

Tempo Newsletter

This quarter's edition of the Tempo newsletter, features:

- An interview with Phoebe Law, winner of the English National Cross country title
- We speak to Andy Marks who has ventured into the sport of triathlon and talk to him about his incredible development
- We investigate the dreaded stitch
- We take a look at Vegan running shoes
- Results round up

Phoebe Law: GB runner and National XC winner



1. What made you first get into running?

I always did school xc and placed quite highly in the borough races and from there I did the mini marathon for Kingston borough as an u17 and had an amazing time so decided to join the local club and it went from there!

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

Winning the nationals in my first year senior was probably a bit of a dream come true for me! So probably that so far!

3. What are your aims and goals this year/ season?

My aims and goals are to definitely improve my track pbs as much as possible and stay consistent and injury free

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

Ha ha it's hard to get up and run some mornings but mainly I think of my competitors and training partners doing the same thing and that gives me motivation as I need to keep up with them!

5. What food is your guilty pleasure?

Maltesers!!! I could easily eat a box without thinking

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?

Hmm I'm not sure- I guess aim for in the 15:30s but 5k is such a tough distance I find.

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

I've always been inspired by Steph Twell as I used to train with her and she is an example of how hard work pays off and is also a lovely person who cares about the development of other young athlete.

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

I've frequently fallen splat on my front in the mud during some of my long off road runs much to the amusement of dog walkers! I'm also talented at running into lampposts which is always fairly embarrassing



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

I'd love to have a massive parkrun race with Michael Johnson, Usain bolt, Kipchoge, Mo Farah and probably a few more superstars just to say I had run against them (and see the sprinters enjoy a 5k!)

10. What is the best bit of running advice you have ever been given...and could pass on to others?

Consistency is key, not every session has to be amazing just get it done even when you feel rough and just keep going.

Thank you Phoebe for your time and we wish you all the best for the season ahead

The dreaded stitch and beating it

It has happened to the best runners in the World, famously Haile Gebrselassie dropped out of the 2007 London Marathon. The double Olympic 10,000m champion, pulled out after 30km and was seen

clutching his ribs in pain. He later stated; "I had a stitch in my chest and could not continue. I'm not injured, I just couldn't breathe". As we all know this can be quite a distressing situation and it can be even more surprising to see a World Class runner suffer such an indignity.



There is still a certain amount of mystery regarding the causes of a stitch. One research carried out in Australia using 1000 participants found that the prevalence of a stitch declined with increasing age and neither gender or training experience influenced whether a stitch would occur. Research has shown that sports which require repetitive movement of the torso, such as in running, the occurrence of the stitch was more common.

Typically the stitch will occur in the mid/ lateral abdomen and occur more often in those who train less regularly. Interestingly, a study carried out which required the participants to ingest fluid prior to exercise found that this had little or no effect upon the development of the stitch. Following on from this study, an investigation into different types of fluid ingested before exercise was conducted and it was found that consuming fruit juice and other high carbohydrate drinks was unfavourable.

Overall, what scientists have concluded is that the diaphragm muscle is involved and that having food or fluid in the stomach increases the likelihood of the stitch occurring.

What to do if the stitch occurs?

- Bend forwards while contracting the abdominal muscles.
- Breathe deeply through pursed lips

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- Rest and allow the diaphragm to rest/ or slow the pace right down.

Tri Tempo's Andy Marks is hitting the target!



Andy pictured after the Eastbourne Half marathon

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

A few of the people in a cycling club I'm a member of did the sprint tri in Seaford and I thought it might be a fun thing to do as a one off. I'd never had any interest in running but it would be a necessary evil if I was going to join everyone the following year. After a couple of runs on my own I got brave and went to a Parkrun. It took a while but I now do more running than anything else. Still haven't made it to Seaford Tri though.

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

Eastbourne Half in 2017 was my first Half Marathon and I hadn't been running that long, couldn't quite believe I'd done it. 12 months later I went back and did it 30 minutes and 42 seconds faster. So the first year just doing it was a huge achievement, the second year it was nice to see how much I'd improved.

3. What are your aims and goals this year/ season?

I've entered a Half Ironman in Staffordshire in June. I entered it thinking I'd be happy to just get round before the cut off time. I've improved since then though so scraping in just under cut off times wouldn't be doing myself justice. I have nothing to compare to though so I'll just take it as it comes.

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

Not a lot. I prefer to train in the evenings, especially now it's lighter for longer. Whether on a bike or running I just like being outside, especially up on the downs.

5. What food is your guilty pleasure?

Chocolate. Though I feel less guilty eating it after I've been for a run...

6. You have been making significant improvements in both your park run and half marathon times. All going well, in 6 months, what time would you like to complete the park run in?



A year ago sub 25 seemed a long way off. Now I'm closer to 20 minutes than 25. Sub 20 would obviously be a huge achievement. I do need to start focusing on longer runs rather than the speed work though, so that might have to wait for next year when I can focus on the shorter distances.

