



Setting the Pace

# Tempo Monthly Newsletter

June Edition 2016

## Athlete Focus: British triathlete, Mark Buckingham



### Profile and key results of Mark's career:

Mark hails from a steeplechase background, and was close to making the Commonwealth games Steeplechase line up in 2006.

Since October 2010, Mark has been training in Loughborough for the GB triathlon team.

Mark has claimed the GB duathlon title on two occasions and has also won the national triathlon championships. Mark has gone onto represent GB in the ITU series as well as winning World and European cup races.

## Eastbourne's Specialist Running shop

### 1. What made you first get into triathlon?

British Triathlon contacted me after I finished 3rd at the British elite duathlon championships, and after some testing I was put on the national team.

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

Winning the English Schools 3000m steeplechase title

### 3. What are your aims and goals for the season?

If my ankle reacts well to the surgery I've just had, I want another World Cup Triathlon win and qualify for the World Champs in Cozumel.

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

I love the feeling of been really fit, it doesn't last too long but there's a 4-6 week period each season when everything clicks and I feel amazing. Every run just feels effortless, my heart rate drops, when swimming I don't need as much air, and pedalling becomes smoother and more efficient. I live for that feeling.

### 5. What food is your guilty pleasure?

Galaxy chocolate



**T:EMPO**

# TEMPO 10K OCTOBER 9TH 2016

**WHEN**  
Sunday October 9th,  
9:30am start

**THE COURSE:**  
2 laps of Eastbourne seafront. Start and finish by the Holywell Café (BN20 7XB), turnaround point opposite Terminus Road

**START TIME:**  
9:30AM

**ENTRY PRICE**  
£12.00

**ENTRY CLOSING DATE**  
Saturday 1st October  
(subject to availability)

**SUPPORTED CHARITIES**  
RNL of Eastbourne and the Great Ormond Street Hospital

**ENTRY DETAILS**  
To enter the race, pick up an entry form at the Tempo shop or visit [www.temposhop.co.uk](http://www.temposhop.co.uk)

**CONTACT DETAILS**  
T: 01323 723152  
E: [temposhopuk@yahoo.co.uk](mailto:temposhopuk@yahoo.co.uk)  
W: [www.temposhop.co.uk](http://www.temposhop.co.uk)

- Registration opens at 8:30am and closes at 9:15 on day of event, race numbers picked up on the day.
- Public toilets available at start/ finish point of race. Men and women must be at least 16 years of age on race day
- Refreshments available from the Holywell Café
- Race medals and goody bags for all finishers, prizes available to podium finishers and spot prizes also available.








10. What is the best bit of training advice you have ever been given...and could pass on to others? Make training enjoyable. Our training group in Leeds is perfect, the Brownlees have made sure over the years, you can train hard but still enjoy it and have a laugh.

## Illness and Endurance Sport

Contributor: Jason Newbery



It's every endurance athlete's nightmare. You spend months and months training, sacrificing nights out, skipping pudding, slogging away in the pool/ on the

Tempo hold a **FREE** run session (in conjunction with the Tri Tempo triathlon club) every Tuesday at 6:30pm meeting at the Wish Tower on Eastbourne Seafront. Join us for a friendly 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 on 01323723152

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 14 minutes.

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

Alistair Brownlee, seeing him develop from our fell running days to becoming Olympic champion is pretty special.

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

I got stuck behind a guy (who'll remain nameless) in a triathlon, whose stomach dropped on the run, I got a good splattering!

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

My best friend Matt Pierson over a marathon. Both fit, it would be a close race.

bike/ on the run and three days before your 'A' race you get a cold. Isn't exercise supposed to stop you getting ill? Why do you always get ill when you should be at the peak of your fitness? And what can you do to stop it ruining your next event?

### **Exercise and the immune system**

Upper respiratory tract infections (URTI) have for a long time associated with participation in endurance sports, with reports of a 2-6 times increase in the reported symptoms after participating in marathons<sup>1</sup>. This increased risk of infection following a sustained bout of vigorous exercise is linked to a reduction in the circulating number of cells responsible for fighting disease and as such a reduction in immune function<sup>2</sup>. This 'open window', as it is known, appears to provide an opportunity for picking up an illness either after competing or during the high intensity training period that often comes before tapering for a race<sup>3</sup>. The effect of getting ill should not be underestimated on a training cycle. One recent study<sup>7</sup> found 86% of the success or failure to meet a goal for a season amongst elite athletes could be attributed to training availability, with the likelihood of meeting a goal increased sevenfold amongst athletes who were available for more than 80% of their training.

