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- Jason Henderson
 editor

DISTANCE REVIVAL

THE line-ups for the Euro Cross trials in Liverpool on Saturday look stacked (see p56). The men's field especially is full of talent and is expected to include this week's cover star, Andrew Butchart.

Readers who remember the golden era of the 1970s and 1980s often bemoan the current quality of men's distance running in Britain. But statistics show that standards have risen healthily in the past dozen years from the club scene through to Olympic level.

Barry Fudge, British Athletics' head of endurance, has found, for example, that there were 312 'national standard' performances (marks equivalent to a UK top-100 ranking) in 2004, but this has risen to 938 in 2016.

At the highest level, meanwhile, Mo Farah was the only GB endurance athlete in the 'medal zone' in 2012 but the figure rose to six this year.

These stats will be revealed in more detail in our AW Review of 2016 that is out on December 1 (see p17).

For the time being, we can look forward to the rising stars of the British distance running scene battling it out on Saturday.



Andrew Butchart – p14

MARK SHEARMAN

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Cover: Rio Olympics 5000m sixth-placer Andrew Butchart (Mark Shearman)

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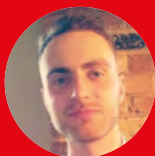
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DISTANCE DOUBLE

IN THE same Olympic Games that Dame Kelly Holmes completed her historic 800m/1500m double, Hicham El Guerrouj used the metric mile as a starting point to step up to 5000m, where he beat world record-holder Kenenisa Bekele to complete his own golden double.

Laura Muir is eyeing something similar (see right). She has toyed with 800m/1500m in the past, while the latter is what her rival Genzebe Dibaba prefers.

While we eagerly watch Muir continue to grow over her preferred distance, it's clear for all to see that there's a lot of untapped potential whichever double route she opts for.

DAVIES FACING BRIBERY CLAIM

THE former secretary general at the IAAF has informed the Ethics Board that he received a £25,000 payment intended as a bribe to bury news of Russian doping, according to the *Daily Mail*.

Nick Davies stepped down from his position in December last year after emails emerged allegedly showing him discussing ways to cover news of Russia's positive tests during the 2013 World Championships.

Davies, once Seb Coe's right-hand man, has denied the money was intended for a cover-up.

MUIR: SCOPE FOR ME TO DO A DOUBLE LIKE HOLMES IN FUTURE

DESPITE ROOM FOR IMPROVEMENT, THE SCOT DOUBTS IF SHE WILL EVER GO ANY FASTER THAN HER 3:55.22 BRITISH 1500m RECORD RUN IN PARIS

LAURA MUIR says she is open to the prospect of following in the footsteps of Dame Kelly Holmes and one day doubling up distances, though for now she is focused on the tough task of improving her British 1500m record.

The 23-year-old Scot took the 1500m scene by storm this year, ending the season as the world No.1 over the distance after running a phenomenal 3:55.22 personal best in Paris, beating the national record she set before the Olympics and recording the 16th fastest time ever.

So far in her career Muir has competed internationally on the track both in the 800m, where she reached the World Championship semi-final in Moscow three years ago, and, latterly, the 1500m where she has excelled to the point at which she is now a major consideration to win gold at next summer's Worlds in London.

The 2014 Commonwealth Games is the closest Muir has come to competing over both distances in a championship, though she did not start the

heat of the shorter distance just a day after finishing 11th in the 1500m final.

Right now, conquering the world over the 1500m is Muir's top priority for 2017, but the Glasgow-based runner says competing over two distances is something which she envisions down the line.

"It crossed our minds a couple of years ago. I was entered for the 800m and 1500m in the Commonwealth Games," Muir said. "We looked to other distances as well but if I'm running as fast as I can in the 1500m then that's great.

"[Doubling up] depends on the timetable of different championships as well. It's

"NOW THE MAIN FOCUS IS 1500m, BUT THERE IS SCOPE FOR OTHER THINGS IN FUTURE"

LAURA MUIR on attempting to double up distances

Laura Muir is focused on cementing her status among the best 1500m runners, but plans to double up like Dame Kelly Holmes (inset) in future



certainly something I'm thinking about. But now the main focus is 1500m, but there is scope for other things in future.

"It's important to properly grasp the 1500m for a little bit more, and from there you can branch out a little bit. There's still work to do in the 1500m, but we're open to ideas and my capabilities allow for different options. It's exciting for the future, but I think you have to see how things go though."

While the 800m has much scope for improvement – Muir's 2:00.42 PB is arguably not befitting of her ability – improving her best time over in her main event is something she acknowledges will be a greater challenge.

Muir's time from Paris – more than two seconds better than the British record she set at



MARK SHEARMAN

PRESCOD: ME AND JOEL HAVE OPENED THE FIELD

REECE PRESCOD says the emergence of both himself and Joel Fearon among Britain's top sprinters has thrown the cat among the pigeons and he expects the level to be raised in 2017.

The pair shone on the domestic scene once the British team for the Rio Olympics had been selected. In July, 20-year-old Prescod ran 10.04 at the England Championships in Bedford on the same day that Fearon clocked 9.96 at the same event to go joint third on the all-time list of Britons over the 100m.

Both went on to run on the Diamond League circuit in the post-Olympic period, firming up their elevated statuses among the country's elite sprinters.

"[The level of competition] is going to be rammed this year but hopefully everyone will raise their games," Prescod said. "Me and

Joel have raised the bar a little bit – I'm not saying we're better than the others or anything.

"The boys went to Rio and had just heard I'd run 10.04 when they got on the plane. They got off the plane and heard Joel had run 9.96. It was like 'cool, the country is on now'. [Richard] Kilty had run 10.01 earlier too. It has made the game a bit more competitive now."

Over his short career Prescod has primarily focused on the 200m, for which he has a 20.38 PB from Lausanne this year, and he feels that's where the biggest level of competition will lay next season.

Prescod added: "I feel the 200m was a little better than the 100m this year, so I think that will be really competitive next year. If everyone is fit we've got me, Nethaneel [Mitchell-Blake], Adam [Gemili], Zharnel [Hughes], Danny [Talbot]. It's going to be big."



MARK SHEARMAN

Joel Fearon: excelled at the back end of 2016

the Anniversary Games in July – makes her the 13th fastest athlete in history and second in Europe over the distance.

It's still a surreal thought for Muir to be in the record books with such exalted company and, although she knows there are areas she can improve on, she questions – semi-jokingly – just how much faster her body will allow her to go.

"I only do circuits once a week during the winter. And circuits aren't heavy lifting so I think on that side of things there is more work to do. That's a big area where there is scope to progress, but as things are

going right now you have to take small things at a time and not rush too much. But there are definitely places still to improve on," she added.

"I would never have thought I would run 3:55. That's crazy-fast. I'm over the moon but still sort of surprised. I don't think I'll ever get a 1500m PB again. It means a lot to have that next to my name and to know that it will never go. It's a big honour.

"I don't know how much faster I can go. If everything is perfect on the night then maybe I'll go a smidge faster but not too much more, I wouldn't think."

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INTERNATIONAL FEEL FOR BIRMINGHAM MARATHON

THE inaugural Birmingham International Marathon looks like living up to its name as dozens of runners from across the world have already signed up to take part.

The 26.2-mile run, which takes place on Sunday, October 15, 2017 – the same day as the Great Birmingham Run half-marathon – has attracted entries from Singapore, the USA, Canada, Cayman Islands and Australia.

Dozens of runners from across Europe, too, will also be heading for the Alexander Stadium start line next autumn, entry data has revealed.

Almost 5000 people have already signed up to take part, just six weeks after the entry window was opened.

Birmingham is considered the birthplace of mass-participation long-distance running events and the Birmingham International Marathon hopes to cement the city's position as the European Capital of Running.

The city staged one of



DAVID TYRELL

Birmingham's streets will be flooded with runners from around the globe at next year's international marathon

the country's first open-to-all marathons, the People's Marathon, which ran from 1980-85 and was organised by the late Solihull-based elite runner John Walker.

The event is also likely to be a boon to Birmingham's bid to host the 2026 Commonwealth Games.

Entry is now available to all for the first Birmingham International Marathon, which starts at Alexander Stadium, the home of British Athletics, and takes in a host of the city's most famous landmarks.

Birmingham-born Ian Stewart, one of the world's top distance runners in the 1960s

and 1970s, said: "I think the fact that Birmingham now has a major international marathon next year is a fantastic addition to Birmingham's portfolio of major athletics events."

"It is also the perfect time of the year for athletes who want to qualify for major Games the following year."



Jess Judd: Euro Cross medal in 2014

JUDD LONGING FOR AN INTERNATIONAL RETURN

JESS JUDD says she has missed the buzz of competing for Great Britain and hopes to return to the international scene at the European Cross Country Championships.

The 21-year-old has had a strong start to her winter with good runs at the Saucony English Cross Country Relay Championships in Mansfield and the British Athletics Cross Challenge opener in Milton Keynes.

The talented junior middle-distance

runner hasn't competed for Great Britain in a championship environment since the 2014 Euro Cross in Samokov where she picked up a silver in the under-20s race, having struggled to kick on from the form she showed when she burst on to the scene as an 18-year-old.

Judd has had a disrupted couple of years, which have seen a series of coaching changes over a short space of time, but the Loughborough

University student is hopeful she will be back in the international picture next month.

She said: "If I did get on the team it would be nice to be in that environment again. I've really missed it. I'm always at the trials and see everyone going off to the internationals, but I've just not quite been there. It would be nice to get in the start tent again, be around there and be part of that atmosphere again."

IOC RETESTS HIT 2008 HIGH JUMP



MARK SHEARMAN

Yelena Slesarenko: the 2004 Olympic champion's Beijing 2008 sample tested positive

SEVEN more athletes have had results disqualified from the 2008 and 2012 Olympics after retests by the International Olympic Committee (IOC) came back positive for banned substances.

Russia's Olympic high jump champion from 2004, Yelena Slesarenko, is among the biggest names to have been identified from 2008 in the latest IOC announcements, while 2012 steeplechase champion Yuliya Zaripova has also been disqualified.

Pole vault bronze medallist

Denys Yurchenko, triple jump bronze medallist Hrysopiya Devetzi and high jumper Vita Palamar all tested positive from 2008, and long jumper Margaryta Tverdokhlib and hammer thrower Oleksandr Drygol from 2012.

The disqualifications of the fourth-placed Slesarenko and fifth-placed Palamar, following that of bronze medallist Anna Chicherova announced last month by the IOC, have decimated the Beijing high



jump and, if officially corrected, could see 32-year-old American athlete Chaunte Lowe (pictured below) awarded bronze despite originally finishing sixth.

The disqualification of Devetzi and Yurchenko takes the total of Beijing medallists who have tested positive retrospectively to 10 compared to four from the London 2012 Games.

The IOC has so far named 26 track and field athletes among those to have tested positive in its two waves of sample reanalyses.

ORIGINALITY AT HEART OF NITRO ATHLETICS

DETAILS of the first Nitro Athletics competition have been revealed by the organisers, and the event will see a mix of both traditional and original disciplines across the three-event meet.

Nitro Athletics, the revolutionary new series in the sport, takes place in Melbourne, Australia, on February 4, 9 and 11, and will see six teams of 24 athletes go up against one another in a range

of disciplines in a points-based competition.

The schedule sees teams take part in a mixture of power, technique, endurance and teamwork events. Traditional 100m sprints will take place but there will also be mixed and medley relays, such as the 2x300m relay, the 100m/110m hurdles relay and a 200/200/400/800m relay.

Endurance events will include elimination mile and two-mile races and a three-minute run.

The new concept will also see teams able to win double points in a selected event, steal points from other teams in a chosen event, and a 'Nitro Turbo Charge' in the long jump will allow one athlete to declare when they will attempt to achieve a set distance – 8.00m for men and 6.60m for women.

NEW PAYMENT EMERGES FROM QATAR TO DIACK

THE son of disgraced IAAF president Lamine Diack, Papa Massata Diack, is in more hot water after reports from France alleged he received a \$3.5 million payment from the Qatari government just days before the country's bid to host the 2017 IAAF World Championships failed.

Diack Jr was banned for life from the sport earlier this year as a result of his role in the scandal surrounding corruption in the IAAF, in which he denies any involvement.

French newspaper *Le Monde* claims to have seen receipts from 2011 showing payments made by Oryx Qatar Sports Investments (QSI) – a government-controlled organisation – to a company set up by Diack Jr. The Qatar Athletics Federation has denied any wrongdoing of QSI.

IPC LAY ROAD TO RECOVERY FOR RUSSIAN SPORT

RUSSIA has been set a series of reinstatement criteria by the International Paralympic Committee (IPC) which it must fulfil before being allowed back into international competition.

The Russian Paralympic Committee (RPC) was barred from the Rio Games as a result of its part in a country-wide doping cover-up.

The IPC criteria states, among other requirements, that the RPC must oversee the "establishment of a strong anti-doping culture" within its ranks.

Russia is traditionally a Paralympic track and field powerhouse, and finished second at last year's IPC Athletics World Championships with 69 medals.

BASC'S BEST BRITS JOIN TO CELEBRATE SUCCESS

MO FARAH WON BASC'S ATHLETE OF THE YEAR AT THE ANNUAL AWARDS EVENING WHILE BRITISH 2016 SUCCESS WAS CELEBRATED

THE British Athletics Supporters' Club (BASC) honoured the class of 2016 last weekend as athletes past and present came together at the annual award ceremony to celebrate a year of success for athletics in Britain.

Four-time Olympic champion Mo Farah was named as winner of BASC's 2016 athlete of the year award ahead of Rio hammer bronze medallist Sophie Hitchon, who pipped British 1500m record-holder and world No.1 Laura Muir to second place.

Farah was unable to attend the ceremony but recorded a message saying: "I just wanted



PICTURES: BRITISH ATHLETICS SUPPORTERS CLUB

Athletes past and present came together to celebrate the British Athletics Supporters' Club awards weekend for 2016

to say thank you so much for giving me the athlete of the year. It's pretty amazing and if it wasn't for you guys I wouldn't be able to achieve – the drive you give me and the support are pretty incredible.

"I'm sorry I can't be with you on the night – I'm here training hard for the 2017 World Champs in London. Thanks for

your support and hopefully I will see you at the World Champs."

The 2016 awards were the first in which the BASC had drawn up a shortlist. Along with Farah, Hitchon and Muir on the shortlist were Jessica Ennis-Hill, Dina Asher-Smith, Jazmin Sawyers and Adam Gemili.

Sprinter Kadeena Cox was recognised for her outstanding

Paralympic gold medal-winning season with the Susanna Ingram award.

Long jumper Holly Mills and 1500m runner George Mills were recognised as BASC's young male and female athlete of the year award winners after both picked up gold medals at the European Youth Championship awards in Tbilisi.

The other winners were 10,000m walk world junior champion Callum Wilkinson, awarded the Ron Jewkes trophy for the best performance by a junior male athlete, and Olympic high jumper Morgan Lake, winner of the Katharine Merry award – the female equivalent.

The weekend also saw athlete panels tackle questions posed to them, first by former 5000m world record-holder and previous head of UK Athletics, Dave Moorcroft, and then by Olympic 400m bronze medallist and BASC president Merry.



Callum Wilkinson: world junior champ won an award



Sophie Hitchon: Olympic bronze medallist was runner-up

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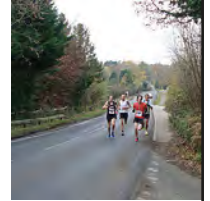
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SEEKING NEW CHALLENGES, COSSINS QUILTS SPRINT COACHING

THE former coach of Olympic sprinter Danny Talbot has given up coaching citing a lack of love for the sport, *writes Kevin Fahey.*

Dan Cossins, who has coached numerous international athletes from his base in Bath including 200m sprinter Talbot, whom he took from the school sports field to the 2012 Olympics, issued a statement saying it was time for a new direction in his life.

"Over the last two years, I have gradually fallen out of love with the sport, and as I have learned more about myself as a person, the desire to be involved has gotten further and further away from me." the 31-year-old said in a statement released last month.

"That understanding has led to me knowing that my path does not lie at this point in

top-class athletics, but in using the skills I have amassed along the way, and the experiences I've had in life, to help people with more fundamental human issues."

Talbot, who left Cossins to work with Benke Blomkvist in Loughborough at the start of the year, said he hoped his former mentor would return to the sport one day.

"I learned so much from Dan and if it wasn't for him I would not be in the position I am today," said Talbot.

"I am so grateful for what he did for me and hopefully he will come back into the sport one day."

Coach James Hillier has worked alongside Cossins for some years at Bath University and, while surprised by the decision, said it may be best in the long run.

"I have known Dan for many



Dan Cossins: went from competing to coaching at a young age after injury

MARK SHEARMAN

years and he is a very talented coach so this will be a big loss to the sport," said Hillier.

"But you can't coach at the top level half-heartedly so maybe taking a break is the best thing for him. He started coaching at a very young age and clearly feels he needs a change.

"I think we must commend him for being brave enough to make that decision and he has been honest enough with himself and his athletes to say he has had enough."

Cossins moved into coaching at an early stage after his career as a competitor

was cut short by injury. He has lifetime bests of 10.55 for 100m, 21.17 for 200m outdoors and 21.20 indoors and 47.10 on the boards over 400m.

"I would like to thank everyone who has been a part of my journey," added Cossins.

"Special mentions must go to my coaches, Dave Lease, Darcy J. Cumming, Malcolm Arnold and Linford Christie. And it wouldn't be right to not mention a man who has always been there for me, a hero before I even knew him, and even more of a hero once he was in my life, Jason Gardener."

OVERALL LEADS BERMUDA TEAM

MARATHON runner Scott Overall and Gemma Steel are among six athletes selected to represent England at the Bermuda Marathon weekend.

Taking part from January 13-15, Overall (pictured), who competed at the 2012 Olympic Games, will be joined by Matthew Sharp and Alexander Teuten while Steel, the 2014 European cross country champion, is part of a trio with Jenny Spink and Rebecca Moore, racing over a variety of distances.



MARK SHEARMAN

GEBRSELASSIE'S TOUGH TASK

HAILE GEBRSELASSIE says that he has come to the realisation of the mammoth task ahead of him as he plans his first steps as president of the Ethiopian Athletics Federation (EAF).

The multiple world and Olympic champion was elected as head of his country's national federation earlier in November, just months after he was one of a group of figures in Ethiopian athletics

protesting against the body's handling of a number of key issues dogging the sport in the east African nation.

"I went into the office to meet the people I will be working with and to talk to them about their experiences over the last few years," Gebrselassie (pictured) told *insidethegames.biz*.

"I am just beginning to realise how big a job this is – it is going to take a lot of my time and attention."



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EUAN CRUMLEY SPEAKS TO A YOUNG BRITON WHO IS NOT AFRAID OF SUCCESS —OR TAKING OVER FROM MO FARAH

PICTURES: MARK SHEARMAN

ANDREW BUTCHART is clearly not an athlete who is easily fazed. After all, this is a man who broke the long-standing Scottish 5000m record in May, despite losing a shoe for the final lap.

This is also a man who, in July, saw off some highly esteemed company to finish second behind Mo Farah at the Anniversary Games in London.

