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SPOTY list criticised

THE BBC is to review its nomination process for next year's Sports Personality of the Year amid criticism of the shortlist for this year's event.

A poll of 27 "expert" sports editors produced the final 10 containing, controversially, no women for the prestigious award, which will be handed out in Manchester on December 20.

The validity of the process was further called into question by the fact that the publications on the panel included lads' mags *Nuts* and *Zoo* and regional newspaper the *Manchester Evening News*, who chose three foreign footballers who play for Manchester clubs.

Many declared their outrage at the absence of top female stars including ultra runner Lizzy Hawker and triathlete Chrissie Wellington, while high-profile individuals and a group of MPs complained publicly too.

The public will have the final say via a phone vote.

The BBC said in a statement: "We will be reviewing the shortlisting process for next year's show."



MARKS-CORIAN



MARKS-CORIAN

Mo Farah and Dai Greene have both made the BBC Sports Personality short list

The statement continued: "It is too early to say what, if any, changes will be made to the process but please rest assured that we will seek the opinions of people both within and outside the BBC before deciding on the appropriate methodology for 2012."

"The current system was introduced in 2006 and at

least two women have always previously been shortlisted for the main award.

"Having considered a wide range of alternative mechanisms, we remain convinced that the current system is fair, independent and robust."

Mo Farah, who is third favourite with the bookies, and Dai Greene are on the shortlist.

Comment

WHILE it is good news that the BBC is to review the process for next year, I am amazed there has been so much fuss over the nominations for 2011, given that the BBC Sports Personality award has diminished in status in recent years. Since the process became a phone vote in 2006, we have seen dubious results, including one which appears to have been more of a lifetime achievement award for Ryan Giggs in 2009 (remember when he was popular?). I'm quite alarmed so many people still care who wins.

Of course, nowadays anyone with an internet account can register their disapproval publicly and if enough people speak out on one topic – regardless of how many think the complete opposite – it becomes a "national outrage".

So, disregarding the possibility that the top 10 most-deserving candidates all happen to be male, they tweeted in their thousands.

I do wonder whether half of those who tweeted their disgust at the likes of Chrissie Wellington being left out had heard of her before last week. But they do now – the furore has done wonders for her status.

Paul Halford



Lifetime award for Arnold

MALCOLM ARNOLD received a lifetime achievement award at the Sportscoach UK Coaching Awards held in London last week.

The Bath-based coach was recognised for his four decades of service to the sport. One of his first successes was Uganda's 1972 Olympic 400m hurdles champion

John Akii-Bua, while Dai Greene's world championships win this year in the same event took his athletes' major medal haul to nearly 70.

He is pictured receiving his award from the Princess Royal, Sportcoach UK's patron.

UKA/England Athletics was named governing body of the year.

Sedykh honour for Bennett

SHUTTLESTON Harrier Chris Bennett received the award of the Hammer Circle for most improved senior athlete for 2011 from twice Olympic champion Yuriy Sedykh recently.

The Russian, who was in Grangemouth for a two-day coaching clinic, presented an autographed

copy of the meeting programme from the Cork Games of 1995 where he broke the world record.

The award was one of several handed out – one of which is the Sedykh Trophy for the outstanding overall performance of the year, which went to Sophie Hitchon.



Yuriy Sedykh: world record-holder visits Scotland

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AW

Wintering well?

MOST of the UK has had its fair share of snow and it can be a runner's worst nightmare. Should you do your normal workloads, cut back or miss training altogether? All these are looked at in on p46.

Our popular feature, *How They Train*, continues with a look at the workload of top hammer thrower, Mark Dry. We also have a fascinating interview with Tom McNab on how he handled Olympic long jump champion, Greg Rutherford in his formative years and what he thinks he is capable of over the next

few seasons.

With the marathon season coming up, the latest energy gels

are reviewed in our Products section. The regular column, *Coaching Corner* this week looks at preparing well for very early race starts and there's more ... we have a look at top junior, Elliot Safo's favourite sessions. Finally, the upcoming nationwide coaching courses are listed.

David Lowes,
Coaching editor

PERFORMANCE GUIDE

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Mark Dry: looking for big improvements in 2013

SCOTTISH HAMMER THROWER TELLS DAVID LOWES ABOUT HIS UNUSUAL TRAINING METHODS

LAST summer Mark Dry hurled the hammer to a life-time best of 74.82m to finish second in the 2012 UK rankings behind Alex Smith. He says: "My training is a little weird, but obviously effective and is based on the system of Dr Anatoliy Bondarchuk (1972 Olympic champion) and who coached Yuri Sedykh to the world record. Bondarchuk has also coached 18 men over 80m and currently coaches Canada's 75m hammer thrower Sultana Frizzell as well as compatriot 22m shot putter Dylan Armstrong."

The Woodford Green with Essex Ladies member recalls his first early taste of athletics could easily

have been his last. He was sent to local club Elgin AAC to gain some coaching, but was so shy that he left after the warm-up. It would be almost a year before he returned. George Loney was the coach then and with Dry playing a great deal of rugby at Moray RFC it led to a disagreement between

them. It meant training on his own for around 18 months, but Dry is keen to point out "that there are no hard feelings and we have spoken several times since."

In pursuit of becoming better in the hammer, Dry contacted Scottish record-holder Chris Black to ask if he would coach him. He



L-r: Alex Smith, Mike Floyd and Mark Dry at the 2011 World Trials in Birmingham

Typical training week

Rotates around a three-day cycle: Day 1, Day 2, Day 3 (Rest)

10 throws with a heavy hammer, 10 throws with the competition weight or something similar and then a sombre form of specific throw – this could be heavy turns with a 20kg hammer. Also, kettlebell throws could be included into the long jump pit, 25kg plate deliveries into the pit – basically another form of weighted throw exercise, followed by a lift, usually a clean or Olympic lift on day one, then a specific strength circuit usually involving five exercises performed straight after one another and three times through the circuit.

