

# RUNNER'S<sup>®</sup>



WORLD

JANUARY 2017 £4.60

## BEST TIPS EVER

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Wisdom Distilled P58

## 7 STEPS TO INSTANT ENERGY P23

RW REPORT

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Expert Advice +  
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THE 2016  
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NO. 01

Cover photograph  
Casey Crafford



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GO THE DISTANCES  
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CONTROL YOUR ENERGY

RUN SUPERNOVA





# CONTROL YOUR ENERGY

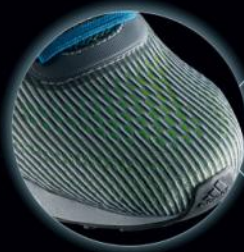
## RUN SUPERNOVA



The Adidas logo, consisting of three slanted parallel bars above the word "adidas" in a bold, lowercase sans-serif font.

### ENERGY AT ITS PEAK

INCREASED BOOST  
PROVIDES MORE ENERGY  
RETURN WHERE NEEDED



### ENHANCED FIT

ENGINEERED MESH  
FOR ULTIMATE FLEXIBILITY  
AND COMFORT



### MAXIMUM CONTROL

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FOR SUPERIOR GRIP

THE 2016  
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# RAVE RUN

📍 Zion National Park, US

📷 Jordan Siemens

Zion National Park, in southwest Utah, is the oldest national park in the United States. You can gawp in wonder at the towering sandstone mountains, or, much better, run for as long as you want on the miles of trails and paths that snake through this monumental landscape. Bring water.









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I headed down to the Bournemouth Marathon Festival to revisit the location of my first ever race. There must be something in the sea air, because I took over 10 minutes off my half-marathon PB.



I added October's Spetses Mini Marathon to my list of all-time favourite races: 25 hot, hilly and beautiful kilometres around the gorgeous Greek Island on its traffic-free coast road.

## CONTRIBUTORS



### Jonathan Beverly

As part of our 50th Anniversary Special, the former shoe editor of *Runner's World* US drew on his extensive knowledge to give us a colourful and definitive history of the running shoe, in *Best In Shoe*, p62.



### Duncan Craig

*The Sunday Times* journalist and passionate runner delves deep into the uncomfortable but vital issue of race safety in a still-volatile, post-Boston runners' world, in *How Safe Is Your Race?* p48.

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## FROM THE EDITOR



**Runner's World** is now well into its masters years, having just turned 50. Regular readers might remember that the UK edition celebrated its 20th anniversary in 2013; but

the title began its journey in the US back in 1966, as a newsletter called *Distance Running News*. Four years later the name was changed to *Runner's World* and the rest, as they say, is history.

This means RW has been able to reflect the growth and evolution of the sport from the fairly niche pursuit it was then to the mass activity it is today. RW was there to chronicle the first running boom of the 1970s, the growth of marathons, the surge in women runners, the rise of charity running, right through to the impact of technology and social media. Beginning on page 55 we present a retrospective, examining how shoes, gear, nutrition and advice have changed over the years. Looking at some past outfits on page 56, I feel lucky to have got into running after the advent of wicking fabric.

Another aspect of running that has changed hugely is the diversification of events – and this elegant segue allows me to bring to your attention RW's own new event, Runstock. It's a family-friendly running festival set in the beautiful grounds of a stately home, with a 5K course involving fun obstacles that you can tackle as many or as few times as you like. Visit [runstock.co.uk](http://runstock.co.uk) for more info. I'll be there in June with my family, and it'd be great to see you there, too.

**Andy Dixon, Editor, @RW\_ed\_Andy**

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- WARM UP FASTER
- SUPPORT MUSCLES
- REDUCE FATIGUE
- GO HARDER, LONGER
- HEIGHTENED AGILITY

### RECOVERY

- REDUCE MUSCLE SORENESS
- REDUCE TIRED LIMBS
- REDUCE RECOVERY TIME
- RESTORE YOUR BODY TO PEAK LEVELS FASTER
- TRAVEL IN COMFORT/ REDUCE SWELLING

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# Warm Ups

NEWS YOU NEED TO GET UP TO SPEED

## LIGHT UP YOUR LIFE

**Feeling the winter blues? Get** outside and run. Studies have shown that one hour of aerobic exercise outdoors – even under cloudy skies – gives a similar boost to mood, alertness and energy levels as two and a half hours of treatment with artificial light. Researchers recommend getting out when natural light is at its peak, so a lunchtime run is the ideal pick-me-up.



Words: Sam Murphy Photograph: Getty



# GOING RUNNING?



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#### **ALWAYS FIND YOUR WAY BACK TO THE START**

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& your local running specialist





## Time out

Race formula misses the mark

Race predictors are useful when you're figuring out your PB potential, but a new study<sup>2</sup> suggests the widely used Riegel formula is too generous for non-elites in forecasting race times beyond a half marathon. Reviewing data from 2,000 recreational runners, the researchers found 'the formula dramatically underestimates marathon times, giving times at least 10 minutes too fast'.

# 3

THE NUMBER OF FEET YOU SHOULD TUCK IN BEHIND A FELLOW RUNNER TO REAP THE BENEFITS OF DRAFTING.

## Best in test Max it out

Not in the market for a  $\text{VO}_{2\text{max}}$  test in a lab? Do your own field test. The two here yielded the most accurate estimates in a recent study.<sup>3</sup>

### Cooper test

Run as far as you can in 12 mins. Use GPS or run on a treadmill (at a 1% incline) to measure your distance.  
**(22.35 x km covered) - 11.29 = your estimated  $\text{VO}_{2\text{max}}$ \***

### 1.5-mile run test

Run a 1.5-mile (2.4km) route as fast as you can. Pace wisely: runners often start distance-based tests faster, yielding a higher rate of perceived exertion (RPE).  
 **$483 \div \text{time} + 3 = \text{your estimated } \text{VO}_{2\text{max}}$**



PACING  
SPECIAL

PACE  
SENSITIVE  
Women know  
how to stay the  
course

# WOMEN SET THE PACE

When sport scientists first observed that women slow down less in marathons than men do, they speculated it was down to physiological differences, particularly better glycogen preservation. But a new study<sup>1</sup> has found women are also better at pacing 5K and 10K races, in which the glycogen advantage would be irrelevant. They believe that women's superior pacing is down to better decision-making, such as being less prone to overconfidence. Running coach Peg Wiseman, founder of women-only marathon Women Can (womencan.co.uk), offers these tips:



Be honest with yourself about a realistic goal time for a race, basing it on evidence provided by your training and how you feel on the big day.



Start easy – five to 10 seconds slower than your goal pace. It takes practice – and courage – to run your own race and not go with the pack.



Don't be a slave to your watch; try to 'feel' your pace. And expect to increase your effort in the latter stages to maintain it.





# GO AHEAD. CALL ME A HEALTH NUT.\*

I need to be in my best form to get the burst of power I need to win bike races. I'm always super motivated to win. I have to train hard, fuel my body properly and prepare thoroughly for each race. Then when the race is over and it's time to relax and recover, American pistachios are my Official Snack of choice.

For Mark's story and more stories from real people, go to [AmericanPistachios.co.uk](http://AmericanPistachios.co.uk)



**Mark Cavendish**  
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## Legal boost

New ways to power up

A review of (legal) performance-enhancing aids for endurance training gave the nod to two supplements you may not have considered: in research, supplementation with the amino acid **beta-alanine** (5g per day) reduced perceived exertion and muscle fatigue during exercise. And **sodium bicarbonate** can help counter the buildup of lactic acid in muscles during high-intensity exercise.

### Take three Healthier snacks



Swap crisps for...  
**Ape Crispy Coconut Curls**  
(£1.49 per 20g bag, [hollandandbarrett.com](http://hollandandbarrett.com))

Contains only toasted coconut. A mere 109kcal per bag, with 4.4g fibre.



Swap cheesy snacks for...  
**Hippeas Organic Chickpea Puffs**  
£2.29 per 110g bag, [hippeas.com](http://hippeas.com)

A similar texture to cheese puffs but with three times the protein and only 91kcal.



Swap dry-roasted nuts for...  
**Saf Activated Nuts**  
£3.49 per 50g tube, [healthysupplies.co.uk](http://healthysupplies.co.uk)

A mix of 'activated' nuts (soaked in water and salt, then baked). A 25g serving provides 149kcal.

Words **Sam Murphy** Photograph **Pavel Dornak, iStock** 1 University of Cambridge \*Based on an RW online poll of 515 runners

WARM • UPS / FUEL

# BOOZE RUSE

## Want to minimise the festive booze overload?

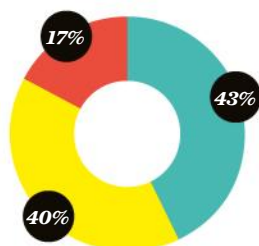
Downsize your glass. A study<sup>1</sup> found that when people were served wine in a larger glass, they drank quicker. The experiment was conducted over 16 weeks in a pub serving the same volume of wine in two different-sized glasses. The larger glassware led to a sales boost of nine per cent. It's thought bigger glasses fool people into thinking they're drinking less.



**SIZE MATTERS**  
It's a cheeky little number, but less potent than you might think

### Poll position

## What's your take on festive feasting?



- All bets are off – it's Christmas!
- I'll allow myself a few indulgences
- Business as usual\*

### Quickfire question

## Is prerace caffeine a wee problem?



Caffeine can have a small diuretic effect, but exercise negates this and benefits endurance performance, says dietitian Dr Karen Reid ([performancefood.co.uk](http://performancefood.co.uk)). Responses vary and one study found women were slightly more susceptible to a diuretic effect than men, adds Reid.



# NATURE IS POWER



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# IT'S EASY BEING GREEN

Get souped up with this delicious and healthy dish

Serves 2

KCALS  
176\*

CARBS  
16g

FIBRE  
10g

PROTEIN  
5g

FAT  
8g

\*Per serving

This vibrant soup is the perfect antidote to festive overload. 'It will refuel your body and refresh your tastebuds,' says its creator Anita Bean, a sports dietitian and author of *The Vegetarian Athlete's Cookbook*, out this month (Bloomsbury). Packed with vegetables and herbs, this dish offers an easy way to get your five a day. 'The beauty of the recipe is you can substitute the ingredients for whatever veg you have to hand,' says Bean.

## INGREDIENTS

- ◆ 1 tbsp olive or rapeseed oil
- ◆ 1 onion, finely sliced
- ◆ 1 carrot, sliced
- ◆ 1 small parsnip, diced
- ◆ 600ml vegetable stock
- ◆ 1 bay leaf
- ◆ 50g green beans, topped, tailed and halved
- ◆ 125g leafy green veg such as kale, spring greens or cabbage
- ◆ A handful of torn basil leaves
- ◆ Salt and ground black pepper

## METHOD

Heat the olive oil in a heavy-based pan over a moderate heat. Add the onion and cook gently for about five minutes, until softened. Add the carrot and parsnip to the pan and continue cooking over a moderate heat for five more minutes, stirring occasionally, until the vegetables soften a little. Add the stock and bay leaf and bring to the boil. Simmer for 10 mins, add the beans and greens and cook for a further five minutes. Remove the bay leaf. Liquidise the soup using a blender. Stir in the basil and season with salt and pepper.

A 125g serving of kale provides a day's vitamin A and K requirement. It is also packed with vitamin C, which aids iron absorption.

Onions contain biotin, a B vitamin that helps regulate blood sugar. They're also rich in phytonutrients that support the immune system.

Fibre-rich green beans contain carotenoids (including lutein, important for eye health), as well as flavonoids that have antioxidant properties.

*The Vegetarian Athlete's Cookbook*, by Anita Bean (Bloomsbury)





# Get a head start

Lumie Bodyclock simulates a natural sunrise to wake you up and a gentle sunset to help you drift off to sleep. Using light in this way is proven to help you feel refreshed, re-energised and ready to perform – that's why top British athletes now include Lumie Bodyclock in their advanced training schedule. Wake up to a life made bright.

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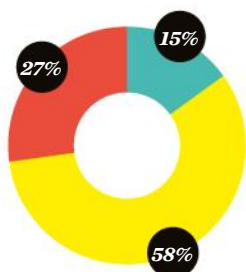
## Active service

Keep running, live longer

Running could put you on the path to a longer life. Swedish researchers tested the VO<sub>2</sub> max of men aged 50, categorising them into levels of low, medium or high fitness. They repeated the assessment every 10 years until those left reached 100 years of age, and found a 21 per cent reduction in mortality risk for each higher tier of fitness.

### Poll position

## Has running affected the number of colds you get?



Yes, I get more

Yes, I get fewer

Not noticed a difference\*



Try this

## Spray-on safety

Many of us have to do indoor workouts in winter, laying us open to the perils of the changing-room floor – athlete's foot, verrucas, warts and fungal nail infections. Excilor (£9.99 for 100ml, boots.com) creates a non-sticky, water-resistant barrier that lasts eight hours.

WARM • UPS / MIND + HEALTH



HAVE A LITTLE FAITH  
The more you believe  
in the power  
of workouts, the  
better you'll feel

# I'M A BELIEVER

Are your workouts a joyful experience or a necessary evil? A new study in the *Journal of Behavioural Medicine*, suggests that your attitude to exercise can influence the benefits you reap, both in terms of subjective experience and its effect on your nervous system. Participants with a positive mindset about exercise boosted their mood, lowered their anxiety and experienced greater brainwave activity than those subjects who were less optimistic.

# Ten

NUMBER OF CONSECUTIVE SEDENTARY DAYS THAT LED TO REDUCED BLOOD FLOW TO THE BRAINS OF REGULAR EXERCISERS. BETTER PLAN SOME ACTIVITY AMID ALL THOSE FESTIVE FEASTS.<sup>1</sup>





# STOCKHOLM MARATHON

SATURDAY 3 JUNE 2017

***THE GOAL TO REACH***

*"My favourite spot is along the water where the boats line Strandvägen. There, the crowds really lift my spirit."*

*Eleonore, four marathons.*

***stockholmmarathon.se***



# NO TIME TO BE TIRED

**Tempted to ditch your evening run? Our expert energy and motivation tips promise to deliver a second wind**



## Do... **yoga**

'A simplified sun salutation increases blood flow to the brain,' says yoga teacher Annie May Rice ([anniemayrice.com](http://anniemayrice.com)). Inhale deeply, lift your arms out and up to the sky. Exhale and fold down, bending your knees and hanging your head. Repeat 3-5 times.



## Hear... **a pulsing tune**

The 'priming' effect of music can increase motivation, says Dr Costas Karageorghis, author of *Applying Music in Exercise and Sport* (Human Kinetics). 'Generally, fast, loud music stimulates, so it can be used in a psyche-up routine.'



## Drink... **coffee**

It'll rouse you from the late-afternoon fug and make your run home feel easier. A recent study<sup>1</sup> found that as little as 60mg of caffeine (equivalent to a single espresso) boosted alertness.



## Watch... **sporting success**

Inspirational running clips (try Mo Farah's Rio 5000m) activate 'mirror' neurons in the brain, driving you to emulate what you see – running with passion and focus.



## Eat... **chocolate**

Dark chocolate contains the flavanol epicatechin, which boosts blood flow to key areas of the brain and protects against oxidative stress, and the compound theobromine lifts the mood and acts as a mild stimulant.



## See... **the light**

One study<sup>2</sup> found that 30 minutes of indoor exposure to natural bright light at lunchtime reduced afternoon sleepiness. Or try the tablet-sized, desk-friendly TL30 Brightlight (£60, [johnlewis.com](http://johnlewis.com)).



## Wear... **red kit**

What we wear affects our mental state, says the theory of 'enclothed cognition'. Studies show that putting on something red has an 'activating' effect, increasing the heart rate and adrenaline levels.



**WAKEY-WAKEY**  
Don't wind down:  
there's running  
to be done





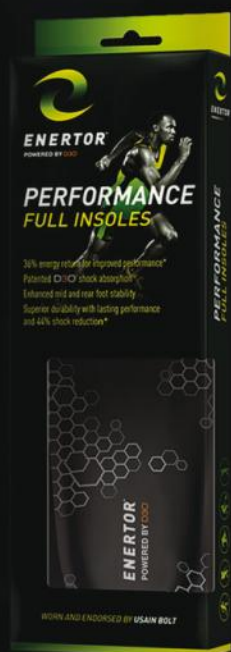
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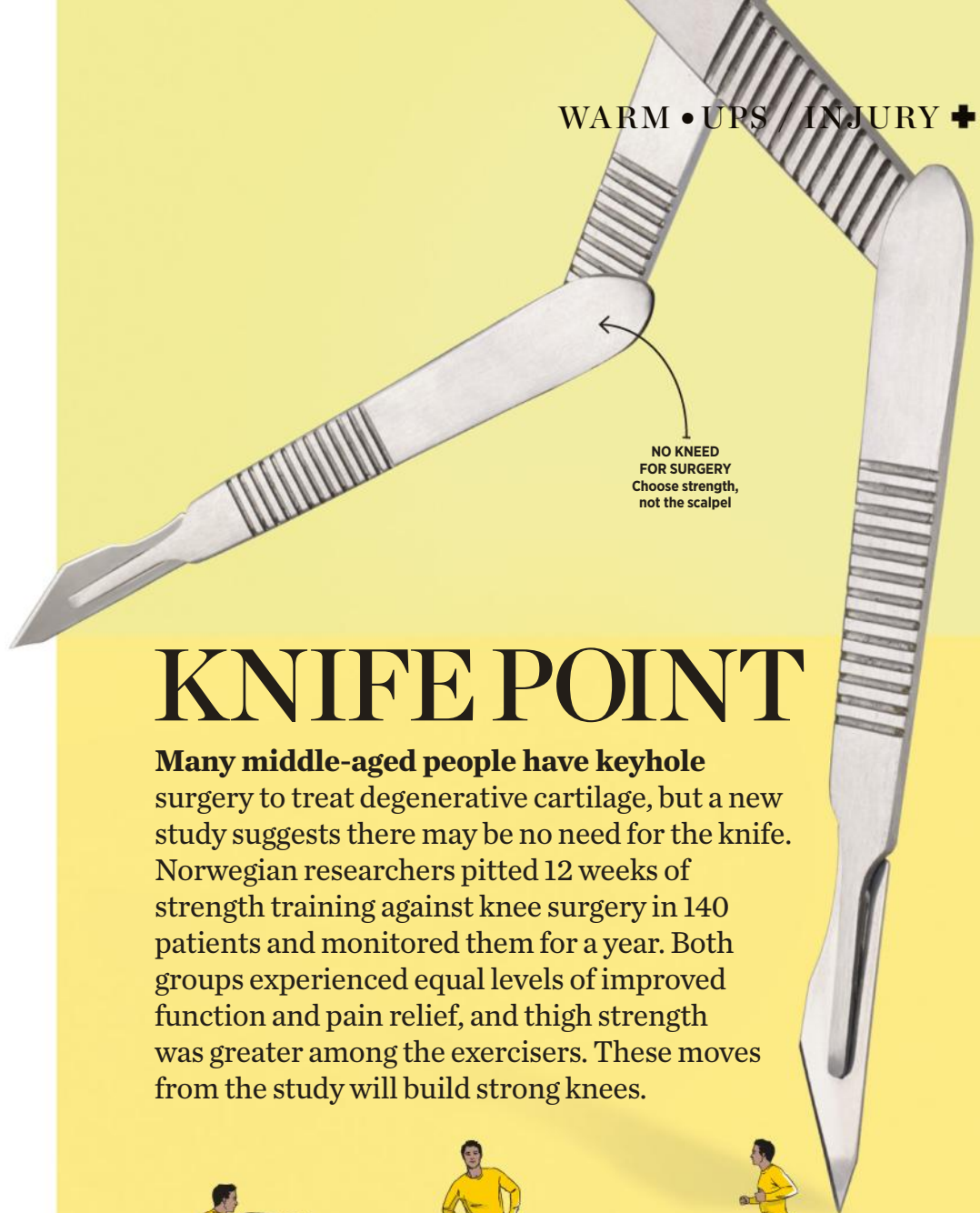
## Inclined to injury

Stay off the slopes

Most of us encounter the occasional cambered (side sloping) road surface on a run, but if you find yourself running at an angle on a regular basis, plan a detour. Even a modest 10-degree slope will affect biomechanics and muscle recruitment, according to a recent Iranian study.<sup>1</sup> Researchers found that the hip on the 'higher' side of the road dropped and rotated inwards more than its counterpart, while the higher foot was more externally rotated and rolled in more at toe-off. The opposite was true at the knees, where more internal rotation occurred on the 'lower' side of the body. These changes to normal running gait patterns can predispose the body to injuries.

# 25

THE MAXIMUM PERCENTAGE OF YOUR WEEKLY MILEAGE YOU SHOULD COMPLETE ON AN ATHLETICS TRACK TO AVOID AN INCREASED RISK OF PLANTAR FASCIITIS.<sup>2</sup>



# KNIFE POINT

**Many middle-aged people have keyhole surgery to treat degenerative cartilage, but a new study suggests there may be no need for the knife.** Norwegian researchers pitted 12 weeks of strength training against knee surgery in 140 patients and monitored them for a year. Both groups experienced equal levels of improved function and pain relief, and thigh strength was greater among the exercisers. These moves from the study will build strong knees.



### Single leg squat

Stand tall, lift your good leg; balancing on your 'bad' leg, slowly bend and straighten the knee. 3 x 10 repetitions.



### Knee stability in loop

Hook a resistance band over your 'good' leg below the knee and lift the leg out to the side. Hold for 10 secs; repeat 3 times.



### Limping cross

Mark an X and hop forward, right, back and left on your bad leg, returning to the centre each time. Do 3 x 3 rounds.

## JARGON BUSTER

### ADHESIONS

When collagen fibres 'stick' to soft tissue, reducing elasticity and movement in the surrounding structures. Adhesions often occur as a result of injury and/or the healing process and can be freed up by sports massage.

## Quickfire question

### Tendinitis or tendinosis – help!

The suffix -itis denotes inflammation – so the tissue (in this case a tendon) is inflamed. An -osis refers to degeneration – the tissue is suffering from wear and tear. An -osis nearly always responds to strengthening exercises; an -itis needs time for the inflammation to settle down. **Sarah Connors, physiotherapist**





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A blue and white Salomon Speedcross 3 LT trail running shoe is shown from a side profile, angled upwards. The shoe is covered in mud, particularly on the sole and laces, suggesting it has been used on a muddy trail. The background is a vibrant, fiery orange and yellow, resembling a sunset or a fire. The Salomon logo is visible on the side of the shoe, and the 'GORE-TEX' logo is on the tongue. The shoe is positioned diagonally across the frame, with the heel pointing towards the bottom right.

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# HUMAN RACE

REAL RUNNERS, INSPIRATIONAL STORIES

‘I just  
bloody  
love  
it all!’

After a bike crash,  
**Ben Murphy** was not  
expected to walk  
again. Now he’s  
hooked on running





**I**t's 7am on a Scottish winter's morning and Ben Murphy is warming up with fellow runners from Edinburgh University's Hare and Hounds club. Dragging yourself out to train in the icy gloom can be tough, but Ben, 20, loves every moment of his running: 'I'm just appreciative of being able to use my legs fully every day,' he says.

In May 2009, Ben, then a sport-mad 12-year-old, was mountain biking on some trails with his father when his wheel hit a rock and he was thrown off, sustaining a brain injury. 'I was in a coma for nearly three weeks,' says Ben, from Crieff, Perthshire. 'My parents were warned I had less than a 10 per cent chance of survival, and was not expected to be able to walk again, let alone run.'

When Ben finally woke up, he couldn't speak, walk or perform any basic movements. His left side and both legs were paralysed as a result of the brain injury ('They told me the bike helmet saved my life'), and his collarbone and left arm were broken.

Many months of intense daily occupational, physical and speech therapy followed, with Ben using a wheelchair most of the time. 'The lack of independence was frustrating but I had almost no balance and an extremely weak neck and core,' he says. 'I just hated not being active. I'd done so much sport before the accident [Ben was in two football teams, a basketball team and the regional swimming team] and I just wanted to get back to it.'



**NEVER GIVE UP**  
(top to bottom) Ben during his long recovery; and back on the road

It took almost a year before he could walk with any degree of independence and confidence. 'Neither I nor my family could envisage a day when I wouldn't need the wheelchair,' he says.

The accident didn't just take a physical toll – Ben also suffered from post-traumatic stress and underwent therapy to help him come to terms with what had happened. 'It was difficult accepting that I'd never get those years of my life back,' he explains. 'My confidence was shattered and therapy helped me regain it. It also helped me deal with not having anyone or anything to blame for what happened, and the guilt and sadness I felt about the ordeal my family had been through.'

Two years after the accident,

Ben had made enough progress to return to some of his beloved sports. 'Initially it was within disability sports, but eventually I returned to my old football team,' he says. 'It was such a great feeling to get back to a bit of normality.'

Having put on weight during his incapacitation, Ben was keen to lose a few pounds and regain some fitness. Running seemed the perfect activity. 'At first it was a big struggle even to finish a local mile-long loop, but I kept at it, and a year later I was up to 10K and became hooked! Having been constantly surrounded

by therapists, worried family and friends, the me-time running provided was a big appeal,' he admits. 'It offered me some peace and time to reflect.'

But progress wasn't easy. 'There were a lot of biomechanical issues to deal with at first,' Ben explains. 'Structurally, I was in a bad way, but I worked hard to correct some of the weaknesses and imbalances through strength training, stretching and foam rolling. It takes time but it pays off in the long term.'

In 2013, a friend encouraged him to try a session with the local club, Strathearn Harriers. 'It was a 10K fartlek run – seriously brutal on the hills – but I found I liked pushing myself and wanted to try to improve and hang on to the guys at the front.'

Running regularly with a club and following a more structured training

programme paid dividends for Ben. Over the next three years, his 10K time dropped from 48 minutes to under 38, and in June he ran his first marathon, on home turf, in an incredible 3:15. 'To run the Strathearn Marathon

## 'I'd done so much sport and I just wanted to get back to it'

– organised by my local club, marshalled by people who have known me since I first started running – was amazing,' he says. 'It was just over six years since the accident and crossing the finish line felt like completing the journey to where I wanted to be as a person.'

Ben's life is 'pretty much normal' these days, though he continues to suffer from day-to-day fatigue as a result of the accident. He started at Edinburgh University in September 2015, studying geography, and joined the Hare and Hounds, where he is now social secretary.

His next major goal is to achieve a sub-three-hour marathon, but he's learned over the last few years that racing is just a small part of what running is about. 'There's training, racing, even spectating and cheering others on – I just bloody love it all!' he says. 'For me, being in both clubs is like being part of a massive family where everyone encourages and helps each other. Running isn't about beating others – it's about setting personal goals and striving to achieve them. That's one of the main reasons I love the sport – it's just you versus you.'





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## WHAT IT TAKES TO...

# Run to a new home

RSPCA inspector and keen runner **Marie Hammerton** goes one better than walkies with the homeless pooches in her care – she takes them to the local Parkrun. ‘I’m a regular at Parkrun so I thought I could help by giving the dogs some exercise at the same time,’ says the 31-year-old from Basildon in Essex. ‘They really enjoy it. I make sure I run at their pace and we take breaks, or stop, if they don’t want to carry on running. The other runners are excited to see them – they are treated like celebrities!’

A weekly run isn’t just an opportunity for the dogs to stretch their legs

and enjoy some attention: many of Marie’s charges have landed themselves new homes, thanks to the publicity she has generated on social media for ‘barkrun’. ‘One week, I took along a cocker spaniel called Marley and a runner fell in love with him and has since rehomed him. It’s lovely because I still get to see him regularly.’

Marie’s ongoing dogged determination to help her four-legged friends has had another unexpected benefit: ‘One dog, Nevada, was so fast over the 5K course that I finished with a new PB,’ she says.

● [rspca.org.uk/findapet](http://rspca.org.uk/findapet)



HOMeward BOUND  
Marie with Jess

## Man up to running



RUNNING MEN  
David (front row, third from right) and the Oaks Blokes

Women-only running groups are plentiful, but a male-only one is a rare thing. So what drove **David Palmer** to set up Oaks Blokes? ‘My wife told me to!’ jokes the 54-year-old from Sevenoaks, Kent. ‘Some of the women in her running group were asking if there was something their husbands could do to gain similar fitness and wellbeing benefits.’

David was a member of the local running club at the time, but felt something was missing. ‘There was little opportunity to socialise with other members unless they were the same speed as you, and the focus was on competition rather than enjoyment.’ So David set about offering something more fun and friendly. Six runners turned up for the first Oaks Blokes session in September 2009. Now there are more than 75 members. Many, says David, are from one of the hardest-

to-reach demographic: middle-aged working men with kids ‘who have been so focused on work they have allowed their fitness to slip. On Saturday mornings, before dad-taxi duties begin, they come to run, chat with other blokes from all walks of life and, afterwards, put the world to rights over cappuccinos.’

While David admits there are some alpha males among his members they still run as a group, often with the fastest and slowest having a chat. ‘There’s usually an unofficial sprint over the last half a mile – you can’t take all the “man” away,’ he says. Introducing so many men to the joys of the sport has been immensely rewarding for long-time runner David and, he says, there’s always someone around who’s up for a curry or a beer.

● [oaksblokes.co.uk](http://oaksblokes.co.uk)

### WE ASK, YOU ANSWER WHAT’S YOUR WORST RACE-MORNING FEAR?

We can be a nervous lot, can’t we?

Waking up in the afternoon. I often have anxiety dreams about this.

*Rachel Leonard*

My Garmin not finding a satellite before the gun goes off.

*Dermie Cahill*

Getting lost on the way to the race.

*Sian Jones*

Not being able to go for a poo before the start and having to waddle round the course with last night’s pasta cannonball in my stomach.