And this is a man who, when faced with the challenge of his first Olympic 5000m final, did not shrink from the task. Rather, he grew in stature with almost every passing stride in Rio — at one point dictating race proceedings with Farah — before finishing a hugely creditable sixth, breaking that Scottish record once again into the bargain.

Britain's multi-Olympic and world champion won't be around forever, of course, and 2017 is expected to be the final year of track competition in Farah's storied career before he turns his attention to the roads.

The 33-year-old's absence will leave a sizeable hole in British endurance track running but, when asked about the prospect of trying to fill it, Butchart's assured response comes as little surprise.

"Obviously Mo has done an incredible job in the sport and has achieved so much," says the 25-year-old, who also broke the Scottish 3000m record this year. "In my opinion he's probably the best distance runner of all time and for anyone to beat that will be hard going.

"But, from a British point of view, if I can take over from what he's been doing and be the No.1 5/10km athlete in the UK then yeah I'd love to do that, I'd love to take that on."

Andrew Butchart: helped Mo Farah and learned much in the 5000m Olympic final



It wasn't so long ago that the task ahead of Butchart was trying to combine his training with working as a fitness instructor at the famous Gleneagles resort in Perthshire to pay the bills. Now his 'to do' list involves somewhat loftier aims.

Under the guidance of long-time coach Derek Easton, Butchart has taken large strides forward of late — at an appropriately rapid pace. He has made sure, however, to give himself the time to take in his surroundings at the big occasions, to watch those around him, to learn on the job.

"I definitely feed off Mo," he continues. "But I'm not the kind of athlete that necessarily looks just at Mo or just 5km, I'll look at how other people train and run well

— and analyse it. I'm intrigued to see what other people are doing in terms of training.

"Because this year has been new to me, I don't really have much experience about how to act between rounds and tapering for massive races, stuff like that. So I'm intrigued to see what other people are doing and work out what I thought was best.

"My coach and I were learning together how to treat my body properly and to make sure we are doing the right things at the right time. It's just learning from other people by watching them and seeing what they were up to.

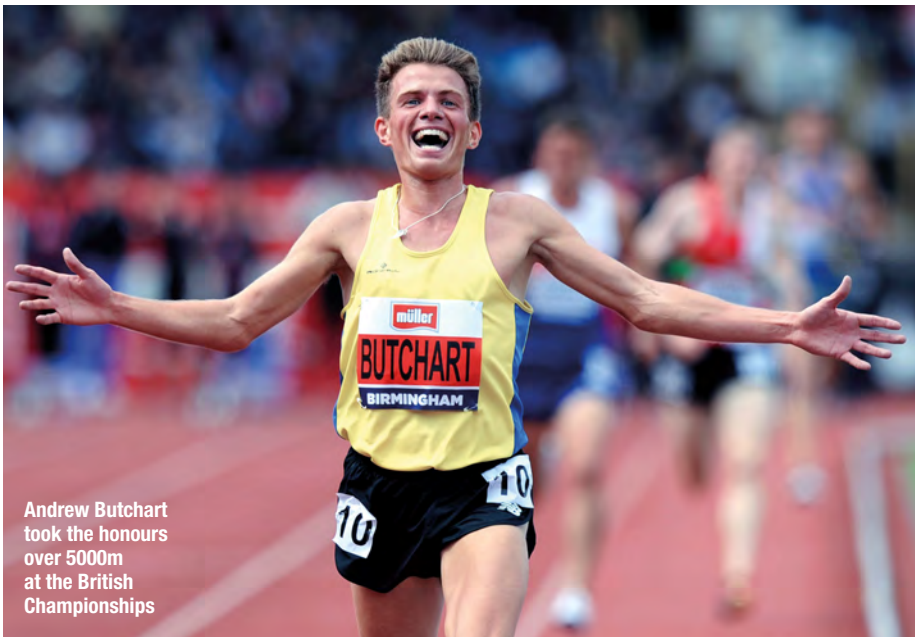
"I still feel new to the sport at the top level, so every day I'm learning more about myself and more about the sport."

Andrew Butchart:
starting to realise his
undoubted potential



“MO HAS DONE AN INCREDIBLE JOB AND HAS ACHIEVED SO MUCH. FROM A BRITISH POINT OF VIEW, IF I CAN TAKE OVER FROM WHAT HE’S BEEN DOING AND BE THE NO.1 5KM/10KM ATHLETE IN THE UK, I’D LOVE TO TAKE THAT ON”

ANDREW BUTCHART, on succeeding a British hero



Andrew Butchart took the honours over 5000m at the British Championships

ANDREW BUTCHART

- > **Born** Oct 14, 1991
- > **PBs** 800m: 1:51.39, 1500m: 3:44.57, mile: 4:05.40, 3000m: 7:45.00, 5000m: 13:08.61, 10,000m: 29:32.43, mile (road): 4.00, 5km: 14:35, 10km: 28:28,
- > **Achievements** (5000m unless stated) **2016:** Olympics 6th; Scottish record, British champion, Scottish 3000m record, Scottish cross country champion **2015:** European Team Championships bronze; Scottish champion, Inter-counties cross country champion.
- > **Progression** (5000m) **2009:** 14:49.93, **2010:** 15:18.33, **2013:** 15:14.18, **2014:** 13:58.05, **2015:** 13:29.49, **2016:** 13:08.61

He's clearly putting that learning into practice, too.

"This year I definitely improved a lot and I think a lot of that is down to planning and making sure we're doing the right things at the right time, just increasing the intensity of the workload just a little bit," adds Butchart.

"There have been no dramatic changes but I would say a lot of it has come down to doing some altitude training. I went to altitude quite a lot this year and that definitely helped me a lot.

"It's quite hard not to get ahead of yourself if you're training with the likes of Mo Farah, with the best people in the world. It's hard not to try and compete with them when you get on the track. So being with the best in the world makes you *be* the best person in the world."

Butchart has, in fact, just returned from a spell training at altitude in Font Romeu and will get a gauge of where his fitness levels lie when he competes at this weekend's

"YOU'VE JUST GOT TO BE CONFIDENT. YOU SHOULDN'T HAVE ANY DOUBTS IN YOUR HEAD THAT YOU'RE NOT IN THE RIGHT PLACE"

ANDY BUTCHART, on mixing it with the world's best

Liverpool Cross Challenge, which doubles up as the British trials for next month's European Cross Country Championships in Italy.

However, the biggest target in his sights — the event that looms largest on the horizon — is, of course, next year's IAAF World Championships in London. His Anniversary Games performance showed he is certainly comfortable racing in front of a large, partisan home crowd at the Olympic Stadium. His Olympic performance demonstrated he has the right mental abilities to go with his physical attributes.

"I respect every athlete but I definitely think I'm in the right place," he says. "When you're with these top guys and training with these top guys, there's nothing special about them — they are just training very hard and working very hard. Anyone can put the work in to try and do it — it just so happens that I put the work in and it came off.

"You've just got to be confident, have faith in what you've been doing and I'll definitely take that forward into every single race that I run from now on. You should never have any doubts in your head that you're not in the right place and hopefully I can keep thinking like that for every single race that I do from now on."

There have been rewards for Butchart's hard work. Sixth place in an Olympic final has opened doors which would otherwise have remained firmly shut. There are changing perceptions of him, too. He is a recognised face on the track — and at home

in Dunblane, the town which also gave the sporting world Jamie and Andy Murray.

"A lot has changed since the Olympic Games," he says. "A lot of people are wanting to support me and a lot of people are wanting to help me out. There was a lot of talk and a lot of hype after the Olympics and it's all settled down now. We've sorted a few things out and it's nice to get back to normal.

"When I'm in Dunblane there are a lot of people that recognise me now. A lot of people are wanting to speak to me and take pictures. It's exciting."

Exciting is a very apt word when it comes to considering Butchart's future and what might lie ahead. He is hopeful, too, that a few more of his compatriots will come along for the ride.

"I think I proved this year that it can be done — from not being the best in the country to becoming up there in the world," says the British 5000m champion.

"I know a lot of British athletes will look at me and think 'If Andrew can do it then I can too'.

"And I want them to do that because I want British Athletics — especially distance-wise — to get picked up because really there only has been Mo for the past few years, give or take a few names.

"Hopefully a few of us can take over and challenge these guys at the top of the world, challenge the East Africans and prove that Britain is a country which has good distance athletes."

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AN ATHLETICS EXTRAVAGANZA

ED WARNER PUTS NEXT YEAR'S MASSIVE SUMMER OF ATHLETICS INTO PERSPECTIVE

WORDS: JASON HENDERSON

PICTURES: MARK SHEARMAN

IF YOU want an idea of the size of the challenge facing organisers of London 2017, the Olympic Stadium will stage a football season's worth of athletics in a mere five-week spell next year. It is a prospect that is sure to keep the team on its toes as they approach what is sure to be a memorable summer of athletics.

"We've got 22 days of international athletics next summer," says Ed Warner, the chair of UK Athletics and co-chair of London 2017. "We have 11 days of the IPC Athletics Championships and 10 of IAAF Championships plus one day of Diamond League. That's a football season's worth of sport.

"West Ham will play 22-25 games at home through a whole season from August until May. We've got that squashed into a much smaller period. And the turnaround time from Diamond League to IPC Championships is a few days and then two weeks before the IAAF Championships."

The Müller Anniversary Games on July 9 is effectively staged by the same federation-led local organising committee, while the IPC Championships run from July 14-23 and the IAAF Championships from August 4-13, but the athletics takeover of the Olympic Park really begins on July 2 with the Great Newham London Run.

As readers of last week's London 2017 special issue will realise, Warner was instrumental in bringing these global championships to the UK and he describes



Olympic Stadium will stage a soccer season's worth of athletics in five weeks, says Ed Warner

the 2011 bid victory over Doha to stage the IAAF World Championships as his proudest moment in a UKA chairmanship which is due to end late next year.

"We have two championships next summer but the IAAF event we want 700,000 people walking away from the stadium with great memories of great sport and if you can secure that in your own city in the home country then it makes you very proud, there's no doubt about it," he says.

"British Athletics has a 100% record during my chairmanship of winning bids. Everything we have bid for, we have won. We win the pitches. Look what we have coming up – we have a World Indoors and European Indoors, we've had European Team Champs here, a World Cross, European Indoors. We go in and win them partly because we know what we're doing in putting the events on but we also win them because of British fans, I believe.

"The sport likes to come to Britain as it gets well received. It loves that fan engagement. And that's a real ace up our sleeves. We are also well supported by UK Sport, who want to see major events come

to the UK, so we can go to them for some funding and logistical support. Other countries don't have that and Britain is quite lucky to have a Government wanting to have major events coming here, whether it's for athletics, swimming, cycling or gymnastics."

Warner is also excited by the IPC Championships being staged in the same city – London – in the same year for the first time. As chairman of the IPC Athletics technical committee, he was out in Rio for the Paralympics but not the Olympics and is keen to see this part of the sport shine in the spotlight.

"It's massive for the IPC Championships because the glow of being part of a summer of athletics is really important. We've heard para-athletes down the years complaining about lack of opportunities versus their able-bodied counterparts and lack of publicity but the summer of athletics will give equal prominence to the two championships, which is fantastic. It's a first for London and a first for the world as well as the fact that these two championships have never been in the same city let alone the same country in the same year."

Will it set a trend with future bid cities wanting to hold both global events in the same summer? "I hope so," he says. "I think it should do. The Rio engagement with the athletes was fantastic and the crowd atmosphere was brilliant and we'll get that again in London."

A few weeks before the Paralympics, it was being billed as a disaster waiting to happen due to lack of money and resources. But Warner says it was nowhere near disastrous. "The sun shone in the way that it didn't during the Olympics," he says. "The transport flowed more effectively because they didn't have all the Olympic lanes clogging up the city. People were happy. They got to the stadium and competed in front of a crowd and got great feedback from that crowd."

With stars like Jonnie Peacock, Hannah Cockroft and Libby Clegg ready to perform, he adds: "One of the things I'm confident about next year is that people who get a ticket for the IPC Championships next year will see great sport. And they maybe don't realise that quite yet but they will."

But what about British medal hopes at the IAAF World Championships? With Jess Ennis-Hill retiring and Mo Farah and Greg Rutherford not getting any younger, where are the podium places coming from and are GB hopes slim?

"I think you could have said that eight years ago in the UK," he replies. "Back then you couldn't have had Greg Rutherford nailed on as a twin Olympic medallist. Eight years ago you wouldn't have thought Mo Farah was going to win all these Olympic and world titles."

"I think there's more than enough young stars coming through and a lot of it is very exciting. Look at Laura Muir. In the great summer of British sport that we had, the average person on the street won't have heard of Laura and won't recognise that she

broke Kelly Holmes' British 1500m record and then did it again. She smashed it. That woman has an amazing future if herself and her coach can keep it together and do the things they've been doing. If Laura Muir wins a medal next year, that will be a great story. She wasn't on people's radars four to eight years ago."

Warner cites the women's long jump as an example of British athletes emerging as a force. "Look how many world-class contenders we have got in an incredibly difficult event where you have to jump seven metres to win a medal and we've got people who can do that."

"Also, look at the women's high jump, which is coming on. And it helps that our relay programmes are kicking. We're still gutted we didn't win three or even four medals in Rio in the relays. In every major

championships we should be in the mix in at least three of four relays. And if you can win three medals in the relays then that's a great contribution to great British memories and creating British stars as there are four in each team."



Ed Warner: looking forward to IPC and IAAF World Championships



"I think there's lots to be excited about," he says, adding: "I think what people sometimes forget in athletics when they compare it with, say, cycling is that they would expect every event in the cycling velodrome to have a competitive British athlete but there aren't that many nations who take track cycling too seriously as it's expensive and you require a velodrome and people prefer road cycling. Athletics is 200 nations in 47 disciplines and no one, except for America, is strong across all events. So you have Jamaican sprinters and Kenyan and Ethiopian distance runners and Britain has some real pockets of strength. Russia aside when they are there we are unambiguously the strongest European nation and that's quite an accolade in our sport and it's quite easy to forget that."

British athletes won two golds, one silver and four bronze medals at the Rio Olympics but only three countries – the United States, Jamaica and Kenya – won more than two golds, which illustrates the tough nature of global track and field.

"I have every hope next year that we win medals through the week (at the IAAF Championships) and end up with a bunch of relay medals on the final weekend and we can walk away saying 'it's never been that good'."

"It could happen if Mo stays fit, while Katarina will get it right one day and it'll all come together – I have no doubt of that and if it's in London next year it will be sensational."

ANTI-DOPING IN ETHIOPIA

MICHAEL CRAWLEY HAS A UNIQUE INSIGHT INTO ETHIOPIAN ATHLETICS AFTER IMMERSING HIMSELF IN THE COUNTRY



DISTANCE runner Michael Crawley of Corstorphine AC made significant progress in 2015 with second place in the Scottish 10-mile championships and fourth place in the Manchester Marathon in 2:19:39 and earned his first GB vest.

The Edinburgh University student is not involved in serious racing in the UK this year as he has “gone native” for a year in Ethiopia as a consequence of undertaking research work related to an economics based Phd he is studying for, funded by the Economic and Social Research Council (ESRB).

He is training hard as part of an Ethiopian training group which has athletes of varying abilities (by British standards some are good, some are superb) but his altitude experience is significantly different

to the usual groups of UK-supervised athletes at places such as Iten in Kenya. It is most unusual for the group he is with to have a non-Ethiopian training with them. Also, because he is part of their community for such an extended period of time, the free flow of chatter on all manner of subjects (yes, Michael is mastering the local language!) takes place as with any training group.

Therefore his thoughts are intriguing within the context of recent revelations concerning doping issues among Ethiopian and Kenyan distance runners. While not intended in any way to be an excuse for transgressions, it illustrates the fact that there is a significant education gap to be bridged if knowledge of doping issues is to permeate to all East African athletes.”

Crawley takes up the story ...

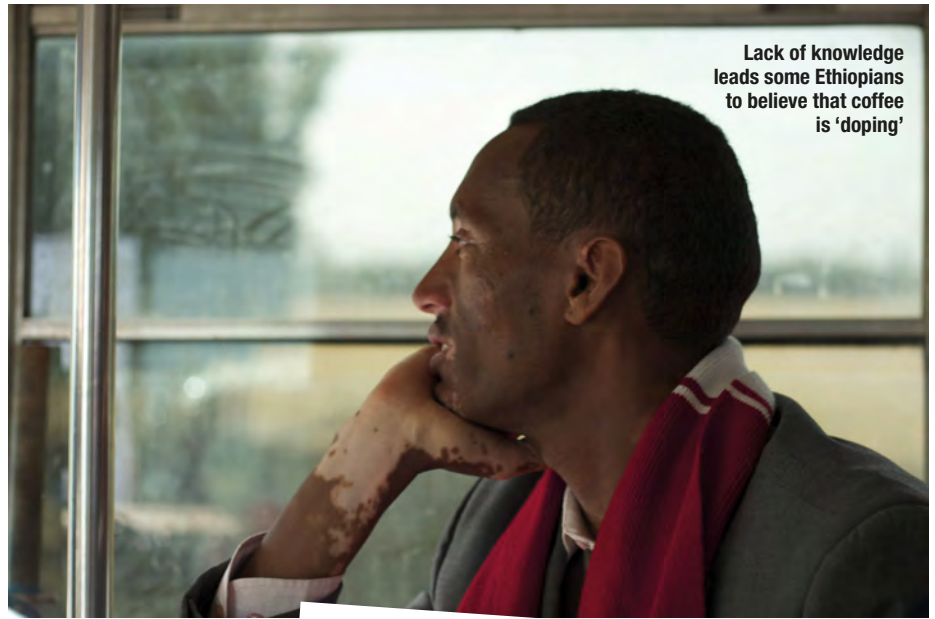
“THE group I train with in Addis Ababa meet at 5am three mornings a week for a bus journey to one of the many training locations on the outskirts of the city. I stumble down to the bus one morning and open a thermos of coffee.

Aseffa, one of the runners who has been abroad and speaks a little English, gets on the bus a couple of minutes later, smells the coffee, looks at me and raises his eyebrows. “Doping!” he exclaims. It’s not, I tell him, it’s ‘bunna bicha’ – or only coffee. And it’s absolutely necessary at this time of the morning. “It’s doping,” he says, shaking his head as he heads to the back of the bus.

Another time I ask Fasil, a runner who lives next door, what the tablets next to his bed are for. “Doping!” he tells me triumphantly, a cheeky grin on his face. I



East African athletics has been in the doping spotlight, but Michael Crawley found the Ethiopian running scene to be guilty only of ignorance and naivety



Lack of knowledge leads some Ethiopians to believe that coffee is 'doping'



Ethiopian athletes such as Asmara (far left), Berhanu (above) and Zeleke (left) rise at dawn to start training for running, which is a huge sport in their country

look them up just in case and it turns out they're for acid reflux. Energy products, which are referred to as 'Powerbar' by everyone regardless of the brand, are hard to come by here and are therefore assumed to have special powers. Many people tell me that using these is 'doping' too.

Our group has a meeting convened by the coach and our manager, Malcolm Anderson, the founding director of Moyo Sports. We sit on a grass verge outside a farm after training, shielding our eyes from the sun. The issue of doping had been discussed again at the managers' meeting, and a fledgling anti-doping body is currently being staffed.

