

# T:EMPO

*Setting the Pace*



## Tempo Newsletter

# Eastbourne's Specialist Running shop



CHRISTMAS EDITION 2016

### Monthly Interview – Archie Davis GBR

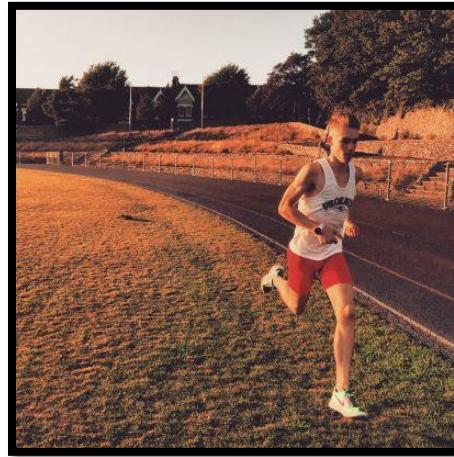
Archie Davis is an aspiring 1500/800m U20 athlete with future Olympic ambitions. The highlights his career so far are representing England at the Commonwealth Youth games last summer and being selected for GB U20 in this year's Loughborough International, aged 17. Archie most recently won the Sussex Young Sports Personality of the year award. Certainly one to watch and follow, here's his interview:



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

I was told by one of my primary school teachers that I HAD to enter the 800m for sports day, I was already a competitive boy but

had never raced anyone before! I won by a whole lap of the 200m track. The following week I applied for my local running club at the age of 9, they told me I had talent and the rest is history!



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

My proudest achievement to date is a tricky one! It would have to be one of two things I think. This year I ran 3:43.87 and became the 5th fastest 17 year old of all time for 1500m, just behind Steve Cram and Charlie Grice to name a couple, it's so special for me to be on the same level as such great athletes. Secondly competing at the World Junior Championships for GB this year was an unforgettable experience. Although the race didn't go to plan, I was so proud to be labelled as one of the best in the world.

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- 3. What are your aims and goals next year/ season?**
- After such a great season, my goals for next year are even greater. After a hard winter of training I hope that I can threaten the 3:40.00 barrier, to go under that mark will be a challenge but not impossible! I also aim to win the European Junior Championships in Grossetto, Italy next July, becoming European champion would be special.
- 4. What motivates you to get up early in the morning and train?**
- I almost don't need motivation anymore, it's what I love! We have a great social group at our club, so having friends to see makes training even better, but I just love to push myself to limit and feel the benefits of training.
- 5. What food is your guilty pleasure?**
- I can't stay away from anything pastry! I know I shouldn't but pies and pasties are so tempting, I can stay away from sweets and chocolate easily!
- 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?**
- I have done Parkrun a few times and I think my best around there is 15:53. But I think on the track, if everything went well, I could go around 14:20.
- 7. Who is your role model or inspires you and why?**
- It has to be Charlie Grice. To have such a great athlete so close to home is such a motivation. Being able to spend time with him, talk to him and see how he spends his spare time, reminds me what I have to do to be an Olympian myself!
- 8. Have you ever suffered an embarrassing moment during a race/training?**
- I have never experienced anything really embarrassing, but I was tripped up with a lap to go at the World Championships this summer, which ended my hopes of qualifying for the final. I tumbled into lane 4 and just managed to stay on my feet, which wasn't fun being in such a huge stadium!
- 9. If you could race against anyone who would it be (can be anyone) and why?**
- I think it would be the sports writer Mike Parry. I heard him talk on Radio 2 last week, attempting to embarrass all Olympic athletes who don't win a gold medal, and discouraging youngsters from getting into sport. I'd like to show him just how hard us guys work, and how impressive being a sportsperson really is.
- 10. If you weren't an athlete what would you do or be instead?**
- I've always been told not to compare myself to other and to not do too much too soon. Everyone develops and progresses at different speeds, and I have seen way too many talented athletes drop out of the sport because they try and train too much at a young age. Know your limits, focus on your own talent, and you will achieve what you want eventually, just by sticking with your plan!
- To follow Archie's progress, check him out on twitter: @archiedavis4
- We would like to thank Archie for his time and wish him all the best for the future...and maybe even see him on the start line in Tokyo 2020.

# Protein

## Contributor: Jason Newbery

*Jason is an MSc Exercise Physiology student at The University of Brighton, a marathon runner and coffee lover. He finished in the top 10 at this year's Beachy Head...we salute you sir!*  
*He is on Twitter @Jasonnewbery*



In the previous edition of the newsletter we looked at carbohydrates and their role in both performance and training adaptations. This month we will switch focus to protein, one of the other three macronutrients that make up people's diets (the other being fats).