*James Patrick*

Unexpectedly seeing my biggest rival on the start line. The stress levels soar!

*James McDonald*

Not enough toilets.

*Matthew Elson*

Drug testing.

*Ryan Isles*

Picking up an injury and all that training and effort going to waste.

*Peter Cross*





INBOX



## Positive split

In response to the letter from P Coleman, Essex (RW, December), I can prescribe some fancy-dress running to get her running mojo back. I've just run the Amsterdam Marathon dressed as a banana and I'll be running 10km every day for a month over Christmas – dressed as an elf. Running is about smiling, not about the time on your watch. *Pete Nicholson, Manchester*

## Run for joy

I was saddened to read that P Coleman (RW, December) has fallen out of love with running. Running and I are getting on well, but we've had our rough patches. Leave the watch at home, lace up some old

## LETTER OF THE MONTH



## SISTERACT

Last year, I made a decision to get fit. I didn't know how I was going to do it, as a teacher and single mum carrying several excess stone, with money and time in short supply, and a recent diagnosis of MS. When my sister Lorna suggested I start running, I just laughed. Running was free, she said. I could do it when I wanted and I'd enjoy it. She devised a training plan and gave me encouragement, support and advice. In September I ran my first 10K, in 75 minutes. And do you know what? She was right when she said I'd enjoy it.

*Sue Crafer, Colchester, Essex*

Why are there so few races children are allowed to do, and no kids' running clubs? My six-year-old son recently did his first 5K in 28:35.

*Sylvia Hahn Dearling, by email*

**RW asks: Do we need more child-friendly races?**

trainers and drag out a couple of friends to splash through puddles together. You'll be back before you know it.

*Simon Collyer, by email*

## Bling thing

You asked where we display our bling (RW, December). My daughter gave me a medal rack when I started running three and a half years ago, after I retired. I keep it in the kitchen, as I spend most of my time there. I'm so proud of my three marathon medals – run within five months of each other this year. You are never too old to start running – or bringing home the bling! *Helen MacIver, Kelso, Scotland.*

## Don't walk

Last year I completed the Great North Run for the fifth time since 1998, and it's changed drastically. Back then, the vast majority of people ran the race. Now it seems many do it as a sponsored walk. I even saw people walking before the first mile marker. I'm all for fundraising, but come

on, people – it's the Great North Run! If you want to do a sponsored walk, there are plenty out there. *Brian Rides, Cleethorpes*



## Life after London

To everyone who didn't get a place through the London Marathon ballot: I ran London last year, was cheered the whole way and got the medal; it's nice to say I've run it, but for me, it wasn't the greatest show on earth. I recently ran the Loch Rannoch Marathon. I parked in a field, free of charge. Registration was in the local town hall. The crowds were sparse, but I ran among the mountains of Scotland, and I enjoyed every one of those 26.2 miles. *Bobby Wotherspoon, North Lanarkshire*

## The month in mail

**15%**

of our mailbox was in response to our 'When did you know you were a runner?' query (RW, Nov).

**3**

readers told us that getting their kids running had renewed their own enthusiasm.

**1**

reader gave our regular Route Recce page the thumbs up.

*'It's reminded me why I fell in love with running, and I get to spend more time with my daughter,' wrote Tracy Godwin, Cumbria*

What's inspired or annoyed you this month? The writer of the winning letter will receive a pair of Saucony Hurricane ISO 2, worth £135.\*

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# Motion pictures

Some actors go to great lengths to prepare for their roles, but what happens when they have to play runners?



Being an actor is about putting yourself in someone else's shoes. But when they happen to be running shoes, getting into character presents an additional physical challenge. Some excel: for example, Stephan James, who played Jesse Owens in *Race* (below), a biopic about the legendary sprinter (out now on DVD), trained for five months and achieved a 12-second 100m. Dr Jessica Bruce (above), a biomechanics expert and founder of the Run3D Clinic ([run3d.co.uk](http://run3d.co.uk)), says his hard work shows. 'James displays good posture and accurate sprinting mechanics, including a forefoot strike, good range of hip flexion and extension, and strong knee drive at toe-off.' We asked Dr Bruce to turn her critical eye on some other movies about runners (good and bad).



## Fast Girls

Lenora Crichlow suffered two stress fractures in her ankles while preparing for the

role of Shania in this feel-good film about two runners fighting for a place in the GB women's 4x100m relay squad (it was released in the buildup to the 2012 London Olympics). Bruce isn't surprised Crichlow became injured. 'She lacks the strength and stability needed to produce sprint power and speed, and shows excessive hip rotation, knee collapse and rear-foot pronation.' Sprinter Asha Philip, who won bronze in the 4x100m relay at the Rio Olympics, liked the film but admits she laughed 'quite a lot' at the running scenes.



## Chariots of Fire

Director David Puttnam recruited Olympic coach Tom McNab to

'make sure the athletics look real' in his 1981 film about two British runners competing at the 1924 Paris Olympics, devout Christian Eric Liddell (Ian Charleson, above left) and Jewish Harold Abrahams (Ben Cross). Charleson may not have won one of the film's four Academy Awards for his portrayal of Liddell, but Bruce says 'he shows good hip extension, kickback and generally good upright posture. It's only towards the end that the extra effort is betrayed by excessive arm swinging and his pelvis tilting forward'.



## Forrest Gump

Tom Hanks plays the slow-witted but kindhearted and surprisingly fleet-of-foot

Gump, who goes for a run one day, and is still going three years, two months, 14 days and 16 hours later. 'Hanks does a good job of showing the progression from non-runner to ultra marathoner,' says Bruce. 'When he's fleeing bullies in the film's early scenes his form is upright and controlled, with quick turnover, good hip extension and kickback. Later, he depicts a more relaxed, economical style, with a shorter stride length, less hip extension and increased knee flexion – a common way of conserving energy when fatigued.'



## The Loneliness of the Long Distance Runner

In this bleak, atmospheric black-and-white 1962 classic, based on the short story by Alan Sillitoe, Tom Courtenay plays Colin Smith, a young rebel whose talent for running is his route to redemption, at least in the eyes of the governor of the borstal where he has been sent. 'Courtenay's running style – especially his exaggerated arm swing – is uncontrolled,' says Bruce. 'There is excessive movement in all three planes, even at slower speeds. This is costly in terms of energy expenditure and would be inefficient over long distances.'



## Run Fatboy Run

Simon Pegg plays out-of-shape, commitment-shy slacker Dennis

Doyle, who unwisely takes on a marathon in London in an attempt to win back the affections of his former fiancée (Thandie Newton), whom he left at the altar five years earlier, literally running away from his wedding. 'His running style is that of the archetypal inexperienced distance runner heading for injury,' says Bruce. 'He has too much hip movement, indicating weak glutes, and as he picks up speed his stride length increases without his step rate changing, which will result in over-striding.'





**27/28 May 2017**

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# RUNNING COMMENTARY

“  
THOUGHT  
THAT  
COUNTS



## ‘This Christmas, expect a fight over the last slice of chocolate log’

’Tis once again the season of festive excess, and while I remain highly committed to becoming the best runner I can be, I will be gobbling mince pies and knocking back mulled wine with the best of them. And the worst. Non-running friends and acquaintances often express surprise when they see me eating cake or having a glass (or two) of wine. It’s as if they assume that because I’m a runner, it means I steer clear of ‘vices’ such as alcohol, butter icing and sugar.

Little do they know just how often the words ‘run’ and ‘cake’ turn up in the same sentence when runners are talking. And the fact that there are cake-themed races (such as the Cakeathon), running clubs (Cake Run) and blogs (Runs for Cake) stands testament to the duo’s long-standing symbiotic relationship. For many runners, the ability to eat cake – or, far more importantly – enjoy eating cake or other calorie-laden treats without worrying too much about their waistline – is part of the reward for putting in the long miles.

When it comes to weight loss, you often hear mention of the ‘calories in, calories out’ equation: keeping both sides balanced is the key to success. However, many people who are trying to lose weight focus only on the ‘calories in’ side, trying to shed excess pounds simply by eating less, rather than by moving more. Not only is such an approach far less fun, it can also backfire: a 2012 study found that attempting to deny your sweet tooth can lead to increased desire for the forbidden



food – and subsequent unseemly and guilt-filled gorging.

We runners, on the other hand – wise old hands at carb-loading and postrun refuelling – have a crystal clear understanding of what ‘calories in, calories out’ means. We get that upping our training miles puts us into a calorie deficit, which we must address in order to keep weight and energy levels stable. And conversely, we know that a few days languishing on the sofa watching Christmas specials with a box of chocolates builds up a debt that needs to be repaid, in sweat.

But there’s no doubt that the relationship between running and food goes beyond a simple equation. While many of us feel that we have ‘earned’ the right to treat ourselves rather more than our sedentary counterparts, we have to be mindful

not to fritter away our gains through overindulgence, be it of food or booze (another word that you’ll find is used remarkably often in conjunction with running). It’s an unfair truth that we nearly always overestimate how much energy we’ve burned through exercise, and underestimate how much we’ve consumed in much-deserved postrun meals. And calories aside, there’s our health to consider, too.

A study published earlier this year had many a runner raising a jubilant glass. It found that regular physical activity (three hours a week) could offset the detrimental effects of drinking alcohol in excess of the recommended limits. The study shows the importance of regular exercise, even in the absence of other healthy habits – though the researchers rightly warn that it isn’t a get-out-of-jail-free card. My interpretation is that while healthy habits are always valuable, they can’t cancel out bad ones.

But that doesn’t mean you can never stray, or that you should feel guilty for doing so. I’m mindful that after a run, a glass of sparkling water and a quinoa and chicken salad is a far better refuelling choice than a slice of coffee-and-walnut cake and a beer. But I run for many reasons. Maintaining a healthy body is certainly one, but so are happiness, fun, challenge and escape. Likewise, I eat and drink for many reasons – for pleasure, comfort and social connection as much as to refill the tank. I do not want to reduce my eating to a mere matter of ‘calories in’, nor my running to nothing more than a means of achieving ‘calories out’.

So, if we happen to meet at a festive gathering this Christmas, expect a fight over that last slice of chocolate log. Come Boxing Day, I’ll be lacing up my trainers to balance the books. And I’m pretty sure I’ll enjoy paying off my sticky, sugary debt as much as I will creating it. Happy Christmas.

Speedy  
stat

9

The percentage  
by which pace  
increased when  
runners listened  
to fast-tempo  
music

● Sam Murphy tweets  
@SamMurphyRuns





# ‘It hurts so much, every time. But the feeling’s so good’

**I was in the finishing chute of** the Yorkshire Marathon and the results were in. I’d snaffled a PB by six minutes (3:03:58) and if there’s a sweeter (legal) feeling available to me at the age of 47 I don’t know what it is. I was weaving around on unsteady legs, chatting to anyone who would listen to me. I love the finishing zone. We were in Yorkshire, as well, so you can imagine how friendly it was. A yellow-vested fellow had just run 3:09. It was his fourth marathon this year. ‘I just can’t stop doing ‘em!’ he exclaimed. He was 53 but looked half his age. Having won good-for-age places in the London Marathon, several chaps were bouncing around and hugging relatives. A lad sitting on the floor seemed close to tears. ‘It hurts so much, every time,’ he said. ‘But the feeling’s so good. I can’t describe it. It’s madness.’ It’s a dizzy, absurd sensation – simultaneous exhaustion and elation, and an overwhelming sense of peace.

In the weeks that follow I reflect that every marathon mirrors its locality. The London Marathon is like the city – busy, noisy, a wonderful, manic, intoxicating chaos. Yorkshire felt calmer, more relaxing and because there were fewer runners, you connected with each other more. About six miles in I’d found my crowd. The sub-three-hour posse had assembled, clicking along together, chatting amiably, commenting on the course, sharing water. We knew the race had not

started yet and that when it did we knew it would be a battle with the marathon rather than each other. We would be scattered – some propelled to victory and some veering to the side of the road, broken. But for now, we were there to help each other, part of the same river of runners flowing as one. It reminded me of being a kid, running with the Harriers round Scarborough. The course was classic Yorkshire, too – a bit ‘up hill and down dale’. Nothing too serious, just the occasional incline and, more enjoyably, the odd long, gentle downhill to relax into. At around 10 miles I felt the effort starting to nibble. You’re rationing your mental energy, focusing on form, dropping the arms and shaking them loose.

Through halfway and on schedule – time to start the countdown. A slow releasing of the valve, an unravelling of the spring inside. Take on fuel, scoff a gel. Tuck in, crack on. There’s no chat now. This is the marathon right here. I’ve just run 13.1 miles faster than I have in ages and I’ve got another half to go. Chunk it down – one 10K, two Parkruns and a finishing burst.

The section of the race that stays with me is 20-24 miles. It’s here that the miles done in training are withdrawn in one smooth surge: time to cash in the long runs, the speed sessions, the hills. I was lucky this time, I had a good one. Indeed, between 20 miles and the finish line I was overtaking people, which, for me, is incredibly rare. For the first

## Runnerpedia

**BO<sub>2</sub> max (n)**  
How you smell about 30 minutes after a tough run if you don’t shower. And possibly even if you do

time I was racing the marathon as opposed to enduring it. The miles had chiselled my style down to a low, urgent shuffle. I’d found a bubble of energy. It felt glorious. For a moment I was just muscle and limbs and a beating heart.

The distance got me in the end. I tightened up, my stride suddenly laboured and I waved goodbye to a sub-three-hour finish. But that melancholy was mingled with a joy that has stayed with me.

Weeks later I’m still smiling at my memories of Yorkshire – the high-fiving vicar by the side of the course, the fact there’s a bloody great hill 400m from the finish line, and I recall the 50-something woman who limped in to the massage room after the race.

‘Good run?’ I asked.

‘I don’t know what’s wrong with me,’ she sighed. ‘People kept calling my name. I was just...crying.’ She shook her head and turned to face me – and I saw a deep happiness. The marathon had done its job.

● Paul and fellow comedian Rob Deering’s running podcast, *Running Commentary* is available on iTunes and Acast. @RunComPod



## Wise Words #52: Running happy

‘Dancing and running shake up the chemistry of happiness.’

Mason Cooley, 1927-2002, aphorist, academic

‘We are designed to run and we increase our chance of daily happiness when we do so.’

Jeff Galloway, running coach

‘Happiness is a state of activity.’

Aristotle, 384–322 BC, philosopher

‘The true runner is a very fortunate person. He has found something in him that is just perfect.’

George Sheehan, 1918-1993, writer



# THE RUNNER'S ULTIMATE BUCKET LIST

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Crossing a marathon finish line is the ultimate achievement for some runners, but there are so many more running-related experiences to add to your wish list





## 1-3 Get on track

Stepping onto a floodlit oval for the first time is a thrilling moment for any runner, and you don't need to be super-speedy to take advantage of the responsive, level, measured surface. 'Running 400m laps is great for staying focused and developing your concentration,' says England Athletics Coach Area Mentor Stella Bandu. Start off gently, with a maximum of one track session per week. Here's an easy feet-finding workout: warm up, then do eight laps (two miles) of the track. Jog the bends and run hard on the straights.

### ■ ...Now step up to a race

If you're already a track regular, it's time to release your inner Mo. 'You can choose race distances from 100m to 10,000m, including the classic mile,' says Bandu. 'Doing shorter track races will improve your speed and boost your confidence over longer distances.' Lots of clubs organise 'open' athletics meetings that anyone can pay to enter. 'Most events are graded, so you race against others of similar ability,' says Bandu. Find a local event at [openmeetings.co.uk](http://openmeetings.co.uk), or relive London's Olympic glory and follow in the footsteps of Bolt, Farah and Rudisha by entering the Great Newham London Run (July, [greatrun.org](http://greatrun.org)), which finishes on the Olympic Stadium track.

### ■ ...And spike your performance

If you're on the oval, try swapping your usual runners for track spikes. 'Conventional running shoes won't allow you to achieve your potential in track sessions,' says Mark Speed, manager at Runner's Need in Clapham, South London. He recommends a middle-/long-distance spike: 'The five- or six-pin plate will help you grip the track and push off more effectively, which, combined with the shoe's extremely light weight, will boost your leg turnover and speed,' he explains. 'Track spikes will offer a lot less support than normal running shoes, so introduce them gradually.' Try the Nike Zoom XC (£75, [nike.com](http://nike.com), shown left).

### ■ Track etiquette

- ▶ **DO** always run anticlockwise (remember, you're 'against the clock').
- ▶ **DO** move out to the right if someone wants to overtake.
- ▶ **DON'T** run in lane one (nearest the centre) unless you're doing fast laps. They'll usually shout 'track'.
- ▶ **DON'T** stop suddenly without checking who's behind you.
- ▶ **DON'T** stand around or leave anything on the track.



FANCY THAT  
Dress up as Indiana  
Jones (and a giant  
boulder), a velociraptor  
or the Hulk. The choices  
are many (and strange)



## 4/ Race in fancy dress

Racing can be a serious business, but not when you're dressed as a vegetable. Thomas Bolton has done three marathons in fancy dress, including one as the Tardis: 'I find running in costume more rewarding, as I feel like I'm giving something back to those who've sponsored me and those who've come out to watch.'

### ■ Costume karma

Tom's tips for fancy-dress racing:

- ▶ **'Pick a costume that means something to you. Location-relevant costumes are popular, or ones linked to a charity you're representing.'**
- ▶ **'Do your homework on the course and also the type of runners it attracts. Some races aren't so welcoming.'**
- ▶ **'Even the lightest costume can affect your gait. You need to train in your outfit, but alternate with costume-free runs.'**
- ▶ **'It's worth having a mock costume for training so your real one doesn't get damaged.'**



## 5/ Run your age

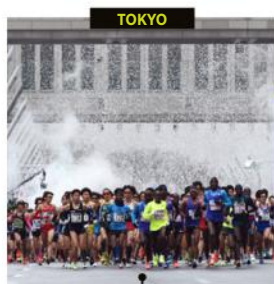
Many runners celebrate landmark birthdays by 'running their age': for example, running 40 miles at 40. Dave McGillivray, director of the Boston Marathon, has been running his age every birthday for the past 50 years. Now 62, he mixes running with cycling to make up the numbers.

Depending on your level and how many candles are on the cake, you can celebrate in miles, kilometres or minutes, or number of fire engines that arrive to put out the blaze.

## 6/ Set a record

You don't need to run the fastest or the furthest to set a world record; you just need to achieve something that hasn't been done before. In 2015, 86 new running records were verified by Guinness World Records. *Runner's World* writer Meghan Kita set one of them: fastest marathon (female) dressed as a fast food item (a hot dog, as you can see, left). Find out how the process works at [guinnessworldrecords.com/set-a-record](http://guinnessworldrecords.com/set-a-record).





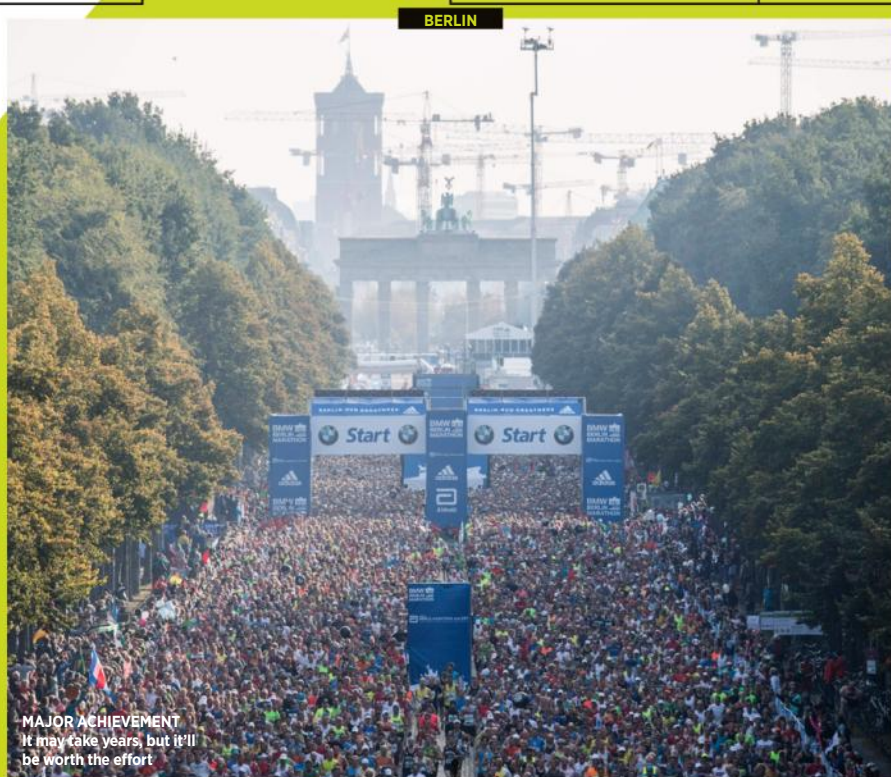
TOKYO



BOSTON



LONDON

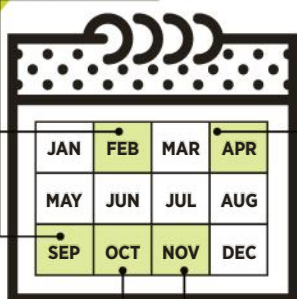


BERLIN

MAJOR ACHIEVEMENT  
It may take years, but it'll  
be worth the effort



CHICAGO



NEW YORK

## Bag the Majors

Perhaps the toughest thing about ticking off all six World Marathon Majors is getting into the perpetually oversubscribed races in the first place, but consider it a lifetime project. If you succeed, you'll gain entry into the hall of fame and earn the Six Star Finisher Medal ([worldmarathonmajors.com](http://worldmarathonmajors.com)).  
► Here's the order: Tokyo (February) Boston, (April), London (April), Berlin (September), Chicago (October) and New York City (November).

## 8/ Bare your soles

Running barefoot evokes a sense of freedom that all runners should experience. Whether it's silky sand, smooth asphalt or springy grass, you'll awaken thousands of neural connections in your feet, heightening your awareness of your body and your surroundings. 'We have become so disconnected and unresponsive to all that is around us,' says John Woodward, a running coach who has been going barefoot for more than 30 years. 'Going barefoot encourages a mindfulness in the way you move.' While there are many fitness benefits, such as increased foot strength, greater ankle mobility and a softer landing force, for Woodward the greatest payoff is opening the link between mind and body. 'It's where the joy and the fun begin,' he says. Bare your soles safely and effectively on Woodward's weekend running courses in the Lake District ([naturalrunning.co.uk](http://naturalrunning.co.uk)).

## 9/ Streak!

No, keep your kit on...in running terms, a streak means running every day. It could be for a set period of time, such as one month or 100 days, or indefinitely; it could be for 10 minutes or five miles. The world's number-one streaker is veteran British athlete and former multiple world record holder Ron Hill, who has not missed a single day of running at least one mile since December 1964. 'I would recommend streaking to everyone,' says the 78-year-old. 'It's a good discipline for health and training.' For a little social support, join the Run Every Day in January campaign, which challenges you to run away the winter blues for 31 consecutive days and raise money for the mental health charity Mind ([runeverydayjanuary.com](http://runeverydayjanuary.com)).

## 10/ Run at night

Even a well-trodden route can feel deliciously different under cover of darkness. A head torch and high-viz kit are wise, and it's safer and much more fun with friends. Better still, try an organised night race.

■ **Wild Night Run** A series of six 10K to half-marathon off-road runners in the West Country. [wildrunning.co.uk](http://wildrunning.co.uk)

■ **Kielder Dark Skies** A 10K in England's first designated 'dark sky park' on trails through Kielder Forest. [highterrainevents.co.uk](http://highterrainevents.co.uk)

■ **Grim Challenge Blackout** An eight-mile autumnal jaunt along forested trails. [grimchallenge.co.uk](http://grimchallenge.co.uk)



# 11-15



**RUNNERS HIGH**  
Training outside Iten,  
in Kenya's Rift Valley,  
and (inset) Font-  
Romeu and the  
Great Ethiopian Run

## Visit a running mecca

■ **Iten**, in Kenya's Rift Valley, has produced an extraordinary number of distance-running Olympic medallists, world record holders and race winners, including David Rudisha, Mary Keitany and Wilson Kipsang. The rarified air at 2,400m above sea level isn't the only draw: 'The countryside surrounding the town is perfect running country, with endless red-dirt trails criss-crossing the fertile highlands,' says Adharanand Finn, author of *Running with the Kenyans* (Faber & Faber), who spent several months in the area. 'On any given morning, troops of Kenyan runners glide by, beckoning you to join them. You can't fail to be inspired by this special place.' There are many training camps in the area, but The Kenya Experience ([traininkenya.com](http://traininkenya.com)) is the first outfit to cater for non-elite athletes.

■ Ethiopia has also produced a glut of greats, including Haile Gebrselassie, Kenenisa Bekele, and Tirunesh and Genzebe Dibaba. **Addis Ababa** is the

hub of the country's running scene, and Gebrselassie has established his own training camp, Yaya Village, just outside the capital. It has a running track and access to miles of forest and mountain trails. Run Fast ([Run-fast-tours.net](http://Run-fast-tours.net)) offers a 10-day trip based at the camp, including entry into the 10K, 40,000-strong Great Ethiopian Run.

■ Dubbed 'Tracktown USA' **Eugene**, Oregon, is the birthplace of US running legend Steve Prefontaine, and where Nike co-founder Bill Bowerman began a public jogging programme in 1963, a scheme seen as the precursor to the first worldwide running boom. Bowerman also coached at the University of Oregon, whose alumni include Alberto Salazar and Galen Rupp. In the university grounds, you'll find the famous Hayward Field running track, which hosts the Prefontaine Classic, an annual athletics event that attracts the world's best. Tickets for opening night are free, but need to be reserved in advance. ([preclassic.runnerspace.com](http://preclassic.runnerspace.com)). Eugene is a great city to run in, too, with

## MAKE A WISH

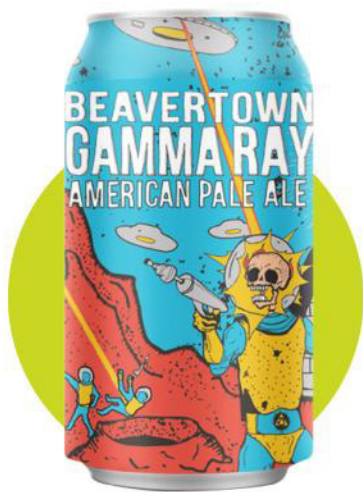
parks, woodland and riverside tracks, plus rugged trails like the Ridgeline, a 12-mile web of marked paths with sweeping views. For information on routes, races and other events, visit [eugenerunningcompany.com](http://eugenerunningcompany.com).

■ **Font-Romeu**, a village in the French Pyrenees, has been a prime high-altitude training destination since the 1968 Olympics. Alongside the usual trappings of a European ski resort, it also has two running tracks, miles of undulating trails and, above the town, a specially laid 4000m flat trail – ideal for lung-busting tempo runs (no wonder Paula Radcliffe made Font-Romeu her second home). The recently refurbished National Centre for Altitude Training is primarily a base for French endurance athletes, but anyone with an IAAF-recognised athletics club membership can use the facilities for a fee. ([cnea-fontromeu.com](http://cnea-fontromeu.com), [font-romeu.fr](http://font-romeu.fr))

■ South West London's **Bushy Park** ([royalparks.org.uk/parks/bushy-park](http://royalparks.org.uk/parks/bushy-park)) is the birthplace of the Parkrun phenomenon (the inaugural outing took place there in 2004) and remains one of the UK's best-attended Parkruns, often attracting more than 1,000 runners. It's not just on Saturday mornings you'll see runners using the many paths in the 1,100-acre park, but don't worry if you can't keep up – you could be chasing some of the world's best. Jo Pavey and Mo Farah trained here, and one of the reasons the area has become such an athletics hub is its proximity to St Mary's University College, which runs a world-class Endurance Performance and Coaching programme. Homegrown athletes such as Rio Olympians Charlie Grice and Steph Twell, along with many from abroad, have moved to the area to join the programme, making Bushy Park and Richmond Park their training ground. After a run, head to the park's Pheasantry Café for coffee (and cake).





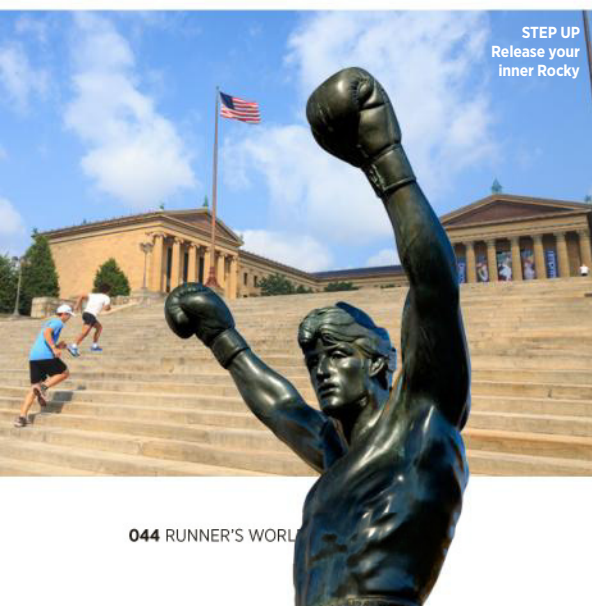


## 16/ Run a beer mile

Four laps of the track, downing a (340ml) beer before each, earns you a badge of honour and the right to a mighty belch (at the very least). The beer has to stay down or you earn a forfeit lap, which is not to be recommended. The event now has its own world championships and a mind-boggling WR of 4:34, but you can take on the challenge at any running track and log and compare your time with the 114,000+ recorded results on the official website at [beermile.com](http://beermile.com). Cheers!