Given the criticism Kenya is under at the moment, it should be recognised that while Kenya's anti-doping agency has been incompetent in recent years, Ethiopia's has

been more or less non-existent. Our coach lectures the runners in Amharic. He speaks of doping as a danger coming from outside Ethiopia. "The factories are not here," he tells them, "but drugs can come into the country through relatives and friends."

If people start to be caught, he adds, all of Ethiopia's medals might be taken away. In the meeting, he tells them, a doctor did a presentation on doping "in front of the whites (the managers) and the blacks (their sub-agents and coaches)."

He starts to ask the athletes if they've heard anything. "Aseffa, what have you

heard about this? Nothing? What about Asmara? Nothing too?" he asks. He knows they will not want to talk about it, but he and Malcolm have decided

that education is the most important tool in the fight against doping, an idea that Malcolm has found resistance to in the past. "If you try to talk to coaches in the rural areas who work with young athletes about this they say, 'oh no, we can't talk to them about this!'" he tells me – and in one sense I can understand their logic.

Earlier in our meeting, the coach had been discussing training and racing

opportunities. He told them they had to work hard and be disciplined if they wanted to be sent abroad to race. He told them that before they went to a race they had to make sure that they were ready, because the future of the group depended upon their success. “You will be given one or two chances at races abroad,” he tells them, and after that “it will be difficult” to find races that will take them: the market is increasingly competitive, while prize money is falling.

“You are young now,” he says, “but the time will pass,” before finally noting, in English, a language few of them understand, “this is business.”

When he starts speaking about doping, the first thing he says is, “What do these drugs do? They give you energy. They give you power.” In fact, the language he uses is very similar to that used when discussing another source of malignant power few athletes want to talk about: mitat, or the belief that if you take an item of another runner’s clothing to a witchdoctor they can allow you to run with some of their power. As with mitat, rumour and hearsay abound, but real evidence does not. Most runners have heard things about certain people; some even reportedly found some ‘testosterone’ tablets with Russian labels by a skip in Kotebe. Given what the coach had said before about the high-stakes nature of the sport it is perhaps understandable that some athletes would be tempted.

In the run-up to Rio, the Ethiopian federation called a meeting about anti-doping at the national hotel and Haile, the sub-agent from our group, attended. “How was it?” I asked him. “Long,” he replied, before adding that there wasn’t a single farenj (foreigner) there, but a few famous athletes turned up, including Meseret Defar and Sileshi Sihene.



Michael Crawley with the group



Michael Crawley: the British runner enjoyed a fascinating visit to Ethiopia

He said that the emphasis was on Ethiopia’s reputation being damaged by outside influences. Twice they were shown images of Abebe Bikila’s bare feet and told that “these feet tell a story” about Ethiopia as powerful as the one being celebrated at the moment on the 125th anniversary of the battle of Adwa. Athletics, he said, was Ethiopia’s life, their ‘brand’ in the outside world.

Dr Ayalu, head of the anti-doping agency in Addis, said: “The problem is that people trust all farenj. People don’t know what they are taking.”

He illustrated this with an Ethiopian proverb, *terter baganfo wist alle sinter*, which means ‘the porridge is thick, but somewhere inside it there is a splinter’, and told a story about an athlete who supposedly tested positive after eating an apple that had been injected with drugs. He said that Abebe Bikila had triumphed on a diet of buso (roasted barley drink) and injera, and that today’s athletes could too.

I ask Haile what he makes of this. “He is right that people need to be very careful with what they are taking,” he says, “but not all supplements and energy drinks are banned.”

He is right, the sport has moved on since Bikila won in Rome in 1960 running 2:15. Marathon runners are over two miles faster and sustaining the level of training necessary to be at the top is difficult with barley and teff alone.

At the other end of the scale in terms of financial backing and access to information is Nike’s Oregon Project. Regardless of

“THE PROBLEM IS THAT PEOPLE TRUST ALL FARENJ (FOREIGNERS). PEOPLE DON’T KNOW WHAT THEY ARE TAKING”
DR AYALU

whether there was any wrongdoing in strictly legal terms – and enough has been written about that in the past year so there is no need for me to add to it – their access to the knowledge and resources to get as close to that legal line as possible undeniably gives them an enormous advantage. If the runners in Ethiopia do not even know that coffee is not banned, then they’re certainly not going to know what a TUE (Therapeutic Use Exemption) is, or understand the ins and outs of micro-dosing.

Those who do fall foul of the rules can hardly expect to defend themselves in the way that tennis player Maria Sharapova and her team of legal and PR experts did following her positive test. Education clearly has an enormously important role to play here, but it will have to be handled very carefully. And it should be recognised that to portray doping as a problem of education places the blame solely on Ethiopians. The financial interests underpinning the sport, the supply chains across which drugs flow and the pressures many athletes are put under should be made accountable too. ”

INSPIRATIONAL LIFE STORY

WITH CHRISTMAS FAST APPROACHING, WE REVIEW SOME OF THE LATEST ATHLETICS BOOKS NOW ON THE SHELVES, INCLUDING *THIS MUM RUNS*

JO PAVEY is one of the most inspirational British sports stars of recent times and her autobiography *This Mum Runs* has not surprisingly become an hit on the book shelves since its release.

A regular and consistent British international for many years, Pavey made a real name for herself firstly at the Commonwealth Games in Glasgow in 2014 when her plucky performances led to 5000m bronze, but soon after she took European gold over 10,000m in Zurich at the age of 40.

What's more, she did it less than a year after giving birth to her second child.

Her bold running raised hairs on the back of the nation's neck and inspired athletes of all ages and abilities. She manages to mix pure grit and determination



with amazing grace and humility and not surprisingly became a BBC Sports Personality contender, finishing third in the popularity contest at the end of her memorable 2014 year.

In her book, which is ghost-written by Sarah Edworthy, Pavey tells the story of her early days as an English Schools 1500m champion, her injuries and frustrations, her long relationship with husband and coach

Gavin and her journey through a career that has included five Olympic Games.

Pavey's story is one of determination, talent and athletics excellence but it is also heartwarming. Who can fail to be amused, for example, by the fact her Exeter Harriers racing vest in recent seasons is older than many of the younger rivals she is racing against?

In typically quirky and down to earth style, the book is full of great anecdotes that sum up her personality. She remembers, for instance, when the Aussie soap *Neighbours* first hit British television and some young athletes could not train at the same time because they were addicted to it.

"I came to love it, too," says Pavey, who goes on to say that she later won a race in Melbourne, where it was filmed, and was presented with her medal by one of the cast.

This Mum Runs is full of amusing stories like this and also contains many great photographs that capture her life as a child, senior athlete and supermum.

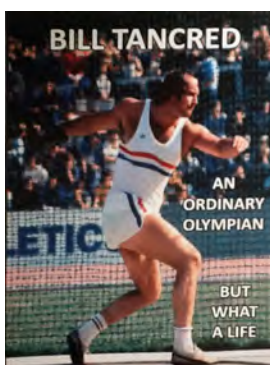
➤ ***This Mum Runs* is published by Penguin Random House and costs £18.99 in hardback**

THROWS LEGEND ON HIS GREAT CAREER

BRITISH discus great Bill Tancred has brought out a book on his life entitled "An ordinary Olympian – But what a life".

The 74-year-old competed in the 1968 Mexico and 1972 Munich Olympics and won bronze at the 1970 Commonwealth Games and silver at the 1974 Commonwealth Games in addition to winning a spate of AAA titles and holding the UK record for 25 years.

He tells *AW*: "I mention my early life in India, growing up in Felixstowe and Ipswich before nine years of Army service with the 1st East Anglian Regiment and the Royal Army Physical Training Corps.



"Thereafter I went to Loughborough and West Virginia universities, studied at the sports institutes in Australia and the USA and let's not forget my athletics career with two Olympic Games and over 12 years in the British team.

"There were so many characters met and discussed which might be of interest to some of the readers of *AW*."

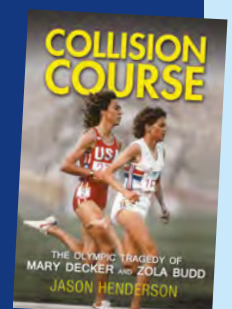
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WIN A COPY OF COLLISION COURSE

WE HAVE three copies of *Collision Course* – the Olympic story of Mary Decker and Zola Budd, written by *AW* editor Jason Henderson, to give away to readers who can answer this question:

Decker and Budd clashed in the 1984 Olympic 3000m final but can you name the athlete who won gold in that race?

Send your answers to jason.henderson@athleticsweekly.com by the deadline of midnight on December 2. *Collision Course* tells the story of the Los Angeles 3000m and the wider, complex and interweaving lives of two of the greatest female endurance runners of all time.



Next week: Greg Rutherford's autobiography, Pat Butcher's book about Emil Zatopek and *The Miracle Mile* by Jason Beck

CROSSING the line first is always exciting. Quite apart from the personal satisfaction a great run produces, there's usually a medal, a trophy and perhaps even a voucher for the nearest sports shop to take home. Meanwhile, for the lucky few, a big win can result in a significant boost to their bank account. All in all it's a good day.

Of course, it hasn't always been like that. Yes, the feeling of job well done is always there, but the prize structure has been a little different in the past.

I know that first hand as a sub four-minute miler in the 1980s who has been the winner of a rowing boat, a model aeroplane, a model train, numerous wine glasses and so many canteens of cutlery I could have opened my own restaurant.

Medals and cash weren't quite so popular, even at Grand Prix level (a vase in Russia and a model plane for winning in Finland). However, useful – and not so useful – everyday appliances were.

It was a picture used in the Cambridge News recently that got me wandering down this gift-laden memory lane. Just who was this amazing sprinter looking back at the camera and, more importantly, where on earth did she put all those prizes? Cutlery, crockery, even a grandfather clock clearly were the order of the day when it came to rewarding tremendous performances.

Vic Phillips had sent the image of his mum to the paper. Apparently, she was a great star in the 1940s in the Cambridge area, but the information he supplied was a little sketchy.

"It was just after the really bad winter of 1947, that I found out Kath (Vic's mother) was quite famous. She took me on the front of her bike to Pye's sports ground and I tried hard to keep up with her as she trained," recalled Vic, now in his nineties.

"At 14 years of age, she had won an All-England 100 yards dash at Crystal Palace or White City, perhaps. I've since found newspaper cuttings about that and letters from hair product companies inviting her to advertise their wares.

"I watched my mum several times running on the cinder track at Fenner's in what was called a scratch race. Mum would give the other ladies up to three yards' start in the 100."

WINNER, WINNER, CHICKEN DINNER

FORGET TAKING HOME \$50,000, TOP INTERNATIONAL ATHLETICS HASN'T ALWAYS BEEN ABOUT THE CASH, AS PAUL LARKINS DISCOVERS



Kath Phillips: 1940s sprinter won many varied prizes

So I made a few calls, chatting about the picture and that got the ball rolling — not in telling me more about Kath Phillips but of the prizes awarded back in the day.

Let me set the scene for you. When Mo Farah crossed the line at this year's Great North Run, do you think he was thinking, "what's on at the pictures tonight?"

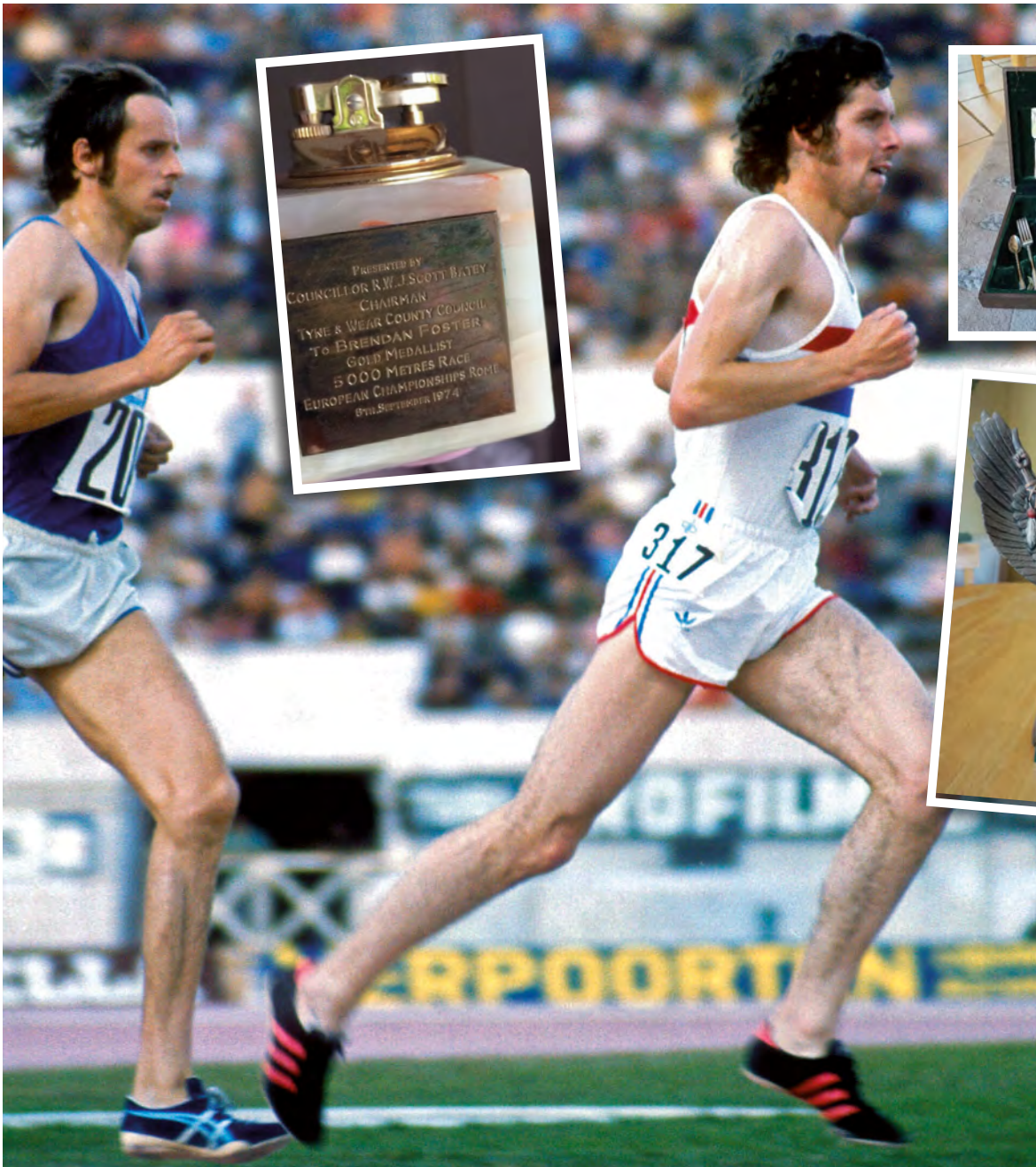
In 1982 Isle of Man's Margaret Lockley took top honours at this classic and

probably did have the flicks on her mind, given her prize was two one-year passes to the Odeon in Newcastle. Similarly, 1984 men's winner Øyvind Dahl from Norway was treated to the same possibility of 365 evenings out, presumably before he jumped on the plane home to Oslo.

A fair few years later, Lockley asked one of the organisers if she could head over and still use her pass, safely treasured in the top drawer at home, but was informed that the Odeon had long since closed. She should have gone to watch ET when she had the chance.

And it gets better. Remember Brendan Foster surging hard to win the 1974 European 5000m championships with a mid-race four-minute mile? Well, forget the gold medal he took home for that — still on his desk is the cigarette lighter he also won. That prize was the result of a set of meetings at Tyne and Wear council about how best to award their athletic employee.

Mind you, former Olympic steeplechaser John Bicourt and his team-mates would have found that prize rather handy, so they could have lit up one of the 50 Piccadilly cigarettes each took home for securing top



Brendan Foster: his 5000m feat in Rome was rewarded with a cigarette lighter, while Kath Phillips looked like she needed more storage space for her haul (far left). Paul Larkins has been the recipient of some unusual prizes, too, such as numerous canteens of cutlery and a 'distinctive' statue (above)

MARK SHEARMAN

spot in the Chingford Relays of 1965, along with a bottle of beer.

It makes for a satisfying image, doesn't it? Contented Belgrave Harriers happily puffing away on the bus home while sipping one of their hard-won brews. Very 1960s.

Former British marathon record-holder Sarah Rowell, who was second in the London Marathon and 14th in the 1984 Olympics, picked up similarly odd prizes for her amazing performances.

On one occasion, she took home some toilet roll — always useful I guess — although the out-of-date chocolates she got for one road race were probably less so.

She can also recall one rival winning

a bed. I bet she won a portable TV somewhere else. I did once and gave it to my mum, who could watch it in bed. You see? Race organisers knew what they were doing back then.

For instance, a handy-to-have sugar bowl and a soda siphon are among John Gladwin's prize haul, but top of the pile has to be the huge vacuum cleaner the miler won and then had to carry home on the train.

Veteran cross-country runner John Pike has a similar tale. About 25 years ago, long before he could drive, he was first in the Spalding 10km and then had to carry the garden bench he won the two miles home.

His mother still has it, rusting in the garden.

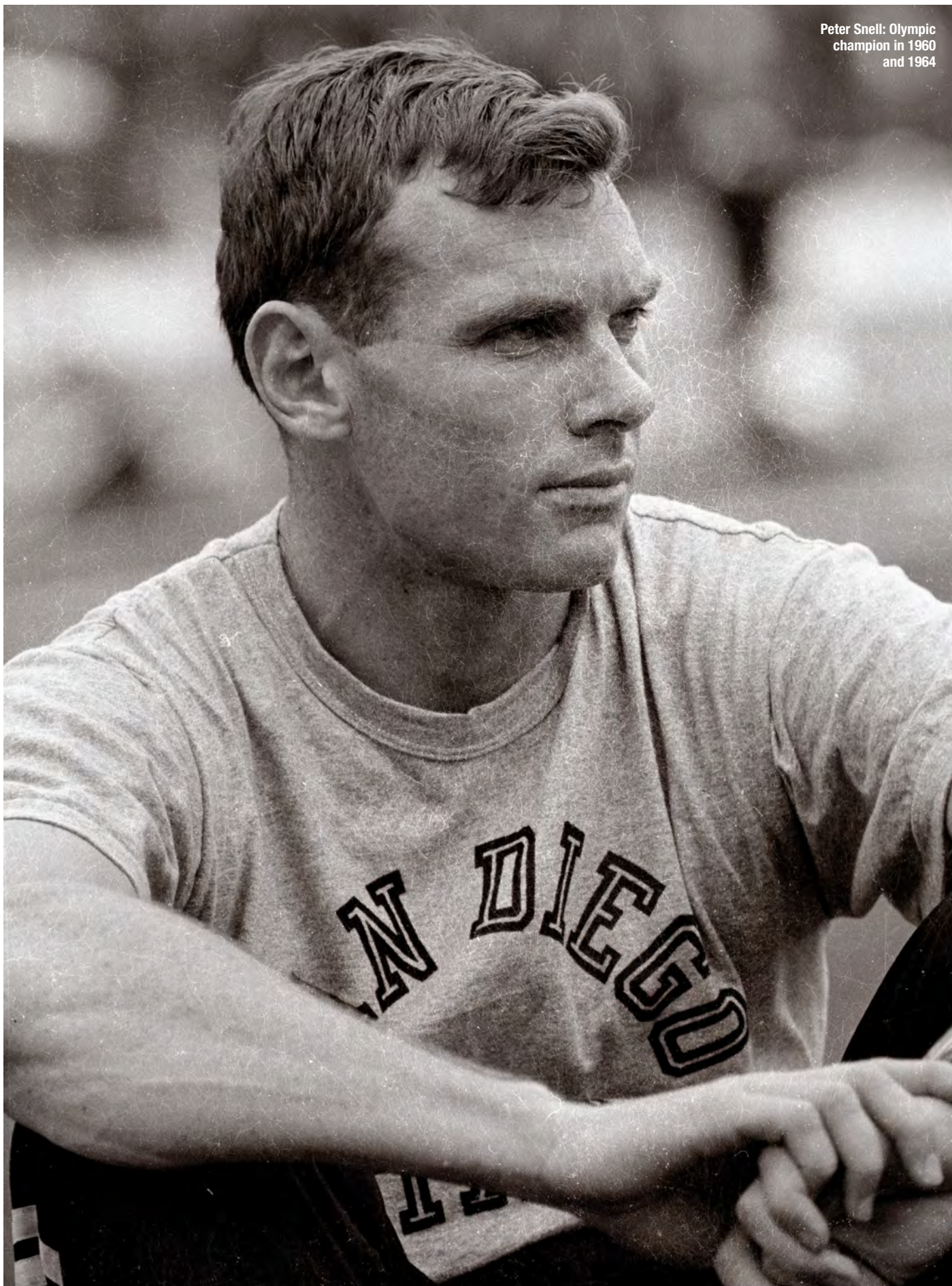
My wife Elaine Larkins, an English Schools finalist many years ago, can still picture the bathroom scales she was awarded at the Preston Guild Races.

