



# Tempo Monthly Newsletter

May Edition 2016

## Athlete Focus: Rising Stars – Jamie Bedwell & Lillian Partridge



# Eastbourne's Specialist Running shop



## Tempo 10k of Eastbourne October 9th

A friendly and competitive 10k event that takes in the glorious Eastbourne promenade. The event supports the RNLI of Eastbourne and also the Great Ormond Street Hospital.

- All runners will receive a medal and goodie bag.
- Prizes awarded to podium finishers
- All runners have a chance of winning one of many spot prizes.

To enter the event, please visit our "Tempo 10k" page or download an entry form from:

<http://www.temposhop.co.uk/tempo-10k-and-events.html>

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.



## Up close and personal with local triathlete Jamie Bedwell who has big sights for the future

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

At the age of 12 I was playing a high level of rugby for premiership academies, my secondary school at the time had an assembly from Paul Hedger who runs HedgehogTri and it was all about getting into triathlon. I thought the assembly was great and was keen to give it a go (even though my swimming ability was not existent). I did my first triathlon held at the school in Uckfield, swam head up break stroke, miscounted my laps, crashed on the bike (not surprisingly) and finished last but I absolutely loved it ... Here I am today.

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

In terms of triathlon, I have only been competing seriously for two seasons I have gone from finishing last out of the water at Dorney Lake in 2014 by at least 3 minutes (in a super sprint swim) to I hope this year to be a contender for the top 15 triathletes in the country Great Britain. I have previously made English Schools finals for cross country and British Colleges finals but my proudest achievement is the improvements that I make everyday and my dedication to the sport.

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

As a second year junior this season my goals for the year are to continue learning and focusing on the process which makes an Olympic athlete. I want to keep improving my swim as I know if I can get myself into a good position out of the water my cycling and running ability is good enough to keep with the best.

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

It is my dream to one day compete in the Olympic Games, I am fully committed to the process and have a great trust and belief in my coaches and all those that support me in pursuing that dream. I don't have to find motivation for the 4.30 morning starts it is merely routine for me but my motivation to pursue that dream is the great work I could do as a respected athlete to help change the world of sport and politics.

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

I am in love with Greggs bakery Belgian buns, you can get them 2 for £1 in the Eastbourne Greggs and they are most definitely my guilty pleasure.

### 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? (we ask this to all athletes)

I would like to think on track I could get as close to 15 minutes as possible, 15.15 would probably be a good estimate.

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

I look up to a number of people not just triathletes but all sports men and women and celebrities that represent themselves well in the world of social media. People like David Beckham, Javier Gomez and Sonny Bill Williams all strike a great balance between the privacy of their home life and the pressures of being sportsmen and celebrities. They also do great work for charities and developing projects around the world and that's the role I would like to play in the future.

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

Wow, this could take while ... Coming into the sport late has meant I have had to learn a lot very quickly and as a result a lot of embarrassing

moments; from getting stuck in my wetsuit, to crashing on numerous occasions to forgetting to undo the strap on my bike shoes and completing the whole bike section with my feet on top of my shoes in order to not miss the pack I can't explain how many but they are all great learning experiences and each one I learn from.

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

I would love to race with the best, the likes of the Brownlee's, Gomez and everyone on the ITU circuit I would learn so much from them and I'd also just love to meet them. I'd also like to go back and race against my coach Glenn when he was competing, the sport was very different back then and I think I'd learn a lot from that.

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

In the words of the former French Olympian Laurent Vidal "Focus on the process over the outcome". I don't worry about what I will become in the future or whether I will make it or not because I have enough trust and belief in what it is I do and those who I work with and the people around me that I know if I focus enough on what I am doing day in day out, the outcome will take care of itself.

Like to say a big thanks to all those who are supporting me in pursuing my dream, first of all my parents, they are fantastic role models and I am so grateful for all of their support, Bodyworks XTC my triathlon team and my sponsors; Zone3, Propel Bikes, TR Fastenings, The Lodge Dental Practice, East Sussex National Health Club, Sort your sport sports massage without your support I simply couldn't do what I love everyday.

## **A tribute to the Star, Laurent Vidal, lost too early**

Former French professional athlete, three time French champion and two time Olympian, Laurent Vidal was sadly lost to the triathlon world last November following a cardiac arrest in his home in France.

According to BBC Sport - Vidal retired suddenly in the April of 2014 after suffering a cardiopulmonary arrest during a swimming training session, but recovered after being placed in an induced coma. Vidal was one of the most consistent performers in the World Series Circuit, consistently improving year after year. Laurent Vidal spent his life between Sète, France and Christchurch, New Zealand, the hometown of his fiancée Andrea Hewitt.

