<u>Complete Exhaustion</u>	This is normal after 160km - the following may help Good seconding
	Eat solids - eg bread, Marie biscuits, potatoes		Walking at regular intervals early on Sit down [deck chair] while eating etc Wash down,brush teeth, change clothes & shoes Judging by the attitude & look on the finishers faces - It is well worth it !!
<u>Blisters</u>	Wear 2 pairs of socks		
	Wear pantihose[cut off] under socks		
	Use vaseline		
	Tape "hot spots" early, before blistering occurs		
NB	Cut toe box open		

We are fully aware that a lot of runners ignore advice with little or no consequence, or even beneficial results. But what you took last year or on Comrades, need not be relative to the effects on this day.

If things go wrong, we need to know what you have taken & how much - if you are to be helped.

You will not be judged & the information & your identity will remain confidential. Answer any questions truthfully. Help us to help you!

In an **emergency** transport your runner to the finish - there will be adequately trained people to help

or go to the closest casualty facility in East London . If you phone in advance with some information - this will help us.