## 17/ Run like Rocky in Philly

He may have played a fictional boxer, but Sylvester Stallone's sprint up the steps of Philadelphia's Museum of Modern Art in *Rocky* makes it a worthy runners' pilgrimage. The scene represents the ordinary man's triumph against the odds and has inspired thousands to scale the 72 steps in Rocky Balboa's footsteps. You can also grab a selfie with the bronze Rocky statue at the bottom and allow yourself a celebratory shadowbox at the top. Do not try to freeze-frame yourself in the middle of a triumphant leap: can't be done.



# 18

## Watch athletics live

Anyone with a passion for running must go to an athletics meet at least once in their lifetime. Tickets for next summer's IAAF World Championships in London tend to go very fast, but there are plenty more events for your calendar. The annual Diamond League ([diamondleague.com](http://diamondleague.com)) is the sport's international 'premiership', with 14 events between May and September, including London (Anniversary Games, July 9) and Birmingham (Grand Prix, August 20).



A/ BIRMINGHAM



B/ MANCHESTER



C/ LONDON





## 19/ Set the pace

Pacing a fellow runner to help them achieve a goal is a great way to give something back to the sport. We at RW provide over 40 pacers for the Virgin Money London Marathon each year. 'Playing a part in people reaching their goals is truly one of the most rewarding experiences I've had in running,' says RW deputy editor and three-time VMLM pacer Joe Mackie. For more on the RW Pace Team, see [runnersworld.co.uk/pacing](http://runnersworld.co.uk/pacing).

**If you're pacing a friend, set clear ground rules to ensure it's a winning experience for you both.**

- ▶ What's the goal: get round or a PB?
- ▶ Who's in charge of timing?
- ▶ Does your buddy want to chat on the way round?
- ▶ Do they want to run alongside you or slightly behind?
- ▶ How hard do they want you to push them when they're struggling?

## 20/ Lend a hand

Being on the other side of the fence gives you renewed appreciation of the effort that goes into putting on a race – and running in one. Recent research also found that volunteering in sport raises self-esteem, boosts mood and reduces anxiety. Plus, it's a fantastic way to stay involved in running if you're taking time off. Approach your local running club or Parkrun, contact an event directly or register with Join In ([joininuk.org](http://joininuk.org)), a national body that links willing volunteers to the organisations that need them.

## 21/ Organise a race

Putting on a low-key race is great fun, especially if you make it a handicap. A handicap race gives slower runners a head start, with progressively faster runners setting off after time delays based on their projected finish times, all calculated so that everyone, in theory, should finish together. A simple, safe route is best. 'The Caretaker', who organises the London Marathon staff's weekly handicap, says 5K is the maximum distance to aim for. 'It means distances won't be too large if you get the handicapping wrong,' explains The Caretaker, whose identity is a closely guarded secret. Work out the approximate difference in likely finish time between your fastest and slowest participants using recent race or training performances (not those ancient PBs) and always factor in novice modesty: 'New people always run faster than they say they will,' says The Caretaker.

## 22/ Make fiction reality

The seminal running novel *Once a Runner*, published in 1978, tells the tale of Quenton Cassidy, a budding miler who is suspended from competing when he questions his college's dress and conduct code. This is intolerable: 'Running to him was real; the way he did it the realest thing he knew. It was all joy and woe, hard as diamond; it made him weary beyond comprehension. But it also made him free,' writes author John L. Parker of his protagonist. Determined to prove his worth, Cassidy embarks on a gruelling training programme to beat the world's best. He knows he's ready when he nails an interval session consisting of 60 x 400m. If that seems more like fiction than your reality, spread it over four non-consecutive days, with 15 x 400m per session.

## 23/ Run free

In his book *Run Free*, Richard Askwith beautifully recounts the liberation he has felt since ditching his gadgets and

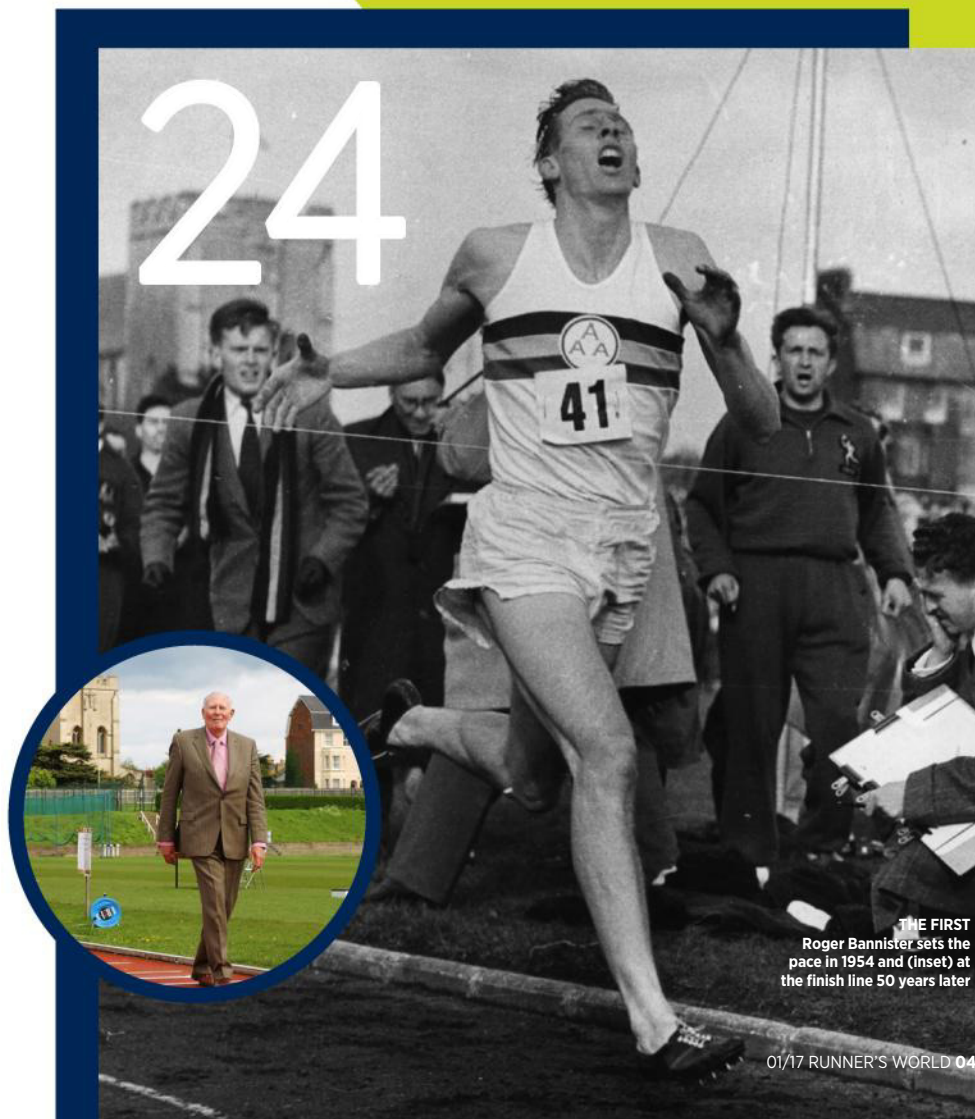


22&23

simply running: 'I rarely bother to try out new routes any more,' he writes. 'There's no need. I can pass the same tree 300 times and each time it will be an unexpected experience. The light will be different, the foliage will be different, the sky behind and the earth beneath will be different'. Try it yourself – leave gadgetry at home and run free...

## 24/ Track running greatness in Oxford

The A4158 in Oxford has a more familiar name to many athletics fans – Iffley Road. It was on the Iffley Road Track that, on May 6, 1954, Sir Roger Bannister ran the world's first sub-four-minute mile. Back then the track measured 440 yards and was made from cinder, which, Bannister said, was like running on 'cold porridge' when it was wet. Today the track has gone metric and is made from synthetic material but attempting even a single lap at the required sub-60-second pace will still give you an inkling of what Bannister achieved.



**THE FIRST**  
Roger Bannister sets the pace in 1954 and (inset) at the finish line 50 years later



# 25-31

## Race differently

There's nothing wrong with a steady diet of road races, but it's well worth tasting some of the other offerings from the race scene's smorgasbord...

■ **Cross-country** 'The beauty of cross-country is that every course is different, rendering comparisons meaningless,' says Bandu. 'Lap splits and finish times are irrelevant when you're tearing up and down hills on a constantly changing surface, which can be quite liberating.' Cross-country is traditionally club-based, but there are some open events and leagues, such as Norfolk's Ryston Runners Cross-Country Grand Prix series ([rystonrunners.org.uk](http://rystonrunners.org.uk)), or the three-mile mud-and-hill fest that is the Saltwood Boxing Day Cross-Country Run in Kent ([nice-work.org.uk](http://nice-work.org.uk)).

■ **Obstacle** Interrupting a run to crawl under barbed wire isn't everyone's idea of fun, but don't knock it until you've tried it. Many of the thousands who have are now hooked. Do take a group of friends – obstacle racing is best tackled in a team – but don't take your best running shoes. Ease in with The Royal British Legion Major Series' beginner-friendly 5K ([britmilfit.com](http://britmilfit.com)), or go big with Tough Mudder's 20+ obstacles over 10-12 miles ([toughmudder.co.uk](http://toughmudder.co.uk)).

■ **Fell** All fell races feature a significant hill or hills, but while some are epic in length and/or require navigation skills, there are plenty of shorter, more accessible options. The Fell Running Association ([fellrunner.org.uk](http://fellrunner.org.uk)) lists hundreds of UK races, graded according to difficulty: Category A races climb at least 50m per km, while the 'easiest,' category C, must contain some fell terrain but can be up to 40 per cent on road.

■ **Parkrun** Not done one yet? Really? With more than 400 taking place every Saturday morning across the UK, you can't be far away from one of these 5K events. [parkrun.org.uk](http://parkrun.org.uk)



**MUD IS NO OBSTACLE**  
Mud and muddy water, however...



**COUNTRY MILES**  
Off-road and out on your own



**ULTRA FINE**  
Passing Ortahisar Castle on The North Face Cappadocia Ultra Trail in Turkey



**COLOUR FAST**  
Paint the town red – and pink and blue...



■ **Ultra** The ultra running boom continues apace as more and more runners cross marathon finishing lines asking, 'What next?' If you've ticked off the 26.2, five-and-bit extra miles will take you into the world of ultra running (31 miles/50km is typically the shortest ultra distance), though you can, of course, go a lot further...

► **Play safe.** The Royal Parks Ultra is 50km of flat asphalt with plenty of support. [royalparkshalf.com](http://royalparkshalf.com)

► **Savour a classic.** South Africa's Comrades Marathon is the world's oldest ultra, with an annual field of 23,000 runners tackling the 89km (56-mile) course, which alternates between starting or finishing in Durban each year. [comrades.com](http://comrades.com)

► **Join the 100-Club.** Race to the Stones' challenging 100km distance is tempered by the relatively flat off-road course along the historic Ridgeway. [racetothestones.com](http://racetothestones.com)

► **Tackle the big one.** Something of an icon in ultras, the Ultra Trail du Mont Blanc (UTMB) is not only a tad over 100 miles long, but it also takes in 9,600m of Alpine climbing. [utmbmontblanc.com](http://utmbmontblanc.com)

■ **A relay** Running in a team offers camaraderie and tremendous fun. Relay races are hugely popular in the US, thanks in part to the Ragnar Relay series, which organises overnight 200-mile relays for teams of six or 12 across the country. Ragnar is planning to launch in the UK next year so keep an eye on [runragnar.com](http://runragnar.com). Or consider these homegrown options:

► **Round Norfolk Relay** (September 2017, [roundnorfolkrelay.com](http://roundnorfolkrelay.com)) 17 stages, 198 miles, 24 hours – the multi-terrain challenge offers teams a great bonding experience.

► **Welsh Castles Relay** (June 2017, [lescroupiersrunningclub.org.uk](http://lescroupiersrunningclub.org.uk)) There's a Tour-de-France feel in this two-day, 20-stage event, with yellow jerseys for individual stage wins and mountain-stage prizes.

► **Endure 24** (June 2017, [endure24.co.uk](http://endure24.co.uk)) Teams of two to eight runners complete as many laps of the five-mile route as possible in 24 hours, while enjoying a festival atmosphere (it's known as running's Glastonbury).

■ **A fun run** Toeing the line of a race in which you won't get a finish time feels odd to many runners, but it can be a great way to revive a flagging mojo or get friends involved. Get splattered in a Color Run ([thecolorrun.co.uk](http://thecolorrun.co.uk)), don a sumo suit ([sumorun.com](http://sumorun.com)) or party through Glow in the Park sporting a retro headband and neon bracelets ([glowinthepark.co.uk](http://glowinthepark.co.uk)).



SCENE STEALERS  
The Chariots of  
Fire Beach Race

## 32/ Qualify for Boston

Earning a place in the Boston Marathon is such a big deal that it comes with its own acronym, BQ, and even hitting the time isn't a guarantee of entry; this year, qualifiers had to be two minutes, 28 seconds faster than the prescribed standard for their age group to be assured of a place.

### BOSTON QUALIFYING TIMES FOR 2017

	AGE	
3:05	18-34	3:35
3:10	35-39	3:40
3:15	40-44	3:45
3:25	45-49	3:55
3:30	50-54	4:00
3:40	55-59	4:10
3:55	60-64	4:25
4:10	65-69	4:40
4:25	70-74	4:55
4:40	75-79	5:10
4:55	80+	5:25

## 33/ Slow-mo in St Andrews

Since 1981, runners setting foot on West Sands in St Andrews, Fife, have enjoyed recreating the opening scene

from *Chariots of Fire*, complete with slow-mo running action, white outfits and tuneless rendition of the Vangelis theme tune. If you want company, join the 5K Chariots of Fire Beach Race on June 4 ([runthedream.co.uk](http://runthedream.co.uk)). Now in its seventh year, it attracts over 500 runners. And yes, they do play the music (better than the version in your head). If the east coast of Scotland is too much of a stretch, find a sandy beach closer to home. 'Sand acts as a natural shock absorber because it compresses underfoot,' says Daniel Ferris, a kinesiologist at the University of Michigan, US. Even with shoes on, running on sand demands 10-100 per cent more energy, depending on how soft it is, and the extra effort builds strength and endurance.

## 34/ Run your fastest mile

Many runners fall for the allure of running further, but swapping distance for speed can breathe new life into your regime and have knock-on benefits for your distance racing. Time yourself over four laps of a track, or take to the streets in the frantic dash of the City of London Mile (free, [cityoflondonmile.co.uk](http://cityoflondonmile.co.uk)). Club runners can take part in the Golden Stag Mile, held at London's Allianz Stadium in July, while the Manchester Mile is also open to non-affiliated runners ([manchesterharriers.co.uk](http://manchesterharriers.co.uk)) **RW**

Did we miss anything? Let us know at [runners.world@hearst.co.uk](mailto:runners.world@hearst.co.uk)



# HOW SAFE IS YOUR RACE?



## After the Boston bombings and attacks in Europe, how much risk are you taking when you toe the line in a big race? And what's being done to keep runners and spectators safe from harm?

**S**unny, overcast or rainy, marathon day always feels bright. The endorphin-fuelled joyousness of the event – the culmination of months of dedication,

self-denial and (for friends and families) patient support – imbues these events with an infectious sense of occasion. Marathons and other big races are high-profile symbols of much of what's best about our way of life. Which, sadly, in the troubled age in which we live, makes them the perfect target.

It's not just their symbolism that makes them vulnerable, though. Fields are big and getting bigger. Ditto, the crowds. Then there's the linear, long 'arenas'; the urban settings; the drawn-out time frames. While stretching prerace or flushed with achievement at the finish, you could be forgiven for looking around and wondering, What if? To those determined to inflict maximum damage on a city's population, a big marathon is a tempting target.

It happened on April 15, 2013, when two improvised pressure-cooker bombs detonated near the finish of the Boston Marathon, killing three and injuring 264. Two Chechen brothers, Dzhokhar and Tamerlan Tsarnaev, were, respectively, captured and killed in the manhunt that followed, but the age of innocence in marathon running was gone forever. The Boston Marathon was back the following year, but everything had changed.

'It was night and day,' says Dennis Charles, who was at mile 21 when the blasts went off, but, like many, returned to run again the following year in an act of solidarity and defiance. 'If there was security in 2013, we weren't really aware of it. In 2014, our team bus pulled up at the start in Hopkinton and we were surrounded by about 150 police and

**NO CHANCES**  
A runner is scanned  
at the 2014 New York  
City Marathon



military security vehicles. There was a sense that this was the new world – that our marathon had kind of been taken from us by all this security. It was daunting and it was scary.’

Boston has set the tone for a ramping up of such measures all over the world. This may have reached its zenith at this year’s Tokyo Marathon in February, where fears of a Boston repeat were increased by the attacks in Paris just a few months before: so there were airport-style scanners for bags; competitors screened with facial-recognition technology; state-of-the-art tethered drones beaming footage to security personnel on the ground; undercover officers in the field; bomb detection squads; rapid response teams armed with automatic weapons; and interceptor drones trailing giant nets through the skies to bring down suspicious devices. All in all, it resembled something closer to a presidential inauguration than an uplifting celebration of amateur athleticism.

## How much is enough?

With ever-greater numbers competing and watching marathons, entry fees escalating and, sadly, no sign of the threats to our safety abating, runners have every right to expect to be protected. But is there not a danger that the scales are tipping too far, that what is intended to reassure may panic and alienate?

Jim Heim, technical director of the New York City Marathon, doesn’t believe so: ‘I actually think that we’re in a climate right now where it’s a case of the more the merrier with security. We think the positives of a large, visible presence outweigh the negatives. Over time, as threat perception perhaps changes, we might start to go the other way again. But where we are now, I don’t see anyone getting upset by anything.’

Heim’s nine-year tenure has brought marked changes to the New York event. Contingency planning and technology have, he says, ‘gone through the roof’ since the attack on the Boston Marathon. ‘We’re in a different place now,’ he says. Drones are illegal in most of New York City, so aerial monitoring is done by the NYPD, but it’s in the area of communication that the event is setting the pace. A single toll-free number is printed on the 50,000 runners’ bibs and on the 28,000 credentials distributed to volunteers and staff for each event. That connects to a bank of 150 operators at the event’s Race Communication



LINE UP  
Security at the  
Chicago Marathon



SKY PATROL  
Drones were  
used at the 2016  
Tokyo Marathon



REMEMBERING  
A makeshift memorial  
after the Boston  
Marathon bombing





IN THE NEWS  
Races make  
tempting  
targets

Centre (RCC), who can dispatch forces to any type of security breach in seconds. With the majority – an estimated 70 per cent – of entrants now running with their phones, it's the ultimate force multiplier, creating massed ranks of eyes and ears on the ground (even if many of those eyes are more tuned to split times than security breaches).

The race also employs an emergency notification system (ENS) through a company called Send Word Now. This equips it to send blanket messages in an instant via text or email to runners, staff, volunteers and vendors.

## Below the surface

The nature of security is never transparent, however. While drawing attention to certain measures is clearly in the interests of some events, there's plenty going on beneath the surface that the organisers and relevant authorities will not disclose. In New York, the full spectrum of measures to protect runners and spectators is far from public knowledge, but much is being done. 'The NYPD is never going to talk about their deployments so it's not something we know about,' says Heim. 'Do I think the police have undercover officers running in the race? Of course I do.'

The London Marathon refuses to discuss any element of its operation. 'We have a strong policy of not commenting on security,' was their unequivocal and repeated response. But that isn't about masking inadequacies. A spokesman for the Metropolitan Police was equally reticent. 'The moment we get drawn into discussing any element of security, we find ourselves in territory we don't want to be in,' he said. But presumably security is a priority at major running events such as the London Marathon? 'Of course.'

Elsewhere in the UK there's plenty of evidence that the shockwaves of Boston have reshaped event security policy. The organisation of events, even on a regional level, is more stringent; unregistered runners have been clamped down upon; and (often hidden) technology is increasingly being deployed to ensure runners'

safety: responding to a Freedom of Information request, the Police Service of Northern Ireland admitted that it had used Unmanned Aerial Vehicles (UAVs) – drones – to help police the Belfast Marathon.

One of the UK's biggest race organisers is The Great Run Company, which stages 18 events, attracting more than 250,000 runners. Operations director Nigel Gough was one of a number of key players invited to a post-Boston seminar in the city in 2014 to establish and share best practice security procedures. He found it insightful, but thinks it'll be some time before a one-size-fits-all approach is adopted worldwide. 'Different cultures have different idiosyncrasies, which means different approaches,' he says. 'Even within our races in the UK there's plenty of variation, as certain police forces like to work in certain ways.'

The Great Run Company has focused on increasing video surveillance, particularly around its showpiece events, such as the Great North Run, and honing communication, with an emphasis on instant dissemination of information through social media. Gough also says there has been a profound change in the extra scrutiny that races face, the demands placed on them by the authorities to prove that they've gone the extra mile.

'A good example of this was the Great Manchester Run 10K in May, which came shortly after a dummy bomb was found at Old Trafford, and the Etihad Stadium hosted an England Euro 2016 warm-up match,' he says. 'That was almost a perfect storm in terms of generating concern. This meant more meetings, more paperwork, extra hoops to jump through to ensure

everyone was happy the event was as safe as it could be.'

Of course, for all the resources and contingency planning lavished on the security of such events, you're only as strong as your weakest link. Back in the US, a 2013 *USA Today* report on stadium security found that the private security industry – which is used by marathon organisers – is characterised by

## MAXIMUM SECURITY

The latest technology is being used to keep runners safe



Tethered drones beam HD footage to command centres



Smartwatches are worn by undercover police officers running the race



Facial-recognition technology to identify runners



Airport-style scanners for spectators, with personal items in clear bags



Drones can bring down unlicensed UAVs (unmanned aerial vehicles)



Unmanned airships used for surveillance coordination



Increased use of ticketed entry to marathon finish zone



Backpack bans for spectators are now in place at some events



Emergency Notification System (ENS) to send blanket messages



Security staff are equipped with hi-tech metal detectors

## The shockwaves of Boston have reshaped event security policy



loose regulation and that people with criminal pasts were sometimes hired as event staff. The potential dangers of this were laid bare in November 2015, when two security workers at a Chicago Bears game were arrested on suspicion of being involved in a scheme to sell access to the stadium to undercover officers. Both had criminal records.

It's an issue that's certainly on the radar of race organisers on this side of the Atlantic. Security operations at big UK races are typically made up of a huge number of discrete parts that must dovetail on the day: retained staff; stewards; volunteers; police; fire brigades; medics; traffic police; security for elite athletes and VIPs; the ambulance service; right down to those handing out the water and medals. The bar has been raised for each element, says Gough.

'If you were closing a road back in the day, that was done by volunteers. Now, you have to get properly trained stewards. The agencies we use vet their employees and that's got tighter in recent years, with background checks and more questions being asked of who's working at the events and what they're doing.' It's especially crucial given that faces tend to change year on year. 'The security industry is quite transient,' admits Gough.

## The wrong crowd

'There's risk everywhere' is a common refrain when anyone mentions terror fears around public events. It's one echoed by the running world, whose pragmatism is laced with defiance. Prior to the Paris Marathon in April this year, apprehension had reached unprecedented levels. Given the glut of global terror attacks in recent years, Boston would have seemed like ancient history as runners prepared for the event. Not so the coordinated attacks in the French capital just five months before, which left 137 dead and nearly 400 injured. And then, just as runners were thinking about tapering for the big day, Brussels was hit by deadly attacks on its airport and underground network on March 22.

Writing on the *Runner's World* forum, a Paris-bound runner called Kelly felt duty-bound to broach the subject: 'I know it's not a pleasant topic to discuss but I just wanted to know how other runners felt regarding the safety around the Paris Marathon this year. I didn't want to let it bother me but following a discussion with my very



CAUGHT  
Tokyo police  
demonstrate an  
interceptor drone



OVERSIGHT  
Security at the  
London Marathon is  
more visible than ever



EYE IN THE SKY  
Watching over  
the New York  
City Marathon

concerned boyfriend, I'm now feeling unsure.' The responses were immediate and unequivocal: 'It's natural to be concerned, but you're more at risk travelling to the event than running in it' (statistically true); 'You're more likely to die from a heart attack than a terrorist attack' (ditto); 'You shouldn't live your life in fear of these idiots.'

These responses are a telling snapshot of the attitudes of those who train to run marathons. 'The people who did this messed with the wrong crowd,' said Boston race director Mike McGuffivray.

More proof can be found in the stats. Worldwide marathon participation continues to rise – there were 250,930 applicants for the 2017 London Marathon, up from 247,069 in 2016. And in the face of the horror that preceded it, and during a state of emergency, the Paris Marathon attracted its biggest field to date this year, with 43,000 runners taking part.

There was never any question of cancelling this event, though race director Edouard Cassignol admits they had 'many, many' meetings with security agencies in the months leading up to the race aimed at 'considerably enhancing' security. Innovations included widespread electronic surveillance, coordinated bag searches, staff equipped with metal detectors, and specialists deployed in the crowd and among runners trained to spot 'abnormal behaviour' (well, more abnormal than wanting to put yourself through 26.2 miles of hurt). 'Everything possible is done by the state, the police and the organisers to ensure that the course, and especially the key points on the route where more crowds are gathered, is safe,' says Cassignol.

## Counting the cost

None of this comes cheap. Security costs for races such as the New York Marathon are estimated to have doubled to \$1m since the 2013 attack, and while the big marathons can absorb this, smaller races may struggle. The Portland Marathon in Oregon went ahead in October this year only after a showdown between race organisers and the city's fire department. The organisers wanted to continue using the emergency response procedures that had served them well for nearly three decades; the fire department wanted to adopt stricter measures rolled out since Boston. The organisers made changes and the race took place. In



September, a pipe bomb exploded in a bin on the course of a New Jersey 5K. No-one was injured, but the race was cancelled and dozens of homes evacuated. Could bolstered security further up the running food chain, paradoxically, be increasing the threat level for smaller events?

And what of spectators? On the surface, it would appear that the defiance of crowds is mirroring that of the participants. Dennis Charles described the noise from those who gathered in Boston in 2014, for example, as 'absolutely deafening – just insane'. But additional security measures may blunt the spectator experience – that spontaneity that has always set the marathon-watching experience apart.

'I love marathons,' says Alice Pelton, a Bermondsey resident who has watched the last eight London Marathons, with the exception of 2013. 'I find them immensely emotional – like sports day for a whole city, with everyone coming together. But watching London nowadays is less spontaneous, and more effort to navigate.'

At the Chicago Marathon, there's security screening for everyone entering Grant Park, where the race starts. Elsewhere, spectators have been prohibited from bringing backpacks, glass containers or coolers; asked to submit to bag searches and airport-style security; and, in some cases, encouraged to carry personal items in a clear plastic bag to 'enhance public safety and speed security screening'.

There have already been concerns expressed by civil liberties groups about the escalation in the use of CCTV cameras at races – a move driven, in part, by the fact that they were instrumental in catching the Boston attackers. And runners and spectators alike can certainly pay an experiential price for enhanced security. 'There were baggage checks for any member of the public who stepped within several blocks of the finish on Boylston Street,' says Tim Heming, recalling the 2015 Boston Marathon. 'Keeping spectators clear of the finish may have lowered the risks of a terrorist attack but it didn't protect those poor souls from the arctic blasts that whipped in from

the Atlantic coast postrace. It's probably a small price to pay for the greater good but I remember taking rather too long to find my loved one after this race, changing in a hotel foyer and needing to spend an inordinate amount of time cradling a cup of tea in Starbucks to warm up.'

Finding the right balance is key. 'We live in complex and challenging times, more so than ever before,' says Shaun McCarthy, CEO of the International Centre for Sport Security, based in Doha. 'Threats are asymmetrical, as recent history has demonstrated. Attacks can come in any form – from a machete to a 30-ton articulated truck. While innovation works in our favour, it also works in the favour of potentially malicious individuals and their imaginations.'

But, adds McCarthy, 'it's important not to be alarmist, and to be realistic and accept there is no such thing as an event that is 100 per cent safe. Arguably, the biggest threat in today's climate is becoming complacent.'

Gough agrees. 'The world is a very changed place to how it was 36 years ago when we first staged the Great North Run,' he says. 'But, arguably, there's never been a safer time to be running races. The key message is that we must keep current, and we can't have any complacency.'

Reassuringly, there seems little danger of that. From the technological wizardry of Tokyo, to the layered complexities of New York and the covert operations of London, a battle is underway to set the gold standard for race security. In January, *Patriots Day*, a Hollywood movie about the Boston Marathon bombing, will be released. While some would question the sensitivity of releasing the film less than four years after the events it depicts, there's little doubt that seeing Mark Wahlberg and his co-stars patrolling a marathon finishing line on the big screen could raise public awareness of the issue.

It also helps keep the spotlight on those unheralded individuals who guard our safety at marathons, and silently vie for supremacy over the threats facing us. It's a race that, for now, seems to have no finish line, but we should take heart that they're doing everything in their power to stay at least one step ahead. **RW**

## **'The biggest threat in today's climate is becoming complacent'**



**CLOSE QUARTERS**  
Police officers run with participants in the Tokyo Marathon



**DEFIANCE**  
The 2016 Paris Marathon



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# RETROACTIVE

The history of *Runner's World* told through some of our landmark – and favourite – covers

■ **1966** *Distance Running News*, which would evolve into *Runner's World*, launches in the US.  
■ **1969** US distance runner

Cherrie Bridges is the first woman on the cover.  
■ **1970** The magazine becomes *Runner's World* in the US.  
■ **1979** In the UK, *Jogging*

*Magazine*, which will be taken over by the RW team, launches.  
■ **1981** Actress Audrey Landers (*Dallas*'s Afton Cooper) and her sister Judy (also

an actress) grace the US cover. We're not sure why, but it was the 1980s.  
■ **1986** RW marks its 20th anniversary in the US.

