

Tempo Newsletter

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

- An interview with elite ultra-runner Tom Evans
- Jukebox Jogging: We asked a couple of local runners; Matt Linaker and Jacqui Hemsley-Lane to pick 5 songs which keep them company when running and the reasons why.
- The effects of training in the heat!
- Overcoming and preventing Achilles problems

Tom Evans

Winner of the SDW 50, 3rd place in the World Trail Championships 2018 and ranked 3rd in the 2017 Ultra Trail World Tour rankings

1. What made you first get into running?

I ran a bit when I was at school. I was always keen on my fitness and also very competitive, I guess that's a good mixture for any runner! When I joined the Army in 2011 I started to run a bit more and one thing led to another. The military is a great place for any aspiring athlete.



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

Finishing 3rd in the Marathon des Sables (230km, 6 day, self-sufficient, multi stage race)

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

I'm representing Team GB in the Trail World Championships in May which I hope to have a good result at. I have had a really consistent training block in the build-up. I will then be focussing on CCC and then a winter road marathon.

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

I want to be the best that I can possibly be. That's not going to happen overnight. I like to try and improve by 1% every day. My coach, Allison Benton (who runs the AB Training group) says 'Process not outcome' – this is something that I think about when I get out of bed every morning if I don't want to train!



5. What food is your guilty pleasure? Almond croissants, hands down!

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?

Great question. I will be racing a couple of track 5km this summer. I would like to break 14.45!



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

My first instructor in the British Army (I won't mention his name), his voice is always in my head if I want to give up. His mantra was 'basics done well' – This is something I really focus on in my training.

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

I had a slow motion fall when I was training in Lanzarote, which was seen by about 20 people! I still have no idea how I did it...

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

There are some amazing athletes out there. I would love to race in a Kenyan cross country race and just see the amazing quality and quantity of runners.

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

It's got to be 'process not outcome' – focus on the training and the results will follow! One day at a time.

(We would like to thank Tom for his time and wish him all the best for the rest of the season ahead).



JUKEBOX JOGGING

Many of us listen to music when we are running, sometimes those tracks have poignant and have significant memories attached to them. On other occasions it's just because it has good beat or is a catchy. We spoke to two local runners and ask them to reveal their five favourite tunes to have on them when running.

Our first runner is Matt Linaker. Matt moved to Eastbourne fairly recently and has certainly made an impact at Tri Tempo. He is a regular sub 20min 5k runner and has been pushing himself over the half marathon distances. He also has a keen interest in music and literature, so this should make for good reading...enjoy.



(Matt enjoying a nutritious drink after completing the Hastings Half marathon)

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better not to speak, but to run. A few words from my aunt that she left for us all:

'BE HAPPY
Laugh Out Loud
DREAM BIG
Respect one another
Use kind words
Always tell the truth
HUG OFTEN
Say I love you
Keep your promises
DO YOUR BEST
NEVER GIVE UP'

Continuing with the theme of not speaking...

1. No doubt - Don't speak

I'm a man in my thirties, so to say I am a massive no doubt fan wouldn't be totally accurate. But as a cousin just reminded me, as a teenage boy I was a Gwen Stefani fan, or at least I had a poster of her in my room, so I must have liked something about her! I've chosen this song as it was played today at my aunt's funeral, it was chosen by her husband, and I suppose it says something to me about the nature of grief, but also quite incredibly it also reminds me of running and of being with a community of runners. Talking about mental health is incredibly important and I'm glad it's becoming less taboo in the UK, but personally I find running to be an incredible way of focusing on a healthy, balanced life and talking isn't always a massive part of running. I was recently told off for talking too much whilst running and not concentrating on running harder and improving. Me being told off aside, I suppose the point of the song is that, there aren't words for some things and we can't explain why certain things happen in life, they just do. Running is therapeutic and to be part of a community of runners is something I'm incredibly grateful for. A race, or training session can be a microcosm for life, where you feel the highs and lows, the tough bits and the bits where you're forcing snot out of your nose and you still have your mate next to you, running, slapping the concrete with their feet, one after another racing towards a finish line, where a congratulatory 'well done mate' is waiting to be found. Sometimes it's

2. Johnny cash - A boy name Sue.

My dad has always been fairly quiet, unless he's had a bottle of wine or he's in the car. When I first got into running and joined a run club my dad decided he'd also give it a go. My parent's house is filled with trophies from my dad's glittering running career where he'd be certain of a prize as he'd always be the only man in his sixties running. No matter the time my dad ran the race in he'd always be there, first place on the podium, he's got more bling than the majority of well off rappers. A good time to chat to my dad has always been in the car, I think the distraction of driving allows him to open up and talk a bit more. It's also a great place to put some music on and share a love of it. When I was in my early teens my dad introduced me to Johnny Cash in the car, I love it as it's a song about a father and son relationship and it reminds me of my dad and all the drives we had to running events together where I'd finish somewhere in the middle and he'd bring home a bit more bling for the treasure chest. The

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song also helped me understand why I'm called Sarah.