Slightly more off-piste is Liz McColgan-Nuttall's cowbell picked up for a great win in Switzerland, while Matt Yates' box of salmon sounds good, but not if you're a fish-hater like Matt.

So, have you won anything like this? Let us know via email or on social media.

And, on a more serious historic note, if any stat experts out there have information on Kath Phillips, please let us know. She seems to have been an amazing athlete.

Peter Snell: Olympic
champion in 1960
and 1964



NEW ZEALAND HAS PRODUCED SOME OF THE MOST PROLIFIC MIDDLE-DISTANCE RUNNERS IN HISTORY. **CAMERON TUCKER TALKS TO POSSIBLY THE GREATEST OF THEM ALL**

PICTURES: MARK SHEARMAN

THIS YEAR has been a record-breaking one in sport for New Zealand. The island nation, renowned for its haka-dancing rugby team, secured its largest ever medal haul at the Olympics in Rio.

Four of those medals came in athletics, including a bronze in the men's 1500m for veteran Nick Willis, adding to his silver from Beijing.

Middle-distance running holds a sacred place in Kiwi lore. Since Jack Lovelock's 1500m gold in Berlin (1936), the country's medal cabinet has been kept full with gold from John Walker (1500m, Montreal 1976), Rod Dixon's bronze (1500m, Munich 1972) and Willis's double.

Although Lovelock's was the first on the board, the country's affinity with middle-distance running was truly established more than two decades later thanks to the exploits of Peter Snell.

Snell won three Olympic golds – the 800m titles in 1960 and 1964 and the 1500m, also in 1964 – and broke the world record in the 800m, 880yds, 1000m and the mile. Not bad for someone who, as a teenager, would have been “happy to settle down as a provincial runner.”

Having shown early promise as a rugby and tennis player, the Te Aroha-native shifted his focus to middle-distance running in his late teens.

After breaking into the Waikato provincial squad, Snell began to compete nationally. At one meet in Auckland, he ran the 880yds in a PB of 1:54:2. A chance meeting with an old school friend at this meet would change the course of the sport.

TITAN OF THE TRACK



Tokyo 1964: Peter Snell leads the Olympic 1500m final

Snell recalls his friend “rushing down after the race and saying, ‘You’ve got to meet my coach.’” The coach in question was Arthur Lydiard, the man who oversaw the nation's golden era on the track. He also incorporated endurance development and periodisation into his training routines, a turning point in the discipline.

For Snell, it was Lydiard's approach which really appealed to him. “He was so positive. He would say to me, ‘You’ve got more speed than anyone else I’ve ever trained.’” For a 19-year-old Snell, whose headmaster had told his parents he was an academic failure, Lydiard's encouragement was “music to [his] ears”.

For three years, Snell endured his new coach's punishing regimes. One hundred miles a week was standard, sprints and hill circuits thrown in for good measure.

The aim was to get to Rome for the 1960 Games, a feat he achieved seven months before the competition. With only his 800m qualifying time in February 1960 to account for his ability, however, some in the New Zealand team questioned his selection. “I knew differently,” he asserts. “I was on a steep improvement curve. By the time the Games rolled around in September, I was in much better shape, endurance-wise.”

Unknown and underestimated – two labels most runners would relish going into a major championships with. It was only after his arrival in the Italian capital that he started turning heads.

Murray Halberg, who went on to win the 5000m in Rome, was another student of Lydiard. In the lead-up to his first heat, Snell joined Halberg in the Olympic Village, completing time trials on the practice

track. Like their coach, Halberg offered the support that would help push Snell to his full potential.

This approach, combined with Lydiard's endurance training, paid off for Snell as he recorded a PB (1:48:22) in his first-round heat. He was then forced to run another round that afternoon, where he qualified for the semi-finals. Looking back on a schedule that could end many athletes' competitions on the first day, Lydiard's training made it "feel easy" for the Kiwi.

Snell went on to beat favourite Roger Moens in the semi-final by fifteen hundredths of a second before pipping the Belgian by seven hundredths. His time of 1:46:3 was an Olympic record. "I was the only one with endurance training. Had it just been three races, Moens probably would've had it," he suggests.

After missing the opening ceremony four years earlier to focus on the heats, the reigning gold medallist was his country's flagbearer in Tokyo. He also went into the competition expected to bring home the gold, a totally different set of expectations to those in Italy. At the time, he was producing the best performances of his career, holding the world records in the 800m (1:44:3) and the mile (3:54:4). The pressure was unprecedented. He said: "People wanted me as a miler, especially after I got a world record in 1962. By the time Tokyo came around, I thought, 'Can I even run a world-class 800m?'"

He needn't have worried. Like four years before, a time trial in the Olympic Village (this time against American Tom O'Hara)

"PEOPLE WANTED ME AS A MILER, ESPECIALLY AFTER I GOT A WORLD RECORD IN 1962. BY THE TIME TOKYO CAME AROUND, I THOUGHT, 'CAN I EVEN RUN A WORLD-CLASS 800m?'"

PETER SNELL



laid his fears to rest as he came within a whisker of another world record in practice.

Snell's endurance would be stretched to its limits as his route to two finals consisted of six races in eight days. A day's rest, however, was all he needed between juggling the 800m and 1500m rounds, before two surprisingly straightforward finals. "Everyone just trundled around. I was the fastest finisher in there and everyone just dawdled around waiting for something to happen."

Snell had achieved the holy grail of track running – an 800m-1500m double, a feat not emulated in global competition since (Rashid Ramzi's double at the 2005 World Championships in Helsinki was later annulled for doping violations). Arguably the only man to come close was Seb Coe, except for one Steve Ovett there to hinder his efforts.

Even winning just the 800m has failed to deliver the same flourish as Snell's Sixties spree. The final in London, won in emphatic fashion by David Rudisha, was the first to break the 1:41 barrier, a mark at which it had been stuck since 1981. In Beijing 2008, Snell's best time would have won gold.

On this plateau, the former champion reflects on a change in racing culture. "Runners are gassed out from the early round heats and don't have it in the tank for the final. You run as well as you need to, to win," he said.

Snell's unprecedented success lay not just in his physical prowess – 1964 1500m bronze medallist John Davies remembers Snell "kicked up great wads of earth" as he hit the turn. He was also psychologically superior.

Unlike fellow Antipodean Herb Elliott, there was no desire to "crush people". "My mental approach was not focusing on the individuals I couldn't control, but focus on myself.

"It normally worked out all right," he laughs.

There's no denying Snell was an exceptional runner, standing out also for the brevity of his career. After eight years as the undisputed titan of the track, Snell hung up his spikes. A lack of money and social life brought about his early retirement. "I worked, I ran and I slept. That got old after a while. What else did I have to prove? It just wasn't worth the sacrifice."

Yet, he never truly left the sport.

After 10 years working for a tobacco company, Snell was rewarded with a coaching placement at Loughborough College. There, he discovered a passion for physiology.

Needing funds to pursue further education, Snell entered *Superstars*, an all-around sports competition pitting elite athletes against each other. He won, of course. Looking back on the event, Snell jokes: "My misspent youth paid off!"

With the prize money, he headed to UC Davis in the United States, where he gained a BSc in human performance before embarking on a PhD in exercise physiology at Washington State University.

Proving to himself, and his old headmaster, that he "wasn't a dummy after all", Snell considers his academic accomplishments as among his greatest. "These things persist in your mind. After Loughborough, I realised my school results were wrong and I did have an academic side. That's great to find out, isn't it?"

After graduating from Washington State, he joined the University of Texas Southwestern Medical Center in Dallas as a research fellow. It was also in Dallas where he met his wife, Miki. More than three decades later and the couple are still in Dallas. "I'm forever grateful for the opportunities the States has given me."

Thirty years of marriage, four years of track dominance and for ever in the history books, longevity has been at the centre of Peter Snell's life. Endurance has become key to success in the 800m and 1500m and it was Snell, with the help of Lydiard, who brought that about. A rich culture of Kiwi middle-distance runners spawned from Snell's feats, and his contribution to medicine has been equally significant.

To repeat his own words, "It worked out all right."

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TWENTY-FIVE YEARS AFTER RON PICKERING'S DEATH, FORMER COLLEAGUE STUART STOREY PAYS TRIBUTE TO HIM AND THE FUND THAT IS HIS LEGACY

PICTURES: MARK SHEARMAN

RON PICKERING was a former national coach and television commentator. He was a coach with the British Olympic team in 1964 and was the personal coach of Lynn Davies, who became Olympic long jump champion at those Games. He went on to be a brilliant orator and a superb athletics commentator for BBC television. For me it was a privilege to sit alongside him as a co-commentator for four Olympic Games beginning in 1976 in Montreal. He was a man who valued ethics and fair play and was an advocate of eradicating drugs and all forms of ergogenic aids from the sport he loved and sport in general. When he spoke, believe me, everybody listened.

"Sport is the most precious commodity we have to hand on to the next generation," he famously said.

Ron passed away in 1991 and so this year marks the 25th anniversary of the charity that bears his name – the Ron Pickering Memorial Fund (RPMF). When Ron died, his wife Jean set out to make



Stuart Storey: Ron Pickering Memorial Fund chair

FUNDING THE FUTURE



Jean Pickering: inducted into the England Athletics hall of fame in 2011

sure that his memory and, importantly, his ideals lived on in setting up the RPMF in order to support young athletes and help them remain and develop in the sport that he held so dear.

Jean Pickering was an Olympic bronze medallist at the 1952 Olympics in the 4x100m and later became European champion in the long jump in 1954, following on from her relay gold four years earlier.

Over the years she was often called "the Fairy Godmother" of British athletics, such was her support for young athletes. She was awarded the MBE for services to sport and in 2011 was inducted into England Athletics' Hall of Fame.

Jean passed away on March 25, 2013, having achieved her goal of staying around long enough to experience the London 2012 Olympic Games in her home town of Stratford. She was in the stadium on "Super Saturday" to watch three former RPMF grant recipients win gold medals within an hour.

The key aims of the fund are:

1. To ensure that young able-bodied athletes and those with disabilities, with financial need or hardship, are able to participate fully in the sport of athletics.
2. To support young athletes to develop and reach their full potential in sport and life through encouragement to remain in athletics and education.
3. To help create a positive environment for the sport of athletics, through education, and aiding the promotion of good coaching practice.

The impact of the Memorial Fund has been huge, raising and distributing more than £1.5 million since 1991, with grants awarded to more than 2500 talented young British athletes ranging from 15 to 23 years of age, much of it going to athletes under 18. The majority of the British athletes in Beijing 2008, London 2012 and Rio 2016 had benefited early in their careers from support from the fund.

From 15 to 23 years and particularly



“THANK YOU SO MUCH TO THE RPMF, YOU HELPED ME ACHIEVE MY DREAM”
SOPHIE HITCHON

the transition from junior to senior athlete is a key period in a young athlete's development, but this is also a time when the fall-out rates from the sport are considerable as young athletes come under increasing pressure to succeed educationally, socially and physically and where time is always at a premium. During this time it is imperative that young athletes are provided with the right environment, support and encouragement to enable them to develop.

In 2016, the RPMF awarded grants to 221 young athletes. Each grant awarded was designed to make a difference and take into account personal need, outgoings and financial hardship. Dropout rates at this age are huge and the charity's aim is that this acknowledgement of their efforts will help keep these talented youngsters within the sport so they can go on to reach their full potential. Most of the money for these grants is raised by volunteer "Ronners" by running in the Virgin Money London Marathon and other events each year.

The Trustees of the Fund, who all give their time freely, have also created a number of special Olympic scholarships in memory of Jean Pickering which provide substantial longer term support. The scholarships aided five young athletes in their development toward their goal of qualification for Rio 2016. The RPMF now looks toward raising the funds to do the same towards Tokyo 2020.

Both Ron and Jean understood athletics and athletes and their memory lives on through the Fund.

Ron Pickering Memorial Fund

The application process for 2017 RPMF grants is still open until November 28 and can be accessed via rpmf.org.uk



RPMF trustees: Shaun Pickering, Kim Pickering, Stuart Storey, Lynn Davies, John Lister, Richard Hughes, Ian Hodge, Jo Summers, Alison Potts, Fuzz Caan, Kath Dee



Ron Pickering: died 25 years ago but his legacy lives on

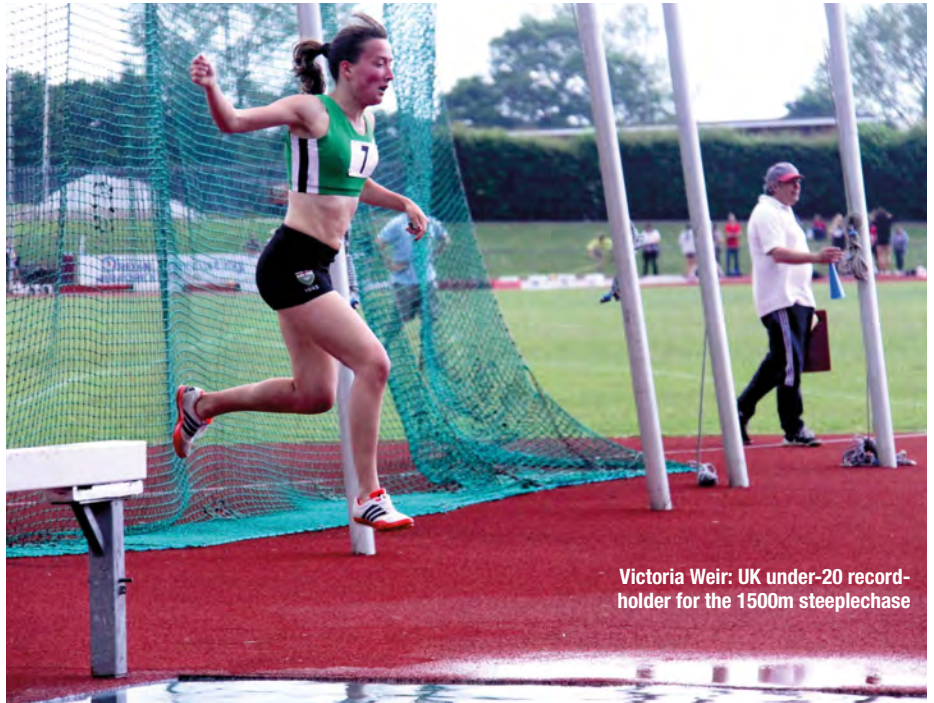
CHASING THE DREAM

STEEPLECHASER VICTORIA WEIR IS AIMING HIGH AFTER A SUCCESSFUL 2016, WRITES EMILY MOSS

HAVING won the English Schools senior girls' 1500m steeplechase title in a UK age-group record earlier this year, 18-year-old Victoria Weir cannot help but wonder where her athletics career could take her.

Although the City of Plymouth athlete's long-term goal is to race internationally, she is not forgetting the real reason she is in the sport. "A dream would be to represent my country," she says. "However, my definite long-term target is to make sure that whatever I end up doing in athletics, I am doing it because I love running and want to use my talent, rather than anything else. I'll continue to train hard and see where that takes me."

Such a healthy and balanced attitude is clearly serving Victoria well, as she has this year enjoyed a big improvement over all distances, in addition to claiming her first national title in a UK best at the English Schools. She says of that: "It was the biggest achievement in my athletics so far.



Victoria Weir: UK under-20 record-holder for the 1500m steeplechase

I was ranked first on the Power of 10 and really wanted to win, but really didn't expect it. I felt ready and I was running better than I ever had in my life. As soon as the gun went, all pressure and expectations left my head, and it felt like any other race. Winning my first national title was an immense feeling that I will never forget. I was overwhelmed when standing on the podium."

The young athlete credits going back to basics last winter for her run of good form this summer. "I didn't do cross country for the first time and I was able to train without the thought of progress and medals in my mind," she says. "I was training because I love running and I adore the feeling of pushing my body beyond its limits, rather than to gain any prestige from it. That put me back in the right place mentally before I started to compete again. This definitely made the times come down, because my renewed love for training had pushed me more than I realised."

However, other factors undoubtedly contributed too. "I've lived more like a proper athlete," she says. "I've been eating well, getting the right amounts of sleep, resting my body when I needed it, and balanced the intense training with my school work and social life.

"I have come to realise it is okay to take a break and hang out with friends and that having one bad training session doesn't mean things aren't improving! I've also done much more specific steeplechase training this year, doing lots of hurdle drills and sessions over hurdles."

Victoria is quick too to praise her coach, Simon Anderson, for the role he has played.



As well as steeplechase, Victoria Weir has good PBs at flat distances



English Cross Country Relays: Victoria Weir ran stage two for junior women's winners University of Birmingham

MARK SHEARMAN

FACTFILE

- > **Name** Victoria Weir
- > **Born** March 17, 1998
- > **Coach** Simon Anderson
- > **Club** City of Plymouth AC
- > **PBs** 1500m steeplechase: 4:40.23 (UK U20 record); 800m: 2:09.69; 1500m: 4:30.4; 3000m: 9:37.56
- > **Achievements**
 - 2016 English Schools steeplechase gold; Devon County steeplechase and 1500m gold; Devon Schools steeplechase gold; South West Schools 800m gold
 - 2015 Devon County and Schools steeplechase gold; South West Schools steeplechase gold; South West Schools cross country gold; Devon Schools cross country silver
 - 2014 Devon County 800m and steeplechase gold; South West Schools 1500m silver; Devon Schools cross country bronze

ran cross country, with older brother David still involved in the sport.