Dry emphasises: "This is the basic layout of my training – maybe adding sprints and other weighted jumps during identified periods of training. The session should take no longer than two hours in the morning as we throw inside with a very technical focus, then we repeat this exact same session in the afternoon, but outside, so the throwing session takes a lot longer with the collecting of hammers. The sessions don't appear to have too much in them, but when it's spread over the day, it's very high volume without excessive load on the body which allows us to pack a lot of training into the week."

Day two follows the same format but with a middle/competition weight hammer and light hammer, and the exercises will be different, but in the same format and the lift will be a form of squat instead of an Olympic lift – generally the format is day one, day two and then a day off.

Once he has reached peak condition, he goes into a parts programme which is five throws with a light hammer followed by two sets of five exercises of general strength and this is done four times. So in one session it is 20 throws and 8 sets of general strength – this session will be repeated twice daily on the same two days on, one day off structure, except every day is the exact same.

Dry says: "This is like cleansing the palate between courses of a meal to prepare for the next. The cycle is so different from our usual development cycle that our body 'unadapts' from the norm, so that when we start again it takes a new effect and so at the end of every development cycle I am in peak condition. I then take around 10 days to reset my system to start again. Repeating these same sessions allows my body to adapt quickly and reach peak condition. If this was spread out with more sessions it could take double or more the length of time to hit peak form – I can peak five to six times a season, and when I'm at a peak, tweaking the exercises gives my body enough stimulus to remain in peak condition for more than a few days. I can extend this for two weeks or so no problem, plus a week either side, and I won't be far off. So if we identify a busy month for competition we can plan it out accordingly. That's kind of the punch line to what this type of training allows you to achieve, but it also requires very controlled circumstances. When I was working it was incredibly hard to predict, as we couldn't tell if my responses were to the programme or how hard my day was at work."

moved to Glasgow in late 2007 and commuted to Edinburgh to work with Black for two years which saw him improve from 57 metres to 70 metres and importantly learn much about the event. When he lost his job he sought a new pathway to improve and moved to Loughborough towards the end of 2009 to work with his current coach, Derek Evely.

One interesting fact about Dry has nothing to do with athletics though. He became the joint youngest pilot in Britain, when on his 16th birthday, he flew solo from RAF Kinloss after receiving instruction from his father, the chief flying instructor at Moray Flying Club. He had taken his first flight at the tender age of three weeks!

The sessions above are specific to the individual athlete and may not be suitable for other athletes

FACTFILE: MARK DRY

Born	October 11, 1987
Coach	Derek Evely
Club	Woodford Green with Essex Ladies
PBs	Hammer 74.82m (2012); Javelin 52.91m (2012)
Achievements	
2012	Olympic Trials silver; BUCS gold; Scottish gold
2011	World Trials bronze; Inter-Counties silver; Scottish silver
2010	Commonwealth 6th; European Trials 9th; Scottish & Commonwealth Trials gold
2009	European U23 8th q; England U23 gold; World Trials 4th; Scottish gold; Welsh gold; Scottish U23 gold; Inter-Counties bronze
2008	Olympic Trials 10th; England U23 9th; Scottish silver; Scottish U23 gold, JT gold
2007	England U23 4th; Scottish U23 Championships gold; Scottish Closed gold; Scottish bronze
2006	Scottish bronze; Scottish Closed gold; AAA U20 4th; Scottish U20 gold, DT 4th
2005	Scottish U20 gold, SP 8th; Scottish Schools JT silver; Schools International JT 4th; Scottish Schools Indoor SP 4th

(All performances hammer unless otherwise indicated)

Check out markdry.com/page4.html for more detailed information

Coaching corner

I'M A 58-year-old male runner who likes to race on the roads and trails all year round from 5km to half-marathon. I've noticed my performances are always poor when an event takes place early in the morning. What can I do?

THE reduced levels in your performances can come from a few different areas including: not allowing enough wake-up time; insufficient warm-up and also low fuel levels. At your current age your joints and muscles will not be as flexible and supple as they once were!

For runs starting at the unearthly hour of 9am, and especially in the depths of winter, you will need to be out of bed at 6am to allow for a decent breakfast and allow your body and joints to adjust. Make sure you get to

the event at least an hour before the start and begin doing a warm-up that includes walking to



Porridge is a good slow energy release breakfast

loosen-up before beginning some easy running to increase your core temperature. It's also important to do some quick strides at faster than the pace you hope to run.

It's also important to do a longer warm-up than usual – this will include some stretching and general limbering up. Many elite athletes acclimatise for major races by training at the time of their start time – if the Olympic Marathon starts at 8am, it's no good having the excuse that you can't run well in the morning!

Finally, it's important that your breakfast consists of slow-release energy such as porridge or even a banana – under no circumstances abstain from it – this fuel will get you moving!

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OUR SERIES CONTINUES AS WE LOOK BACK TO THE
GREATEST EVER MEN'S AND WOMEN'S THROWS

HAMMER

Men's hammer

YURIY SEDYKH was already one of the all-time greats of hammer throwing when he competed in the 1986 European Championships. He had won the 1976 and 1980 Olympics and was denied a chance at gold in 1984 because of the Soviet boycott. He had won the two previous European titles and had broken the world record five times.

