

T:EMPO

Setting the Pace



Tempo Monthly Newsletter

April Edition 2016

Athlete Focus: Jacqui Slack



Jacqui has raced in the British Triathlon Super Series, French Grand Prix, ITU European & World Cups. She currently races on the Xterra World Tour circuit, ITU Cross Triathlons and In2Adventure off road tri's. More recently Jacqui has stepped up distance and competed in Ironman 70.3 races finishing 3rd and 4th. Here is the interview:

1. What made you first get into triathlon?

It wasn't until I was 21 when I first watched a triathlon in Bala and some friends from work were doing a team. I saw some of the women out there

*Eastbourne's Specialist
Running shop*



Tempo and Tri Tempo hold a **FREE** run session every Tuesday at 6:30pm meeting at the Wish Tower on Eastbourne Seafront. Join us for a quality run session focusing upon developing technique and speed, runners of all abilities and experience welcome. For more information visit the Tempo website or give us a ring at the shop.

complete a middle distance race and thought they were incredible I knew from then this was what I wanted to do. Turns out I was pretty good and over the last 10 years I've worked hard and created opportunities so I can live my life as a professional triathlete.

2. What is your biggest/ proudest achievement to date?

A fifth place at the Xterra World Champs was pretty special, winning two elite national titles in Off triathlon and Olympic distance draft legal triathlon is also up there. I also won the Xterra warriors award in 2012 along with my fiancé Ben Allen and this just sum's up our lifestyle inspiring others and promoting our sport.

3. What are your aims and goals for this season?

To win a world championship medal bronze, silver or gold and to win the Eastbourne triathlon.

4. What motivates you to get up early in the morning and train?

My coach Lesley Patterson inspires me every day to push my limits and believe I'm capable of that medal. I also love my lifestyle I get to spend everyday with my fiancé visiting new places meeting life long friends and inspiring others by leading a healthy happy lifestyle. Its tough but I love the satisfaction of pushing hard everyday to achieve my goals and dreams.

5. What food is your guilty pleasure?

Chocolate digestives and a cup of tea usually when I'm in the UK, I also love a good cherry Bakewell.

6. If you could stay injury free and have an excellent 6 months training, what time do you think you could do for a 5k run?

Sub 17mins

7. Who is your role model or inspires you and why?

My Grandad he passed away 2 years ago, he was always there for me, he always gave honest advice, he knew what to say and he took so much pleasure

in watching me race. He was there from the very start until his very end. I race every race for him.

8. Have you ever suffered an embarrassing moment during a race/ training?

Funny enough it was only the other day I took an athlete around a MTB course I was demonstrating to her how to improve her skills and what you should do, well I ended up doing everything you shouldn't do and took a tumble over the edge of a cliff, I wasn't hurt but I was pretty embarrassed.



9. If you could race against anyone who would it be (can be anyone) and why?

I would love to race against Eastbourne's very own Rich Campbell. Apart from him being Eastbourne's man of the year I feel we would have a super battle and it would be hilarious this guy makes me laugh and is great for our sport I couldn't think of anyone better to be on the start line with.

10. If you weren't an athlete what would you do or be instead?

A hip hop dancer

A big thank you to Jacqui for valuable time, we wish her good luck for the season ahead and at the Eastbourne triathlon!

Caffeine and endurance performance



By Jason Newbery

Jason is an MSc Exercise Physiology student at The University of Brighton, a marathon runner and coffee lover. He is on Twitter @Jasonnewbery

Jason has completed seven marathons and has a PB of 2:48 at the Frankfurt marathon.



Caffeine enjoys a role in society and sport that is shared by few other chemical compounds. As the fat vs carbohydrate debate continues to rage in the diet world, caffeine reigns supreme in the nation's eyes as stimulant of choice, despite having no nutritional value. Its use is socially acceptable – perhaps even ingrained in our society - and crosses over into the world of sport as a substance regarded to improve performance, an 'ergogenic aid' to use the scientific term. But what is caffeine? Does it really improve performance? And how much do you need in order to do so?

What is caffeine?

Caffeine is a naturally occurring compound found in a range of pharmaceutical products as well as

beverages and foods such as tea, coffee, cola and chocolate. It is quickly and easily absorbed by the body and can be seen in the blood in as little as 15 minutes¹ after consumption, with concentration in the blood peaking within 1-2² hours, depending on the mode of ingestion and the individual. Due to its make-up it is able to make its way into the brain and almost every other tissue in the body.