However, despite the family background, her favourite athletics story is that of Roger Bannister's sub-four-minute mile. "The story should give every middle-distance runner goosebumps," she says. "I was honoured to be invited to the Oxford mile BMC at Iffley Road in 2014."

Like many young athletes, Victoria used to look forward to the Mini London Marathon, participating six years in a row.

"Simon is a successful athlete himself, winning various vets and masters titles," she says. "Although the coaching is a different style to most, it works well for me, and I have a great relationship with Simon. He is also a GP, which is a bonus when it comes down to trying to explain any aches and pains we get.

"I have also been training with Poppy Tank since I was 10 and, although we both have competitive spirits, we are extremely close."

She also feels her Christian faith goes hand in hand with her running.

Having just moved to study international relations and politics at Birmingham University, she has slotted into the training environment and is already loving it.

"Head coaches Bud Baldaro and Luke Gunn interact with athletes on a personal level, facilitating for individual needs. It's amazing to be training with some of the best girls in the country and the university has amazing opportunities. I am on the talent ID programme and can access many additional experiences on top of my athletics training."

Many of Victoria's family members are also involved in the sport. Her grandfather, Graeme Nicholson, coached athletes in North Yorkshire, including her mother, Helen Weir, who trained as a 400m hurdler. Her grandmother, Wendy Nicholson, was an official. Her father, Jim, has an uncle, Robert Russell, who won English Schools senior high jump in 1960. Victoria's three siblings

Athletics Weekly is a proud supporter of the Ron Pickering Memorial Fund

THE charity, which was formed in 1991, supports many of Britain's most talented athletes aged 15-23 with financial grants totalling tens of thousands of pounds every year.

Such is its impact, 43 British Olympians at Rio 2016 were helped during the early part of their career by the Fund.

rpmf.org.uk





- Peta Bee, performance editor

ACHILLES HEEL

IF THERE is an injury that unites all athletes it is Achilles pain. At some time in their career, most sports people will suffer a degree of pain in the tendons that bear the strain of running and jumping.

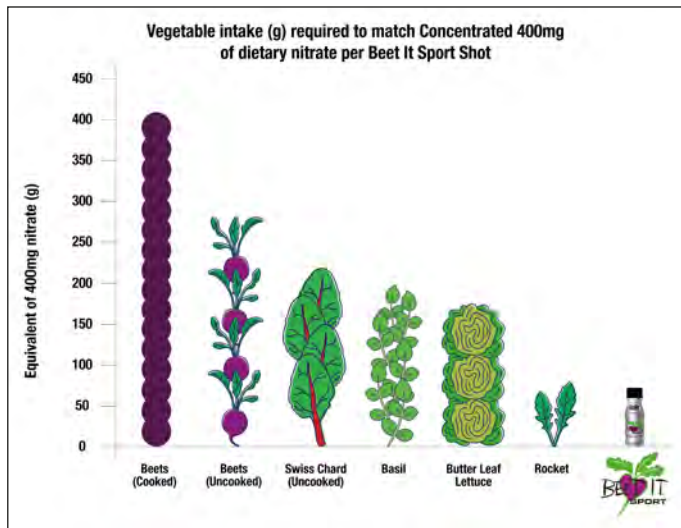
Its prevalence does bring a small bonus in that Achilles injuries are the most studied of all sports injuries. Physiotherapists and surgeons now know what works (and what doesn't) when it comes to treating them and this week – on pages 36-37 – Paul Hobrough provides expert advice on caring for the Achilles and recovering from any pain it causes.

Given that the temperatures have dipped and the heavens have opened in true wintry fashion in many parts of the UK in the past week or so, we also present a timely review of the latest wet weather jackets that promise to protect you against the elements (see pages 38-39).

BEETROOT STILL BEATING VEGGIES

RESearchers took a shot at the wonder-root, beetroot recently when they claimed that other nitrate-rich vegetables, including kale and Swiss chard, were just as effective at boosting performance.

Yet, scientists at the University of Exeter have produced more evidence that concentrated beetroot juice tops the lot, at least when it comes to improving sprint times.



Legal performance enhancer: beetroot juice

According to Professor Andrew Jones and his research team, a single 70ml concentrated shot of commercial beetroot juice is all that's needed to significantly improve sprint and high-intensity intermittent running performance.

That amount provides 400mg of natural dietary nitrate, the active ingredient that is linked to a multitude of physiological benefits. To get the same amount from food, you'd need to consume more than 300g of uncooked

beetroot, 250g of uncooked Swiss chard or 85g of rocket leaves just before training.

In the latest trial, 36 athletes from team sports such as football and rugby were given a 70ml beetroot shot each day over a five-day period and performed a series of intermittent sprint tests.

Results showed significant increases in sprint performance over distances of 5m (by 2.3%); 10m (by 1.6%) and 20m (by 1.2%) after the beetroot shots had been consumed.

ATHLETES BENEFIT FROM SPECIALIST DIET ADVICE

HOW helpful is expert advice about nutrition? That was the question posed by exercise scientists at the University of Wisconsin who recently recruited 83 college athletes to participate in a study of their dietary habits.

Subjects completed a detailed survey about their eating habits, breakfast habits, hydration habits, use of nutritional supplements, pre and post-workout nutrition, nutrition on team trips, and meal timing.

Analysis of the results, which were published in the *Journal of the International Society of Sports Nutrition*, showed that athletes who had consulted a qualified sports dietitian or nutritionist had a far better understanding of how to plan their meals and were 10% less likely to consume fast food on team trips. "Positive effects on dietary habits were observed when a sports dietitian was the primary nutrition information source," the researchers concluded.

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ENERGY DRINKS BOOST YOUR RUNNING TIMES

RECREATIONAL runners given a commercial energy drink prior to completing a 5km time trial saw their performances improve significantly, according to a study published in the November issue of the *Journal of Strength and Conditioning Research*.

In the double-blind, randomised trial, participants were given either 500ml of Red Bull or a non-caffeinated, sugar-free placebo an hour before completing two time trials on a treadmill, separated by seven days. Researchers measured their heart rate and rate of perceived exertion at rest, an hour before consuming the drinks, at five-minute intervals during the run, and immediately after they had finished the trial.

Times were on average 10 seconds quicker after the energy drinks, although there were no improvements in perceived effort between the two time trials.



FLIP-FLOP CURE FOR PLANTAR FASCIITIS

AN orthopaedic surgeon from Louisiana has developed a flip-flop that she says can help to cure plantar fasciitis, a painful condition that is the scourge of many an athlete. Dr Meredith Warner previously worked with the US Air Force and was stationed in Afghanistan where she noticed how many of her military colleagues were afflicted by the severe pain of plantar fasciitis.

Caused by inflammation of the plantar fascia, a strong band of tissue (like a ligament) that stretches from your heel to your middle foot bones and acts as a shock-absorber in your foot, plantar fasciitis results in searing heel pain. Around one in ten people are thought to suffer from it at some point during their lives and it is common among athletes and the very active.

Warner designed the "Healing Sole" footwear to raise the big toe, gently stretching the plantar fascia while walking and helping to reduce stress and pain



associated with plantar fasciitis. The shoes also feature arch support "rarely found in flip flops", a rocker-bottom sole "to reduce tension on the plantar fascia" and a compressible heel "to support your weight while reducing pressure at the most painful point in your heel, where the plantar fascia meets the heel bone".

Her advice is to wear the footwear daily. "Scientifically and in my head, I assumed the concept would work because it's based on scientific principles and a lot of theories I use every day in treatment," Warner said.

Although not yet available in the UK, the flip-flops can be bought online for around £100 from thehealingsole.com

WHAT'S NEW? WHAT'S NEW? WHAT'S NEW?

APPLE WATCH NIKE+

What: The latest incarnation of the Apple Watch Series 2, complete with integrated Nike+ features, including the Nike+ Run App that allows you to track your training.

Why: Given the hefty price tag, we were sceptical that this watch would outperform other sports-specific watches costing half as much. Yet, in rigorous trials here at AW, it has left us seriously impressed. It's easy to use, has large digits and a choice of data displayed, including pace, distance and heart rate. There's a built-in GPS that works even if you don't have your iPhone with you and automatically pauses on a run, for example at a traffic light, resuming when you do. We had some initial hiccups

syncing the Nike+Run app to an iPhone, but they ironed out after a few days of use. There are plenty of nifty little selling points – it's water resistant to 50m, which means you can shower and swim in it and it converts to an alarm clock when placed on its side at night. If nothing else, you will impress the kids by using the Siri command to order the watch to time your runs for you. One for the Christmas list in case your Santa is feeling extravagant.

Where: Apple Watch Nike+ is available from apple.com and nike.com, at a starting price of £369.



ACHILLES INJURIES ARE RIFE AMONG RUNNERS. IN AN EXTRACT FROM HIS NEW BOOK, PHYSIOTHERAPIST PAUL HOBROUGH TELLS HOW BEST TO LOOK AFTER THE TENDONS

THE ACHILLES – the tendon that attaches the gastrocnemius and soleus muscles (known together as the calf muscles) to the calcaneus (heel bone) – is such a common area for runners to injure that only the knee can knock it off the top of the injury leader board. Pain is noticed more as Achilles stiffness initially, first thing in the morning. It's only when the pain starts to influence their running do they present to clinic in search of some answers.

Common reasons for injury

Why the Achilles is such a common site for injury is largely unknown despite several internet articles suggesting that it's down to poorly fitting shoes, bad running technique or, my personal bugbear, overpronation. The fact is that we just don't know what the main cause is. What we do know is that the tendon itself breaks down. When it becomes injured it affects the collagen fibres that make up the tendon and this causes stiffness and pain. The fibres have a short-lived period of inflammation and then what's left is a sort of inflammatory soup that causes disruption to the fibres, which creates the common bump seen on the distal third of the tendon.

ACHILLES CARE



Achilles pain starts as heel stiffness, but can become debilitating

During the acute phase (although these injuries are chronic in nature there has to be a start point of injury which we refer to as acute or onset of injury), the additional fluid within the structure creates an opportunity for blood vessels to work their way into the tendon from the fat pad just anterior to the Achilles. Early-stage management of an Achilles tendon injury is the key to success. In patients who present on first signs of soreness, it is highly likely that just the outer layer, known as the paratendon, will be inflamed. The paratendon can become inflamed and irritated, causing similar symptoms to a full-blown Achilles tendinopathy.

The methods used to treat an Achilles have changed more times since I became a physiotherapist than the approach to any other injury. Research is always evolving in this area and there are a greater number of research papers currently, largely owing to the increased numbers of those suffering.

Progression of the injury

Research indicates that the injury is caused by the Achilles breaking down, that the collagen fibres start to spread and ground substance (water-based, gel-like substance found in connective tissue) infiltrates the spaces between them.

With this expansion of the fibres comes an increase in Achilles size, usually in the distal third of the tendon, just above the heel. The tendon is usually 0.6cm from back to front and a thickened Achilles will increase towards a full centimetre. This can be measured using either ultrasound scan (USS) or magnetic resonance imaging (MRI). My preference is a USS as you can scan in real time, scan through movement and switch to dopla mode to look for blood vessel involvement.

Self-assessment

1. Try first squeezing the tendon along its length to see if you identify a clearly defined most painful spot. Take hold of the Achilles tendon with both fingertips and gently distort the tendon, lifting with one hand and pulling with the other so it bends side to side. If this elicits pain, then, given nothing else is being manipulated, it's likely the issue does lie with the tendon itself.
2. Try a stretch to the tendon (a calf stretch off a step) and if this also gives pain, you are likely to have an Achilles problem.

Treatment

A physiotherapist will use soft-tissue massage on the calf muscles and into the foot, ankle joint mobilisations and foot mobilisations. You may well

be prescribed in-shoe orthotic inserts if the biomechanics of the foot and ankle are perceived to be at fault. Eccentric or appropriate loading as outlined on the next page are the key route to being free from this common running ailment.

Shock wave therapy

If all conventional treatment options fail, for those resistant tendons that just don't respond to the normal physiotherapy, there is shockwave therapy (SWT), a series of shocks derived from lithotripsy, which in layman's terms is breaking up of hard substances. Cells responsible for soft tissue and bone regeneration and healing are known as fibroblasts and osteoblasts. SWT has been shown to stimulate these cells and therefore promote healing. Finally SWT has a pain-reducing element to it, working on the brain's transmission of pain, first of all as a transient, short-lived pain reduction. However, it is also being shown to work on the 'pain-gate', acting as a reset button for the perception of pain and therefore having potential long-term effects on pain reduction. Recent scientific study into SWT revealed 75% of patients reporting their Achilles pain-free at their six-month follow-up and a further 14% with greater than 50% reduction in pain.

Injection

Another option is high-volume injection, known as a bolus, whereby saline is injected between the tendon fibres and the fat pad that sits anterior to it, thus separating the two (similar to a surgical intervention).

Polypill

If you don't get better, a new polypill under a GP's guidance could help. Recent research in sports science has suggested that putting three medications together has a beneficial effect on chronic tendon issues. Doxycycline (a penicillin available on prescription), taken 100mg per day alongside 400mg of ibuprofen four times per day and as much green tea as you like make up the polypill. You are unable to self-administer this as you need a prescription from your GP for the Doxycycline, and just taking ibuprofen and green tea does not have the same effect at all, but may cause some stomach issues.

Surgery

Finally, while I am not an advocate, surgery could be an option. Instead of looking to perform surgery on the Achilles itself, some orthopaedic surgeons favour cutting (resecting) the small muscle that sits alongside the Achilles 'plantaris' – although not everyone has one to start with – as chronic Achilles pain can be attributed to an issue with the plantaris, and not the Achilles tendon itself. By having the plantaris surgically resected, some individuals have found their pain has subsequently gone.

Self-treatment

The treatment centres around three key types of muscle contractions:

- 1 Isometric contraction
- 2 Eccentric contraction
- 3 Concentric contraction

The key here is to understand how to do these contractions in the correct way at the correct



ISOMETRIC LOADING

Start with isometric loading (muscle contraction without movement).

- Stand on the floor using the wall for balance if necessary. You can add weight through handheld dumbbells or a filled rucksack (to keep your hands free)

- Lift up on to your tiptoes and hold for 45 seconds

- Slowly lower down and return to the floor.

Hold this pose for approximately 45 seconds at a time and repeat four times. Move to single-leg isometric holds after a few days.

CONCENTRIC CALF RAISES

Perform concentric calf raises from the floor (moving onto tiptoes before lowering yourself down).

Move to double leg then single leg as you are able to progress. Do 3x15 reps per day for three weeks. Eccentric loading is where you stress the muscle only on the return against gravity or resistance.

Therefore, you need to do as little work as possible to get into the start position on tiptoes, then work in a slow motion down to the end of your available ankle range (which has to be done single leg), 3x15 reps with weight on alternate days. Lower slowly, taking six seconds from tiptoes to end range, then raise up either with support or using the good leg back to the starting point.

time. Initially you may well be just matching resistance, contracting the muscle without movement known as isometric contraction. Then you can move on to eccentric exercises, whereby there is no load on the upward movement but resistance against the lowering back to the neural position. Finally, concentric movements are included whereby the muscle is being used in both the upward and lowering movements through range.

It is easier to explain these movement patterns in relation to the biceps muscles and the patient can then take this model on to the more complex ankle exercises.

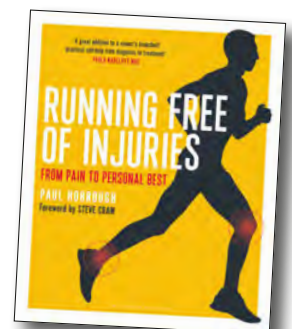
The Achilles requires appropriate loading via exercise. "Appropriate loading" means loading the tendon using the best methods for that individual

to stress the fibres for optimal healing.

It is universally accepted that eccentric loading of the Achilles tendon through the heel raise is optimal for healing. However, the patient may be in too much pain or lack the strength to achieve an eccentric contraction.

Heel raises, as in pushing up on to your toes, can be done in several different ways. The heel raise can be done from the flat surface up on to tiptoes, or lowering off a step, enabling a greater degree of movement into dorsiflexion. This can be done single-leg and double-leg, as well as with the feet positioned for internal or external rotation. Such is the variety, it's difficult to give just one method of exercising all Achilles injuries, but the norm is shown in the panel above.

➤ **Paul Hobrough is a chartered physiotherapist at physioandtherapyuk.co.uk. For eight years, he competed in the GB flatwater kayak team and is now lead physiotherapist for Lucozade Sport and Sweatshop UK and counts Steve Cram among his clients. *Running Free of Injuries: From Pain to Personal Best* by Paul Hobrough is published by Bloomsbury books (RRP £18.99. Ebook £12.99)**



RAINY DAYS AND RUN DAYS

UNPREDICTABLE WINTER WEATHER MAKES A GOOD RAIN JACKET A MUST. PAUL FREARY AND THE AW TEAM PUT THIS SEASON'S OFFERINGS TO THE TEST

Gore Running Wear – Essential GT AS Jacket

Price: £229.99

Stockist: goreapparel.co.uk

The king of the crop, this Gore-Tex jacket is pricey, but provides the ultimate in protection and durability. While there are other waterproof fabrics and jackets, it's Gore-tex that remains the favourite with most of our testers. Fully waterproof, windproof and breathable, the jacket has taped seams and an adjustable hood and cuffs to provide the ultimate in weather protection. We know from experience that, such is their quality, these jackets can perform year after year.



Saucony – Razor Jacket

Price: £122.00

Stockist: saucony.com

The slim-fitting style of this jacket makes it great for fast-paced training, when it won't distract from the job in hand. The waterproof and windproof fabric features taped seams and a waterproof zip for full protection from the elements. The material has a lovely soft handle to it and is quiet in use, with no rustling noise, something a lot of our testers found an irritant with some other choices. Given its tailored fit, it's not for the chunkier runner and you may need a size larger than normal.



Pearl Izumi – Pursuit Barrier Light Hoody

Price: £79.99

Stockist: pearlizumi.co.uk

The most lightweight jacket on test, this feather-light garment can be packed down into its own rear zip pocket and carried easily for use when required. The water-resistant fabric does a good job of keeping the rain at bay and allowing heat and moisture to escape, while additional vents on the shoulders enhance the breathability. Reflective details are placed around the jacket to provide maximum visibility. A great one to keep in your kit back.



2XU – Tech 360 Jacket

Price: £90.00

Stockist: 2xu.com

With a super-soft back panel, lightweight, breathable fabric and a water-resistant coating to the front, this top provides great protection while remaining extremely comfortable. The stretch fabric in the back allows great range of movement and creates a close fit, giving the feel of a training shirt rather than a coat and, as such, allows real fluidity of movement. There is lots of reflective detail, providing 360 degrees of enhanced visibility to other road users.



Columbia – Outdry Extreme Gold Tech Jacket

Price: £120.00

Stockist: columbiasportswear.co.uk

With most waterproof garments, the waterproof layer is usually positioned on the inside of the clothing, but here it's on the outside to combat the rain at the first point of contact and leave the inside of the jacket with a soft, wicking fabric. Rain simply rolls straight off the jacket, while moisture from the inside escapes through the membrane, leaving you dry and comfortable. All seams are taped for added protection and a dropped rear section, hood and adjustable cuffs ensure the moisture stays out. This jacket feels extremely durable and capable of tackling the most arduous of adventures as well as a training run.



