



Type 1 Diabetes Extreme Sports

Martin Draper – Type 1 Patient

I'm Martin Draper and I've been type one diabetic for 16 years or so.

So yeah, I've been diabetic for quite some time but it's not stopped me from doing sports and exercise, which I have as a big part in my life.

I run marathons. I run a lot of marathons. I'd run marathons before I became type one and I was running one or two a year and then I became type one when I was about 48 and London was the first one that I'd run after that. When I got to 50 years old, I thought it'd be fun to do five in a year, I'm 50 and I did that. And then when I was 52, I thought it'd be fun to do 10 in the year, I was 52 and it sort of went on from there. When I was 53 I lost the plot and did 29. When I retired at the age of 58, I did 64, three times. I've done 52 marathons in 52 weeks. I've done a 10 marathons in 10 day event. This last year I got through 300 marathons, well, through my 300th marathon, which moves you onto a world ranking list. So I'm 701st in the world for cumulative marathons which doesn't mean a lot to anybody but me.

When I started running pre-diabetes, it was literally run to a lamp post, walk to the next one, run to a lamp post, walk to the next one. And the challenge was run to two lamp posts, walk to a lamp post and really building it up in such a small way. The thing I like about running is it's all about a challenge. And when you've not run a marathon, that's a huge challenge. When you've not run to the lamppost, that's a huge challenge.

I do several events a year now. Some of them are gruesome. Some of them are fantastic. It doesn't always go right. But with, well, I use an insulin pump. I use Libra technology and these things help you keep in a good place for the vast majority of the time.

I don't do carb loading. In the week, I try and eat a good proportion of carb and everything else. On the last day before an event, I tend to switch to pasta.

And for me, if I'm running on a Saturday, maybe the Thursday, Friday I increased the amount of carb. If I'm running at, say nine o'clock on a Saturday morning, I will have my breakfast by seven o'clock. Typically, porridge. So I'll put in my insulin in early so that the bolus insulin is falling in my system or is gone by the time I start running. You don't want your insulin to be rising when you start running because your numbers will crash.

Typically when I'm on the start line, my numbers are a little bit high, so there might be a 10 or 12, which is on the high side for me. But once you get going, they soon dropped down and I think there might be a bit of adrenaline there. It might be your breakfast still keeping you a bit high, but within the first 40 minutes my numbers will drop. And because I use a Libre, I can see when they start to drop down. And the



trick then is to catch the number before it falls solo and becomes an issue. So after 45 minutes, your bolus insulin might've gone so, that will help sort itself out or you might just need a gel. So, through the event, I'll have a gel typically every 40, 45 minutes.

If it any point, my numbers are lower than six, I would eat something. If they are higher than 10, I might increase my basal. When I've finished, typically you've got quite a bit of sugar in your system and because you've stop exercising, it wants to rise. So if you finish an event, the first hour can be quite tricky but normally, I've got to put in quite a lot of insulin to mop up that excess sugar.

