

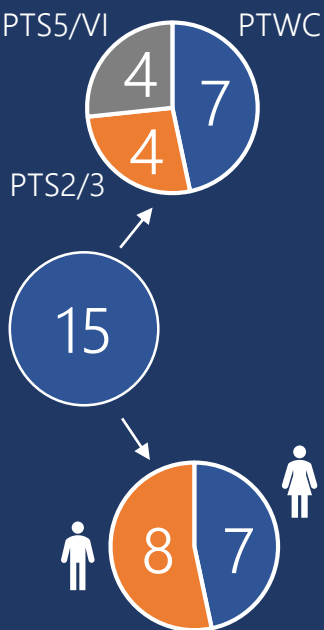
THERMOREGULATION IN PARATRIATHLON

THE AIM:

To characterise the **core body temperature** responses to paratriathlon competition in the heat, a known risk to performance and health, and how this may differ across impairments.

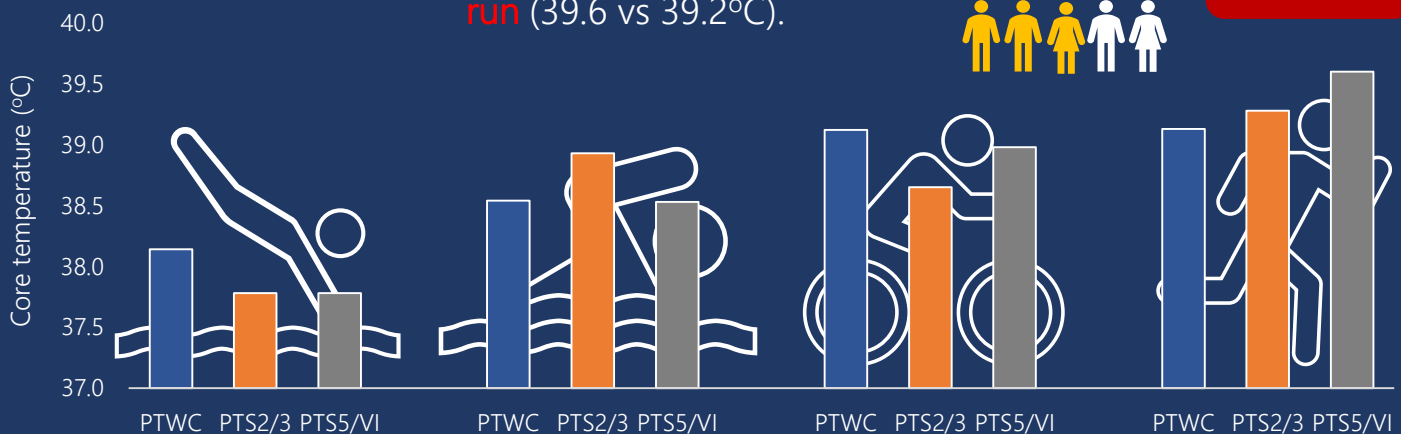
THE PROTOCOL:

Iseo WPC 2017 – Ingestion of disposable pill capable of recording core body temperature ~6 hours pre-race. Report to investigators post-race for wireless synchronisation of temperature data.



THE RESULTS SO FAR:

- **PTWC** athletes hotter than ambulant athletes immediately **pre-race** (38.1 vs 37.8°C).
- **PTS2/3** athletes hottest at the end of the **swim** (38.9 vs 38.5°C).
- **PTWC** athletes hottest at the end of the **bike** (39.1 vs 38.8°C).
- **PTS5 and PTVI** athletes hottest at the end of the **run** (39.6 vs 39.2°C).



THE NEXT STEP:

Recruitment of ~10 more athletes to create a more representative sample of paratriathlon as a whole, including more athletes with missing limbs.

CONTACT:

Mr Ben Stephenson, B.T.Stephenson@lboro.ac.uk
Prof. Vicky Tolfrey, V.L.Tolfrey@lboro.ac.uk



Loughborough University

Peter Harrison Centre for Disability Sport