

Half-Marathon Guide

RUNNER'S

p72

WORLD

AUGUST 2016 £4.60



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20 Expert Tips To Take Your Running To The Next Level

52

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SHED LBS THE EASY WAY!

LESS PAIN, MORE GAIN!

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6 MOVES TO MAKE YOU 3.9% FASTER

BEAT INJURY WITH STEAK!

KIT TO BEAT THE HEAT

p87

The Performance-Enhancing Drug You Should Be Taking

It's Safe, Legal...And In Your Kitchen

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USAIN BOLT

On Why He's Ready To Make History... Again! p50



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Subs cover
photograph
Tom Oldham

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3 WAYS TO REDUCE IMPACT ON YOUR RUN

1. WARM UP, THEN STRETCH LATER

A 10 minute warm-up before your run mobilises your joints. Start slow on concrete and gradually pick up the pace. Stretch at the end.

2. INCREASE YOUR CADENCE

Running more strides per minute without changing your pace, naturally shortens your stride and helps you to land more softly, reducing impact.

3. WEAR CUSHIONED SHOES

Wear running shoes with strategic cushioning and make sure to replace them every 400-600 miles.



Women's: ASI 5370

SportsShoes.com | The Home for Expert Advice

- Free Online Gait Analysis • Live Chat Expert Advice • Online Shoe Finder
- MyRunspiration Community Expert Tips & Advice... Let's talk running.





RAVE RUN

📍 Nevado de Colima, Mexico

📷 Marcos Ferro

🏃 Mariana Guzmán Cervantes

Nevado de Colima is the seventh-highest peak in Mexico (4,260m). It's a dormant volcano, though beside it is Volcán de Colima, from which plumes of smoke drift every now and then. When you run the slopes of Nevado you'd be forgiven for thinking you're on another planet.



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It's been an interesting few months. A week out from the Virgin Money London Marathon I was knocked off my bike by a car. After surgery and an enforced break from all exercise I'm happy to be running again.



I'm making use of six months between marathons by training hard for a PB at the British 10K this month (thebritish10klondon.co.uk). There's something satisfying about pounding the track until you feel sick.

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Mark Remy

Over the last 20 years the *Runner's World* writer at large and author of *The Runner's Rule Book* (Rodale), has accumulated 26 marathon finishes, along with a huge amount of running wisdom, which he shares in *Twenty Years, 20 Lessons* on **p58**.



Adrian Monti

The keen runner and regular RW contributor turned a destination race into a family affair when he hopped across The Solent for us to run the bucolic Isle of Wight Half Marathon. Find out how the Monti family enjoyed the outing on **p95**.

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FROM THE EDITOR



Usain Bolt's historic achievements in the sprint events on the track have justly made him the most famous athlete in the world.

But he's also one of the most popular, a global

icon who has transcended his sport.

And a lot of this is down to the fact that, for all his amazing talent, he's someone many of us can relate to.

Despite being the fastest runner in the world, he admits to being so lazy between training sessions he'll get his friend to fetch the TV remote when it's slightly out of reach. He just can't give up the occasional fast food blowout. He doesn't like the way his feet look. And he has anxiety dreams in which he's being chased by people and can't shake them off. Reading our revealing interview on page 50, you realise that this seemingly superhuman athlete is just like us. At least, that is, until he hits the track in the Rio Olympics later this summer and tries to secure an unprecedented 'triple triple' of sprint gold medals.

If the prospect of running in Rio appeals to you (albeit at a more leisurely lick than Bolt), the city's half marathon is part of our *52 Best Races on Earth 2016* feature on page 40, where we've collected the most bucket-list-worthy events outside the UK for your delectation.

And on page 72 you'll find a half marathon training guide packed with tips for beginners to veterans, to help you run faster in a 13.1-mile race, whether it's in Bogota or Bognor.

Andy Dixon, Editor, @RW_ed_Andy

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The official fuel consumption figures in mpg (l/100km) for the All-New Renault KADJAR Signature Nav dCi 110 are: Urban 67.3 (4.2); Extra Urban 74.3 (3.8); Combined 72.4 (3.9). The official CO₂ emissions are 103g/km. EU Directive and Regulation 692/2008 test environment figures. Fuel consumption and CO₂ may vary according to driving styles, road conditions and other factors.

Model shown is All-New Renault KADJAR Signature Nav dCi 110.

Warm ups

NEWS YOU
NEED TO
GET UP
TO SPEED



MINT CONDITION
Time to wash
your mouth out

GO MENTHOL

Using a menthol mouthwash on a hot day improves running performance by tricking your body into feeling cool. In a study¹, researchers pitted a pre-run crushed ice drink against a minty mouth rinse taken during the run. The runners completed a 5K time trial a minute faster and reported lower 'thermal sensation' when using the minty rinse, even though it actually had no effect on core temperature.



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18

THE AMOUNT (IN PER CENT) BY WHICH TRAINED RUNNERS SWEATED MORE THAN SEDENTARY PEOPLE IN A TEST.³

Two-way tip

How to make great strides

Run fast

New research¹ has found that the faster pace of interval training indirectly improves form by increasing stride length and reducing ground contact time.

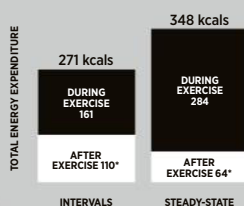
Delay drills

A 2015 study² found that 30 minutes of steady running is better than walking or rest for priming the nervous system to learn movement skills. So shift your form drills to the end of an easy run.

Hold it steady

Not a big HIIT

Proponents of high-intensity training (HIIT) highlight its superior 'afterburn' (excess post-exercise oxygen consumption, or EPOC). But a recent study that compared equal volumes of steady-state exercise with sprint intervals found that while the latter produced a higher EPOC, the sum total of energy expended – from the workout plus the period afterwards – was higher with steady-state exercise.



THREE CHEERS
Triathlon training
can boost your
running

GIVE IT A TRI

Triathlon offers a fresh training perspective, mentally and physically. A few sessions in the water and on the bike can also help make you a better runner. Here's how...



Swimming

Running benefit Breath control. You learn to synchronise or 'entrain' your breath to your movement. Research suggests that entrainment enhances running economy.

Bonus Increases ankle flexibility, reducing your risk of foot and lower leg injuries.



Cycling

Running benefit Cardio fitness without joint impact. A study found that runners who added three rides a week to their schedule improved their 5K time just as much as those who added three runs.

Bonus More calf and quad strength for running hills.



Running off the bike

Running benefit Increased cadence. Research shows the best way of easing the transition from cycling to running is to shorten your stride and speed up leg turnover – a strategy that reduces overstriding and increases efficiency.

Bonus Pain tolerance.

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GROUND SPEED

Caffeine's run-boosting benefits are official. From summer, the European Food Safety Authority (EFSA) will allow foods containing a minimum caffeine dose of 200mg per serving to make performance claims with regard to improvements in endurance. Products with 75mg per serving can claim to boost concentration. 'Within sport science, there's been little doubt that caffeine is an ergogenic [performance-boosting] aid, but to have a claim substantiated by EFSA is a long, robust process,' says Emma Barraclough, senior sports nutritionist at SIS (scienceinsport.com).



BEAN AND GONE
It's official! Caffeine
is good for runners



Gut feeling

Most runners agree coffee can have an unfortunate short-term effect on the digestive system, often just before a race... However, according to the Flemish Gut Flora Project, a cup of Joe benefits gut health in the long run. A study published in the journal *Science* reported that coffee helps to increase the diversity of 'friendly' bacteria in the gut.

Take three Caffeine products



Bulletproof Upgraded Ground Coffee
(£9.95 for 250g, uk.bulletproof.com)
Brew as normal, add Bulletproof Upgraded Octane Oil (£16.95 for 473ml) and blend with a chunk of grass-fed unsalted butter.



True-Start Performance coffee
(£6.99 for 80g, truestartcoffee.com)
Every two-gram serving of this instant coffee provides exactly 95mg of caffeine, so you can easily get the right dose for your weight.



Revvies energy strips
(£2.85 for five, revviesenergy.co.uk)
These offer all the performance benefits of caffeine without coffee. Each strip dissolves on your tongue to release 40mg of caffeine – no water required.

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THE AVERAGE PERCENTAGE BY WHICH
ENDURANCE PERFORMANCE IMPROVED
WHEN USING COFFEE TO SUPPLY CAFFEINE
IN NINE RANDOMISED CONTROLLED TRIALS.¹

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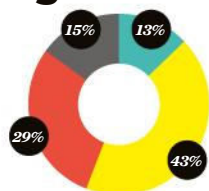
Drink up

Fluid makes you dynamic

Failing to replace fluid lost through sweat may have a knock-on effect on your next session, suggests new research.¹ Runners did a 75-minute evening run, after which they replaced either 75 or 150 per cent of fluid lost through sweat. The next morning, they ran a 10K time trial. The better-hydrated runners performed three per cent faster and had a lower rate of perceived exertion than those who had replaced three-quarters of lost fluid. It seems the 'drinking to thirst' maxim may not be the best rehydration strategy when your next run is within 12 hours of your last one.

Poll position

Do you limit sugar intake?



- Bare minimum
- Keep tabs
- Not concerned
- Sugar addict!*



Carbs count

In recovery, more is more

A new study reaffirms the importance of glycogen replenishment for optimal performance.² Runners took part in a run to exhaustion at 70 per cent of their max aerobic effort and then rested for four hours. During that time they were given a low-carb or high-carb drink every 30 minutes. They then repeated the run to exhaustion. Greater carb replenishment led to a run time that was over 50 per cent longer.

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Oily fish are nutritional superstars and if you want to buy local, you won't do better than mackerel, which is abundant in our waters in early summer. Here's why it's a good catch.



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4/ It's a fantastic source of vitamin B12 (100g contains three times the daily requirement), integral to the production of oxygen-carrying red blood cells. It's also rich in the antioxidant mineral selenium. A 100g fillet provides three quarters of your daily needs.



3/ A small mackerel fillet (100g) contains 24g of protein. In a study involving mice, the protein derived from mackerel was found to delay fatigue during endurance exercise.



2/ Research has shown that the two most potent forms, of omega-3s, EPA and DHA, are better absorbed from fish than from fish oil supplements.



forty

THE NUMBER OF GRAMS OF DARK CHOCOLATE EATEN DAILY FOR TWO WEEKS THAT RESULTED IN IMPROVED RUNNING ECONOMY AT A MODERATE PACE AND ENHANCED ANAEROBIC PERFORMANCE.³

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How I ran it off 'RUNNING IS NOW A HABIT'

My old life

I have always struggled with my weight. We got into bad habits at home. We used to eat takeaway or ready meals almost every day. **In 2012, it had got to the point where my weight was a health risk.** My wife, Carly, was concerned and she gave me the shove I needed to sort myself out.

The turnaround

I joined Weightwatchers, where I met Paula, who had started running to help her lose weight.

I decided to give it a go. **The first time, I could barely do half a mile.** It took me days to recover, but I kept plugging away. **After about six weeks I ran 5K.** Then I entered a 2.5-mile fun run and after that I set my sights on a 10K.

I made changes to my diet. I use an app to track what I eat. I focus on lean protein. I used to skip breakfast, but now I have porridge or a protein shake.

It's not all been plain sailing. I followed a strict plan for my first half marathon, which I found really tough. Afterwards, I stopped running and regained weight. But I got back into it, signing up to the 1,000-mile challenge (1,000 miles in 12 months). I've also joined a running club, Penkridge Runners.

Name Russell Breeze

Age 36

Height 5ft 10in

Hometown Cannock, West Midlands

Weight before 18st 6lb

Weight now 12st 2lb

Weight lost 6st 4lb

The future

My wife is so happy I've lost the weight. She jokes that there's less of me to cuddle, though!

I plan our meals in advance. I keep Sunday afternoons free to do meal prep for the week. That way I can guarantee I am going to eat well and won't be tempted to overeat. Running is now a habit. I try to go four times a week. I particularly love my long Sunday run, when I have time to myself to think and de-stress.

I have more races lined up this year, including a trail half marathon. I can't wait to set some new PBs. I've never felt better.



Miles of improvement

	First time	Best time
Mile	9:20	5:15
5K	33:35	20:00
10K	53:49	43:14
Half marathon	1:53:31	1:43:03

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Hay fever relief hurts recovery

Be anti-antihistamine

Blighted by summer allergies? Go easy on the antihistamines. After vigorous exercise, some 3,000 genes play a part in aiding recovery of muscles and blood vessels, but in the presence of high doses of antihistamines, almost 27 per cent of the gene response is blunted, according to research from the University of Oregon, US. The scientists say it's too early to gauge the impact on performance, but consider switching to a pollen-barrier product such as Haymax (£6.99 for 5ml, haymax.biz), or use oral medication only when necessary.

Go hard, get high

Tough runs boost mood

If you're feeling low, a hard workout may not hold much appeal, but new research¹ using brain imaging suggests that vigorous exercise, even in brief bouts, can boost positive emotions. The scientists found that hard workouts lasting eight to 20 minutes elevated levels of the neurotransmitters GABA and glutamate, which send messages between brain cells governing physical and emotional health. The researchers believe that intense workouts – at or above 80 per cent of maximal intensity – may help some people with depression.

FLIGHT RISK

Air travel is one of the biggest risk factors associated with illness in athletes, according to a new study². It found high flyers were five times more likely to get an infection the day after a flight. Here's how to stay healthy up there.

PLANE SAILING
Stay healthy
in the sky



THE NOSE KNOWS

Patrick McKeown, Buteyko breathing practitioner, says nasal breathing reduces the risk of upper respiratory tract infections.



WASH YOUR HANDS

Cold viruses are easily transferred to the eyes and mouth from your hands, so wash them often or use a hand sanitiser.



STAY HYDRATED

The air inside a plane is dry, so drink plenty of water to keep mucous membranes moist. This will help block viruses.



USE PROTECTION

Use a barrier product for the nose/throat to keep out cold viruses. Try ColdZyme Mouth Spray, £9.99 for 7ml, boots.com.

JARGON BUSTER CHOKING

Failure to perform to your ability when under pressure.

Address it by working on your mental skills to manage race stress and maintain your focus on important internal and external cues, such as your goal pace, form or the whereabouts of competitors.

A black and white photograph of several runners participating in a trail race, viewed from behind as they jog along a path through a grassy field. A stone wall runs parallel to the path on the right. The background shows a line of trees under a clear sky.

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GET A FORK LIFT

Rest and rehab aren't the only essentials for injury recovery. Diet plays a key role, too, and certain nutrients will help speed up the healing and recovery process. Here's what you may need more of...



Vitamin C

Your vitamin C needs increase during times of injury because it aids in the repair of tendons and ligaments.



Flavonoids

Flavonoid-rich foods help limit inflammation. Hesperidin, found in citrus fruits, is particularly important.



Omega-3s

These essential fatty acids help deal with inflammation and swelling, and they also play a role in pain reduction.



Energy

Your metabolic rate can increase by 15-20 per cent in response to injury. So don't cut back too much on the calories.



Protein Aim for 1.5-2g/kg of body weight during rehabilitation. It's best to distribute your intake evenly over the day (20-30g per meal).

THE STEAKS ARE HIGH
So make sure you
recover properly

30

THE WEEKLY DISTANCE IN KILOMETRES ABOVE WHICH INJURY RISK WAS INCREASED IN WOMEN TRAINING FOR A 5K OR 10K RACE, ACCORDING TO A STUDY IN THE JOURNAL OF SPORTS ORTHOPAEDIC THERAPY.

On the other band...

...your ITB may propel your running

New research suggests the much-maligned iliotibial band (ITB) could improve your running. Harvard University researchers found the ITB can store and release elastic energy, in the same way as the Achilles tendon does, leading to energy savings (think of elastic energy as 'free' energy). How could this improve our running? 'Boosting the force-generating capacity of the tensor fascia

latae and glute max. muscles [which attach to the ITB] will increase the ability of the ITB to store elastic energy,' says lead author Carolyn Eng.

Build your tensor fascia latae and glutes with these moves:

- 1/ Sidestep** Move sideways in a squat, with a resistance band secured below your knees.
- 2/ Reverse lunge** Holding a dumbbell with both hands

in front of your chest, step back into a lunge.

3/ Clams Lie on your side, knees and hips flexed, and raise and lower your upper leg.



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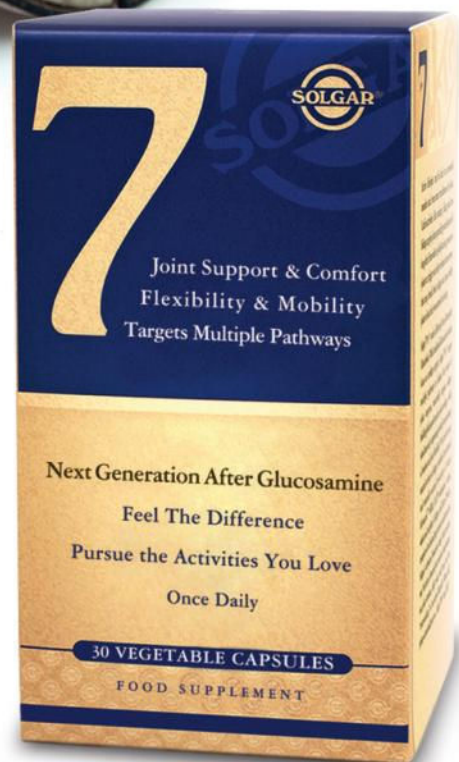
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HUMAN RACE

REAL RUNNERS, INSPIRATIONAL STORIES

‘One step and then the next’

Running helped **Kate Armstrong**
recover from a breakdown
and write her first novel

Photography **Ben Knight**



THERAPY SESSIONS
Kate running along
the Thames and (inset)
taking a breather
in the Peak District



I never planned to be a runner. The first time I tried I was 19, had depression and was desperate to improve my life. I made it 200m along the road before giving up. The depression gradually passed with the help of medication and counselling, and I forgot about running.

The second time I gave it a go was four years later. Now I had an ultra-runner boyfriend who'd promised to teach me to ski, but only if I got fit first. He encouraged – then dragged – me along the river in Oxford, refusing to let me rest until, gasping, I had thudded my way back. I hated it. But I really wanted to ski, so I forced myself to learn to run. Not in the progressive way you're supposed to: no walk-jog-walk; no 10 per cent increase in volume per week; no warm-ups and cool-downs. Instead we'd go five, 10 or (once) 30 miles at a time. Inevitably I was unable to walk for days afterwards and vowed never to go again. Until the next time.

I got very fit over the next few years, regularly running marathon distances offroad. I discovered a sense of lightness and freedom in the third or fourth hour of moving fast across Lake District ridges. I found joy in racing 2,000m down Alpine trails. There was the time we ran across Skiddaw [a 931m mountain in the Lake District] on the night of a full moon and clear sky. There were exhausted, joyful, childish attempts at sprints back to the car at the end of these days.

In the last week of May 2011 my now-husband and I set out to run

Wainwright's Coast to Coast route, 190 miles across the North of England. Late on the final evening we hobbled into St Bees. The pubs had stopped serving food, so we celebrated with beer and crisps. By any measure I felt I could claim to be an endurance runner.

Less than a month later I had a second depressive breakdown. It seemed to come out of nowhere, though with hindsight my all-or-nothing, utterly uncompromising approach to life had a lot to do with it. The psychiatrist labelled my breakdown 'very severe'. I spent the next three months mostly in bed, in the small space of a locked ward. When I came out I couldn't walk the half-mile from my local station to my home without stopping to rest halfway up the hill.

The breakdown – and the immobility and medications that went with it – destroyed my fitness. My body shape changed more dramatically than it had done since puberty. I developed bulimia. The stress of dealing with the causes and consequences of the breakdown drained all my energy. With fluctuations, that

'Running and writing began to feed off each other'

crippling tiredness lasted for more than three years. My confidence was destroyed and I had to take a lot of time off work. But I also began to write a novel, about depression and recovery. Getting my experiences down on paper started to help me understand what was going on. And as I wrote, I started to run again, too.

My body was fragile to begin with. I had to take it very gently, knowing if I pushed too hard I'd be setting back my mental recovery as well. I learned lessons from this gradual return to running that transferred directly to writing fiction. My instinct was to jump in and only stop typing when my brain collapsed from exhaustion. So I had to learn to start at 500 words a day, to take breaks, get my nutrition right and take rest days – all good running lessons.

One word and then the next. One step and then the next.

With a gentler approach to running, I began to enjoy it more as well. I varied my runs to experience different things, choosing routes myself, not just going where

someone else wanted. In my writing, too, I learned to meander through ideas, characters and events.

Running and writing began to feed off each other and last October, in the same week that I signed a publishing contract for my book, I ran a half marathon. Slower than I would have liked. Slower than most of the field. But I ran it. It mattered.

Through the years of my breakdown I yearned for the experiences that I'd had through running. Running is more than just exercise; it is a form of meditation. It was what first gave me a sense of my body. I wanted to be in the middle of a harsh landscape with the sun setting, trainers on my feet, in the lightest of clothing, knowing my body would take me safely home. I did not believe I would ever run again. I could scarcely believe I had ever done it in the past. I was convinced that I had irretrievably lost the person I used to be.

Running that half marathon proved me wrong. Writing a novel did, too. Today, I'm running regularly and loving it. I'm also writing a second novel. Finally, I am moving forward.'

● *The Storyteller* by Kate Armstrong (Holland House) is out this month.



YOU
ARE YOUR
TOUGHEST
OPPONENT

RW ■ PROMOTION



REST *IS* BEST

*Smashing a PB isn't just about putting in the miles.
Recovery is often ignored, but it shouldn't be*

To reach the peak of physical fitness, there must be a balance. Logging endless miles and speedwork sessions build endurance and power, but rest and recovery are just as important for maintaining your training and staying energised, says GB triathlete and New Balance athlete Non Stanford.

'Recovery is just as important as putting in the hard yards. It's when your body adapts to all the training you've done,' she says. 'A good night's sleep, power napping, sofa time – this is not being lazy, this is actually one of the most productive things you can do.'

The reason behind this is simple: your body rebuilds and replenishes itself during periods of rest, so if you can catch a quick nap after that morning training session,





find some inner peace on the train to work or actively build recovery time into your training plan, it will allow that crucial rebuilding process to begin.

And those rest periods are not just for your muscles and bones, but also for your grey matter.

'Relax your breathing, relax your shoulders, relax on the sofa at the end of a hard day, relax your mind before a race. All aspects of performance improve when you are both physically and mentally relaxed,' says Non Stanford.

The difference between winning and waning lies in how you recover, so make sure you rest both mind and body to achieve your running goals.

For more tips from Non Stanford on how to recover correctly and build endurance by improving your mind game, visit runnersworld.co.uk/toughestopponent.

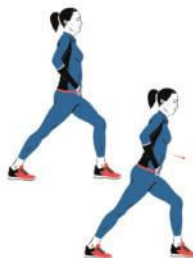
Precision Run Jacket, £110;
Precision Run Top, £50;
Precision Run Capri, £65;
Vazee Urge Trainers, £70.
Available at
newbalance.co.uk

FROM ZEN TO START PEN

Try these stretching and conditioning moves to keep muscles in tip-top running condition

1 Standing calf stretch

With your feet together, step one leg back, pushing the heel into the floor. To increase the stretch, lean forward. Hold for 30 seconds and relax.



2 Standing quad stretch

From standing, bring the heel of one leg up towards your bum, holding the outside of your foot. Then pull your foot in, stretching the front of the thigh (quad).



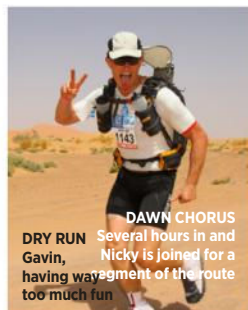
WHAT IT TAKES TO...

Do the double

We featured fell runner **Nicky Spinks** (above centre) last year, when she set a new women's record of 18hrs 6mins, for the Bob Graham Round, a 66-mile traverse over 42 Lake District fells that must be completed in under 24 hours. Her record was bettered in April by Scot Jasmin Paris, but Nicky already had her sights set on something else: a double round. 'The idea of the double crept into my head as a way of celebrating that it was 10 years since I had breast cancer,' says Nicky. 'Back in 2006 I didn't think I would live so long. It also seemed fitting to raise money for Odyssey, a charity that helps people recover from cancer and get on with their lives.'

When she set off at midnight on May 14, the 48-year-old's aim was to complete the 132-mile route in under 48 hours, a feat that had been accomplished only once, in 1979 by Roger Baumeister. Nicky smashed his record by over an hour, with a time of 45hrs 30mins, becoming the first woman to achieve the double. 'It was incredible,' she says. 'Everything went very well – the weather was perfect, my support were brilliant and my food stayed down. People say I was smiling all the time.'

Nicky isn't the only runner to perform a recent double act. In April, **Gavin Sandford** completed a



DAWN CHORUS
Several hours in and Nicky is joined for a having wave of the route too much fun

world's first – back-to-back Marathons des Sables. First he ran the gruelling 150-mile Sahara route solo, adhering to MdS rules – which include strict water rations and carrying your own provisions – before joining competitors in the official race to do it all again. 'It was beyond brutal,' says the 43-year-old, who had to contend with blistering 45C heat, a sprained ankle, getting lost and an accidental salt overdose along the way. 'It pushed me beyond anything I'd done before.'

And Gavin is no stranger to extreme endurance challenges – in 2014 he ran the 1,200 miles from Land's End to John O'Groats in 45 days – while pushing a 50kg barrel lashed to a wheelchair. His motto – and the name of his charity – is 'I can and I will'. His latest achievement proves he means it.

● justgiving.com/Nicola-Spinks1, IcanandIwill.co.uk

Trump Gump



17, **Jim Plunkett-Cole** (above) from Somerset reached the same milestone. 'I felt amazed,' he says. 'More than three years and 8,500 miles of unbroken daily 10K runs, with many memorable moments and experiences.'