Andre Hewitt will compete in this years Olympic Games aiming for a podium finish after what must have been an extremely tough year, losing both her fiancée and coach.



# 1-1 with future Olympic star Lillian Partridge

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

My parents mainly but I just enjoyed the social aspect really and I still do. I suppose I felt I could be quite good especially after some of the school and league races too.

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

My first senior national title last year and my reading half marathon time. It was such a surprise and has given me so much belief.

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

To qualify for the 10,000m for Rio Olympics.

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

The opportunity to run at the Olympic Games. In general, I love running and racing and I know by putting in the work, even when it's not so great, makes competing even better.

## 5. What food is your guilty pleasure?

Chocolate.. Too much chocolate. I really struggle to say no.

## 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? (we ask this to all athletes)

Wow, ermm I don't know. I'm not someone that gets regular injuries or illness and I don't really enjoy the 5k, It's never really worked out for me over 5k. I believe I'm capable of running low

15mins or under some day but it's not something I'm massively focusing on right now.

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

I look up to the older European girls. Jo Pavey and the Portuguese girls have inspired me in the past but more recently as these girls have become competitors I'm inspired by what I think I could achieve although I still enjoy and gain confidence from watching these girls compete well.

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

I think most athletes say a bad race can be quite embarrassing. I've never had anything silly happen in a race personally although you see some funny things. In my first world cross as a junior, I was having a nightmare in the mud and this girl with no shoes on just came up next to me. I swore and was like "really?!". I just wanted it to be over at that point.

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

Maybe my mum when she was at her best? Although no-one wants to be beaten by their mum so maybe not unless I could choose the distance.

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

Trust your own instincts and decisions. Do what feels right and Enjoy it.



## Sleep and Endurance Performance

Contributor: 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*

If you have any of the following a) a young child; b) a job that requires long hours; c) an enjoyment of/ obsession with endurance sports; d) an active social life; or – (surely not!) all of the above - chances are you



struggle with getting enough sleep. Team Sky respect sleep so much that they famously take their riders' pillows to every hotel with them. But why do we sleep? What are the benefits of it? How does it affect our performance if we spend all night before a big race tossing and turning in bed? What about when we are training – does it matter if I only get 7, instead of 8 hours a night when training? And of course, what can I do if my young child/ dog/ mobile phone keeps waking me up?

### **Why do we sleep?**

Sleep is a habitual, behavioral state of reduced motion and sensory responsiveness<sup>1</sup>. As all humans sleep it's believed that there must be a reason for it, however, there still remains no consensus reason as to why<sup>2</sup>. In relation to sport, however, it is clear that the range of physiological and psychological process that occur when we sleep are likely to be important to our body's ability to cope with the stresses placed upon it during endurance training/ racing.

### **How does sleep effect performance?**

Perhaps somewhat surprisingly, investigations into the effect of sleep reduction (normally allowing 3-4 hours per night) and sleep disturbances (repeated waking's) on endurance performance have failed to produce consistent results, with some studies reporting a decrease in performance and others not. This set of equivocal findings can be possibly explained by the fact that studies vary greatly in their protocol (varying the way sleep is disturbed or the length that sleep is reduced by), habituation of different people to sleep disruptions or disturbances and the differences in environments/ conditions that tests are performed in. Many physiological markers of performance remain unchanged during tests after sleep restriction<sup>3,4</sup>, and whilst some psychological measures appear to be effected - the rate of perceived exertion (RPE), a measure how hard someone feels they are working, has been shown to increase for the same workload after sleep restriction or deprivation - this is often only the case when the performer demonstrates an impact of the sleep disturbance on their mood or motivation.

One particularly interesting study<sup>5</sup> – if you need/ want an excuse to sleep more – showed an improvement in sprinting performance after instructing participants to sleep “as much as possible” over a 5-7 week period. I am yet to hear of a more enjoyable study to participate in.



### **What about sleep and training response?**

Without going into too much detail about the different phases of sleep, slow wave sleep or deep sleep provides the optimum physiological conditions for muscle growth and repair<sup>6</sup>. This stage occurs towards the end of the cycle of sleep known as non-REM sleep and as such takes time to

develop. This may explain why one recent study found repeated sleep disturbances to be more detrimental than reduced sleep quantity<sup>8</sup>.