He had lost the 1983 IAAF World Championships though when his great rival and the former world record-breaker Sergey Litvinov had beaten him and Litvinov was his main rival in Stuttgart and in form having thrown 86.04m in June compared to Sedykh's world record of 86.66m.

Sedykh set a championship record of 82.90m in qualifying and he improved that with a great opening throw of 83.94m. It didn't last though as Litvinov's response was a magnificent 85.74m.

Sedykh was an awesome competitor and he came close with a second round 85.28m, which he improved to 85.46m in the third.

Yuriy Sedykh (URS)

86.74m

Stuttgart

30.8.86



Yuriy Sedykh: his record 86.74m is now in its 27th year

YURIY SEDYKH

was beaten by Litvinov in the 1988 Olympics but at the age of 36, he did win his first 1991 World Championships gold.

The record has stood for 27 years but it was given a scare with Ivan Tsikhan's 86.73m in Brest in 2005, falling an agonising single centimetre short.

Here is the result from Sedykh's world record-breaking competition in Stuttgart 1986...

- 1 Yuriy Sedykh (URS) 86.74
- 2 Sergey Litvinov (URS) 85.74
- 3 Igor Nikulin (URS) 82.00
- 4 Gunther Rodehau (GDR) 79.84
- 5 Jorg Schaefer (FRG) 79.68
- 6 Ralf Haber (GDR) 78.74
- 7 Matthias Moder (GDR) 78.70
- 8 Christoph Sahner (FRG) 77.12
- 9 Klaus Ploghaus (FRG) 75.36
- 10 Harri Huhtala (FIN) 74.94
- 11 Johann Lindner (AUT) 74.32
- 12 Tore Gustafsson (SWE) 69.94

That wasn't quite enough but in the fourth round, he achieved a world record and gold medal winning throw of 86.74m.

Litvinov's response in the last two rounds was a mere 82.12m but his fellow Russian produced two more stunning throws of 86.68m and 86.62m for the greatest series in history.

Igor Nikulin was third in 82.00m to make it a Soviet 1-2-3.

Sedykh didn't contest the 1987 IAAF World Championships and

World record history

Adam Wilson set the first known record mark of 27.74m with a 16lb wooden-handled hammer in Hunter's Tryst in 1828.

From 1856, records were taken with an unlimited run and follow and the best mark was 42.14m by George Hales in London in 1876.

From 1878, record marks were



Sergey Litvinov: multi world record setter but constantly in Sedykh's shadow

YURIY SEDYKH

PREVIOUS WORLD RECORDS

Karl-Hans Riehm (FRG)	80.32	Heidenhelm	6.8.78
Yuriy Sedykh (URS)	80.38	Leselidze	16.5.80
Juri Tamm (URS)	80.46	Leselidze	16.5.80
Yuriy Sedykh (URS)	80.64	Leselidze	16.5.80
Sergey Litvinov (URS)	81.66	Sochi	24.5.80
Yuriy Sedykh (URS)	81.80	Moscow	31.7.80
Sergey Litvinov (URS)	83.98	Moscow	4.6.82
Sergey Litvinov (URS)	84.14	Moscow	21.6.83
Yuriy Sedykh (URS)	86.34	Cork	3.7.84
Yuriy Sedykh (URS)	86.66	Tallinn	22.6.86

Women's hammer

BETTY HEIDLER had finished second in the 2009 IAAF World Championships with a German record 77.12m behind Anita Włodarczyk's 77.96m world record. The Pole then improved the record to 78.30m the following year with Heidler over four metres back.

A year later the German was in much better form. She opened with a 77.19m, and was close to that with a 76.98m in round two. In the third round she made the most of the perfect conditions and enthusiastic crowd, when she added over a metre to the world record with a 79.42m throw.

Her last three throws were solid around the 75/76m mark and she had the six best throws of the competition with fellow German Kathrin Klaas second on 73.77m.

Being such a new event, it's perhaps surprising that the record has lasted over two years and no one else has thrown over 79 metres. Heidler, who won the 2007 World Championships was second in the 2011 World Championships and third in the 2012 Olympics.

Here is the result from Heidler's world record-breaking competition in Halle 2011 ...

1 Betty Heidler (GER)	79.42
2 Kathrin Klaas (GER)	73.77
3 Zhang Wenxiu (CHN)	73.44
4 Zalina Marghieva (MDA)	70.71
5 Silvio Sali (ITA)	68.87
6 Martina Hrasnova (SVK)	68.18

Betty Heidler (GER)**79.42m****Halle****21.5.2011**

Betty Heidler: a 79.42m in Halle smashed the previous record

**World record history**

Spain's Lucinda Moles has the first recorded throw of 17.03m in Madrid in 1931.

The 1970 Commonwealth discus champion Rosemary Payne was the first to better 30 metres with 32.08m in Leicester in 1975.

American Carol Cady was the first woman to throw further than 40 metres with 41.99m in Stanford in 1982, and she also

was first to better 50m and 55m in 1984 and her last record was 58.94m in Los Gatos in 1988.

A year later Japan's Aya Suzuki surpassed 60 metres with a 61.20m in Wakayama.

Olga Kuzenkova was first to breach 65 metres when she threw 65.40m in 1992 and her 66.84m in Adler in 1994 was the first IAAF record when they were first recognised in 1995.

The Russian was also the first over 70 metres in Munich in 1997 with 71.22m and 72.10m in the same competition. She didn't win the first Olympic competition in 2000 but did win gold in Athens in 2004.

The next big mover was Tatyana Lysenko who threw 77.06m in 2005 to add almost four metres to Mihaela Melinte's seven year-old record.

