TO THE MAX

Max Watts Challenge

Wunderkind Parris-Smith storms to the top of the women's table

There's a dramatic change at the top of the women's leaderboard this week. Junior track rider Rhianna Parris-Smith, 17, has knocked it out of the park with a belting 1,322 watts, equating to 19.44w/kg – a full 3.5w/kg higher than her closest rival. *CW* got in touch with the teenager, who is clearly a huge talent, to find out more about her cycling background.

MEN

Name	Age category	Max watts	Peak watts/kg
Danny Lake	45-50	1689	25.40
Nick Cooper	18-29	1613	24.07
Jack Hartley	18-29	1968	24.00
Matthew Brennan	Junior	1362	23.89
Calum Moir	Junior	1211	22.43
Tom Mazzone*	18-29	1676	22.35
Jason Taylor	40-49	1670	21.41
Conor Dash	18-29	1717	20.56
David Woodhouse	40-49	1579	20.37
George Stephen	Junior	1018	20.36

WOMEN

Rhianna Parris-Smith	Junior	1322	19.44
Kim Baptista*	18-29	905	15.88
Melissa Scrivin	40-49	933	14.35
Fleur Stoops	40-49	1006	13.97
Michelle Arthurs	30-39	774	13.82
Kate Taylor	18-29	687	12.96
Clarice Chung	30-39	766	12.77
Jackie Lea	50-59	679	11.32
Kate Churchill	60-69	640	10.32
Lucy McTaggart	50-59	567	9.95

"I have been racing for one year," Parris-Smith told us, "so I'm pretty new to cycling competitively... I was sprinting in athletics but stopped due to bad knees and knowing I wasn't fast enough to make it."

The young sprinter has been learning her craft at the Oaklands College Cycling Academy in St Albans, Hertfordshire, under the tutelage of coach Jez Cox, who told us:

"Rhianna is one of the biggest talents we've ever had in our academy. She's a real one-off. In one year, she went from complete novice to third-fastest in the UK, beating lots of the BC Academy sprinters. The Max Watts effort was completed on one of our academy Wattbikes."

Now riding for Team Terminator, where she is coached by Adey Dent, Parris-Smith has big ambitions for when racing resumes – keep an eye out for her name, as she's definitely one to watch. You read it here first.

Parris-Smith's got raw talent to burn

VETERAN AGE GROUP LEADERS

MEN

40-44		
David Woodhouse	1556	20.08
45-49		
Danny Lake	1689	25.4
50-59		
Ted Schmid	1519	19.99
60-69		
Ewan Berkley	1321	16.72
70-79		
Don Parry	759	11.16

WOMEN

40-44		
Melissa Scrivin	933	14.35
45-49		
Fleur Stoops	1006	13.79
50-59		
Jackie Lea	679	11.32
60-69		
Kate Churchill	640	10.32
70-79		
Stephe Fletcher	570	8.64

GET INVOLVED

Test your max power and send us your result! Who knows, you might end up on the CW Max Watts Challenge leaderboards. Simply email your name, age, weight and max power – along with a screen grab or image of the Garmin/Zwift/TrainingPeaks screen verifying your result – to cycling@futurenet.com. Attach a photo of you on your turbo and we might feature you and your sprint! And if posting on social media, be sure to use the hashtag #CWMaxWattsChallenge.

Ask the Physio

Sports physio Leanne Simoncelli tackles post-ride hip, neck and shoulder pain

I have been diagnosed with FAI (femoral acetabular impingement) after suffering front hip and groin pain. How can I optimise my cycling to ensure the long-term health of my hip?

You need to get your position sorted. The hip is most uncomfortable in the peak of the pedal stroke (12 o'clock, or top dead centre) because this is the maximum range of hip flexion, where the hip joint is the most compressed in the front. To open your hip angle on your bike, you can do all or a combination of the following: **1.** Optimise the height of your seatpost and the tilt of your saddle **2.** Tilt your pelvis forward on the saddle **3.** Increase the height of your handlebars (stack) **4.** Avoid holding the drops or TT bars for too long **5.** Shorten your reach (stem length) **6.** Shorten your crank length **7.** Externally-rotate your cleats.

You also need to focus on your effort during the downstroke. This avoids maximum effort through the 12 o'clock mark of maximum hip flexion. You may want to moderate the frequency, duration and intensity of your rides. Pain and stiffness during and within 24 hours after your ride would indicate that you may have cycled too fast, too far or too often that week – all these factors contribute to the total number of pedal strokes. Your hip joint will have a level of comfortable load tolerance. Try to choose one of these aspects as the dominant training emphasis. Using a performance tracking app is a great way to track your speed, distance and climb-to-descent ratio to calculate your threshold tolerance.

Finally, your physio can help individualise your rehabilitation to avoid excessive hip flexion and work in greater hip extension with single-leg exercises.

I get Achilles tendon pain during multi-day long rides. Is there a way to prevent this and what is the best treatment for it?

This often happens when you point and flex your foot while you are cycling, as opposed to keeping your foot horizontal (ankling versus piston stroke). Your cleats could be too far forward, increasing the toe-down pedalling angle.

The Achilles tendon gets repeatedly compressed and stretched during each pedal cycle, and this can cause friction and irritation of the tendon sheath or bursa (fluid-filled sac). It is common with long rides and multi-day events due to the large number of strokes and fatigue. The fit of your shoe could be incorrect. In the evenings between multi-day rides, wear flatter-soled shoes and try not to walk around in your cleats too much, as this increases your ankle angle and over-stretches the Achilles. Try both bent-knee and straight-knee calf stretches, and also strengthen your soleus prior to your next event with some bent-knee single-leg heel raises.

Good bike-fit can ease flexion-related hip pain

For a few days following a long ride, I experience a stiff neck and achiness between my shoulder blades. What are the best ways to stop this?

This may be due to fatigue of your trapezius muscle and stiffness of your upper back. Optimise your set-up and position on your bike to reduce excessive pressure through your hands and shoulders.

On your bike: Relax your grip, vary your hand positions, relax your shoulders away from your ears. On a long, flat ride, sit up tall and try to lift your breastbone up out of the aerodynamic position for a short while to open the width of your shoulders. Focus on belly-breathing using your diaphragm and not breathing into the top of your shoulders. Vary your head position by varying the distance of your gaze.

Off the bike: Mobilise your upper back and neck with exercises such as clasping your hands behind your head while leaning backwards; cat-camel; thread needle; lying lengthways on a long roller; neck stretches; leaning your ear to your shoulder; and turning your head and looking down towards your armpit.

Without access to a gym, which exercises can I do at home that will benefit my cycling?

The best basic, bodyweight exercises for cyclists are: Bulgarian split squat; single-leg high step-up (two-step height); single-leg hip thrust; standing scooter sliding exercises (using a sliding disk or microfibre cloth); superman (lift and tap down in the elongated position); side plank; clam against resistance band – plus stretches of course.

Thanks to: Leanne Simoncelli, clinical specialist physiotherapist at the Institute of Sport Exercise & Health (ISEH), in partnership with the Princess Grace Hospital (part of HCA Healthcare UK). Got a question for our medical experts? Email: david.bradford@futurenet.com

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