Asics – Lite Show Winter Jacket

Price: £75.00

Stockist: asics.co.uk

As its name suggests, this jacket has lots of reflective detail to create a highly visible presence to other road users. The reflective elements are subtle, so keep the styling rather discreet but are highly effective for maximum effect. The jacket itself has a 'soft-shell' type construction, providing protection from the rain as well as warmth. The rear of the jacket uses a soft, stretch fabric, which gives a good fit and range of movement as well as making the jacket extremely comfortable. A good between price-range choice.



Craft – Prime Jacket

Price: £50.00

Stockist: craftsportswear.co.uk

Produced in a lightweight and water-repellent fabric, this jacket provides enough protection on runs where you need to keep the worst of the elements at bay while still moving fast. The soft fabric doesn't weigh you down or feel cumbersome and remains breathable even when you are working hard. All-round reflective detail keeps you visible to other road users and zip pockets are useful for carrying essentials.



Dhb Women's lightweight packable run jacket

Price: £28.00

Stockist: wiggle.co.uk

Granted, this is not the most waterproof of jackets, but our women testers loved it for its price, its pack-ability and its flattering fit. With ruched sides, it really cinches the waist and hugs well as you run although you probably need a size bigger than usual.

It packs into a light and tiny parcel and the colour and fabric are attractive. "It's cheap and cheerful, rather than a great product for its waterproof abilities, but it's one I'll use and use," one tester said.



RACE RECORDS ARE SMASHED

CLAIRE MARTIN AND ANDY PEAT WERE ON FORM AS THE COUNTRY'S TOP VETS COMPETED FOR THEIR CLUBS

REPORT: STEVE SMYTHE
PICTURES: DAVID GRIFFITHS

A KEENLY contested British masters relays event saw eight clubs share the honours in the eight races.

This event has increased in popularity but still is some way short of the quality and numbers of the masters road relays and the senior cross relays in Mansfield.

It would probably attract greater numbers if there were not more legs than the national senior event and if some of the men's races did not have more stages than the road relays.

However, the fast, flat circuit – used for the second time – although not a traditional cross-country course, is centrally located, spectator-friendly and has good facilities. The quality just about justified the event continuing. However, an earlier date in the calendar could mean it could be used as a trial for the Masters International rather than being held the week after.

WOMEN'S RACES

In the women's event, Lisa Palmer was keen to make up for a slightly disappointing run in the International due to a breathing problem.

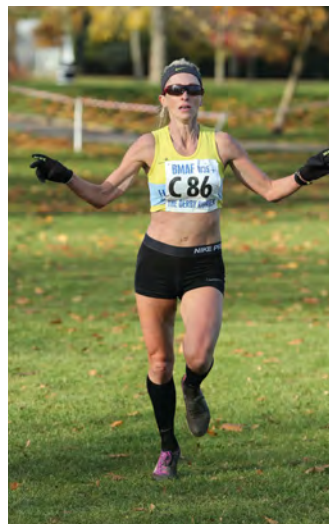


Lisa Palmer (A86): took Heanor into the lead right after the start

She shot off and blazed the first kilometre in 3:10 and, although slowing, she won the W35 leg by a minute in 10:42.

Last year her fastest leg was 10:54. Telford's Michelle Clarke and Belgrave's Zoe Doyle were close for second.

Louise Insley kept Heanor ahead on leg two with Sophie Carter moving Belgrave closer with 11:51 with Telford now 26 seconds behind. Sarah Harris,



Sarah Harris: secured Heanor victory

a regular at the Long Eaton parkrun, set off for Heanor with a 70-second lead and a fast 10:51 proved more than sufficient for victory and was 14 seconds quicker than she ran in 2015.

It wasn't the quickest, though, as Claire Martin, fresh from her International win in Glasgow, moved Telford up a place with a 10:36, which broke Palmer's earlier race record and showed an incredible 26-second improvement on her run last year.

Belgrave held off Cheadle to take the bronze.

In the W45 race, another athlete coming off an international victory, Clare Elms, tried to match W35 Palmer on the opening leg, having pipped her by a place in Glasgow but felt afterwards she went off far too fast. She nevertheless hung on well for an 11:09 to take five seconds off her race record from last year and give Dulwich a 34-second lead over Clare

Joliffe, who had been fifth W50 and in England's winning team in Glasgow.

Sarah Everitt (11:50) had easily brought Bristol & West into a big lead over Dulwich. She was 71 seconds quicker than anyone else on the leg.

On the final leg, Dulwich's Ange Norris (12:22) was easily quickest, but Bristol & West's Penny Gardiner held on for a comfortable 37-second victory.



Claire Martin: clocked fastest W35 leg



Hastings W65 winners: Sarah Marzaioli, Yock Lin Richardson and Sylvia Huggett



Salford M35 team: Billy McCartney, Glyn Billington, Richard Brook, Chris Tully and Stuart Robinson

The W55 race was not much of a contest with Sue Becconsall, the Glasgow W55 runner-up, achieving the fastest leg of 12:24. It was almost two minutes up on the previous race record. Then her Bingley team-mates Rebecca Weight and Mary Green were the fastest on their legs too and they won by 98 seconds. Burnden and Rotherham made it a North 1-2-3.

The W65 race was an all-Hastings affair as their A team took the honours, although sadly their B team were not eligible for the medals.

MEN'S RACES

There were fewer men from the previous week's International competing but one of them made a huge impression.

Birchfield's Andy Peat, a former member of the hosting Long Eaton club, had finished 10th overall in Glasgow and here he blasted clear with ease. His 9:23 won the opening leg by 23 seconds, an extraordinary margin for a 3km distance and indeed Mark Powell's 9:46 would hold up as second best



Andy Peat: smashed M35 race record

overall. The previous race record was a mere 9:48.

Leicester stayed second on leg two but Rotherham went from sixth to first courtesy of Gareth Simpson's 9:51 as just five seconds covered the top three.

Rotherham also had the best of leg three with Chris Adams' 10:08 extending the lead to 21 seconds.

Salford were second, but on leg four they took command with Chris Tully's 9:51 and then Stuart Robinson's 10:04 gave them a 40-second margin over Leicester with Rotherham taking the bronzes.

In the M45 race, Darren Newbould of Hallamshire won the opening leg and his 10:02 would ultimately stand up as the day's fastest.



Darren Newbould (A34), the fastest M45 leg runner, with Mark Couldwell

Hallamshire, who had former world half-marathon medallist Carl Thackery entered but not in action went further clear on leg two through Stuart Maycock and then extended the lead on leg three through David Palmer.



The men's race gets under way at West Park



Greg McDonald: M45 win for Richmond & Zetland



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Russell Bentley:
on his way to
victory in the
Conwy Half-
Marathon



MICK HALL

M35) 51:57; 7 I Quinn (Barr) 52:01; 8 J Walker (Giff N) 52:20; 9 M Walsh (Ellen, M35) 52:25; 10 F Brodie (Tyne Br) 53:13; 11 J Duncce (Tyne Br) 53:31; 12 T Durcan (Derw C) 53:54; 13 T Scott (Tyne Br, M45) 53:55; 14 M Hornsby (Dur, M35) 53:58; 15 P Graves (DH Runners, M35) 54:00; 16 R Landon (Bord) 54:18; 17 J Mason (Bord) 54:59; 18 W Smith (Keigh, M40) 55:06; 19 I Dixon (Sun, M40) 55:20; 20 R Maddams (Bord, M40) 56:02; 21 S Jackson (Elv) 56:08; 22 A Walker (Reig, M40) 56:15; 23 S Ellis (NSP) 56:18; 24 C Tinnion (Ellen) 56:20; 25 B Rooney (Ellen) 56:27; 26 J Old (Els, M45) 56:52; 27 M Hall (Ot, M55) 56:58; 28 S Weston (DH Runners, M35) 56:59; 29 R Murdock (Ellen) 57:03; 30 K Harvey (Cald) 57:08; 31 B Clough (Blyth) 57:19; 32 M Penn (Kesw, M40) 57:21; 33 G Pritchard (Elv, M35) 57:23; 34 R Pattinson (Horsf, M50) 57:27; 35 I Pickett (Tyne Br, M40) 57:40; 36 K MacPherson (Cambus, M45) 58:02

M40: 7 M Irving (DH Runners) 58:13.
M45: 4 S Angus (Bord) 58:10; 5 D Hogg (Kirk O) 58:20; 6 A Thomas (Keigh) 58:31; 7 M Parkinson (NSP) 59:05; 8 L Smith (Heat) 59:38. **M50:** 2 B Hetherington (Walls) 60:31; 3 J Purslow 60:48; 4 P Waterston (Morp) 61:07; 5 L Johnson (Low F) 61:30; 6 G Penn (NSP) 62:00. **M55:** 2 D Watt (Cald) 59:25; 3 K McCaig (Dumf) 63:44; 4 L Hill (Dumf) 65:00. **M60:** 1 I Brown (Tyne) 64:59; 2 N Lancaster (Derw C) 66:20; 3 F Karpo (Dumf) 67:22; 4 M Mallen (Kesw) 67:47. **M65:** 1 A Miles (Fetch) 65:10; 2 M McNally (Els) 67:32; 3 D Evans (Eden) 70:30; 4 S Beryl (Blay) 70:32. **M70:** 1 R Wells (Bed C) 66:57

TEAM (3 to score): 1 Tyne Bridge H 24; 2 Border H 39; 3 Ellenborough 58; 4 Keswick 75; 5 DH Runners 84; 6 Elvet Striders 115. **Veterans:** 1 Keighley & Craven 39; 2 Border H 56; 3 North Shields Poly 63

Women: 1 T Millmore (Birt) 58:35; 2 A Sneddon (J&H) 59:07; 3 J Zakrzewski (Dumf, W40) 59:30; 4 G Campbell (J&H) 60:42; 5 H Waugh (W35) 61:10; 6 S Pattinson (J&H) 63:25; 7 C McManus (NSP, W40) 65:03; 8 S Bulman (N Marske, W40) 65:07; 9 J Beveridge (Cald, W35) 65:24; 10 K Moore (Kesw) 65:28; 11 R Fairclough (St H Str) 66:09; 12 B Massey (Barns H, W45) 67:12; 13 R Falloon (Aln) 67:24; 14 S Robson (Walls) 67:49; 15 C Elliman (W40) 68:49; 16 T Medley (Bord, W45) 69:20; 17 V Strickland (Bord, W45) 69:25
W40: 5 F Todd 69:42; 6 T Imber (Elv) 69:44. **W50:** 1 C Gilchrist (Ferran) 72:34; 2 A Macfarlane (Dumf) 74:12. **W55:** 1 M O'Connor (Cald) 71:35; 2 A McIvride 75:19. **W60:** 1 J Bradley (Elv) 78:12; 2 J Oliver (Tyne) 82:43. **W75:** 1 E Armstrong (Tyne) 99:15
TEAM (3 to score): 1 Jarrow & Hebburn 11; 2 Border H 51; 3 Calderglen H 53; 4 North Shields Poly 57; 5 Wallsend H 75; 6 Tyne Bridge H 94. **Veterans:** 1 Calderglen H 28; 2 North Shields Poly 30; 3 Elvet Striders 88

ADNAMS SOUTHWOLD 10km, Lincolnshire
Overall: 1 D Oliver (Norw) 34:19; 2 R Chenery (Ips J) 35:09; 3 S Collins (G Yar, U20) 36:43
Women: 1 L Thomas (Ips J) 39:25; 2 C Weller (Ips Tri) 40:44; 3 K Titlow (Vale R) 40:57

BELFAST TANDEM 5km SERIES, Belfast
Overall: 1 B Guiney (Unatt) 17:02; 2 D Conliffe (PACE, M35) 17:12; 3 C McKendry (Anna, M35) 17:28
Women: 1 K Neely (Lisb, W35) 18:52; 2 M Fitzpatrick (Lag V, W40) 20:17; 3 I Fahy (Orangegrove, U13) 23:13
Overall (4M): 1 C Harrison (Unatt) 24:04;

2 G Flynn (Unatt) 24:30; 3 C McDowell (Unatt) 25:12
Women: 1 C McQuillan (Ballym R) 28:43

CANNOCK ROTARY 10km, Staffordshire
Overall (undulating): 1 P Thacker (C&S, M45) 38:53; 2 M Rogers (Wig, M45) 39:16; 3 S McNamee (Bir, M40) 39:39
Women: 1 L Booker (Aldridge, W35) 44:26; 2 C Beddow (W40) 44:49; 3 H Bloomer (Bir, W50) 46:02

CHELMSFORD 10km, Essex
Overall: 1 R Prout (Chelm) 32:42; 2 C Bloomfield (Bill'cay 33:15; 3 T Woolfe (Brain) 34:15; 4 R Reason (Harw) 34:23; 5 M Muir (Ilf, M40) 34:35; 6 I Clark (Orion) 35:00
M40: 3 K Hoyer (Chelm) 35:29
Women: 1 A Joel (Chelm) 37:33; 2 R Cole (Chelm) 38:26; 3 S Bilbie (S'field, W45) 38:56
W45: K Mills (S'field) 40:21

CLOWNE HALF-MARATHON, Clowne North Wales
Overall: 1 P Skelton (Steel, M35) 76:41; 2 B Harris (Ret, M35) 76:50; 3 R Bateson (Yeov T, M35) 76:52
M50: 1 S Pope (T'ley) 77:54; 2 T Clayton (Ripley) 82:30
Women: 1 F Kesteven (T'ley, W35) 90:25; 2 L Deacon (Notts, W35) 90:45; 3 B Coomber (Denb DT, W45) 93:13
W50: 1 G Barber (Malt) 99:51. **W55:** 1 K Spencer (Barr R) 1:42:21. **W60:** 1 M Stansfield (Dews) 1:49:52. **W65:** 1 E Robinson (Ripley) 1:52:24

CONWY HALF-MARATHON, Conwy, North Wales
Overall: 1 R Bentley (Kent, M35) 69:47; 2 J Douglas (Bord H) 70:40; 3 R Challinor (Liv H) 74:17; 4 R Roberts (Cybi) 74:29
M40: 1 M Green (Nwrrc) 76:12. **M45:** 1 A Whittingham (Wim) 79:25; 2 G Milligan (Stock H) 79:53. **M55:** 1 G Xuereb (Unatt) 79:10. **M60:** 1 D Weaver (Eryri) 89:24
Women: 1 D McVey (Wim, W35) 81:06; 2 J Clague (Liv H, W40) 85:41; 3 R Douglas (Bord H) 86:07; 4 A Rowlands (Eryri, W40) 86:16
W40: 3 L Grantham (Pens) 90:01; 4 S Gray (C&S) 91:14. **W50:** 1 N Skilton (Cannock&Stafford) 91:33; 2 J Evans (Mine) 96:50; 3 E Collins (Denb) 99:40. **W55:** 1 E Jackson (Unatt) 1:41:16; 2 A Collier (Styal) 1:43:02. **W65:** 1 P Wright (Unatt) 1:47:19

CORNISH MARATHON, Liskeard
Overall: 1 D Costello (Hayle) 2:47:21; 2 P Maskell (SIA RR, M35) 2:47:35; 3 T Robinson (Laun RR) 2:48:00
Women: 1 Z Morrall (Corn, W45) 3:01:15; 2 W Chapman (Truro, W40) 3:17:40; 3 I Wykes (Truro, W35) 3:20:09
W50: 1 J Johnson (Laun RR) 3:20:33; 2 D Roy (E Corn) 3:33:06. **W55:** 1 J Bremner (Tamar) 3:49:42. **W65:** 1 J Mills (Laun RR) 3:57:18

GOSPORT HALF-MARATHON, Hampshire
DESPITE the cancellation of the Brighton 10km, just along the coast, due to the gale force winds, this race went ahead as planned and men's winner, Jonathon Roberts, set a course, but not race, record of 69:40.
Overall: 1 J Roberts (Soton) 69:40; 2 J McMullan (THH) 71:05; 2 R Waldron (Soton) 72:40; 4 P Lighting (Kent) 73:19; 5 B Brewster (Soton) 73:43; 6 J Manning (Denm, M40) 74:26; 7 W Russell (B&W) 74:38; 8 K O'Holleran (C&C) 74:44; 9 A Martin (M High) 74:58
M40: 2 N Ling (Dart) 75:12; 3 L Tolhurst (Over) 77:39; 4 P Collins (Ports J) 77:43.