### Do I need a protein shake?

Hold on a minute. I haven't even told you about proteins yet – you didn't think I was really going to give away everything in the first paragraph did you? First the science lesson...

### What are proteins?

Most people who have an interest in sport will know that proteins are involved in the repair and growth of muscle, but their role in the body is much wider reaching than just that. The body contains hundreds of thousands of different proteins, all of which play a unique

role in the body's functions – whether that be as catalysts for reactions (enzymes), transport (the oxygen-carrying part of the blood, haemoglobin, is a protein), or as hormones which regulate activity, to name just a few. What should be clear is that proteins are vital to the human body and as such they should garner a fair amount of attention in our diets. Interestingly all of the hundreds of thousands of different proteins are formed from combinations of just 20 different building blocks, known as amino acids. Of these 20, 12 can be synthesized by the body, but 8 (known as essential amino acids) must be obtained from the food we eat.

### Sources of protein



Protein is present in a wide-range of food sources, with meat, fish, dairy products, nuts and pulses being the most common sources in traditional diets.

For many people, whether that be the endurance athlete, the gym frequenter, or someone aiming at losing weight, protein supplements have also become a regular source of dietary protein. The growth in the protein supplement industry over the past decade has been staggering and it is estimated that it will be worth around £8bn by next year. The key question for those looking to improve their performance though is are these

supplements necessary? The answer is, of course, not a simple yes or no. Before considering whether or not an athlete requires, or would benefit from using a protein supplement, we must first consider how much protein the athlete needs and why.

### Protein turnover

Consuming sources of protein is important to the human body as the body is constantly in a state of making new proteins (known as protein synthesis) and breaking down old ones (known as protein degradation). When an athlete undertakes training – whether that be strength or endurance based – the body produces a signal to increase its rate of muscle protein synthesis (MPS) for at least 24 hours and increases its sensitivity to protein intake from dietary sources<sup>1</sup>. During this period, ensuring the diet provides adequate protein to maximize this MPS will bring about optimum adaptations.

### How much?

Current research suggests that dietary protein ranging from 1.2 to 2.0 g/kg of body mass/day is sufficient to meet the demands of adaptation, repair and remodeling that is brought about by training. However, there is some evidence to suggest that in periods of more intense training, or during periods of targeted weight loss, increasing protein intakes to as high as 2.4 g/kg/d may be beneficial<sup>2,3</sup>.

The timing of this protein intake should also receive attention, as there appears to be some benefit to spreading the intake evenly across the day, with slightly more being focused around training sessions<sup>1</sup>.

When undertaking training sessions in a low carbohydrate state (see last month's newsletter) an intake of protein before and after sessions should ensure amino acids are spared for MPS and not oxidized as a source of energy.

### So, tell me already, do I NEED a protein shake?

As tempted as I am to drag this answer out a bit longer, I'll get to it. The answer you've probably been waiting for...is...maybe, maybe not. Sorry to disappoint, but a simple yes, no answer is really not possible. For most people, a diet that is well-planned, well-structured and takes into consideration the evidence that exists on how much protein to aim to take in and when, will almost certainly not need to include any form of protein supplementation. However, at times when there may be a considerable delay in obtaining a good quality source of protein from whole food, a protein supplement may allow for an athlete to meet their protein requirements in an easier and more convenient way. Do I think these cases should amount to an industry worth £8bn a year? No. Do I think in all cases protein supplements are a waste of money? No.

### In conclusion

Proteins play a vital role in the body. Ensuring a diet that is rich in good quality sources of protein is important for general health and takes on an even greater importance in those undertaking training. Planning a diet (and by this I mean what you plan to eat, not what you plan to NOT eat!!), to ensure you meet the protein requirements of your current training load would be an advisable position to begin from – but then the same can almost certainly be said for carbohydrates and fats.

### References

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2. Mettler S, Mitchell N, Tipton KD. Increased protein intake reduces lean body mass loss during weight loss in athletes. *Medicine and Science in Sports and Exercise*. 2010; 42(2): 326-337.
3. Phillips SM, Van Loon LJ. Dietary protein for athletes: from requirements to optimum adaptation. *Journal of Sports Sciences*. 2011; 29(Suppl 1): S29-38.

