

**Study title: Effect of New Zealand blackcurrant on time trial performance and substrate oxidation at altitude in trained male cyclists and triathletes**



- Are you **male** between **18** and **55 years**?
- Do you have regular cycling experience for more than 3 years?
- Do you want to know whether you respond to a novel 'sport nutrition' supplement?
- Do you want to know your body composition?

If you answered **YES** to these questions you may be eligible to be part of a research project at the University of Chichester. We will examine the effect of consumption of commercially available New Zealand Sujon blackcurrant on cycling performance and use of fat and carbohydrates during cycling at altitude (i.e. 2500 m). You will visit the Laboratory on **three occasions**. All testing will be in the mornings and we can test at weekends.

**Session 1. (2-3hrs) Familiarisation**

- Lactate threshold test
- Maximal cycling test
- Practice 16.1 km time trial

**Session 3. (2/3hrs) Placebo/supplement**

- 3x10 min cycling at low/moderate intensity
- 16.1 km time trial

**Session 4. (2/3hrs) Placebo/supplement**

- 3x10 min cycling at low/moderate intensity
- 16.1 km time trial

This study is being conducted in the Exercise Physiology laboratories at the Bishop Otter Campus, University of Chichester, College Lane, Chichester, West Sussex, PO19 6PE.

Please contact Matthew Cook ([m.cook@chi.ac.uk](mailto:m.cook@chi.ac.uk)) or Prof Mark Willems ([m.willems@chi.ac.uk](mailto:m.willems@chi.ac.uk), 01243 816468) for more information, questions or if you want to enrol in the study.