What does caffeine do?

Caffeine's role as a stimulant comes from its ability to block a chemical called adenosine, which acts to reduce neural activity in the brain. By blocking this caffeine enhances mental alertness and reduces sleepiness and fatigue. As it is able to pervade other tissues of the body it also has other physiological effects (more on this to come).

Does it improve endurance performance?

Caffeine has been widely studied in the world of sport science and the evidence almost entirely points to there being some benefit to using it. However, the interpretation of these studies when applying them to performance in the field requires some attention. The majority of scientific endurance studies into caffeine use 'time-to-exhaustion' tests – whereby the person has to maintain a certain power output (cycling) or speed (running) for as long as possible. Whilst this can be seen to reflect their endurance *capacity* it does not reflect the true nature of endurance sports – where the *performance* is measured by time to complete the task, normally a distance. The number of studies into *performance* is far less and whilst they still support caffeine as an ergogenic aid, the benefits are not as pronounced.

Why does it work?

Now we get to the really interesting part – it's not entirely clear. Initially caffeine was thought to improve endurance performance by making the body utilise fat at a higher rate, sparing the body's limited glycogen stores. As glycogen depletion is linked to fatigue and reduction in performance, this was a huge positive. However, more and more

studies have found this is not always evident, even when caffeine improves performance. More recent theories have centered around links to caffeine lowering people's perceived effort (possibly explaining the noted difference in capacity tests), dampening their sensitivity to pain and interacting with calcium, a vital chemical in muscle contractions. As scientists continue to search for the mechanism of caffeine's power it appears to be becoming clear that it's not going to be a single effect that produces the end result.

So how much do I need?

Well first a note – caffeine isn't for everyone. From gastrointestinal distress (I wouldn't recommend Googling pictures of this), to disruption to sleep and the fact that some people are non-responders to caffeine, the reasons for skipping caffeine as part of your race-day routine are numerous. However, if you do wish to include it, and many athletes do, then there seems to be little benefit to consuming more than 3-6 mg/kg of body weight^{1,4}. How you choose to do this is worth experimenting with in training or preparation races – there appears to be some difference in the response to different modes of ingestion – gels, chews, drinks (coffee or sports drink) etc., as well as timing - entire dose around 1 hour prior to event, or spreading the dose throughout the event⁴.

A lot of questions surround how the habitual use of caffeine may reduce the effect it has on improving performance. Whilst some advocate habitual users reducing their caffeine in-take or abstaining from caffeine use in the days before using it in an event⁴, withdrawal symptoms can include headaches, fatigue, muscle pain and irritability. In fact one recent piece of research suggests that the performance benefit people find from caffeine may be a reversal of these symptoms above anything else³.

Will caffeine dehydrate me?

Whilst consuming caffeine at rest can lead to an increase in urine production, the body appears to respond differently during exercise. This is logical as

one of the actions the body undertakes during exercise is to reduce urine production. Numerous studies have found that caffeine does not significantly affect sweat rates during exercise and as such is highly unlikely to increase the process of dehydration.

Coffee to recover?

This is a bit of a new one, but some recent studies have suggested that caffeine may be beneficial in the process of glycogen storage during recovery from exercise. Just remember to account for how much you used before/ during and if you exercise late at night, be careful with disruption to sleep.

Some final thoughts...

- If you can stomach caffeine when performing then it may benefit your performance - but make sure you try it on a few long runs before race day.
- Always remember to factor in other sources of caffeine when calculating how much in total you are getting when you use gels, drinks and chews
- 3-6 mg/kg seems to see the optimum dosage in terms of enhancing performance, with individual responses evident at different amounts

References

1. Goldstein, Erica R., et al. "International society of sports nutrition position stand: caffeine and performance." *J Int Soc Sports Nutr* 7.1 (2010): 5.
2. Harland, Barbara F. "Caffeine and nutrition." *Nutrition* 16.7 (2000): 522-526.
3. James, E., Peter J.Rogers. "Effects of caffeine on performance and mood: withdrawal reversal is the most plausible explanation." *Psychopharmacology* 182.1 (2005):1-8.
4. Ganio, Matthew S., et al. "Effect of caffeine on sport-specific endurance performance: a systematic review." *The Journal of Strength & Conditioning Research* 23.1 (2009): 315-324.