3. Seamus Heaney - Digging

My third choice isn't a song but a poem, which I find is always best read aloud. I was fortunate enough to go and see Seamus Heaney just before he passed away at the Irish culture centre in Paris. His poem about digging, is a reflection of a man seeing his father and his grandfather digging potatoes out of the ground. As technology continues to alter our lives and finds more of us moving away from physical work and nature, I find that running is a great way to be close to nature, to appreciate the seasons, the changing landscape and animals that we share our world with.

4. Mending Wall - Robert Frost

As I've managed to sneak one poem into this list of songs I think I'll just go full on pretentious and put another one in. I find this poem incredibly topical as it discusses a neighbour and the narrator fixing a wall that divides their gardens. It contains the famous phrase 'good fences make good neighbours.' Everyone is entitled to their opinion but to me it seems a great shame that we have voted to leave the European Union and that Donald Trump, a man who was voted in partly on a promise to build a giant wall, is visiting the UK. It's been an incredible privilege for me to live in many different countries in Europe, to be welcomed and offered hospitality by people from all walks of life. Since coming back to the UK I've felt so lucky to get involved with Parkrun which has a motto of being inclusive.

Of course in running, we speak of hitting the wall; of challenging yourself to the point where you think you can no longer continue, so you have to dig deep to smash through it. Mentally I think we can also build walls, obstacles that prevent us from achieving certain aims as we fear we're not strong or good enough. Running allows us to set small goals and see that with effort it's possible to achieve what we set out to do. Like the narrator in this poem, I think once a wall falls, we should think long and hard about whether or not we need to rebuild it, or whether we might all be better off with less walls.

5 Kathryn Joseph - From when I wake the want is.

I was fortunate to go to university in Scotland and meet some incredible people, runners and non-runners who would share parts of their world with me. Obviously being at university allowed me to connect with a lot of people over music. I've chosen Kathryn as she's an incredibly talented Scottish singer that I completely love. There is so much great Scottish music out there, but I felt Kathryn had to get the nod today as I find her voice so hypnotic. I'll always remember running in Scotland and one morning coming over the top of a hill to find 5 huge deer stood about a foot away from me having their breakfast. As they looked up and saw me they bolted and ran so quickly and effortlessly they must have covered a kilometre in under two minutes. Maybe one day I'll learn to run like a Scottish deer with power and grace and perhaps Kathryn can help me do that. I might need to grow two more legs but I'm open to options to get some of that running bling.

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Our second runner/ triathlete who has provided their chosen five tracks is Jacqui Hemsley-Lane. Jacqui is a regular on the running circuit and competes for Hailsham Harriers.



Jacqui has also competed in triathlon events for Tri Tempo and is always the first one to help out at events and help others. Here are her selections:

All of my tracks have been chosen as they are related to special people or memories (apart from the 1st track) because special people motivate me to be the best I can be.

1. **Foals - Night Swimmers** . . . To be honest I just love the tune and I love the title (oh and I love the Foals)

2. **Jamiroquai - seven days in sunny June** . . . Reminds me of a particularly good summer when I was working part time and spent a lot of time at the beach ☀️ I used to play this song really loud in my car!!

3. **Noel Gallagher High Flying Birds - The Right Stuff** - this song was played at our wedding! (We are not ones for traditionally soppy love songs!!)

4. **Three Drives - Greece 2000** - I absolutely love dance music and am a very proud Mother of a house DJ

(Stefan Lane) so this track is homage to him and I love running to this track!!

5. **David Gray - Babylon** - when I gave birth to my daughter there was a radio playing in the delivery suite, this song was playing just after I gave birth so always reminds me of her.