In the film *Forrest Gump*, the hero's epic run across the US lasts a seemingly impossible 1,172 days. On March

Jim is now planning to retrace Forrest's fictional route for real. 'It won't be an easy undertaking, given that there's just seven and a half minutes of running footage in the film, with only a blurred map showing the route,' he says. And that's aside from the exhausting task of clocking up 16 miles a day, every day for over three years, a total of 19,000 miles.

Jim plans to use the trip to inspire others – especially children – to be active, delivering

'talk and run' sessions at schools along the way. This element adds an extra challenge because Jim has Asperger's Syndrome and finds meeting strangers difficult. 'I think I will learn a lot about myself,' he says. Jim sets off on October 1 from Mobile, Alabama, as Forrest did. If all goes to plan he will finish on December 17, 2019. Will he grow the Forrest beard? 'Three years gives me long enough to try it out,' he says. 'If I like it, I might keep it.'

● Read Jim's blog about his adventures at inov-8.com/blog/real-life-forrest-gump

A HALF MARATHON AS TOLD BY EMOJIS*

How a 13.1 mile builds characters



Prerace



Mile 1



Mile 2



5K



Mile 4



Mile 5



Halfway



Mile 7



Mile 8



Mile 9



Mile 10



Mile 11



Mile 12



Mile 13



Crossing the finish line



Postrace

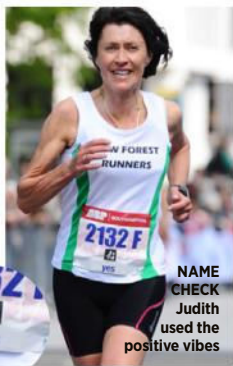
Inspired by this? Then tweet us with your emoji race @runnersworlduk

INBOX

Give it back

I recently ran my first marathon, but now I've an injury and have been told I can't run for a few weeks. I'm filling the void by volunteering at Parkruns and being a supporter at friends' races. I wanted to encourage others who are out from running for any reason to stay involved with the running community.

Jo Viney, Sheffield



Just say 'Yes!'

When completing the Southampton 10K entry form, I answered 'Yes' to the question, 'Would you like your name on your running bib?' But I didn't read the rest of the question: 'What

LETTER OF THE MONTH



BIG SUCCESS

I weigh over 18 stone and when I run I wear a bright pink top with 'Fat Bird Running' printed on the back. I did this so that I wouldn't get any rude comments from people. It's worked! I have had nothing but compliments and I've also inspired others to take up running. I'm not fast and I have arthritis in my pelvis, but none of that will stop me. Running isn't just for the slim.

Amanda Phillips, Angmering, West Sussex

It's never too late to improve. I knocked 21 minutes off my marathon PB this year – at 53.

Diana Jordan, Alton, Hampshire

Are you improving with age? Let us know

name would you like to be called?' It was only when I was pinning my bib to my vest that I realised my mistake. My 'name' was shouted with great merriment by spectators lining the streets. But I got a PB!

Judith Jackson, Lymington, Hampshire

Stand down

A note of caution about the advice to stand on one leg while brushing your teeth. I started doing this some months ago, and recently went for a dental check-up. For the first time in years the dentist found a build-up of plaque. I suspect it was a result of paying more

attention to balancing than to brushing.

Alan Mason, Cardiff, South Wales

Spoilt ballot

I loved the piece about the *Ever Presents* (RW, June) but Andy Mitchell is right to point out that year after year, runners enter the ballot and do not get in. I am on my eighth consecutive attempt, but the chances are remote with more than 250,000 applicants. Flora used to pledge if you didn't get a place in five consecutive years you automatically got in on the sixth. Virgin scrapped this rule. It's time for them to rethink the system.

Kevin Raisborough, Poringland, Norfolk

Flex therapy

Your article *With bends like these* (RW, July) was interesting and insightful. I was diagnosed with hypermobility by a chiropractor years ago and thought nothing of it until this year, when I started running. One niggling injury after another left me struggling to walk, let alone run. With the help of a good physio, I've now completed my first 10K and am in training for my first half marathon.

Lauren Ellerton, Hartlepool



The month in mail

20

per cent of letters said running helped with life's challenges.

1

letter noted that not all RW readers are club members or track geeks

3

readers disagreed with J Kane's letter about the headphones ban in races

'Running has taught me that when times get tough you just need to keep on picking yourself back up,' wrote **Tom Leslie from Bristol**.

What's inspired or annoyed you this month? The writer of the winning letter will receive a pair of Saucony ProGrid Hurricane 16 shoes, worth £110.*

Write ► Letters, Runner's World, 33 Broadwick St, London W1F 0DQ Email ► letters@runnersworld.co.uk Twitter ► @runnersworlduk Facebook ► runnersworlduk



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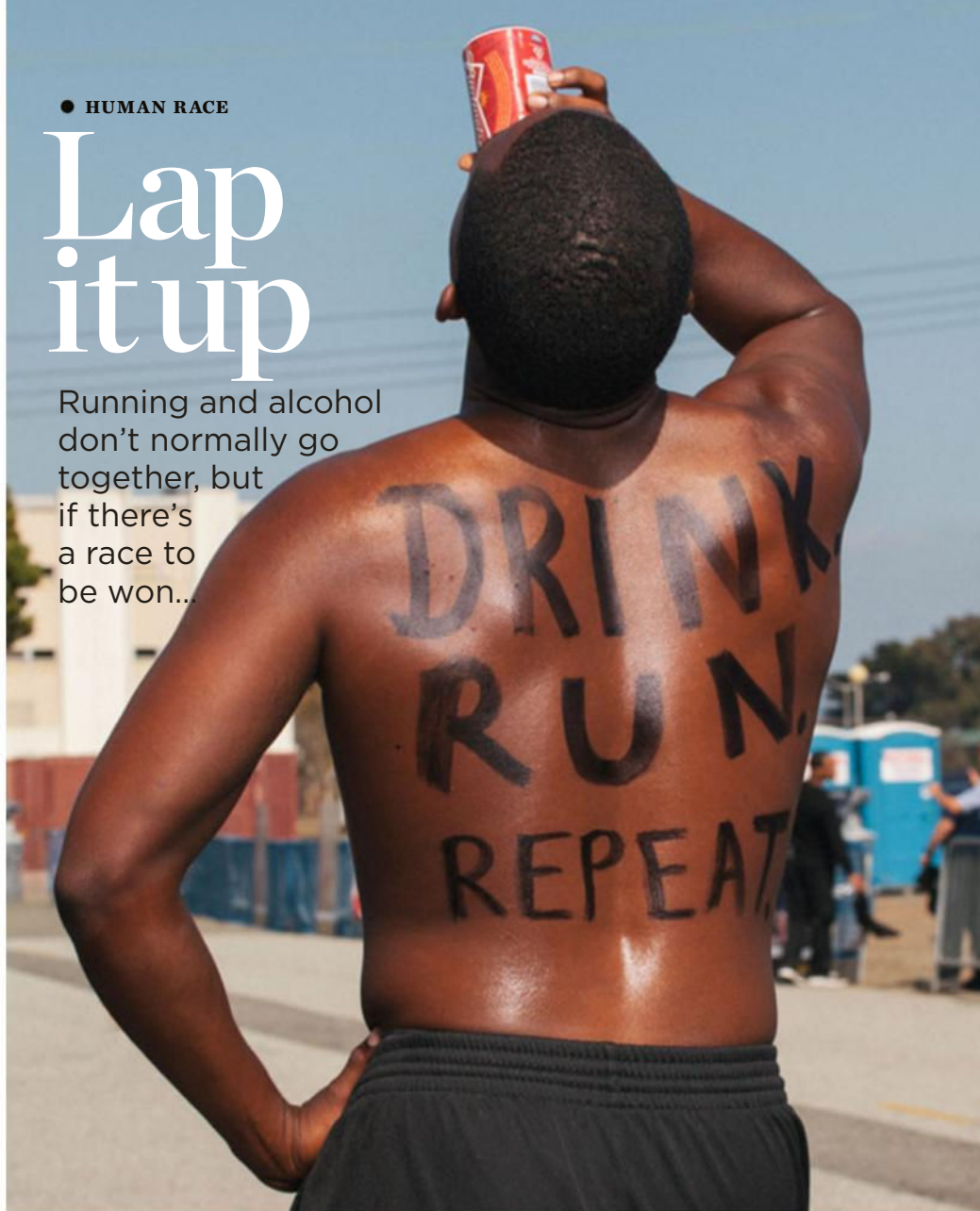


ON SALE NOW!

● HUMAN RACE

Lap it up

Running and alcohol don't normally go together, but if there's a race to be won...



1/ MARATHON DU MEDOC, FRANCE

Marathondumedoc.com

It's no surprise that the French were the first to wed good running to fine wine. Since 1984 the Marathon du Medoc has taken runners on a 26.2-mile meander through Bordeaux vineyards, inviting them to sample not just wine but other local delicacies at 23 refreshment stops. Because of this there is a seemingly generous six-and-a-half hour cut-off time.

2/ THE GREAT BRITISH BEERATHON, LONDON

Beerbellyrunning.weebly.com

A five-mile race in which participants have to wash down a pint and a pub snack (including a pork pie and a Scotch egg) between each one-mile laps. 'I wanted to put on an event where if you had to stake a bet on who would win out of Mo Farah or Mo Fatty, you would be unsure who would win,' says founder David Hellard.

3/ THE BURNING CAN BEER RELAY, US

Burningcan.com

This US-based series of relay races involves covering as many 5K laps as you can in four hours within a two or four-person team. At the start of each lap, drinking a can of craft beer gets you a two-minutes off your lap time. The locations are chosen for beautiful trails, not for ease and the organisers can give you a 'basic sobriety test' to see if you are OK to continue safely.

4/ HASH HOUSE HARRIERS, WORLDWIDE

Hhh.org.uk

The 'drinking club with a running problem' was started in 1938 by a group of British expats in Kuala Lumpur. Today there are more than 1,570 'chapters' in 184 countries. Working up your thirst requires up to seven miles of cross-country running following a trail set by 'hares' in chalk or sawdust. The trail ends every 500m or so, requiring frontrunners to find the new one while others have the chance to catch up.



Many runners would agree that an ice-cold beer goes down a treat after a run. But for participants in the annual Beer Mile World Classic (beermileworldclassic.com), being staged in the UK on July 31, the booze goes down – and, hopefully, stays down – before the finish line. 'The Beer Mile consists of drinking one beer before running each lap of an athletics track,' explains organiser Katie Williams. 'That's four beers and four laps in total.' If you barf you run a forfeit lap. Canadian Lewis Kent, who holds the world record (with an astonishing time of 4:47), will defend his title.

The idea for the first beer mile was hatched in 1989 (over a drink, of course) by a group of Canadian college runners. More than 93,500 times have now been recorded on the event website (beermile.com). Here are other runs where energy drinks are swapped for something a little stiffer.

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RUNNING COMMENTARY

THOUGHT
THAT
COUNTS



Run tall on the hot sand – with a crisp in each hand

If you've ever been advised to imagine you're holding a crisp in each hand, to run 'tall' or 'lean from the ankles', you've been on the receiving end of a coaching cue. We coaches love 'em. But that doesn't mean they're all physically possible. (For example, you cannot actually 'land underneath yourself', however hard you try.) Cues are a way of giving you an idea of how a movement should feel, rather than being a literal instruction.

I've amassed quite a collection of them. As I run, I delve into my toolbox to see which one best fits the job in hand. Heavy foot strikes? I'll picture myself running over the ground, not into it. Sinking into the hips? I'll metaphorically attach a helium balloon to the top of my head and think about floating taller with each stride.

These cues help me. Now, I'm not sure whether that would be quantifiable if you rigged me up to gait-analysis software, but I suspect that the mere fact they make me feel I'm running better helps me to relax and lowers my perception of effort.

But when I've tried bestowing my cues on others, I've had mixed results. 'Focus on picking up your feet, not putting them down,' I'll suggest to a runner with a heavy stride, only to be greeted with a bemused nod before they carry on doing exactly what they were doing before. Running-form expert Jae Gruenke (balancedrunner.com) isn't at all surprised by this.



'You need mind-reading skills to find the right cue for each person,' she says. 'Give the same cue to 20 people and they'll all interpret it differently – it's a long journey from words to movement, filtered through a person's associations with the words, their movement experiences and body image.'

That's where having a mental thesaurus for your cues can come in handy. 'If someone doesn't respond to a cue, I try a different one that represents the same idea,' says Malcolm Balk, running coach and Alexander Technique teacher (theartofrunning.com). 'So, if "quick and light strides" doesn't help a runner react to the ground more quickly, I might try "hot sand", referring to the experience of walking on the beach in bare feet when the sand is really burning.'

Speedy
stat

40

The percentage of Brits who exercise only to compensate for their unhealthy diet.

It's gratifying when you do hit the cue jackpot. I sparked a eureka moment for a runner the other day when I suggested he relax the front of his ankles. 'I get it!' he told me. 'I feel springier.'

Sensing a change in what you're doing and feeling good as a result of it indicate success. But Gruenke believes cues can focus too much on the visual outcome, rather than the actual physical one. 'Cues are often chosen to make the runner look right to the outside eye rather than helping them organise their movement properly from within,' she says. 'For example, the "holding a crisp" cue. It's awful. It might make someone's hands look more correct, but the muscles and action involved are all wrong. The aim is to help a person relax their hands, but in trying not to crush the imaginary crisp they often end up with more tension.' For Gruenke, asking a runner what they feel regarding a movement, instead of telling them things, makes learning possible. 'In the crisp example that would be, "How do your hands feel?" or, "What's the level of tension in your hands?"' I plan to play with this idea of 'questioning cues'.

Balk takes it one step further, sometimes getting runners to deliberately do the thing he's trying to correct – what he calls 'negative cueing'. 'It can help someone realise what they're doing and what the effects are,' he explains. 'Running in text-neck position [with the neck craning forward and looking down], for example, shows them how that kind of head balance makes the legs work harder and their landing heavier.' These explorative approaches are a more powerful way of convincing the body that its current action isn't the best one than trying to impose something new by rote – and they are likely to have a lasting effect on your stride. Time to form a less orderly cue.

● Sam Murphy tweets
@SamMurphyRuns



'Beating other people helps you to beat yourself'

I've been thinking a lot about the nature of competition, mostly thanks to my running partner and fellow podcaster, Rob, a self-described 'reformed fat bloke', who's new(ish) to running and deeply ambivalent about the concept of competing. I tell him he *is* competitive and, indeed, I encourage it, but, though he's a decent runner, he winces at the idea. He is a vegan and resides in Stoke Newington, an area of London that's made of falafel and chard, and is famous for its non-competitive nature. If there were a world championship for the planet's least competitive postcode, Stoke Newington would be a favourite to win. But, of course, it would not enter. I take the simpler view that a race is a race, the object is to run it as fast as possible; other people in said race are doing exactly the same thing and, therefore, competition is logical and inevitable. (A caveat here: this applies to shorter races. With marathons, it's all about the time; if I'm near you at the end and you stick your hand out, I'm taking it. Let's sail in together.)

'But it's not about beating other people – it's about beating yourself,' Rob offers as we trot through the woods. 'Yes,' I reply, 'but beating other people helps you to beat yourself. They are just vehicles for competition; it's nothing personal. Unless they overtake me.'

The miles clip by, chat moves on to the slightly more philosophical notion of what it actually means to

'beat yourself'. The conclusion we stumble upon is that at the end of the race most runners want to feel they've got nothing, or very little, left in the tank. From there we move naturally to the finish of the race, surely the crucible of any racing experience. That torturous push, the desperate glances ahead, the panicked looks back, the furious, gurning sprint. Again Rob objects: 'See, I can't sprint! I can't do it.' To which I patiently explain that 'it's not about that – it's about *the moment of engagement*. It's a decision. Are you racing?'

There's a saying in comedy relating to commitment to jokes: 'If you're going to go to the bar, ring the bell.' In other words, fully commit. Go for it. That's what a sprint finish is: commitment to the *idea* of the race.

I'll confess that as I approach the last mile or so of a race I'm usually exhausted, so any excuse to just hold steady is fine. But if the runner ahead slows too much or, God forbid, someone appears on my shoulder there's a decision to be made. And if you decide to race, it's where the fun starts. You're now in one of the many races within the race. There's 800m to go and you're in it to win it.

The first thing to do is assess how much they've got left in the tank. How is their form? Smooth or ragged? Are they breathing heavily? Are they frothing at the mouth and ears? Weaving across the road? Have they just mistaken a lamppost for a drinks station? Next, how much have you got in the tank?

Runnerpedia

Runner sigh (n)

The sound you make when you reach the top of a hill and...it's not the top of the hill

Probably more than you think. So start thinking like a racer. Tuck in behind them and relax. Let them carry the burden of leading and, more importantly, of you, sensed but unseen on their shoulder. Channel your inner Coe and, if you can summon it, a jaunty whistle is an effective means of mentally destabilising the runner ahead.

Hopefully, you know the course and are familiar with the last 300m, so pick your moment. And when you go, GO! Don't saunter past. Don't gradually surge. Pick your spot and go – and never look back. I usually try to 'go' about 250m from the end. I'm not very fast and this seems to offer the most hope. You've got more, though, you've always got more, and if they come back at you, go again. Shorten and quicken your stride. Drive your arms. Pick your knees up. This is good, clean fun. And when it's over, it's over. Shake hands. Congratulations all round. Win or lose. The fact is you've helped each other – you raced the race. You stayed the course. Ding Ding. You rang the bell!

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



Wise Words

#47: The racer's mindset

'If you want to win a race, you have to go a little berserk.'

Bill Rodgers, four-time Boston Marathon winner

'A lot of people run a race to see who's the fastest; I run to see who has the most guts.'

Steve Prefontaine (1951-1975), US Olympian

'If everything seems under control, you're not going fast enough.'

Mario Andretti, F1 champ

'The reason we race isn't so much to beat each other, but to be with each other.'

Christopher McDougall, author of *Born to Run*



THE

52

BEST RACES
ON EARTH
2016

From the top of the world to the ends of the earth and all points in between, RW presents the 52 greatest races on the planet outside the UK. We've arranged them by month but in no order of excellence: they are all exceptional



>

JANUARY

01 Osaka Ladies Marathon

Held every year on the final Sunday in January, this women-only race has been going for 35 years but, though it's an international race, it remains boutique-sized: last year just 447 runners crossed the finish line. Nonetheless, as befits a country potty about its running, there were screaming hordes lining the streets all the way.

Next race January 29, 2017, osaka-marathon.jp

02 Marrakech Half Marathon

The perfect midwinter pick-me-up. Blissfully warm sunshine, palm trees, bazaar traders cheering you on and camels looking at you in disgust are just some of the

delights you can expect to find at this Moroccan marvel, which also offers a full 26.2 for those brave enough to take it on in the heat.

Next race January 29, 2017, marrakech-marathon.com

03 Bermuda Half Marathon

This has everything you might imagine a race staged in the Caribbean should have: white sandy beaches, crystal-blue waters, an abundance of greenery and gentle breezes that do nothing to keep you cool – but then, you don't go to Bermuda to stay cool, right?

Next race January 15, 2017, bermudaraceweekend.com

FEBRUARY

04 Cruce de los Andes

If one country's just not



enough for you during a race then how about crossing 100km of the Andes over three days, journeying from Argentina to Chile? The terrain, altitude and distance make it a mighty challenge but the scenery – forests, volcanoes, mountains and lakes – is astounding.

Next race February 2017 (tbc), elcrucecolumbia.com

HOT IN THE CITY
Heading for the heights in Hong Kong

FEBRUARY

05 Hong Kong Marathon

One of the noisiest races you can imagine. Since it began, in 1997, it has become a beast, attracting more than 60,000 participants each year to take part in the marathon, half marathon, 10K and wheelchair races. The route is a city centre affair in and around Victoria Harbour. It's hot and humid but great fun.

Next race
February 12, 2017, hkmarathon.com

APRIL

08

Big Sur Marathon

If you're going to go for this one you need to plan well ahead because it sells out months in advance. Why? It's a journey along the California coastline, through the Santa Lucia Mountains – the phrase 'wow-factor' barely does it justice. There are shorter race distances if you don't fancy the big one.

Next race April 30, 2017,
bsim.org

Westport. Stunning.

Next race February 11, 2017,
bullergorgemarathon.co.nz

**09
Kilimanjaro
Marathon**

Don't worry, you're not going to be scaling the mountain itself; the race is run in the foothills. The surrounding vistas are more than worth the struggle in the heat, and though spectators are limited you'll get a reception full of Tanzanian warmth.

Next race February 26, 2017,
kilimanjaramarathon.com

MARCH

**10
Balaton
Supermarathon**

Run around beautiful Lake Balaton in Hungary, the largest lake in Central Europe. You can choose from seven race-distance options, from a standard marathon all the way up to the 'supermarathon', covering a whopping 194km over four days.

Next race March 23-26, 2017,
balatonsupermarathon.runinbudapest.com

**11
Ragnar Del
Sol Relay**

Ragnar is a specialist relay

race company from Utah. Having conquered the US the company is now thinking about launching in the UK. The Del Sol version in Arizona is a typical offering: beginning and ending at sunset, it's a thrilling 200-mile trek through the Sonoran Desert, run by teams of 12. Each member runs three times, while teammates rest and recover in a van between their efforts.

Next race March 10-11, 2017,
runragnar.com

APRIL

**12
Hamburg Marathon**

This 26.2 in the very north of Germany really deserves to be investigated. The course is designed to take in as many of the city's highlights as possible, including the Reeperbahn ('sin mile' – the red light district), the Elbe Philharmonic Hall, Elbchaussee (where numerous stately homes are located), the picturesque harbour and more. A superb big-city race.

Next race April 23, 2017,
haspa-marathon-hamburg.de

**13
Vienna Marathon**

The organisers of this event seem to have been determined to showcase the reasons Vienna is regarded as one of the cultural centres of Europe.

◀ **VIEW FROM
THE BRIDGE**
The magnificent
Big Sur Marathon

In the space of 42.2km the highlights include the opera house, Schönbrunn Castle, the United Nations complex and a crossing of the Danube (yes, Strauss's melody will be playing).

Next race April 23, 2017,
vienna-marathon.com

**14
Two Oceans
Marathon**

A friendly heads-up: this is not actually a standard marathon but a 35-mile ultra. And it's a hell of a slog in places, with several long, testing climbs as well as temperatures in the mid 20s. BUT (you knew there was a but), the thrilling views of the Indian and Atlantic oceans and the Cape peninsula make it live up to its billing as one of the most stunning races in Africa.

Next race April 15, 2017,
twooceansmarathon.org.za

▼ **LA MARATHON**
The TCL Theatre
(formerly
Grauman's) in
Hollywood

MARCH

15

LA Marathon

From the 'stadium to the sea' – this takes you from the east of the city on a stunning journey out west. Starting from Dodger Stadium you pass through many of the places you've seen on TV, including Rodeo Drive and Sunset Strip, before finishing at Santa Monica beach.

Next race March 19, 2017,
lamarathon.com

**06
Romeo and
Juliet Half**

As you might guess, this one is run on the Sunday closest to Valentine's Day each year. It's 13.1 miles through the historic centre of Verona. The theme is very much focused on love and romance, making it an ideal event for couples looking for a weekend away with a difference.

Next race February 12, 2017,
giuliettaeromeohalfmarathon.it

**07
Buller Gorge
Half Marathon**

You know you're really onto something when your race gets billed as the most scenic in New Zealand – a country famed for its natural beauty. Buller Gorge is in the north of the South Island and this one takes you from Ohika-iti River Bridge down into the town of

>

MAY

16 Gothenburg Half

With its 50,000+ runners, the Great North Run is a huge event, but it still has some way to go to match the 64,000 expected next year for this event in Sweden.

The world's biggest 13.1-miler runs through the city's streets and parklands, and down to the harbourside. The atmosphere on and off the course is vibrant throughout.

Next race May 20, 2017,
goteborgsvarvet.se/en

17 Grand Prix von Bern

A chance for you to get a new PB if you've not tackled a 10-miler before. This one takes you on a tour of the centre of Switzerland's capital, showcasing the huge Aare river, the cathedral and the town hall, which dates back to the Reformation. Sixteen thousand runners turn up each year to be cheered on by 100,000 spectators.

Next race May 2017, (tbc),
gpbern.ch

18 Rio Half Marathon

You get the best of both worlds here; by running on the

coastal road you get to enjoy the views of Copacabana and Ipanema beaches without knacker your legs on the sand. The skies are blue, the palm trees wave in the wind and just to top it all off, there's the splendid view of Sugarloaf Mountain.

Next race June 18, 2017,
maratonadorio.com.br/en

19 Borneo International Marathon

The largest island in Asia plays host to a marathon that is utterly spectacular, though not, perhaps, suited to the faint-hearted. It's winding, it's hilly, it's incredibly humid and, er, it starts at 3am. But the coastal route along the South China Sea and the view of Mount Kinabalu will make it all worthwhile.

Next race May 7, 2017,
borneomarathon.com

20 The Red Bull 400

Why would you travel abroad to run just 400 metres, you ask? Because it's straight up a grassed-over ski-jump slope, and the higher you go the steeper it gets. In short, it's a hell of a challenge – you *will* be on your hands and knees. There are eight locations to

choose from between May and September but our pick is in Almaty, Kazakhstan.

Next race May 2017 (tbc),
redbull.com/uk/en

JUNE

21 The Dipsea Race

Next year will be the 106th running of Dipsea, which makes it America's oldest trail event. It's definitely one to enjoy rather than race.

The 7.4-mile course is hilly, stepped and rather narrow in many places – then again, you'll want to be going slow enough to take in the lush California surroundings.

It operates on a handicap system, so anyone could win...
Next race June 2017 (tbc),
dipsea.org

22 Safaricom Marathon

Here's your chance to have a bash at outrunning a cheetah and if you can't quite manage it (don't even try) a ranger armed with a rifle will have your back. This bucket-list contender takes you across Lewa Wildlife Conservancy in Kenya, where you'll run past wild animals of all varieties.