7. Do you have a role model or someone that inspires you?

Vegan Running Shoes

Lots of them, there are so many people in this sport achieving so much. Whether they are training for their 10th Ironman or trying to do a sub 40 Parkrun, if I see someone putting in the effort it makes me want to work harder as well.

8. What have you enjoyed most about your triathlon/running journey so far?

The people. The support and encouragement everyone gives each other is great to see and be part of. The whole running community is a very positive place to be and I've probably gained more from being a part of that than anything else.

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

I've never really given that any thought. My main aim every week is to be faster than I was last week. That being said it is always nice finishing in front of people you know and used to finish behind

10. What is the best bit of training/ racing advice you have ever been given...and could pass on to others?

I've had so much good advice since I started running it's hard to pick one piece out. If someone is thinking about taking up running/triathlon the best thing they could do is join a club and go to a Parkrun. The support and advice they will get there will far outweigh anything I could write here.

11. What races have you got lined up this year?

The Half Ironman in Staffordshire and Beachy Head Marathon (thought I'd pick a nice easy one for my first). I'll fit a few others in around them but haven't got anything else entered at the moment.

12. If you listen to music when training, what are your preferred tunes?

I don't listen to music. I did a bit when I first started but preferred running without.

I'd like to thank Andy for his time. I would also like to say that it has been a pleasure to witness Andy's development over the last 12 months and he has been an inspiration to many at Tri Tempo.

More recently, there have been a number of enquiries regarding how the running shoes are constructed and whether they are vegan. Looking into this in more detail and having referred to PETA (people for the ethical treatment of animals), we have found the following regarding the brands we stock:

- **Non-synthetic materials:** Nearly all running shoes are made from exclusively synthetic materials to keep them light and breathable, but some are made from synthetics blended with various leathers (that's cows', dogs', or other animals' *skin*).
- **Glues:** The synthetic materials of running shoes are put together using strong glues. In some brands, the glue is derived from animal bones.
- **Dyes:** Most shoes are made with synthetic dyes, but some brands may colour their shoes with inks and dyes derived from animals.



1. All of **Brooks** running shoes are vegan and they have produced a midsole which is biodegradable and thus better for the environment

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2. **Mizuno** are vegan, they no longer use the animal adhesive (which required boiling down animal hides or connective tissues (depending on the glue type) to use in the glue).
3. **On running** are 100% vegan.
4. **Inov-8** state that "All of our shoes that do not include leather and/or suede are vegan".
5. **New Balance**, may not use suede or leather in their running shoes, but the glue which is used maybe derived from an animal.
6. **Saucony** are unable to 100% guarantee that the shoes are vegan, as it cannot be certain that the glue used is not derived from an animal.

Results Round up...

It has been a chilly start to the year, but there have been some red hot performances.

Eastbourne Half

At the Eastbourne Half, Daniel Stidder marked his debut at the distance with the victory in a time of 1hr 15. It also meant that Daniel became the youngest ever winner of the event.



Daniel Stidder crossing the line in 1st place at the Eastbourne Half marathon.

Matthew Dowle of Bodyworks XTC crossed the line in 3rd in a time of 1hr 21. In the ladies race, Katie Hilsdon of Meads runners successfully defended her title and won the race in a time of 1hr26. Rachel Hillman of Hailsham Harriers finished in 2nd place.

Hastings Half.

Adam Clarke (Hastings AC) took the win in his 1st race at the distance and claimed the victory in a time of 1hr 8. Fellow club mate Gary Foster finished in 3rd with a time of 1hr 10.

In the ladies race, Maria Heslop of Tonbridge Athletics Club took the win in an impressive time of 1hr 21. Maria also now competes in the age category of 50-54, proving that age is not a barrier. Stacey Clusker of Hastings AC took 2nd in a time of 1hr 23 and Rachel Grass claimed 3rd in 1hr 25.

Tempo 10k of Eastbourne

This year the event will be held on September 30th and it is the 5th edition of the race. The event will be continuing to support both the RNLI of Eastbourne and Great Ormond Street Hospital. For the first time this year will be using chip timing and it is also possible to enter online, but you can still enter by completing an entry form in the shop. We will be continuing the tradition of having goodie bags full of...goodies! Capacity for the event is 300 and we have sold out each year.

If you would like to enter online, here is the link:
<https://www.evententry.co.uk/tempo-10k-of-eastbourne>

A promotional poster for the 'Tempo 10K of Eastbourne' event. The poster has a black background with a yellow border. At the top, it says 'T:EMPO 10K OF EASTBOURNE' with a silhouette of a runner. Below that, it says 'September 30th 9am'. The bottom section features logos for sponsors: 'T:EMPO' (Eastbourne's specialist running shop), 'Great Ormond Street Hospital Charity', 'Run on Clouds', 'executive insurance', 'TRI:T:EMPO' (Eastbourne Triathlon Club), and 'higher nature'.