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C—03 SECTION C

EFFECT OF LONG DISTANCE CYCLING ON LUNG FUNCTION

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Nowadays, people travel long distances (up to 90 miles) on cycles. There is evidence in literature that long distance cycling as a sport results in increased Lung Volume. This study, therefore, was conducted to see whether our people benefit by long distance cycling.

Ten long distance cyclists who volunteered and ten sedentary controls were studied. All were apparently healthy. They were asked to come to the Physiology Laboratory and the Vital Capacity, Forced Expiratory Volume in the first second, Peak Expiratory Flow and the Maximum Breathing Capacity were measured.

The values were lower in the cyclists, but the difference did not reach statistically significant levels except Forced Expiratory Volume in the first second, which indicates obstructive airway defect.

The results suggest that long distance cycling is harmful instead of being beneficial. Travelling at night through cold areas, lack of good resting places, poor nutrition and possible smoking and alcohol habits could be the cause of the harmful effects of long distance cycling in Jaffna.