Next race June 2017 (tbc),
safaricom.co.ke/safaricommarathon

▼ TURN OF SPEED
Or take your time
and enjoy the views



▼ SNOW MOBILE
Making tracks,
but slowly





JULY

27

Mauritius Half Marathon

As beautiful as you'd expect; from a beach-side start the course takes runners along the Baie du Cap, with a mountain peak on one side and white-sand beaches on the other; then it's on through an 18th-century sugar plantation before the final miles along the beach. A post-race dip will feel like heaven.

Next race July 17 2016, mauritiusmarathon.com

the Zambezi River, enjoy a spot of wildlife-spotting through Zambezi National Park and, of course, get a view of Victoria Falls.

Next race July 2017 (tbc), vicfallsmarathon.com

28 Gold Coast Marathon

The names of the stretches of golden sand that you pass during this coastal race read like the itinerary of an especially laid-back gap year: Main Beach, Surfers Paradise, Broadbeach, Mermaid Beach, Miami, Burleigh Heads and – appropriately – Runaway Bay. It's why 5,500 runners, many of them international, turn up each year to cruise their way to another marathon medal.

Next race July 2017 (tbc), goldcoastmarathon.com/au

29 Bogota Half Marathon

You know you'll get tip-top organisation at this 13.1-miler through the middle of the Colombian capital – it's the only South American race to be accredited with IAAF gold-label road-race status. It begins outside the cathedral in the main city square, then heads west and finishes back in Simón Bolívar Park.

Next race July 2017 (tbc), mediamaratonbogota.com

JULY

23

Trail Verbier St Bernard

Set amid the truly jaw-dropping surroundings of the Swiss Alps, there's something for all levels of trail-head on offer here, with 110km (8,400m of ascent) and 61km (4,000m) ultras, a 29km for the less incline-inclined and a 6km taster trail that is open to all, with no age limit.

Next race 8-10 July, 2016 trailvsb.com

24 Perth Marathon

A low-key and very sunny delight, this two-lap course follows the edge of the Swan River and takes runners past Perth Zoo and the famous 82.5m-high Swan Bell Tower. The route is flat and because the race takes place during what Australians amusingly call winter, the temperature is fine for pasty UK runners.

Next race June 2017 (tbc), wamc.org.au

25 Midnight Sun Marathon

Night-owl runners of the world, rejoice, as this is the perfect race for you. In Tromsø,

northern Norway, there's no such thing as darkness between the May and July, so you'll be running in slightly disorienting daylight, though the clock suggests otherwise. The route, which includes the 1,036m-long Tromsø Bridge, is fairly flat, but the views are more than fairly stunning.

Next race June 2017 (tbc), msm.no

JULY

26 Victoria Falls Marathon

It doesn't get much more spectacular than this. You'll be crossing between two countries – Zimbabwe and Zambia – and along the way you take in a chunk of

Words **Kerry McCarthy** Photography **Monica Dalmas**, Mauritius Half Marathon



AUGUST

30 Mongolia Sunrise to Sunset

There aren't many occasions when running a marathon is considered the easy option, but this is one of them. You have a couple distances here: 42km or 100km and whichever option you choose to tackle, it must be completed while the sun is in the sky. That means you have 18 hours in Hovsgol National Park to get the job done while keeping an eye out for moose, yaks, camels and bears.

Next race August 3, 2016, ms2s.dk

31 Creemore Vertical Challenge

You guessed it – you're going to have to get your

climbing legs on for this thrilling event. It's a gorgeous but willpower-testing trail challenge in Ontario, Canada. Your distance options are 25km, 50km and 75km but no matter which you go for you'll be scrambling through the 'mad river' near the end. Terrific but terrifying fun.

Next race August 6, 2016, ouser.org

32 Da Nang Half Marathon

If you want to take part in this race in Vietnam's fifth-biggest city, you'll need to be an early riser: the race begins at 4:40am (and the full marathon begins 10 minutes earlier). The reason is simple – the average temperature here in August is 28C. But the route will take you past some magnificent

beaches and you can head straight for them when you've finished, as the sun rises. Beautiful.

Next race August 6, 2016, rundanang.com

33 Helsinki City Marathon

Although this race in Finland's capital is nominally a city marathon – and, indeed, there are several urban sections – the organisers have done a great job of showcasing the best of the area's natural environment. The course is an anticlockwise loop that takes runners through the many parks and open spaces in Helsinki, and there's a spot of island-hopping, too, because a chunk of the course hugs the coastline.

Next race August 13, 2016, helsinkicitymarathon.fi/en

34 Bali Marathon

It's hot, it's tropical and it's in Bali; what further inducement do you need? OK, how about the fact that you'll be watching the sun come up over the Indian Ocean as you run along the coastline, and entertainment includes traditional Indonesian music and locals putting on a display of Balinese dancing as you cruise by? Sounds pretty good to us.

Next race August 28, 2016, balimarathon.com

SEPTEMBER

35 Kauai Half Marathon

Running a half marathon in Hawaii? That's definitely one you'll have to take your partner on. This is every

✓ LONG AND WINDING ROAD
The Satara Hill
Half Marathon



bit the race of dreams that the location suggests it ought to be: mist at dawn, winding rivers, volcanic peaks, lush rain forests – it's like Hollywood's idea of a tropical race. Time to start practising hydrating on the move.

Next race September 4, 2016, thekauaimarathon.com

36 Dam tot Damloop

If you're trying to convince your work buddies to take up running, this could be a good training target for them. The run is part of the biggest sporting event in the Netherlands, with up to 88,000 people turning up for one wondrous weekend. Teams of five or 10 tackle the 10-mile route between Amsterdam and Zaandam.

Next race September 18, 2016, damloop.nl

> NEED A RIDE?
Well, you can't



SEPTEMBER

38

Petra Marathon

The organisers of this event in Jordan describe the landscape as 'lunar-like', which is probably why Matt Damon movie *The Martian* was partly filmed here. With its ascent of 1,200m and a route that takes you through mountain landscapes across desert sands and past ancient buildings, this is certainly an otherworldly experience.

Next race September 3, 2016, petra-desert-marathon.com

39 Dingle Marathon

The spectacular race takes you along the Dingle Peninsula in the southwest of Ireland, affording splendid views of the rugged landscape, the Blasket Islands and the Wild Atlantic Way. The weather can be unpredictable but no one comes to Ireland for the sun.

Next race September 3, 2016, dinglemarathon.ie

40 Spartathlon

A race of epic proportions, this ultra marathon inspired by Athenian messenger Pheidippides, who, in 490BC, is said to have run 250km from Athens to Sparta in 36 hours to warn of impending invasion. Race participants attempt to do the same, though the stakes are not quite as high these days.

Next race September 30, 2016, spartathlon.gr/en

41 Patagonia International Marathon

Step away from the comforts of modern urban life and tackle a course where, as the organisers put it, not unreasonably, 'our towers are made of granite and ice'. It's a tough course through a Chilean mountain-scape in Torres del Paine National Park. You'll ascend 2,500m, so it may be time to start Googling 'altitude training'.

Next race September 24, 2016, patagoniainternationalmarathon.com

OCTOBER

42 Lake Garda Marathon

Famous as a celeb holiday destination, here's your chance to hobnob with the rich and famous, albeit at speed and at a considerable distance. Cruise round the outskirts of the crystalline waters of Italy's largest lake, breathe in the pure air and revel in the views of the mountains in the background.

Next race October 16, 2016, lakegardamarathon.com

43 Himalayan 100

First run in 1991, this has become one of those 'once in a lifetime' races. It's a five-day odyssey across northern

India, during which time you'll run legs of 24, 20, 26, 13 and 17 miles, and take in views of four of the five highest mountains in the world: Everest, Kanchenjunga, Lhotse and Makalu.

Next race October 22-29, 2016, Himalayan.com

44 Rock 'n' Roll Lisbon Half Marathon

The Rock 'n' Roll series is a group of 30 running events spanning the globe where the onus is on fun rather than fast times (although there are plenty of those) and live music features at every mile. This particular festival of tunes kicks off on Vasco Da Gama bridge, which, at 17km, is the longest in Europe.

Next race October 2, 2016, runrocknroll.com/Lisbon

45 Polar Circle Marathon

Never overlook the chance to use a good pun, that's RW's view – and the head honchos of this race clearly agree. Styling it 'the coolest marathon on earth', they've devised a course in that takes runners across the Arctic Desert and Greenland ice cap. The cold will take your breath away, if the views don't get there first.

Next race October 29-30, 2016, polar-circle-marathon.com

SEPTEMBER

37

Satara Hill Half Marathon

If you can cope with the heat, humidity and the climbing you'll be hard-pressed to find a more captivating 13.1. This one takes you from the southwest Indian city of Satara up to the Kaas plateau of flowers, a world-heritage site. You'll pass by waterfalls and through low, drifting clouds on the way.

Next race September 18, 2016, satarahillmarathon.com



MARATÓN VALENCIA TRINIDAD ALFONSO 2016



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AS RUNNING IN VALENCIA.***
Valencia, the fastest city in Spain.



20/11/2016



www.maratonvalencia.com



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NOVEMBER

46 Costa Rica Half Marathon

This is a superbly organised meander through the streets of San José, the charming and vibrant capital of this slice of paradise in Central America. And if the fine architecture and warm atmosphere aren't enough, you're only a short hop from recovering on some of the planet's finest beaches.

Next race December 4, 2016
marathoncostarica.com

47 Disney Superheroes Half Marathon

Ready for some fun in the sun? Unleash your inner superhero for 13.1 miles through the Disneyland resort in California. Think awesome costumes and the easiest sell for a combined race/family holiday you'll ever have. Oh, and the Avengers finisher's medal will grace any race-swap collection.

Next race November 13, 2016
rundisney.com

48 Antarctic Ice Marathon

One for the most adventurous of soles, the only marathon staged in the interior of the frozen continent – just a few hundred miles from the South Pole – brings you up close with the planet's last great wilderness as you battle frozen underfoot conditions and temperatures that can plummet to -20C. Baselayers may be required.

Next race November 24, 2016
icemarathon.com

49 Behobia-San Sebastián

Breathtaking in both senses, this challenging 20K starts on the narrow streets of the Irún area of Behobia, northern Spain, then takes runners on a serious climb to Upper Gaintxurizketa, the highest point in the race. From there there's an equally sharp descent, but there are more

NOVEMBER

50

Istanbul Marathon

No other marathon takes you from Asia to Europe and it's a magical experience crossing the Bosphorus with only your fellow runners sharing precious bridge space. There are further rewards as you pass under the Valens Aqueduct and follow the Marmara Sea beach. Then it's into the Sultanahmet district – packed with monuments and mosques – before finishing at the Hippodrome.

Next race November 13, 2016
istanbulmarathon.org



◀ CROSS CURRENT
 Bridging the continental divide

tasty climbs before the finish in the heart of San Sebastián.

Next race November 13, 2016
behobia-sansebastian.com

51 Bagan Temple Marathon

Pounding the dusty roads among the temples that grace Bagan in central Myanmar is a unique experience. Beauty and history combine in this remote setting, with the warmth of the villagers adding another dimension to a 26.2 like no other.

Next race November 26, 2016
bagan-temple-marathon.com

DECEMBER

52 Reggae Marathon

Choose your blingiest race kit, leave your GPS at home and prepare to party your way round the Reggae Marathon. Located at Negril, northwest Jamaica – a place famed for its white sandy beaches, warm waters and even warmer welcome. The race starts before dawn, which means most runners should be cooling themselves in the sea and clutching a rum punch before noon.

Next race December 3, 2016
reggaemarathon.com



USAIN
BOLT

*With his eye on
three more golds at
the Rio Olympics,
a relaxed Usain Bolt
talks to RW's Kerry
McCarthy about
medals, fame
and ugly feet*

I CAN
FEEL
SOME-
THING
GOOD
COMING



'I DON'T ALLOW ANYONE TO BEAT ME OVER 200M. I TAKE THAT RACE REAL PERSONAL'

RW: So, honestly, what can we expect from you in Rio?

UB: 'Three more golds, man. Last year I was injured for months and nobody knew what the problem was until really late, and I still won in Beijing. This year I've been training really well and I think it's a good sign that I'm feeling like it's the slowest season of my life. Normally in Olympic year it all goes quickly and then there you are at the Games. But this year I'm champing at the bit because I can feel something good coming. If I get golds in the individuals, but another colour in the relay because somebody messes up, I'll be disappointed, but there's nothing you can do about that. As long as it's not me who drops the baton, people will understand that it's not my fault. You can only take care of your own performance.'

Last year's World Champs were billed as good v evil, you v twice-banned drugs cheat Justin Gatlin. Did you feel extra pressure?

'Everywhere I went last year it was all anybody wanted to talk about: "If Usain loses the sport is over." "He can't let Gatlin win." "The future of the sport is in Bolt's hands." All that.

I fully understand why people painted him as the villain and me as the saviour, but I tried my best to stay away from all that. When people say, "You have to do this for the sport," that's more pressure on your back. When people say, "You

have to do this for your country," that's more pressure, too. Everybody wants the same thing – apart from the other seven guys in the race – but you can't carry all those people on your back in the race. I just focus on my own motivation and block everything else out.

External pressures are what make athletes fail sometimes. Look at [French sprinter] Christophe LeMaitre. When he was up and coming he was doing great, and I thought, do *not* put pressure on this kid, but now he's falling apart. The moment they started saying, "Oh you need to do this for your country, reach this final, win that race" – that's when he started failing.' [LeMaitre failed to reach the final of the 100m or 200m in last year's World Championships.]


In the semi-finals in Beijing you stumbled out of the blocks...

'I totally messed up. I saw it as a chance to make a statement going into the final, but I tried to push too hard and I started to fall because I came out at a bad angle, too low and flat. I couldn't get my foot under my centre of gravity, so I started stumbling. I had to really run hard to get back to the pack, but it helped in a way, as it blew the cobwebs out of my legs.

It looked on the finish line like it was really close – and it was – but I knew I'd make it. I got up to top speed at about 60m and by 70m I could tell how fast I was closing. I was like, "I'm all good" and that's how it turned out.'

What did your coach say to you after that race?

'He said I was getting too stressed about what Gatlin would do and not stressed enough about my race. When I'm not in great shape – and I wasn't last year – my start plays on my mind because I don't have the best one. Gatlin has one of the best starts, so I knew mine was really important. If I'm in good shape I can catch Gatlin no matter what, but last year he was in good form and I wasn't, so I was thinking, "If I get a bad start it's over." Coach told me to relax, that I was the legend, I was the champion and it was Gatlin's job to worry about me. All I had to do was what I normally do and I would win. That helped chill me out a lot. I let go of the stress after that.'



USAIN
BOLT



HEADS UP
The 100m final takes
place on August 14, the
200m final on August 18
and the 4x100m relay
on August 19. Mark
those dates on your
calendar



What do you remember of such a pressurised final? Can you recall much about a nine-second race?

'I remember all my races. Time seems to slow down for me and I remember each part. Many athletes just focus on their own race, but I'm the kind of guy who needs to look around and see what's going on. Normally after 10m I'm half a step to a step behind, but this time I was right up there, so I thought, "Yo, man, just run. Run, run, run."

Normally Gatlin is ahead of the pack for the first half of the race, but this time he wasn't there, so I thought, 'Okaaaaaay...so he has to be in the pack. This is good.' At 50-60m I could see he was next to me – but he wasn't ahead of me, so now I'm confident because I know what my top speed is and it's better than anybody else's. I'm holding on, he's holding on and we get to 80m and I can see him starting to fall apart. The pressure of the line approaching got to him, so all I was thinking was, "Keep your form, keep your form. Don't lose it." He was falling over and all sorts. And then I timed the dip right. I knew I had because I looked to the right on the line and he wasn't there. There was just fresh air. He was looking at the screen to see who had won but I knew it was me.'

Next up was the 200m – you knew you were going to win, right?

'Yeah, of course! The 100m was the one that was in doubt but the 200m is my distance. It's what I do. I was doing an interview in the mixed zone with ESPN after the hundred and at the end of it I was walking away and the guy said, "Oh by the way, Gatlin says he's going to beat you." I've never done this in my life before – I normally ignore it – but I stopped, turned round and walked back and said, "Justin Gatlin will NOT beat me over 200m," and then I walked off. I don't allow anybody to beat me over 200m. You might get lucky once over 100m, but 200 – I take that race real personal. I still think I can go under 19 seconds for it before I retire.' [The current WR is 19.19, held, of course, by Bolt.]

Your career is the stuff of dreams. What do you dream about?

'I've been having this one recurring dream for years about a bunch of guys who are chasing me. They all

have guns and they're shooting at me, and no matter how fast I run I can't get away. They're trying to kill me, man, and I'm jumping over walls, I cut down alleys, I'm doing everything, but they just keep coming. They never get too close, they're always at a distance but they never drop back, either. I don't know what causes this dream, but every time I wake up really tired...'

Who's the next Usain Bolt?

'Tricky one. I think if Yohan Blake [silver medallist in the 100m and 200m at the 2012 Olympics] can get

back to the level he was at before his injuries of the past two years he can take over from me for a few years, but in terms of the younger ones coming up I don't really see anyone at the moment. I've noticed a trend

that the kids coming out of school aren't as motivated as I was. When I was running at high school I got a small contract: some kit and a tiny bit of money. The kids nowadays, they're on proper money contracts. Track and field in Jamaica has grown bigger, sponsors want more sprinters and money has been thrown at the kids and they're not motivated. They think, "I'm going to make money whether I'm successful or not." You have to find that one person who has their head on their shoulders properly, who wants it more, who wants more than money, who wants to be a champion. I'm looking, but I haven't seen it yet.'

Would you rather be poor with your medals, or rich without them?

'Wow, that's a hard one. I think I'd take the medals and the glory. Growing up I never had money, but I was always comfortable in those surroundings. Even now, if I get given a small or lower quality hotel room the people around me are fussing and trying to swap it for a better one and I'm like, "Yo, leave it. I'm used to a small room. I've come from worse than this – it's fine." So I could do poor no problem, if I had the glory and the satisfaction of knowing that I worked hard to get to the top and be Olympic champion.'

You get lots of financial requests. What's the oddest you've had?

'Every story you can think of I've probably heard it already. But one lady told me she'd had internal bleeding for years and wanted money for an operation. I said, "Lady, if you'd been bleeding on the inside for years you'd be dead."

I used to listen to everyone and privately I'd try to help most of them, but the more you help a few, the more they tell everyone else and then more and more people come to you, and it's just not possible to help everyone. At one time I had a system – around December each year I would allocate a certain amount of my own money – about US\$30,000 – and I'd use that to help people who I thought really needed it. In the end I had to stop because it caused trouble. I train on a university campus, and what happened was the students I'd helped would get into fights with the people who hadn't got anything, word would spread and there was a lot of jealousy. It became an issue and the police kept getting called out to sort out the fights, so in the end they asked me to stop doing it.

I still try to help one in two people, but it becomes harder to tell who is telling the truth and who is lying. People have doctored documents – medical certificates – and brought them to me to try and fool me. The problem is always with the adults and not the kids, so now I mostly help the young ones. If you're going to school and need help paying off your student loan or need books or something, I will try to help you.'

Despite being a national hero you've had some problems with the class system in Jamaica.

'There are families in Jamaica who are seen as being at the top in society and they don't want any new people making their way up there. When I started coming up and making money you could tell that they didn't want me to become a permanent fixture at their level. They don't want you to go 'uptown' if you've been poor and achieve the same status as them, so they'll try and find ways to get you down. For example, if you try to invest in a building and make yourself stable in life and they find out about it, they try and use their contacts to block your purchase or buy the building themselves so you can't. A person like me has to be quiet about it; you try not to let them know what you're

**'HOW MUCH
MONEY
HAVE YOUR
FEET MADE
YOU?'**

doing. They don't mind me being rich right now because I'm famous and I'm good for the country, but when I retire they'd prefer I just go away, back to Sherwood Content [the small rural village where Bolt was brought up].'

If you have kids, which traits do you hope they don't inherit?

'My laziness. I'm really lazy with everything other than training. Sometimes when I'm watching TV, if the remote is four inches out of reach, I'll ask NJ [Bolt's best friend since childhood] to pass it to me. And once I'm under the covers, I'm not getting up again. I've slept with my front door open because I was already in bed.'

Which part of yourself do you like the least?

'My feet. They don't look very pretty, but they've got me to where I am. Some guy came up to me once and looked down and said, "Yo, Bolt, you got some ugly-ass feet, man." I said, "True, but tell me, how much money have your feet made you?"'

Your taste for Guinness and Kentucky Fried Chicken is legendary. Gun to head: which would you give up?

'The Guinness can go. I can replace that with something else, Heineken maybe. But the KFC wings [rubs stomach and rolls eyes back in head] – I have to have them.'

Does this mean you'll pile on a few pounds in retirement?

'I have a bet going with my team about this. They think I'm going to get fat within two years of retiring next year because I'm so greedy. It happens to a lot of sprinters. Every athlete I've known who used to do track, I see them now and I'm like, "Bro, you just finished track a year ago, how are you this fat already?" My agent, Ricky, says I'll fight it for the first year for vanity but the second year I'll get too lazy, and I'll end up enormous. But I have a girlfriend now and you can't let yourself go. When you're married you might get away with it, but when you have a girlfriend? No chance. You have to keep this tight [points to torso]. If we have to go and work out together then we'll go do that, but I. Will. Not. Get. Fat.' PH

CLOSE AT HAND

For a man on the verge of making history (again), Bolt seems supremely relaxed



**'I'M REALLY
LAZY WITH
EVERYTHING
OTHER THAN
TRAINING'**

FOOD FIEST

Nutritionist Matthew Kadey reinvents classic Mexican street food to deliver the nutrients that will power your running

1/ COCOA BLACK BEAN AVOCADO CREAM

Cocoa adds antioxidants to these fibre-rich beans.

- 2 tsp rapeseed oil
- 1 small onion, diced
- 2 tomatoes, seeded and diced
- 1 ripe plantain, peeled and diced
- 425g black beans, drained and rinsed
- 2 tbsp cocoa powder
- ½ tsp chilli powder
- ½ tsp cumin powder
- Coarse salt and black pepper
- 15g chopped coriander
- 60ml fresh lime juice
- 120ml sour cream
- ½ avocado
- 8 small tortillas
- 1 roasted red pepper, thinly sliced
- 20g toasted pumpkin seeds

Heat the oil in a pan over a medium heat. Add the onion and cook until soft (about 3 minutes). Add the tomatoes, plantain, beans, cocoa, chilli powder, cumin, 60ml water and ½ tsp salt and pepper; cook for another 3 minutes. Stir in the coriander and 2 tbsp lime juice. Season with salt and pepper. Remove from heat. Blend the sour cream, avocado and remaining lime juice with a pinch of salt. Top the tortillas with filling, red pepper, avocado cream and pumpkin seeds.

Makes 4 servings

2/ CHIPOTLE PORK AND SWEET POTATO

Pork fillet provides low-fat, muscle-building protein and the yoghurt topping gives you some gut-friendly probiotics.

- 4 tsp rapeseed oil
- 450g pork fillet, thinly sliced
- Coarse salt and black pepper
- 1 large sweet potato, peeled and shredded
- 125g plain yoghurt
- 1 tsp minced chipotle chilli in adobo sauce (Clement Jacques, £2.35 for 210g mexgrocer.co.uk)
- ½ tsp lime zest
- 1½ tsp lime juice
- ¼ tsp cumin powder
- 8 small tortillas
- 450g baby spinach
- 15g chopped coriander

Heat 2 tsp of oil in a large pan over a medium heat. Season the pork with salt and pepper, heat until cooked through, then set aside. Add the remaining oil to the pan. Add the sweet potato, season with salt and pepper, and cook until tender (about 4 minutes), stirring often. Stir together the yoghurt, chillies, lime zest, lime juice, cumin and a pinch of salt. Top the tortillas with spinach, pork, sweet potato, yoghurt sauce and coriander.

Makes 4 servings

Corn tortillas are rich in flavonoids, which help protect against certain cancers.



3/ CHICKEN LETTUCE WITH STRAWBERRY SALSA

A little twist here: the crisp lettuce 'shells' add fresh flavour and shave off calories.

- 1 tbsp sugar
- 1 tsp salt
- 120ml cider vinegar (more as needed)
- 400g halved strawberries
- 120ml unsweetened coconut milk
- 2 garlic cloves, minced
- 450g lean minced chicken
- Handful chopped mint
- 2 tsp lemon zest
- 200g cherry tomatoes, quartered
- 1 yellow pepper, diced
- 2 spring onions, thinly sliced
- 1 jalapeno pepper, seeded and finely chopped
- 8 large lettuce leaves

In a glass jar, stir the sugar and ¼ tsp salt with 60ml boiled water until dissolved. Add the cider vinegar and let the mixture cool to room temperature. Add the strawberries and more vinegar, if needed, to cover the berries. Seal the lid and leave for 30 minutes to 24 hours in the fridge. In a pan, simmer the coconut milk, garlic and ½ tsp salt. Add the chicken and simmer until it's cooked, stirring occasionally (about 7 minutes). Remove from heat and add mint and lemon zest. Add salt to taste. Remove strawberries from the jar, and toss with tomato, yellow pepper, spring onions and jalapeno. Place chicken in lettuce leaves and top with salsa.

Makes 4 servings.

4/ BANANA CHOCOLATE

Ricotta is rich in whey protein, which has been shown to help build strong muscles.

