

VOLUNTEERS WANTED for Beachy Head Marathon research

“The effect of an antioxidant juice supplement on running performance and muscle damage after a cross-country marathon”

We are looking for...

- **18 – 50 YEAR OLD EXPERIENCED MALE RUNNERS**
- **CURRENTLY TRAINING MORE THAN 3 TIMES PER WEEK**

What the study involves...

- **6 x 1 hour lab visits** which will take place during the 2 weeks prior to, and the week following the Marathon. Visits will include treadmill running and strength testing.

Volunteers will receive...

- **A comprehensive performance profile** which will include tests of VO₂max, lactate threshold, running economy, neuromuscular function and leg strength (worth approx £400).
- **Post-race massage and refreshments**



If you would like to volunteer or would just like more information please contact Dr Emma Ross via email:

e.z.ross@brighton.ac.uk

Please include 'BHMRG enquiry' in your subject title.



Sport and Exercise Science at the Chelsea School has a history extending back some 20 years and over this time it has been starting point and home for many productive scientists, recognized nationally and internationally, currently leading areas of research in Sport and Exercise Sciences. In October 2001, £3.3 million was invested in new accommodation, laboratory space and equipment to enable research and teaching activities to develop. The site now possesses six Sport and Exercise science laboratories incorporating a modern range of instrumentation to measure human responses to exercise

<http://www.brighton.ac.uk/chelsea/>

The proximity of the Beachy Head Marathon route to Chelsea, and the natural association between Sport and Exercise Science and this challenging running event have led to the foundation of the Beachy Head Marathon Research Group. Following in the footsteps of researchers working at renowned city marathons, such as Boston and London, we are using this challenging marathon as a unique opportunity to study physiological and psychological preparation for, and responses to, ultra-endurance exercise. The research group also allows the Sport and Exercise department at The University showcase our facilities and engage the local running community in our work.