■ **1992** *Runner's World* Germany launches.  
■ **1993** *Jogging Magazine* changes its name and *Runner's World* debuts on UK newsstands.

■ **1993** *Runner's World* South Africa launches.  
■ **1994** The cover features elite marathoner Richard Nerukar wearing the shortest shorts in

the history of running.  
■ **1995** *Runner's World* Netherlands launches.  
■ **1995** A story on Oprah Winfrey's marathon





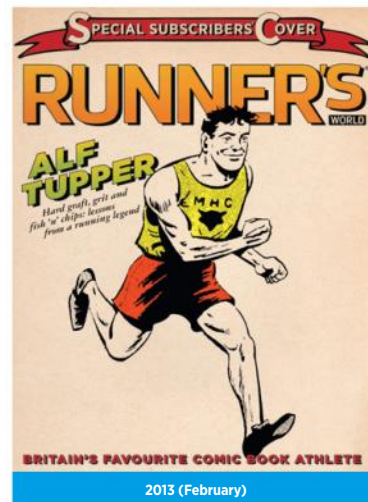
2008 (France)



2012 (China)



2013 (Norway)



2013 (February)



2014 (Argentina)



2014 (Hungary)



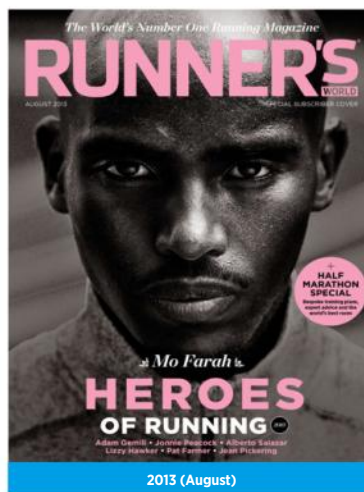
2006 (Italy)



2008 (Poland)



2008 (Brazil)



2013 (August)



2013 (October)



2016



2016



2016

becomes RW US's bestselling issue to date.

■ 1996 *Runner's World* Sweden launches.

■ 1998 *Runner's World* Australia launches.

■ 2002 *Runner's World* Spain launches.

■ 2006 *Runner's World* Italy launches.

■ 2008 *Runner's World* France launches.

■ 2008 *Runner's World* Poland launches.

■ 2008 *Runner's World* Brazil launches.

■ 2012 *Runner's World* China launches.

■ 2013 *Runner's World* Norway launches.

■ 2013 (Feb) Alf Tupper, the 'tough of the track', appears on one of our favourite covers.

■ 2013 (Aug) Mo Farah stars on the cover, and in our Heroes of Running awards.

■ 2013 (Oct) RW UK's 20th-anniversary special features

Paula Radcliffe on the cover.

■ 2014 *Runner's World* Argentina launches.

■ 2014 *Runner's World* Hungary launches.

■ 2016 RW US celebrates 50 years, with comedian and runner Kevin Hart gamely co-starring through the fashion-tastic ages.





## GO AHEAD, CHUCKLE

all you want at photos from the 1970s and 1980s of confidently hirsute runners, singlets tucked deep into shockingly short shorts. And, sure, giggle away if you must at the loud, shiny tracksuits (actual tracksuits!) and 'futuristic' shoes of the 1990s. Yes, modern reader, it's easy to mock – and fun, too – but let us also accept that runners from every era have something to teach us today (though probably not about what to wear in public).

Elite winning times are faster today, but the average runner back then was considerably quicker than modern mid-packers. There are no long-forgotten training secrets to account for this disparity; back then, the sport simply drew a smaller, more serious crowd, who racked up mileage that seems insane today (see *Set Weekly Mileage*, above right). Today, running is far more relaxed, enjoyable and inclusive, and that's to be applauded. At the same time, it's impressive that so many runners got it right when it came to training and racing in the 'old days'. That's why smart coaches and runners today often borrow from the rulebook of yesterday, even as they update it. You can benefit from some old-school wisdom, too, just as older runners can benefit from a few lessons from the new school. Here's how to combine best practices from different eras to improve your running life.

# SOMETHING OLD



...and something borrowed from the best practices of runners from both the sport's first boom and those you see at starting lines



## PLAN YOUR TRAINING

► **THE OLD WAY** Every plan featured long runs and simple interval sessions such as mile or 400m repeats.

► **THE NEW WAY** We add tempo runs, mid-run pickups, hill repeats and fartleks to challenge our bodies in new ways each week.

► **THE BEST WAY** You'll get fitter faster if you mix up your workouts, which is important for racers, but it often takes a toll. 'Highly structured training is very effective, but it can also be physically and mentally hard to maintain,' says Mike

Norman, cofounder and coach of Chicago Endurance Sports. 'As long as you're consistently running, you'll lose little, if any, fitness by taking a break from it.'

Runners overwhelmed by workouts should take a cue from old-timers: sometimes it's OK to just run. Spend some time keeping it fairly simple – a few runs a week at a comfortable pace – to rekindle your motivation.





## SET WEEKLY MILEAGE

► **THE OLD WAY** It wasn't unheard of for amateur runners to hit 100 miles in a week. Astonishing.

► **THE NEW WAY** These days, the average *Runner's World* reader logs fewer than 100 miles in a month.

► **THE BEST WAY** Mileage isn't everything, especially for runners who come to the sport simply to get healthier and to enjoy themselves. Logging a few miles a few times per week – and

devoting equal time to cardio work, cross-training, strength training and/or yoga – can deliver more balanced fitness than simply running alone for a long, long time.

However, if you're building up to a half or full marathon, weekly and long-run mileage matter – though still not enough to merit triple-digit weeks. Norman says his half-marathon runners peak with a week of about 25 miles in total, including an

11-mile longest run, while his marathon runners build to 35-plus weekly miles, with a 20-mile longest run. 'Gradual mileage increases, with a cut-back week every two or three weeks, allow your body to properly adapt to the stresses of running as your cardio fitness and muscle, tendon and ligament strength improve,' he says. Gradually building up also helps to keep injury risk and mental stress low.



## GET STRONG

► **THE OLD WAY** Running high mileage was strength training.

► **THE NEW WAY** Smart runners hit the gym (or the exercise mat).

► **THE BEST WAY** While strength training was a foreign concept to most runners of the first boom, many modern runners won't stay healthy without it. 'When I was racing the 800m as an 18-year-old, I was doing two-and-a-half-hour runs every week during the base phase,' says Lorraine Moller, who won bronze in the 1992 Olympic Marathon. But times have changed and so has the average recreational runner, who tends to be heavier and slower (and therefore at a higher risk of being injured) than many of those the sport attracted in the 1970s and 1980s.

Add strength training to your weekly routine on easy-running days to help make your body more injury-resistant, says Luke Humphrey, coauthor of *Hansons Marathon Method* and *Hansons Half Marathon Method* (Velopress). 'Even doing body-weight exercises twice a week is adequate; my 20-minute strength-training routine works all the major muscle groups with exercises such as lunges, press-ups and planks. Start with those before progressing to squats and lifting weights.'

today means you can train smarter, fuel wiser and run better than ever. On this occasion, there is no something blue

# SOMETHING NEW





# CHOOSE RACES

- **THE OLD WAY** You picked up race fliers at the running shop and posted your registration form with a cheque for the entry fee.
- **THE NEW WAY** You have your Google Calendar set to remind you when registration for your goal race opens.
- **THE BEST WAY** The internet has made it necessary to 'compete' long before race day for some popular events, as you and thousands of other runners race to gain entry. And if you want to be competitive, it makes sense to plot out a season that includes tune-up races en route to your goal race. Those in-between events can help you get accustomed to race-day nerves and give you a chance to test your fuelling and kit choices before the big(ger) day(s).

However, there's also something appealing and energising about the spontaneity of deciding to jump into a 5K or 10K with just a few days' notice. Following a long-term training and racing plan is wise, especially for the half marathon and marathon distances, but the plan should be carved in soap, not stone.



## SET GOALS

- **THE OLD WAY** You trained to beat your peers – and you knew most of them.
- **THE NEW WAY** You might train to beat your peers (in real life or on Strava), to set a PB or simply to cross a finish line feeling strong enough to take an Instagram-worthy selfie (though what's considered 'worthy' in the immediate aftermath of a hard race is a somewhat flexible concept).
- **THE BEST WAY** Ideally, the most important goals you set should not depend on variables you can't control, says Dr Cindra Kamphoff, director of the Center for Sport and Performance Psychology in Minnesota, US. There are three types of goals: performance

goals are related to time (eg 'I'd like to finish this 5K in under 30 minutes' or 'I'd like to finish this marathon before the organisers close the course, pack up and go home'). Process goals are related to how you go about achieving your performance goals – running the second half of the race faster than the first, for example. And outcome goals, such as winning your age group or placing in the top 50, depend on how both you and others perform.

Kamphoff points out that while top performers set all three types of goals, everyday runners don't need to. Process goals are most important because you can achieve them regardless of race-day conditions. Then, if you'd like to set performance goals, ensure you have a range – including the goal to simply finish – so that variables such as heat or wind don't ruin your race.

## EAT FOR ENERGY

- **THE OLD WAY** Runners didn't worry about what they ate because they didn't think it mattered. Food gave energy and drink took care of thirst: end of story.
- **THE NEW WAY** Most runners know better. And some, such as those who identify themselves as Paleo, vegan or gluten-free, feel they know much better.
- **THE BEST WAY** While the merits of various diets could – and does – provide fodder for long and contentious debates, most runners should follow two basic principles, says sports nutritionist Barbara Lewin: ensure you get a balanced

mix of carbs, lean protein and healthy fats (found in foods such as olive oil and avocados); and when choosing carbs, emphasise fruits, vegetables, legumes and whole grains to maintain the energy stores that will fuel your workouts.

Being at your best weight affects your performance, which runners have always known. But 'it's a delicate balance between getting enough calories to run good workouts and trying to lose body fat', says Lewin. She says the best way to do that is to pay attention to both portion size and



timing. 'Don't take in most of your calories at dinner, because you expend most of your energy earlier in the day,' she says.

Eat healthily not just to get faster, but because it makes you feel better. And if you're 'good' most of the time, don't feel guilty about the occasional splurge.

## FUEL UP

- **THE OLD WAY** The go-to 'sports drink' was delicious water.
- **THE NEW WAY** The sports drinks industry rakes in billions per year, and energy gels come in every conceivable flavour (including

some that, frankly, should have remained in the lab, safe from humanity's taste buds).

- **THE BEST WAY** We now know that taking in adequate fluids, electrolytes and easily digestible



## SELECT SHOES

- **THE OLD WAY** Runners had limited options, with shoes made from heavier, less technical materials (see p62).
- **THE NEW WAY** From barely-there Vibrams to towering HOKAs, running-shoe options seem infinite.
- **THE BEST WAY** Finding the perfect pair of running shoes for your unique combination of biomechanics, training



volume, body size and running-surface preferences isn't an easy task, although a knowledgeable salesperson at a specialist running shop can help you narrow down the list. Try running in at least a couple of models at the

shop – and consider owning at least two different models. Recent research found that runners who rotated among two or more different pairs had an injury rate 39 per cent lower than those who stuck with a single pair.

## GEAR UP

- **THE OLD WAY** You pulled on a shapeless cotton T-shirt, shorts that showed more thigh than seemed decent, and socks of some kind. If you were planning to go hard, you snapped a sweatband onto your head. You may have topped off the serious-runner look with a state-of-the-art watch (meaning it told the time *and* had a stopwatch function!)
- **THE NEW WAY** You're compressed in head-to-toe tech fabric and your smartphone knows how fast and far you run, your heart rate, your GPS coordinates and your favourite songs, which it blasts through your earbuds.
- **THE BEST WAY** While moisture-wicking fabrics and GPS-equipped devices appeal to many, cotton apparel and basic digital watches still exist, so invest in whatever gear and tech you find comfortable, useful and affordable.

Still, if that means running with your smartphone and/or a GPS watch, bear in mind that occasionally going old school by ditching them can be refreshing and may even help you become a better runner. Devices can be crutches; without them guiding your run you can better tune in to your body and develop an innate sense of pacing. Also, being too reliant on music or your GPS while training can backfire if your device malfunctions on race day.

Using GPS certainly has its place on important runs, when you want to closely measure results, says running coach Duncan Larkin, author of *Run Simple: a Minamillist Approach to Fitness and Well-Being* (Westholme). But being bombarded by data before, during and after every run can lead to 'analysis paralysis', he says, 'with data overload generating more confusion than clarity'. Leaving devices behind at least once a week lets you relax and decompress. You just go out and run, and when you don't want to run any more, you stop.

## GO SOCIAL

- **THE OLD WAY** Your running-club buddies were your closest friends, because you only had the time and energy for work and running.
- **THE NEW WAY** Many of us still train with clubs and groups, but for others our running companions are the likes of Alex Turner or Beyoncé (well, sort of). And we discuss training and results on Twitter or Facebook with friends we may never meet in real life.
- **THE BEST WAY** Running with music, podcasts or audiobooks as your only companion is fine most of the time. So is plugging into a running community online. Sometimes, though, it's good to make an effort to run with another person or a group (and leave your music behind). The miles will go by faster and more enjoyably, and you may even pick up the pace while barely noticing. 'In hard workouts a companion can be both a distraction to take your mind off the effort and a pacer to get you through it,' says sports psychologist Steve Portenga. It's also a great way to cement a friendship. **RW**



carbs before and during a run can improve performance, says Lewin. That 'adequate' amount of fluids varies from runner to runner and even from day to day, but you'll know you're drinking

the right amount if your urine is light yellow. (Darker urine can indicate dehydration; clear urine may mean you're drinking too much, which can be equally dangerous.) As for energy,

your body can process 30-60g of carbohydrates (one or two gels) an hour.

We also now know that consuming the right foods post-run can boost muscle

recovery. Lewin recommends a snack with simple carbs and protein, such as some yoghurt with fruit or a glass of chocolate milk, within 30 minutes of runs lasting an hour or longer.



# Best *in* SHOE



**1967**

Tiger Marathon wins best racing shoe in *Distance Running News*.

## 1966-1970

### ▲ THE FIRST FLATS ▲

**I**n the beginning there were racing shoes. But they were not terribly good. 'Very few running shoes were available, if they could be called that,' says running-shoe collector Dave Kayser, who started running in 1966. 'They were heavy

and stiff, usually with leather or canvas uppers.'

RW contributor Amby Burfoot, who raced on the nascent road-running circuit of the mid-1960s, remembers the New Balance Trackster. Introduced in 1960, it had a leather upper and rubber ripple-sole, and was 'ideal for practically any running surface', claimed the ads. 'It had a palpable amount of cushioning' Burfoot recalls. 'The minute somebody offered us a shoe with a little cushioning from road shock, we went in that direction.'

By the time of the 1968 Boston Marathon, which he won, Burfoot had switched to the Onitsuka Tiger Marathon, which many remember fondly for its lightness and comfort. Tiger's training shoe, the Road Runner, had a built-up heel and foam rubber midsole. 'That was one of the first shoes that felt like a real road-running shoe,' says Burfoot.

Burfoot bought his Tigers from Jeff Johnson, the first employee of a new company called Blue Ribbon Sports, founded by Phil Knight and Bill Bowerman, which was



## A HISTORY OF 50 YEARS OF (MOSTLY) FANTASTIC FOOTWEAR INNOVATION



Photographs courtesy of New Balance (Trackster) and Nike (Cortez)

importing shoes from Japan and selling them from the back of vans at races. More about them later...

**THE RW GUIDES** The first Shoe Guide published in *Distance Running News*, the magazine that would become *Runner's World*, came out in April 1967. It featured 14 'flats.' Eleven of those models came from three brands: Adidas, New Balance and Tiger. The guide listed 'best' shoes in just two categories. The Tiger Road Runner topped 'training', while Tiger's Marathon won the 'racing' category.

**1975**

Brooks introduces the first EVA midsole in the Villanova.



## 1971-1981

### ▲ ENTER CUSHIONING ▲

In July 1971, *Runner's World* released a 46-page booklet called *All About Distance Running Shoes*, which gathered opinions from 800 readers. The average respondent was a 29-year-old, 5'9" 10st 5lb man who had been running 50 miles per week for six years.

Readers named a whopping 66 models from 32 brands, but the vast majority wore Tiger, Adidas or New Balance. In fact, more than 60 per cent ran in Tigers and their models topped the popularity lists in both training and racing.

Tiger's Marathon won praise for its glove-like fit and flexible, 'barefoot' feel. But their top training model, the Cortez, offered something groundbreaking: cushioning. The first shoes designed for American

runners by Bowerman, the Cortez had a sponge-rubber midsole, with a wedge-shaped second layer of cushioning under the heel to absorb impact and reduce stress on the Achilles tendon. In 1972, the Cortez became the flagship shoe of a new company founded by Bowerman and Knight – Nike.

The Cortez's immense popularity established that runners wanted cushioning. And it wasn't long before shoe designers found a superior material to provide it. 'I received a phone call from a guy named Marty Liquori, who was a world-class runner at the time,' says Jerry Turner, who was then president of Brooks. 'Marty had seen our attempts at jogging shoes and wanted to discuss them. He gave me an education.'

Turner took Liquori's suggestions to a representative from the Monarch Rubber Company in Baltimore, Maryland, US. 'I wanted more rebound, better shock absorption, lighter weight,' says Turner. 'The guy said, "I think →



**1960** **New Balance Trackster** debuts. It's one of the first shoes designed specifically for road running.

**1962** Phil Knight visits Japan and sets up Blue

Ribbon Sports to import Tiger shoes to the US, selling them from vans at races.

**1967** The first shoe reviews appear in *Distance Running News*. Designed by Bill Bowerman, the **Onitsuka Tiger Cortez** is the first highly cushioned running shoe.

**Tiger Marathon** wins best racing shoe in *Distance Running News*.



**1972** **Nike Cortez** is the flagship shoe for Bowerman and Knight's new company, Nike. Their **Waffle Racer** is the first shoe with Bowerman's rubber outsole.

**1975** Brooks introduces



I've got just the thing for you. I'll be back tomorrow." And the next day he comes back and shows me EVA.'

EVA, or ethylene vinyl acetate, an air-infused foam, is still the primary ingredient in most running-shoe midsoles. Brooks put EVA in their 1975 Villanova, and other companies quickly followed suit. Then, in 1981, Nike released the first shoe with a moulded midsole made out of Phylon, a compressed form of EVA developed by toy company Mattel for use in bath toys.

In this era of innovation and flair, companies also started tinkering with other parts of the running shoe. In Oregon, Bill Bowerman melted some rubber in his kitchen and the 'waffle' sole was born. 'The waffle sole defined not only grip but also flex characteristics and, to a large scale, the cushioning, which it was quite effective in providing,' says podiatrist and shoe-design consultant Simon Bartold. Other brands followed with similar designs and the influence can still be seen in outsole design.

Nylon uppers largely replaced leather by the mid-1970s, with mesh options also starting to appear. And women's shoes were no longer just 'shrink-and-pink'. 'By the early 1980s, most larger brands were using women-specific lasts,' says Dr Martyn Shorten, biomechanics researcher and director of the *Runner's World* Shoe Lab.

**THE RW GUIDES** As options continued to grow, *Runner's World* consulted podiatrists, runners and shoe manufacturers to create a list of criteria for what makes a good running shoe.

The rankings favoured shoes that had thick, durable soles and a high heel lift, while still being lightweight, and with a flexible forefoot. It also gave points for a strong heel counter, arch support and pliable uppers.

In 1975 *Runner's World* released the first of its annual Shoe Guides, with the Adidas SL-72 taking top honours thanks to its rigid heel counter, soft nylon upper and flexibility.

Then, to increase the reliability of the rankings, RW hired Peter Cavanaugh, director of the biomechanics laboratory at Penn State University, to conduct the very first objective measurements of cushioning, flexibility and durability. Cavanaugh's invaluable data first appeared in 1977. A panel of 10 experts also ranked the shoes subjectively and these marks were combined with the lab data. The Brooks Vantage topped the 1977 list, standing out as the first shoe to try to control the inward rotation – or pronation – of the foot. Taking the advice of podiatrist Steven Subotnick, Brooks had inserted a wedge so that the runner's whole foot slanted slightly outward.

In 1978, with more and more quality models becoming available, the magazine abandoned rankings and initiated a one-to-five star system. Some companies objected to the scoring, and Nike actually pulled its advertising for several years, feeling the company and its products were being treated unfairly, but the magazine stood up to the pressure and held firm. 'I think it was a very important part of the magazine, and very important to the whole running scene,' says RW founder Bob Anderson. 'It helped companies understand what runners needed. We set the stage.'

the first ever EVA midsole in the **Villanova**.

**1977 Brooks Vantage**, with a 'varus wedge' ranks #1 in RW's annual guide.

**1978 Nike Air Tailwind** is released. It's the first 'Air' shoe, and most agree it doesn't work terribly well. **New Balance W320**

is the first shoe 'designed exclusively for women'; it features a wider forefoot and a heel that fits more snugly.



**1982 New Balance 990**, a plush stability shoe made using every new

technology available, is launched. Still with us, it is the most persistent model in running-shoe history. **Brooks Chariot** defines the motion-control category with a 'Diagonal Rollbar' midsole.

**1983 Nike Pegasus** is the first air-cushioned shoe that offers a performance ride. Version 33 continues

the line today. **Adidas Marathon Trainer**, with its rugged outsole, is an early road/trail crossover shoe.



**1984 Asics Tiger X-Caliber GT** debuts a plastic medial post to control pronation.



**1985 Nike Sock Racer** is launched as an early attempt at a shoe that cushions the foot without controlling a runner's biomechanics. The light, distinctive shoe quickly becomes popular with distance runners.



**1993** Asics Gel-Kayano Trainer epitomises the high-tech, cushioned and stable era. The line continues today.

## 1982-2003

▲ AGE OF CONTROL ▲

Following the success of the Brooks Vantage, other brands began to incorporate more aggressive motion-control features into their products. In 1982, two shoes simultaneously introduced a new idea that would represent a sea change in running-shoe design. The Tiger X-Caliber GT featured a 'stabilising pillar' under the arch side of the heel, while the Brooks Chariot featured an angled wedge of harder-density foam in the midsole,





## SHOE HISTORY

# 2004-2011

▲ GREAT DISRUPTION ▲

In the early years of the new millennium, there were rumblings in the shoe industry. Researchers like Bartold and biomechanics expert Benno Nigg reported that they had failed to find a connection between pronation and injury. Others, like Peter Bruggeman, were finding that feet get stronger when you remove highly supportive shoes. Harvard professor Daniel Lieberman published an article in the journal *Nature* that helped popularize the idea that running is natural and that we need no additional support.

In Italy, Tony Post, who worked for sole maker Vibram, saw a concept shoe that fit like a glove. Post was a longtime runner trying to recover from knee surgery; at the time he could not run in traditional shoes for more than three miles without feeling pain. He took the FiveFingers out for a run. The shoe forced him to run more lightly, with a rapid stride. After three miles his knee felt fine.

'I'm thinking, Was my form bad? Was all that cushioning interfering? Maybe this is my solution,' says Post. 'Then I started thinking, Maybe there are other people like me.'

Meanwhile, designers at Nike were constructing a shoe that would simulate a 'free' feeling while still providing protection. Elsewhere, runners were trying out novel ways to address persistent problems. ➔

Materials improved, but there was no game-changing innovation. The focus shifted to marketing.

Shorten points to the first 'visible' Nike Air Max shoe, in 1989, as the turning point. 'From then on, everybody had to have visible technology. Whether it was gel, grid or hydro-flow, everybody had to have their little bit of goop and it had to be visible.'

More was more during the 1990s. 'The more bells and whistles you could put into shoes, the better,' says Shane Downey, global director of Brooks Heritage. Turner recalls the era as delivering 'an awful lot of hype, but nothing functional that improved the ability to run.'

**THE RW GUIDES** When Amby Burfoot became editor-in-chief of *Runner's World* in the US in the mid-1980s, he discovered that the shoe industry was seriously questioning RW's evaluation methods. 'They pointed out that the shoe is an entire system, with all of the pieces working together,' says Burfoot. 'On top of that, you throw in the individual characteristics of the runner.'

Burfoot's deputy editor, Bob Wischnia, agreed: 'Machines don't wear shoes, people do, and how can a shoe be number one if it doesn't work for everybody?' So, RW beefed up the wear-testing process and, reflecting the industry emphasis on pronation, the new guides presented shoes in categories of Motion Control, Stability, Neutral-Cushioned and Lightweight. These categories were widely adopted by manufacturers, influencing how shoes were marketed to runners and presented in running stores.

thicker on the inside of the shoe and tapering toward the outside. Both features were representative of the 'medial post' that is still built into stability shoes today.

Stability quickly became a prime consideration for runners. 'People were making a strong link between pronation and injury,' says Bartold. Choosing shoes became similar to getting an eye test for glasses, a process of matching the level of support that was necessary for your pronation problem.

The Chariot would evolve into the Beast, and the X-Caliber GT morphed into the Asics Kayano – both of which live on today. With the defining characteristic of shoes now established, little of significance happened for the next two decades.

**1986** Asics GT-II, the first Gel shoe, is released. It is an upgraded version of the high-performance X-Caliber GT



**1987** Asics Gel Lyte debuts; the line will set the standard for lightweight

performance stability shoes for the next decade.

**1989** Adidas ZX8000 introduces the iconic Torsion system.

**1995** Asics GT-2000 is released. The GT series, still going strong, is one of the bestselling running shoes in history.

**1996** Nike Air Rift, with a split toebox and 'barefoot' feel, appears. It proves to be about a decade too early to be popular with runners.



**1999** Brooks Adrenaline GTS is introduced and

quickly becomes the go-to stability shoe for millions of runners. The 17th iteration continues the line today.

**2001** In research in the *Clinical Journal of Sports Medicine*, biomechanics expert Benno Nigg proposes that impact and excess pronation do not lead to injury in the way we have understood,

introducing the idea of a 'preferred movement path'.



**2004** Nike Free debuts. Daniel Lieberman's article *Born to Run*, which argues for barefoot running, is published in *Nature*.



In Utah, US, former high-school cross-country champion Golden Harper put his shoes in an oven so he could pull them apart and remove the built-up heel. In France, adventure-racer Jean-Luc Diard applied ideas he learned designing ski equipment and bike wheels to running shoes, coming up with a fat, tyre-like shoe. In Colorado, Danny Abshire, ultra runner, running coach and custom-orthotic specialist, was working on a new shoe that would reward a forefoot-oriented stride.

Consumers were after something new, too. 'We were in an innovation vacuum – companies were adding stuff and making everything heavier,' says Bartold. 'Everybody was tired of rigid shoes. It was the perfect storm.'

That storm broke in the form of minimalism, which achieved the status of religion. Chris McDougall's *Born to Run* was its bible and overbuilt shoes were the devil.

Sales of FiveFingers skyrocketed. Every shoe company scrambled to

introduce their own minimalist offerings. But the trend wasn't just for less shoe, it was also for a wider opening of minds as to how running shoes could look and act. Those innovators around the world gave us Newtons, HOKAs and Altras – shoes with pods on the bottom, huge rocker soles, wide forefeet.

'Minimalism made everybody sit up and pay attention, and made the big five [Adidas, Asics, Brooks, New Balance and Nike] get off their bums and stop being so lazy,' says Bartold. The result was a boon for runners.

**THE RW GUIDES** By the mid-2000s, with the internet adding to the barrage of content available to runners, RW set about raising the bar (again) in independent, objective shoe testing by employing biomechanist Ray Frederickson to set up the *Runner's World* Shoe Lab. 'Now we had an objective measure that fit like a spine to anchor the subjective comments of the wear-testers,' says Frederickson.



**2004**

**Vibram FiveFingers** soon becomes the symbol of minimalism.



**2005** **Adidas 1** is released, featuring a built-in computer and pressure sensor that changes the level of cushioning to optimise your stride. Shoes are getting clever.



**2006** **Nike+** shoes debut, ushering in a new era of data tracking, with a mileage and pace-tracking pod built into the midsole. The innovation is a collaboration with Apple.

**2007** **Newton** shoes appear. They're designed to promote a forefoot strike.

**2009** **Hoka One One** releases a highly cushioned 'maximal' model.



**2010** **Saucony Kinvara** debuts. The flagship model for a new breed of shoes that deliver cushioning combined with a low heel-toe drop. It becomes an instant classic, with the seventh iteration available today.

**2011** **New Balance** releases its Minimus trail and road models aimed, as the name suggests, at bringing minimalism to the barfoot-hungry masses.



**Vibram FiveFingers** sales pass \$100 million. **Altra** releases a model

**2012-**

▲ **AGE OF COMFORT** ▲

**M**inimalism exploded like a supernova, but then burned out. It promised too much and failed to deliver. People still got injured. The shoes didn't turn us all into David Rudisha.

It ended badly. When Vibram sued in the US in 2012 for false advertising, the heel-striking masses were gleeful. More than 150,000 claims were filed in a lawsuit.

However, while the fervour died, some of the ideas lived on. Shoes got lighter and simpler. Heel-toe drops came down, even as the pendulum swung back toward thicker, ultra-cushioned soles. Many of the new companies that were born in the great disruption thrived.

Companies are using materials such as expanded thermoplastic polyurethane foam in a bid to improve rebound, creating a bouncy feel runners appreciate, as proven by the success of Adidas's Boost models. And designers are creating uppers with innovative knits, redefining running-shoe comfort.