### **What can be done?**

One approach is to look at the type of exercise that has been found to lead to the biggest depression of the immune system. Prolonged continuous exercise (lasting over 90 mins), of moderate-high intensity (55-75% of max) and performed without food intake<sup>4</sup> have been shown to have the biggest effect, so any training session/ race which fits this bill may be seen as a particular target. The other advice can be summarised as follows<sup>5</sup>:

- Avoid rapid weight loss
- Ingestion of 30-60g of carbohydrate per hour during prolonged exercise has been

shown to reduce stress hormones which suppress immune function<sup>6</sup>

- Protect airways from exposure to cold and dry air during strenuous exercise
- Wash hands regularly
- Get adequate sleep. In one study<sup>8</sup> those who slept less than 5 hours a night were 4.5 times more likely to get a cold than those who slept 7 hours or more
- Links between the production of stress hormones (e.g. cortisol) and increased risk of infections suggest that other life stresses, outside of training/ racing may also impact the chances of getting ill.

### **When to train/race & when to rest**

This is perhaps the most pertinent question amongst athletes when it comes to dealing with illness. Whilst there is little doubt that the endurance athlete who doesn't train unless they feel 100% is unlikely to be successful, it is also important that athletes are able to identify when it is time to let the body have complete rest as to fight infections. The British Association of Sport and Exercise Sciences (BASES) provide the following guidelines<sup>5</sup>:

Day 1: Avoid strenuous activity for symptoms like sore throat, coughing, runny nose. Avoid all activity for symptoms like muscle/joint pain, fever, headache, vomiting.

Day 2: Avoid exercise if fever, vomiting or diarrhoea is present, or if coughing has worsened. If "above the collar" symptoms have not worsened then light exercise for 30-45 mins is acceptable.

Day 3: If fever or other symptoms and URTI symptoms are still present – consult a doctor. No worsening of initial symptoms – moderate exercise for 45-60 mins is acceptable.

Day 4: If no symptom relief, do not exercise – consult a doctor

Wait one day after no symptoms of fever or URTI before returning to training.

#### References

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2. Walsh, N.P., Gleeson, M., Shephard, R.J., Gleeson, M., Woods, J.A., Bishop, N., Fleschner, M., Green, C., Pedersen, B.K., Hoffman-Goete, L. and Rogers, C.J., (2011). Position statement part one: immune function and exercise.
3. Fricker, P., & Pyne, D. (2011). Why do athletes seem prone to infection?. *Medicine Today*, 6(03).
4. Gleeson, M. (2006). Immune system adaptation in elite athletes. *Current Opinion in Clinical Nutrition & Metabolic Care*, 9(6), 659-665.
5. Gleeson, M., & Walsh, N. P. (2012). The BASES expert statement on exercise, immunity, and infection. *Journal of sports sciences*, 30(3), 321-324.
6. Gleeson, M. (2006). Can nutrition limit exercise-induced immunodepression?. *Nutrition reviews*, 64(3), 119-131.
7. Raysmith, B.P. and Drew, M.K., 2016. Performance success or failure is influenced by weeks lost to injury and illness in elite Australian Track and Field athletes: a 5-year prospective study. *Journal of Science and Medicine in Sport*.
8. Prather, A. A., Janicki-Deverts, D., Hall, M. H., & Cohen, S. (2015). Behaviorally assessed sleep and susceptibility to the common cold. *Sleep*, 38(9), 1353-1359.



## May Results

### Weald half marathon

3<sup>rd</sup> place for Jason Newbery (our monthly column writer), he can talk the talk and walk the walk! Welldone!

### Weald Ultra

Congrats to Richard Gardiner, Jonathan Andrews, Danny Garbett, Colin Hanks, Sarah Hannam, Russell Banks & Mikey Young for completing the ultra event.