In the last eight years the record hasn't advanced at the same rate but note Lysenko did throw 78.61m in Adler in 2007 but failed a doping test and the mark was never ratified.

PREVIOUS WORLD RECORDS

Mihaela Melinte (ROM)	69.58	Bucharest	8.3.97
Olga Kuzenkova (RUS)	71.22	Munich	22.6.97
Olga Kuzenkova (RUS)	73.10	Munich	22.6.97
Mihaela Melinte (ROM)	73.14	Polana Brasov	16.7.98
Tatyana Lysenko (RUS)	77.06	Moscow	15.7.05
Gulfiya Khanafeyeva (RUS)	77.26	Tula	12.6.06
Tatyana Lysenko (RUS)	77.41	Zhukovsky	24.6.06
Tatyana Lysenko (RUS)	77.80	Tallinn	15.8.06
Anita Włodarczyk (POL)	77.96	Berlin	22.8.09
Anita Włodarczyk (POL)	78.30	Bydgoszcz	6.6.10

set from a 7m circle but it wasn't until 1891 when James Mitchell achieved 42.41m that the follow and run best was exceeded. Mitchell set 11 records but the event was dominated by another Irish 'Brit' James Flanagan, who switched to USA and won the first three Olympics. Flanagan was first over 45.00m in 1897 and 50.00m in 1899 and 55.00m, in 1909, the latter mark being 56.18m in New Haven.

The first official IAAF record was set by another Irish emigrant Pat Ryan in 1913, and his 57.77m was listed as a USA record though he wasn't eligible for citizenship until 1915 and the record lasted a remarkable 25 years.

It was bettered by Ireland's double Olympic champion Pat O'Callaghan in 1937 with a 59.56m, but it wasn't ratified as Ireland weren't an IAAF member.

German Erwin Blask's 59.00m in

Stockholm in 1938 was the official record breaker but it wasn't until the 1952 Olympics that 60 metres was broken for the first time when Hungarian Jozsef Csermak won gold with 60.34m.

European champion Mikhail Krivonosov was the first to better 65m when he threw 65.85m in Nalchik in 1956. The next to dominate was American Hal Connolly, who won the 1956 Olympics and first surpassed 70

metres with 70.33m in Walnut in 1960.

It took nine more years for 75 metres to be bettered when 1969 European champion Anatoliy Bondarchuk threw 75.48m in Rovno.

In 1978, Boris Zaychuk was the first to throw over 80 metres when he achieved 80.14m in Moscow and just two years later Sedykh set the first of his records and dominated the event.

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AW

Bid time performers

ONCE again Britain has proved it is a world-class competitor when it comes to bidding for – and staging – major events.

With Cardiff hosting the IAAF World Half-marathon in 2016 and Birmingham the IAAF World Indoors in 2018, it means the nation has an impressive number of juicy meetings to look forward to.

In addition to the Commonwealth Games in Glasgow next year London is already confirmed as hosts for the 2017 IAAF and IPC World Championships and Conwy is set to host the World Mountain Running Championships in 2015.

British televised events, meanwhile, such as the Sainsbury's Anniversary Games last summer, remain the envy of the world.

Jason Henderson, Editor



AWARDS: USAIN BOLT AND FRASER-PRYCE WIN BLUE RIBBON IAAF HONOURS FOR 2013

Speed rules at Monaco's annual gala

JAMAICAN sprinters dominated the 2013 IAAF end-of-year awards as Usain Bolt and Shelly-Ann Fraser-Pryce were named athletes of the year at the global governing body's annual gala in Monaco.

Bolt was voted male athlete of the year for the fifth time, while Fraser-Pryce became world female athlete for the first time. The duo were presented with their awards by IAAF president Lamine Diack and International Athletics Foundation honorary president HSH Prince Albert II of Monaco and won \$100,000 each.

Bolt, 27, previously the world athlete of 2008, 2009, 2011 and 2012, successfully defended his 100m and 200m titles at the IAAF World Championships in Moscow, winning the latter final in a 2013 world-leading time of 19.66. He concluded his World Championships by anchoring a Jamaican quartet to gold in the 4x100m. In addition, he won 10 out of his 11 100m races (including heats) and was unbeaten in his five races over 200m.

Fraser-Pryce, 26, regained her 100m title at the 2013 IAAF World Championships, winning in a world



Shelly-Ann Fraser-Pryce: world champ

lead of 10.71. Then, after having run the fastest time of the year in the 200m, 22.13 at the Jamaican championships in June, she went on to win the gold medal over the longer distance in Moscow.

Like her compatriot Bolt, she anchored her 4x100m team to victory, a Jamaican record and the second fastest time in history.

"I'm shocked and excited. It's something that has been a dream of mine," said a delighted Fraser-Pryce, who becomes the second Jamaican woman to win, after Merlene Ottey in 1990.

Other short-listed athletes for

world athlete of the year included: Mo Farah, Ukrainian high jumper Bohdan Bondarenko, New Zealand shot putter Valerie Adams and hurdler Zuzana Hejnova from the Czech Republic.

Elsewhere, Mary Cain and her coach Alberto Salazar were honoured, while Charles Allie was named male master of 2013 after breaking M65 world records in 200m (24.65) and 400m (56.09) and W75 Christa Bortignon was female master after winning eight golds at the World Masters Championships.

