

News

Newly formed ladies cricket team going from strength to strength

By KERENZA MOORE

CRICKET in the Liskeard area is going from strength to strength as new ladies teams enter the field.

The first ever friendly of its kind took place recently between the newly-formed Liskeard Ladies softball cricket team and their counterparts from Menheniot-Looe.

The final score saw Menheniot-Looe come away victorious, but the important and exciting part for everyone there on the night was simply being there for the match which was the Liskeard team's debut.

Lynn Webb explained how members have only been training together since May, after a conversation with friends during the lockdown sparked off the idea of forming a team.

There's been a huge amount of support from Liskeard Cricket Club (LCC) since Lynn first attended their AGM, she said, and the group has also had guidance and support from Cornwall Women's Cricket.

After initially roping in as many friends as she could to come along and play, Lynn says that the team now has a brilliant range of people of all ages – and they're on the lookout for more participants.



LISKEARD Ladies softball cricket team

She said she was grateful to the members of LCC who had been very welcoming and friendly and who have supported by giving time to help train the new members.

Speaking ahead of Monday's game, Lynn said: "We've got a real mix from students who play cricket for the school, up to women in their 60s.

"It's really casual, we're all beginners – I'd never played before, some of the others have been on hockey or netball teams.

"It's social, great to be outdoors and just focus on the cricket, and it's fun.

It'll go wherever we want it to. We are playing softball cricket at the moment but if any of the women want to, then they have the opportunity to go and play with the men's team.

"I think the match will help us learn where we need to structure our training. Bowling is a big one!"

Liskeard Ladies Cricket Club meet on a Monday evening from 6.30-8pm. Anyone interested in finding out more should look out for Liskeard Cricket Club on Facebook or alternatively email ladies@liskeardcricketclub.co.uk

Youth programme

MEANWHILE young players and their parents have also been getting a fun flavour of the game during a summer programme for children at Liskeard Cricket Club.

The Dynamos (pictured below) for eight to 11 year olds have been meeting on a Thursday evening.

The sessions are based around the England Cricket Board Dynamos structure, says David Ambler, who's been leading the coaching. Starting with exercises to practice certain skills,

the group then goes on to have a bit of a game, with parents involved as much as possible.

Perhaps predictably, the youngsters say they've found batting the most enjoyable, with bowling the hardest part so far – but David reports that bowling against the grown ups seemed to be a lot of fun for the young players.

Further cricket programmes for younger and older children are planned – with the aim being to establish a youth membership at the club.



We are here to help you

CARE - HEALTH - WELLBEING
OPEN IN YOUR AREA

St Anthony's Residential Home

Respite care available

Judy & Charlie Lingham
16 single bedrooms, 10 en-suite

For vacancies update please call: 01579 342308

Station Road, Liskeard, Cornwall PL14 4BY

email: info@stanthonshouse.co.uk

Foods to avoid before a workout

PEOPLE are being urged to ditch certain food and drink items in favour of a better workout.

The fitness experts at breakingmuscle.com have warned people to steer clear of certain things before they exercise to maximise efficiency and feel good too.

They state that a poorly chosen pre-workout meal can make or break a good gym session.

They have also highlighted that food consumed an hour or less before a workout may not have had time to fully digest, so it's important to eat wisely.

A spokesperson for breakingmuscle.com said: "What you eat before heading to the gym can significantly affect how you feel during the session. It's true that some people can get away with eating anything before exercise, but this isn't the case for everybody. It's best to err on the side of caution and keep things simple when it comes to pre-workout meals.

"This doesn't mean you have to train on an empty stomach, but just be mindful when consuming food and drink close to exercise.

"Foods high in fat and protein will take longer to digest than foods with a higher carbohydrate content.

"Keeping calorific treats and fizzy drinks until after your workout is also advisable so that you don't feel sluggish during the session."

Fizzy drinks

Most fizzy drinks are not rich in nutrients, so they won't provide any benefits before exercising. Not only this, but the carbonation can make you feel full and bloated, which can lead to nausea whilst training.

Nuts

Fatty foods like nuts make for the perfect

snack, however, they can take a while to digest. If you're thinking about having nuts as part of a pre-workout meal, make sure to consume them a few hours before exercise. This will give the fats a better chance at digesting.

Protein bars

Protein bars are a convenient snack and they are useful for helping to reach daily protein goals, however, they may not be the most optimal thing to consume before exercise.

Try to opt for something with higher carbohydrate content, as these foods will digest quicker than foods with a higher fat or protein content.

Spicy foods

The effect of spicy foods can vary from person to person. For some, it can cause heartburn and bloating which can be a frustrating distraction when training in the gym.

If you're consuming spicy foods of any nature try to limit them until after you've finished working out.

Avocados

Avocados are a great food to fuel your body, their high-fat content makes them less than ideal for a pre-workout snack. Fat is the macronutrient that takes the longest to digest so it's best to ditch the smashed avocado before training.

Fried food

Try to steer clear of fried foods before a workout as they can make you feel sluggish due to their high-fat content.

These foods can often be unkind to our stomachs which can lead to headaches and

nausea mid-workout. Although this isn't always the case, there are plenty of foods that are optimal for gym sessions to pick from.

Isotonic drinks

Some isotonic drinks can be extremely high in carbohydrates, especially ones containing sugars. These can be great for replenishing energy after exercise, but drinking one of these before exercise can leave you feeling full.

The last thing you want during your workout is to crash because of the poorly timed insulin spike.

Yoghurt

Dairy products like yoghurt can cause bloating in some people. This is because of the high lactose content and they are often high in fat too.

This can lead to digestive issues, which can be extremely uncomfortable when exercising. Pick a yoghurt that is either lactose-free, fat-free or contains live cultures as these will be easier to digest.



The Old Vicarage Country House Care Home

- Enjoy the privacy of single en-suite bedrooms
- Lift to all floors
- Home cooked meals
- Respite care and holiday stays

Situated in the picturesque village of Antony, near Torpoint

Torcare

01752 812 384
www.torcare.co.uk