M45: 1 S Holmes (Over) 78:35; 2 E Passingham (Alton) 77:37. **M50:** 1 R Bentley (Wx) 79:05. **M55:** 1 N O'Dowd (E'leigh) 84:47; 2 A McEwen (Ryde) 84:50; 3 P Hoy (Ports J) 86:37. **M60:** M Hargraves (Ports) 90:58. **M65:** P Young (Ryde) 90:29. **M70:** P Kimber (Oxf C) 1:42:36
Women: 1 E Monks (Soton) 81:36; 2 H Wallington (Totton, W45) 81:47; 3 C Bunch (E'leigh) 84:53; 4 E Jolly (Baff) 85:58.
W45: 2 L Hales (Wok) 90:54; 3 T Corker (Soton) 91:24; 4 S Gurney (Win) 91:52. **W50:** 1 T Train (oW) 90:08; 2 V Lowe (Alton) 99:04. **W55:** 1 L Whitaker (Win) 96:36; 2 J Riley (Bitt) 97:45. **W60:** J Georghiou (Farn R) 1:46:38

HADLEIGH 10, Hadleigh
Overall: 1 G Davies (Ips J, M35) 58:16; 2 K Hayles (Sud J) 58:40; 3 J Last (Fram, M40) 58:53
M55: 1 H Beasley (St Ed) 64:50
Women: 1 V Kenny (Had H) 62:13; 2 O Robson (St Ed, W45) 63:55; 3 S Bird (Ips J) 65:27
W65: 1 E Knott (Harw) 83:19
Overall (5M): 1 D Rock (Felix, M35) 29:08; 2 M Sladden (Bung) 29:28; 3 C Bilner (Ips J, U17) 30:51
Women: 1 S Thorogood (Sud J, W50) 35:39; 2 G Porch (S'mkt) 36:04; 3 M Tuli (Haver, W45) 36:08

JERSEY SPARTAN HALF-MARATHON, St Clements
Overall: 1 J Faudemer (Jer) 75:46; 2 T Perchard (OxB U) 76:15; 3 J Manners (Jer) 78:30
Women: 1 R Thompson (Unatt) 87:34; 2 M Messervy (Unatt) 93:46; 3 P Worth (Unatt) 94:50

RISBOROUGH RUN IN THE PARK 5km, Princes Risborough
Overall: 1 D Adam (Unatt) 19:36; 2 G Surtees (Wimb W, M50) 21:18; 3 M Vince (Unatt) 23:09
Women: 1 L Waterton (Unatt) 23:38; 2 T Jagot (Unatt) 25:52; 3 S Shepherd (Unatt) 32:09



Dianne McVey:
first woman in the
Conwy Half

MICK HALL



The start of the Run in the Dark 5km in Manchester, won by Jacob Watson (1795)

MALVERN VIEW 10km, Worcestershire

Overall (tough 10km): 1 H Davies 37:47; 2 E Davies 38:20; 3 C Harris 40:39
Women: 1 S Baldwin 49:45; 2 A Thomas 50:14; 3 Z Ryan 50:28

MCC PROMOTIONS COVENTRY 10km, Warwickshire

Overall: 1 B Corleys (B'field) 34:44; 2 M Lambell (W End) 35:02; 3 D Humphreys 35:37
Women: 1 S Powell (Kidd) 41:16; 2 J Ward 42:37; 3 T Thickbroom 44:27

SWINDON 10km, Wiltshire

Overall: 1 B Cole 31:31; 2 S Nott (Calne)

32:23; 3 C Gillespie 34:19; 4 D Tomlin (M40) 34:57
M55: L Christmas (Stroud) 39:51
U20: C Cooper 35:55
Women: 1 N Eaton 38:47; 2 D Nott, nee Grech (Calne, W45) 39:55; 3 F Maycock (Chelt. W45) 39:52

WIMBORNE 10, Dorset

Overall: 1 R McTaggart (B'mth) 55:55; 2 I Trickett (Dors) 56:29; 3 S Way (B'mth, M40) 59:05
M45: R Swindlehurst (Poole) 59:30
M55: S Sharma (B'mth) 61:21. **M60:** H Murray (Purb) 65:07. **M65:** R Orme (Eg H) 71:27. **M75:** 1 J Hallett 91:22; 2 B Cameron (Poole R) 93:03; 3 R Panter (Poole R) 94:12

Women: 1 E Dews (B'mth, W40) 63:06; 2 N Sandell (B'mth, W40) 66:17; 3 C Martin (Purb) 66:37
W55: Y Tibble (B'mth) 71:11. **W60:** F Anderson (Eg H) 74:06. **W65:** M Kirk 95:17. **W70:** J Jenkins (L'down) 87:10

WAMPHREY GLEN 5, Annan

Overall (5M): 1 A Anderson (Annan, M45) 33:46; 2 M Whitelaw (Annan, M45) 35:05; 3 E Fairgrieve 36:15
Women: 1 S Singh 42:38; 2 R Allen (Annan, W40) 42:42; 3 K Stevenson (Annan) 48:01

AUTUMN CLASSIC WINDSOR & ETON HALF-MARATHON, Berkshire

Overall: 1 M Costley (Soton) 72:34; 2 S Begg 75:01; 3 R Snell (Ex'mth) 75:01
U20: S Costley (Soton) 77:10
Women: 1 S Harrison (Leam) 84:05; 2 R Brown 87:21; 3 L McHale 88:41

RUNNING 4 RESCUE 10km, Annalong

Overall: 1 N Mooney (Armagh) 36:57; 2 L McGinnis (Newry, M35) 39:59; 3 N Rankin (Unatt, M40) 40:58
Women: 1 V Ervine (Mourne, W50) 47:57; 2 P Bailey (Unatt, W40) 48:06; 3 D Kelly (Newry, W45) 51:24
Overall (10M): 1 W McKee (Mourne) 57:08; 2 D McKee (Mourne) 60:58; 3 N Carly (NBH, M45) 61:08
Women: 1 L Graham (Mourne) 61:42; 2 A Perry (B'drain, W40) 70:41; 3 K Porter (Mourne, W35) 75:00

NOVEMBER 17

TODMORDEN PARK 5km SERIES, Todmorden

JUST six days after being in Britain's winning IAU world 50km team, Hannah Oldroyd won this race outright in 18:33.
Overall: 1 H Oldroyd (Salt, W) 18:33; 2 S Suttle (Unatt) 19:05; 3 I Jackson (O&R, M40) 19:25
Women: 1 Oldroyd 18:33; 2 A Kalph (Barlick) 20:00; 3 L Gregg (Ross, U15) 21:13

RUN IN THE DARK Manchester 10km

Overall: 1 J Watson 35:14; 2 M Tismaoui 36:36; 3 R Fairbanks 37:14
Women: 1 J Marley 39:26; 2 E May 39:58; 3 A Welch 41:46

NOVEMBER 16

DERBY MIDWEEK RACES, Roundsway, Derby

Overall (5km): 1 H Leleu (Lough) 15:48; 2 A Ediker (C'field, U20) 15:54; 3 T Davis (Lough) 16:29
Women: 1 V Wills (Der) 17:29; 2 R O'Livant (Der) 18:19; 3 S Warwick (L Eaton) 19:57
Overall (1M): 1 A Banks (Beacon, U20) 4:33; 2 A Thompson (Beacon) 4:33; 3 P Bouttier-Butler (Beacon) 4:52
Women: 1 H Phillips (Derwent) 4:55; 2 E Deeming (Amber V, U20) 5:46; 3 H Lynas (Heonar, U20) 5:47

NOVEMBER 13

EPSOM 10, Epsom

SCOTT OVERALL continued on his good recent form with a clear win in 52:46 on the tough course. Last year's winner, Ollie Garrod, was second, while third place went to Phil Sanders, whose partner Amy Clements won a bronze medal that weekend in the IAU World 50km Championships.
Overall: 1 S Overall (B&B) 52:46; 2 O Garrod (E&E) 54:52; 3 P Sanders (Kent, M40) 57:22
M50: 1 R Adams (Unatt) 59:14. **M55:** 1 C Phelan (S Lon) 61:56
Women: 1 S Crumly (Newb) 61:55; 2 M De Silva (Rane) 64:20; 3 J Vickers (S Lon, W35) 66:27
W40: 1 D Norman (E&E) 69:03; 2 S Aldridge (Craw) 69:26. **W50:** 1 M Synnott-wells (Unatt) 71:53; 2 P Major (S Lon) 74:15

RISBOROUGH RUN IN THE PARK 5km, Princes Risborough

Overall: 1 J Evans (Unatt) 23:12; 2 A Vere (Unatt) 23:40; 3 R Bailey (Unatt) 25:01
Women: 1 S Aries (Unatt) 26:00; 2 E Springell (Unatt) 29:01; 3 T Badham (Unatt) 31:03

WINDMILL 10km, Lytham St Annes

Overall: 1 C Mccarthy (Lyth) 34:54; 2 S Croft (R Rose, M35) 35:43; 3 M Osinski-groy (Unatt) 37:49
M65: 1 M Walker (S'port W) 42:27
Women: 1 N Archer (Unatt, W35) 39:44; 2 C Triggs (Unatt, W35) 40:36; 3 E Mullan (Clay) 43:49

HARRY SHAKESHAFI

W55: 1 K Ellis (Edgw) 46:03; 2 B Holmes (Lyth) 46:52. **W70:** 1 M Christian (Unatt) 59:28

NOVEMBER 12

BUXTON PAVILION GARDENS 5km, Buxton

Overall: 1 R White (Bux, M40) 17:55; 2 R Lloyd (Bux) 18:13; 3 J Bennett (Bux, M45) 18:24
Women: 1 E Oulsnam (Unatt) 24:12; 2 J Brereton (Unatt, W55) 25:41; 3 M Babington (Bux, W45) 26:01

MO RUN, Holyrood, Edinburgh

Overall (5km): 1 J Aubrey (U20) 18:26; 2 A Heggie 20:37; 3 K Aubrey (W50) 20:45
Women: 1 Aubrey 20:45; 2 M Douglas (W40) 23:11; 3 L Johnston (U20) 23:40
Overall (10km): 1 A Thomson (W) 31:42; 2 M Kenny (W) 33:34; 3 T Roberts 38:36
Women: 1 Thomson 31:42; 2 Kenny 33:34; 3 S Grant 40:55

SUPERNOVA SATURDAY 5km, Kelpies

Overall: 1 C McLean (M50) 17:30; 2 M Sutherland (M40) 17:55; 3 C Brand 18:09
Women: 1 N McIntyre 21:42; 2 C-a Brannan (W35) 22:07; 3 L McArthur (W35) 22:15

NOVEMBER 8

AYR SEAFORTH WINTER 5km SERIES, Ayr

Overall (all Ayr S and M40+): 1 K Neill 17:12; 2 D Hopper 18:00; 3 A Meldrum 20:19
Women: 1 J McKellar 26:00; 2 L Hunter 26:09; 3 K Green 26:58

NOVEMBER 1

CHINGFORD YOUNG ATHLETES LEAGUE, Hog Hill, Essex

U17 Men (3M approx): 1 J Clarke (Orion) 18:00; 2 J Shotton (Orion, U15) 18:11; 3 E McArdle (Trent P, U15) 19:30; 4 S Ashton (Orion, U15) 19:37; 5 R Edwards (WG&EL) 20:04; 6 L Minns (Orion) 20:16
U15: 6 A Brennan (Trent P) 20:20
U17 TEAM: Orion 1
U15 TEAM: 1 Orion 33; 2 Trent P 44; 3 WG&EL 49

Standings after 3 matches

U17 TEAM: Orion 30
U15 TEAM: 1 Orion 29; 2 WG&EL 27; 3 Trent P 17
Final individual
U13 (1M approx): 1 J Geller (WG&EL) 6:27; 2 M Trayner (Orion) 6:54; 3 S Shaw (Orion) 7:05
TEAM: 1 Orion 31; 2 WG&EL 41; 3 Dagenham 44

Standings after 3 matches: 1 Orion

30; 2 WG&EL 27; 3 Dagenham 24
U17 Girls (3M approx): 1 A Cole (Orion, U15) 20:35; 2 B Liddy (Orion, U15) 20:43; 3 A Pearce (Orion, U15) 21:01; 4 M Harnett (Trent P, u15) 21:39; 5 E Hathaway (Trent P, U15) 21:42
U17 TEAM: none
U15 TEAM: 1 Orion 27; 2 Trent P 48

Standings after 3 matches

U17 TEAM: Orion 10
U15 TEAM: 1 Orion 30; 2 Trent P 17; WG&EL 9
U13 (1M approx): 1 M Silverstone (Orion) 6:49; 2 A Dawson (Orion) 6:53; 3 R Natu (Orion) 7:12
TEAM: 1 Orion 21
Standings after 3 matches
TEAM: 1 Orion 30; 2 WG&EL 9



Scott Overall: enjoying an easy Epsom 10 victory

JEREMY HEMMING



Anna Lupton: heading toward placing first woman in the Harriers v Cyclists race in Bingley



DAVE WOODHEAD

Promenade: P Dobson 17:40 M45 82.87%; **Woodley:** M Worringham 16:26 M35 82.83%; **Preston:** G Pennington 17:17 M45 82.83%; **Hull:** J McQueen 17:41 M45 82.79%; **Holkham:** N Bensley 17:27 M45 82.65%; **Belfast Queen's:** P McCullagh 19:01 M55 82.61%; **Huddersfield:** D Watson 17:21 M45 82.51%; **Harwich:** E Knott 24:15 W65 82.48%; **Blickling:** A Durand 19:10 U15W 82.39%; **Ellon:** K Buchan 16:53 M40 82.36%; **Stoke-on-Trent:** J Wilson 18:07 U15M 82.35%; **Cardiff Blackweir:** S Paterson 16:25 M35 82.34%; **Minehead:** L Lascelles 20:31 W50 82.32%; **Hackney Marshes:** P Holloway 17:40 M45 82.25%; **Perth:** W Mackay 18:13 M50 82.23%; **Raphael:** S Philcox 18:05 M50 82.20%; **Frimley:** C Desmond 18:24 M50 82.05%; **Cambridge:** M Phillips 23:11 W60 81.95%; **Beckenhams Place:** C Steward 23:47 W60 81.94%; **Cardiff Blackweir:** E Lagomarsino 18:02 SW 81.89%; **Cambridge:** A Joiner-Handy 19:33 W45 81.88%

Fastest men
Derry City: S Rankin 15:27
Banstead: K Quinn 15:31
Edinburgh Silverk: P Avent 15:33
Bushy: A Jaksevicius 15:55
Manchester Platts: A Sciaccia 15:58
Beeston: J Millar 15:59
Nonsuch: T Higgs 16:03
Solihull: P Brookes 16:05
Llanelli Coast: I Harris 16:05
Nostell Priory: N Hooker 16:06
Seaton: J Smith 16:10
Milton Keynes: R Burling 16:11
Middlesbrough Albert: E Brhane 16:12
Manchester Heaton: P Robertson 16:16
Malling: T Collins 16:16
Cannon Hill: B Johnson 16:21
York: J Howe 16:21
King's Lynn: M Pyatt 16:23
Crawley: J Westlake 16:23
Great Lines Heritage: T Menges 16:24
Nonsuch: O Garrod 16:24
Cardiff Blackweir: S Paterson 16:25
Southampton: A Mahamed 16:26
Woodley: M Worringham 16:26
Edinburgh Silverk: B Potrykus 16:27
Southsea: R Johnstone 16:27

Fastest women
Sheffield Endcliffe: L Adams 17:15
Bognor Regis: R Moore 17:44
Bushy: J Harvey 17:44
Bushy: J Brinsden 17:45
Taunton: H Taunton 17:45
Hornchurch: L Deadman 17:46
Ellenbrook Fields: V Pritchard 17:47
Cardiff Blackweir: E Lagomarsino 18:02
Edinburgh Silverknowes: C Cox 18:22
Perth: N Bartlett 18:26
Hull: H Baynham 18:30
Horton: H Oldroyd 18:37
Longford: S Moss 18:43
Inverness: T Hill 18:45
Norwich Eaton: M Solway 18:46
Dulwich: T Murphy 18:47
Blandford: S Thomas 18:53
Cardiff Blackweir: H Sharpe 18:53
Longford: B Donnelly 18:53
Bangor: J Smith 18:54
Hampstead Heath: A Ostrowski 18:54
Brandon: C Spencer 18:56
Harrogate: R Jones 18:57
Poole: J Wadsworth 18:57
Frimley: R Vickers 19:00
Beckton: V Cronin 19:02
Wormwood Scrubs: S Johnson 19:03
Lee-on-the-Solent: N Moxham 19:05
Raphael: H Wilson 19:05

Bury St Edmunds: H Davies 19:08
Goole: A Leake 19:09
Blickling: A Durand 19:10
Rising Sun: C Penfold 19:10
Peckham Rye: G Turner 19:15
Perry Hall: L MacDonald 19:15
Perth: S Green 19:16
Eastleigh: J Meek 19:21
King's Lynn: R Gallop 19:22
Congleton: S Heslop 19:26
Bath: K Svane 19:27
Limavady: C Toner 19:29
Belfast Victoria: J Black 19:30
Finsbury: S Walsh 19:30

FELL

NOVEMBER 20
WREKIN WRECKER, Telford
Overall (8.1M/2400ft): 1 H Holmes (Knave) 57:58; 2 P Jones (Mercia, M45) 58:21; 3 S Adney (Mercia) 64:35; 4 S Hall (Shrews) 64:53; 5 I Grindley (Mercia, M50) 65:34
M60: S Morran (N Mast) 75:43. **M70:** G Gunner (Croft A) 98:43
Women: 1 R Parker (Mercia) 69:01; 2 M Price (Mercia, W40) 70:27; 3 Z Barber (Shrews) 75:09
W55: S Howarth (Mercia) 88:21

ARNSIDE KNOTT, Far Arnside
Overall (5.5/919ft): 1 C Arthur (Bowl) 36:13; 2 R Edgar 39:00; 3 J Jardine (Helm, H) 39:36; 4 H Lord (B Combe) 40:24; 5 L Bowen (Amble) 40:39
M40: A Mearwell (B'dale F) 41:08.
M50: J Coleman (Lons) 47:02. **M60:** A Stokes 50:45
Women: 1 H Dent (Howg) 42:38; 2 C Maley (NSP) 46:00; 3 E Maddocks (Lons) 47:45
W40: R Hill (Sett) 49:14. **W60:** W Dodds (Clay) 57:21
U16 (2.3M/463ft): 1 R Askew (Helm H) 15:12; 2 B Edmondson (Amble) 17:26; 3 H Sanderson (Amble) 18:47
U16 women: 1 R Woodhams (Dall) 19:03; 2 C Hutchinson (Amble) 22:04
U14: 1 J Smith (Kend) 15:51; 2 O Sanders (Helm, H) 16:04; 3 J Egner (Sett) 16:13

U14 girls: 1 C Rylance (Amble) 17:23; 2 E Swarbrick (C'land F) 18:05; 3 M Doherty (Helm, H) 18:57
U12 (1.78M/260ft): 1 J Bowen (Amble) 10:43; 2 B Greenup (Sett) 11:27; 3 C Coates (Amble) 12:00
U12 girls: 1 S Rylance (Amble) 12:13; 2 C Samson (Helm H) 12:16; 3 S Smith (Helm H) 12:49

NOVEMBER 19

PENMAENMAWR, Gwynedd
Overall (16.1km/594m): 1 G Hughes (Mercia) 74:14; 2 M Corrales (NWR) 77:24; 3 R Grantham (Pens, M40) 77:46; 4 J Brown (Buck, M40) 77:58; 5 D Griffiths (Rhedyr) 79:06
M50: J Hunt (Dark Pk) 79:37. **M60:** I Edgar (Rhedyr) 91:56. **M70:** I Jones (Wrec TC) 1:50:47
Women: 1 M Grant (Eryn) 84:56; 2 A Rowlands (Eryn, W40) 89:02; 3 S Williams (Hobog) 89:52
W50: B Ripley 1:52:56

NOVEMBER 12

HARRIERS V CYCLISTS, Dowley Gap, Bingley
Overall (5.5M/827ft, runners only): 1 T Adams (Ilkley) 34:03 (rec); 2 J Hall (Wharf) 33:48; 3 J Baxter (P&B) 36:01; 4 C Bell (Kesw) 36:02; 5 M Elkington (Dark Pk) 36:25
M40: D Kay (Calder V) 38:41. **M50:** J Mason (Dews) 41:05. **M60:** J Wheldon (Bail) 52:41. **M70:** G Breeze (Wharf) 63:18
Women: 1 A Lupton (B Combe) 41:18; 2 B Jenkinson (Eryn) 42:00; 3 H Berry (Holm, W40) 42:03

BURLEY MOOR RUN, Burley in Wharfedale
Overall (11km/800ft): 1 P Livermore (N Leeds F) 47:24; 2 D Driver (Wharf) 48:25; 3 B Addey 48:35; 4 T Ashelford (Leeds Brad TC) 49:18; 5 B Sheppard (Ilkley) 49:23
Women: J Elgodd (Ilkley) 51:48; 2 P Munro (Ilkley) 54:36; 3 J McCarthy (Ilkley) 54:57



Jemima Elgodd: descending in the Burley Moor race

DAVE WOODHEAD

OCTOBER 29

PATH OF CONDIE HALF-MARATHON
Overall: 1 C Somerville (PHRC) 80:18; 2 A Laycock (Kinross, M50) 83:05; 3 M McConnell (Perth R) 84:20
Women: 1 J Murphy (C'gie) 92:51; 2 L Stephen (Fife, W50) 96:22; 3 Z Johnston (Falk TR, W40) 97:34

OCTOBER 4

MOTHERWELL AAC MONTHLY HANDICAP 4, Strathclyde Park
Overall (all Moth): 1 C MacDonald 21:34; 2 A Cameron 21:53; 3 G Kennedy (M50) 23:44
Handicap: P Blackmore (M40) 27:28
Women: 1 K McGeever 24:51; 2 C Hughes 25:42; 3 E Stevenson 28:06
W40: T Lamont 29:22
Handicap: G McCaffer (W40) 30:58

OCTOBER 1

WICKERSLEY CHASE 5, Wickersley
Overall: 1 S Marshall (Roth, M40) 22:39; 2 K Doyle (K'worth, M40) 24:12; 3 H Darwin (Roth, M50) 24:58
Women: 1 G Barber (Malt, W50) 28:46; 2 H Brown (T'ley, W40) 30:49; 3 S Burton (Roth, W55) 30:56

PARKRUN

NOVEMBER 19

parkrun 5km
Leading age-graded
Perth: A Copson 21:29 W65 96.92%;
Burnham-on-Sea: S Nicholls 23:36 W70 90.71%; **Dewsbury:** T Johnson 19:45 W55 88.47%; **Harrow:** N Rackham 17:14 M50 88.29%;
Longford: G Rowlinson 17:13 M50 87.69%; **Brighton Preston:** C Naylor 21:47 W60 87.22%; **Norwich Catton:** J Clarke 20:19 W55 87.00%;
Banstead: K Quinn 15:31 M35 86.51%;
Bournemouth: A Ridley 17:26 M50 85.93%; **Lowestoft:** R Cheverton 18:35

LIVERPOOL CROSS CHALLENGE, SEFTON PARK, NOVEMBER 26

OLYMPIAN SHOOT-OUT

TOP TRIO CONTEST SENIOR MEN'S RACE IN LIVERPOOL

THE country's best cross-country runners line up in the second of this year's British Cross Challenge series.