IAAF awards for 2013

World male: Usain Bolt

World female: Shelly-Ann Fraser-Pryce

Rising star: Mary Cain

Coaching achievement: Alberto Salazar

Journalist: Gianni Merlo

Male master: Charles Allie

Female master: Christa Bortignon

IAAF Hall of Fame inductees:

Harrison Dillard, Marjorie Jackson, Hannes Kolehmainen, Natalya Lisovskaya, Svetlana Masterkova, Noureddine Morceli, Parry O'Brien, Marie-José Pérec, Viktor Saneyev, Yuriy Sedykh, Daley Thompson, Grete Waitz

Cardiff to stage World Half

WHEN Cardiff stages the IAAF World Half-marathon Championships in 2016, it will be the biggest athletics event in the country since the 1958 British Empire and Commonwealth Games.

The decision was announced in Monaco last Friday and will see the world's top runners using the event in Cardiff in March 2016 as part of their preparations for the Rio Olympics.

The bid team included Chris Hespe, director of sport, leisure and culture, Cardiff Council, Nigel Roberts, chairman of Run 4 Wales, Matt Newman, CEO of Welsh Athletics, and Arthur Emrys, head of major events at the Welsh Government.

"This is a major coup of Cardiff and

Wales and is a huge endorsement of the excellent work that has been put into the Cardiff Half Marathon over the past decade," said Newman.

The 2016 race will be the 22nd running of the event and Cardiff will follow Copenhagen, who host the 19th championships on March 29 next year. It will be the fourth time the race has been run in the UK. South Shields staged the inaugural championships in 1992 and the championships have also been held in Bristol in 2001 and Birmingham in 2009.

Liz McColgan and Paula Radcliffe have won the women's title, but no British man has won it. So organisers hope Mo Farah weaves it into his plans.

Birmingham wins World Indoor Champs ... but not until 2018

THE IAAF found a fair solution to the battle between Portland and Birmingham to hold the World Indoor Championships in 2016. The US city was given the event in just over two years' time, while Birmingham was awarded the meeting in 2018.

Portland, Oregon, will now hold the event just a few months before the Olympics. Birmingham, meanwhile, will be holding it soon after the IAAF World Championships in London.

"This is the best outcome for Britain which keeps the momentum of world class athletics in the UK and

for the IAAF too it is the best decision, helping to develop the sport in the USA," said UKA chairman Ed Warner.

Birmingham last hosted the World Indoor Championships in 2003 and the NIA is currently undergoing a £24m transformation, which is expected to be completed by early next year.

The IAAF vice-president Lord Coe said: "The IAAF recognised that the Birmingham bid was a winner and the Council were delighted that the city was happy to be awarded the world champs in 2018."

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European champs

IN THE COUNTDOWN TO THIS YEAR'S MAJOR CHAMPIONSHIPS, WE CONTINUE OUR SERIES LOOKING BACK AT THEIR HISTORIES EVENT BY EVENT

Men's hammer

THE inaugural European champion in Turin in 1934 was Finland's Ville Pohrola, who had been Olympic champion way back in 1920, and he was the only thrower over 50 metres.

The 1938 event in Paris was of a much higher standard and was won by another Olympic champion Karl Hein of Germany with 58.77m with his compatriot Erwin Blask just a metre down.

In Germany's absence in Oslo in 1946, it was Sweden's turn to dominate and they gained a one-two, Bo Ericsson winning comfortably. Britain's Duncan Clark won bronze, five metres down on the winner.

In Brussels in 1950, the Scot threw further and was closer to the lead but had to settle for sixth as, with the Germans still absent, the Norwegian Sverre Strandli won by a metre.

Returning as world record-holder, Strandli threw much further in Bern 1954 and opened with a championship record 61.07m, which led until halfway. However,



Yuri Sedykh: three-time champion in the Seventies and Eighties

then the Belarusian Mikhail Krivonosov responded with a world record 63.34m, and his other two throws were also superior to the Norwegian's.

Krivonosov threw further himself in Stockholm in 1958 with 63.78m but the Pole Tadeusz Rut first threw 63.86m and finished with a Polish record 64.78m.

Gyula Zsivotzky won bronze and the Hungarian was greatly improved by the time of Belgrade in 1962. He won easily and improved his European record to 69.64m, which gave him the title by almost three metres as he came within a metre of the world record.

The Hungarian didn't win the Olympics and his conqueror in Tokyo, Belarusian Romuald Klim again got the better of him in Budapest in 1966 and brought the championship record to over 70 metres.

Klim was the world record-holder by the time of Athens 1969 and he bettered 72 metres with three of his throws but lost to Soviet Anatoliy Bondarchuk, who first threw 74.24m to come within 28 centimetres of Klim's record and then he exceeded it with

74.68m in round four.

Reinhard Theimer also bettered 72 metres as Zsivotzky finished fourth.

The 1971 event in Helsinki was a close contest with less than two metres between the top five with Uwe Beyer winning gold for West Germany with his final throw.

In Rome in 1974, Soviet supremacy was returned as Aleksey Spiridonov had the two best throws in the first and last round, though Jochen Sachse was only 20cm down. Another East German, new world record-holder Theimer, was five metres down on his record and took bronze.

The 1978 competition in Prague was the closest yet with just 82 centimetres between the top five. Again the winner, Yuri Sedykh, had the two best throws – one in the first and one in the last with the same distance of 77.28m, but he only won by four centimetres from Roland Steuk.

Sedykh successfully defended his title in Athens in 1982 and he dominated with the five best throws as he improved the championship record by four metres.

World record-holder Sergey Litvinov was third, completing a Soviet Union clean sweep.

The same three athletes took all the medals in Stuttgart in 1986 and Litvinov started with a superb 85.74m championship record.