### **How much sleep do you need?**

The traditional recommendations of 7-9 hours for an adult still seem to be the numbers that are most commonly cited, although there is such a high level of variation in habitual, genetic and behavioral patterns of sleep, that this really provides little insight. What is clear is that too little sleep can have negative effects on the immune system and therefore during periods of intense training or racing – which are both associated with suppressed immune function - ensuring as much sleep as possible is likely to be beneficial to avoiding illness. Too little sleep has also been linked to altered glucose metabolism and increased release of ghrelin, an appetite-stimulating hormone, and therefore has implications for body composition and weight management.

### **How can you improve the quality and quantity of sleep?**

Again the traditional recommendations still prevail – avoid caffeine after mid-afternoon; avoid using phones, laptops, watching TV within 90-60 mins of going to bed; have a dark and cool room (around 18°C) to sleep in. This is hardly revolutionary stuff and probably for good reason – because the advice is easy to understand, just not always easy to implement. Two areas which may be particularly pertinent to athletes are training too close to bed time – the release of hormones such as adrenaline during physical activity are likely to effect the time it takes to get to sleep. The second is hydration. Whilst it is important to ensure you are drinking enough when training, drinking too much fluid close to bedtime may increase your chances of having your sleep disturbed by needing a toilet visit.

### **What can you do if you don't get enough sleep?**

Sleep more - this may seem like stating the very obvious, but in fact the idea of 'catching-up' on lost sleep in subsequent nights has sound scientific

support. Napping for around 20-30 minutes during the day is probably not a luxury many people outside of elite athletes can afford, but has been shown to improve performance in afternoon/evening training sessions, particularly when training twice a day. Napping for longer than this, or too late in the afternoon, can actually have negative effects on sleep patterns. And of course if you have lost some sleep, there is always caffeine!<sup>7</sup>

### **Final thoughts**

- Don't worry - losing a bit of sleep to pre-race nerves is unlikely to be catastrophic, or even detrimental to your performance
- Having a consistent sleep-waking routine, i.e. going to bed and getting up at the same time each day, is likely to aid circadian rhythm and improve sleep quality.
- Extra sleep during intense periods of training or racing is likely to be beneficial to staying fit and healthy

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# April Race Results

## British duathlon championships

- Junior Elite – Luke Howard 13<sup>th</sup>, Jamie Bedwell 16<sup>th</sup>, Harrison Rolls King 19<sup>th</sup>
- Paratriathlon Category 4 – Faye McClelland 1<sup>st</sup>

## Brighton Marathon

- Women's 35-44 age category - Sue Fry 2<sup>nd</sup> - 3.02

## Sussex Road Relays

- U13 Girls – Bodyworks XTC 3<sup>rd</sup> – Beth Cook, Amber Black, Hannah Miller

## London Marathon

- Jason Newbery – 2:50:17 (our regular contributor)

## Uckfield Triathlon

- 1<sup>st</sup> place – Wes Mechen (Tri Tempo)
- 7<sup>th</sup> place – Jamie Grenfell (Tri Tempo)
- 14<sup>th</sup> Place – Lee Dunstall (Tri Tempo)
- 20<sup>th</sup> place – Phil Long (Tri Tempo)
- 2<sup>nd</sup> place ladies – Kim Brown (Tri Tempo)

*Please get in touch if you would like to make a contribution to the newsletter or would like to make us aware of results of local athletes.*

# Eastbourne Duathlon Saturday 4<sup>th</sup> June

New for 2016 will be the Eastbourne Duathlon, held on Saturday at midday.



The event follows a run/bike/run format with each run leg being 2.3 kms from the Western Lawns to Holywell and back, so fairly flat with a downhill section to Holywell. The bike leg splits the 2 run legs and this will be a challenge for some, a clockwise circuit of Beachy Head taking in East Dean, Birling Gap, Beachy Head and back to transition on the Western Lawns. There'll be prizes for overall winners and places, plus age group prizes. More details will follow in the days leading up to the race. This is a great event for newcomers to the sport, for seasoned runners wanting to test themselves in the discipline, and for triathletes wanting to get a taste of the Eastbourne Triathlon course being held the following weekend.

For more info:

<http://www.eastbourncyclingfestival.com/duathlon.aspx> for more info.

On the Western Lawns there will be exhibitors displaying the latest products the cycling industry has to offer, a stunt display performing throughout the day and, for the smaller ones there will be a British Cycling Go Ride event where parents and children can all ride together and test out their skills.

For a full list of events and for further information please visit the event website [www.eastbourncyclingfestival.com](http://www.eastbourncyclingfestival.com)