Perhaps soon, companies will be able to print and knit shoes to account for asymmetries in each runner's anatomy and stride, as well as personal preferences. We're not there yet, but in the current expanded universe of models – from max-cushioned to minimal, soft, firm or bouncy ride, traditional fit



**2012**

Nike releases the Flyknit Racer, its first shoe with a knit upper.

to high-top knit, and shapes for all sorts of feet – it's hard to imagine we can't all find one to take us on hundreds of happy miles.

**THE RW GUIDES**

With minimalism disrupting design and new materials changing performance, the categories that had served well for nearly three decades began to feel inappropriate. So, in 2009, Martyn Shorten, who had run the *Runner's World* Shoe Lab in Portland, Oregon,

since 2008, began a study to group runners using easy-to-identify characteristics such as body mass index, years of experience and how prone they were to injury.

In 2012 the results of this study led to a flowchart that opened RW Shoe Guides by asking runners questions about themselves and their running, and directing them to appropriate clusters of shoes arranged from 'more shoe' to 'less shoe'. In 2015, we refined the questions again and added

a cushioning dimension to the way shoes are arranged, providing more-nuanced clusters of models with similar performance characteristics.

And at the RW Shoe Lab in Portland, all shoes are weighed, their tops are cut off and they're pounded and flexed by machines taking precise measurements.

This combination of data with wear-testing feedback is the most effective way to help you find the best shoes for you. They're still the most important purchase a runner will ever make. **RW**

with different names for the men's (Instinct) and women's (Intuition) models to highlight that the women's shoe was designed and built on entirely different specs.

**2012** Vibram is sued for false claims for advertising that the shoes could reduce foot injuries and strengthen foot muscles. Vibram

settles with the 150,000 claimants.



**2013** Adidas debuts its **Boost** midsole foam, providing better cushioning along with bounce-back responsiveness. It's a true game-changer, registering

the best energy-return results ever recorded at the *Runner's World* Shoe Lab.

**2014** The **ON Running Cloudsurfer** wins Best Debut in the RW Shoe Guide. With its impact-absorbing, energy-returning outsole lugs, the Cloudsurfer epitomises the fruits of the years of technological innovation.

**2015** Saucony introduces a layer of its energy-return foam, Everun, under the sockliner in a majority of its models. Puma enters the energy-return war with the **Ignite**, which is apparently worn by Usain Bolt in training.



**2016** Nike LunarEpic Flyknit released, using an advanced knit upper and laser-cut grooves in the sole. **Adidas PureBoost X**, a women's-only model, is designed with the upper detached from the midsole under the arch.



# BEST

# BEFORE?



SPORTS NUTRITION HAS EVOLVED OVER THE LAST 50 YEARS, BUT THESE CLASSIC PRODUCTS STILL GET THE JOB DONE



# T

hese days, attempting to run a marathon without drinking anything along the way would be defined as either an act of pure

lunacy or a first-class attempt at self-sabotage, yet that was the status quo until the 1960s. 'People thought that drinking cold beverages while running would give you a stitch,' says Amby Burfoot, 1968 Boston Marathon winner and RW editor at large. As for eating on the run? That was simply unthinkable.

'The concept of sports nutrition didn't exist as it does today,' says Bill Gamber, the cofounder of energy product company Honey Stinger. He became so famished during the Ironman triathlons he raced in the 1980s that he would devour a whole chicken after crossing the finish line. It had been cooked, but still...

Since those poultry-devouring days, science has helped runners understand the power of proper fuelling and refuelling, and today, sports nutrition has become a multibillion-pound international industry. While runners stick passionately to their favourite brands, the principles are the same: simple carbohydrates, electrolytes, caffeine, carb-to-protein ratio and protein for recovery. Here's a look at some major milestones – how they came to be and their continuing value to runners today.

## 1965

### SPORTS DRINKS

Until the 1960s, athletes didn't fully understand the importance of hydration (aside from drinking water when they were thirsty). But then researcher Dr Robert Cade (a former 4:20-miler) suggested a cocktail of sucrose, glucose, sodium, potassium and phosphate as a tonic to deliver a competitive edge to athletes in hot weather. This mixture of sugar and electrolytes, soon called Gatorade, after the Florida Gators American football team, on whom it was first tested, was a success. 'The early version had too much sodium for runners,' says Burfoot, who participated in a 1970 study, but formulas were refined and the rest is running history.

► **TODAY'S TAKE** 'Carbs increase fluid absorption, keep you focused and delay fatigue,' says sports nutritionist Kim Larson. Drink up on runs that last more than 60 minutes.

## 1978

### COFFEE

In the late 1970s, Dr David Costill (the first researcher to investigate whether sports drinks actually worked) and others began publishing studies suggesting that caffeine could boost endurance. Marathoners responded by drinking coffee before races. Now you can do more than reach for the cafetière, with a cornucopia of caffeinated sports nutrition products delivering a kick from drinks, chews and gels.

► **TODAY'S TAKE** A wealth of recent studies confirm that caffeine keeps your mind sharp, releases free fatty acids for energy (thus sparing your glycogen stores and helping you run longer), makes hard efforts feel easier and, contrary to previously received 'wisdom', isn't a diuretic. Some runners drink coffee for a boost only on race days, but you should try it first in training, so you'll know how it affects you.

## 1986

### ENERGY BARS

In the 1980s, top-ranked Canadian marathoner Brian Maxwell began to experiment with portable carb sources that could sustain his blood-sugar levels in the later stages of races. He and his partner started distributing logs of oat bran, sugar and protein, which became popular first with Tour de France cyclists. Competitors soon followed Maxwell's PowerBar, and now scores of brands target everyone from ultra runners to desk jockeys.

► **TODAY'S TAKE** There's now a bar for every runner, from vegan to Paleo. There are some brands, such as KIND, that emphasise whole foods. When considering a bar, check the sugar content, as some are just sweet treats masquerading as sports nutrition. Also consider timing: before your run, look for a bar that's high in carbs, moderate in protein and low in fat, says Larson. Postrun, go for a bar that's high in carbs and protein.





## Not for consumption

Aren't you glad you didn't take this advice?



1809

Captain Barclay Allardice, the celebrated 'pedestrian' (he once walked 1,000 miles in 1,000 hours), told athletes to eat mainly meat and to avoid liquids during events – except for spirits (if cold) and home-brewed beer.



1902

Middle-distance runner E.C. Bredin deemed toast a better fuel than bread.



1950s

Australian sprinter Shirley Strickland, winner of seven Olympic medals, shunned soft foods and fluids the day before events and on race day itself.



1985

The successful book *Diet for Runners* touted a high-carbohydrate diet (80 per cent of total calories).



2010

Energy drinks were advertised as having the same benefits as sports drinks. Science said otherwise.

## 1993

### ENERGY GELS

Back in the day, runners sucked on packets of honey for a quick sugar hit during races. By the late 1980s, the UK and New Zealand led the way in gooey proto-gel formulations that became popular with runners. Then, in 1993, runner and chemist Bill Vaughan formulated a portable fuel that would release its energy faster than existing bars. His blend of complex and simple sugars with amino acids (the building blocks of protein) gave endurance runners a boost – GU had arrived.

► **TODAY'S TAKE** Gels are easy to carry and have the perfect amount of calories and carbs. Take with water to help dilute the sugar concentration, says exercise physiologist and marathon coach Patti Finke. Also, experiment in training to see which gels and gel-consuming strategies work best for you to help minimise the risk of nasty race-day surprises.

## 2006

### CHOCOLATE MILK

Amid the proliferation of formulated nutrition, researchers delivered some surprising news: cow's milk offered the ideal recovery formula, especially if a little chocolate syrup was added. Research in the *International Journal of Sport Nutrition and Exercise Metabolism* found protein-rich chocolate milk was better at promoting recovery than products such as Gatorade. The news upgraded runners' guilty pleasure to a superfood and it suggested that wholefoods could be just as beneficial as lab creations. Chocolate milk has the 4:1 ratio of carbs to protein that's optimal for recovery, and it's also cheap, hydrating (providing fluids and electrolytes) and tasty.

► **TODAY'S TAKE** Subsequent studies have backed the beneficial properties of this classic drink: it replenishes carb stores and repairs muscles. Aim for around 225ml within 30 minutes post-run.

## 2012

### BEEF JERKY

Runners' growing preference for unprocessed foods – and an urge to get clean after our collective 20-year sugar bender – helped propel the Paleo diet and other low-carb eating strategies into popularity. Sports foods and drinks started including various amounts of protein, and runners took to snacking on beef and bison.

► **TODAY'S TAKE** We have weaned ourselves off total carb dependency but, says Larson, we should be aware that midrun protein can cause gastrointestinal distress. Recent research has confirmed that protein is most beneficial when it's distributed throughout the day, rather than taken concentrated in one dose. Follow a recovery meal with a snack of jerky several hours later. Or, after a long run or marathon, eat two or more protein-rich meals. 'The recovery process after hard efforts lasts for 24-48 hours,' says Larson.





# *From* **Barefoot**





We celebrate the running gear and gadgetry that have taken us from the Stone Age to the Internet Age (and occasionally back again)

*to* **Fitbit**



# B

ack in 1960, the world's grainy, black-and-white TV screens showed a thin man running the Olympic Marathon on the cobblestones of the Appian Way and a thick man running joyously from his job in a slate quarry. They were two heroes (Abebe Bikila and Fred Flintstone) in ancient cities (Rome and Bedrock), but what really united these runners was what they wore on their feet: absolutely nothing.

Humans had run barefoot for millennia, some still preferred doing so and the handful of people running for exercise or fun in the mid-20th century often wore whatever they happened to have on their feet and the rest of their bodies at the moment of inspiration. (For example, Marilyn Monroe was photographed in 1951 running in Los Angeles while wearing a halter top, jeans and high heels. On another occasion, she wore a dress that reached below the knee.)

All runners still enter the world in the same way that Bikila triumphed in the Eternal City: barefoot and devoid of technical gear and gadgetry. But the sport now performs a slow seduction on us – a reverse striptease that has been evolving in complexity over the last 50 years: with each new pair of shoes, each new watch, Walkman/iPod or moisture-wicking wonder-material we put on, the sport becomes more alluring.

So we now run in compression sleeves and anti-chafe balm, in blizzard-blocking fleece gloves, orthotic inserts and polarised sunglasses, in wicking shorts and technical T-shirts, Fitbits synced to iPhone apps, taking our first step only when our satellites are located, and with our recovery drink and

deep-tissue massage ball waiting at home. We are mobile technological wonders, but it wasn't always thus...

Back in 1966, the year when Kansas schoolboy Bob Anderson first published a newsletter called *Distance Running News*, the runner's world looked very different: a 23-year-old woman named Roberta "Bobbi" Gibb sneaked into the starting chute at the Boston Marathon, a race that wasn't yet open to women, given the delicate sensibilities of the fairer sex. So Gibb – in a world bereft of sports bras – concealed her gender with a one-piece swimsuit worn beneath a baggy blue hoodie, and borrowed her brother's Bermuda shorts. On training runs she wore a pair of white nurse's shoes. In spite of all this, Gibb ran 3:21:40, finishing 126th in a field of 415.

The runner of that age had few clothing options. Training kit came in heavy cotton, which held sweat like a reservoir when things got hot, and with no wind-blocking properties it induced in men what they called 'dreaded penis frostbite' in winter.

## Boom time

'I believe it's jogging or yogging,' says Ron Burgundy, exemplar of the 1970s newsreader played by (runner) Will Ferrell in *Anchorman*. 'It might be a soft "j". I'm

## 'The growing appeal of the sport began to drive innovation in products'

not sure.' And while the first running boom of the time is ripe for comedic hindsight, there's no doubt that the growing appeal of the sport began to drive innovation in products aimed at the needs and desires of the masses in question.

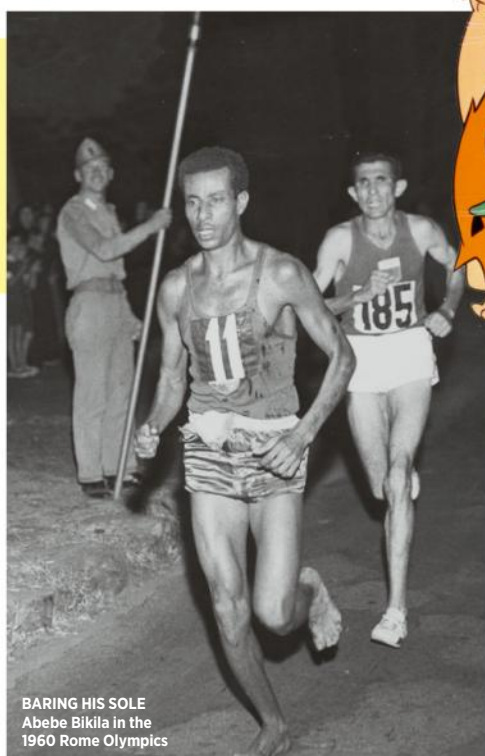
Every religion needs its creation myth and gospel tells us that running and tech were first truly conjoined when Bill Bowerman poured rubber into his wife Barbara's waffle iron in their Oregon kitchen. That was in 1970 and Bowerman's urethane batter was the primordial ooze from which an empire arose: the waffle sole and with it, the Waffle Trainer.

That same year, Ron Hill became the first Brit to win the Boston Marathon, but the research chemist also had his sights set on redefining running apparel, which he began to do in 1972 when he designed and launched the first iteration of the classic Trackster tight. The iconic marathon vest and Union Jack short would follow in 1978.

There were stirrings in the realm of gadgetry, too – in 1979, new Finnish company Polar filed its first patent for wireless heart-rate measurement. By 1982,

it had launched the first ever wire-free wearable heart-rate monitor, sparking a revolution in the way athletes trained.

When Welshman Steve Jones set a new world record at the Chicago Marathon in 1984, he wasn't sporting a chest strap and the numbers on the finish clock – 2:08:05 – weren't just a revelation to those watching: 'I never wore a watch in races,' Jones told *Runner's World* 30 years later. For most people, however, time was running out on the idea of running watch-less, for in that Orwellian year –





1984, when the clocks were striking 13 – Timex introduced the Timex Triathlon, with the Timex Ironman following two years later. ‘We took the clock off the finish line and put it on your wrist,’ says the company in its official history.

Casio had come out with the Casiotron, the first digital watch, in 1974, and it was worn by many runners in the 1970s. But the Timex was also a water-resistant stopwatch that could time laps and intervals, and its eventual Indiglo feature – a miracle of electroluminescent technology – marked the passage of time on night runs and in dark cinemas, glowing with the light of a thousand fireflies during bad, overlong movies. ‘I still don’t know what all the Timex buttons do,’ says RW editor-at-large and 1968 Boston Marathon Winner Amby Burfoot. Nobody does – but by strapping an Ironman to one’s wrist, the wearer told the world: I’m a runner.

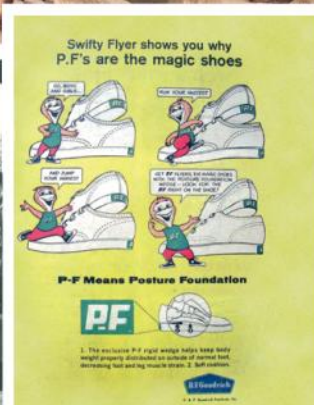
Another epic tech story also saw its first chapter written in 1984, as Sony’s Walkman series debuted its first ‘Sports’ model. The WM-F5 was rugged, splash-proof and, most importantly, it was yellow (to clearly differentiate it from non-sporting models). Powered by the likes of Nik Kershaw and OMD, runners raced into a future where technology would bond music and running as eternal sole mates, though we’ll wager that ‘Wouldn’t It Be Good’



**OLD SCHOOL**  
(clockwise, from top) the Sony Walkman WM-F5, RW US watch reviews, 1986; a PF Flyers ad; and Ron Hill (no. 519) with fellow Ron Hill runners



For a full rundown on the features and functions of the watches pictured here, turn our chart, ‘Chronographs Re 1986,’ on page 76.



doesn’t feature on too many power-playlists these days.

## The empirical new clothes

Some, of course, eschewed the Walkman, preferring to talk to running partners or simply absorb those dreamlike thoughts and profound insights we all have on runs but forget by the time we take off our soggy kit. Only back then, that kit was seriously soaked. Throughout the 1970s most of the running world was seemingly content with a combination of cotton, Velour and, all too often,

**LINKED BY RUNNING**  
Fred Flintstone, Bill Bowerman’s Waffle Trainer; Marilyn Monroe; Ron Hill apparel; Tiger ‘training shoes’; Ron Burgundy; and Gore’s Concurve brand

“Ron Burgundy does not run (he’s a jazz flute man), but he understands the appeal of ‘yogging’.”

partial nudity as the pinnacle of performance attire, and the 1980s and early 1990s merely seemed to add dubious styling – and possible flammability. But with the new millennium looming, things finally started to smarten up in the world of sports fabrics.

In 1995, Kevin Plank, a US college football player, became so sick of wearing sweat-soaked cotton that he drove to New York’s Garment District, began to sample fabrics and eventually fashioned a T-shirt from seemingly space-age ‘wicking’ microfibres. He gave them to his

friends to try and later formed the globe-conquering company Under Armour, spawning today’s moisture-wicking-industrial complex.

It wasn’t just Plank who was getting smart with fabrics. In 1997 a brand synonymous with fabric innovation, Gore, launched a running-specific sub-brand, Concurve. This brand would evolve into Gore Running Wear, bringing us increasingly advanced weather-protection. In 2004 its running apparel featuring Windstopper technology won RW’s Innovation of the Year Award. Then, in 2010, came





# GREATER MANCHESTER MARATHON

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Gore-Tex Active, its first fabric with breathability qualities designed for aerobic activities such as running. Soaked to the skin or boiled-in-the-bag were no longer our only options when our training diaries and the meteorological conditions were at cross-purposes.

Others were rethinking the boundaries of the role that could be played by what runners wear. In the late 1990s, Australian physiologist Brad Duffy was working on the idea of a garment that would aid post-exercise recovery; in 1998 he founded Skins. By 2004 patents were filed and products launched; by 2008 they had reached the UK and our love affair with compression blossomed.

Meanwhile, research at Edinburgh University led to the development of the original Shock Absorber sports bras, which launched in 1995. The range, designed for different impact levels, ushered in a new era of comfort for female runners. A decade later, pioneering research at the University of Portsmouth used infrared cameras to track three-dimensional breast movement on the run, and the results led to the design and 2009 launch of Shock Absorber's Ultimate Run bra.

Every inch of runners' bodies seemed to be benefitting from technological innovation. At one end, 1995 saw Ron Hill debut the Twin Skin, two-layer anti-blister sock; at the other, performance sports optics pace-setter Oakley launched its first running-specific model. The classic M Frame arrived in 1990 and a decade of innovation and experimentation culminated in the arm-free Over The Top concept frame, as sported by Trinidad and Tobago sprinter Ato Boldon in the 2000 Sydney Olympic Games. If you were taking silver in the 100m, as he did, you could probably just about get away with them. The odd design indulgence aside, lens and frame tech has continually evolved since then and Oakley's latest model – the Radar Pace – epitomises just how far running tech has come, with in-run coaching technology delivered via frame-integrated headphones.

## Data with destiny

We now live and run in the data age. Long gone are the days when we measured mileage by driving the route, and intervals by looking down through sweat-stung eyes at the sweep of a second hand. It's hard to say precisely when it all started, but the 2003 launch of Garmin's original Forerunner, the 101, was certainly a

## 'For many of us, running without data now seems almost unthinkable'

seminal moment. Battery-powered and, by today's standards, colossal, it began the era of wearable GPS tech for the everyday runner. For many of us, running without precision data now seems almost unthinkable and while the watches have shrunk, the metrics they deliver have grown to include the likes of cadence, ground contact time and vertical oscillation.

While the GPS revolution was making the Timex Ironman look as old as Big Ben, the first decade of the 21st century also saw the Walkman consigned to history by a product designed by a Brit, Jonathan Ive, and brought to life by an American, Steve Jobs. The first iPod appeared in October 2001 and by June 2003 sales had topped one million. Then came the mini (2004) and the shuffle (2005) before the game changed again with the iPhone in 2007.

symbolism created by digital media producer and runner Joseph Tame, who in 2011 'drew' an outline of the Apple logo on a 21km run through Tokyo, using RunKeeper, Google Earth and two iPhones.

Perhaps the real beauty of modern running technology is that it actually offers you both ideals, that you can have your cake (or should it be apple, these days?) and eat it. You can choose to engage with the gear and gadgets that divert your mind and fine-tune your training every step of the way, or forget about them entirely once you've locked in to a satellite. As with a good tailwind, you tend not to notice what's helping you run; and while you're sweat-wicked and weather-protected on the outside, underneath the gear you can still indulge the ancient desire that remains at the heart of our sport, from Fred Flintstone and Abebe Bikila to the runners of today; that yearning to do something elemental, something pure and unadorned: to move ever forward, freely and without encumbrance. **RW**



**THE PACE OF PROGRESS**  
(clockwise from top left) the iPod; Ato Boldon goes Over The Top; the Garmin Forerunner 101; the Hoka One One; the Fitbit Activity Tracker; and Joseph Tame's Apple logo

The iPhone's impact went beyond music, bringing the advent of apps to power the next phase of running's data age. Strava launched in 2009, initially for cyclists, but adding running functionality in the same year. As with other activity trackers, the platform has seen huge growth in those keen to record and share the minutiae of their running data.

Interestingly, Chris McDougall's bestselling book *Born to Run* also arrived in 2009 and it sparked a flirtation with a return to the simplicity of the Flintstone era; however, the barefoot craze has already given way to a maximalist backlash, the pendulum swinging towards heavily cushioned shoes such as the Hoka One One.

Romantic as it may be to think of humans fulfilling their evolutionary destiny with little or no help from modern technology, we have fallen hard for gadgetry, a development exemplified by the image of techno





# THE FAMILY RUNNING FESTIVAL

*How far will you go?  
Pick up a lapband for  
every 5km you complete!*

**R**unner's World Runstock is a family-friendly running festival that's suitable for all ages. From fun runner to ultra-runner, Runstock packs a 5km lapped, off-road course with a glorious summer festival feel. Choose to run solo, as part of a team or even with the whole family – the idea is to clock as many laps as you can and pick up a lapband for each one. You can also enjoy the summer festival from the stunning grounds of Boughton House, Northamptonshire, complete with two nights of professionally-run camping with hot showers, kids' activities, live entertainment and a huge beer tent!







- ▶ Festival weekend
- ▶ Unlimited 5km laps
- ▶ Bespoke 50km medal\*
- ▶ 7 fun-filled obstacle zones
- ▶ Camping available
- ▶ Weekend kids activities
- ▶ Post-race party/live music
- ▶ Live entertainment

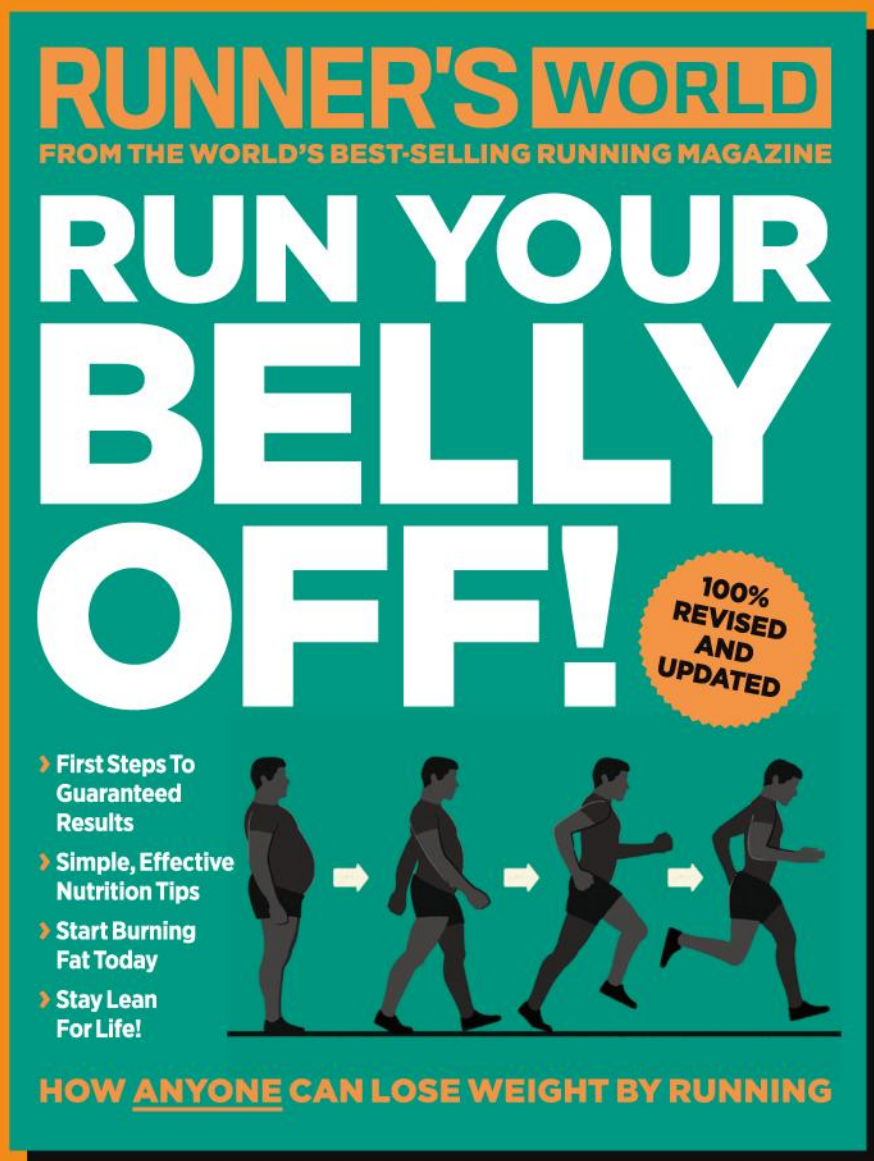
\*With ultra-attempt upgrade

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# COACH

REACH YOUR PERSONAL BEST

## THIS MONTH'S EXPERT PANEL



**AMBY BURFOOT**  
RW writer-at-large,  
winner of the 1968 Boston  
Marathon, member of the  
Running Hall of Fame. **p80**



**JEFF GALLOWAY**  
Member of the 1972 US  
Olympic team (10,000m),  
now a beginner-specialist  
running coach. **p80**



**GREG MCMILLAN**  
Exercise physiologist  
(mcmillanrunning.com)  
and author of *You (Only  
Faster)* (McMillan). **p80**



**JENNY HADFIELD**  
Coach and co-author of  
*Marathoning for Mortals*  
and *Running for Mortals*  
(Rodale). **p80**



**MATTHEW KADEY**  
Nutrition expert and  
author of *Muffin Tin Chef*  
(Ulysses Press) and *Rocket  
Fuel* (VeloPress). **p86**



**ROBYN LALONDE**  
Ironman finisher, Nike+  
run coach and metabolic  
efficiency training  
specialist. **p89**



**p80**

### Marathon journey

We'll get you to the  
start line 100 per  
cent ready

**p86**

### Eat up

Turn Christmas  
leftovers into  
great meals

**p89**

### Cool it

The postrun  
routine that will  
give you a boost



# 26.2 FOR YOU

We distil decades of running experience and expertise to help you reach the start of your next marathon healthy, happy and ready to race

**I**n some ways, 1980 was a lot like 2016 – there was a contentious US election, a notably left-wing and divisive Labour leader in the UK and a new *Star Wars* film. But in the world of marathons, the now-and-then finish-line photographs look very different. Back then, marathons were largely reserved for the speedy, mostly male, elite. In 1980, only 1,145 UK runners crossed the finish line of a 26.2-mile race, in median finishing times of 3:32 for men and 4:19 for women. Today, well over 100,000 British runners complete a marathon each year. Many are older, far more are women and the finishing times reflect the broader

appeal (and more inclusive nature) of the event. By 2015, median times had increased to 4:03 for men and 4:44 for women. Nearly one third of RW readers plan to tackle a 26.2 race in the year ahead, according to a recent survey. But you probably have no plans to log 70-100-mile weeks, as many marathoners of the past did; in fact, the typical RW reader runs about 20 miles week. Fortunately, a decade and a half into the second running boom, coaches have adapted the training methods of elites into plans that will fit the schedules of average athletes. We asked the experts who've appeared in these pages over the years to spell out the best strategies for runners with full lives. Here's their advice.

## THE EXPERTS



**AMBY BURFOOT**  
*Runner's World*  
writer-at-large and  
winner of the 1968  
Boston Marathon



**JANET HAMILTON**  
Exercise  
physiologist and  
coach at *Running*  
*Strong* in Atlanta, US



**JEFF GALLOWAY**  
RW columnist,  
Olympian in the  
10,000 metres  
and coach



**GREG MCMILLAN**  
Exercise  
physiologist and  
author of *You (Only  
Faster)* (McMillan)



**JENNY HADFIELD**  
Coach and  
co-author of  
*Marathoning for  
Mortals* (Rodale)



**BART YASSO**  
The "Mayor of  
Running" is Chief  
running officer at  
*Runner's World* US.





THE RIGHT PATH  
Look after yourself  
to stay on track



need oxygen-rich blood to power each contraction. Your body adapts to easy miles by strengthening your heart, sprouting more capillaries to infuse oxygen into muscles, and building more mitochondria, the factories within cells that produce energy. 'You're getting the foundation, all of the horsepower,' says McMillan. 'Then later, when you want to go fast, you've got a bigger engine.'