- 250g low-fat ricotta cheese
- 2 tbsp almond butter
- 1 tbsp maple syrup
- 1 tsp orange zest
- 1 tsp vanilla extract
- 55g chopped dark chocolate
- ½ tsp cinnamon

- 4 small bananas, sliced into 1cm pieces
- 4 small wholewheat tortillas, warmed
- 20g unsweetened toasted coconut flakes (optional)

Mix the ricotta, almond butter, maple syrup, orange zest and vanilla. Microwave the chocolate in 20-second bursts, stirring between each, until melted. Stir in the cinnamon. Spread the ricotta mixture on warm tortillas and top with banana. Drizzle chocolate sauce over the top, and sprinkle with coconut flakes.

Makes 4 servings.

5/ SALMON SUSHI

Salmon is rich in omega-3 fats, which may help burn off body fat in people who exercise. Good news for runners.

- 3 tbsp soy sauce
- 2 tbsp rice vinegar
- 1 tbsp wasabi powder (Clearspring Wasabi Powder £3.49 for 25g, ocado.com)
- 1 tbsp grated ginger
- 2 tsp sesame oil
- 225g skinless salmon, cut into 2.5cm pieces
- 110g brown rice
- ½ avocado, diced
- 110g cubed pineapple
- 75g diced cucumber
- 1 medium carrot, shredded
- 1 nori sheet, chopped (Yutaka Sushi Nori £1.79 for 11g, tesco.com)
- 8 small tortillas
- Lime wedges

Combine the soy sauce, vinegar, wasabi, ginger and sesame oil in zip-top bag or container, then add the salmon. Marinate in the fridge for 30-60 minutes. Put the rice and 350ml water in a medium saucepan. Cover and simmer until the rice is tender and the water is absorbed (about 20 minutes). Set aside for 5 minutes and fluff with a fork. Fry the salmon and marinade in a pan until the fish is cooked (about 4 minutes). For the salsa, toss the avocado, pineapple, cucumber, carrot and nori together. Top the tortillas with rice, salmon and salsa. Serve with lime wedges.

Makes 4 servings.

Eat one of these for a prerun snack; two or three to refuel your muscles postrun.

T W E N T Y Y E A R S

20

L E S S O N S



NO MATTER WHERE YOU ARE IN YOUR RUNNING LIFE, YOU CAN ALWAYS LEARN SOMETHING. HERE'S A LITTLE WISDOM FROM RW'S **MARK REMY**, WHO'S KNOWN THE UPS, THE DOWNS AND THE LONG, FLAT STRETCHES...

In 1995,

Eric Cantona was giving martial arts lessons, Blur and Oasis were doing battle in the charts and Bridget Jones' first diary was published. The world marvelled over a new storage format called the 'digital versatile disc.' Bruce Willis died hard with a vengeance – in a film I would someday watch again and again on DVDs, as we cool kids soon came to call them. Also in 1995, I started running.

Back then I never imagined there would come a day when I'd look back and say, 'I've been a runner for 20 years.' Twenty years felt like an eternity. Yet here I am. As David Byrne asked (way back in 1981): Well, how did I get here?

Here's how: I started running, and kept at it.

Over that time, my investment in running has paid big dividends. It's kept me healthy and (mostly) sane. It's strengthened my legs, my heart, my soul. It's taken me to new places and introduced me to amazing people. And in a roundabout way, it's provided me with a nice way to earn a living.

Running has also paid off in one way I never expected: as lifetime mileage accrues, so does wisdom. Not just sport-specific wisdom, but the kind that can make you a better human being. Running, I've discovered, can be an effective teacher. Here are 20 of the most valuable lessons it has taught me, one for each year I've been at it.

Illustrations Nigel Buchanan



PATIENCE PAYS OFF

Q

What do you call an impatient runner?

A: Injured.

► New runners who let their excitement get the better of them almost always wind up hurt or burned out, or both. The same goes for veteran runners who decide the best way to return from a layoff is to 'catch up' by doubling their usual mileage. Patience means having the discipline to delay gratification – to have a plan and stick to it. To pace yourself. Running strengthens this discipline, just as it strengthens our bodies.

No

2

STRENGTH COMES IN MANY FORMS

► Lots of people equate strength with big, visible muscles. But runners are some of the strongest people I've ever met, and many are pencil-thin. Others are big, but not muscular. Others look so average they could be stock photo models for 'guy or girl next door.' Runners learn quickly that appearances don't mean a thing, because true strength comes from within. True strength, in essence, means refusing to give up. By this definition, we are all capable of great strength.

No 3

There's value in constancy

► When I was at university, wondering what to do with my life, I ran. When I graduated and was scrambling around, desperate for direction, I ran. When I got a job and moved to a new city, I ran. The morning of my wedding, I woke up early and met my best man in the hotel lobby. Guess what we did? We age, grow, move, laugh, love, cry. Through it all, running is there, whenever and wherever we need it.

>

No 4

You get out what you put in

► I often hear the question, 'How little can I train and still be able to finish a marathon?' Recently someone asked me – and I am not making this up – 'Is it possible to train for a marathon if I run only one day a week?' (Possible? Possibly. Advisable? No.) I've never understood why anyone would want to run a marathon without properly training for it. Best case: they finish, eventually, but have an awful time en route. Worst case: they get hurt. But this attitude is common, and not just among wannabe marathoners. Lots of people want something for nothing. Running doesn't work that way and, here's the bigger lesson: neither does life.

No 5

GROWTH HAPPENS OUTSIDE YOUR COMFORT ZONE

► Friedrich Nietzsche famously said, 'That which does not kill us makes us stronger.' I'm not on board with that – I'm more inclined to agree with the late writer Christopher Hitchens, who noted, 'There are all too many things that could kill you, don't kill you and then leave you considerably weaker.'

Still, there's something to the notion that surviving an ordeal can better equip you to handle the next one. You'll emerge tougher, stronger and more confident.



No 6

Run with the finish line in mind...

► Here's a thought familiar to anyone who's ever run a marathon: Why the hell am I doing this? It can happen not just during the race itself, but during a tough training session, or a long run, or while sitting in an ice bath. Why? Why? For God's sake, why?

There's always an answer, even if you momentarily lose sight of it. Something made you want to do this. Something is waiting for you at that finish line. Redemption? Vindication? Self-confidence? Beer?

Whatever it is, keep it in mind, especially when things get tough. Because when you lose sight of your ultimate goal and you can no longer answer that all-important question – why am I doing this? – things can get very bleak very quickly.

No 7

...but savour the mile you're in

► Because you don't want to get to the finish line – a real one or that large, looming, metaphorical one – and realise that you missed loads of great stuff along the way.

Running may be absurd. Life may be, too. But, well, here you are, living and breathing and capable of experiencing wonderful things. Enjoy it all while you can.

STAY IN THE RUNNING

Logging miles regularly is the surest way to reap the benefits of running (see *Science says: running is the best!* on p59). However, overdoing it can lead to injury or burnout. Running coach Janet Hamilton (runningstrong.com) gives these training guidelines to keep her runners off the physio's table.

WALK FIRST

New runners – as well as those coming back after a long break – should ease in with walking. Work up to walking 10 miles per week before beginning to run. Add bursts of 30-60 seconds of slow jogging for every two or three minutes of walking, then shift towards more running as you progress.

STAY CONTROLLED

If you're relatively new to running or considering a training plan after some time off, a base of a few months of easy miles will help you stay injury-free and prepare you for faster running. Move at a pace that allows you to hold a conversation. (Once you've built your base, see *Variety shows*, p61.)

OPT OUT

Running outside forces you to work against wind resistance, while hills and uneven terrain (curbs, potholes etc) build strength and balance. An occasional treadmill jaunt is fine but when possible, head outside.

VARY MILEAGE

Try one longer run each week that makes up 30-40 per cent of your weekly mileage. Your endurance will improve, and your everyday runs will feel easier.

ASK FOR HELP

As your running evolves you will have questions, and more experienced runners have answers. They're usually happy to share their wisdom so tap a runner friend for help or join a running club. And don't rule out a coach, whatever your level.

No 8

Without the lows, the highs wouldn't feel nearly as good

► Some runs are bad. Some are good. A few are great – especially when you contrast them with the bad. It's easier to shake off a bad run when I remember that I've had plenty of great runs in the past. Terrible races make the good ones that much sweeter. Running is a series of peaks and valleys, and so is life, and that's OK. Actually, it's more than OK – it's necessary.

No 9

IF YOU'RE NOT CAREFUL, GROOVES CAN BECOME RUTS. AND RUTS LEAD STRAIGHT TO BOREDOM AND BURNOUT

► It's tempting to find something that works and repeat it over and over. But sooner or later that sameness becomes stultifying. Find new ways to challenge your muscles, mind and expectations. This is how you grow.

No 10

THE FIRST STEP IS THE HARDEST

► The best way to start running is to start running. That may sound stupidly obvious, but it is, in truth, tough advice to follow. Especially when it's raining, or very cold, or very hot, or very early in the morning, or...

Often the toughest obstacles in life aren't physical. They're mental. Indecision, fear, doubt... These things will paralyse you. At some point you just have to get up and go. And then you have to keep going.



No

11

Set your own pace

► There's a big temptation, when you're running in a group, to keep up. Even if the pace picks up and you find yourself going much faster than you want or need to on that particular day. This is natural. But mindlessly following someone else's lead is dangerous. You worry about you: let everyone else do their thing.

Science says RUNNING IS BEST!

OK, we may be slightly biased, but the studies below – like thousands of others – objectively back our belief that running delivers for your body and mind like nothing else.

It beefs up your brain

Many human and animal studies have found that exercise boosts brain volume, but a Finnish study from February this year found that rats who ran long distances produced more new brain cells than rats who did intervals or strength-training.

It's good for your knees

A growing body of research supports this, including a recent study of 2,439 people. Those who were (or had ever been) runners were less likely to have developed knee osteoarthritis than the non-runners.

It keeps you mobile

Walking economy – how efficiently your body uses energy while moving – becomes more significant as you age: lose too much and your mobility suffers. A 2014 study looked at three groups of elderly people: walkers, runners and a sedentary control group. The runners had greater walking economy than the walkers, whose economy was only marginally better than the sedentary control group's.

>

No

12

YOU'VE GOT
TO HAVE FAITH

► In my younger, more cynical days, I believed that 'faith is believing in something you know isn't true.' (I first saw that quote in Paul Theroux's novel *The Mosquito Coast*, though Mark Twain wrote something similar much earlier – and he used 'ain't', not 'isn't'.) My philosophy now is simpler: faith is believing.

This is just as true when signing up for your first race as it is when deciding to leave your steady job and pursue a passion. Or to pack up and move to a new city. After a certain point you've made your decision and prepared as much as you can. All that's left is to take a deep breath and step into the unknown.

No

13

Experience
trumps stuff

► I like gear as much as the next runner. There's undeniable joy in opening a box and removing a new pair of running shoes, or walking out of a shop with the rain jacket you picked up in the sale. And indeed, everyone needs a good pair of running shoes and a few other essentials. That said, I don't remember most of the running gear I've acquired over the years. But I do remember, in great detail, the races I've run, the places running has taken me and the people I've met.



No 14

Talking really helps

► I'm an introvert. I'm not very good at having conversations or even at making the most insignificant of small talk. Until I'm running with others; then you can't shut me up.

It's amazing how easy it can be to talk when you're on a run. The very act of running – the high heart rate, the perspiration, the endorphins – can be a sort of social lubricant. Like beer, but without the hangover. And it's easier to talk when you aren't looking someone in the eye, feeling self-conscious and reacting to facial expressions and body language. Thoughts just pour out. Running helped me learn to open up even when I'm not running, which my wife will tell you is amazing progress.

No

15

The richest
rewards
are seldom
immediate

► It's great when you go for a run and your mind clears, your limbs loosen, you find energy you didn't know you had. Maybe you have a creative breakthrough, experience a life epiphany, or crack 28 across. But the big rewards – lower blood pressure, a healthier weight, personal bests – come only after time and persistence. Runs won't change your life. But running will.



No

16

IT'S OK TO
BE SCARED

► At race expos, first-time marathoners will tell me they're nervous about the race. My response is always the same: 'If you weren't nervous, I'd be nervous.' They laugh, nervously, but the message is sincere. Nervousness is natural and healthy, as long as you don't let it consume you. Anxiety is a normal by-product of facing a big challenge. Welcome it. Then take it for a run.

No 17

Confidence is good; hubris is not

► If you're not careful, self-assurance can morph into arrogance. The former will serve you well as a runner; but be assured, the latter will be your undoing. We are stronger than we think, but we all have our limits.

No 18

Sometimes things just go wrong

► Here's a hard truth: it doesn't always matter how well you've prepared. Sometimes you can do everything right and still not meet your goals. Unfair? Maybe. But that's life. You know what, though? I've met very few runners who let a bad race define or defeat them. Once you learn certain things are beyond your control, you come to accept that and roll with it.

No 19

JUST KEEP MOVING FORWARD

► If life has any real purpose, I think it can be distilled into those four words: just keep moving forward. It doesn't matter how, or even how well – sometimes that's the only guiding principle you have left. Even when things seem hopeless, there is always a way forward. Dig deep. Find it. Persevere. Keep going.

VARIETY SHOWS

Runners must keep evolving: once you have a solid base, you need to mix up your sessions. 'If you've been doing the same thing for weeks, your body has probably adapted to that, since there's no demand to do more,' says coach Janet Hamilton. 'If your goal is to get fitter and faster, you're going to have to push your body a little.' Try one of these each week – in addition to a couple of easy runs and a long run – to develop speed and strength.

HILL REPEATS

Pick a hill in the middle of your running route that takes about 30-60 seconds to climb at an easy effort. After 10 minutes of easy jogging, run up the hill two to four times. Ascend at an easy effort – at a slightly slower pace than you'd run on flats – and descend with light, quick footfalls. Finish with 10 minutes of easy jogging.

MAKE IT HARDER Increase the number of hill repeats each week until you hit six. Then try running up the hill at the same pace you hold on level ground.

TEMPO INTERVALS

After a 10-minute warm-up, spend 15 minutes alternating between running for one to two minutes at a comfortably hard pace – breathing hard enough that you can only manage to say a few words at a time – and running easy for three to four minutes. Cool down with 10 minutes of jogging.

MAKE IT HARDER Lengthen the duration of the intervals as the workout gets easier, or try an even split: run hard for two minutes, then recover for two minutes.

LANDMARK FARTLEKS

Warm up for 10 minutes. Then choose a landmark ahead and run at a comfortably hard pace until you pass it. Jog until your breathing returns to normal. Repeat for 15 minutes, then cool down for 10 minutes.

MAKE IT HARDER Increase the time between warm-up and cool-down or use an external cue – eg, when a car passes – to end your hard segments. RW



No 20

IF YOU WAIT UNTIL YOU REALLY NEED A TOILET, YOU REALLY HAVE WAITED TOO LONG

► If you learn nothing else from this article, learn this.


TAKE THE PAIN

*A stronger mind means a faster body.
RW grabs the keys to the
hurt locker to learn the secrets
of the science of suffering*



HOLD TIGHT
Becoming a
better runner
might hurt a little





Each ragged breath feels like fire being torn from your lungs, your heart is thudding like a basketball on the court floor, your muscles throb, each footstep sends shock waves through your body. Every fibre of you being implores, 'Stop!'

Running certainly hurts when you're pushing hard. But according to researchers from California State University, who interviewed elite cyclists about pain and its relationship to performance, it is a type of pain that must be confronted by anyone who wants to succeed in endurance sports. It's easy to assume the likes of Mo Farah have an innate ability to withstand the pain of extreme effort, but Dr Lex Mauger, who is studying the role of pain in exercise at the University of Kent, believes this is not the case. 'Rather than saying athletes feel less pain, it's more about their willingness to tolerate it,' he says.

Mauger believes that pain is very much involved in limiting endurance performance. 'It may contribute to task disengagement or reductions in work rate that are manifested in an athlete's pacing strategy as a protective mechanism,' he says. In one study, he found the use of a painkiller (paracetamol) could improve power output, reduce time to complete a set-distance time trial and prolong time to exhaustion, strongly supporting the idea that pain limits performance.

And while many studies that have examined athletes' pain tolerance have used traditional methods of assessment, such as extreme cold or heat or pressure, Mauger thinks 'exercise-induced pain' is different. 'So, to test the relationship between the tolerance of pain during exercise and endurance performance, it is important to replicate that pain,' he says. When he and his colleagues did so, they found tolerance to exercise-induced pain accurately predicted how subjects fared in an endurance test, while tolerance in a traditional pain test did not. Those willing to

endure greater amounts of exercise-induced pain were generally able to produce faster times.

'This suggests a high pain tolerance is an important factor,' says Mauger. It also supports the theory that your capacity to put up with the discomfort of intense exercise isn't the same as your capacity to tolerate other types of pain. It follows, then, that if you want to improve your tolerance to exercise-related pain, you'll need to get used to it.

The adage 'pain is inevitable, suffering is optional' comes to mind. It's precisely what the California State researchers heard from their study subjects. They found that even when physical variables such as heart rate were held constant, pain could still be perceived quite differently from one situation to the next – it varied, depending on the satisfaction the athlete experienced. Put simply, the better they were doing, the less the pain hurt.

The final push

Back to the race. You're into the final mile. Your pace has slowed dramatically and you feel you've got nothing left to give. You round the corner: salvation, in the form of the finish line, appears. In a last-gasp effort you muster the energy for a home-straight sprint.

Moments later you're sharing blow-by-blow accounts of your race. The intense pain and suffering of the last half hour is over but fresh enough in your mind that you resolve to train harder before your next race to avoid the worst of it.

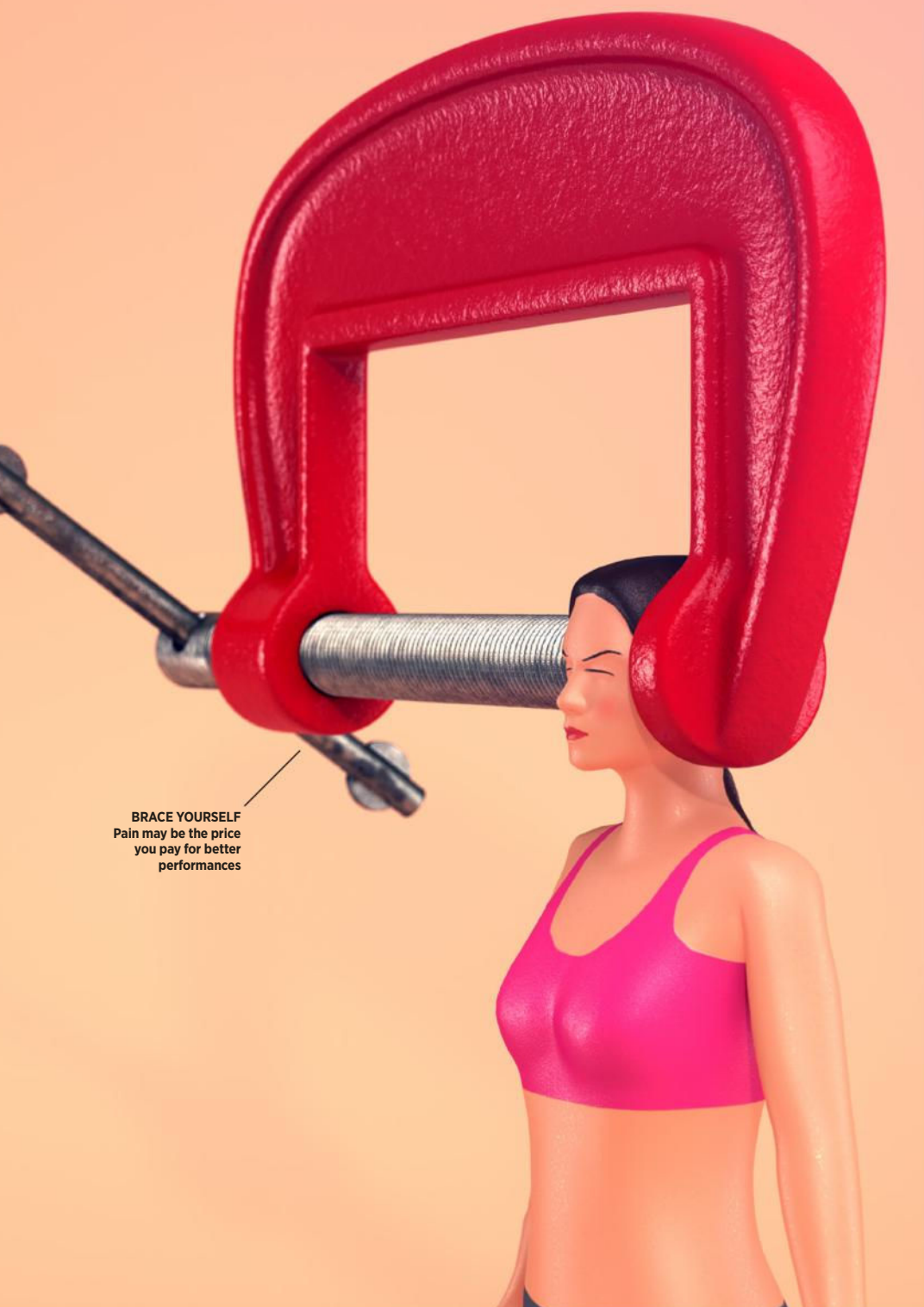
But hang on. If physical fatigue – or lack of fitness – were the problem, then where did that 300m sprint come from? There must have been something left in the tank. 'Anticipatory regulation' is the term used to explain how we modify pace according to a variety of factors – how hard we're working (or perceive we are), how long we have left to go, the presence of other people and our past experiences. It changes moment by moment and it explains our ability to pull out a finish-line spurt, after which we know we can stop.

In a study led by Professor Samuele Marcora, also at the University of Kent, cyclists were asked to ride to exhaustion. At the point they stopped, their rate of perceived exertion (RPE) was at its highest (19.6 out of 20). Yet when they were asked to pedal for just five seconds immediately after the test, they were able to produce an extremely high power output – almost three times as high as their output during the test. Marcora believes that they had not run out of physiological resources, but of mental resolve.

'For a century, researchers have focused on the role of the heart, legs and lungs to explain the limits of human endurance,' says Alex Hutchinson, exercise scientist and author of *What Comes First: Cardio or Weights?* (Harper). 'Scientists have since shown that seemingly absolute physical limits are imposed by the brain – not the body.'

Professor Tim Noakes was the first scientist to come up with a theory for how the brain rules the body when it comes to endurance performance. In his central governor model (CGM), he theorises that muscle recruitment is subconsciously controlled by a system within the brain (the central governor) as a result of feedback from the body (the muscles, heart and lungs). According to Noakes, when exercise intensity and its effects on the body approach the limit of what is safe, the brain's motor cortex, which recruits the exercising muscle, is informed and it stops recruiting additional muscle. The result? Fatigue, discomfort and pain – all of which create a 'protective' response of slowing down or stopping.

Central governor theory has entered the lexicon of the keen runner – and is often used as a catch-all term to convey the now widely accepted idea that the brain, not the muscles, is at the helm. But it is not the only theory that puts 'central' fatigue over 'peripheral' fatigue.



BRACE YOURSELF
Pain may be the price
you pay for better
performances

‘SEEMINGLY ABSOLUTE PHYSICAL LIMITS ARE IMPOSED BY THE BRAIN’

Reality check

As an exercise physiologist, Samuele Marcora worked extensively with pro cyclists in his native Italy, using traditional physiological methods to assess their performance, but it was later, when he was studying fatigue in clinical populations (such as people with cancer-related fatigue) that he came to suspect that it was created not by the body but by the brain. He went on to study neuroscience (‘How could I research whether fatigue was created by the

brain without knowing how the brain worked?’) and began to integrate psychology with cognitive neuroscience and exercise physiology. The result? His psychobiological model of endurance performance – an alternative hypothesis on the way the brain regulates endurance performance, based on ‘motivational intensity theory’, which postulates that people engage in a task until the effort required reaches the maximum level they are willing to invest for succeeding in that task.

The core principles of Marcora’s model are that pacing decisions – and quitting – are taken by the conscious brain and that these decisions are based primarily on our perception of effort at a given moment. And he’s keen to distinguish between this sense of effort and pain or discomfort. ‘I’m not suggesting it isn’t unpleasant to work hard, but that isn’t what makes you stop,’ he argues.

In one study, Marcora got people to put their hand in an ice bucket for as long as possible. The point where it was too uncomfortable to carry on and they had to withdraw was marked 10 out of 10. The subjects then exercised hard until they reached exhaustion. They reached a 10 out of 10 in terms of effort but rated discomfort separately and only rated it as a six, compared with 10 in the ice-bucket test.

Marcora says that in aerobic exercise, we reach ‘the point called exhaustion’ because we give up. ‘The effort required by the task exceeds the greatest effort the athlete is willing to exert in order to succeed or the required effort is so high that maintaining it feels beyond their capabilities,’ he explains.

It’s important to note that the perception of effort and actual effort are not the same thing. Consider a scenario in which you begin running at a set pace. It feels very comfortable for the first 30 minutes, but then it starts to get a bit harder, then a bit harder, until it becomes almost impossible to carry on. ‘You now perceive yourself to be at maximal effort,’ says Marcora. Your effort has stayed the same but your perception of effort has rocketed. So much so, that you have slowed down or even thrown in the towel.

The big difference between Noakes’ theory and Marcora’s is that in the former, the point at which people stop exercise is determined subconsciously, while in the latter, stopping is a conscious decision.



Rather than the body sending feedback to the brain, which results in the subconscious switch being flicked, the psychobiological model says perception of effort reflects 'central motor command', the brain activity necessary to voluntarily activate the muscles. Feedback received from the body is just one factor influencing that central motor command. Marcora offers support of this contention in the form of studies showing that when anaesthesia is induced in muscles, perceived exertion during exercise does not decrease but either increases or stays the same. Similarly, when heart rate is reduced using drugs during cycling exercise, perceived exertion again remains unchanged, or increases.

He does not deny that hurting muscles affect exercise performance – it's just that rather than it being a direct loop between muscles and brain to govern output, the effect is more indirect, occurring because it influences perception of effort. 'Any physiological or psychological factor affecting perception of effort and motivation in turn affects exercise performance,' he says. 'Fatigued muscles mean more central motor command, and thus perceived effort, is required to run at a given speed.'