However, Sedykh still won his third gold, but this time with a world record in the fourth round of 86.74m, which he backed up with two more throws within 12 centimetres.

In Split in 1990, the Soviets won their fifth successive gold and this time it was Igor Astapovich, who took gold by exactly four metres with an 84 metre throw. Igor Nikulin won his third successive medal.

The standard dropped in Helsinki in 1994, and with the Soviet Union breaking up, gold this time went to Russia through Vasily Sidorenko.

To the delight of the Budapest crowd in 1998, Hungary gained a one-two with Tibor Gecsek having the three best throws.

In Munich in 2002, Gecsek was only sixth but Hungary won again through Adrian Annus.

Belorussian Ivan Tikhon was the reigning Olympic and world champion but had been 30th and ninth in his two previous Europeans. He won gold in Gothenburg in 2006 in a close competition with 35 centimetres between the first three.

The 2010 event was a disappointing competition won by Slovakia's Libor Charfreitag.

Krisztian Pars won in Helsinki in 2012, though with the first winning throw of less than 80 metres for 34 years.

Gold medal winners

1934	Ville Pohrola (FIN)	50.34
1938	Karl Hein (GER)	58.77
1946	Bo Ericsson (SWE)	56.55
1950	Sverre Strandli (NOR)	55.71
1954	Mikhail Krivonosov (URS)	63.34
1958	Tadeusz Rut (POL)	64.78
1962	Gyula Zsivotzky (HUN)	69.64
1966	Romuald Klim (URS)	70.02
1969	Anatoliy Bondarchuk (URS)	74.68
1971	Uwe Beyer (FRG)	72.36
1974	Aleksey Spiridonov (URS)	74.20
1978	Yuriy Sedykh (URS)	77.28
1982	Yuriy Sedykh (URS)	81.66
1986	Yuriy Sedykh (URS)	86.74
1990	Igor Astapovich (URS)	84.14
1994	Vasily Sidorenko (RUS)	81.10
1998	Tibor Gecsek (HUN)	82.87
2002	Adrian Annus (HUN)	81.17
2006	Ivan Tikhon (BLR)	81.11
2010	Libor Charfreitag (SVK)	80.02
2012	Krisztian Pars (HUN)	79.72

British medallists

Bronze: Duncan Clark

Most successful athlete/Briton: Yuriy Sedykh won three golds and Clark is the only British medallist.

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World Championship stats

IN THE COUNTDOWN TO BEIJING, OUR SERIES ON THE HISTORY OF THE WORLDS CONTINUES

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Men's hammer

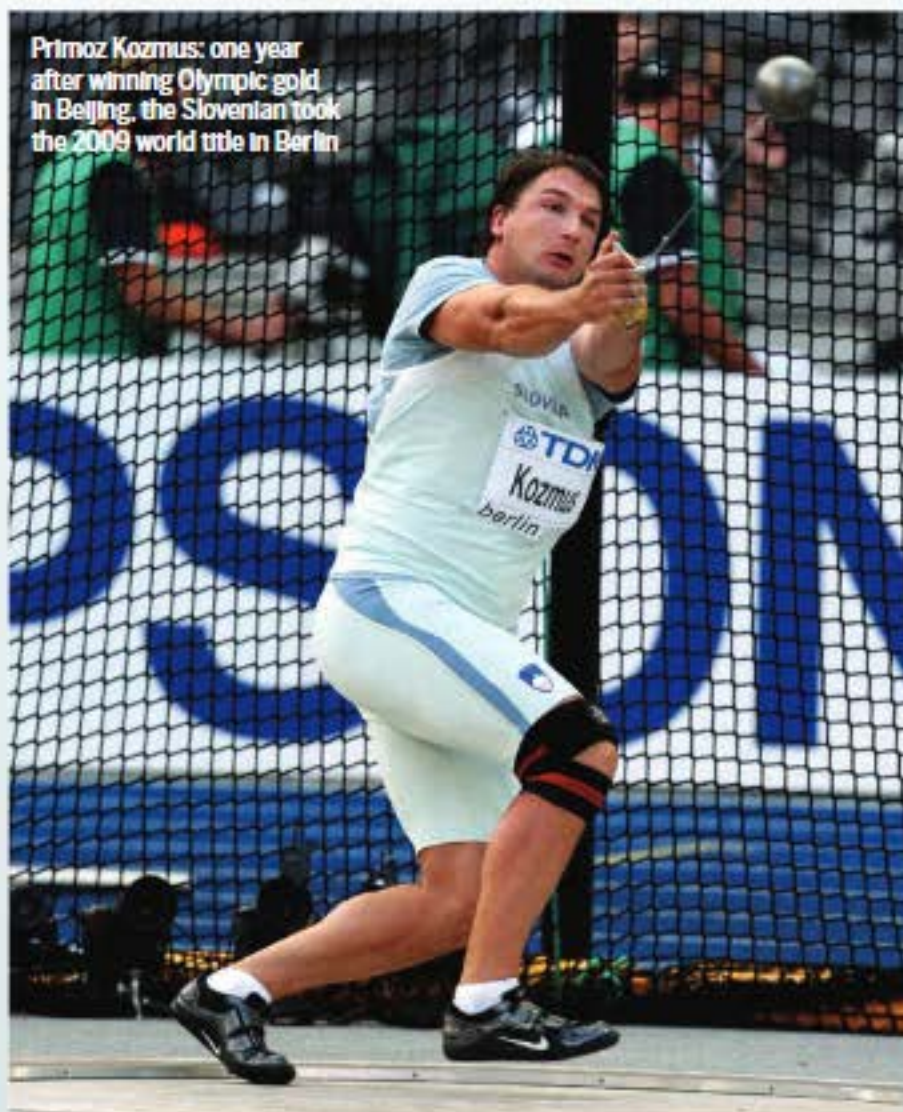
THE BIG favourite for the first World Championships in Helsinki in 1983 was double Olympic and European champion Yuriy Sedykh, but he was comfortably beaten by world record-holder Sergey Litvinov.