## 2/ STRENGTH TRAIN

Runners of the past may have scoffed at the idea of using valuable training time for anything other than even more mileage, but modern marathon runners know better – and are healthier, more well-rounded athletes because of it. A good strength-training programme will help to counteract the harmful effects of our sedentary lifestyles, as well as the repetitive motion and impact stresses of running, strengthening weak links and ensuring that joints move through their full range of motion.

Many runners have weak hip and glute muscles, which can drive your knees out of alignment and cause muscle imbalance, tightness and pain from your hips to your knees, says coach Jenny Hadfield. And if you don't have the core strength to make it through 15 seconds of planks on each side, then you're not durable enough to maintain your form throughout a 26-mile run.

Counteract these deficiencies and build a solid strength-training habit by doing three or four targeted exercises after your runs at least three times per week. Smart options include planks and side planks, squats (working up to single-leg versions), lunges, clamshells and glute bridges. On your long runs, move at a slow, steady pace to reduce injury risk and fatigue.

## 3/ FUEL PROPERLY

'If the furnace was hot enough, anything would burn, even Big Macs.' This quote from John L Parker Jr's 1978 novel *Once a Runner* makes interesting prose but terrible nutritional advice. Cleaning up your diet early in a marathon-training programme helps you shed extra weight and ease stress on your joints without depriving yourself of calories you need during the heaviest weeks of training, says McMillan. To do it, swap refined sugars and carbs, as well as fried and overly processed options, for wholefoods such as vegetables, wholegrains, fruits and lean proteins. These healthy-eating habits support your training throughout the cycle, providing the energy and nutrients your body needs to cope with the demands of higher mileage. When it

# ABOVE ALL, STAY HEALTHY

Follow these best practices to ensure you reach the starting line

Since he began coaching marathoners in the 1970s, coach Jeff Galloway has maintained ongoing contact with runners; through the years, he's talked with more than 400,000, he says. His surveys show that only about five per cent (!) of first-time marathoners who begin training to go 26.2 miles actually cross the finish line that season. Some get too busy, others burn out – and many fall victim to injuries. 'If you talk to seasoned runners and ask what they'd do differently, they almost always say, "I should have put more effort into taking care of my body",' says exercise physiologist Greg McMillan. Fortunately, experienced coaches and exercise scientists have identified key behaviours that keep athletes strong and healthy as they prep for the marathon. Build the following habits into your routine from the beginning.

## 1/ RUN EASY

Speedwork has a place in marathon training, but it's a small piece of a big puzzle. On most runs – especially the long ones – resist the urge to push your speed; instead, travel at a slow, steady pace, advises running coach Janet Hamilton. You should be able to have conversations with your running partners (an underrated perk of marathon training is the friendships that can be forged over the miles).

Easy running reduces the impact on your body and staves off fatigue, enabling you to log more miles with less risk of injury. What's more, it actually prepares you better for the distance. When you run a marathon, most of your body's fuel comes from your aerobic system – your hardworking muscles





# A PLAN FOR THE MODERN MARATHONER

This 16-week training plan is designed for the average RW reader, who runs 20 weekly miles over four days of running. It features two easy runs, one quality run and one long, slow distance run each week. The goal? For you to arrive at the starting line feeling ready to go.

## BART YASSO



### ON YASSOS

'Working up to 10 is the key; that's where a lot of people go wrong. They do a couple of them and think, "Oh, I can expect to run this time," and that's not really true.' (Bart Yasso is the creator of Yasso 800 workouts)

## AMBY BURFOOT



### ON THE LONG RUN

'If you're going to run a marathon, you've got to do training runs that last several hours.'

	MON	TUES	WED	THU	FRI	SAT	SUN	TOTAL
WEEK 1		4		4 hills		4	8	20
WEEK 2		5		4 hills		4	10	23
WEEK 3		4		5 hills		4	12	25
WEEK 4 CUT-BACK		6		4 x 60-sec hill reps		4	8	23
WEEK 5		5		6 x 60-sec hill reps		5	12	28
WEEK 6		6		8 x 60-sec hill reps		4	14	32
WEEK 7		5		Speed: 10 x 400m		5	16	32
WEEK 8 CUT-BACK		6		Yassos: 6 x 800m		4	12	29
WEEK 9		6		Mile repeats: 3 x 1 mile		5	16	34
WEEK 10		6		Speed: 12 x 400m		5	18	36
WEEK 11		5		Yassos: 8 x 800m		5	20	38
WEEK 12 CUT-BACK		6		Mile repeats: 4 x 1 mile		6	16 or tune-up race	36
WEEK 13		6		Yassos: 10 x 800m		5	20	40
WEEK 14 TAPER		6		Mile repeats: 3 x 1 mile		5	14	32
WEEK 15 TAPER		5		Speed: 10 x 400m		4	10	25
WEEK 16 RACE WEEK		5		Speed: 6 x 400m		3	RACE	

## GREG MCMILLAN



### ON EARLY HILL TRAINING

'Hills are great early in the training plan because they're building strength in the legs, plus you're building your aerobic capacity.'

### ON SPEEDWORK

'Any training session that makes you breathe hard is good – you have to challenge yourself to keep going.'

### ON A LATE TUNE-UP RACE

'You can practise your fuelling, you can wear what you're going to wear, you can get used to all of the stuff that happens when you go to a race.'

## JENNY HADFIELD



### ON CUT-BACK WEEKS

'Cut-back weeks in marathon training are mini breaks – for recovery and restoration – just like the sleep cycle in your day.'

### ON KEEPING INTENSITY IN THE TAPER

'If you're doing speedwork as part of your training schedule, then leave it in – just do less of it.'

## KEY

**HILLS** Run easy on a hillier route.

**HILL REPEATS** Run up a moderate hill at 5K effort; walk down. Add a two-mile warm-up and cool-down.

**SPEED** Run the repeats at 5K pace, with 200m jogging recoveries. Add a one-mile warm-up and cool-down.

**YASSOS** Run the 800m repeats at about 10K pace, with 400m jogging recoveries. Add a one-mile

warm-up and cool-down. The time you hit for 10 roughly predicts your 26.2 time. (If you run each of the 10 800m repeats in 4 mins, 30 secs, you're on target to do 26.2 miles in about 4:30). **MILE REPEATS** Run repeats at a comfortably hard pace, with 800m jogging recoveries. Add a one-mile warm-up and cool-down. **TUNE-UP RACE** Race at your expected marathon pace. Jog pre-and post-race to hit 16 miles.

## YOUR FIRST DAY

► **MANCHESTER**  
Race day April 2  
Start training December 12  
► **BRIGHTON**  
Race day April 9  
Start training December 19  
► **LONDON**  
Race day April 23

Start training December 26  
► **EDINBURGH**  
Race day May 28  
Start training January 30  
► **LIVERPOOL**  
Race day May 28  
Start training January 30





## PLAN(S) B

Run more – or less – than the average RW reader? Check out these marathon-training alternatives that have stood the test of time



### RUN/WALK

#### RW DEBUT

April 1998

**BEST FOR** True beginners, older or injury-prone runners, or anyone who's hit the wall and wants to feel better in the last six miles of the marathon

Jeff Galloway pioneered this method, in which you take predetermined walk breaks at regular intervals throughout your run. The ratio depends on your pace (a 10-minute miler would run for 90 seconds, then walk 30 seconds). You'll not only reduce your injury risk but you can also actually improve your marathon time, he says. **LEARN MORE** *The Run-Walk-Run Method*, by Jeff Galloway (Meyer & Meyer); [jeffgalloway.com](http://jeffgalloway.com)



### RUN LESS, RUN FASTER

#### RW DEBUT

August 2005

**BEST FOR** Triathletes and time-poor or injury-prone runners

After setting up the Furman Institute of Running and Scientific Training (FIRST), scientists at Furman University in South Carolina, US, pared marathon training down to three runs per week: an interval workout, a tempo run and a long run. Their plans also require two days of cross-training per week to boost fitness. **LEARN MORE** *Run Less, Run Faster*, by Bill Pierce, Scott Murr and Ray Moss (Rodale); [furman.edu/sites](http://furman.edu/sites)



### HANSON'S MARATHON METHOD

#### RW DEBUT

January 2011

**BEST FOR** Experienced runners willing to work hard

Brothers Keith and Kevin Hanson (who coach US Olympic marathoner Desi Linden; she finished seventh in the Rio Games, in 2:26:06) build tough plans designed to elicit 'cumulative fatigue', weariness that trains you to run well on tired legs. **LEARN MORE** *Hansons Marathon Method*, by Luke Humphrey, with Keith Hanson and Kevin Hanson (Velopress); [hansoncoaching.com](http://hansoncoaching.com)

comes to fuelling each run, you can power through short efforts on water alone. For runs lasting 60 minutes or longer, supplement with 30-60g of carbs per hour from sports drinks, gels, or everyday foods such as pretzels or jellybeans, says Hadfield. Afterwards, refuel with a healthy snack or meal containing protein and carbs – for instance, a turkey and avocado wrap, or chocolate milk – to jump-start muscle repair and tamp down the 'runker' that might otherwise strike with a vengeance. And whatever you do, practise your night-before, morning-of and mid-race fuelling plans on every long run. Make notes in your training log about what works and what leaves you feeling bloated, nauseous or lacking in energy so you'll know exactly how to make your body happy on race day.

#### 4/ SIT LESS

Time and again, we've heard that 'sitting is the new smoking', raising the risk for obesity, heart disease and early death. And if that's not enough to scare you into standing, runners face additional damaging consequences from staying seated. 'Sitting puts your hips in the absolute worst position for what you want to do when you're running,' says McMillan. Your hip flexors tighten and your hamstrings shorten, clipping the backward extension of your leg that makes for a healthy stride. Plus, your shoulders tend to hunch over,

triggering back pain and constricting your breathing, says Hadfield.

Standing desks can help, but a recent research review in *Medicine & Science in Sports & Exercise* suggests working upright alone can't counteract all the damage sitting causes to physically active people. Take at least one break an hour to get up and walk around your building or even head outside for a few minutes. And if you have the space and the privacy, do a few office-friendly moves to bring your body back to equilibrium. Hadfield suggests walking or lunging backwards to open your hips, or dropping down to all fours to do cat-and-cow stretches, which will ease strain on your back.

#### 5/ SLEEP WELL

So many good things happen when runners turn out the lights at night: your muscles repair themselves, your hunger hormones reset, your brain makes new motor connections and you awake restored, refreshed and ready to run again. In one study, the number of hours of sleep per night was found to be the number-one predictor of sports injuries in teenage athletes, and experts suspect that similar findings apply to grown-ups. The *American Academy of Sleep Medicine* advises healthy adults to get at least seven hours of sleep per night, and while every athlete differs, most runners need even more sleep as their mileage increases, notes McMillan.

**STANDING COUNTS**  
Stay on your feet as much as you can





# IT'S STILL 26.2 MILES

But almost everything else about the modern marathon has evolved since 1980

## FINISHERS (UK)

THEN

1,145

NOW

118,056

## TIMING



THEN  
Gun-time only

NOW  
Chip time

## MEDIAN AGE (UK)

THEN

34



NOW

31

40



36

## SWAG



THEN  
Cotton race  
T-shirt

NOW  
High-tech shirt  
(plus numerous  
other goodies)

## GENDER

THEN



96%  
4%

NOW



66%  
34%

## TRAINING



THEN  
Training plans  
available only in  
magazines/books



NOW  
Training plans on  
apps and sites (like  
runnersworld.co.uk)

## NUTRITION



THEN  
Water



NOW  
Oceans of pre-, mid-  
and post-run fuel  
available

## MASTERS

THEN

26%

NOW

44%

## PHOTOS



THEN  
Few race-day  
photos

NOW  
Official on-course  
photographers and  
midrace selfies

## AWARDS



THEN  
Trophies for the  
winners (maybe)

NOW  
Medal for  
every finisher

## RACE STARTS



THEN  
Runners seeded  
themselves (and  
tended to be honest  
about their speed)

NOW  
Runners assigned to  
corrals and waves  
according to  
verified paces

## FINISHERS

THEN

3:32:17

4:19:27



NOW

4:03:39

4:44:19

SOURCES Running USA, UK Athletics, ARRS, Amby Burfoot, Jenny Hadfield, Tish Hamilton, Greg McMillan, Bart Yasso





It's OK to miss a few runs – especially if you're sick, tired or stressed. 'I always tell athletes in training – as soon as you *can* go to bed, you *should* to go to bed,' McMillan says – no ifs, buts, or more scrolling through Netflix about it. To make sure you fall asleep quickly and sleep soundly, try to avoid all screens for at least an hour before you hit the hay.

## 6/ CHOOSE THE RIGHT SHOES

Minimalist, maximalist, zero-drop, stability – today's runner practically needs a specialised glossary to understand the types of footwear available, let alone select the perfect pair. Experienced friends, a coach or trained running-shop staff can help point you in the right direction. But the best way to find the right shoe for you is to try and try again, says Bart Yasso, chief running officer at *Runner's World* US.

Head to a running-shoe shop late in the day (your feet tend to swell as the day goes on) and test several different brands and models. Put them on side by side for comparison, looking for a pair that allows adequate room for your toes, supports your arch in the right place, doesn't slide off your heel and seems to move with your foot rather than pushing it in a different direction, says Hamilton. Consider rotating several different pairs (this can reduce injury), and replace them every 300-500 miles – sooner if you feel new aches and pains.

**TAKE CARE**  
Some runs really take a toll. Make sure you recover properly

## 7/ BE FLEXIBLE

A sensible plan such as the one on page 84 (or those found at [runnersworld.co.uk/training](http://runnersworld.co.uk/training)) serves as a solid guide for your preparation. But don't stress if you miss a few days. 'If you do 85 per cent of the training, you will achieve 95 per cent of the results,' says RW writer-at-large Amby Burfoot. 'Everybody misses runs; just try to do most of them.'

In fact, sometimes extra rest days will actually increase your chances of getting to the starting line strong and healthy. Whether it's due to a crazy day at work, illness or pain that gets worse as you run, the smart runner is going to take a few days off over the course of 16 weeks, if they're training intelligently, says Burfoot. On the flip side, those who stay slaves to the training schedule and push through the miles even when they're short on sleep, frazzled or injured put their race in peril.

## 8/ SET SMART GOALS

If you've run races of other distances, you can plug your times into an online calculator to get an idea of where you might finish. But Galloway says runners

hung up on the numbers are prone to train at a level that's harder than their bodies can handle – even if they avoid injury, they tend to have a lot less fun. 'I tell people, this experience is going to be one you'll remember for the rest of your life,' he says. 'If you want it to be one of those really great experiences, don't have a time goal.'

In fact, the wide range of motivations and goals just might be the biggest difference between marathoners of today and those early trailblazers. 'Forty years ago we all ran because we wanted to break three hours and set a personal best; it was pretty much a selfish endeavour. Now, there are manifold reasons for training for and running a marathon,' says Burfoot. You can aim to raise money for a charity, collect medals, check off an item on your bucket list or live a long, healthy life. Setting non-time goals can provoke psychological changes that are as profound as the physiological responses to running, if not more so. The new definition of winning? 'Find your reason for running, or your many reasons, and embrace them,' says Burfoot.

## RW'S FIRST MARATHON TRAINING PLAN

A 'sensible' plan from 1979 would be too much for today's runner

To mark its 50th anniversary, *Runner's World* US looked back through the archives to find the first marathon-training plan RW ever published. It was in the March 1979 issue: *A Sensible Schedule for Running Marathons*.

The 12-week plan involved running for time at least six days a week. It began by alternating 25- and 50-minute runs, and a 1:10 long run, in week 1, and peaked two weeks before the race with three 40-minute runs, two 1:30 runs and a 2:30 long run.

The kicker? We said, 'Training pace should be similar to your marathon – but easier, naturally, because you aren't running as far.' That's fine if you're aiming to complete a marathon by maintaining a comfortable pace, but 'just finish' was an uncommon goal in that competitive era. We now know that always running at the same, challenging pace is a recipe for boredom and stagnation at best, and exhaustion and injury at worst. Oops. **RW**



# WHAT'S LEFT?

Repurpose your Christmas leftovers into delicious, runner-friendly fare

**LEFTOVERS** Turkey and cranberry sauce

## TURN THEM INTO Turkey salad with cranberry vinaigrette

Cranberries provide a hit of proanthocyanidin antioxidants that protect your cardiovascular system by reducing artery stiffness, cholesterol levels and inflammation.

*Makes 4 servings*

- ▶ 140g cranberry sauce
- ▶ 3 tbsp extra virgin olive oil
- ▶ 1 tbsp cider vinegar
- ▶ 2 tsp Dijon mustard
- ▶ 1 tsp fresh thyme
- ▶ 1 clove garlic, mashed
- ▶ ¼ tsp salt
- ▶ ¼ tsp black pepper
- ▶ 120g baby kale
- ▶ 2 medium carrots, peeled and shredded
- ▶ 2 medium parsnips, peeled and shredded
- ▶ 280g diced cooked turkey
- ▶ 2 pears, thinly sliced
- ▶ 120g soft goat's cheese, crumbled
- ▶ Handful of pecan nuts, chopped

Whisk together the cranberry sauce, olive oil, cider vinegar, mustard, thyme, garlic, salt and pepper. In a large bowl, toss the kale, carrots, parsnips and turkey with enough dressing to coat the greens. Divide among four plates and top with the pears, goat's cheese and pecans. Drizzle the remaining dressing over the salad.

**LEFTOVERS** Soft, creamy cheese and dried fruit

## TURN THEM INTO Fig and Brie grilled cheese melt

Softer cheeses, such as Brie, melt beautifully when grilled, while dried figs provide fibre, vitamin K and bone-building calcium. Add some turkey (there should be some around somewhere) for a decent dose of selenium, which may help raise your mood.

*Makes 4 servings*

- ▶ 110g dried figs, stems removed
- ▶ 180ml unsweetened apple juice (not from concentrate)
- ▶ 1 tsp dried thyme
- ▶ Pinch of salt
- ▶ 8 slices wholegrain bread
- ▶ 120g Brie, rind removed
- ▶ 250g shredded turkey
- ▶ Handful of baby spinach
- ▶ 2 tbsp unsalted butter

Place figs, apple juice, thyme and salt in a saucepan. Bring to a boil, reduce heat and simmer for 20 minutes. Remove from heat and leave to cool for 15 minutes. Blend this mixture into a chunky paste. Spread fig paste on each slice of bread. Divide the cheese, turkey and spinach among four slices of the bread and then top with the remaining slices.

Heat ½ tbsp of butter in a pan over a medium heat. Cook the sandwich until the cheese has melted and the bread is golden brown (about three minutes per side). Repeat with the remaining butter and sandwiches.

*The dark meat in turkey contains more zinc and iron than the white, and only an extra couple of grams of fat.*



**LEFTOVERS** Ham and sprouts

### TURN THEM INTO Anytime frittata

Ham's protein boosts recovery.  
Makes 6 servings

- ▶ 6 large eggs
- ▶ 2 large egg whites
- ▶ 80ml semi-skimmed milk
- ▶ 50g grated Parmesan
- ▶ 2 tsp fresh thyme
- ▶ ¼ tsp black pepper
- ▶ ½ tsp paprika (optional)
- ▶ 1 tbsp rapeseed oil
- ▶ 200g Brussels sprouts, sliced
- ▶ 150g sliced mushrooms
- ▶ 2 shallots, chopped
- ▶ 2 cloves garlic, minced
- ▶ 200g diced cooked ham

Heat oven to 200C. Whisk the eggs, whites and milk. In a bowl, mix the cheese, thyme, pepper and paprika (if using). Heat oil in a 24cm ovenproof pan. Add the sprouts, mushrooms, shallots and garlic, and cook until the veggies are tender. Stir in the ham and pour egg mixture into the pan. Cook for three minutes (do not stir). Transfer the pan to the oven and bake until the egg is cooked.

**LEFTOVERS** Butternut squash

### TURN IT INTO Pasta with squash and coconut sauce

Butternut squash contains heart-friendly fibre.  
Makes 6 servings

- ▶ 900g cooked butternut squash
- ▶ 250ml light coconut milk
- ▶ 2 tsp curry powder
- ▶ 2 tsp chopped ginger
- ▶ ¾ tsp salt
- ▶ ¼ tsp chilli powder
- ▶ 250g fusilli pasta
- ▶ 2 tsp rapeseed oil
- ▶ 1 small onion, chopped
- ▶ 300g frozen peas

- ▶ 2 cloves garlic, chopped
- ▶ Handful of dry-roasted, salted cashews, chopped
- ▶ Handful of coriander, chopped
- ▶ Ground black pepper
- ▶ 1 lime, cut into 6 wedges

Blend the first six ingredients until smooth. Cook the pasta, reserving 150ml of cooking water. Heat oil and cook the onion until softened. Stir in peas and garlic. Add sauce and simmer. Stir in pasta, cashews and cooking water. Serve with coriander, pepper and lime.

**LEFTOVERS** Sweet potatoes and apples

### TURN THEM INTO Yummy waffles

The vitamin A in sweet potatoes supports your immune system.  
Makes about 10 waffles

- ▶ 180g oat flour
- ▶ 2 tsp baking powder
- ▶ 1½ tsp + ¼ tsp cinnamon
- ▶ ¾ tsp baking soda
- ▶ Pinch of salt
- ▶ 300ml semi-skimmed milk
- ▶ 120g plain yoghurt
- ▶ 200g mashed sweet potato
- ▶ 80g apple sauce
- ▶ 2 large eggs
- ▶ 1 tsp vanilla extract
- ▶ 1 tbsp unsalted butter
- ▶ 2 large apples, cored and sliced
- ▶ 80g maple syrup

Stir together the oat flour, baking powder, 1½ tsp cinnamon, baking soda and salt. In a bowl, whisk milk, yoghurt, sweet potato, apple sauce, eggs and vanilla. Add the wet ingredients to the dry and mix. Pour batter into greased waffle iron and cook until set; repeat until you have 10 waffles. Melt butter in a saucepan. Add apples, syrup and ¼ tsp cinnamon. Cook until apples are tender. Serve the apples on top of the waffles.

Prepare and chill the batter a day in advance. Let it sit at room temperature for 30 minutes before using.



# ADD A NEW DIMENSION TO YOUR TRAINING

Complement your workout with the new range of home-training kit from *Men's Health* and *Women's Health*



## 1 FOAM ROLLER

**£16.99**

Using this textured foam roller from *Women's Health* post-run will aid the recovery process and promotes stabilisation, core strength and balance.

**Product Code 497/0521**

## 2

## SKIPPING ROPE

**£9.99**

Improve your coordination, agility and overall fitness with this *Women's Health* weighted rope.

**Product Code 461/7695**



## 5

## BANDS

**£32.99**

Whatever your fitness level, these *Men's Health* bands are perfect for stretching and increasing muscle mass. They provide resistance for upper and lower body exercises.

**Product Code 205/9066**



## 6

## KETTLEBELLS

**FROM £22.99**

Every home gym needs a quality set of kettlebells. These from *Men's Health* will help strengthen and tone a variety of muscles.

**Product Code 322/4931**



## 4

## SUSPENSION TRAINER

**£31.99**

This *Men's Health* suspension trainer is an essential piece of kit for strengthening and toning the body using only your bodyweight.

**Product Code 230/1972**



## 3 YOGA MAT

**£19.99**

This lightweight, double-sided, non-slip mat from *Women's Health* is perfect for stretching at home or taking to a yoga class.

**Product Code 455/7308**

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# COOL, CALM, CORRECTED

This postrun cool-down routine will give your tired muscles a healing boost

**I**f you come to a screeching halt after running hard, waste products and even your body's own healing nutrients and chemicals can pool in your legs, creating inflammation that harms rather than heals. To avoid that, running coach Robyn LaLonde developed this cool-down routine. It reduces swelling, calms your nervous system and sends blood to carry nutrients to – and toxins from – fatigued muscles and joints. If more than 30 minutes have passed since your run, start with five to 10 minutes of brisk walking to bring your heart rate back up and reopen constricted vessels.

## STABILITY BALL TWIST

Lie down, arms at your sides. Raise your legs straight and place a stability ball between your ankles. With your lower back pressed into the floor, rotate your legs and the ball to the right until your left foot is in front of your right foot. Pause for a second, then rotate the other way. **Do this for one minute.**

*If you don't have an exercise ball, mimic the same motion with scissor kicks.*



## LEG SWINGS

Stand with your hands on your hips. Engage your core slightly, gently flex your right foot, and swing your right leg front to back. Keep your upper body still and your eyes forward. **Do 25 swings on each leg.**



## TORSO STRETCH

Stand facing the back of a chair, with your hands on top. Step back to extend your arms and extend your spine. With your head relaxed and legs straight, lower your spine until your torso is parallel to the floor. **Hold for one minute, breathing slowly: inhale for three secs through your nose; exhale for three through your mouth.**



## CHILD'S POSE

Kneel on the floor, tops of your feet down and knees hip-width or wider – the further apart, the deeper the hip stretch. Stretch your arms straight out in front of you, palms down, and place your forehead on the floor (or as low as you can go). **Hold for one to two minutes.**



## LEGS UP THE WALL

Lie with your bum against a wall, legs perpendicular to the floor. Keep the back of each leg in contact with the wall; if your hamstrings feel tight, bend your knees a little. Open your arms to the sides, palms up, and hold for five to 15 mins.

**For an added hip/groin stretch, bend your knees out and bring the soles of your feet together.**





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**To be in with a chance of winning, simply complete our survey at [RUNNERSWORLD.CO.UK/SURVEY](http://RUNNERSWORLD.CO.UK/SURVEY)**



**TERMS & CONDITIONS** No purchase necessary. The closing date for the draw is midnight on December 31, 2016. Only one entry will be accepted per person. The draw is not open to employees of Hearst Magazines UK, their agents or direct family members. The competition is open to UK residents only – overseas entrants are not eligible. The data you submit will be collected internally and used on an anonymised basis for internal marketing purposes. The prizewinner will be selected at random and notified within 28 days of the prize draw date. Only the winner will be contacted personally. The name of the winner is available by sending a SAE to Runner's World Sports Marketing Survey, 72 Broadwick Street, London W1F 9EP. All aspects of the prize are subject to availability and may not be transferred or extended. The winner must be 17 years old or above. Prize must be taken as stated, although Hearst Magazines UK reserves the right to change the prize in the event of unforeseen circumstances. Hearst Magazines UK does not accept any responsibility for late or lost entries. Hearst Magazines UK's decision is final in every situation including any not covered above. Hearst Magazines UK will enter into no correspondence and shall be permitted to exclude any entrant at any time at its sole discretion. Entrants will be deemed to have accepted these rules and to agree to be bound by them. You can view our privacy policy at [www.hearst.co.uk/dp](http://www.hearst.co.uk/dp). Hearst Magazines UK is the trading name of The National Magazine Company Ltd with its head office at 72 Broadwick Street, London



# RUNNER'S<sup>®</sup> WORLD

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# GEAR

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# OF THE

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# YEAR

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# 2016

So here it is, our roundup of the best gear and gadgets from the last 12 months, plus RW staff pick the items they now can't run without





1



### Fervour Faith Ultraviolet

£50, [fervour.com](http://fervour.com)

▲ A small brand run by a husband and wife, Fervour offers a range of apparel with art deco designs. The tops are also half the weight of the average running tee (the one above weighs 74g) and the print won't fade with repeated washing.



2

### 2XU Pace 2-in-1 Compression Short

£50, [2xu.co.uk](http://2xu.co.uk)

▲ These longer-leg shorts (they come down to around an inch above the knee) feature one of the comfiest inner leggings we've ever tested. They're also compressive to provide muscle support around your upper legs and glutes.

3



### Falke Longsleeve Fitness Shirt

£55, [falke.com](http://falke.com)

▲ We loved the multifunctional aspect of this top, with our testers finding it equally useful for running, the gym, yoga or just meeting friends for coffee, thanks to its stylish but practical design.

### Brooks Hyperion

£90, [brooksrunning.co.uk](http://brooksrunning.co.uk)

▲ It's risky replacing a much-loved favourite but this new model from Brooks is a worthy successor to the T7 Racer performance shoe. It's quick, flexible, responsive and close-fitting.

5



4



### Nike LunarEpic

£150, [nike.com/uk](http://nike.com/uk)

▲ It took 35 designers 18 months to come up with this shoe. It features an ankle collar that locks the heel in place, and there's no outsole – the midsole has been extended and it contains underfoot cushioning pods that absorb impact and promote energy return.

6



### Arc'teryx Norvan SL Hoodie

£240, [arcteryx.com](http://arcteryx.com)

▲ With its new Gore-Tex material this jacket weighs a remarkably light 200g, but despite the lack of heft it's waterproof, windproof, breathable, ventilated and rip-resistant.





### Mission Enduracool

£18.45, [swiminn.com](http://swiminn.com)

▲ This rather clever little piece of kit releases a cooling sensation when wet. Simply soak it before you begin running, wring it out and it'll keep your noggin cool for up to two hours in hot weather. It's the simple things...



### 2Undr Gearshift

£22.99, [2undr.eu](http://2undr.eu)

▲ Not all men's sports undies are created equal – these are near the top of the pile. They contain a fast-drying anti-odour weave, a 'joey pouch' to keep your bits secure and a feature called a 'no drip tip', whose function we'll leave you to work out.



### ON Running Cloudflyer

£130, [on-running.com](http://on-running.com)

▲ If you're a heavier runner looking for bounce and mild pronation control, then try this shoe. The cushioning pods provide more support, while the upper is thicker and less stretchy on the medial (inner) side to combat overpronation.



10

### The North Face Base Camp Duffel Bag

£105, [thenorthface.co.uk](http://thenorthface.co.uk)

▲ The North Face duffel bags have become extremely popular with fitness and outdoor enthusiasts; this one is rugged, water-resistant, roomy (69L), wipe-clean, can convert to a backpack and has plenty of storage compartments.