Taking control

One of the big pluses of Marcora's model is that it means we have some degree of control over our performance. 'It gives us hope,' he says. 'If performance was limited by a subconscious intelligent system in the brain, there would be nothing we could do about it.' Alex Hutchinson disagrees. 'I've never thought that the idea of a central governor meant

we could not improve or change that aspect of our performance,' he says. 'I feel that one of the big adaptations we make in response to ordinary training is that we learn to push a little closer to our limits. The research on physical training and pain tolerance supports that idea, and you could view that as tweaking the settings on your central governor.'

But Marcora believes there is no evidence to indicate that a central governor exists. He says that not only has no specific brain region that houses the central governor been determined, but also that no known receptor has been discovered which measures glycogen depletion within muscles to keep the brain 'informed'. And furthermore, he says, why would we even need the subconscious sensations of fatigue or pain as feedback if the central governor can just switch off recruitment when it senses we're entering the danger zone?

There is clearly a big difference between believing that the way in which we self-limit is conscious or subconscious. But in some respects, whether you label what makes us give up as pain or perception of 'too much effort to be tolerated' is immaterial. From a runner's point of view, a sensation or feeling overcomes us that says, 'No more!' and we want to know how we can stop it happening, or at least delay the point at which it occurs.

'Perceived effort is different from pain, but not so different,' writes Matt Fitzgerald in his new book on mental fitness, *How Bad Do You Want It?* (Aurum Press). 'Most factors that increase pain tolerance or reduce pain sensitivity have a similar effect on perceived effort.'

One misconception about the 'mind over muscle' theories is that they suggest physical fitness doesn't matter – it's all about your capacity to tolerate more pain or reduce your perception of effort. Not so. 'If you asked an Olympic-calibre runner to run a seven-minute mile, they would do so easily and be able to carry that pace on for 26 miles or more with little effort,' says coach Jeff Gaudette (runnersconnect.com). 'But ask a four-hour marathoner to run a seven-minute mile, and it will be an

all-out effort they can only maintain for a mile. The physiological differences between these two runners means that even if the central governor was turned off, the four-hour marathoner couldn't run with the Olympic-level runner.'

But there are some strategies that could at least help them get closer. The most obvious one is training – particularly the sort of training where you push yourself outside your comfort zone. (See *Go beyond the pain barrier*, above right).

The brain strain

For Marcora, every strategy, be it physiological, psychological or even pharmacological, has an impact on performance because it influences perception of effort. One example is caffeine. 'Studies have shown that caffeine ingestion before endurance work can improve performance by



**'PAIN IS
IMPORTANT
BUT THE PAIN
RESPONSE
CAN BE
OVERZEALOUS'**



BREAK FREE
For runners, some
of the pain is about
perception

GO BEYOND THE PAIN BARRIER

10 ways to push through pain and reframe suffering to run faster and longer

- 01** Believe in yourself. A study from the University of Illinois, US, found athletes who felt they could tolerate leg-muscle pain did better in a running test than those who doubted their ability to stomach discomfort.
- 02** Remind yourself that pain is temporary.
- 03** Use past experiences – even negative ones. Did you quit because it hurt so much last time? To boost motivation, harness the anger you felt with yourself for failing to push harder.
- 04** Be part of a group. At Oxford University, a study found pain tolerance was higher following a group rowing workout than it was after rowing alone.
- 05** Get some support. In Marcora's study of social encouragement, cyclists rode to exhaustion while looking at a screen that flashed happy or sad human faces. The riders shown the happy faces lasted 12 per cent longer.
- 06** Use others. In a study published in the *Journal of Science and Medicine in Sport*, cyclists raced against an avatar moving at the speed they'd achieved in an earlier time trial performed alone. They reached higher speeds against the 'competition'.
- 07** Accept the pain but don't focus on it, suggests a University of California study. Participants found that relaxed breathing helped performance.
- 08** Use caffeine. It acts on the brain to make exercise feel easier.
- 09** Get used to it! Prior experience of pain or the sensation of intense effort informs future efforts, which is why it's sometimes said that athletes have greater pain tolerance.
- 10** Run when mentally fatigued. 'Run at the end of a tough, stressful day,' says Marcora. 'You'll have fatigued your mind, so it will require more effort.'

acting on the brain to reduce the perception of effort rather than by increasing fat oxidation and sparing muscle glycogen,' says Marcora.

Caffeine usage is all about making exercise feel easier, but Marcora has also been experimenting with strategies that make training feel *harder*, with a view to making racing feel easier. For example, ditching the headphones. 'Music might make the run more pleasant, but making things more pleasant will reduce the training effort, reducing the stress on your brain,' he says.

He and his colleagues have also discovered that combining physical training with mentally exhausting tasks stimulates the brain areas involved in regulating effort and resisting fatigue. For example, in one study, subjects had to perform a repetitive mental test before an exercise time trial. They performed worse after the test. 'Since muscle


fatigue and mental fatigue both increase perception of effort it is no surprise to me that they both reduce endurance performance,' says Marcora. However, when he got subjects to regularly practise what he calls 'brain endurance training', he found their performance in the subsequent exercise test improved. It's the psychological equivalent of training with a weighted vest – take it off and you'll feel lighter than air.

Hutchinson believes Marcora's focus on effort has opened up some new perspectives on how to improve performance. 'Being more aware of the negative effects of mental fatigue on performance is one thing; the idea that brain endurance training could enhance resistance to mental fatigue is another, more speculative, example,' he says.

If you accept the central governor idea, you could argue that it's not a great idea to override the governor.

Could doing so put you in dangerous territory? 'My view is that pain is important during exercise but the pain response can be a bit overzealous,' says Mauger. 'The training process an elite athlete goes through does inherently increase pain tolerance over a long period of time – it teaches the brain that this kind of pain is OK. It's one of the reasons athletes appear to have such a high pain threshold.' And it's one of the reasons that consistent training will help us boost our own threshold.

While you may never want – or be able – to reach the point at which your effort is so near your limit that you throw yourself over the finish line and immediately collapse, it's worth investing some time and effort into honing your grey matter to tolerate more suffering in the pursuit of improved performance. As the old saying goes, 'Pain is temporary, quitting lasts forever.' **RW**

Hurdling over the turnstiles?
Pull-ups on the handrails?
Running up the escalators
like Rocky? Working out on the
commute is not recommended
(unless you want some funny
looks and hefty fines). For an
easier way to boost your heart
rate in the morning, check
out the news, entertainment
and sport in .
Guaranteed to get you going.

REACH YOUR PERSONAL BEST

Coach



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Half sovereign

How to run your first (or your fastest) 13.1-miler

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Foodie blues

Don't let bad food choices ruin your good work



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Bound for glory

Dynamic power moves to improve your speed

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Away you go

Fitting in a couple of runs on holiday is no bad thing



THIS MONTH'S EXPERT PANEL



MARTIN YELLING

The former elite athlete founded yellingperformance.com. **p72**



JEFF GALLOWAY

Former Olympian who has coached over 200,000 runners. **p72**



MARA YAMAUCHI

The British former elite marathoner is now a coach (marayamauchi.com). **p73**



PETE PFITZINGER

Co-author of *Advanced Marathonning* (Human Kinetics). **p74**



TARA COLLINGWOOD

Sports dietitian and consultant nutritionist for RunDisney. **p79**



BRIAN WANSINK

Author of *Mindless Eating* and *Slim by Design*. **p79**



FIRST TIMERS

A half marathon is a big step up if you're new to the distance. It'll require a higher weekly mileage, longer 'long' runs and a greater variety of sessions to develop the speed and endurance you'll need. But, says coach Martin Yelling (yellingperformance.com), 'If you can run a 10K, you can do it. Just allow enough time to prepare. Twelve weeks is ideal.'

FOOLS RUSH IN

'You need a solid base before taking on a half-marathon training plan,' says coach Jeff Galloway. 'You should be running at least three times a week.' Our 12-week plan assumes that you've covered 12-20 miles a week consistently for at least four weeks, including a long run of six miles or more. 'The best programmes feature gradual increases in distance,' says Hal Higdon, coach and author of *Hal Higdon's Half Marathon Training* (Human Kinetics).

GO LONG

Long runs are key to half-marathon success. 'If you're a beginner, long runs are even more critical, as endurance is the top limiting factor for new runners,' says coach Jason Fitzgerald (strengthrunning.com). He recommends peaking at 11 miles to ensure you can run the half marathon comfortably.

TAKE IT EASY

'The most common mistake that runners make with their long runs is going out too fast,' says Galloway. 'Be sure you can talk comfortably as you run, and take plenty of walk breaks. This pacing strategy will give you the endurance you need without wiping you out.'

BALANCE WORK AND REST

Allow time to recover between runs to help you adapt to the training. 'Running only every other day reduces injury risk. It allows the body to rebuild and improve after each workout,' says Galloway. You needn't rest altogether on non-run days; cross-training develops fitness without overloading the joints and muscles.

NO HALF MEASURES

The half marathon offers challenges and rewards for runners of all levels. Unlike a 26.2, it's not a battle for survival, but neither is it short enough that you can 'get by' on natural fitness and speed. So, whether you're looking to run your first or fastest, RW's resident coach, **Sam Murphy**, shows the way to 13.1-mile glory



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	30 mins easy	Rest	4 x 6 mins challenging, with 2-min recovery jog between each	Rest	Cross-train/easy run 30 mins	Long run 6-7 miles easy
WEEK 2	Rest	30 mins easy	Rest	6 x 20-30 secs hills with walk/jog recovery	Rest	45 mins easy	Cycle, swim, walk or cross-trainer easy 60 mins
WEEK 3	Rest	30 mins easy	Rest	4 x 7 mins challenging with 2-min recovery jog between each	Rest	Cross-train/easy run 30 mins	Long run 7-8 miles easy
WEEK 4	Rest	30 mins easy	Rest	8 x 20-30 secs hills with walk/jog recovery	Rest	Cross-train/easy run 30 mins	Long run 8-9 miles easy
WEEK 5	Rest	30 mins easy	Rest	3 x 10 mins challenging, with 2-min recovery jog between each	Rest/cross-train	Rest/cross-train or Parkrun	10K race (or rest if you a did Parkrun)
WEEK 6	Rest	30 mins easy	Rest	2 x 2 miles at GHMP	Rest	Cross-train/easy run 35 mins	Long run 9-10 miles, with negative split
WEEK 7	Rest	30 mins easy	Rest	6 x 800m at 10K pace, with 90 secs rest between each	Rest	1 min easy, 3 miles at HMP, 1 min easy	Cycle, swim, walk or cross-trainer easy 60 mins
WEEK 8	Rest	30 mins easy	Rest	3 x 1 mile 10 secs slower than 10K pace, with 2-min rest between each	Rest	45 mins easy	Long run 10-11 miles, with last 2 at GHMP
WEEK 9	Rest	30 mins easy	Rest	3 x 2 at HMP with 4 mins easy	Rest	8 x 20-30-sec hills with walk/jog recovery or Parkrun	Long run 6-7 miles easy
WEEK 10	Rest	30 mins easy	Rest	4 x 1 mile 10 secs slower than 10K pace, with 2-min rest between each	Rest	Cross-train/easy run 40 mins	Long run 11 miles, with last 3 at GHMP
WEEK 11	Rest	30 mins easy	Rest	1 min easy, 5 miles GHMP, 1 min easy	Rest	4 x 800m at 5K pace with equal jog between each	Long run 7 miles easy
WEEK 12	Rest	30 mins easy	Rest	40 mins easy, with 4 x 30-second surges of speed	Rest	20 mins easy	RACE DAY!

Good options include cycling, swimming, yoga or strength work.

FUEL UP

You can train for a 10K without taking on energy during runs, but not for a 13.1-miler. 'Maximise your performance by getting at least 30g of carbs per hour, and drinking to thirst and stomach comfort,' says Matt Fitzgerald, author of *The New Rules of Marathon and Half Marathon Nutrition* (Da Capo Lifelong). For example, a Torq gel provides 28.8g (£1.55 for 45g).

FIND YOUR PACE

To work out a realistic half-marathon race pace, multiply your 10K time in minutes by 2.22. 'Race-pace work familiarises you with that pace so you don't go out too fast in your race,' says Higdon. 'If you go out too slow in the early miles, you can make up the time in the next few. But go out too fast, and you may be walking by the end.'

SET A GOAL

But don't make it about the clock. Galloway suggests three goals for

first-timers: finish in the upright position, with a smile on your face and the desire to do it again.

TAKE IT ONE STEP AT A TIME

If you feel daunted on the start line think only about the first mile. Once that's out of the way, focus on the next one. 'I used to set myself little goals within a race,' says former Olympic marathoner Mara Yamauchi. 'The next drinks station, the next mile marker...' Before you know it the finish line will be in view.

KEY

Start all hill and speed sessions with 15 mins easy running and end with 5 mins easy

GHMP: goal half-marathon pace

Challenging: a pace that's on the edge of your comfort zone. An effort of 8 out of 10

Negative split: running the second half of the distance quicker than you ran the first



IMPROVERS

So you already have a half marathon or two under your race belt and you're thinking about getting your time down rather than simply finishing. How? 'Your aerobic system provides over 99 per cent of the energy for a half marathon, so developing that system is your highest priority,' says Pete Pfitzinger, coach and author of *Faster Road Racing* (Human Kinetics). But a diet of easy miles won't cut it. Coach Jeff Gaudette (runnersconnect.net) says the 13.1-mile distance is 'a blend of stamina and speed endurance – the ability to hold a fast pace for a long time'. He recommends balancing tempo runs with speedwork in the form of long intervals. 'In addition, you need to mix in quality long runs so you can teach your body how to

run fast late in the race, when you're tired,' he says.

START WHERE YOU ARE

'Runners interested in going for a PB need to know just how fast they can run,' says Higdon. Plug one or two recent race times (the closer to half-marathon distance, the better) into a pace calculator (runnersworld.co.uk/pacecalculator) to establish a goal pace and review it after any races in your buildup.

GROOVE RACE PACE

Pace judgment is crucial, says endurance coach David Chalfen (runcoach1to1.com). 'It's telling if you've found in past halves that after the first four miles, each mile gets slower. Include some training runs that are done at your goal half-marathon pace – either as

long reps with short recovery (take 60 secs recovery per six minutes of effort), a certain distance at race pace or a progression run that moves from slightly slower than race pace to slightly quicker.'

UPGRADE YOUR SPEED

Your 10K pace is likely to be 15-30 seconds per mile faster than your half-marathon pace (the difference is typically smaller at the faster end of the spectrum, greater at the slower end). 'Training at 10K pace works wonderfully well for the half marathon,' says Owen Anderson, author of *Running Science* (Human Kinetics). 'It makes half-marathon pace feel much easier and will improve your economy at race pace.'

DOWN TO WORK
If you're aiming for a PB, get ready to put in the effort





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	3 miles easy	5-6 x 3 mins or 800m at 5K pace, 2 mins rest. Total 5K effort not to exceed 20 mins	Rest	1 mile easy, 3 miles HMP, 1 mile easy	Rest/Cross-train	Long run 8-9 miles easy
WEEK 2	Rest	3 miles easy	3-4 x 1 mile at 10K pace, 3 mins jog (10K pace segment not to exceed 30 mins)	Rest	4 miles easy, including 6 x 30-second hills	Cycle, swim, walk or cross-trainer easy 60 mins	Long run 9-10 miles easy
WEEK 3	Rest	4 miles easy	5-6 x 3 minutes or 800m at 5K pace, with 2 mins rest. (Total 5K effort not to exceed 20 mins)	Rest	Progression run: 30 secs slower than GHMP, speeding up by 10 secs per mile for 5 miles in total	Rest/Cross-train or Parkrun	60 mins offroad
WEEK 4	3 miles easy	Rest	2 x 1.5 miles at 10K pace, with 3-min jog	4 miles easy	5 miles easy, including 6 x 45-second hills	Rest/Cross-train	Long run: 10 miles with negative split (out-and-back course ideal)
WEEK 5	Rest	4 miles easy	1 mile easy, 5 x 6 mins threshold intervals (approx 5 secs slower than 10K pace per mile)	Rest	1 mile easy, 4 miles HMP, 1 mile easy plus 3 x 60m strides	Rest	10K race Use your time to refresh predicted half marathon and 10K paces
WEEK 6	Rest	4 miles easy	3 x 2 miles at GHMP, with 3 mins recovery jog between each	Rest	5 miles easy, including 6 x 1-min hills	Rest/Cross-train	Long run 12 miles easy
WEEK 7	Rest	4 miles easy	2 x 18 mins tempo (approx 10 secs slower than 10K pace per mile)	Rest	5 miles steady plus 4 x 60m strides	Cross-train or 3 miles easy	Long run 12 miles, with miles 7-11 at goal GHMP
WEEK 8	Rest	4 miles easy	10 x 90 secs or 400m at 5K pace, with 1 min rest. (Total 5K effort not to exceed 20 mins)	Rest	1 mile easy, 2 x 3 miles at GHMP, with 3 mins' recovery jog between, 1 mile easy	Parkrun or 5 miles steady, inc. 8 x 1-min hills (or run a 5K/hill session on Sunday and rest today)	Rest/Cross-train
WEEK 9	4 miles easy	Rest	Progression run: 1 mile easy, 3 miles GHMP, then 2 miles tempo	Rest	1 mile easy, 6 x 6-min threshold intervals, with 1-min recovery	Rest/Cross-train	Long run 14 miles easy
WEEK 10	4 miles easy	Rest	5 miles GHMP	Rest	45 mins easy plus 4 x 60m strides	Cross-train or 3 miles easy	Long run 14 miles, with final 4 miles at GHMP
WEEK 11	Rest	4 miles easy	1 mile easy, 4 x 8 mins threshold intervals, with 90-sec recoveries	Rest	4 miles GHMP	5 x 90 secs or 400m at 5K pace, with 1-min rest. (Total 5K effort not to exceed 20 mins)	Long run 7 miles easy
WEEK 12	Rest	1 mile easy, 2 miles GHMP, 1 mile at 10K pace	Rest	45 mins easy	Rest	20 mins easy plus 3 x strides	RACE DAY!

GO HARD, GO EASY

Spread your tougher sessions out through the week. 'A pattern of hard/easy is the most effective way to train,' says Higdon.

VARY YOUR LONG RUNS

Most of your long runs should be run at an easy pace, but bringing in something more challenging once in a while pays dividends. 'If you want a big personal best, race-specific workouts can take your fitness to new levels and help you achieve more on race day,' says

Fitzgerald. Try ending a long run with three to five miles at goal pace.

FIND INNER STRENGTH

Build core strength to help you run more efficiently and maintain good form, says exercise physiologist Adam St Pierre. 'Many overuse injuries can be traced to weakness in the core, which includes the abs, lower back and glutes.'

GET YOUR RACE HEAD ON

Tune-up races are a great way of checking your progress. 'Schedule

one six to eight weeks into your buildup,' advises Gaudette.

CHUNK IT

On the big day, break the race down into manageable chunks, says Yelling. This is particularly useful if you're a runner who tends to lose focus in the middle miles. 'Miles seven to nine are often where people drop the ball,' says Yelling. 'Thinking of the race as four three-mile, or three four-mile chunks can really help – then it's just a mile and a bit to the finish.'

KEY

GHMP: Goal Half-Marathon Pace

STRIDES: Run 50-100m faster than your 5K pace, maintaining good form. 100m jog recoveries

ADVANCED

As an experienced runner, you've already notched a few halves and are comfortable with the distance – but perhaps you haven't done the 13.1-miler justice, focusing your efforts more at either end of the speed/distance spectrum. 'Optimal half-marathon preparation involves a middle ground between 10K and marathon training,' says veteran coach Jack Daniels.

KNOW YOUR THRESHOLD

Lactate-threshold (LT) pace is the effort you can sustain for about an hour, and is probably 8-15 seconds per mile faster than your goal half-marathon pace. It's a pace Pfitzinger recommends you work with in your bid for a faster half. 'A relatively new approach to tempo runs involves interspersing harder efforts with training at, or slightly slower than, LT pace,' he says. The rationale is that the faster segments lead to increased lactate production while the slower pace improves the body's ability to use that lactate as fuel.

TRY THIS: 10 mins easy; 4 mins at LT pace; 4 mins at 10 secs faster than LT pace. Then 4x4 mins at LT pace; 2 mins at 10 secs faster than LT pace. Finish with 10 mins easy. Increase the number of intervals or add a minute to the faster segments to progress.

GROOVE YOUR RACE PACE

Regular runs at goal pace help you get a feel for it – note how you're breathing and rate your perceived effort so you can better monitor your pace on race day. 'Schedule a race-pace run every week,' says Anderson. 'Start with three to four miles and add a mile every week or two up to a maximum of eight.'

BE A TEAM PLAYER

One of the best ways to reach your potential is to train with others of similar ability, says sports psychologist professor Andy Lane. A study published in the *Journal of*



WATCH YOUR STEPS
To get the best from yourself, you'll have to keep a close eye on pace and distance

DRILL BITS

SLOW SKIPPING



Skip slowly forward, keeping strides short and focusing on driving off each leg at the back of the skip to propel you up and forward.

HIGH KNEES



Run forward using small quick strides, bringing each knee to hip height but keeping the foot behind the knee. Land lightly, do not lean back, and remember to use your arms.



Sport and Exercise Psychology found athletes put in more effort when they had teammates, compared with training solo.

KNOW THE DRILL

'Drills enhance dynamic flexibility, stride power, stride stiffness and efficiency,' says coach Brad Hudson, co-author of *Run Faster* (Broadway Books). 'Do drills and strides after the jogging portion of your warm-up in any workout involving running at 10K pace or faster.' (See *Drill bits*, below.)

ADD SPEED

Most of your quality sessions will hover around threshold pace, but some faster efforts can also pay dividends by improving your $\dot{V}O_2$ max. Pfitzinger recommends short reps at 3-5K pace. Try a fortnightly set of reps lasting two to six mins, with a recovery jog 50-75 per cent of the length of each effort.

MASTER THE DISTANCE

While less experienced runners don't need to reach race distance in training, you'll need to go the distance a few times if you are aiming to run a fast half marathon. 'Advanced runners will want to run significantly *more* than 13.1 miles on their peak long run,' says coach Jason Fitzgerald. However, there's no need to exceed 16 miles.

GET PRIMED

Don't restrict your warm-up to a steady jog. Research shows adding a few minutes of faster running better primes the body. Yamauchi suggests explosive knee drives off a step to activate the glutes.

SHED A LOAD

Research from the University of Georgia, US, showed that a five per cent increase in a runner's usual weight slowed them by almost three minutes over a half marathon. So don't carry excess baggage, be it attached to your waistline or in the form of drinks bottles, heavy running shoes or kit.

HOLD IT STEADY

Run the race as evenly as possible. 'Speeding up from your optimal pace increases glycogen usage more than slowing down decreases it,' warns Matt Fitzgerald. And in the face of hills or headwinds, maintain a constant effort, not pace.

GET THE JUICES FLOWING

Drink or eat your way to a PB by consuming natural performance-enhancers. Add a beetroot juice (try Beet-It Sport, a 70ml shot with the same concentration of nitric oxide as 400ml of juice) to your race-morning routine – research shows it lowers oxygen cost at a given pace by three per cent and

peaks two and a half hours after consumption. And follow it up with an espresso or two. Studies show a dose of caffeine equal to up to 6mg per kg of body weight lowers RPE (rate of perceived exertion) during endurance exercise by an average of 5.6 per cent. It takes 60-70 minutes for caffeine to peak in the bloodstream.

RACE-PACE SPECIFIC TRAINING SESSIONS

Do one to two miles easy before each workout and one mile easy to finish. Take an easy (or rest) day either side of these sessions:

WEEK	SESSION
1	6 x 1-mile winders: start at half-marathon pace (HMP), then run each mile a few secs quicker; 60-sec jog recovery between each.
2	6 x 1 mile at 10 secs slower than 10K pace, with 90-sec jog recoveries
3	3 x 2 miles at LT pace, with 2-min jog recoveries
4	Parkrun or 5K
5	2 miles easy; 4 x 2 miles at HMP, with 3-min jog recoveries; 1 mile easy
6	2 miles easy; 6 miles at HMP
7	10K race
8	8-mile progression run: start 20 secs slower than marathon pace and speed up by 10 secs per mile
9	2 miles easy; 3 x 3 miles at HMP, with 3-min easy jog recoveries
10	2 miles easy; 8 miles at HMP; 1 mile easy
11	6-mile progression run: start 10 secs slower than marathon pace and speed up by 10 secs per mile
12	RACE WEEK

Perform each drill twice for 20m, walking back between each

BUM KICKS



Bring your heels up towards your bottom while keeping your thighs vertical as you move slowly forward. This improves hamstring recruitment and helps avoid quad dominance.

SIDEWAYS JUMPING JACKS



Start to jump sideways, bringing arms overhead and down, and legs apart and together. This strengthens your lateral muscles and develops spring. Change direction halfway.

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BREAK THE BAD FOOD CHAIN

Diet mistakes can sabotage even the most food-savvy runners. Replace bad habits with good ones so you don't cancel out your hard work



BAD HABIT: BINGEING IN THE EVENING

You run in the morning but don't eat much during the day because you're dealing with life – and then you binge at dinner and later.

BREAK THE CYCLE

Have healthy food to hand. 'We eat what's convenient and in sight,' says Brian Wansink, director of the Cornell Food and Brand Lab in the US. He recommends appetite-satisfying foods that travel well, such as nuts and apples. Sit down as early as possible for a balanced dinner. Still hungry? Take a few bites of a snack, then wait a few minutes. Wansink's studies suggest the first few bites deliver most of the pleasure. 'Small-portion snackers are just as satisfied as those who choose standard-sized portions,' he says.