# Celebrating the awesome achievements of local athletes

Each year, it's always inspiring to take a look back at the year and be amazed at what athletes in the area have achieved. Here are a selection of those fantastic individuals and their successes.

## Rusty Rusk Runs Sparta

Rusty is an Eastbourne Rover and has completed many ultras, but took on his toughest challenge in Greece this year.

**Spartathlon** is a 246-kilometre (153 mi) ultramarathon race held annually in Greece since 1983 between Athens and Sparta.

The Spartathlon aims to trace the footsteps of Pheidippides, an Athenian messenger sent to Sparta in 490 BC to seek help against the Persians in the Battle of Marathon.

Pheidippides, according to an account by Greek historian Herodotus in The Persian Wars, arrived in Sparta the day after he departed.

Herodotus wrote: "On the occasion of which we speak when Pheidippides was sent by the Athenian generals, and, according to his own account, saw Pan on his journey, he reached Sparta on the very next day after quitting the city of Athens

*"I ran 250km to kiss this geezer's foot."*



Photo courtesy of Sparta Photography Club

I entered Spartathlon 2016 and found myself as 6th reserve. Week after week I checked. Each week I'd moved up, but never got to the top. Technically, I never did get to the top. I'm told I was number 26, a clerical mix up. But I got in!

I thought that would be the closest I'd get to completing the historical race. I'd enter, but I'd definitely DNF. That in my opinion was what would happen, I needed to get things into perspective.

My feet were in horrendous condition before the event. I'd not hit the 50 mile cut off in respect to Spartathlon in any of the 3x 100 miles, I'd done in 2016. In fact, I'd RTCd in the T100 at 70 miles, telling people I was looking after my feet. Really!!

Thinking you're going to DNF and actually DNFing are 2 different things. No one told my mind, which listening to what my brain wasn't told it. Things such as

- A. You're not ready
- B. You're feet are knackered
- C. You're training was inadequate

Well brain, you can sod off, I do have my heart telling me I can do it even if you're not listening.

Fast forward to race day. I'd do everything correct, other than put 15 drop bags together with nothing that I'd trained with. I also was wearing trainers that had 15 miles on the clock, along with 4 Garmins and my wives (Zoe's) regular watch.

I was as close to you can be to preparing everything wrong. To top it off my wife dyed my desert cap a ghastly sickly green.

The race is 36 hours long and I'd need every minute of all 36 hours. 24 of those are in ridiculous temperatures. I'm from up north

where we only get sun if you travel south. I definitely didn't prepare for the heat.

So what can I do that might help in this year's Spartathlon? I can walk and if I'm truthful, it's my number 1 strength.

Having spent 10 years in the armed forces, I was taught to move quickly for long periods of time.

The support out on the course from all nationalities, I think nearly 40 nationalities took part, was truly staggering.

I knew I'd struggle from the word go. I knew I'd be near the back pretty soon just as soon as the sun zapped my energy. I had a brilliant plan and tell everyone I'm on a run/walk strategy which wasn't entirely false as that's how I set off for the first 2/3 hours.

Unlike the rest of the team I didn't really chat to many others, as I literally was near the back and had no one to chat to.

Look away now if you hate puke. I started at mile 15.7(I checked my watch when I first puked) and finished puking at around 145 miles. That's 5 marathons of puke. But, if you are sick, then keep topping up with more food.

I arrived at mile 50 with about 3/4 minutes under the cut off and was told by a Marshall that if I ran, at the time I was walking, he'd let me continue. That made me run in and become a F1 driver in the pit lanes where I was cooled down and fed by Zoe. Zoe probably doesn't realize, but the effort she put in to my race was the difference between me finishing and DNFing.

I left mile 50 like I was in a 400 metre race and was soon building a buffer on the checkpoints for the first time in the entire event.

I'd been telling people that I'm good during the night. Well we were soon to find that out, if only I'd manage not to be timed out in that first 12 hours.

True to my word, unsure how I did it, by the end of the night I think I had around a 55 minute cushion. Now here's a thing that rescued my race, between the hours of 7-9am on the 2nd day, the unusually high temperatures where replaced by a hanging mist, which allowed me to get some extra fast miles (fast here means fast walking lol).

The beginning of that 2nd day of heat already saw at least 3 runners already finished. The winner had averaged 8m36s for every mile. I'm going to try that approach next year, meaning I won't have to run a 2nd day of blistering heat.