Litvinov opened with a 82.68m, which proved sufficient for gold, and he had five throws over 80 metres and the three best of the competition as Sedykh's best was just 80.94m.

Although Poland's Zdzisław Kwasny threw 81.54m in the last round, that was later annulled as video evidence suggested it was a rim foul and he was moved down to third with 79.42m.

Litvinov easily retained his title in Rome in 1987 as a second-round 83.06m gave him an easy victory over team-mate Juri Tamm. It was very close for second as just 68cm separated second to sixth placer Heinz Weis as all bettered 80 metres.

Weis took bronze in Tokyo in 1991 with another 80-metre throw, but the competition was dominated



Primož Kozmus: one year after winning Olympic gold in Beijing, the Slovenian took the 2009 world title in Berlin

by Sedykh, who had missed Rome and took the one title to have eluded him at the age of 36.

He opened with 81.38m and improved to 81.70m in the second and he averaged well over 80 metres with his six throws.

European champion Igor Astapkovich took silver for the third successive Soviet one-two.

Soviets effectively took a one-two in Stuttgart in 1993, but this time, with the republic broken up, it was Tajikistan's Andrey Abduvaliyev who won gold from Belarus's Astapkovich.

Abduvaliyev had finished fifth for the Soviet Union in 1991 and he trailed former champion Litvinov after the first round after throwing 78.08m to the Russian's 78.56m. Litvinov ended up seventh, but in the fourth round Abduvaliyev improved to 81.64m and he was the only thrower over 80 metres as he added to his 1992 Olympic title.

Astapkovich had been surprisingly beaten in Barcelona

and had to settle for silver in Gothenburg as Abduvaliyev again upset the form book.

The Belarusian led with an 81.10m fourth-round throw, but his rival responded with 81.56m to win another gold for Tajikistan as Astapkovich won his fourth global silver.

By Athens in 1997, Abduvaliyev was competing for Uzbekistan and he failed to make the final.

Gold finally went to a non-Soviet related nation as 1991 bronze medallist Weis won a close contest.

After a foul in the first, he improved in every round, taking the lead with an 80.24m third throw. He lost the lead to European champion Vasiliy Sidorenko in the fourth but immediately responded with 80.52m. Sidorenko's response in the fifth was 80.76m, but again Weis responded with 81.14m.

The drama continued in the sixth round as Ukrainian Andrey Skvaruk moved from sixth to first with 81.46m.

With the final throw, Weis again responded with a 81.78m. Olympic champion Balázs Kiss finished fourth with Astapkovich fifth.

In Seville in 1999, many of the favourites including Kiss, Weis, Abduvaliyev and future champions Szymon Ziolkowski and Koji Murofushi failed to make the final.

Gold went to another German, Karsten Kobs, who had been a non-qualifier in 1995 and was then ninth two years later.

His 80.24m opener remains the lowest winning mark of the 14 championships. A mediocre event was at least competitive for second with 74 centimetres covering the next six finishers with the battle for silver being won by Hungary's Zsolt Nemeth's last throw of 79.05m.

The standard was higher in Edmonton in 2001. Olympic champion Ziolkowski led with an 81.88m opening throw only for world No.1 Murofushi to respond with a 82.46m second-round effort. That held the lead until round five when the Pole launched a 83.38m.

The Japanese came close with 82.92m in the fifth round and then 82.61m but had to settle for silver.

Mick Jones, who would go on to win Commonwealth silver in 2002, achieved the longest ever world championships throw by a Briton of 73.31m, but that only placed him 20th in qualifying.



Heinz Weis: winner in Athens in 1997



Andrey Abduvaliyev: back-to-back wins in the mid-Nineties



Ivan Tikhon: first in three world champs but career blighted by drugs positives



Koji Murofushi: 2011 winner for Japan

Belarus's Ivan Tikhon also failed to make it through to the final after finishing last in 1999, but he was a different proposition in Paris in 2003. He had thrown 84.34m before Paris and he won easily, ending up with 83.05m in the final round. An injury-affected Murofushi finished third.

In a record seventh final, Astapovich had three no throws after leading qualifying.

Olympic champion Murofushi missed Helsinki with a worse injury in 2005 but Tikhon was again in awesome form, having thrown 86.73m that year.

His team-mate Vadim Devyatovski led with 82.60m in the third round but Tikhon's response was a championships record 83.89m that only his coach

Litvinov had bettered in a global championships (Seoul Olympics in 1988). Former champion Ziolkowski took bronze.

However, in 2013, the IAAF retested the samples of the first two and both had adverse findings, though only Tikhon has so far lost his medal.

Tikhon seemingly won a record third title in Osaka 2007, which unlike 2005 still shows in the record books. Just as in Helsinki, he dangerously opened with two fouls. Slovakian Primoz Kozmus led at halfway with 82.12m but Tikhon left it late to overhaul him with a superb final round 83.63m, which many years later became the championship best!

Kozmus responded well with

an 82.29m final throw of his own. The first seven bettered 80 metres, including Murofushi and Ziolkowski.