BAD HABIT: TOO MANY ENERGY BARS

We like energy bars as much as any runner, but they can top out at more than 300 calories. Plus, 'some are loaded with processed ingredients and preservatives,' says RunDisney nutritionist Tara Collingwood.

BREAK THE CYCLE

Reserve those energy bars for times when you truly need them – such as before or after a hard workout, or when you don't have access to a proper meal. Look for bars that contain few ingredients and have less than 10 grams of sugar per 150kcal.

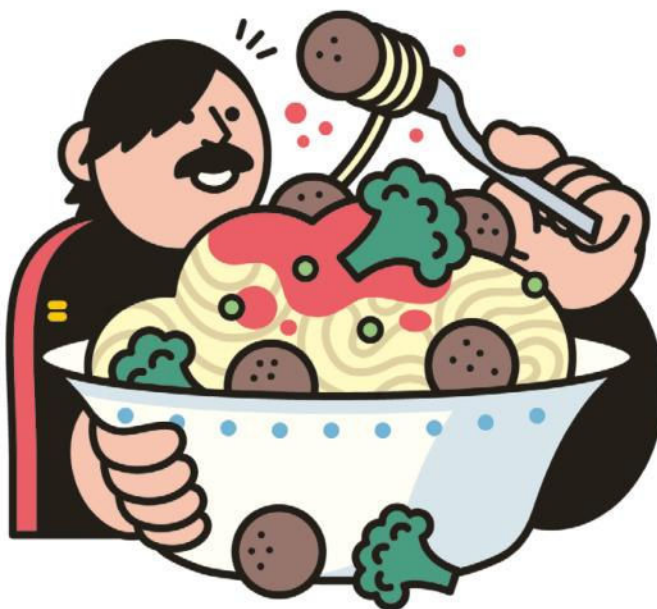
Better yet, reach for whole foods, such as a banana or a snack-sized serving of nuts; almonds are ideal. 'Whole foods give you more bang for your buck by providing your body with additional nutrients, such as fibre and antioxidants,' says Collingwood.

**> BAD HABIT:
EATING HUGE
PORTIONS**

Long runs spike your hunger, but 'your body can't process a huge dose of calories, even when your glycogen stores are spent', says Collingwood. 'If you eat too much at once, you risk storing it as fat.'

BREAK THE CYCLE

Fuel adequately and drink enough water during your long runs; skimping on either can unleash post-run hunger. Serve your recovery meal on a small plate. Wansink's research suggests you'll eat less but feel just as satisfied. If you're hungry later, eat another mini-meal; you absorb more nutrients from small portions than from belly busters.

**BAD HABIT:
OVERLOADING
ON CARBS**

Yes, runners need carbs, and crackers and pasta are easy and satisfying. The problem, says Collingwood, is when you eat just pasta and forget about the nutrient-dense vegetables

your body needs for optimum performance.

BREAK THE CYCLE

Fruit, veggies and other high-fibre foods such as lentils, peas and beans should fill half your plate on first helpings – and seconds. Want

another scoop of pasta? That's fine, so long as you match it with an equal portion of salad. The result: you will feel full faster and end up replacing some of the starches you would've eaten with low-calorie, high-nutrient foods.

**BAD HABIT:
A POSTRUN
BEER OR THREE**

It's fun to socialise post-run, but beer loads you up with empty calories. 'To burn off just one drink, you have to add an extra mile to your next run,' says Collingwood.

BREAK THE CYCLE

Yes, you can order soda water instead of IPA. But if just

being in the bar is a temptation, try to feed your need for camaraderie with other routines. Propose meeting pals for a morning run to the coffee shop (skip the whole-fat mocha lattes). Or start and end runs at a running shop, where you can treat yourself to an alcohol-free reward – such as new socks.

**BAD HABIT:
RUN HARD,
EAT HARDER**

You just ran a tough workout. Time for a burger, beer, fries and ice cream, right? Wrong. According to Wansink's research, people who view their exercise as hard tend to eat more. In one study, people who heard

they were doing a two-kilometre 'exercise walk' ate twice as many sweets afterward as those who thought they were logging a 'scenic walk'. In another study, relay marathoners who reported having fun chose healthier snacks than runners who reported difficulty on the run.

BREAK THE CYCLE

Don't think you can eat anything you want after a run; have a normal meal. And reframe your workout as a positive experience. 'Make your runs seem fun,' says Wansink. 'Anything that brings a smile will make it more likely you'll eat less afterward.'

DAILY SAVINGS A few simple ways to cut calories without sacrificing flavour**BREAKFAST**

Eat an English muffin, not a bagel.

SAVE

100-250
calories

BREAKFAST

Choose a whole orange over orange juice.

SAVE

40-110
kcal

LUNCH

Dress salad with balsamic vinegar, not ranch dressing.

SAVE

118
kcal

APERITIF

Drink a wine spritzer instead of beer.

SAVE

70
kcal

DINNER

Smear cheese on celery instead of on crackers.

SAVE

120
kcal

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IT'S BOUND TO WORK

Six power exercises to help you pick up the pace

Whether you're chasing a 5K PB or you'd just like to run your local loop a little faster, plyometrics should be part of your training arsenal. Explosive dynamic moves that incorporate jumping and bounding, as well as quick changes in direction and speed, help you develop the elastic tissue components needed to maximise efficiency and power. 'When you do plyometrics, you are developing, stressing and training your nervous system to efficiently perform a task, which will then translate into faster running,' says personal trainer Andrew Long-Middleton. He recommends performing the following exercises twice a week after you've warmed up with some dynamic stretching. Change the order of the movements each time you do the routine.



LATERAL JUMPS

Lower slightly into a squat and jump to your left. Land softly on your left foot and immediately jump to the right side. Continue until you cannot maintain speed or distance, or after 20 seconds.

NEXT LEVEL Hold a weight or tap the floor with the opposite hand.



180 BOUNDS

Bend your knees and jump forward while turning 180 degrees. Land in a half-squat and explode upward, rotating another 180 degrees. Continue the move, covering as much distance as possible with each bound. Stop when height or distance decreases, or after 20 seconds.



DEPTH JUMP

Stand on a box or bench. Jump down and explode up, jumping as high as possible. Walk back to starting position on the box. Repeat until your jump height shortens, or after 20 seconds.

NEXT LEVEL Slightly increase the height of your jump-off point.



In a study, runners who did plyometrics for six weeks improved their race times by 3.9 per cent.



POWER MOUNTAIN CLIMBERS

Assume a press-up position. Bracing your core, keep your upper body rigid while you alternate driving each knee forward as quickly as possible. Focus on keeping your core stable throughout the movement. Stop when your speed decreases, or after 20 seconds.



MAXIMUM VERTICAL JUMP

Stand with your knees slightly bent, then brace your core and explode upwards, jumping as high as possible. Land softly on the balls of your feet and immediately repeat the movement. Stop when your jump height shortens, or after 20 seconds.

SINGLE-LEG BOUNDS

Stand on your right leg. Jump forward, driving your left knee up. Use your arms to help propel you. Continue to jump forward, aiming to spend a very short time on the ground. Jump until you can't maintain speed or distance, or after 20 seconds. Repeat the move on the other leg.

NEXT LEVEL Try the triple-tuck jump

Do three single-leg bounds on one leg, then jump to bring that knee to your chest. Land softly and immediately perform another series of three bounds on the same leg. Repeat on the other leg.

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2

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5

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3 YOGA MAT

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LEISURE ACTIVITY

Running when you're on holiday should be a treat, not a chore. Here's how to stay fit while still having fun

When it comes to holidaying runners, there are two extremes: those who struggle to muster up the will to squeeze in a single run, and those who pack their free time with workouts. To get the balance right, moderation is key. 'Three medium-distance runs a week at a moderate pace will help maintain your base fitness, allowing you to return home feeling rested and rejuvenated,' says running coach Kari Smith. Whether you're planning a getaway with a jam-packed itinerary or a leisurely trip with no real schedule, here's how to stay fit (and happy) while you're away.

DO A PRE-TRIP PUSH

Do an extra-long run or tough speedwork session a day or two before you leave, says Chris Heuisler, who oversees running services for Westin Hotels guests. This will justify doing little to no running during the first couple of days of your trip, when you'll need to recover from the workout and the travel. The hard effort 'may be your best workout in weeks because you'll know that a big rest lies just ahead', says Heuisler.

He admits that 'hard training and a leisure holiday can be contradictory', but he ups his own mileage on many trips because it's his favourite way to see new places.

PLAN FOR COMPANY...

There are several ways to arrange to join local runners at your destination. One is to book a guided run – a sightseeing tour, but on foot – on a site such as globalrunningtours.com. Or you can find a race. 'See if there's a 5K or 10K when and where you're going,' suggests Heuisler. 'Even if you treat it as a training run, you'll meet local runners who can offer tips on where to eat and what to do.'

...OR GO IT ALONE

If you'd rather stick to solo runs, consider plotting routes before you leave. Mapmyrun.com and Strava.com offer thousands of routes mapped by local runners with precise distances and elevation profiles. Or if you're planning-averse, try Smith's technique: 'While in London, with no route in mind, my husband and I ran past Big Ben,

Buckingham Palace and Regent's Park on a single run,' she says. If you're staying at a hotel, ask the concierge to recommend safe routes.

ADJUST YOUR EXPECTATIONS

Anyone who has travelled with small children, experienced a flight delay or got lost knows holidays can be stressful. Heuisler advises: 'Go easy on pace and distance if you're dealing with travel stresses or a hectic schedule, especially if it's warmer, more humid, hillier, at altitude or you're on a different surface, like trails or sand.' Smith adds: 'Run early because it will be hard to fit it in later.' Regardless of how much you run while on holiday, make sure your primary focus is fun, not fitness, says Heuisler. 'Why not experience new sights as only a runner can?' he says. Try a new trail or country road each day from your holiday venue.

BROADEN YOUR HORIZONS

If your travel itinerary looks packed, you can take a week off from running – but that doesn't mean being a sloth. 'Holidays should be a break from routine, so it's a good time to try other activities and use different muscles,' says Smith. 'Rent bikes, go on hikes, play tennis. All activity burns calories and maintains muscle, and you'll give your mind and body a break from running.' Once home, she adds, you'll feel rejuvenated: 'It shouldn't take you more than three weeks to get your running shape back.'

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GEAR



1/



2/

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Want to run in the sun? Then gear up to take the heat out of the day



3/

CAPS

1/ Mission Enduracool
£18.45,
swiminn.com

This clever little piece of kit releases a cooling sensation when it's wet. You can rely either on your own sweat to activate it or, for greater cooling impact, soak the cap and wring it out before use.

2/ Patagonia P6 Trucker Cap
£21.99,
surfdome.com

This cap is made from six panels for an ergonomic fit. The crown and bill are constructed from light organic cotton and the back half is a wide mesh to allow for ventilation. Adjustable snap closure means it fits most head sizes.

3/ Compressport Ultralight Visor V2
£16.99,
madison.co.uk

Perfect for keeping the sun out your eyes while still letting the rest of your head breathe, this visor has a mesh band round the inside to soak up the sweat when the going gets hot.

TOPS

1/ Mizuno Cooltouch Phenix Tee

£29.99, sportsshoes.com

This semi-fitted top is extremely well ventilated, fast-wicking, breathable, and quick-drying. The design technology also helps ward off odour, even after repeated wear and washing.

2/ Under Armour CoolSwitch Compression Shirt

£25, underarmour.co.uk

A notably tight-fitting top, as the name suggests, with a coating on the inside that's designed to help speed up the dispersal of heat. It also features tiny laser-cut ventilation holes throughout and is very quick-drying.

3/ Nike Pro Hypercool Max Fitted Tee

£60, nike.com/uk

This slick-looking T-shirt might seem like something from a sci-fi movie, but the metallic weave is designed to deflect sunlight from your upper body and keep you from overheating.

4/ Adidas Climachill Tee

£33, adidas.co.uk

This is rather a heavy T-shirt for summer, but it features aluminium dots on the inside that help cool your skin when the temperature starts to rise, and it's also great at wicking sweat away from your body.



1/



5/



6/



3/



8/



2/

HYDRATION

5/ Reebok Distance Waist Belt**£39.99,**
amazon.co.uk

Well padded for comfort and designed to last, this belt holds four 200ml mini-bottles for your drink, and has a zip pocket big enough for your phone, keys and sunnies.

6/ Ion8 Sports Bottle**£14.99,** **ion8.co.uk**

This is a very well designed 550ml bottle. As well as being BPA-free, non-toxic and dishwasher-safe, it has a flip lid, wide-flow nozzle, hand grip and leak-proof lock for when it's in your bag.

7/ Ultimate Performance Tarn 1.5L Pack**£29.99,** **ultimate-performance.co.uk**

If you're going for a long run you'll need enough water to last. This pack is brilliant value – it has a quick-flow bite valve, a large, easy-fill opening and padded, adjustable shoulder straps.

8/ Ultimate Direction Amp One Size**£30.95,**
runnerinn.com

This surprisingly roomy pouch will take 700ml of fluid, and the emptier it gets, the smaller it can be scrunched down. It's encased in a nylon case that has a hand strap, zip pocket and two gel pouches.



4/

SUNCREAM

**1/ Riemann P20 Once A Day (SPF20)****£19.99 for 150ml,**
boots.com

This remains highly water-resistant, even if you dip in and out of the pool. Spray it on, let it dry and you should be done for the rest of the day

2/ FIT For Men Sun Protect Serum (SPF50)**£35 for 100ml,**
fitskincare.co.uk

This male-specific spray (it's designed for thicker, hairy skin) goes on without leaving greasy blobs and can also be used as a daily moisturiser.

3/ Ultrasun Extreme Sun Lotion (SPF50+)**£20 for 100ml,**
marksandspencer.com

Not only does this provide reliable protection for those with fair skin or who are prone to burning, but it also has a shelf life of two years after being opened.

4/ Image Skincare Prevention+ Daily Matte Moisturiser (SPF 32)**£39.99 for 100ml,**
facethefuture.co.uk/shop

The standout feature of this cream (apart from the sun protection) is the fact that it absorbs excess skin oil, so you don't get that unsightly greasy shine on your face.

SUNNIES

1/ Cébé S'Track Large £74.99, eyekit.co

Extremely lightweight and hard-wearing, these sunglasses have anti-fog photochromic lenses (which react to changes in light), soft, anti-slip grips on the nose and temples, and they provide a close fit on the face.

2/ Oakley Radar EV Prism Road £155, wiggles.co.uk

Designed to give you greater vision in the peripheral area, these come with polarised lenses, though they can be swapped to suit the type of light conditions you're running in. They're durable, too.

3/ Nike Bandit (R EV0949 061) £75.43, granoptic.com/uk

These are sports sunglasses for those who also want a conventional fashionista look. They provide an exceptionally sharp view and have holes in the frame to help with airflow and reduce fogging.

4/ Bollé 5th Element Pro £149, sunglasses2u.com

Frameless sunnies that give superb range of vision. They're also rose-tinted, which will protect you from the sun's glare and you may also find that even after a brutal run you'll have only fond memories.



BITS AND PIECES



UV Eingedi Buff with Insect Repellent £22, buffwear.co.uk

A Buff is a versatile item; it can be worn as a headband, scarf, bandana and many other ways. This one also comes with a coating to keep bugs at bay.



Mosquito repellent band £6, theye.co.uk

This adjustable silicone wristband contains lemon eucalyptus, a natural mosquito repellent. It'll last for up to two weeks and comes in a choice of 13 styles.



Heliocare oral capsules £21.50 for 60 capsules, facethefuture.co.uk

If you suffer from heat rash in summer, take these as a supplement with your food. One tablet a day will help combat the rash-inducing effects of UVA rays.

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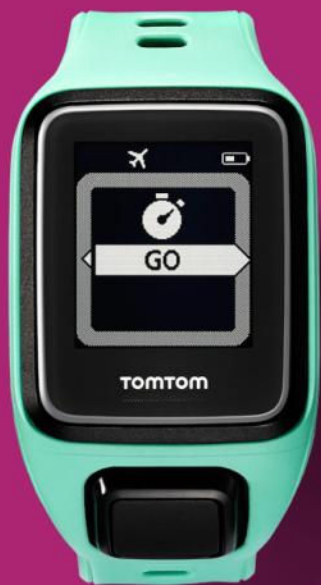
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£189.99, tomtom.com



Garmin Forerunner 235
£279.99, garmin.com

ON TEST

Face-off

We keep time as two GPS watches go head to head

Our tester was quite taken with the TomTom, finding its single oversized button and clear screen very handy. GPS accuracy was fantastic, the device stores up to 500 songs, and the multisport functionality has been well thought out. The wrist-based heart-rate monitor was a good idea, but it needs work, as it gave improbably high readings. And the fact all data is deleted from the device each time you sync it to your training app was a letdown. Overall, a decent piece of kit for those who just want the basics done well

RW star feature: **User-friendliness.** You can have it up and running within three minutes of getting it out of the box.

★★★★★☆☆☆☆☆

Satellite lock time

9 9

GPS accuracy

10 9

HR accuracy

6 8

Ease of use and set-up

10 9

Functionality

7 9

Screen visibility

8 10

Data storage

4 10

Water resistance

10 8

Battery

7 6

The basics – rapid satellite lock, accurate GPS and a large display – are present and unsurprisingly correct. But the strap-free heart-rate reading was a revelation, and the option of customising simple interval sessions on the watch, or more complicated sessions via the Garmin Connect portal, was extremely useful. Battery life could be improved and the postrun recovery-time calculations seemed rather random. However, all in all, Garmin has crammed masses of high-end functionality into a mid-priced watch.

RW star feature: **Heart-rate monitor.** The optical sensor gives impressively accurate data

★★★★★☆☆☆☆☆

6 OF THE BEST

Grab hold

Six gym bags that do the job and look the part

1 Tumi Alpha Bravo Lejeune Backpack

£475, uk.tumi.com

This Tardis of a bag has five external compartments, two internal pockets, a laptop sleeve and a large main interior. There's also a pocket in the bottom for dirty kit.

2 Gym Tote Sophia

£145, gymtote.co.uk

Fashion meets function with this elegant bag, which features a separate kit section, water-resistant inner and wipe-clean compartments.

3 Herschel Alexander Tote

£100, herschelsupply.com

This unisex tote is perfect if you're more concerned with space than with individual compartments. It'll take kit, lunch, tablet, shoes and more. The base is reinforced.

4 Heimplanet Monolith Daypack 22L

£139.99, surfdome.com

The padded shoulder straps here can be tucked away, should you want to use the carry handles on top. It also has a zipped laptop sleeve and there are elasticated outside loops for attaching extra items if you're fully loaded.

5 Sweaty Betty Weekender Studio Holdall

£125, sweatybetty.com

Made from scuba fabric – a type of weave that's stretchy and durable – this large holdall will take more than one set of kit, and also has an internal bottle pocket and a wet-gear compartment.

6 Topo Designs Flap Pack

£229.90, lumberjuice.com

Topo specialises in quirky designs and bright colour combos. This bag is extremely hard-wearing, has three external pockets and a large main compartment.



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RACE

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THE WIGHT STUFF



The Isle of Wight Half Marathon doubles as a perfect weekend break for **Adrian Monti** (and family)





SEA LEGS
Adrian Monti and family show off their wares



IN LINE FOR SUCCESS
A good day for a long run



IT'S A SIGN
One runner takes her eye off the road



THE RUNDOWN

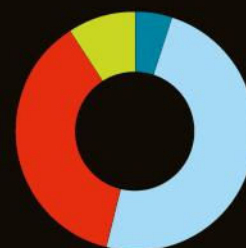
The Isle of Wight Half Marathon

Ryde, Isle of Wight (2015 stats)

First man Julian Manning 1:16:16

First woman Cassie Thorp 1:32:22

Starters/finishers 377 and 376 (99% finished)



Finishing stats

● 1:00-1:29 5%
● 1:30-1:59 49%
● 2:00-2:29 37%
● 2:30+ 9%

> **R**unning is not always terribly conducive to a normal family life. If your partner isn't also a runner, the sport can lead to varying levels of tension in the home and many of you will have put her or him through a lot while pursuing your passion over the years. I certainly have. However, in the last three years, something peculiar and wonderful has happened to my wife and two boys.

Seeing me frequently disappear for a quick blast around the park or my weekly track session (and, of course, my races for RW) has finally – thankfully! – had an effect on all three of them, to the point where the kids are now regulars at junior Parkrun and my wife will also, on occasion and favourable weather permitting, be persuaded to lace up.

Keen to make the most of this critical breakthrough, last year I suggested a family mini-break with a race as its focus. It didn't take long for me to find the location – the Isle of Wight. But

instead of buckets and spades, we would pack running shoes and tops.

The races were at Ryde, on the northeast coast of the island. I entered the half, while my wife and kids chose the 2K fun run. A 5K race was also staged, so there was something for runners of all levels.

The race location couldn't have been better, with proceedings starting and finishing in beautiful Appley Park, which is located right beside a sandy beach.

And we were not the only ones who were undergoing a new experience. After 30 years of staging an event here, race organisers Ryde Harriers had radically changed the route for this latest outing. Instead of taking runners south along the eastern coastline to Bembridge and Brading, as they had done since 1985, the course now stayed closer to Ryde and its surrounding villages.

After the start on Ryde's seafront I was soon knuckling down for the first – and, mercifully, the highest – of six climbs on a course that was made up of two loops,



LIKE THIS? THEN TRY THESE...

Three more family-friendly events

THE RICHMOND RUNNING FESTIVAL

London, September 18

Take a trip to leafy southwest London. As well as a marathon, half marathon and 10K for adult runners, there are two junior races – a 500m dash and the Nike Kids' Mile. There is also music (it's a festival, after all). richmondrunningfestival.com

THE BIG DIPPER

Ross-on-Wye, Herefordshire, September 27

While the grown-ups are tackling the hilly 10K course, the younger family members can zoom round either a 400m or 800m race on nearby playing fields. Tea and cakes await the finishers. uptonbishop.org

BATTLEFIELD HALF MARATHON

Naseby, Northants, March 2017 (date TBC)

This one starts and ends in Naseby, close to the site of the decisive battle in the English Civil War. There's a half marathon, 10K, 5K and various duathlon distances, as well as a one-mile family fun run. onyourmarksevents.org

'After the start on Ryde's seafront I was soon knuckling down for the first – and highest – of six climbs'

the first of which was smaller than the second. The total ascent was 230m.

There may have been a few chunky climbs to deal with, but we were rewarded for our efforts, as the route took in the prettiest parts of this side of the island. Of all the lovely villages the race passes through, St Helens is probably the most enchanting. It's said to have one of the largest village greens in England – there is some dispute over whether it's the biggest

or the second-biggest. Whatever the case, it is large enough to serve as the home ground for the local cricket team. You could easily imagine the actor Jeremy Irons, who was born here in the village, sitting beyond the boundary rope in a deckchair, watching a few overs, a sweater draped carelessly over his shoulders.

Both loops of the course took us south into Nettlestone, where a smattering of villagers stood in their front gardens to clap us by. While it didn't quite match the overwhelming atmosphere and emotion of crossing Tower Bridge on the London Marathon route, the understated nature of the support here was just as motivating in its own gentle way.

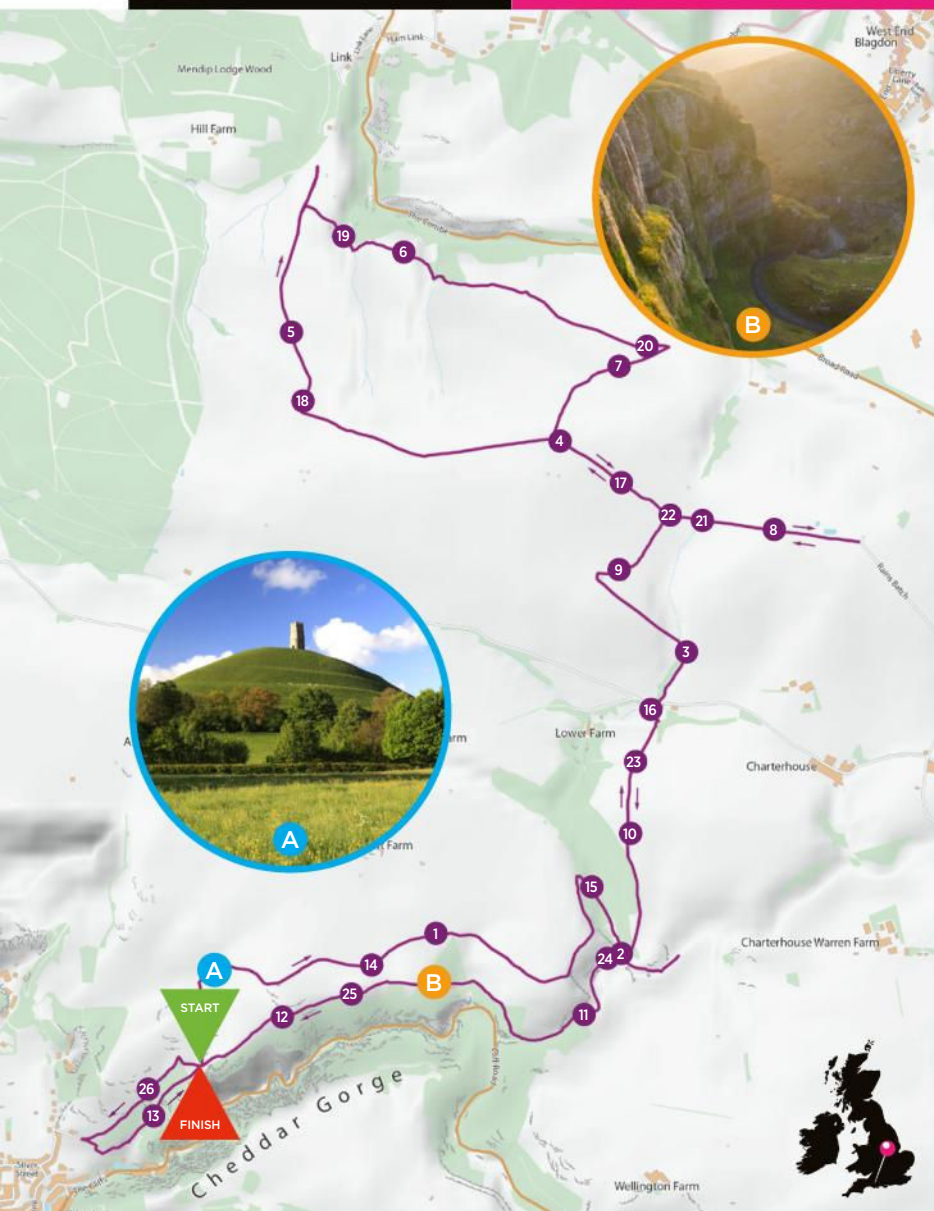
The race route also provided runners with plenty of tantalising glimpses of the Solent, the 20-mile-long stretch of water between the island and the Hampshire coast. At the top of every hill along the route I also enjoyed perfect views of the graceful Spinnaker Tower, which dominates the skyline above Portsmouth.