My legs weren't suffering on the uphill or downhills, quads seemed fine throughout. What was an issue was the blisters I purchased in the NDW100 and I still hadn't sorted. I thought it'd be good to set off with wet trainers. Well there had to look good so I cleaned them.

The last marathon and an half was a bit of a blur. An uphill blur. The first time I realized I might actually finish was at CP72 with a little over 10k to go. Zoe gave me a massive boost by telling me the next 5k are all downhill I managed to run as soon as I stopped crying about hurting the blisters, which were self-inflicted.

With 5k left, I had 80 mins to complete and told myself to walk it in, I was in no rush now I knew I'd make it.

I hope I'm not belittling anyone else's attempt to finish, but like I said at the beginning in my head I didn't have any hope of finishing. Because of this reason I didn't apply much pressure to myself. Don't get me wrong, I

wanted to finish and was constantly aware of each and every cut off.

I remember thinking at the end, every finisher, every participant, every crew member and volunteer had ran Spartathlon 2016. It's as much effort for everyone. In fact, the crew's job doesn't stop at the finish. Zoe had to force me to shower. She had to feed me. Collect my things, take me to breakfast. My race ended when I kissed the bronzed feet. Zoe and crew went on for much longer.

I enjoyed every mile of the race, and always had a smile on my face, and yes I'll enter again.

*"One of these people ran the race, the other ensured I finished the race."*



Photo courtesy of Sparta Photography Club

## Lady Eff and her not so quiet year!

Michaela Furlong is a renowned triathlete and intended on having a less competitive 2016, but you can't take that fire away from someone who has the hunger to achieve. Here is her story on her fab 2016.

Having spent the last two years training and competing for Team GB in the 40-44 age group sprint distance triathlon, I had decided that this year was going to be a quiet one on the competition front and I was going to focus on studying to become a Personal Trainer and working with Wes to establish Tri Tempo as a credible local triathlon club. However, like any athlete, I just can't keep away. Although I achieved podium position at both the Ardingly 3k 'Swim the Lake' and later on at the Arun 3k river swim, I was missing the run and bike elements. So I joined some of the members of Tri Tempo at Ringer Community Sprint Triathlon and finished in 2nd position. I was back in the game! Tri Tempo entered four teams at Southwater Sprint Relays in September in order to compete against all the other Triathlon clubs in the South East. We all did brilliantly and Wes, Adrian Elliot and I put in the hard work to win the mixed team title and to come second overall, losing out to pole position by 12 seconds!



This set me up fantastically for the "A" race of my season, the New Forest 70.3. So on a cold and wet September morning, I raced my socks off. I held first place for the majority of the race and on one of the hardest runs I have ever known, I was only just beaten into 2nd place with a mile to go. However, with a PB of 5 hours

and 24 minutes, this was enough to qualify for a place in the GB age group Team for the ETU European Middle Distance Championships in Denmark in 2017. So much for a quiet year! Tri Tempo is going from leaps to bounds and I have qualified as a Personal Trainer. Watch out for MPower Personal Training in the New Year. Perhaps the pinnacle of my sporting year in 2016 however, was finishing as first female, 4th overall and setting the female course record at the inaugural Eastbourne Beer Mile!! I will be back to defend my title in 2017. See you there!

You can follow Michaela's progress ahead of the 70.3 European Championships in 2017 by following her on twitter: @rubylloo

## Vicky reigns supreme in Afghanistan

(And yes you read that correctly)

Vicky embarked on one of the challenges of a lifetime and took part in the Afghan marathon this year. An event which aims to bring people together, raise awareness and present opportunities for females to run where conflict has affected their lives and previously taken away that chance to participate.

### Here is Vicky's wonderful story...

A marathon? In Afghanistan? Isn't that really dangerous? You must be mad' was the usual reaction from my friends and colleagues when I mentioned my plans for November 2016. And as I landed in a misty Kabul from Gatwick and was body searched for what felt like the fiftieth time, it was not without feelings of trepidation and nervous excitement. Known as 'the secret marathon', the exact dates of this event could not be released on social media due to security,

but the date of 4<sup>th</sup> November had been firmly planted in my head for quite some time as I had pounded the Downs in preparation. This was, in fact, the second edition of the marathon and indeed the brain-child of James Bingham, an ultra-runner and mountaineer of great pedigree yet like most runners, a really normal guy to boot and not afraid to share a few beverages on the flight over there – well after all, we were entering a dry country. James and I met at Gatwick so we could pool our luggage allowance – medals, T-shirts, trophies, flags, safety pins – all needed to be carried over there, much to the bemusement of the Turkish airlines staff.

