



10th ANNUAL SCIENTIFIC CONFERENCE FACULTY OF SPORTS AND EXERCISE MEDICINE
Friday and Saturday 21st and 22nd September 2013

P15 Demographic, training, and medical profiles of Irish female triathletes presenting for routine laboratory based exercise testing.

Mahony N and Donne B

Human Performance Laboratory, Anatomy Dept., Watts Building, Trinity College Dublin

Despite the popularity of triathlon little published population data exists for Irish recreational female triathletes. This study evaluated demographic, training, and medical profiles by audit of preliminary medical and ancillary test data of female triathletes attending from June 2012 to 2013. Socio-demographic data: 24 triathletes mean (\pm SD) age 37 ± 5 yr were tested; 20/24 had white collar occupations; age at entry to triathlon was 33 ± 5 yr, and mean experience was 4 ± 3 yr. All had completed sprint and Olympic distance events and 3/24 had completed $\frac{1}{2}$ Ironman races. Number/duration of training sessions was 8 ± 3 wk⁻¹ and 12 ± 3 h, respectively; all exercise modes were employed in training with 3/24 incorporating additional core and flexibility sessions. No medical problems requiring disqualification were discovered; however, 2/24 had suffered acute traumatic injury, 11/24 chronic overuse injury, and 4/24 had a significant medical problem requiring time off training in the previous year. No significant personal history of cardiovascular disease was detected although 1 athlete had been investigated for a heart murmur. Medication use was limited to asthma inhalers and contraceptives. Menstrual function was normal in 19/24, 7/24 were COCP regulated; however, 5/24 reported irregular cycles for over six months; in 4/24 this was due to IUCD and POP usage, and one had exercise related amenorrhea. Vitamin, supplement and sports drink usage, clinical examination, full blood count and pulmonary function testing results will also be reported. In conclusion, this study highlights a range of medical, musculoskeletal and women's health issues that impact on both health and performance of female endurance athletes.