### Monster Roc Sport Freedom Headphones

£199.95, [johnlewis.com](http://johnlewis.com)

▲ These Cristiano Ronaldo-endorsed earphones look brash, like the man himself, but they're ideal for training. They're light, sweatproof, stay in place nicely and the Bluetooth means you can take calls and play music without wires.



12

### CEP Ankle Support Socks

£50, [cepsports.co.uk/shop](http://cepsports.co.uk/shop)

▶ The padded compressive support sections are a godsend for those with weak ankles. They also promote blood flow to help recovery and minimise lower-leg stiffness after training.



13

### Garmin Forerunner 235

£279.99, [garmin.com](http://garmin.com)

▶ Masses of high-end functionality crammed into a mid-priced device. The usual metrics are present and correct, and we also liked features such as the wrist-based HRM, a 'finish-time estimator' and a VO<sub>2</sub>-max test.

14

### Columbia Midweight Stretch Half Zip

£50, [columbiasportswear.co.uk](http://columbiasportswear.co.uk)

▶ We tested this top while 3,000m up Mont Blanc and the metallic dots on the inside that reflect body heat helped keep us warm even in conditions a mountain goat would flinch at. It was remarkably comfortable, too.



15



### Olverum Bath Oil

£23.50 for 125ml, [houseoffraser.co.uk](http://houseoffraser.co.uk)

▶ A blend of essential oils (including lavender and pine) to give a bath-time experience that will make the aches of a long run recede quickly. Use it to relax your mind, boost circulation, revive tired muscles and help you sleep.



16

### Riemann P20 Once A Day (SPF20)

£24.99 for 150ml, [boots.com](http://boots.com)

▶ This should be one of the first things in your bag when you're packing for a destination race or going for a run in the summer. Spray it on in the morning and you won't need it again that day.





## Tiger Tail Tiger Ball

£24.99, [wigggle.co.uk](http://wigggle.co.uk)

▲ This ball on a rope is perfect for working on a tight back after a long run. Simply position it between your back and a convenient wall, readjust using the rope and push against the tight spots. You may wince, but it works.



## Telic Recovery Flip Flops

£35, [newheights.co.uk](http://newheights.co.uk)

▲ On any given day at least one member of team RW is gliding around the office in a pair of these after a lunchtime run, revelling in the deep heel cup, arch support and wondrously soft and bouncy feel. Utter bliss.

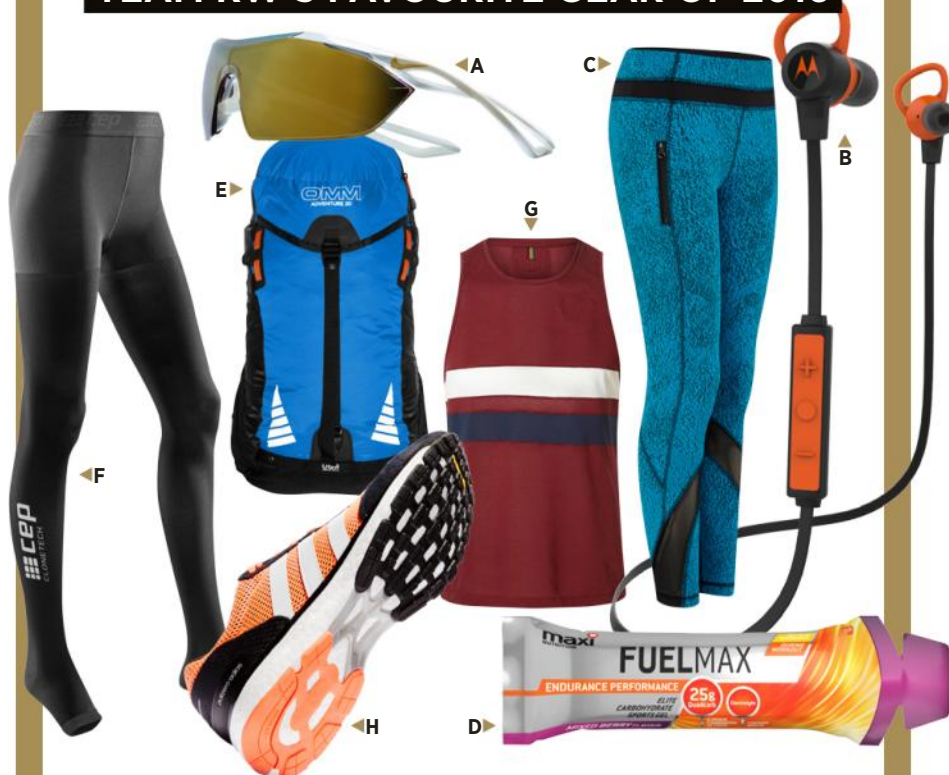


## Adidas Ultra Boost 2

£130, [adidas.co.uk](http://adidas.co.uk)

▲ This won Editor's Choice in our Shoe Buyer's Guide back in April. If you're a fan of the first version you'll like this improved model – it's grippier, lighter, faster and more responsive.

## TEAM RW'S FAVOURITE GEAR OF 2016



### A/ KERRY MCCARTHY

Commissioning editor  
*Nike Vaporwing Elite Sunglasses*  
£215.99, [rxsport.co.uk](http://rxsport.co.uk)

The first sunnies I've not had to touch once during a marathon. They're light, anti-fog and offer total coverage and brilliant clarity.

### B/ ANDY DIXON

Editor  
*Motorola VerveLoop+ Wireless earbuds*  
£59.99, [verve.life/uk](http://verve.life/uk)

These marked an end to my long search for Bluetooth earphones that fit comfortably, stay in the ear and have great sound quality.

### C/ GEORGIA SCARR

Deputy digital editor  
*Lululemon Inspire Tight II*  
£98, [lululemon.co.uk](http://lululemon.co.uk)

I love these tights for cold-weather running; they're strong on edgy style but they also do a great job when winter turns cruel.

### D/ KATHERINE KENDALL

Brand director  
*MaxiNutrition FuelMax Endurance Gel*  
£1.49, [boots.com](http://boots.com)

The mixed berry flavour has become my favourite gel. It has an easy-to-tear seal, smooth consistency and a pleasant taste.

### E/ JOHN CARROLL

Chief sub editor  
*OMM Adventure Light 20*  
£54, [wigggle.co.uk](http://wigggle.co.uk)

Light, small (but you can pack in a fair bit), comfortable and waterproof, this made my run-commutes almost enjoyable. Almost.

### F/ SAM MURPHY

Section editor  
*CEP Clonetech Recovery Tights*  
£159.99 [cepsports.co.uk](http://cepsports.co.uk)

Superb made-to-order recovery tights. With 41 different measurements taken, they will feel like a second skin.

### G/ BEN HOBSON

Digital editor  
*Iffley Road Lancaster running vest*  
£50, [iffleyroad.com](http://iffleyroad.com)

Classic styling and cut meet modern fabrics, and the result is an incredibly comfortable and good-looking vest. Look fast, run fast!

### H/ JOE MACKIE

Deputy editor  
*Adidas Adizero Adios 3*  
£110 [adidas.co.uk](http://adidas.co.uk)

A light, stripped-down speedster that also offers cushioning, comfort and bags of energy return via the Boost midsole.



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### Garmin Forerunner 35

£169.99, [buy.garmin.com](http://buy.garmin.com)

The latest Forerunner offers GPS, activity tracking, smartphone notifications, wrist-based heart rate and much more. Brilliant value.



### Enertor Insoles

£39.99, [superdrug.com](http://superdrug.com)

Top-of-the-range insoles that help increase shock absorption and, say the makers, provide energy return with each step. The fairly successful Usain Bolt has been known to wear them.



### Tiger Tail Curve Ball

£24.99, [wiggles.co.uk](http://wiggles.co.uk)

This is a domed massage tool made from high-density foam. Put it on a chair, the floor or against a wall, apply deep pressure and relieve those knots that develop in awkward places.



### Milestone Pod

£20 + shipping, [milestonepod.com](http://milestonepod.com)

This is a no-nonsense, no-button tracking device that attaches to your shoe, from where it sends information such as training data and gait analysis to an app.



### Well-Earned Soak

£20, [clean-beauty-co.myshopify.com](http://clean-beauty-co.myshopify.com)

Relax after a testing run with this bath soak containing lavender to ease aching joints, Epsom salts for sore muscles and essential oils to soothe tired minds.



### Ted Baker Clipper Holdall

£150, [caseluggage.com](http://caseluggage.com)

A 25L gym holdall that you wouldn't be embarrassed to take to business meetings. It has a durable outer with leather-style trim, and an interior zip pocket.



### Race Day Care Kit

£49.99 [secret-training.com](http://secret-training.com)

A nine-piece ensemble to keep in your kit bag. It features an anti-chafing cream, muscle rub, pins in a tin, sun screen, a body cloth, dry wash, lip balm, hand sanitiser and hygiene wipes.



### Tile Mate

£23, [johnlewis.com](http://johnlewis.com)

A tiny Bluetooth tracker that attaches to your keys, wallet, phone or anything else so you can locate any items that you lose on the run via an app on your phone.



### TRX Rip Trainer

£135, [trxtraining.co.uk](http://trxtraining.co.uk)

Use this nifty and gratifyingly sturdy bit of kit to cross-train in the comfort of your home (or take it to the park) to develop your core strength, muscular endurance and flexibility.



### Runderwear Merino Briefs

£25, [runderwear.co.uk](http://runderwear.co.uk)

Seamless, chafe-free rundies for men and women made with incredibly soft, temperature-regulating merino wool. They are blissfully comfortable.



### Inner Me Soothe Me Magnesium Drink

£12 for 240g, [innerme.co.uk](http://innerme.co.uk)

Have a warm cup of this tasty, muscle-relaxing drink (in berry or lemon flavour) post-training or before bed to give your recovery a big boost.



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### **1/ DINGLE MARATHON**

- ▶ **Where** Dingle, Ireland
- ▶ **When** September 17, 2017
- ▶ **Distances** Marathon, half marathon

This is a race that will take your breath away – twice. More than 400 marathoners and 1,600 half marathoners head west from the town of Dingle, largely following the coast road to the village of Dunquin, with captivating views at every turn. Half-marathoners finish here and take a free bus back to await the marathoners, who continue to loop around the peninsula and return to where they started. [dinglemarathon.ie](http://dinglemarathon.ie)







SCOT FAVOURITE  
To Edinburgh –  
and beyond

## 2/ BLACKPOOL MARATHON

- **Where** Blackpool
- **When** April 23, 2017
- **Distances** Marathon, half marathon, 10K

The Blackpool Marathon, half marathon and 10K all take runners up and down the promenade; the marathon and half start at the same point at 9am; the 10K goes 15 minutes later. Marathoners looping the promenade may feel a hint of déjà vu, but it's a route with plenty to look at, including Blackpool's iconic tower and piers. PB chasers take note: the course is flat and fast. [fyldecoastrunners.com](http://fyldecoastrunners.com)

## 3/ BOURNEMOUTH MARATHON

- **Where** Bournemouth
- **When** October 7-8, 2017
- **Distances** Marathon, half marathon, 10K, 5K

Starting at 8am, the half marathon takes in the seafront promenade; the marathon starts two hours later and includes much of the same course, with an extension to Poole Harbour. The largely flat route offers PB potential. If you fancy a prerace race, there's a seafront 10K and 5K on part of the marathon route the day before, beginning at 4pm and 7pm, respectively. There are also Junior 5K, 2km and 1.5km events, as well as a kids' kilometre race. [bournemouthmarathon.com](http://bournemouthmarathon.com)

## 4/ LEICESTER MARATHON

- **Where** Leicester
- **When** October 2017, date TBC
- **Distances** Marathon, half marathon

Leicester has been in the public eye in the last year or so, thanks to the city's football team and Richard III's remains being moved to the Cathedral following a long stay in a car park. Here's your chance to see the newsworthy city. Around 2,500 runners start in Victoria Park, before the marathon and half-marathon routes separate at mile six. The extra distance for marathoners is mainly through Leicestershire countryside; they then rejoin the half-marathon route for the return to the city centre. [leicestermarathon.org.uk](http://leicestermarathon.org.uk)

## 5/ ROCK 'N' ROLL MARATHON

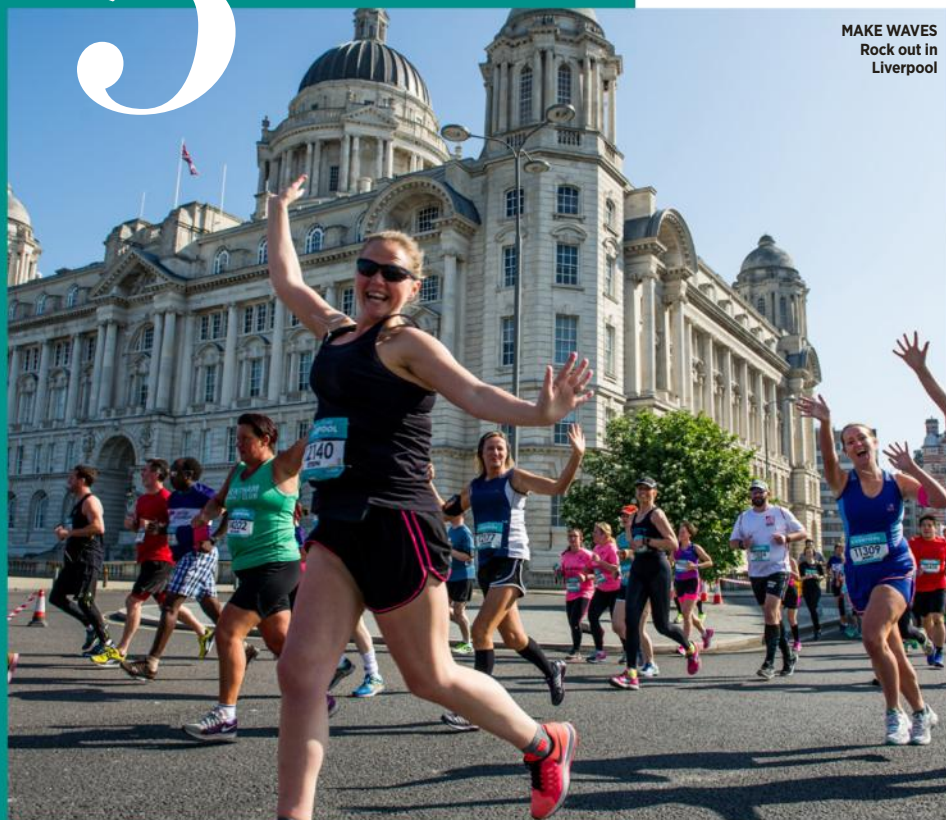
- **When** May 27-28, 2017
- **Where** Liverpool
- **Distances** Marathon, half marathon, 5K, mile fun run

Leave the headphones at home. The Rock 'n' Roll Half Marathon route features 13 music stations – one for each mile – with bands playing sets to spur on runners and whip up the crowd. The marathon route head out towards Anfield and Goodison Park – and yet more music stations – before returning to rejoin the half-marathon course, with a few extra turns. The races start an





## 5



MAKE WAVES  
Rock out in  
Liverpool

ONCE MORE ONTO  
THE BEACH...  
After the  
race, that is



Photography: Dominick Walsh, Ryan Bèthke, Paul J Roberts

hour apart at Albert Dock and finish a few hundred metres away, at the city's Echo Arena. [runrocknroll.com/liverpool](http://runrocknroll.com/liverpool)

## 6/ ROBIN HOOD MARATHON

- **When** September 24, 2017
- **Where** Nottingham
- **Distances** Marathon, half marathon

Around 2,000 runners are expected to pound the streets of Nottingham in the 2017 Robin Hood Marathon, with a whopping 10,000 set to take part in the half. Expect plenty of merry men (and women) crossing the joint finish line at Victoria Embankment by the River Trent, though those running the full marathon should be ready to hear the noise from the finish about three miles before their race ends – there's an out-and-back section to test the spirits. [robinhoodhalfmarathon.co.uk](http://robinhoodhalfmarathon.co.uk)

## 7/ GREAT WELSH MARATHON

- **When** April 2017, date TBC
- **Where** Llanelli
- **Distances** Marathon, half marathon

The people of Llanelli are tough, known for rugby, coalmining and steelworking, so it's hardly surprising that this is one of those events where marathoners outnumber their half counterparts – around 300 take on the full distance, compared with just under 200 in the half. All runners start together and head

along the shore of Loughor estuary, taking in the sights of the south Llanelli coastline. Once the half marathon comes to an end, the full marathoners have to dig deep and run a second lap. [greatwelshmarathon.org](http://greatwelshmarathon.org)

## 8/ EDINBURGH MARATHON FESTIVAL

- **When** May 27-28, 2017
- **Where** Edinburgh
- **Distances** Marathon, half marathon, 10K, 5K

In 1986, Scotland's Liz McColgan, took gold in the 10,000m at the 1986 Edinburgh Commonwealth Games. Marathoners and half marathoners run past Meadowbank Stadium, the scene of her success, as they leave the city and embark on a four-mile stretch along Portobello Promenade. Half marathoners finish near Musselburgh Racecourse; marathoners continue on an out-and-back route before returning to finish in the same place as the half. The 10K and 5K runners get to stay in Edinburgh's centre, charging round Holyrood Park. [edinburghmarathon.com](http://edinburghmarathon.com)

## 9/ WALES MARATHON

- **When** July 9, 2017
- **Where** Tenby
- **Distances** Marathon, half marathon

Marathoners start in the pretty seaside town of Tenby and tackle a couple of steep ascents towards the ruins of Pembroke Castle, birthplace of Henry VII, where half marathoners gather. Two hours after the marathon, the half begins and all runners follow the same course back to Tenby. Time it right and you marathoners can pick up a running buddy from the half – you may need the company for the final miles. [thewalesmarathon.com](http://thewalesmarathon.com)

## 10/ MOURNE WAY MARATHON

- **When** June 10
- **Where** Rostrevor, Co Down
- **Distances** Ultra, marathon, half marathon, 10K

This is fantasy country: CS Lewis, who was born in Belfast, based locations in *The Lion, the Witch and the Wardrobe* on the Mourne Mountains and the *Game of Thrones* crew have filmed here. There is just one route in the Mourne Way and competitors have different start points along it. Marathoners begin in Newcastle, on the east coast, and head uphill before a long descent to the finish in Rostrevor. Half marathoners avoid much of the climb, while 10K runners just have a descent. Of course, there's always the 52-mile ultra... [26extreme.com](http://26extreme.com) 





**Race director Jon Steele guides you on this Yorkshire coast ultra marathon that will kick off your year of running in hardcore style.**

**START** Runners begin in the parish of Fylingdales, which sits above Robin Hood's Bay. You follow part of the old railway line between Scarborough and Whitby. Closed in 1965, it was converted into a cycle/walking path called the Cinder Trail.

**MILE 6** This former train route is an ideal running surface, as it takes you through the North York Moors National Park. But here this section of the trail ends – although you will pick it up again further on – with a flight of wooden steps to descend.

**MILE 7** Over a viaduct spanning the River Esk, you head along a cobbled street in Whitby before scaling the daunting '199 Steps'. These take you to the ruins of Whitby Abbey, which is said to have partly inspired Bram Stoker's novel *Dracula* (A).

**MILE 10** Enjoy the views over the North Sea as you head south along the Cleveland Way, the walkers' route that skirts the clifftop. Look out for the former fog-signal station that warned vessels of the rocky coastline.

**MILE 13** The undulating coastal path will take you past the lighthouse before going back through Robin Hood's Bay (B). This village grew up around the fishing industry but today its quaint charm is a draw for tourists.

**MILE 18** Leaving the trail briefly, you head through Ravenscar, which has been dubbed 'the town that never was'. Grand plans were drawn up in the 19th century to transform the

village into a flourishing seaside resort, but the scheme was scuppered when the developers went bankrupt.

**MILE 21** Here you go through Hayburn Wyke, a beautiful hidden cove. Surrounded by woodland, you will also pass a waterfall that tumbles onto the beach below.

**MILE 26** You're back on the cliffs, with climbs and steps to negotiate as the path hugs the coastline. You will pass the youth hostel at Boggle Hole, a renovated former mill perched above a smuggler's cove.

**FINISH** There's a steep climb to mar the end of the race. Once over the line, you'll be given your medal and T-shirt, and offered refreshments.

#### INSIDE STORY

Jon Steele says: 'When we started this race in 2011 it had a real party atmosphere because we staged it on New Year's Day, and we still do. We found that although lots of people want to celebrate the New Year with drinks and friends, plenty of others enjoy marking it with a tough run. We've tweaked the course over the years – it's now 31 miles. About half the race is on a smooth path, while the rest is on the undulating coastal path, so the route's pretty varied. There are three big climbs and steep steps to tackle, too, especially up to Whitby Abbey. We have very generous cut-off finishing times because we want everyone involved to complete this ultra (or the 15-mile race run at the same time), whether they're fast or not.'

● **Run it** The 2017 race is on January 1. [hardmoors110.org.uk](http://hardmoors110.org.uk)



#### THE RUNDOWN

### Hardmoors 30

Robin Hood's Bay, North Yorkshire (2016 stats)

#### First man

Richard Buckle 3:51:16

#### First woman

Joasia Zakrzewski 4:02:37

#### Starters/finishers

225/213 (95%)



#### Finishing stats

● 3:50-4:30 7%  
● 4:30-5:30 19%  
● 5:30-6:30 31%  
● 6:30-7:30 30%  
● 7:30-8:35 13%







### GREAT EDINBURGH WINTER RUN

**ROAD - TOWN - FLAT**

**When** January 7

**Where** Edinburgh

A fun, flat 5K that's the perfect way to blow away those party-season cobwebs and get your new year off to a good start. You'll take in wonderful views of Holyrood Park, Queen's Drive and Dunsapie Loch as the park route directs you around Arthur's Seat. A popular event for families looking to enjoy a day out in Scotland's capital.

### TOLLYMORE 10K

**OFFROAD - RURAL - HILLY**

**When** January 7

**Where** Co. Down

Tollymore Forest Park, where this race is held, has been used as a location for scenes in *Game of Thrones*, which tells you all you need to know about the gorgeous setting. It offers wondrous views of the Mourne Mountains, which are only a few miles away. The race will take you along a gradually ascending route that is a mixture of asphalt and forest paths.

### NIGHT RACE - WYE VALLEY

**OFFROAD - RURAL - FLAT**

**When** January 19

**Where** Monmouthshire

Leave your watches at home for this one - the organisers say the route is between 'five and six miles', which means no precision timing for you, but there will be a whole lot of fun as you bomb along forest paths and try to keep up with the bobbing head torches ahead of you. A perfect event for those new to night running.

### ROUGH 'N' TUMBLE 10

**OFFROAD - RURAL - HILLY**

**When** January 8

**Where** Wiltshire

One of the best examples of a rural UK race done well. Lovely setting? Check. Glute-burning climbs that make you wonder why the hell you're a runner? Check. Mounds of cake, tea and bonhomie waiting at the end? Big check. The route, through places with evocative names such as Milton Clump and Giant's Grave, is well worth the (considerable) effort.

### ENDURANCELIFE CTS DOVER

**OFFROAD - RURAL - HILLY**

**When** January 14

**Where** Kent

Runners can battle this route over 10K, half-marathon, marathon or ultra distance - the choice is yours. If you've already done one of the Endurancelife events, you'll know what you're letting yourself in for: one of the toughest running/hiking/crawling events you'll experience, but a sense of achievement that will take a long time to fade.

### MAST RACE 10K

**OFFROAD - RURAL - HILLY**

**When** January 29

**Where** Bolton, Gr Manchester

An out-and-back run with a simple format that the Grand Old Duke of York would have loved: run the first 5K up, then do the second 5K back down again. The climb in question is the 456m-high Winter Hill, which has a broadcasting mast at the top and, yes, you're going all the way to the summit. Pick your footwear carefully - this is a mixture of roads and fells.

### DIRT RUN WINTER WARRIOR

**OFFROAD - RURAL - HILLY**

**When** January 15

**Where** Herefordshire

A 10K challenge through the spectacular grounds of the Croft Castle Estate. Runners pass Croft Ambrey, an iron age hill fort with prominent remaining ramparts, as well as gobbling up some breathtaking views of the castle itself. It's bumpy, it's undulating and you'll feel like you've earned your Sunday lunch afterwards.

### BENFLEET 15

**OFFROAD - RURAL - HILLY**

**When** January 15

**Where** Essex

'Multitastic', 'hellish' and 'epic' are just some of the words used to describe this race - and they're all appropriate. It's 15 challenging multi-terrain miles, incorporating sections of the Canvey Island sea wall and the undulating Hadleigh Downs - and there's a sadistically tough uphill finish. For the far less bonkers among you, there's a one-mile fun-run option.



If you're going to put yourself through hell,  
you might as well do it in heaven.

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[lochnessmarathon.com](https://www.lochnessmarathon.com)

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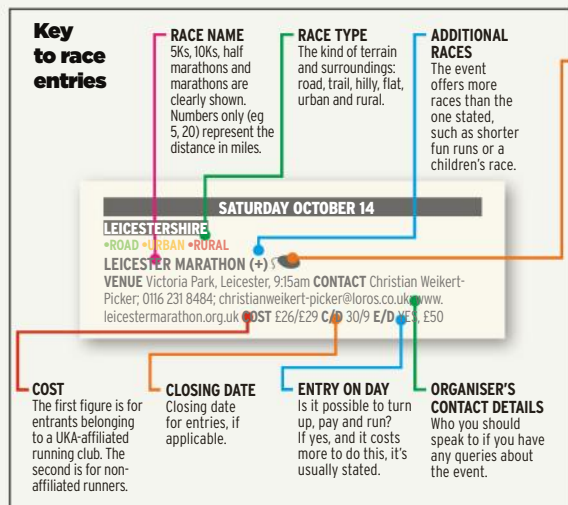
# RACE FINDER

THE BEST UK EVENTS IN JANUARY

## How to use Race Finder

It's pretty easy – just follow the key below. Calendars at the ready!

Race Finder lists UK races that take place during the month stated on the magazine cover, and very often the following month, as well. This issue features races from **Sunday January 1 to Sunday February 19**. Simply look up the day on which you want to race and the events listed by region for that day. The information relating to each event has been provided by the race organisers and may be edited because of space. Find more extensive listings and an interactive search tool at [runnersworld.co.uk/events](http://runnersworld.co.uk/events). Just log on and sign up!



### RW online entry

Signing up for events marked with this 'mouse' flash couldn't be simpler.

- First, go to [runnersworld.co.uk/events](http://runnersworld.co.uk/events) and search for the race you want to enter by name.
  - Click 'Enter Online'.
  - Select the category of race you wish to enter (whether you are affiliated to a running club or non-affiliated).
  - Enter your details and pay online.
  - Then you'll be sent a confirmation email.
- It's as simple as that.