The standard dropped in Berlin in 2009. Kozmus was the only thrower to exceed 80 metres, which he achieved with his two final throws of 80.15m and 80.84m. Ziolkowski completed his set of medals as he finished second with 79.30m. Sergey Litvinov, the son of the double champion finished fifth for Germany.

A decade after winning the silver medal, Murofushi, whose father Shigenobu was 10th in the 1972 Olympics, added a world title to his Olympic gold.

It was only his third competition of the year but he led all the way

as he opened with throws of 79.72m, 81.03m and 81.24m. He matched his leading throw in the fifth round.

He didn't win by far though as Krisztian Pars, who had been fifth and fourth in the previous two championships, ended with a fine 81.18m. Pars won the Olympic title in 2012 from Kozmus.

In Moscow in 2013 Pawel Fajdek, who was only 11th in Osaka and a non qualifier in the Olympics, opened with a world-leading 81.97m and that proved good enough for gold ahead of Olympic champion Pars, who was the only other thrower over 80 metres.

For the sixth successive championships, no Briton competed in the event.



Szymon Ziolkowski: gold for Poland in 2001

Hammer

Year	Winner	Throw	GB position and mark
1983	Sergey Litvinov (URS)	82.68	NQ Robert Weir 71.62
1987	Sergey Litvinov (URS)	83.06	NQ David Smith 68.56
1991	Yuriy Sedykh (URS)	81.70	NQ Paul Head 68.52
1993	Andrei Abduvaliyev (TJK)	81.64	NQ Paul Head 68.88
1995	Andrei Abduvaliyev (TJK)	81.56	NQ Peter Vivian 67.28
1997	Heinz Weis (GER)	81.78	NQ David Smith 71.94
1999	Karsten Kobs (GER)	80.24	No competitor
2001	Szymon Ziolkowski (POL)	83.38	NQ Mick Jones 73.31
2003	Ivan Tikhon (BLR)*	83.05	No competitor
2005	Vadim Devyatovski (BLR)	82.60	No competitor
2007	Ivan Tikhon (BLR)	83.63	No competitor
2009	Primoz Kozmus (SLO)	80.84	No competitor
2011	Koji Murofushi (JPN)	81.24	No competitor
2013	Pawel Fajdek (POL)	81.97	No competitor

*Ivan Tikhon lost his gold medal and CRP of 83.89 when retrospectively tested positive in 2013

Points table

(8 for 1st etc)

1. HUN 78	6. POL 40
2. BLR 64	7. SLO 31
3. GER 64	8= UKR 27
4. URS 58	8= JPN 27
5. RUS 49	10. TJK 20



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Julius Yego: YouTube lessons paid off with near perfect technique

USA on rotational. The rotational appears to be more fragile, with only the slightest error resulting in a mistimed throw or one out of the sector.

Discus

The discus has two fairly distinct techniques. Both involve exactly the same entry over the left foot with a wide right-leg swing. The aim is a balanced entry, landing in balance with good torque on the ball of the right foot. This is easy to say, but not so easy to do.

The big difference lies in the strike. Many of the female athletes used the old East German method, planting both feet firmly on the ground. This is not the case with the men, with the left foot well out "in the bucket", and a drive out and through it.

Again, it comes down to preference. Many male throwers found that the firmly planted strike produced lower-back problems and went for a drive-out over the left foot. Others felt that there was greater flow, greater continuity in this method.

Javelin

Since the banning of the Basque jump-rotational method in 1956, there have been essentially two versions of the same technique. The first, most advanced, was well demonstrated by Tero Pitkamäki in Beijing, involving a torque withdrawal, and is used by most international throwers. It was the less-advanced linear method that was deployed by the winner in Beijing, Julius Yego of Kenya.

In no event is the influence of the Internet

greater than in this event. It has helped the event to progress. Yego simply looked up javelin technique on YouTube and tried to copy what he saw. That, along with access to specialist javelin websites, did the trick.

I may be oversimplifying the situation, because Yego has recently received coaching, but the plain fact is that he launched the spear over 80m by virtue of intelligent observation and sheer hard work.

His winning throw was, quite simply, the best javelin throw that I have ever witnessed. This was not simply because it was a long, high pull through the spear, off a perfectly balanced acceleration, but because everything that Yego had went into that javelin. It represented every ounce of power that he could muster, right through the length of the spear.

Will Yego move on to a more advanced rotational style? Who knows? That is where coaching is as much art as science.

Hammer

This is an event which is technically stable at four turns, with the Poles as the dominant force in both men's and women's events. In the past, the wind-up was more right to left, but it was notable that most throwers in Beijing wound up down the right side. What mattered was the entry point on the left toe, sitting in with long arms, always in balance, and here there was little difference between men and women. It is notable that we now rarely see the locked-in, planted delivery of the Russian Yuriy Sedykh in either group.

Relays

Almost every team uses the downsweep passing of the baton. Even the French, who used upsweep until relatively recently, made the switch in Beijing. The key is not the exchange method itself, but rather in reaching high speed with the baton, getting out consistently on realistic checkmarks. Most exchanges take place at eight or nine strides out, something to be practised until it is automatic. However, unlike shot or long jump, it is difficult to replicate race conditions in training. Standing pass-drills have some value, but run-ins off 60m have modest transfer value due to varying fatigue levels in the incoming runner in the race itself. It only really works if a coach can simulate race fatigue. It is tricky to get right.

Certainly, the best place to secure practise transfer is in the heats and that's why the rule should be to keep the same runners from heat to final. Performances of nations such as China and France show that even with a couple of modest sprinters in the squad, slick baton-changing can win medals at this level. Britain can do the same.



Relay teams should use qualifying rounds to perfect slick change over