The first four in each of the senior and under-23 categories and first five in both of the under-20 races will gain automatic selection for the European Cross Country Championships in Chia, Italy, on December 11. Current form will see the six-berth teams completed, with selectors' discretion usually relying heavily on positions in Liverpool.

The senior men's race sees a trio of Rio Olympians set for an intriguing battle.

Andrew Butchart was second here two years ago, but he has gone to another level in the last 12 months, placing sixth in the 5000m at the Rio Olympics.

Another who shone in Brazil was Callum Hawkins, placing ninth in the marathon. The athlete, who pipped Butchart in 2014, will be hoping he has the upper hand again.

Andrew Vernon, who competed over 10,000m at the Olympics, has been Britain's best cross-country runner domestically over the last several years and the winner from the Milton Keynes leg of the series is out to maintain that status as he looks to be nearing his best.

Others expected to challenge for Chia places are Adam Hickey, Dewi Griffiths, Jonathan Taylor, Andrew Heyes, Charlie Hulson, Jonny Hay and Tom Lancashire.

International Jonathan Davies and Abel Tsegay, the winner of the under-20 race two years ago, head the under-23 entries. They will face



Contenders:
Andy Butchart
and Callum
Hawkins

MARK SHEARMAN

Thomas, Josh Kerr and Robbie Fitzgibbon.

Among those with high hopes of selection in the under-20 race are triathlon international Alex Yee, Gus Cockle and Jamie Dee.

Former European cross-country champion Gemma Steel is hoping to return to her best form following her fourth place in Milton Keynes.

The winner there, Pippa Woolven, is back and keen to crown her improvement with a Euro Cross place.

Others set to be in with a shout are under-23 Jessica Judd and Katrina Wootton, who were second and third in Milton Keynes, and Beth Potter.

Louise Small, Claire Duck, Steph McCall and Victoria Knight are other seniors who look likely to be in the mix.

Among those challenging Judd for under-23 places could be Amy Griffiths and Charlotte Taylor.

Harriet Knowles-Jones was a convincing under-20 winner in the opening leg of the series and last year's European Cross silver medallist should start favourite here.

Phoebe Law, Sabrina Sinha, and Niamh Bridson-Hubbard are other contenders.

In the age-group races, Milton Keynes winners Elliot Dee (under-17), Hamish Armit (under-15), Sam Smith (under-13), Amelia Quirk (under-17), Shannon Flockhart (under-15) and Anna Hedley (under-13) are all in the line-up.

TV GUIDE

THURSDAY NOVEMBER 24

BIKE

12pm – Manchester Half-marathon

FRIDAY NOVEMBER 25

SKY SPORTS 3

12.15am – Lightning Bolt, profile of an Olympic legend

5.30am – Weight of a Nation, Cathy Freeman and Sydney 2000

SKY SPORTS 4

9.30am – Sporting Greats, Carl Lewis

SATURDAY NOVEMBER 26

BIKE

9.30am – In the High Country, with mountain runner Anton Krupicka

MONDAY NOVEMBER 28

SKY SPORTS 5

12.30pm – Going the Distance, the Emil Zatopek story

IAAF Diamond League
on
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TIMETABLE

11am	1.9km	Under-11 boys and girls
		<i>One short lap plus start and finish straights</i>
11.15am	3km	Under-13 girls
		<i>One long lap plus start and finish straights</i>
11.30am	3km	Under-13 boys
		<i>One long lap plus start and finish straights</i>
11.45am	3km	Under-15 boys
		<i>One long lap plus start and finish straights</i>
Noon	3km	Under-15 girls
		<i>One long lap plus start and finish straights</i>
12.15pm	4.4km	Under-17/under-20 women
		<i>One short lap and one long lap plus start and finish straights</i>
12.35pm	5.5km	Under-17 men
		<i>Two long laps plus start and finish straights</i>
12.55pm	6.7km	Under-20 men
		<i>Two long laps with loop each lap plus start and finish straights</i>
1.15pm	8.1km	Senior women
		<i>One short lap and two long laps with loop each long lap plus start and finish straights</i>
2.05pm	9.8km	Senior men
		<i>Three long laps with loop each lap plus start and finish straights</i>



DOWNLAND DEVIL 9
Church Farm, Coombes, West Sussex. 10am.
worthingstriders.co.uk

EDWINSTOWE CHRISTMAS 10km
Edwinstowe Forest Corner, Edwinstowe, Nottinghamshire. 10.30am.
2pointb.co.uk

FULL MONTY CUTE 10
Ham Hill Centre, Stoke sub Hamdon, Somerset. 10.30am.
fullmontycute.btck.co.uk

GEORGE'S MARCH SANTA RUN 5km
March, Cambridgeshire. 10am.
<https://www.georges-march.co.uk>

LEEDS AND LIVERPOOL CHRISTMAS CRACKER 10km/HALF-MARATHON/MARATHON
Kirkstall, Leeds, West Yorkshire. 9.30am.
itsgrimupnorthrunning.co.uk

MAPLEDURHAM 10km
Mapledurham House, Mapledurham, Berkshire. 10am.
mapledurhamten.co.uk

MEERBROOK 6.8km/16.8km
Village Hall, Meerbrook, Leek, Staffordshire.
trailrunningpeaks.co.uk/autumn-series

MINCE PIE 10
Meridian Leisure Centre, Peacehaven, East Sussex. 11am.
seafordstriders.org.uk

NEWCASTLE DALES DASH 10km
Apedale Community Country Park, Chesterton, Staffordshire. 11am.
newcastlestaffsac.org.uk

RACE FOR WILDLIFE 7.5
Penwith College, Penzance, Cornwall.
mountsbayharrisers.co.uk

RUDOLPH RUN 6km
The Holloway, Tamworth, Staffordshire. 10am.
stgileshospice.com

Wednesday December 7
ENIGMA DEJA VU MARATHON
Willen Park, Milton Keynes. 10am.
enigmarunning.co.uk

GLOW AROUND THE FOREST 5km
Wickham Common, Wickham, Hampshire. 7pm.

SEVERN BRIDGE NIGHT 5
Chepstow RFC, Bulwark, Chepstow, Monmouthshire. 7.15pm.
rogueruns.com

INDOOR

Saturday November 26
LEE VALLEY NOVEMBER OPEN
Lee Valley. 10am.
visitleevalley.org.uk/athletics

Sunday November 27
LONDON UNIVERSITIES & COLLEGES LUCA CHAMPIONSHIPS
Lee Valley.
london-athletics.com

SALE HARRIERS OPEN SERIES
Sportcity. 10.30am.
saleharriersmanchester.com

Wednesday November 30
NL LEISURE GRADED OPEN
Motherwell.
<https://www.q-buster.co.uk>

Thursday December 1
MONKTON YOUNG ATHLETES GRAND PRIX SERIES
Jarrow. 7pm.
necaa.weebly.com

Saturday December 3
MONKTON MINOR ATHLETES GRAND PRIX SERIES
Jarrow. 9.30am.
necaa.weebly.com

NORTHERN ATHLETICS OPEN
Sheffield EIS. 11am.
northernathletics.org.uk

Sunday December 4
SOUTH YORKSHIRE SERIES
Sheffield EIS. Noon.
sycaa.co.uk

WELSH ATHLETICS JUNIOR OPEN (Inc SOUTH & EAST WALES REGIONAL CHAMPIONSHIPS)
Cardiff.
welshathletics.org

WINDSOR, SLOUGH, ETON & HOUNSLOW AC WINTER SERIES
Eton. 12.30pm.
wseh.info

Wednesday December 7
GRANGEMOUTH STADIUM OPEN GRADED MEETING
Grangemouth. 6.30pm.
falkirkcommunitytrust.org

Saturday December 10
BRUNEL SPEED SERIES
Brunel.
brunel.ac.uk

LEE VALLEY MINITHON
Lee Valley. 12.45pm.
visitleevalley.org.uk/athletics

LOUGHBOROUGH STUDENTS AC OPEN
Seb Coe Centre, Loughborough. Noon.
loughboroughsport.com/au-athletics/fixtures

Sunday December 11
CARDIFF MET GP1: CHRISTMAS CLASSIC
Cardiff. Noon.
cardiffmetathletics.co.uk/events/indoor-grand-prix-series

METASWITCH GAMES OPEN
Lee Valley. 10am.
ehac.co.uk

Wednesday December 14
CRYSTAL PALACE OPEN
Crystal Palace.
SHEFFIELD RUN JUMP THROW SERIES
Sheffield. 6.30pm.
sheffielddathletics.co.uk

Thursday December 15
GATESHEAD HARRIERS OPEN SERIES
Gateshead. 6.15pm.
gatesheadharrisers.com

Saturday December 17
SOUTH OF ENGLAND AA COMBINED EVENTS CHAMPIONSHIPS
Lee Valley. 10am. Until Sunday December 18.
seaa.org.uk

TRACK ACADEMY SPRINT CHALLENGE
Willesden.
goo.gl/forms/JaUyWN87uM

Sunday December 18
ABERDEEN OPEN GRADED MEETING
Aberdeen. 10am.
aberdeenaac.co.uk

CHRISTMAS HORIZONTAL JUMPS COMPETITION
Cardiff. 11am.
<https://longjumpraining.com/christmas-horizontal-jumps-competition-2016>

SALE HARRIERS OPEN SERIES
Sportcity. 10.30am.
saleharriersmanchester.com

TRACK

Saturday December 3
MMTG CHRISTMAS THROWERS PENTATHLON
Derby.
mmtg.org.uk

WALKS

Saturday November 26
HILLINGDON OPEN 10km (Inc ENFIELD LEAGUE)
Hillingdon Cycle Circuit. 1pm.

Sunday November 27
MANX WINTER LEAGUE
Andreas, Isle of Man.

SARNIA WALKING CLUB 2km
Imperial Hotel, Pleinmont, Guernsey. 9.30am.
sarnia.wordpress.com

Saturday December 3
CHRISTMAS CUP 5km
Tonbridge.

DICK MAXWELL MEMORIAL 10km
Simister.

Sunday December 4
FORTUNE CUP 10km
Saffron Lane, Leicester. 10.30am.

Monday December 5
CHRIS SMITH LEAGUE
Saffron Lane, Leicester. 6.30pm.

Sunday December 11
SARNIA WALKING CLUB HILL CLIMB
Le Val des Terres, St Peter Port, Guernsey. 9am.
sarnia.wordpress.com

Sunday December 18
ALF PALMER MEMORIAL
Horsham. 11am.

MANX WINTER LEAGUE
TBC.

SARNIA WALKING CLUB 3
Rocquaine Bay, Guernsey. 9.30am.
sarnia.wordpress.com

YORKSHIRE WINTER LEAGUE 10km
Kirby Fleetham, North Yorkshire. 11am.

OVERSEAS

Sunday November 27
AAI SENIOR & EVEN AGE GROUP CHAMPIONSHIPS
Abbotstown, Dublin, Ireland.

EUROPEAN ATHLETICS CROSS COUNTRY PERMIT
Leffrinckoucke, France.

Tilburg, Netherland.

Sunday December 4
FUKUOKA INTERNATIONAL MARATHON
Fukuoka, Japan.

Sunday December 11
SPAR EUROPEAN CROSS COUNTRY CHAMPIONSHIPS
Chia, Italy.

Sunday December 18
EUROPEAN ATHLETICS CROSS COUNTRY PERMIT
Brussels, Belgium.



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STARTER FOR =10=

WELCOME to another in a regular series of quizzes and competitions for athletics trivia lovers. Our quick-fire 10 questions this week are on current athletics affairs.

1 Which British marathoner went to the top of the UK 2016 rankings with a fine run in Frankfurt last month?

2 Name the city that won the right to stage the 2020 World Masters Championships – a) London; b) Melbourne or c) Toronto.

3 Haile Gebrselassie recently became president of the a) Ethiopian government; b) Ethiopian athletics federation; c) Ethiopian Olympic Committee?



MARK SHEARMAN

10 Youngsters will be going to the Bahamas next July, but for which under-18 championship?

MYSTERY COVER STAR

Can you name this athlete pictured on our front page in April 1948 when winning the National Cross?



Quiz answers for November 17:

Starter for 10: 1 Milton Keynes, Liverpool, Antrim, Cardiff and Loughborough; 2 Chia in Italy; 3 Paula Radcliffe in 2002; 4 Dewi Griffiths and Kate Avery; 5 Adam Hickey; 6 Bobby Clay; 7 Three; 8 Mahamed and Zakariya Mahamed; 9 1997; 10 McCain
Who is this?: David Forrester



MARK SHEARMAN

4 Race walks at next year's IAAF World Championships in London take place in a) the Olympic Park; b) The Mall outside Buckingham Palace or c) Wembley Stadium?

5 Which British sprinter has been elected on to the British Olympic Association's Athletes' Commission?

6 What is the title of Greg Rutherford's recently-released autobiography?

7 In which televised cross country race will Laura Muir open her season in 2017?

8 Jessica Ennis-Hill and Mo Farah were voted senior athletes of the year in the British Athletics Writers' Association awards this month but who were the runners up?

9 Ron Roddan was inducted into the England Athletics hall of fame this winter but who is his most famous student?

Q9: Ron Roddan

NEXT ISSUE: ANSWERS TO ALL THE QUESTIONS POSED HERE, PLUS MORE PROBLEMS TO TEST YOUR ATHLETICS KNOWLEDGE

NEXT WEEK

AW IS OUT ON
DECEMBER 1



Sefton Park: Euro Trials

MARK SHEARMAN

LIVERPOOL CROSS
REPORTS AND PICTURES
FROM THE EUROPEAN
CHAMPS TRIALS

**DYNAMIC
WARM-UPS**

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OF 2016'

RUNNERS WIN THE LOTTERY

MOUNT'S BAY HARRIERS HIT THE JACKPOT ON WAY TO AMSTERDAM MARATHON

A GROUP of West Country marathon runners who bought a EuroMillions ticket on a whim as they travelled to the Amsterdam Marathon ended up winning £1 million.

The syndicate from Mount's Bay Harriers backed their friend's 'lucky feeling' and bought 13 tickets at Exeter Airport as they travelled out to the Netherlands – and then a few days later realised their ticket had come up trumps.

Syndicate leader Nicky Morse, 58, a self-employed painter and decorator from Penzance, said: "I do seem to have a bit of a magic touch. I'm not a regular gambler but every now and then, I feel lucky



In the money: runners celebrate their EuroMillions win with some champagne

and I'll be drawn to bet on something and I always win. Over the years I've learned to take these feelings as they come and put my positive mindset to good use. It always pays off but this is by far my biggest win to date."

Once the group had

purchased their tickets they forgot about them and carried on with enjoying their weekend of running in Amsterdam.

It was only when they returned that one of the syndicate decided to check the results. However, they neglected to check the UK

Millionaire Maker code and threw the screwed up tickets at Morse along with a jibe about his 'lucky feelings'.

Luckily, Morse and his wife took the tickets home to double check and they discovered they had won and they contacted the rest of the group to tell them they were all £76,923 better off.

"There were a lot of tears and disbelief when I broke the news," he said. "Certainly no one slept that night. I think it has settled in now and everyone has started making plans. Everyone will be doing something different with their share. Some are going to pay off their mortgages, there are a few holidays being booked and I'm planning some home improvements."

THE CORNISH LUCK KEEPS ON ROLLING

ATHLETICS facilities in the most south-westerly county of England have been in danger of closing down, but one of Cornwall's two synthetic surfaces enjoyed good news this month that should ensure its survival.

The future has been unclear for Par track near St Austell – the main base for Newquay & Par AC – but an agreement has been made for it to pass into the hands of the community.

Local councillor Doug Scrafton has been working with the 'Par Sports and Leisure Park' group and said: "I am immensely proud to be associated with them. What we have achieved is significant and the decision means that the track will come under community control and therefore be guaranteed for the community. We expect to sign the option agreement early in the new year. The agreement will enshrine the group's irrevocable right to take over the running of the facility."

Meanwhile the only other all-weather track in Cornwall, at Carn Brea, is continuing to survive after plans to replace it with a new supermarket last year fell through.

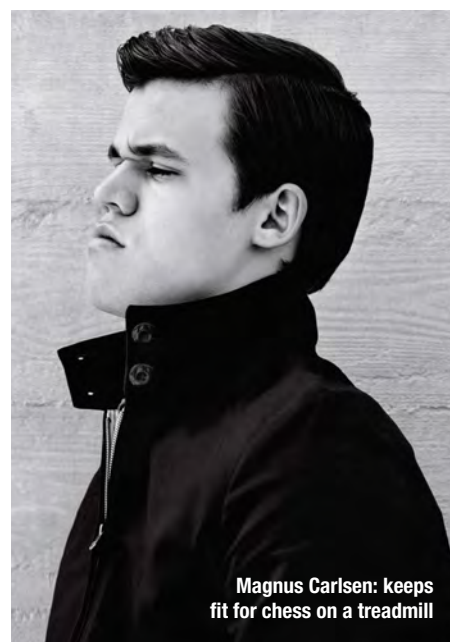
KING CARLSEN IN RUNNING TO DEFEND WORLD TITLE

YOU would think chess requires considerable mental athleticism but physical strength and stamina are not as important.

That's not the way world chess champion Magnus Carlsen sees it. The Norwegian is currently defending his crown against Russian Sergey Karjakin in New York City and part of his preparation has involved running on a treadmill.

"Running is a time where I can go through game strategies," says Carlsen, who typically runs for 30-60 minutes on an incline and also does yoga and plays football in an effort to get fit for seven-hour marathon games across the board. "Games are lost or won in the final hours due to mistakes caused by fatigue."

Karjakin, meanwhile, who like Carlsen is aged 26, gets fitness coaching from former US Open tennis semi-finalist Anna Chakvetadze.



Magnus Carlsen: keeps fit for chess on a treadmill

AW

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