Once we arrived in Kabul, we were in the hands of James Willcox, founder of the adventure travel company Untamed Borders. Immediately, we were instructed to wear Afghan clothing and set off on a guided tour around Kabul. It was fascinating to see this city I had heard so much about, and yet sobering at the same time, especially when visiting a shrine which had been attacked by ISIS just two weeks before causing the deaths of 16 innocent people. Surreally, there was a children's playground immediately opposite, - another stark reminder that life and risk are so inextricably linked in Afghan society. We also visited the British War Cemetery and enjoyed watching a group of children kite-running as the sun set.



The next day, we took a one hour domestic flight to Bamiyan, which is at 2500m and a Hazara stronghold. With a Buddhist past, its cliffs are dotted with ancient sacrificial caves, some of which now house refugees. All that remains of the largest Buddha statues which the Taliban blew up in 2001 are huge silhouettes etched into the black rock face.



It was here that I had the chance to meet the other international runners – an impressive line-up including the Canadian runner Martin Parnell (250 marathons in one year and 5 times Guinness World Record holder), Charlie Lewis, who now runs on a blade, having taken the decision to amputate his foot after a skiing accident ten years ago, the Finnish Ambassador to Kabul, plus Iranian Masha Torabi, a modern day Bobbi Gibb who earlier this year defied the Iranian authorities to be the first female to run a marathon in her own country. Suddenly, my tales of the crippling last few miles in the Beachy Head marathon seemed quite mild. Nonetheless, we spent some time visiting various sites and I taught a lesson in a cave school. We also spent a day hiking with a group of Hazara girls who came to the race through Free to Run, an inspirational organization which works with women and girls in conflict areas to give them confidence, equality and education through exercise. These

girls would all be running either the marathon or the associated 10k, and it was humbling to hear their stories. Without Free to Run, these women would not be able to train freely outside, and stories of their training for marathons in compounds, and on treadmills and indeed an ultra 100k ultra event up and down flights of stairs in a 6 storey building left my mind staggered at the braveness and resilience of these people.

The day of the marathon brought a real sense of camaraderie as we all warmed up together before either the 10k or the marathon. There was frost on the ground as we walked to the start line, and snow in the mountains up which we would be running. The exact route was then revealed to us – 13 miles up on a tarmacked road and 13 miles down. The total altitude was 700 meters. A nervous crowd of government officials, Afghan runners, but more importantly large groups of girls and young women lined up to take part in Afghanistan's only mixed gender sporting event. Being in Afghanistan, we had all expected a mighty gun to set us off, but a countdown in Dari and on the word go, off we went. It was one of the fastest starts ever with adrenalin and inexperience playing no small part. After about a kilometer the dirt track became a fully tarmacked road, and I managed to settle into a pace.



I passed through the 5k checkpoint without stopping, and paused at 10k checkpoint where an inviting tray of bananas, apricots and home-

made cake awaited. I was warned that the next 10k was steady up and the next checkpoint would not be until the top of the hill. It really was a long and winding road – it was beautiful in its bleakness, remote, flanked by two mountains so the air still bitingly chilly – running through shepherd settlements where fields of potatoes were being harvested by families, being overtaken by the occasional donkey laden with fodder - it was like running in a bygone era. All the time I was being greeted by children and their families and on more than one occasion I was invited into their home for a cup of tea. I don't think that they got the concept that this was a race. I reached the top of the hill just after two hours and was delighted! Another banana and a stashed energy gel, and I set off down the hill with more exhilaration than perhaps I should have done with still 13 miles to go at altitude. I had been told I was ninth overall and first female, so in my mind, I was Paula Radcliffe, Mo Farah and Sue Fry all at once. There are probably not many marathons where Miles 14 and 15 are your fastest splits, but it was not long before I reached 30k. I stopped for another celebratory banana and was struck by that unnerving feeling of cramp. I tried to wriggle my toes to get rid of it – this worked, but only temporarily. I gulped as much water as I could, but by this point it was a case of too little too late, and I had to dig really deep for the last 10k, eventually slowing down to shuffle and finally stumbling over the finish line with a lot less dignity than had been the plan. Medal around my neck, it was then confirmed to me that I was indeed the first woman and in fact fourth overall, several Afghans having been disqualified for cheating either by means of motor cycles or donkeys. Gratifyingly a local won the men's race overall fair and square, followed by Charlie Lewis. Unlike these two, who were in the process of doing victory laps and press interviews as I threw my exhausted body over the finish line, I managed a few high fives with the kids, before collapsing on the