### SUNDAY JANUARY 1

**KENT**  
**TRAIL • RURAL**  
**THE LAMBERHURST NEW YEAR'S DAY 10K (+)**  
 VENUE Lamberhurst Village Hall, (just off the A21), Lamberhurst, 11am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £14/£16 C/D 21/12 E/D YES, £20

**SURREY**  
**TRAIL • RURAL • HILLY**  
**TRIONUM KNACKER CRACKER 10K**  
 VENUE The Old Fort, Top of Box Hill, Box Hill, 11am **CONTACT** Robert McCaffrey; knackercracker@trionum.com; www.trionum.com/knackercracker **COST** £34/£36 C/D 1/9 E/D NO

**WORCESTERSHIRE**  
**TRAIL • RURAL**  
**NEW YEAR'S DAY DIRTRUN AT CROOME**  
 VENUE Croome Park, Worcester, 9:30am **CONTACT** Mark Leyland; 07931 110 298; mark@pulsepursuits.co.uk; www.dirtrun.co.uk **COST** £15 E/D NO

**YORKSHIRE**  
**TRAIL • RURAL**  
**HARDMOORS 30 (+)**  
 VENUE Fylingdales Village Hall, Station Road, Robin Hood's Bay, 9:30am **CONTACT** Jonathan Steele; 01937 830 677; 07909 797 872; info@hardmoors10.org.uk; www.hardmoors10.org.uk **COST** - E/D NO

### MONDAY JANUARY 2

**YORKSHIRE**  
**TRAIL • RURAL**  
**AMBLE'S REVENGE**  
 VENUE Waggon & Horses, Sheffield Road, Oxspring, Sheffield, 10:30am **CONTACT** Steve Dickinson; 01226 733 383; 01226 370 648; 07850 445 613; steve@osi.co.uk; www.pfrac.co.uk **COST** £7/£9 C/D 19/12 E/D YES, £1

### WEDNESDAY JANUARY 4

**LEICESTERSHIRE**  
**ROAD**  
**THE 4TH LEICESTER CITY 5K WINTER SERIES RACE THREE**  
 VENUE Victoria Park, London Road, Leicester, 7:30pm **CONTACT** Martin Burke; 01797 230

009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £9/£11 E/D YES, £1

### THURSDAY JANUARY 5

**KENT**  
**ROAD**  
**THE GRAVESEND FLOODLIT 10K SERIES (+)**  
 VENUE Cyclopark, The Tollgate, Wrotham Road, Gravesend, 7:30pm **CONTACT** Martin Burke; 01797 230 009; 01797 230 572; info@nice-work.org.uk; www.nice-work.org.uk **COST** £10/£12 E/D YES, £2

### SATURDAY JANUARY 7

**LONDON**  
**ROAD**  
**QEOP WINTER 10KM SERIES JANUARY**  
 VENUE Queen Elizabeth Olympic Park, London, 9:30am **CONTACT** Craig Thornton; 07740 554 190; info@theraceorganiser.com; www.qeopaces.com **COST** £15/£17 E/D YES

**SCOTLAND**  
**TRAIL**  
**GREAT EDINBURGH WINTER RUN (+)**  
 VENUE Holyrood Park, Queen's Dr, Edinburgh, 10am **CONTACT** Great Edinburgh Winter Run; 01912 727 033; info@greatrun.org; www.greatrun.org/great-winter-run **COST** £21 E/D NO

**SURREY**  
**TRAIL • RURAL • HILLY**  
**FITSTUFF G3**  
 VENUE Newlands Corner, Drove Road, Guildford, 8:30am **CONTACT** Becky Russell; 01483 720 459; becky@aat-events.com; www.g3series.co.uk **COST** - E/D NO

### SUNDAY JANUARY 8

**DEVON**  
**TRAIL • RURAL • HILLY**  
**THE STINGER**  
 VENUE Newnham Park Shooting Ground, Plympton, Plymouth, 11am **CONTACT** Maddie Horton; info@fullysussed.co.uk; www.fullysussed.co.uk/stinger-duathlon.html **COST** £28 E/D YES, £2

**KENT**  
**TRAIL • FLAT**  
**BROMLEY 10K**

VENUE Norman Park Athletics Track, off Hayes Lane, Bromley, 11am **CONTACT** Mark Caswell; 0797 783 1519; mark.caswell@btinternet.com; www.mccp promotions.com; **COST** £14 E/D YES

### LONDON

**ROAD**  
**GREENWICH PARK WINTER 10K**  
 VENUE Greenwich Park, London, 9:30am **CONTACT** Craig Thornton; 07740 554 190; info@theraceorganiser.com; www.theraceorganiser.com/greenwich-park-winter-10km-series.html **COST** £16/£18 E/D YES, £2

**ROAD**  
**MORNINGTON CHASERS REGENT'S PARK 10K SERIES - RACE 4**  
 VENUE The Hub, Regent's Park, London, 9am **CONTACT** Craig Thornton; info@theraceorganiser.com; www.chaser.me.uk/tenk/tenk.shtml **COST** £15/£17 E/D YES, £20

**TRAIL • RURAL**  
**SECOND SUNDAY 5 MILES**  
 VENUE Richardson Evans Memorial Fields, Wimbledon, 9:30am **CONTACT** David Symons; dssymons@hotmail.com; www.secondsunday5.com **COST** £3/£5 E/D YES

**TRAIL**  
**THE 6TH NICE WORK RICHMOND PARK 10K SERIES RACE ONE (+)**  
 VENUE Richmond Park, Race starts in the Park adjacent to the car park at the Sheen Gate entrance, London, 10am **CONTACT** Martin Burke; 01797 229 955; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £16/£18 E/D YES, £20

**SURREY**  
**TRAIL • RURAL**  
**TADWORTH TEN**  
 VENUE The Duchess Stand, Epsom Downs, Epsom, 11:30am **CONTACT** Hazel Ileson; 01377 814 844; enquiries@sportsystems.co.uk; www.tadworth.org.uk/tadworth-ten/ **COST** £16/£18 C/D 19/12 E/D YES

**WILTSHIRE**  
**TRAIL • RURAL**  
**ROUGH 'N' TUMBLE 10**  
 VENUE Milton Lilbourne Village Hall, Marlborough, 11am **CONTACT** Stephen

Goulding; 01672 851 670; 07534 997 795; gouldings@waitrose.com; www.grassroots-events.co.uk **COST** £12/£14 C/D 1/1 E/D NO

### SATURDAY JANUARY 14

**KENT**  
**TRAIL • RURAL**  
**ENDURANCELIFE CTS DOVER (+)**  
 VENUE Dover, Dover, 7am **CONTACT** James Barker; 01548 312 314; support@endurancelife.com; www.endurancelife.com/event-new.asp?series=82 **COST** £30 E/D NO

**LANCASHIRE**  
**TRAIL • RURAL**  
**PETZL NIGHT RUNNER - RIVINGTON**  
 VENUE Rivington and Blackrod High School, Horwich, 7pm **CONTACT** Chris Kitchen; info@epicevents.co.uk; www.thenightrunner.com **COST** £25 E/D NO

**SURREY**  
**TRAIL • URBAN • RURAL**  
**RUN RICHMOND PARK 10K RACE 1 2017 (+)**  
 VENUE Richmond Park, Sheen Lane, London, 10:10am **CONTACT** David Kranget; 020 8144 0797; 07919 141 534; info@thefixevents.com; https://thefixevents.com/run-richmond-park-5k-and-10k-race-1-2017 **COST** £17 C/D 7/1 E/D YES, £3

### SUNDAY JANUARY 15

**DORSET**  
**TRAIL • RURAL**  
**THE DIRTY DEVIL STAMPEDE - THE CHALLENGER (+)**  
 VENUE Bovington Tank Range, King George V Rd, Bovington, Noon **CONTACT** Mark Steen; 07752 902 080; mark@bustinskin.com; www.bustinskin.com **COST** TBC

**GLOUCESTERSHIRE**  
**TRAIL • RURAL**  
**RIVERBANK ROLLICK**  
 VENUE Mundy Playing Fields, Thornbury, Bristol, 11am **CONTACT** Joanne Plumley; www.thornburyrunningclub.co.uk/?page\_id=192 **COST** TBC

**HEREFORDSHIRE**  
**TRAIL • RURAL • HILLY**  
**DIRTRUN WINTER WARRIOR SERIES ROUND 5**

VENUE Croft Castle & Parkland, Yarpole, Leominster, 9:30am **CONTACT** mark leyland; 07931 110 298; 07931 110 298; mark@pulsepursuits.co.uk; dirtrun.co.uk **COST** £15 C/D 12/9 E/D YES, £2

### LONDON

**TRAIL • FLAT**  
**THE 6TH NICE WORK BUSHY PARK 10K SERIES (+)**  
 VENUE Bushy Park, Hampton, 10am **CONTACT** Martin Burke; 01797 229 955; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £16/£18 C/D 11/1 E/D YES, £20

### THURSDAY JANUARY 19

### WALES

**TRAIL • RURAL**  
**NIGHT RACE - WYE VALLEY AND PIERCEFIELD PARK**  
 VENUE Chepstow Race Course, Chepstow, 7:15pm **CONTACT** Paul Dodd; admin@rogeruns.co.uk; www.rogeruns.com **COST** £9/£11 C/D 12/1 E/D YES, £2

### SATURDAY JANUARY 21

**BERKSHIRE**  
**ROAD • RURAL • FLAT**  
**WINDSOR & ETON WINTER 20KM DORNEY LAKE, WINDSOR (+)**  
 VENUE Eton College Rowing Centre (2012 Olympic Rowing Venue), Dorney Lake, Windsor, 12:15pm **CONTACT** Martyn Edwards; 07909 915 444; enquiries@f3events.co.uk; www.f3events.co.uk **COST** £23 E/D NO. Prices TBC

### SURREY

**TRAIL • RURAL • HILLY**  
**FITSTUFF G3**  
 VENUE Newlands Corner, Drove Road, Guildford, 8:30am **CONTACT** Becky Russell; 01483 720 459; becky@aat-events.com; www.g3series.co.uk **COST** - E/D NO

### SUNDAY JANUARY 22

**BERKSHIRE**  
**ROAD • RURAL • FLAT**  
**WINDSOR & ETON WINTER 20KM - DORNEY LAKE, WINDSOR (+)**  
 VENUE Eton College Rowing Centre (2012 Olympic Rowing Venue), Dorney Lake, Windsor, 12:15pm **CONTACT** Martyn Edwards; 07909 915 444; enquiries@f3events.co.uk; www.f3events.co.uk **COST** £20 E/D NO.

### HAMPSHIRE

**ROAD • URBAN • FLAT**  
**FARNBOROUGH WINTER HALF (+)**  
 VENUE The Hub, Farnborough Business Park, Farnborough, 9am **CONTACT** Mike Gratten; 01252 373 797; info@209events.com; www.farnboroughhalf.co.uk **COST** £23/£25 C/D 16/1 E/D NO

### KENT

**ROAD • RURAL**  
**PARKER TOOLS CANTERBURY 10-MILE ROAD RACE**  
 VENUE Christchurch University Sports Centre, Pilgrims Way, Canterbury, 10am **CONTACT** Glenn Mousley; 01304 824 127; 07831 563 440; gcmatmag@aol.com; www.Canterbury10.co.uk **COST** £19/£21 E/D YES, £25

### NORTHAMPTONSHIRE

**TRAIL**  
**WELLINGBOROUGH MT DIRT RUN ROUND 1 (+)**  
 VENUE Irchester Country Park, Gypsy Lane Main Field, Little Irchester, 10am **CONTACT** Vicky Ayliff; 07450 070 938; victoria@justcrackinguk.com; www.justcrackinguk.com/event/2017/wellingborough-mt-dirt-run-1 **COST** £12/£15 E/D YES, £3

### OXFORDSHIRE

**TRAIL • FLAT**  
**OXFORD 10K**  
 VENUE Horspath Athletics Track, Horspath Road, Oxford, 10am **CONTACT** Mark Caswell; 0797 783 1519; mark.caswell@btinternet.com; mcpromotions.com **COST** £14 E/D YES

### SURREY

**TRAIL • RURAL • HILLY**  
**DENBIES 10M**  
 VENUE Denbies Wine Estate, London Road, Dorking, 10am **CONTACT** Nicky Donbavand; info@eventstolive.co.uk; www.eventstolive.co.uk **COST** £20/£22 C/D 10/1 E/D YES, £25

### SATURDAY JANUARY 28

**DEVON**  
**TRAIL • RURAL • HILLY**  
**THE WILD NIGHT RUN TRAIL RACE (+)**  
 VENUE South Brent Village Hall, Station Approach, South Brent, 5:30pm **CONTACT** Ben Tisdall; 07866 567 894; 07866 567



894; enquiries@wildnightrun.co.uk; www.wildnightrun.co.uk **COST** £21/£23 **E/D** NO

## HAMPSHIRE

•TRAIL •RURAL •HILLY

### BRUTAL MEN-ONLY (+)

**VENUE** Eelmoor, Aldershot, 10am **CONTACT** Toby Jenkins; 01483 720 459; info@brutalrun.co.uk; brutalrun.co.uk/race/men-only-24-january-2016/ **COST** £20 **E/D** NO

•TRAIL •RURAL

### BRUTAL WOMEN ONLY (+)

**VENUE** Eelmoor, Aldershot, 10am **CONTACT** Toby Jenkins; 01483 720 459; info@brutalrun.co.uk; brutalrun.co.uk/race/women-only/ **COST** £20 **E/D** NO

## SHROPSHIRE

•TRAIL •RURAL

### THE WINTER 9BAR HOLLY CHALLENGE

**VENUE** Lightmoor, Telford, 10pm **CONTACT** Denzil Martin; denzil@codrc.co.uk; www.codrc.co.uk **COST** £30/£32 **C/D** 25/1 **E/D** NO

## SURREY

•TRAIL •URBAN •RURAL

### RUN RICHMOND PARK 10K RACE 2 2017 (+)

**VENUE** Richmond Park, Sheen Lane, London, 10:10am **CONTACT** David Krangel; 020 8144 0797; 07919 141 534; info@thefixevents.com; thefixevents.com/run-richmond-park-5k-and-10k-race-2-2017 **COST** £17 **C/D** 21/1 **E/D** YES, +£3

## SUNDAY JANUARY 29

### ESSEX

•TRAIL •RURAL

### THE HADLEIGH 2012 LEGACY 10K (+)

**VENUE** Hadleigh Country Park, Chapel Lane, Hadleigh, 10:30am **CONTACT** Martin Burke; 01797 230 009; 01797 230 572; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £16/£18 **E/D** YES, £20

## GREATER MANCHESTER

•TRAIL •RURAL •HILLY

### MAST RACE 10K (+)

**VENUE** Smithills School, Smithills Dean Road, Bolton, 10am **CONTACT** philip eccleston; 07533 828 533; info@hillrunner.org.uk; www.hillrunner.org.uk **COST** £12/£14 **C/D** 9/1 **E/D** YES, +£3

## HERTFORDSHIRE

•TRAIL •RURAL

### GADE VALLEY HARRIERS 12 MILE MARATHON TRAINING RUN

**VENUE** Boxmoor Cricket Club, St. Johns Road, Hemel Hempstead, 9:30am **CONTACT** Dave Wise; comms@gadevalleyharrisers.co.uk; www.gadevalleyharrisers.co.uk/london-marathon-training-runs/ **COST** £5 **E/D** ONLY

## WALES

•ROAD •RURAL •FLAT

### LLISWERRY 8 2017 (+)

**VENUE** Newport Stadium, Newport International Sports Village, Newport, 11:30am **CONTACT** Chris Gentile; chrisgentile@lliswerryrunners.com; www.lliswerryrunners.com **COST** TBC

## WEDNESDAY FEBRUARY 1

### LEICESTERSHIRE

•ROAD

### THE 4TH LEICESTER CITY 5K WINTER SERIES RACE FOUR (+)

**VENUE** Victoria Park, London Road, Leicester, 7:30pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £9/£11 **E/D** YES, +£2

## THURSDAY FEBRUARY 2

### KENT

•ROAD

### THE GRAVESEND FLOODLIT 10K SERIES (+)

**VENUE** Cyclopark, The Tollgate, Wrotham Road, Gravesend, 7:30pm **CONTACT** Martin Burke; 01797 230 009; 01797 230 572; info@nice-work.org.uk; www.nice-work.org.uk **COST** £10/£12 **E/D** YES, +£2

## SATURDAY FEBRUARY 4

### DEVON

•TRAIL •RURAL

### ENDURANCELIFE CTS SOUTH DEVON (+)

**VENUE** Beesands, Kingsbridge, 7am **CONTACT** James Barker; 01548 312 314; support@endurancelife.com; www.endurancelife.com/event-new.asp?series=82 **COST** £30 **E/D** NO

## LONDON

•ROAD

### QEOP WINTER 10KM SERIES (+)

**VENUE** Queen Elizabeth Olympic Park, London, 9:30am **CONTACT** Craig Thornton; 07740 554 190; info@theraceorganiser.com; www.qeopaces.com **COST** £15/£17 **E/D** YES

## SHROPSHIRE

•TRAIL •RURAL •HILLY

### THE ICING ON THE CAKE TRAIL MARATHON (AND HALF) (+)

**VENUE** Cardmill Valley, Church Stretton, Church Stretton, 9am **CONTACT** Denzil Martin; running@codrc.co.uk; www.codrc.co.uk **COST** £32/£34 **C/D** 1/2 **E/D** NO

## SURREY

•TRAIL •RURAL •HILLY

### FITSTUFF G3

**VENUE** Newlands Corner, Dove Road, Guildford, 8:30am **CONTACT** Becky Russell; 01483 720 459; becky@aat-events.com; www.g3series.co.uk **COST** - **E/D** NO

## SUNDAY FEBRUARY 5

### DERBYSHIRE

•TRAIL

### FRADLEY 10K (+)

**VENUE** Catton Hall Estate, Walton-on-Trent, Airedale, 10:30am **CONTACT** Paul Griffin; 07947 698 147; paul@kpevents.net; www.kpevents.net **COST** £28/£30 **E/D** YES, £40

## DORSET

•TRAIL •RURAL

### THE PORTLAND COASTAL MARATHON (+)

**VENUE** The National Sailing Academy, Portland, 9am **CONTACT** Mark Steen; 07752 902 080; mark@bustinskin.com; www.bustinskin.com **COST** £40 **E/D** NO. Prices TBC

## GLOUCESTERSHIRE

•ROAD •RURAL

### GLOUCESTER (WINTER) MARATHON (+)

**VENUE** Severn Vale Sports Center, Quedgeley, Gloucester, 10:30am **CONTACT** Anne Wilson; 07979 865 453; 07979 865 453; wilsonanne69@aol.com; beyondthelimitations.org.uk **COST** £35/£37 **C/D** 16/1 **E/D** YES, +£5

## HAMPSHIRE

•TRAIL •RURAL •FLAT

### THE GENERAL OBSTACLE 10K ALTON (+)

**VENUE** Alton, 10am **CONTACT** Tom Sharpe; info@toughenoughraces.co.uk; www.toughenoughraces.co.uk **COST** TBC

## KENT

•ROAD •RURAL

### THE GIRLINGS SOLICITORS ASHFORD & DISTRICT 10K (+)

**VENUE** Sandycroft, Sandhurst Lane, Ashford, 11am **CONTACT** Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk **COST** £15/£17 **E/D** YES, £20

## LONDON

•ROAD

### CANCER RESEARCH UK LONDON WINTER RUN

**VENUE** Trafalgar Square, Trafalgar Square, London, 8am **CONTACT** Human Race; 020 8391 3913; races@humanrace.co.uk; go.evvnt.com/65608-0 **COST** - **E/D** NO

## •ROAD

### MORNINGTON CHASERS REGENT'S PARK 10K SERIES - RACE 5 (+)

**VENUE** The Hub, Regent's Park, London, 9am **CONTACT** Craig Thornton; info@theraceorganiser.com; www.chaser.me.uk/tenk/tenk.shtml **COST** £15/£17 **E/D** YES, £20

## NORTHAMPTONSHIRE

•TRAIL

### WELLINGBOROUGH MT DIRT RUN ROUND 2 (+)

**VENUE** Irchester Country Park, Gypsy Lane Main Field, Little Irchester, 10am **CONTACT** Vicky Ayliff; victoria@justtracinguk.com; www.justtracinguk.com/event/2017/wellingborough-mt-dirt-run-r2 **COST** £12/£15 **E/D** YES, +£3

## SURREY

•TRAIL •RURAL •HILLY

### BOOKHAM 10K (+)

**VENUE** Polesden Lacey Infant School, Oakdene Close off Howard Road, Bookham, 10am **CONTACT** Nicky Donbavand; info@eventstolive.co.uk; www.eventstolive.co.uk **COST** £17/£19 **C/D** 24/1 **E/D** YES, £25

# Where's the action?

January's 61 events broken down by region

Scotland / 1

North / 5

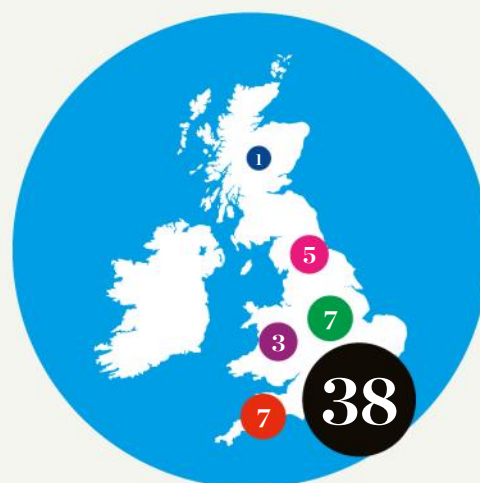
Midlands / 7

South / 38

Southwest / 7

Wales / 3

(No RW listings in East or NI at time of going to press)



•TRAIL •FLAT

### NONSUCH PARK 10K (+)

**VENUE** Nonsuch Mansions, Ewell Road, Cheam, 10am **CONTACT** Mark Caswell; 0797 783 1519; mark.caswell@btinternet.com; www.mccpromotions.com **COST** £14 **E/D** YES

## SUSSEX

•ROAD •RURAL

### CHICHESTER 10K RACE AT GOODWOOD

**VENUE** Goodwood Motor Circuit, Chichester, 10am **CONTACT** Bob Syme; 07813 137 837; 07813 137 837; registrar@chichester10k.com; www.chichester10k.com **COST** £18/£20 **C/D** 20/1 **E/D** NO

## WILTSHIRE

•TRAIL •RURAL

### LUNGBUSTER 2017 (+)

**VENUE** Village Hall, Yew Tree Lane, Broad Hinton, Swindon, 10:30am **CONTACT** Robert Davies; chairman@royalwoottonbassetthounds.co.uk; www.royalwoottonbassetthounds.co.uk **COST** £10/£12 **E/D** YES, +£3

## FRIDAY FEBRUARY 10

### SHROPSHIRE

•ROAD

### THE DARWIN DAY MARATHON (AND HALF) (+)

**VENUE** Shrewsbury Sport Village, Sundorne Rd, Shrewsbury, 10am **CONTACT** Denzil Martin; running@codrc.co.uk; www.codrc.co.uk **COST** £34/£36 **C/D** 9/2 **E/D** NO

## SUNDAY FEBRUARY 12

### DORSET

•ROAD •RURAL •HILLY

### LYTCHETT MANOR 10K (+)

**VENUE** Lytchett Manor Sports Centre, Lytchett Minster School, Poole, 10:30am **CONTACT** Judith Vlaarkamp; 07772 145 152; lytchett10@lytchettmanorsriders.org; lytchettmanorsriders.org **COST** £12/£14 **E/D** YES, +£2

## HAMPSHIRE

•ROAD

### RUN FOR CHOCOLATE - 5KM BOURNEMOUTH (+)

**VENUE** Kings Park, Bournemouth, 9:30am **CONTACT** Martyn Edwards; 07909 915 444; enquiries@runforchocolate.co.uk; www.runforchocolate.co.uk **COST** £17 **E/D** NO

## HEREFORDSHIRE

•ROAD •RURAL

### GOLDEN GALLOP 10KM 2017 (+)

**VENUE** Fairfield, Peterchurch, Hereford, 9:30am **CONTACT** Nathan Poolton; dorstone runner@hotmail.com; www.peakperform anceevents.co.uk **COST** £13 **C/D** 10/1 **E/D** NO

## KENT

•ROAD •URBAN •RURAL

### THE DEAL HALF MARATHON (+)

**VENUE** Betteshanger Country Park, Sholden, Deal, 10:30am **CONTACT** Martin Burke; 01797 229 955; martin@nice-work.org.uk; www.deal tricouk.uk **COST** £15/£17 **C/D** 1/2 **E/D** YES, £20

## LINCOLNSHIRE

•TRAIL •RURAL

### CAYTHORPE DASH, HALF MARATHON (+)

**VENUE** Hammond Pavilion, Old Lincoln Road, Caythorpe, Grantham, 11am **CONTACT** David Dorey; 01400 272 015; 01496 687

127; pfcommittee2014@gmail.com; www.caythorpe.org **COST** £40 **E/D** YES

## WALES

•ROAD •RURAL

### LLANDUDNO NICK BEER 10K

**VENUE** Promenade Llandudno, Venue Cymru, Llandudno, Noon **CONTACT** Race Secretary 07967 119 601; Kay@hatton410.fsnet.co.uk; www.nwrc.co.uk **COST** £14/£16 **C/D** 3/2 **E/D** YES, +£1

## YORKSHIRE

•TRAIL •RURAL

### HARDMOORS SALTBRUN TRAIL MARATHON (+)

**VENUE** Saltburn Leisure Centre, Marske Mill Lane, Saltburn By The Sea, 9am **CONTACT** Jonathan Steele; 01937 830 677; 07909 797 872; info@hardmoors10.org.uk; www.hardmoors10.org.uk **COST** £35.50 **E/D** NO

•ROAD •URBAN •RURAL •HILLY

### THE LIVERSEDGE HALF MARATHON (+)

**VENUE** Roberttown Community Centre, Roberttown Common, Liversedge, 11am **CONTACT** Michael Childer; 07986 944 393; 01924 400 125; m.childer@talktalk.net; www.roberttownroadrunners.co.uk **COST** £13/£15 **C/D** 1/2 **E/D** NO

## WEDNESDAY FEBRUARY 15

### SURREY

•TRAIL •RURAL

### PHOENIX - BREAKFAST RACE - CHOOSE FROM 3.3 MILES TO MARATHON TO ULTRA, 6 HOUR TIMED EVENT

**VENUE** Excel Leisure Centre (Rear Entrance), Waterside Drive, Walton-on-Thames, 9:30am **CONTACT** Rik Vercoe; PhoenixRunningUK@gmail.com; www.phoenixrunning.co.uk **COST** TBC

## SATURDAY FEBRUARY 18

### BERKSHIRE

•ROAD •RURAL •FLAT

### RUN FOR CHOCOLATE 5K, 10K - WINDSOR (+)

**VENUE** Eton College Rowing Centre (2012 Olympic Rowing Venue), Dorney Lake, Windsor, 12:30pm **CONTACT** Martyn Edwards; 07909 915 444; enquiries@runforchocolate.co.uk; www.runforchocolate.co.uk **COST** £20 **E/D** NO

•ROAD •RURAL •FLAT

### WINDSOR & ETON WINTER 20KM - DORNEY LAKE, WINDSOR (+)

**VENUE** Eton College Rowing Centre (2012 Olympic Rowing Venue), Dorney Lake, Windsor, 12:15pm **CONTACT** Martyn Edwards; 07909 915 444; enquiries@f3events.co.uk; www.f3events.co.uk **COST** £20 **E/D** NO

## KENT

•TRAIL •RURAL

### CAMBRIDGE HARRIERS CROSS COUNTRY CHAMPIONSHIP

**VENUE** 58A/60 Glenhurst Avenue, Bexley, Midnight **CONTACT** Clem Dixon; clem.dixon@fsmail.net **COST** £3 **E/D** ONLY

## LANCASHIRE

•TRAIL •RURAL

### STANDISH HALL AUTUMN 10K (+)

**VENUE** Britannia Hotel, Almond Brook Rd, Standish, 2:30pm **CONTACT** Paul Carroll; 07950 074 173; paul.carroll@wiganphoenix.

org.uk; www.wiganphoenix.org.uk **COST** £6/£8 **C/D** 11/2 **E/D** YES

## NOTTINGHAMSHIRE

•TRAIL •RURAL •FLAT

### WATERWAY 30, 50, 70 & 100

**VENUE** Sturton Road, South Wheatley Village Hall, Retford, 8am **CONTACT** Ronnie Station; ronniestation100@gmail.com; www.hobopace.com **COST** £97/£95 **C/D** 5/2 **E/D** NO

## SHROPSHIRE

•TRAIL •RURAL •FLAT

### THE WINTER 9BAR RAILWAY ULTRA (+)

**VENUE** Coalport, Telford, 10am **CONTACT** Denzil Martin; denzil@codrc.co.uk; www.codrc.co.uk **COST** £32/£34 **C/D** 17/2 **E/D** NO

## SURREY

•TRAIL •RURAL

### PHOENIX - JAW DROPPER RUN - FROM 3.3 MILES TO MARATHON TO ULTRA, 6 HOUR TIMED EVENT

**VENUE** Xcel Leisure Centre (rear entrance), Waterside Drive, Walton-on-Thames, 9:30am **CONTACT** Rik Vercoe



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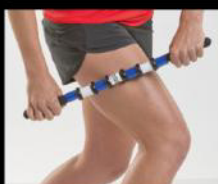
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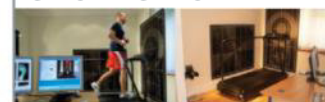
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# Laura Hamilton

The *Place in the Sun* presenter, 34, on learning to run longer and finding time to do the miles

**At school I was much more of a sprinter than a long-distance runner.** I loved doing the 100m and 200m. Back then, even 400m seemed like a very long way to run.

**An old boyfriend's mum inspired me to run again, when I was in my late teens.** She did amazing things such as run the New York City Marathon loads of times.

**Working on *A Place in the Sun* means I find fantastic places to run between filming.** I really love Mojacar, on the coast in southern Spain. I always take my trainers and running kit and try to fit in a run to explore.

**I did my first organised race in 2012 – the British 10K in London.** I was nervous beforehand about running what was a long way for me. But I trained properly and felt a real sense of achievement on crossing the line.

**Once I became a mum [Laura's son, Rocco, was born in 2013], a vital bit of gear was having a treadmill at home.** When time is short and my husband, Alex, isn't home, I can still clock up the miles.

**Because so many people who like to run and keep fit are busy, I launched an app\* last year.** My personal trainer, John Beeby, and I devised it so you can stick to a training plan no matter how tight time is. It worked for me – I lost five stone in seven months after having my daughter, Thalia, in 2015.

**I have a dodgy left knee.** It flares up after I ski, so once I come back I have to put up with it for a few days before it eases. I'm conscious that I need to protect my knees if I want to carry on running for years to come.



OUT AND ABOUT  
Running gives Laura  
a chance to switch off

## 'I have a bucket list of places to go and things to do, and running a marathon is definitely on it'

**Once I've committed to something, I really knuckle down to do a proper job.** It was like that when I did *Dancing on Ice* and had to train really hard and quickly pick up new skills. I'm sure that will help if I do more races in the future.

**Whether I'm jogging around the streets of Purley in South London, where I live, or on a beach abroad, running for me is a great escape.** I try to switch off from work and use it as a good time to unwind and relax.

**I have a bucket list of places to go and things to do, and running a marathon is definitely on it.** I've been too busy with work and having my two children to train for one so far. I did [celebrity winter-sports challenge programme] *The Jump* two years ago, which was crazy at times, so I hope running 26.2 miles is not quite as scary as that was.

● Laura runs for The Children's Trust ([thechildrenstrust.org.uk](http://thechildrenstrust.org.uk)). If you are interested in running for the charity, call 01737 365018.

## MY FAVOURITE...



### Cause

I live close to where The Children's Trust (a charity that supports young people with brain injuries) is based and I really respect their work. I'm always happy to help whenever I can.



### Music

To keep me motivated I love putting on poppy music with a great rhythm. I like David Guetta at the moment, but often my kids' Peppa Pig download will pop up on my phone too!



### Hero

When I was growing up, Paula Radcliffe inspired me. What she achieved at the London Marathon was incredible and the times she ran there are still so awe-inspiring.



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