



Setting the Pace

Tempo Monthly Newsletter

March Edition 2016

Ben Allen - Xterra Off-Road Professional Triathlete



1. What made you first get into triathlon?

I was competing as a professional Surf Ironman when my journey changed to swim bike & run. Triathlon Australia targeted me as having the potential to be a world-class triathlete and I made the switch and have never looked back.

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

Finishing twice on the podium at the Xterra Off-Road World Championships in Maui, Hawaii.

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

Win the Xterra World Championships and ITU Cross Triathlon World Championships

Eastbourne's Specialist Running shop

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

- Continue to strive to be the very best
- Enjoying a healthy and active lifestyle
- Watching the sunrise
- Getting a training session in before the world wakes up

5. What food is your guilty pleasure?

Chocolate and ice cream



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?

15:45.. I'm not natural runner, if I was able to put together a block of consistent, uninterrupted training I would be flying on clouds...

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

Conor McGregor, out spoken, fearless, committed & obsessed

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

I have been fortunate enough to have a clean slate, but I won't lie there has been a few O'sh#t moments, I have survived to live to fight another day!



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

Steve Prefontaine, "To give anything less than your best, is to sacrifice the gift."

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

PE teacher at high school close to the beach.

Ben Allen will be racing at the Eastbourne Triathlon on the

session focusing upon developing technique and speed, runners of all abilities and experience welcome. For more information visit the Tri Tempo facebook page or contact Tempo Run shop.

10,000m

The Ultimate Track Event

By Richard Jones – Eastbourne Rovers AC

When I say to people my favorite track event is the 10,000m, I get one of two reactions; "25 laps, you're crazy! Or "Isn't that really really boring".

Well the first response you could say is correct to a point. I think you have to be slightly mad to run 25 punishing, draining laps of an athletics track! But there is a lot more to it than that. 10,000m for a distance runner is the ultimate physical and mental test on the track. It requires physical fitness and strength combined with a steely determination to keep up a consistent pace and ignore the pain for 30 to 35 minutes. I love that challenge!

Do I ever get bored? Well believe it or not, it is over remarkably quickly. But DON'T LOOK AT THE LAP COUNTER! (At least for the first half). It can be very intimidating. Personally, I break my race into KM's, then half way split, then you're pretty much into single figures of laps left.

FREE run session every Tuesday at
6:30pm Wish Tower, Eastbourne
Seafront: Join us for a quality run



There is so much to think about when you're in the race. The start can get a bit mad. You have to be alert and be aware of what's around you and not



get clipped or boxed in. After that, it's like a game of chess. You are constantly thinking "What's my pace like", "They're looking strong I better keep an eye on them", "They are flagging a bit, if we put a kick in now we can drop them". Before you know it, you're half way home.

6-8km is the hardest bit I find. Being in a group and being aware of the group is crucial. Get it right and you can really push on in the last mile or 2 for a fast time. Get it wrong and it can ruin your race. I have ended up in that position twice and it just takes it all out of you. It's a helpless feeling.

The last 5 laps often sorts out the race. This is the point I think about making a run for home. If you have stuck with a group and got the pace right, the training comes into its own. Several times I have managed to move away to a fast time despite my legs feeling like lead!

The sense of achievement when you cross the line and run a good 10,000m is something special. You have challenged that ultimate distance, and won!

There is always a great respect among those who run the 10,000m; an understanding that you have all worked hard and clearly have ability in order to complete such a challenge.

I loved the event and the challenge since the first one I did 4 years ago. I say don't knock it until you tried it. You never know, you might just enjoy it!!

Thank you to Richard, we wish him all the best for the race season ahead

Shoe of the Month



Brooks: Ravenna 7

Brooks have always been known for the plush cushioning and for those looking for additional comfort on those long runs. The latest installment of the Ravenna series, sees Brooks alter the upper to produce a more fitted shoe for the runner and in addition to this modifying the sole to produce a shock absorbing platform. The Ravenna keeps its mild stability for runners seeking the additional medial posting support helping to prevent issues such as plantar fasciitis. With a differential of 10mm, the Ravenna 7 provides cushioning in

abundance and helps ward off potential achilles problems. Weighing in at 303g for the men's and 249g in the ladies, the shoe provides a smooth ride that is versatile in it's application for use in half-marathon plus distances as well as being used for quality run sessions. **Overall: A go to trainer for those seeking a shoe that does everything!**

The importance of Sleep



Poor quality and quantity of sleep will compromise tissue regeneration, diminish immune and hormonal functioning, decrease effective cognitive processing (thinking), and increase fatigue and pre-disposition to injury.



Research has proven that one or two bad night's sleep before a competition or major event will not harm performance in any way, provided you are not worried about it. However prolonged poor sleep may negatively affect performance, recovery and health.

But how much sleep is enough? Some of the most famous sporting stars in the world get a plentiful night's sleep:

- Roger Federer gets 11 to 12 hours sleep per night
- Lebron James gets 12 hours of sleep per night

I am guessing that they aren't running around after their children, taking the dog for a walk before work, doing chores or having to pop to the bank! It is recommended the average person should get between 7-9 hours sleep a night, however this is different if you're in training. As previously stated, the body and mind needs sleep to aid recovery and rejuvenate the muscles. Some of the symptoms of being cumulative sleep deprivation (over a series of days) include:

- A reduction in cardiovascular performance
- Impairment in information processing (a struggle to make effective decisions)
- An impact on emotional stability

Methods to try and improve sleep:

- Switch off mobile phone, tablet, computer or anything that will send notifications or stimulate the mind.
- Take a bath before you go to bed.
- Avoid caffeine intake after midday
- Avoid sugary foods in the evening
- Try to relax!

PERFORMANCES OF THE MONTH

Brighton Half Marathon

Sue Fry (Hailsham Harriers) 1:23:22

Helen Sida (Lewes AC) 1:27:09

Megan Taylor (Lewes AC) 1:27:54

Liz Lumber (Hailsham Harriers) 1:29:03

Michaela Furlong (Hailsham Harriers) 1:34:56

David Bradford (Lewes AC) 1:12:47

Joshua Burgess (Lewes AC) 1:14:04

Tom Oliver (Eastbourne Rovers) 1:15:14

Pete Woodward (Crowborough Runners) 1:16:43

Matt Southam (Eastbourne Rovers) 1:21:26

Men 65s

Peter Weeks (Seaford Striders)

Senior Women

Claire Burnham (Hastings AC)

Women 35s

Sue Fry (Hailsham Harriers)

Women 45s

Liz Lumber (Hailsham Harriers)

Women 55s

Jenny Hughes (Arena 80)

Women 60s

Sylvia Huggett (Hastings Runners)

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

East Sussex XC Winners

Senior Men

Scott Richardson (Crowborough Runners)

Men 40s

James Cox (Heathfield Runners)

Men 50s

Jonathan Burrell (Lewes AC)

Men 60s

Bryan Tapsell (Crowborough Runners)