floor with the most excruciating cramps I had ever experienced before much to the bewilderment of these same children, who I was later told were scared that I had been possessed by the devil! It was only later that I realized that whilst a couple of liters of water is sufficient for a marathon at sea level, the body needs a lot more fluid and salt when at altitude. Without a doubt, Afghanistan is a country which challenges the senses – so often associated with danger, war, bombings and violence, but it is also a country of love, compassion, friendship and some of the warmest hospitality I have ever encountered. Like running itself, it is a country where a whole range of emotions inextricably connected and the fine line between joy and pain, wealth and poverty, laughing and crying is at times blurred. Like running, Afghanistan is a country which gets under your skin and challenges a return. And you may even find yourself a champion!

## Fab times for Sue and Liz

Yet again it's been a fantastic year for Sue Fry and Liz Lumber. Liz has overcome injury problems to go on and finish 2<sup>nd</sup> over 50 lady in the South of England at the Cross Country Championships. Sue Fry was rewarded with her outstanding results in previous races to represent the Sussex Country team at the Championships. Sue has claimed numerous titles this year and has certainly been one of the outstanding athletes in the Southern region. Good luck to you both in 2017.



# Tempo 10k: Chris Dodd does it again!

The Tempo 10k now in its 3<sup>rd</sup> year and this edition saw a record attendance, with the event selling out. The runners were greeted by the famous Eastbourne sunshine and also by illustrious Paralympians Joe Townsend and Faye McClelland. Both had very kindly donated their time to support the runners and start the race. Chris Dodd of Eastbourne Rovers AC won the event for the second year in a row in a time of 34mins 55 secs. Making it an Eastbourne Rovers AC 1-2 on the podium was Richard Jones, who ran a fine race to finish in a time of 35"57. Completing the men's podium was Jason Newbery of Tri Tempo finishing in a time of 36"06. Dale Anderton of Meads Runners claimed first place in the men's vet race. Melanie Stemer of Tri Tempo had a great race, finishing first lady in a time of 37"50 and in the top 10 overall. Sue Fry of Hailsham Harriers, who is a regular podium if not winner of Sussex running events, took 2<sup>nd</sup> place in a time of 38"38, but won the ladies vet prize. Lorna Watts of Hastings AC claimed the final podium spot in a time of 44"08.



This year also saw the first instalment of the junior race and Jake Nixon of Tri Tempo took

the inaugural title in the boy's event and Summer Goddard in the girls. A full breakdown of the results can be found via: [www.temposhop.co.uk](http://www.temposhop.co.uk)

## Brotherly Love and true sportsmanship

There have been many incidents where someone has helped another athlete at the detriment of their own race performance, but none have happened on such a profile level. Back in September, Jonny Brownlee was leading the final event of the ITU World Triathlon series, with approximately less than 1km to go he started to weave across the road, his energy stores fully depleted and in danger of collapsing. Before the race, he knew if he finished first, he would win the overall World Series. His race plan was to go for it hard on the run, what he may not have accounted for fully was the heat on the day and how this would affect his performance.



So, with less than 1km to go on the run, Jonny is dangerously close to collapsing, following close behind was his brother Alistair and right by his side, the South African athlete Henri

## Merry Christmas from Tempo.

Schoeman. Both athletes were now in prime position to win the race due to Jonny's condition. It was at this moment that Alistair unwaveringly decided to stop, grab his brother and then practically carry him, thus giving up his own chance of winning the race. Henri would go onto win the race, but the ultimate memory from the race is Alistair dragging his brother to the finish and pushing him over the line, allowing Jonny to claim 2<sup>nd</sup> and Alistair 3<sup>rd</sup>. True sportsmanship and sacrifice. Alistair then provided the following quotes after the race (in true Alistair Brownlee fashion); Alistair said it was "*a natural human reaction*" to come to the aid of his brother, adding: "*I'd have done the same thing for anyone in that position.*"

He added: ***"I wish the flippin' idiot had paced it right and crossed the finish line first.***

In more exciting news regarding Alistair Brownlee, he has made the decision to train specifically for Ironman distance for the next couple of years, with the intention of qualifying and competing at the World Championships in Kona. He has not ruled out competing at his fourth Olympics though in Tokyo 2020.

**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](mailto:temposhopuk@yahoo.co.uk)**



And finally...