### Rye 10 mile

Sue Fry first place, Alissa Ellis 3<sup>rd</sup> place, both representing Hailsham Harriers.

In the men's race; Tom Mullen (Haywards Heath Harriers) took a narrow victory from Joshua Rudd in 2<sup>nd</sup> place with Paul Weir of Phoenix claiming 3<sup>rd</sup>.

### Seaford Half marathon

1<sup>st</sup> place: Andrew Donno (Brighton and Hove AC), 2<sup>nd</sup> place: Wes Mechen (Hailsham Harriers and Tempo), 3<sup>rd</sup> place: Attila Adam. 1<sup>st</sup> lady: Emma Rollings (Lewes AC), 2<sup>nd</sup> place: Emily Hutchinson (Arena 80), 3<sup>rd</sup> place: Claire Lockwood (Meads Runners).

### Hastings 5 mile

#### Men's results

1<sup>st</sup> place: Ross Skelton (Brighton Phoenix)

2<sup>nd</sup> place: Christopher Zablocki (Chichester runners)

3<sup>rd</sup> place: Patrick Acaye (Brighton Phoenix)

#### Ladies results

1<sup>st</sup> place: Sue Fry (Hailsham Harriers)

2<sup>nd</sup> place: Sarah Gruber (Invicta East Kent AC)

3<sup>rd</sup> place: Vicki Clarke (Arena 80)

## Within touching distance:

### The Road to Rio



Faye McClelland's road to Rio has hit many an obstacle and speed bump, but on Friday 27<sup>th</sup> May Faye pulled out all the stops to claim a fantastic silver in the European paratriathlon Championships. This has given her the best possible chance of being selected for the GBR team for the Paralympics in Rio later this year. Faye had to deliver on the international stage and there was immense



pressure put on this race. The result showed that she got second place, but this wasn't without incident. After a good swim and bike, putting her in second place going into the run, Faye noticed her name on the race marshal's penalty board and she had been hit with a 10 second penalty. This meant she had to stop in the penalty box area where upon (which is located upon the final stretch of the 5km

run) the race referee counted out the 10 second time penalty. Meanwhile, all the time the referee is counting and Faye is forced to stand still, the French athlete is closing the gap and is now on the same final stretch as Faye! As the referee says "10" and Faye can leave, she is now side by side with the French athlete and is in a sprint to the finish line. Thankfully Faye takes 2<sup>nd</sup> by TWO seconds and has pushed forward her claim for selection.

As previously mentioned, the journey to claiming the silver medal has been a turbulent one with injuries, illness and relocation to Loughborough, but a worthwhile one. The official selection for Rio will take place on the 30<sup>th</sup> June, fingers crossed we will have an Eastbourne athlete in Rio!

## The Ultra Fox

### He can keep going and going!

This is an extract from Mark Fox's personal account of his double South Downs Way 100mile, to read the full story: <https://the grandslamchallenge.wordpress.com/2016/05/>

"I had only told a few close friends that I was going to attempt to double the Thames Path. I'd emailed Nici at centurion just out of respect to let them know of my intentions but that was it. I didn't want to take away from anyone's build up for their race as I know the TP100 is a popular race for people moving up to the distance for the first time and didn't want to take away from that pre race build up on forums etc. So on Thursday night we set off for Oxford from Eastbourne with the aim of starting the first leg at about 11pm.

We arrived in Oxford at 10:40pm there had been torrential rain on the way up and I was thinking do I really want to do this, but when we arrived at the start the rain had stopped. Now obviously this had been planned to the finest detail I mean I'd 18

months of working on this. So when we went to turn down to the recreational park to the start after driving up and down trying to find the entrance, you can imagine how I felt when we realised that the gate was locked. We couldn't help but laugh hopefully this wasn't a sign of things to come. We walked down to a point where we could get on the Thames Path I asked a couple walking home if that was the way to London they said "yes but it's a long way you know." With that thought in mind I was off it was 11:30pm and I had 28hrs to get to Richmond."

If you would like to make a contribution to the monthly newsletter, please get in touch via our email: [tempshopuk@yahoo.co.uk](mailto:tempshopuk@yahoo.co.uk)