However, since almost all of the race is on quiet country roads, this is, in general, an event for zoning out and relaxing rather than keeping your eyes peeled for landmarks at every turn.

After just about conquering the final hill, the road guided us back to Ryde. A very satisfying 300m downhill section took me into Appley Park and the finish, where I discovered my family had managed to refuel with a postrace ice cream and warm down with a round of crazy golf while they were waiting for me to cross the line.

As we compared medals and swapped tales of our races, I reflected on how running, however modest the distance, had added a new angle to our family days out. I could easily see this year's family summer holiday destination being running-themed, too. I'd better start practising my sales pitch.

● **Run it** The 2016 Isle of Wight Half marathon takes place on August 21. Visit rydeharriers.co.uk



Race director Tom Room guides you on this hilly challenge around one of Britain's best-known beauty spots

START Allow yourself half an hour to walk up to the starting line on the clifftop at the northern end of the gorge. It's so steep the race organisers lay on refreshments before you even set off.

MILE 1/14 Take in the panoramic views of the Somerset Levels, a vast area of flatland bisected with waterways. You will easily spot Glastonbury Tor. **(A)**

MILE 2/15 Get ready for a tricky descent down a rocky path. You will reach Velvet Bottom, which is now a nature reserve but from Roman to Victorian times was a lead-mining area. Here you'll find the first of the well-stocked feeding stations.

MILE 3/16 As you head out of the valley at Black Down, a Second World War bunker will be your marker. It was used in Operation Starfish, in which decoy towns were built to fool German planes on nighttime missions into dropping their bombs away from cities.

MILE 4/17 Once you crest Beacon Batch, the site of an ancient burial site, you also reach the highest point on the Mendip Hills, at 325m. You'll be rewarded with stunning views towards the Bristol Channel and Wales.

MILE 6/19 Time to enjoy a straight and slightly downhill section along a former Roman road. The Romans arrived in this area in 47AD and made nearby Bath a major fortified base.

MILE 10/23 There's no way to avoid an extremely

boggy section here, so pick a route through without leaving your trainers stuck in the mud.

MILE 11/24 The next challenge is a flight of wooden steps built into the hillside. They're called the Hell Steps **(B)**. Be aware: there's a false peak...

MILE 12/25 You're back on the top of the gorge; while the half-marathon runners are nearly done, those doing the full 26.2 have to first descend to the foot of the gorge. They then scale it again as they begin their second loop.

MILE 26 The race ends on the limestone cliffs of the gorge. Once you're over the line, cool down with a refreshing ice pop – every finisher gets one!

INSIDE STORY

Tom Room says: 'When I suggested an event to the National Trust, the idea was greeted with enthusiasm. The gorge is a popular tourist attraction, but the routes we use are largely unexplored by most visitors. There are lots of steep climbs, but the course isn't stupidly hard. I do have sleepless nights before every race because the only way to the top of the gorge, where the event starts, is up a very steep narrow, rutted access track. Without building enough acceleration, the vehicle I use to take up all the race gear doesn't make it to the top. It has happened a few times – we have had to unload and get other 4x4s to help. Our weighty medals are popular because anyone who has completed four of our 'Relish' races can join them together to form a really cool 3D pyramid.'

● **Run it** The 2016 race is on August 21. For more details, visit relishrunningraces.com

THE RUNDOWN

Cheddar Gorge Marathon (2015 stats)

First man

Alan Tomlinson 3:49:05

First woman

Mary Menon 4:26:51

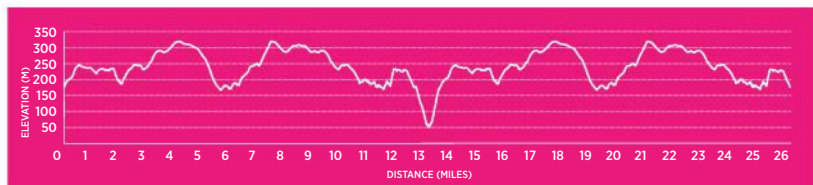
Starters/finishers

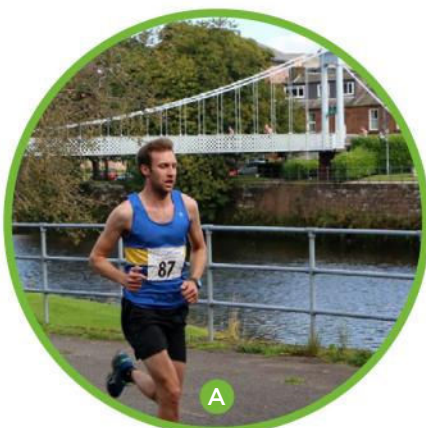
105/105



Finishing stats

● 3:30-4:30: 10%
● 4:30-5:00: 14%
● 5:00-5:30: 28%
● 5:30-6:00: 22%
● 6:00-7:00: 26%





DOONHAMER 10K ROAD - TOWN - FLAT

When August 28

Where Dumfries

This small but enchanting run starts and finishes in the gorgeous, recently done-up Dock Park and takes runners along a winding route that follows the River Nith, crossing it a few times using the Buccleuch Street, Suspension and Kirkpatrick MacMillan bridges. Numbers are restricted to 250, so make sure you sign up in plenty of time.

RATHLIN RUN OFFROAD - RURAL - HILLY

When August 27

Where Antrim

A hidden delight but one of the most popular races in Northern Ireland. It takes runners on a 10-mile route round the tiny island of Rathlin, off the north coast of Antrim. The course is challenging, the coastal views stunning and the locals create a very special atmosphere. All in all, this really is a splendid event.

SEVERN BRIDGE HALF MARATHON ROAD - TOWN/RURAL - HILLY

When August 28

Where Monmouthshire

This won Best New Race at the Runners' World Personal Best Awards in 2014, and it's the one for you if running in two countries takes your fancy. From Chepstow, Wales, you cross the Severn Bridge into Gloucestershire, England, trace a loop from the village of Emberton and then head back to the race village.

SALISBURY 5-4-3-2-1 TRAIL MARATHON OFFROAD - RURAL - HILLY

When August 14

Where Wiltshire

If the five rivers, four hills, three large country estates, two castles, and one cathedral aren't enough to convince you to sign up, how about the Chalk Downs, ancient yew forests and areas of outstanding beauty along the way? There are also other run distances and walks ranging from 5-50km

THAMES MEANDER HALF MARATHON OFFROAD - RURAL - FLAT

When August 13

Where Surrey

A 13.1-miler that's every bit as pastoral and pleasant as the name suggests, with a route that takes runners from Kingston and Richmond to Kew, and back again along the banks of the majestic river. It's scenic, flat, well marshalled and great fun.

CROSS BAY CHALLENGE OFFROAD - FLAT - RURAL

When August 7

Where Lancaster

A challenging 13.1-miler that pits you against nature as you try to cross a tidal bay without getting soaked by the incoming tide. The route takes you across the shifting sands of Morecambe Bay, from Hest Bank in Lancashire to Flookburgh in Cumbria. Don't go into this one thinking you can outrun nature...

GLOUCESTER CITY MARATHON ROAD - TOWN - RURAL - FLAT

When August 7

Where Gloucestershire

Five thousand runners are expected to set off from the race village in Gloucester Park and embark on a tour of the city streets. Then comes a jaunt along the canal-side paths out of town into the surrounding countryside before competitors retrace their steps to the post-race festival.

GREAT YARMOUTH HALF MARATHON ROAD - RURAL - HILLY

When August 14

Where Norfolk

Much of this race is on quiet, leafy roads around the outskirts of Great Yarmouth, making it perfect for zoning out and enjoying the many and varied (if occasional) pleasures of the British summer. The main attraction, though, is the chance to run through the beautiful grounds of Somerleyton House.

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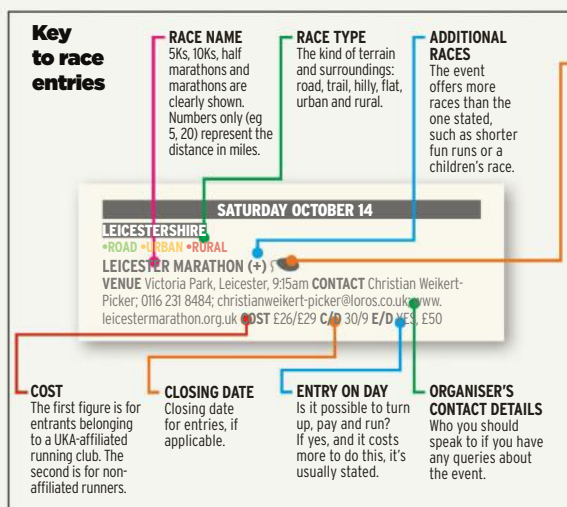
RACE FINDER

THE BEST UK EVENTS IN AUGUST

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 **Monday August 1 to Saturday September 17**. 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. 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 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.

THE 5TH NICE WORK BUSHY PARK 10K SERIES (+)
VENUE Bushy Park, Hampton, 10am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £16/£18 C/D 3/8 E/D YES, £20

NORFOLK

ROAD • URBAN

RUN NORWICH

VENUE City Hall, St. Peters Street, Norwich, 9am **CONTACT** Run Norwich; runnorwichinfo@canaries.co.uk; www.runnorwich.co.uk **COST** £23/£25 E/D NO

STAFFORDSHIRE

TRAIL • HILLY

CANNOCK CHASE 10K

VENUE Birches Valley Forest Centre, Rugeley, 10:30am **CONTACT** Josh Wheeler; 01782 384 162; josh@frsystems.co.uk; www.cannockchase10k.co.uk **COST** £15/£17 E/D NO

SURREY

TRAIL • RURAL

VANGUARD WAY MARATHON 2016

VENUE Lloyd Park - Pavillion, Coombe Lane, Croydon, 9:30am **CONTACT** Gareth Davies; 020 8651 5177; 07967 729 922; Gazdjl@gmail.com; www.vanguardwaymarathon.co.uk **COST** £30/£32 C/D 31/7 E/D YES, £35

YORKSHIRE

ROAD

ASDA FOUNDATION YORK 10K

VENUE York, 9:30am **CONTACT** Run For All; 0113 826 7761; info@runforall.com; www.runforall.com/ **COST** £24/£26 E/D NO

TUESDAY AUGUST 9

HAMPSHIRE

ROAD • URBAN • FLAT

THE ABSOLUTE RUNNING GOSPORT 5K SUMMER SERIES (RACE 4) (+)

VENUE Stokes Bay Road, Gosport, 7:30pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £9/£11 C/D 2/8 E/D YES, +£2

WALES

ROAD • RURAL • FLAT

ROSE INN RACE SERIES (RACE 4) (+)

VENUE Rose Inn Pub, Redwick, Magor, 7:30pm **CONTACT** Sophie Gilbert; GilbertSJ@cardiff.ac.uk; <https://sites.google.com/site/chepstowharrisersrunningclub/rose-inn-relays> **COST** £8/£10 E/D YES, +£1

WEDNESDAY AUGUST 10

ESSEX

TRAIL • RURAL

CROWN TO CROWN 5K

VENUE Westley Heights Country Park, High Road, Langdon Hills, Basildon, 7:30pm **CONTACT** Peter Bates; 01268 916 289; www.pitseaclub.org.uk **COST** £2 E/D ONLY

THURSDAY AUGUST 11

BERKSHIRE

TRAIL • FLAT

DINTON PASTURES 5KM/10KM SUMMER SERIES RACE 4 (+)

VENUE Dinton Pastures Country Park, Davis Street, Hurst, 7pm **CONTACT** Barnes Fitness; 0118 988 2444; info@barnesfitness.co.uk; www.barnesfitness.co.uk/event/dinton-5km10km-summer-series **COST** £11/£13 E/D NO

FRIDAY AUGUST 12

SUSSEX

ROAD • RURAL • FLAT

RYE SUMMER CLASSIC 10K SERIES (+)

VENUE Rye Nature Reserve, Rye Harbour, Rye, 7:30pm **CONTACT** Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk **COST** £13/£15 E/D YES, +£2

SATURDAY AUGUST 13

CORNWALL

TRAIL • RURAL • HILLY

MUDCREW: THE RAT - ROSELAND AUGUST TRAIL RACE SERIES (+)

VENUE Porthpean Outdoor Education Centre, St Austell, 12:05am **CONTACT** MudCrew Running; 01726 815 255; info@mudcrew.co.uk; mudcrew.co.uk/ **COST** TBC

MERSEYSIDE

BIG FUN RUN LIVERPOOL 2016

VENUE Sefton Park, Liverpool, 11am **CONTACT** GSI Events; www.bigfunrun.com/ **COST** £10.49/£12.49 E/D YES, +£3

MONDAY AUGUST 1

LONDON

ROAD • URBAN • RURAL

CYCLISTS FIGHTING CANCER VIRTUAL RUN (+)

VENUE London, 11am **CONTACT** Steven Howe; blingthingitd@gmail.com; www.blingthingitd.co.uk **COST** £10 C/D 15/7 E/D YES

WEDNESDAY AUGUST 3

KENT

ROAD • RURAL

THE SAMPHIRE HOE 5K SUMMER SERIES (+)

VENUE Samphire Hoe, A20, Dover, 7:30pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 E/D YES, +£2

WILTSHIRE

ROAD • RURAL

STRIPPED BACK BUSTARD FIVE

VENUE Pewsey Vale rugby club, Wilcot Road, Pewsey, 7:30pm **CONTACT** Richard Pearce; 01672 562 412; Richardpearce.info@googlegmail.com; Pewseyvalerunningclub.org **COST** £5/£7 C/D 21/7 E/D YES, +£2

FRIDAY AUGUST 5

GLOUCESTERSHIRE

ROAD • RURAL

WESTONBIRT HOUSE 10K

VENUE Westonbirt House, Westonbirt, Nr Tetbury, 7:30pm **CONTACT** James Higgs; 07929 059 796; james@dbmax.co.uk; www.dbmax.co.uk/event-list/running/item/westonbirt-house-10k.html **COST** £15/£17 E/D YES, +£3

KENT

ROAD • RURAL

GRAVESEND CYCLOPARK 10K (+)

VENUE Cyclopark, The Tollgate, Wrotham Road, Gravesend, 7pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £12/£14 E/D YES, +£1

SUFFOLK

TRAIL • RURAL

WIBBLY WOBBLY LOG JOG

VENUE High Lodge Forest Centre, Brandon,

7:30pm **CONTACT** Martin Monaghan; 07753 662 494; martin.monaghan@hotmail.co.uk; www.bfh.org.uk/wibbly-wobbly-log-jog/ **COST** TBC

WALES

ROAD • RURAL • HILLY

MYNYDDISLWYN 'MURDER' MILE

VENUE Pen Rhiwawydd Farm, Troed-y-Rhiw Mynyddislwyn, Newbridge, Newport, 7pm **CONTACT** Mike Heare; 01495 245 430; 07557 273 082; nikeair@farmdr.fsnet.co.uk; www.islwynrunningclub.org.uk **COST** £3/£5 E/D YES

SATURDAY AUGUST 6

AVON

TRAIL • URBAN • RURAL

MENDIP MARAUDER 50 MILE (+)

VENUE Uphill Sands, Links Road, Weston-super-Mare, 8am **CONTACT** Dave Urwin; 07403 639 847; albionrunning@hotmail.com; www.albionrunning.org **COST** £45 E/D NO

ROAD • RURAL

RACE RACE RUN

VENUE Shrewsbury, 11am **CONTACT** Bruno Noble; 07856 755 666; bruno_noble@hotmail.com **COST** £23/£25 E/D YES, +£11

CHANNEL ISLANDS

TRAIL • RURAL

ROUND THE ROCK (+)

VENUE Steam Clock, Water Front, Jersey, 6am **CONTACT** digby ellis-brecknell; 07797 768 480; hareandtortoiseevents@gmail.com; www.roundtherock.co.uk **COST** £50 E/D NO

DERBYSHIRE

ROAD • FLAT

NO WALK IN THE PARK 5K (+)

VENUE Queen's Park, Cricket Pavilion, Chesterfield, 9:30am **CONTACT** Colin Sinnott; 01246 864 361; 07749 860 685; nberbysrc@yahoo.co.uk; northderbyshire.jimdo.com/ **COST** £3/£5 E/D ONLY

LONDON

ROAD

QEOP 10KM SUMMER 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

SURREY

TRAIL • RURAL • FLAT

PHOENIX - DARK PHOENIX: 6 HOUR TIMED EVENT FROM 3.3 MILES TO MARATHON TO ULTRA

VENUE The Weir Hotel, Waterside Drive, Walton-on-Thames, 4pm **CONTACT** Rik Vercoe; 07949 273 732; rikvercoe@gmail.com; www.phoenixrunning.co.uk **COST** £32/£34 E/D NO

TRAIL • RURAL • FLAT

PHOENIX SUMMER MARATHON (THAMES PATH)

VENUE Elmbridge Xcel Leisure Centre (back entrance), Waterside Drive, Walton-on-Thames, 9am **CONTACT** Rik Vercoe; 07949 273 732; rikvercoe@gmail.com; www.phoenixrunning.co.uk **COST** £28/£30 E/D NO

YORKSHIRE

BIG FUN RUN LEEDS 2016

VENUE Roundhay Park, Leeds, 11am **CONTACT** GSI Events; www.bigfunrun.com/leeds **COST** £10.49/£13.49 E/D YES, £13.49/£15.49

SUNDAY AUGUST 7

CAMBRIDGESHIRE

TRAIL • URBAN • RURAL • FLAT

RIVERSIDE RUNNERS 29TH ANNIVERSARY 10K (+)

VENUE Regatta Meadow, Riverside Park, St Neots, 10:30am **CONTACT** Paul Veitch; veitchp@gmail.com; 10k: riversiderunnersaces.co.uk/ **COST** £14/£16 C/D 20/7 E/D YES, £20

CORNWALL

TRAIL • RURAL

INDIAN QUEENS HALF MARATHON

VENUE Indian Queens Working Mens Club, St Francis Road, Indian Queens, 10am **CONTACT** Kevin Burnett; 01726 860 631; 07918 152 112; kevinburnett@iscali.co.uk; www.newquayroadrunners.co.uk **COST** TBC C/D 25/7 E/D NO

DEVON

TRAIL • RURAL

TOTNES 10K

VENUE Totnes Pavilion, Borough Park Road, Totnes, 11am **CONTACT** Roger Hayes; chairmanro@icloud.com; www.teignbridgetrotters.co.uk **COST** £9/£11 E/D YES, +£2

DORSET

TRAIL • RURAL • HILLY

BRIDPORT JURASSIC COAST RUN (HALF) (+)

VENUE The Salt House, West Bay, Bridport, 10am **CONTACT** Hagen Gerle; hagengerle@gmail.com; bridport-runners.co.uk/?p=1374 **COST** TBC

ROAD • RURAL

STURMINSTER HALF MARATHON

VENUE High School, Bath Road, Sturminster Newton, 10:30am **CONTACT** 07734 204 984; entries@sturhalf.co.uk; www.sturhalf.co.uk **COST** £12/£14 C/D 2/8 E/D YES, +£2

GLOUCESTERSHIRE

ROAD • URBAN • RURAL • FLAT

GLOUCESTER CITY MARATHON

VENUE Gloucester Park, Trier Way, Gloucester, 9am **CONTACT** Andrea Jones; 01242 890 604; 07788 716 687; andymax37@hotmail.co.uk; www.gloucestercitymarathon.com **COST** £30 C/D 1/8 E/D NO

LANCASHIRE

ROAD • URBAN • FLAT

BLACKPOOL AIR SHOW 10K

VENUE Bispham Fire Station, Red Bank Road, Bispham, 11am **CONTACT** David Waywell; 01253 932 715; 07762 283 626; waywell.dave@hotmail.co.uk; www.ukresults.net **COST** £6/£8 C/D 1/8 E/D YES, +£1

TRAIL • RURAL • FLAT

CROSS BAY CHALLENGE HALF MARATHON

VENUE The Shore, Hest Bank, Lancaster, 10am **CONTACT** Jane Staniford; 01524 381 820; anna.webster@cancercare.org.uk; www.cancercare.org.uk **COST** £29/£31 C/D 27/7 E/D NO

LONDON

TRAIL • FLAT

SUFFOLK

•TRAIL •RURAL

SVPI00

VENUE Newmarket, 7am **CONTACT** Matthew Hearn; www.svp100.co.uk **COST** £70 **E/D** NO

SURREY

•TRAIL •RURAL •FLAT

THAMES MEANDER MARATHON (+)

VENUE YMCA Hawker Centre, Lower Ham Road, Kingston, 10am **CONTACT** David Ross; 0798 454 0177; info@hermesrunning.com; www.hermesrunning.com **COST** £31/£33 **C/D** 6/8 **E/D** NO

SUNDAY AUGUST 14

BUCKINGHAMSHIRE

•ROAD •RURAL

35TH BURNHAM BEECHES HALF MARATHON

VENUE Caldicott School, Crown Lane, Farnham Royal, 9:30am **CONTACT** Dougie Fisher; bbhm.burnhamjoggers.org.uk/ **COST** £22/£24 **C/D** 5/8 **E/D** YES, +£8

•ROAD •URBAN •RURAL

BEARBROOK 10K

VENUE Aylesbury Rugby Club, Brook End, Weston Turville, 9:30am **CONTACT** Sarah Evered; 01296 707 078; bearbrook10k@hotmail.com; www.bearbrookrunningclub.co.uk/page/view/bearbrook-10k **COST** £12/£14 **E/D** YES, +£2

DORSET

•TRAIL

DOMVS LULWORTH CASTLE 10K

VENUE Church Lane, Coombe Keynes, Wareham, 11am **CONTACT** Roberto Panter; 01929 288 318; 07796 428 050; bob.panter@hotmail.com; www.lulworthcastle10k.com **COST** £12/£14 **C/D** 12/8 **E/D** YES

GLOUCESTERSHIRE

•TRAIL •RURAL •HILLY

STANDISH WOODLAND CHASE

VENUE Horsenarling Lane, Stonehouse, Stroud, 10am **CONTACT** Stroud and District Athletic Club; standish@stroudathleticclub.co.uk; standish@stroudathleticclub.co.uk; www.stroudac.co.uk **COST** £8/£10 **E/D** YES, £10

HAMPSHIRE

•TRAIL •RURAL

THE HART 4

VENUE Minley Manor, Camberley, 10:30am **CONTACT** Andrew Danson; info@hart4.co.uk; hart4.co.uk **COST** £60 **E/D** NO

KENT

•ROAD •RURAL

MOUNT EPHRAIM 10K

VENUE Mount Ephraim Gardens, Hernhill, Faversham, 10:30am **CONTACT** Martin Burke; 01797 230 009; 01797 230 572; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £14/£17 **E/D** YES, £20

NORFOLK

•ROAD •RURAL

THE GREAT YARMOUTH HALF MARATHON

VENUE Ormiston Venture Academy, Oriel Avenue, Great Yarmouth, 10am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £20/£22 **C/D** 7/8 **E/D** YES, +£2

NOTTINGHAMSHIRE

•ROAD •RURAL •FLAT

NEWARK HALF MARATHON (+)

VENUE Tom Mann Pavillion, Valley Prospect, Newark, 10am **CONTACT** Neill Mison; 07824 770 065; neill@nhsolutions.com; www.newarkhalfmarathon.co.uk **COST** £23/£25 **E/D** YES

WILTSHIRE

•TRAIL •RURAL

SALISBURY 5-4-3-2-1 TRAIL MARATHON (+)

VENUE Salisbury Fire Station, Ashley Road, Salisbury, 10am **CONTACT** Ludo Macaulay; 01722 332 21; ludomacaulay@hotmail.com; salisbury54321.com **COST** £20/£22 **C/D** 9/8 **E/D** NO

YORKSHIRE

BIG FUN RUN SHEFFIELD 2016

VENUE Rother Valley Country Park, Sheffield, 11am **CONTACT** GSi Events; www.bigfunrun.com/sheffield **COST** £10.49/£12.49 **E/D** YES, +£3

WEDNESDAY AUGUST 17

NORTHUMBERLAND

•ROAD •RURAL

RUN NORTHUMBERLAND

STAMFORDHAM 10K

VENUE Village Hall, Stamfordham, 7pm **CONTACT** Richard Hunter; 07545 140 810; 07545 140 810; info@run-nation.org; runnation.co.uk **COST** £13/£15 **E/D** NO

NOTTINGHAMSHIRE

•TRAIL

NOTTINGHAM 5K SUMMER SERIES RACE 4

VENUE Colwick Country Park, Via River Road, Nottingham, 7pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 **E/D** YES, +£2

THURSDAY AUGUST 18

LEICESTERSHIRE

•ROAD •FLAT

LEICESTER CITY 5K SUMMER SERIES (RACE 4)

VENUE Victoria Park, London Road, Leicester, 7pm **CONTACT** Martin Burke; 01797 230 009; 01797 230 572; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 **E/D** YES, +£2