Interview: Age-group athlete Stef Jackson-Horner

Achievements: National Aquathlon Champion runner up 2015. Qualified for European and World championships. Since taking up the sport have only ever finished races in the top 4 positions.



1. What made you first get into running and aquathlon?

I have always been sporty and enjoy a huge variety of sport, taking part in many competitively over the years but my Dad has always been a runner and so from a toddler I would be at races until I was out representing school and it just carried on. In September 2014 my Dad decided after 40 yrs of running it wasn't a big enough challenge and so he entered a triathlon. I didn't want to be out done so I tagged along to. I ended up doing quite well but decided I didn't want to blag 24km on a bike so Aquathlon was the perfect race.

2. What is your biggest/ proudest achievement to date?

Defiantly qualifying for the European Championships this year in France. I can't wait to get there, all though I know when it comes I'll be so nervous I'll just want to go home.

3. What are your aims and goals for this season?

All I want is to do well at the Euros. I am so competitive and I am never as good as I want to be but I just want to hold my own against the best in Europe.

4. What motivates you to get up early in the morning and train?

Knowing very soon I'll be on that start line. It's all for France.

5. What food is your guilty pleasure?

Marshmallows and haloumi I could eat them every day!

6. If you could stay injury free and have an excellent 6 months training, what time do you think you could do for a 5k run? Under 20mins (hopefully!)

7. Who is your role model or inspires you and why?

People succeeding in what they love inspires me, not just sport anything, it motivates me to want to do better and achieve just like them.

I do think Jess Ennis Hill is brilliant, to be so able in such a varied event I think is fantastic. It is one thing being good at one sport but to do pretty much all the athletic events there are, hats off to her!

8. Have you ever suffered an embarrassing moment during a race/ training?

Embarrassing, not really. Silly, many. At the British champs last year I nearly left transition without my number belt! Who does that?! A spectator shouted at me to tell me. I only had 2 things to remember to put on, trainers and number. Luckily I remembered my trainers.

9. If you could race against anyone who would it be (can be anyone) and why?

Michael McIntyre, Jeremy Clarkson, Richard Hammond, James May and Kelly Holmes. The first 4 because I think they are hilarious and it would make such a fun event. Kelly Holmes because it would be so cool to run along with her, and maybe just for a second be in front.

10. What is the best bit of training advice you have ever been given?

I never really appreciated how important strength training is and how this is needed to get faster. It doesn't mean bulking up and as a girl lifting weights you will never look manly but if you want to increase speed you must work on power. Power comes from strength so get lifting those weights.

PERFORMANCES OF THE MONTH

Hastings Half Marathon

(Selected results)

Rhys Boorman – Hastings AC 1:12:48

Daniel Anderson – Hastings AC 1:15:20

Gary Foster – Hastings AC 1:16:30

Kevin Armstrong – Eastbourne Rovers 1:19:35

Stuart Mills – Uckfield Runners 1:20:15

Joshua Rudd – Seaford Striders 1:21:08

Matt Edmunds – Hastings Runners 1:21:49

Stuart Piper – Hastings AC 1:22:07

Gary Judges – Hailsham Harriers 1:22:22

Sue Fry – Hailsham Harriers 1:26:08

Stacey Clusker – Hastings AC 1:27:32

Alissa Ellis – Hailsham Harriers 1:28:19

Jenna French – Hastings Runners 1:31:25

Riz Maslen – Hastings AC 1:32:05

Michaela Furlong – Hailsham Harriers 1:34:04

Eastbourne Half Marathon

Men's Race

1st: Rhys Boorman – Hastings AC 1:13:44

2nd Andrew Donno – Brighton and Hove AC 1:14:54

3rd Tom Oliver – Eastbourne Rovers AC 1:16:28

Ladies Race

1st Yvette Grice – Bodyworks XTC 1:25:36

2nd Tina Oldershaw – Paddock Wood AC 1:26:07

3rd Fiona Russell – Morninton Chasers 1:32:51

Thank you for reading. If you would like to submit an article, let us know of inspiring performance or become involved in the monthly newsletter, please contact Tempo at temposhopuk@yahoo.co.uk