6. So I'm throwing in a bonus track . . . I love to listen to this on a cool down or stretching. **Zero 7 - Destiny** - again played at our Wedding, one of my all-time favourite songs and I find it soothing after a hard training session

(Big thank you to Matt and Jacqui for their personal contributions).

The effects of 
Running in the heat...
apart from just
sweating!

We have had a blisteringly hot summer and I'm certainly not going to complain, it's certainly the most prolonged period of sunshine that I can remember. As lovely as it is having the sun shining each day, it can present training problems and logistics may need to be changed to fit in those runs. As we all know the best times to train when it gets too hot is to go early in the morning or late evening when it cools, however training in the evening then presents problems regarding refueling prior to sleeping. As previously mentioned on another newsletter, it can be beneficial for men to train prior to breakfast in the morning as this can aid the fat metabolism and metabolic rate...thus losing weight.

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Many professional athletes choose to travel and train in warm climates altitude, during the UK's winter season.



Studies have found that, in addition to an increased rate of perspiration, training in the heat can increase an athlete's blood plasma volume (which leads to better cardiovascular fitness), reduce overall core temperature, reduce blood lactate, increase skeletal muscle force, and, counterintuitively, make a person train better in cold temperatures. Going one step further, research has shown that heat training not only does a better job at increasing V02 max than altitude, but it also makes athletes better at withstanding a wider range of temperatures. It goes without saying that training in heat, must be taken with caution and with careful application.

A process of building up gradually the distance run and time spent in the heat, will help develop the body's tolerance to the conditions. Chris Minson, a professor of human physiology at the University of Oregon found that training can expand blood plasma volume, but Minson says there also seem to be inexplicable changes to the heart's left ventricle, which helps to increase oxygen delivery to the muscles. In addition, he says that athletes who train in warm temperatures generally get better at regulating heat by sweating earlier

temperatures generally get better at regulating heat by sweating earlier. All in all, it shows that training in the heat can prove to improve overall fitness, but it must be done carefully and ensure that suitable hydration and rest is taken. (We would advise consulting with a coach and/ or doctor before undertaken a new training regime).

The Achilles, nemesis of many a runner

It is one of the more common running niggles and injuries we hear in the shop from customers. It is something I (Wes), have had to deal with and consequently have spoken to a number of professionals on the issue and have done a lot of reading regarding the Achilles.

The Achilles tendon can be subject to loads of up to six times our bodyweight. This impact on the tendon can have repercussions which result in tenderness and even pain in the before mentioned area.



In the initial stages of experiencing pain in the Achilles, it is advisable to rest for a few days and follow the RICE procedure. On saying this, many professionals note that it is good to keep the tendon active, otherwise it could stiffen and be more problematic. Light running can then be

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resumed and a steady building block phase of training applied. To help prevent the issue from reoccurring, calf raises with eccentric movement are a must. Eccentric calf raises involve standing with your leg on the edge of a step. Push up onto your toes and then lower down slowly (to a count of 4 secs) then use both feet to push back up. This can be repeated 15 times, with 3 sets on each leg. If there is no pain and/ or you find this easy to perform, progress onto single leg raises.

Once this feels comfortable, the next stage is to load the tendon with additional weight for this exercise. By adding weight to the action performed, this will strengthen the tendon and it will adapt to the additional load being applied. When adding additional weight (by holding a dumbbell), reduce the number of repetitions to 5-8 again with 3 sets.

Other aspects to consider to helping the Achilles:

1. Performing strengthening exercises on the glutes and hips.
2. Massage or foam rolling of the calf muscles to improve blood flow circulation
3. Avoid over striding. Landing too far in front of hips will increase the load applied to the tendon
4. Have a structured running plan in place and avoid excessive increases in running distance and hill work.
5. Increase the cadence (number of strides taken per minute) may prove useful in reducing the stress on the Achilles.

Final note, research studies have shown that the elasticity of healthy tendon decreases with increasing age, it just means we need to be a bit more careful the older we get! (<https://www.ncbi.nlm.nih.gov/pubmed/25785091>)

The banner features a black background with a yellow border. At the top, it reads 'T:EMPO 10K OF EASTBOURNE' with a silhouette of a runner. Below this, the date and time 'September 30th 9am' are displayed in large yellow font. The bottom section contains several logos: 'T:EMPO' with contact info, 'Great Ormond Street Hospital Charity', 'Run on Clouds', 'executive insurance', 'TRI T:EMPO' with 'Eastbourne Triathlon Club' text, and 'higher nature'.

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>