

Hi All,

Some time ago in the winter I was starting the very early stages of getting my MSc dissertation proposal through ethics and needed an idea of who could help out with testing. Well, bad news for us all, ethics gave me the green light and its going live from next week.

Here is what I need.

Male 10km runners

Sub 45min 10km time in an approved race in the past 6 months

Have not raced in the week prior to the testing day.

Testing will be on MONDAYS and WEDNESDAYS starting 20th July at Middlesex University,

School of Health and Social Sciences,
The Burroughs,
NW4 4BT

This is easily reachable by car and tube.

This form of testing can cost hundreds of pounds if done privately. You get it for free. It is not to exhaustion, but it will push you over 4x4minute intervals. There is a short rest period between each 4 minute interval.

I can be flexible with testing times and would encourage you if possible to car share with others from you club where ever possible.

Below this email are the official instructions that cover everything in far greater detail. I would ask you to carefully read them and then let me know if you are still interested.

Please do get back in touch with me if you have any queries and I am certain we can sort them out easily.

Best wishes

Noel Carroll

1. STUDY TITLE

An investigation into the relationships between running economy, foot strike, and stretch shortening cycle in 10 Km runners.

2. INVITATION PARAGRAPH

You are being invited to take part in a research study. Before you decide it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

Thank you for reading this.

3. WHAT IS THE PURPOSE OF THE STUDY?

This study examines the effect different running speeds have on leg stiffness and if those effect are correlated to changes in running economy. Research into this area suggests that as running speed increases so does leg stiffness. This study sets out to establish if the variation in running economy due to changes in leg stiffness are governed by an individuals ability to recycle the elastic energy in the lower limb through the processes within the tendon and muscle unit, rather than through expending more energy. By determining this it maybe possible to alter an athletes mechanics in-order to become more economical and in turn achieve faster race times.

4. WHY HAVE I BEEN CHOSEN?

You were chosen to participate in this study because: 1) you frequently participate in competitive 10km races and have at least 6 months experience, 2) you best performance to date is under 45 minutes and 3) you have passed the pre-exercise screening questionnaire (see attached). You will be one of upto 36 test subjects.

5. DO I HAVE TO TAKE PART?

It is up to you to decide whether or not to take part. If you do decide to take part you will be given this information sheet to keep and be asked to sign a consent form. If you decide to take part you are still free to withdraw at any time and without giving reason. A decision to withdraw at any time or a decision not to take part will not affect the standard of care you receive.

6. WHAT WILL HAPPEN TO ME IF I TAKE PART?

The research will be ongoing for a period of 5 months. Your testing period will only require 1 visit to the testing site. The duration of the session will be a maximum of 1.5 hour.

The testing session is detailed below. You will undergo all testing procedures in a particular order. All testing procedures will be supervised.

- The visit will involve a further overview of the study including a briefing of the testing protocol. You will undergo a familiarisation period in which you will practice treadmill running and protocol used in this study.
- A warm up on the treadmill will be given and a test of running economy using data already collected. During the first period of running economy testing your foot strike on the treadmill will be videoed once you are well accustomed to running at that speed. After adequate recovery this will be followed by performing a series of drop jumps from heights no higher than 50cm. Finally, a measure of leg stiffness will be determined by hopping on a force mat.

7. WHAT ARE THE SIDE EFFECTS OF ANY TREATMENT RECEIVED WHEN TAKING PART?

The possible side effects, common to any high intensity cardio-vascular exercise, are muscle soreness, fatigue, feelings of breathlessness and dizziness. Full recovery from any of these symptoms is expected within 24hrs. If any other symptoms are experienced that you feel may affect performance of the trials or give you reason for concern, please report this as soon as possible to the researchers of the study.

8. WHAT ARE THE POSSIBLE DISADVANTAGES AND RISKS OF TAKING PART?

The possible risks are no different from performing high intensity aerobic exercise within your own training experience.

9. WHAT ARE THE POSSIBLE BENEFITS OF TAKING PART?

The information we get from this study may help us to further understand possible mechanisms to enhance human performance with respect to distance running. In addition, we hope that participating in this study will help you through ascertaining knowledge of optimising your running economy; however, this cannot be guaranteed.

10. WILL MY TAKING PART IN THIS STUDY BE KEPT CONFIDENTIAL?

All information that is collected about you during the course of the research will be kept strictly confidential. Any information about you which is used will have your name and address removed so that you cannot be recognised from it. At all times, all data will be stored, analysed and reported in compliance with the Data Protection Legislation of the Great Britain.

11. WHAT WILL HAPPEN TO THE RESULTS OF THE RESEARCH STUDY?

The research will be used as a dissertation paper for a Master of Science accreditation. There is also the possibility of publication of the article. If the study is published, you will be contacted and provided access to it.

12. WHO HAS REVIEWED THE STUDY?

Middlesex University, School of Health and Social Sciences, Health Studies Ethics Sub-committee

13. CONTACT FOR FURTHER INFORMATION

Supervisor: Stuart Miller

Researcher: Noel Carroll

University address: Middlesex University, School of Health and Social Sciences, The Burroughs, NW4 4BT

Telephone Number: Noel Carroll 07764496442; Stuart Miller

Email: Noel Carroll: nc526@mdx.ac.uk ; Stuart Miller: s.miller@mdx.ac.uk

Thank you for reading this information and taking part in this study. You should retain a copy of both the participant information sheet and a signed consent form for your own reference.