

BACKSTORY **FIONA OAKES, 45, CHESTERFIELD**

Fiona won Dartmoor Vale in 3:01, her fourth marathon course record



1] Adversity... I had a tumour as a teen, and now I have no right kneecap. I run with a 'flick' and limp.

2] ...and triumph I've been age-group top 20 in Berlin and London. My marathon PB is 2:48.



3] Animal passion A frail little dog approached me at

the Moscow Marathon - I was shocked. There were so many street animals. After the race, I vowed to use the experience in a positive way.

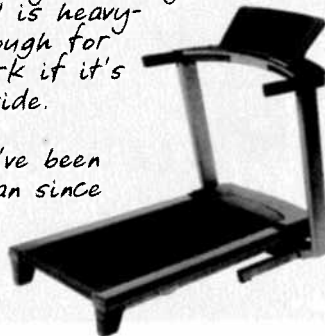
4] Day job I now run a sanctuary with 400 animals: horses, cattle, sheep, pigs, goats, dogs, cats, hamsters, rabbits, geese, peacocks, chickens and turkeys. I'm up at 3:30am to look after them.

5] Night runs I often run when the animals sleep.

It's very inspiring, up to five hours on the Derbyshire Moors with a headtorch.

6] Top kit My Technogym treadmill is heavy-duty enough for speedwork if it's icy outside.

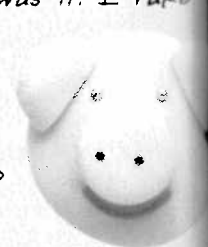
7] Diet I've been vegetarian since I was four and a



vegan since I was 11. I take no supplements and I'm fighting fit.

8] Big ambitions

I'm training to be the first vegan woman to run the Marathon des Sables. I'll eat nuts, dried fruit, vegan shakes and my favourite treat, marzipan.



Find out more at towerhillstables.com.

A DAY IN THE DIET

How vegan Fiona fuels her runs without fish, eggs, meat or milk

Typical heavy training day

BREAKFAST ► Cereal with soya milk, bagels with tahini and jam, orange juice

SNACK ► Plant protein shake with banana and berries

LUNCH ► Two vegan burgers on wholemeal buns, fresh fruit

SNACK ► Vegan power bar

DINNER ► Tofu, cashew and vegetable stir-fry with wholegrain noodles or rice

SNACK ► Granola with raisins and walnuts, and soya milk or yoghurt

Estimated calorie intake **2,552**

REAL RUNNERS

ORDINARY PEOPLE DOING INSPIRING THINGS

Send nominations to letters@runnersworld.co.uk, putting 'Real Runners' in the subject field



MARTIN PAINTER
MARVELLOUS MEDICINE

Diagnosed with type II diabetes in 2010, Martin Painter has just managed to come off his medication - thanks to running. "Until that trip to the doctors, I hadn't really understood the possible complications of diabetes: stroke, heart disease, amputations and blindness," says Martin, 33. "Now it's something I have to think about every day. I was put on statins to reduce my cholesterol and a drug to lower my blood glucose levels. I became quite depressed." Change came when Martin was invited to run the Bupa Great South Run in aid of Diabetes

UK. He finished the 10-miler in 1:56, immediately signing up for the Bupa London 10,000 to keep his motivation up. He feels fitter, slimmer and more energetic and says he's also stumbled upon another benefit of our sport: "After the initial pain, I loved the solitude of getting out and clearing my head of all life's stresses. Overall I feel much better."

Diabetes UK is the nominated charity for the Bupa Great Runs Series: diabetes.org.uk/bupa-great-runs

ASK MILES
He's been around the block a few times - and he's got answers...

Dear Miles

I want to enter a 10K but I'm very slow and will finish long after the next slowest runner. Is it fair to hold up the organisers and the awards ceremony?

This anxiety is common among first-time racers - and usually overblown. Any race director worth their electrolyte salts will take late finishers into account, so check how long the course stays open for. Worst-case scenario? If the cut-off time isn't very generous, you might cross the line to find the awards ceremony under way. But if you don't mind, the race organisers certainly won't.