

**HOW TO ...**

**...prepare for the Great South Run**

Ready for the most important 10-miler in Europe? Established in 1991, the Great South Run gives you a chance to compete with thousands of runners from all over the world. Running without sufficient preparation is like trying to drive with a flat tyre – and *The News* has a few tips for you.

■ **When should I start my training?** Start now. The Great South Run takes place on October 25, so you have just four months to get in good shape. Proper training should start sooner than later. Joining a local running group is good way to meet new people and keep your motivation high. A little bit of competition makes exercise more interesting and gives you the opportunity to test different strategies ahead of the big race.

■ **My colleagues vow to poke fun out of me at work if I don't finish the race. How can I be sure I will cross the finishing line?** Look out for two traps. First, avoid the common mistake to start out at too fast a pace. It's very easy to get caught up in the excitement of the event and start out beyond your ability. Run your own race. While you can use your watch as motivation, listening to your body is more important. It is almost impossible to start too slow so take it easy for the first mile. Then, if lactate builds up early on in the race, you must slow down. Try not to drop off by 30-45 seconds per kilometre, rather try to go only about 5-10 seconds per kilometre slower. The lactate should still start being buffered as long as you are below your anaerobic threshold. Keep a constant pace for most of the race, then gradually speed up for the final few miles if you feel you can run faster. Remember to save up your energy for the last mile.



■ **What should I do the day before the race?** Have a light run in the morning and get plenty of rest. A hard workout may leave you flat for the race. Instead, follow a high carbohydrate diet and drink plenty of water. Remember to pack your bag: running shoes, socks, shirt, shorts, water bottle, bandages and vaseline, money, race number and safety pins. Then, go to bed and sleep tight.

■ **The big day has arrived. I'm so nervous!** Calm down, getting tense would not do any good. After you wake up start drinking to keep hydrated, drink your last water about 20 minutes before the start of the race. Don't eat: the food won't get processed in time and your meal could turn out counterproductive. Tie double knots in your shoelaces to avoid them coming undone during the race. Start the warm-up about 30 minutes before the race.



**What the expert says:**

■ **Bradley Harris**, an 18-year-old student who is running the Great South Run to raise money for The Meningitis Trust, says: 'You don't need personal trainers. What you need is perseverance. I exercise every day for an hour or two, but I never get bored. Practising different sports makes your exercise a little more fun and varied. I often run before going to college early in the morning, but I go to the gym, practise boxing and play football. Prepare in advance: better sooner than later. I started my training a month ago, hard work will pay off. Don't do too much training a few days before the race, you need to be fresh. Have a good night's sleep. If the race takes place in the afternoon, eat a hearty breakfast.'



**NEED MORE?**

- Visit [time-to-run.com/beginners/first8k.htm](http://time-to-run.com/beginners/first8k.htm)
- Visit [wikihow.com/Prepare-For-a-Long-Distance-Run](http://wikihow.com/Prepare-For-a-Long-Distance-Run)
- Visit [lifespy.com/2006/how-to-prepare-for-a-run](http://lifespy.com/2006/how-to-prepare-for-a-run)



**HEARING:** Stepfather was refused relief from drugs, panel told

# Man's relative told doctor she was murderer

by **Clare Semke**  
Health reporter

A RELATIVE accused a doctor of murdering his stepfather when she refused to stop giving him a powerful cocktail of drugs, a panel heard.

Charles Stewart-Farthing said he had asked Dr Jane Barton to remove a syringe driver – an automatic pump for giving drugs – from 69-year-old Arthur Cunningham, a patient at the Gosport War Memorial Hospital.

But he told a General Medical Council hearing in London yesterday that Dr Barton had turned down his request.

Mr Stewart-Farthing told the panel: 'She refused bluntly and said she couldn't authorise the removal due to the pain he would experience, at which point I accused her of murdering him and the interview was terminated rather quickly after that.'

Mr Cunningham, from Gosport, who had Parkinson's disease, was pronounced dead at 11.15pm on September 26, 1998 – five days after being admitted to Dryad ward with a bedsore.

Dr Barton – who was clinical assistant at the ward when Mr Cunningham died – admits dose ranges of diamorphine – a form of heroin – and the sedative midazolam she pre-prescribed him were too wide.

The GP also admits the prescriptions could have led to him being given excessive and 'potentially hazardous' amounts of medication.



Arthur Cunningham

And Dr Barton concedes that she did not ask for advice when Mr Cunningham's condition deteriorated.

Mr Stewart-Farthing last saw his stepfather conscious on the day of his admission.

He received a phone call a day later saying medics had administered drugs to 'quieten him down' after he allegedly became aggressive and hurled abuse – including racist comments – at hospital staff.

When he returned following a trip to London the next day Mr Cunningham was unconscious.

Mr Stewart-Farthing said: 'He had gone from being a normal person who could converse to someone who was totally unconscious.'

The General Medical Council panel is also assessing Dr Barton's actions in relation to 11 other patients at Gosport War Memorial Hospital.



Charles Stewart-Farthing following the inquest

All of them died on now defunct Dryad or Daedalus wards there between 1996 and 1999.

Dr Barton denies serious professional misconduct. (Proceeding) [clare.semke@thenews.co.uk](mailto:clare.semke@thenews.co.uk)

**INQUEST JURY FOUND PAINKILLERS INAPPROPRIATE**

■ The hearing into the fitness to practise of Dr Barton – who denies serious professional misconduct – is set to last 11 weeks.

It comes after an inquest jury in April said the deaths of five patients at the Gosport War Memorial Hospital were 'more than minimally' contributed to by the medication given.

In three cases they found the use of painkillers was inappropriate for their condition or symptoms.

But they also ruled the medication had been administered for therapeutic reasons in all five cases and that medication had not contributed to a further five deaths.

The GP – a partner at Forton Medical Centre, Whites Place, Gosport – was clinical assistant on the now defunct Dryad and Daedalus wards where the patients died between 1996 and 1999.

Dr Barton could be banned from

practising medicine if found guilty by the General Medical Council.

The panel is examining her conduct in relation to the care, treatment and subsequent deaths of Geoffrey Packman, 66 – known as Mick, Ruby Lake, 84, Robert Wilson, 74, Elsie Lavine, 88, Leslie Pittock, 82, Elsie Lavender, 88, Arthur Cunningham, 79 – known as Brian, Enid Spurgeon, 92, Alice Wilkie, Jean Stevens, 73, Eva Page and Gladys Richards, 91.

## Landlords get to see bigger picture on letting skills

LANDLORDS and letting agents are being invited to find out how they can find new tenants.

Chichester District Council's Housing team are giving help to both existing

and future tenants.

Presentations will be given on Landlord Action which specialises in helping landlords with problem tenants and by the National Landlord Association, an independent

national organisation for private residential landlords.

Other information available will include financial assistance available to landlords, housing health and safety rating system and

home efficiency.

The event will be on Thursday at Edes House, from 5pm to 8pm.

For more information, contact housing options manager Marie Willis on (01243) 534734.