FRIDAY AUGUST 19

AVON

•TRAIL •RURAL •FLAT

GREAT WESTERN RUNNERS 10K TOWPATH SERIES

VENUE Bedminster Cricket Club, Clanage Road, Bristol, 7:30pm **CONTACT** Alison Laurence; 07721 528 199; mike.willcox48@gmail.com; www.greatwesternrunners.org.uk **COST** TBC **E/D** NO

KENT

•ROAD

THE PODPLUS ASHFORD SUMMER 10K & 5K SERIES RACE 4 (+)

VENUE Victoria Park, Jemmett Road, Ashford, 7pm **CONTACT** Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk **COST** £12/£14 **E/D** YES, +£2

SATURDAY AUGUST 20

DEVON

•TRAIL •RURAL

JURASSIC COAST 10K

VENUE Budleigh Salterton Sea Front, Budleigh Salterton, 11am **CONTACT** Jane Newman; 07814 009 918; jane@peakphysio.com; www.jurassiccoast10k.co.uk **COST** £10/£8 **C/D** 15/8 **E/D** NO

ESSEX

DIRTY DOZEN RACES - LONDON EAST

VENUE Barleylands Farm, Barleylands Road, Billericay, 9:30am **CONTACT** Doug Spencer; 020 7193 8614; info@dirtydozenraces.com; atnd1/35041-0 **COST** - **E/D** NO

SUNDAY AUGUST 21

AVON

•TRAIL •RURAL •FLAT

THE SALTFOOT VALLEY 12.5K

VENUE Stothert & Pitt RFC, Bristol Road, Corston, 10:30am **CONTACT** Donna King; donna@aspirerunningevents.co.uk; www.aspirerunningevents.co.uk/project/saltfoot-valley-12-5k-sunday-21st-august/ **COST** £12/£14 **E/D** YES, +£2

CAMBRIDGESHIRE

•ROAD •RURAL

KIMBOLTON HALF MARATHON AND FUN RUN (+)

VENUE Kimbolton Castle, Kimbolton, 10am **CONTACT** Keith Ritchie; 07539 213 097; 07539 213 097; keith@nicetri.co.uk; www.nicetri.co.uk **COST** £20/£22 **E/D** YES, +£5

CHESHIRE

•ROAD •URBAN •RURAL •FLAT

33RD BIRCHWOOD 10K ROAD RACE (+)

VENUE Birchwood Shopping Centre Car Park 4, Opp Birchwood Train Station, Warrington, 10am **CONTACT** Janet Redpath; www.spectrumstriders.org.uk/our-races/birchwood-10k/how-to-enter#enter **COST** £14/£16 **E/D** NO

DORSET

•ROAD •RURAL

ROUND THE ROCK 10K

VENUE The Blues Club, Grove Rd, Portland, 10:30am **CONTACT** Bill Hicks; 07849 837 650; billhicksd4@talktalk.net; www.rmpac.com **COST** £10/£12 **C/D** 19/8 **E/D** YES, +£2

ESSEX

•ROAD •URBAN •FLAT

THE CLACTON HALF MARATHON (+)

VENUE Gainsford Avenue Sports Ground,

Fourth Avenue, Clacton-on-sea, 10:30am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £15/£17 **E/D** YES, +£2

LONDON

•TRAIL

INNOVATION SPORTS HALF MARATHON SERIES (+)

VENUE Clapham Common, Bandstand, Clapham, 9am **CONTACT** Running Team; 0845 257 1160; running@innovationsports.co.uk; www.innovationsports.co.uk/races/claphamcommon2016.html **COST** TBC **E/D** NO

•ROAD •FLAT

NOT THE RIO MARATHON

VENUE Lee Valley VeloPark, Abercrombie Road, Queen Elizabeth Olympic Park, London, 10am **CONTACT** Mick Barlow; 07722 899 949; mickbthrunner@gmail.com; https://www.eventbrite.co.uk/e/not-the-rio-marathon-2016-registration-23063441374 **COST** £35/£38 **C/D** 12/8 **E/D** YES, £50

•TRAIL

THE NICE WORK RICHMOND PARK 10K SERIES RACE FIVE (+)

VENUE Richmond Park (race starts in the Park adjacent to the Car Park at the Sheen Gate entrance), London, 10am **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

SOMERSET

•TRAIL •RURAL

CHEDDAR GORGE CHALLENGE - MARATHON (DATE 4 OF 4) (+)

VENUE Cheddar Gorge (at the top), Cheddar, 10:30am **CONTACT** Tom Room; tom@relishrunningraces.com; www.relishrunningraces.com **COST** £38/£40 **E/D** YES, +£2

SUSSEX

•TRAIL •RURAL

HENFIELD HALF MARATHON IN CONJUNCTION WITH HENFIELD JOGGERS

VENUE Henfield Leisure Centre, The Kings Field, Henfield, 10:30am **CONTACT** Simon Thompson; 01273 494 984; simonthompson@henfieldleisure.org.uk; www.henfieldleisurecentre.co.uk **COST** £10/£11 **C/D** 12/8 **E/D** YES, +£1

WILTSHIRE

•ROAD •RURAL

FOXTROT 5M

VENUE Village Hall, The Street, Broughton Gifford, 10am **CONTACT** Entries Secretary; stampedesports@yahoo.co.uk; www.stampedesports.co.uk **COST** £10/£12 **E/D** YES, +£3

THURSDAY AUGUST 25

SUFFOLK

•TRAIL

IPSWICH SUMMER 5K SERIES

VENUE Christchurch Park, Ipswich, 7pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 **E/D** YES, +£2

FRIDAY AUGUST 26

ESSEX

•ROAD •URBAN •FLAT

CLACTON SUMMER 5K SERIES (+) **VENUE** Greensward Cafe, Marine Parade West, Clacton-on-sea, 7pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 **E/D** YES, +£2

LONDON

•ROAD

BROOKS, SERPENTINE LAST FRIDAY OF THE MONTH 5K

VENUE The Bandstand, Hyde Park, London, 12:30pm **CONTACT** Malcolm French; 020 8422 3900; ifotm5k@serpentine.org.uk; www.serpentine.org.uk/pages/ffotm5k.html **COST** £2/£5 **C/D** 15/8 **E/D** NO

•TRAIL •RURAL •FLAT

T184 CHALLENGE (+)

VENUE Thames Barrier Cafe, South Side, London, 10:30am **CONTACT** Shane Benzie; tseriesracing@gmail.com; www.tseriesracing.com **COST** £184 **E/D** NO

SATURDAY AUGUST 27

CUMBRIA

•TRAIL •URBAN •RURAL

SBUS35 ST BEGAS ULTRA

VENUE St Bees, 8am **CONTACT** Jon Raymond; jon@ukantrail.co.uk; www.ukantrail.co.uk/sbus35.html **COST** £65/£67 **C/D** 21/7 **E/D** NO

DERBYSHIRE

•TRAIL •RURAL

DOUBLE OR QUIT (+)

VENUE Shipley Country Park, Heanor, 5pm **CONTACT** James Turton; ilkestonrunningclub@gmail.com; www.ilkestonrunningclub.co.uk/DoubleOrQuit/Default **COST** £12/£14 **E/D** YES, +£2

HERTFORDSHIRE

•TRAIL •RURAL

RIDGEWAY CHALLENGE 86 MILE ULTRA 2016. UK TRAIL RUNNING CHAMPIONSHIPS ULTRA DISTANCE

VENUE Ashridge Car Park, Ivinge Beacons, Tring, 10am **CONTACT** Tim Mitchell; 07917 364 364; rridgewaytra@btinternet.com; www.tra-uk.org/ridgewayinfo2016 **COST** £58/£60 **C/D** 5/8 **E/D** NO

LONDON

•ROAD

RUNTHROUGH OLYMPIC PARK VELO 5K 10K & 10 MILE (+)

VENUE Queen Elizabeth Olympic Park, Olympic Park, London, 10am **CONTACT** Run Through; info@runthrough.co.uk; runthrough.co.uk **COST** TBC **E/D** NO

MERSEYSIDE

•TRAIL •URBAN •RURAL •FLAT

LLC 130

VENUE Eldonian Village Hall TBC, Burlington Street, Liverpool, 6am **CONTACT** Dick Kearn; 01635 521 521; 01635 578 536; 07765 092 566; dickjan@talk21.com **COST** £45/£47 **E/D** NO

NORTHUMBERLAND

•TRAIL •RURAL

SANDSTONE WAY NORTH 70

VENUE Berwick-upon-Tweed, 8am **CONTACT** Garry Scott; 07984 307 900; 07984 307 900; info@trailoutlaws.com; www.trailoutlaws.com **COST** £75 **C/D** 20/8 **E/D** NO

SOMERSET

•TRAIL •RURAL •HILLY

MAVERICK ORIGINAL SOMERSET (23KM) (+)

VENUE Kieve Court Outdoor education centre, Kieve, Bridgewater, 10am **CONTACT** Ben MacWilliam; info@maverick-race.com; www.maverick-race.com **COST** £25 **C/D** 22/10 **E/D** YES, +£10

SUNDAY AUGUST 28

BERKSHIRE

•TRAIL

ENGLEFIELD 10K (+)

VENUE Englefield Park, Englefield, Reading, 11am **CONTACT** Mike Baker; 07788 413 694; mpbaker@btinternet.com; www.Englefieldrun.info **COST** £13 **C/D** 21/8 **E/D** YES, +£2

GLOUCESTERSHIRE

•TRAIL •RURAL •HILLY

WINCHCOMBE HILL CLIMB 10K (+)

VENUE Sudeley Castle, Winchcombe, Cheltenham, 10:30am **CONTACT** Mike Butler; 01242 603 661; run@winchcombeshow.org.uk; www.winchcombeshow.org.uk **COST** £8/£10 **C/D** 26/8 **E/D** YES, +£2

KENT

•TRAIL •RURAL

THE OLIVER FISHER GILLINGHAM 10K RUN (+)

VENUE Capstone Farm Country Park, Capstone Road, Gillingham, 10:30am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £15/£17 **E/D** YES, £20

LONDON

•ROAD •FLAT

LONDON SUMMER 10K (+)

VENUE Regent's Park, The Hub, London, 10:30am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £18/£20 **E/D** YES, £25

•ROAD

RUNTHROUGH BRIXTON 10K

VENUE Brockwell Park, London, 9:30am **CONTACT** Run Through; info@runthrough.co.uk; www.runthrough.co.uk **COST** TBC **E/D** NO

NORFOLK

•ROAD •URBAN •FLAT

DEREHAM 5K TOWN RACE

VENUE The Park, Station Road, Dereham, 9:15am **CONTACT** Todd Lake; todd.lake1664@gmail.com; www.derehamrunners.co.uk **COST** £10/£12 **E/D** YES, +£2

SCOTLAND

•ROAD •FLAT

DOONHAM 10K

VENUE Dock Park, Dumfries, 10:30am **CONTACT** Steve Head; steve@mile26.fsnet.co.uk; www.dumfriesharriers.co.uk **COST** £14.50/£16.50 **E/D** NO

•TRAIL

WR10K 2016 - GLASGOW (+)

VENUE Strathclyde Country Park, Glasgow, 10am **CONTACT** ASleigh JP; race@wr10k.co.uk; bit.ly/1PSG6m5 **COST** TBC **E/D** NO

Where's the action?

August's 154 events broken down by region

Scotland / 7

North / 19

Midlands / 20

East / 9

AVAILABLE FROM SELECTED STORES

A SPORTING LIFE
WEST WICKHAM, KENT

ADVANTAGE SPORTS
HARROGATE, NORTH YORKSHIRE

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CEE AND JAYS
LWICK, SHETLAND

CLIFF ROE SPORTS
WINDSOR/ASCOT, BERKSHIRE

CLUB SPORT
HEREFORD, HEREFORDSHIRE

COES
IPSWICH, SUFFOLK

ELVERYS SPORTS
IRELAND

ETON SPORTS
ETON, BERKSHIRE

GAA STORE
COUNTY ARMAGH, IRELAND

GREAVES SPORTS
GLASGOW, SCOTLAND

HAWKINSPO & SON
BOURNE END, BUCKINGHAMSHIRE

HOBBS
CAMBRIDGE, CAMBRIDGESHIRE

INTERSPORT GUERNSEY
GUERNSEY

INTERSPORT LEWES
LEWES, EAST SUSSEX

INTERSPORT LINCOLN
LINCOLN, LINCOLNSHIRE

MCCONNELL
COOKSTOWN, COUNTY TYRONE

NICK RIVETT SPORTS
HOVE, EAST SUSSEX

NO LIMITZ
BEDFORD, BEDFORDSHIRE

PILCH
NORWICH, EAST ANGLIA

PODIUM 4 SPORT
BELFAST, COUNTY ANTRIM

RUGBY STORE
RUGBYSTORE.CO.UK

RUN ACTIVE
CHELMSFORD, ESSEX

SIMPLY SPORT
REIGATE/OXTED, SURREY

TASKERS SPORTS
LIVERPOOL, MERSEYSIDE

TONY PRYCE
EXETER/PLYMOUTH, DEVON

WISDENS
HASTING, SUSSEX

WHAT EVER IT TAKES
SHOREDITCH, LONDON

Y C SPORTS
CARDIFF, WALES

2XU
HUMAN PERFORMANCE. MULTIPLIED.

SHROPSHIRE

•ROAD •URBAN •RURAL •FLAT

ELLESMERE 10K

VENUE Lakelands School, Ellesmere, 11am **CONTACT** Paul Davies; 07909 527 001; pad44@btinternet.com; www.oswestryolympians.com **COST** TBC **E/D** NO

SURREY

•TRAIL •RURAL

WOLDINGHAM MARATHON 2016

(+) **VENUE** Woldingham School, Marden Park, Caterham, 9:30am **CONTACT** Gareth Davies; 020 8651 5177; 07967 729 922; Gazdji@gmail.com; www.woldinghammarathon.co.uk **COST** £30/£35 **E/D** YES, £35

WALES

•TRAIL •RURAL

NARBERTH NOBBLER (+)

VENUE Narberth, 9:30am **CONTACT** Narberth Nobbler; narberthnobbler.co.uk/ **COST** TBC **E/D** NO

•ROAD •URBAN •RURAL

SEVERN BRIDGE HALF MARATHON

VENUE Chepstow, 9am **CONTACT** Paul Dodd; admin@rogueunr.com; www.sites.google.com/site/severnbridgehalfmarathon/ **COST** £32/£34 **C/D** 14/8 **E/D** NO

WARWICKSHIRE

•ROAD •URBAN •RURAL

BADGERS ATHERSTONE 10K

VENUE Long Street, Atherstone, 10am **CONTACT** Karen Thompson; badgersatherstone@gmail.com; badgersatherstone10k.co.uk **COST** £16/£18 **C/D** 19/8 **E/D** NO

MONDAY AUGUST 29

DURHAM

•TRAIL •URBAN

STOCKTON RIVER RAT RACE

VENUE Stockton, Stockton-on-tees, 10am **CONTACT** Danielle Brodie; 01904 409 401; 01904 409 401; events@ratrace.com; www.stocktonriveratrace.com **COST** TBC **E/D** NO

KENT

•ROAD •RURAL

CANTERBURY HALF MARATHON

(+) **VENUE** Merton Farm, Canterbury, 10am **CONTACT** Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk **COST** £18/£20 **E/D** YES, £25

•TRAIL

SEVENOAKS 7

VENUE Sevenoaks Rugby Club, Plymouth Drive, Sevenoaks, 10:30am **CONTACT** Race Administrator; darrelluke1967@gmail.com; www.7oaks-ac.org.uk **COST** £11/£13 **C/D** 25/8 **E/D** YES, £15

SUSSEX

•ROAD •RURAL

KINGS HEAD CANTER 5K

VENUE Kings Head, East Hoathly, 11am **CONTACT** Stuart Mills; 01825 840 653; info@kingsheadcenter5k.org.uk; www.kingsheadcenter5k.org.uk **COST** £9/£11 **C/D** 24/8 **E/D** YES, £13

WEDNESDAY AUGUST 31

KENT

•ROAD •RURAL

THE SAMPHIRE HOE 5K SUMMER

SERIES (+) **VENUE** Samphire Hoe, A20, Dover, 7pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 **E/D** YES, +£2

SATURDAY SEPTEMBER 3

BERKSHIRE

•TRAIL •URBAN •RURAL •FLAT

SATURDAY NIGHT MARATHON -

THAMES TRAIL MARATHON **VENUE** Wokingham Waterside Centre, Thames Valley Park, Reading, 5pm **CONTACT** Paul Ali; saturdaynightmarathon@gmail.com; www.saturdaynightmarathon.com **COST** £25/£27 **E/D** NO

DERBYSHIRE

•ROAD •FLAT

NO WALK IN THE PARK 5K (+)

VENUE Queen's Park, Cricket Pavilion, Chesterfield, 9:30am **CONTACT** Colin Sinnott; 01246 864 361; 07749 860 685; nderbysrc@yahoo.co.uk; northderbysircjimd.com/ **COST** £3/£5 **E/D** ONLY

LONDON

•ROAD •URBAN •RURAL

LONDON SPITFIRE 10K - IN COMMEMORATION OF THE ANNIVERSARY OF THE BATTLE OF BRITAIN

VENUE RAF London Museum, Graham Park Way, London, 9am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; nice-work.org.uk/events.php?id=198 **COST** £20.50/£22.50 **E/D** YES, £25

•ROAD

QEQP 10KM SUMMER SERIES

VENUE Queen Elizabeth Olympic Park, London, 9:30am **CONTACT** Craig Thornton; 07740 554 190; info@theraceorganiser.com; www.qeopaces.com **COST** £15/£17 **C/D** 2/9 **E/D** YES

•TRAIL •RURAL

THE SHOREHAM WOODS 10K TRAIL

RUN **VENUE** Shoreham Woods, Kent, Sevenoaks, 9:30am **CONTACT** Andrea Magold; 07426 946 927; info@pbracevents.co.uk; www.pbracevents.co.uk **COST** £18/£20 **E/D** NO

SCOTLAND

•TRAIL •RURAL

THE PRIME FOUR BEAST RACE - LOCH NESS

VENUE Loch Ness, Aldourie Castle Grounds, Inverness, 9am **CONTACT** Firetrail Events; 0330 321 1145; beastrace@firetrailevents.co.uk; www.beastrace.co.uk **COST** £51 **E/D** NO

SURREY

•TRAIL •URBAN •RURAL

RUN RICHMOND PARK 10K RACE 7

2016 (+) **VENUE** Richmond Park, Sheen Lane, London, 10:10am **CONTACT** David Krangel; 020 8144 0797; 07919 141 534; info@thefixevents.com; www.thefixevents.com **COST** £17 **E/D** YES, +£5

WALES

•TRAIL •URBAN •RURAL

RAT RACE MAN VS MOUNTAIN

VENUE Llanberis, Llanberis, 8am **CONTACT** Danielle Brodie; events@ratrace.com; www.ratracemanvsmountain.com **COST** TBC **E/D** NO

WILTSHIRE

•TRAIL •RURAL

MALMESBURY 10K

VENUE PD Fitness, Stainsbridge Mill, Gloucester Road, Malmesbury, 11am **CONTACT** James Higgs; 07929 059 796; james@dbmax.co.uk; www.dbmax.co.uk/event-list/running/item/malmesbury-carnival-10k.html **COST** £13.50/£15.50 **E/D** NO

SUNDAY SEPTEMBER 4

BEDFORDSHIRE

•TRAIL •RURAL

DUNSTABLE DOWNS CHALLENGE HALF MARATHON

VENUE Creasey Park Community Football Centre, Creasey Park Drive, Dunstable, 9am **CONTACT** Christina Lawrence; dunstableroadrunners@gmail.com; www.dunstableroadrunners.org/pages/page_26579/Dunstable-Challenge-Event.aspx **COST** £15/£17 **E/D** YES

BERKSHIRE

•ROAD •URBAN •RURAL •FLAT

MAIDENHEAD HALF MARATHON

VENUE St Ives Road, Maidenhead, 9:30am **CONTACT** Claire Donald; 01494 630 759; 07860 650 579; info@purplepatchrunning.com; www.purplepatchrunning.com **COST** £24/£26 **C/D** 27/8 **E/D** YES, +£3

•TRAIL •URBAN •RURAL •FLAT

RIVER RELAY 26.2

VENUE Boveney Church, Windsor, 9am **CONTACT** Peter Wedderburn; 020 8288 8575; kbc@blueyonder.co.uk; www.stragglers.org/index.php/races/club-races/river-relay **COST** £60/£70 **C/D** 15/8 **E/D** NO

CAMBRIDGESHIRE

•TRAIL •RURAL •FLAT

OUSE VALLEY WAY MARATHON

VENUE One Leisure St Neots, Barford Road, Eynesbury, 9:30am **CONTACT** Annette Newton; races@brjunandtri.org; brjunandtri.org **COST** £25/£27 **E/D** NO

CHESHIRE

•TRAIL •URBAN •RURAL

STOCKPORT 'HATTERS' HALF

MARATHON **VENUE** Stockport County AFC, Edgeley

Park, Hardcastle Road, Stockport, 9:30am **CONTACT** John Giles; johngiles20@hotmail.com; www.hattershalf.co.uk **COST** £17/£19 **E/D** YES, +£2

DERBYSHIRE

•TRAIL

RIVERSIDE RUN 10K

VENUE The Trent Washlands, Burton On Trent, 9:30am **CONTACT** Jenni Dawson; 01543 434 542; jenni.dawson@stgleshospice.com; www.stgleshospice.com **COST** £12 **C/D** 2/9 **E/D** YES

GLOUCESTERSHIRE

•TRAIL •RURAL •HILLY

WOODCHESTER PARK 8 MILE

VENUE Woodchester Park, nr Selsley, Stroud, 10am **CONTACT** Stroud and District Athletic Club; woodchester@stroudathleticclub.co.uk; www.stroudac.co.uk **COST** £8/£10 **E/D** YES, £10

GREATER MANCHESTER

•ROAD •URBAN •FLAT

UKFAST CITY OF SALFORD 10K

VENUE MediaCityUK, Salford Quays, Salford, 10:15am **CONTACT** Graham Jackson; 0161 703 5806; graham@sportstoursinternational.co.uk; www.sportstoursinternational.co.uk/running/city-of-salford-10k **COST** £13/£15 **E/D** YES, £25/£23

KENT

•ROAD •RURAL •FLAT

COSFORD SPITFIRE 10K - IN COMMEMORATION OF THE ANNIVERSARY OF THE BATTLE OF BRITAIN

VENUE RAF Cosford Museum, Shifnal, 9am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £20.50/£22.50 **C/D** 1/9 **E/D** YES, £25

•TRAIL •URBAN •RURAL

FOSTERS LAW KENT COASTAL

MARATHON (+) **VENUE** Palm Bay School, Cliftonville, Margate, 9:30am **CONTACT** Terry Brightwell; 07974 355 811; marathonrace@thanetroadrunners.org.uk; www.thanetroadrunners.org.uk **COST** £23/£25 **E/D** YES, £30

•TRAIL •RURAL

WEALD ST GEORGE'S 10K (+)

VENUE The Village Green, Long Barn Road, Weald, 10:30am **CONTACT** Ian Walker; racesecretary@weald10k.com; www.Weald10k.co.uk **COST** £13/£15 **C/D** 1/9 **E/D** YES, £17

LANCASHIRE

•ROAD •RURAL

GARSTANG HALF MARATHON

VENUE Garstang Sports and Social Club, Community Centre Carpark, High Street, Garstang, 11am **CONTACT** Garstang Half Marathon; 07764 968 760; www.garstangr.c.co.uk **COST** £12/£14 **C/D** 28/8 **E/D** YES, +£2

•ROAD •URBAN •FLAT

WIGAN 10K

VENUE Town Centre, Market Street, Wigan, 10am **CONTACT** Matthew Johnson; 01942 498 120; info@wigan10k.co.uk; www.wigan10k.co.uk **COST** £17.50/£19.50 **E/D** NO

LEICESTERSHIRE

•ROAD •RURAL

JOHN FRASER 10

VENUE Countesthorpe Community College, Winchester Road, Leicester, 10:30am **CONTACT** Michael Stiff; 0116 200 2040; 0116 319 8539; mike@mjstiff.co.uk; www.jf10.co.uk **COST** £12/£14 **C/D** 1/9 **E/D** YES

LONDON

•TRAIL •URBAN •RURAL •FLAT

KEW CHARITY RICHMOND 10K

RIVER RUN 2016 **VENUE** Kew Green, Richmond, London, 9:30am **CONTACT** David Krangel; 020 8144 0797; 07919 141 534; info@thefixevents.com; www.thefixevents.com/kew-charity-richmond-10k-river-run-2016 **COST** £20 **E/D** NO

•ROAD •FLAT

MIDDLESEX 10K

VENUE Victoria Park Harriers and Tower Hamlets AC Clubhouse, Cadogan Terrace, Victoria Park, Hackney, 10:30am **CONTACT** Malcolm French; 020 8422 3900; MalcolmFrench@aol.com; www.middlesexaa.org.uk **COST** £5/£8 **C/D** 19/8 **E/D** NO

NORFOLK
•ROAD •RURAL

WISSEY HALF MARATHON **1**
VENUE Oxborough Village Hall, Oxborough,
10:30am CONTACT Martin Ives, 07920
453 869; 01366 328 456; martin@ive23.
freemove.co.uk; www.rystonrunners.org.uk
COST £12/£14 E/D YES, +£2

NORTHAMPTONSHIRE
•ROAD •URBAN •RURAL

NORTHAMPTON HALF MARATHON **1**
VENUE The Old Bank, 4-5 St. Giles
Square, Northampton, 9:30am CONTACT
Postal entries; 07747 803 090; 07711
945 963; admin@gobeyondchallenge.
co.uk; northamptonhalfmarathon.co.uk/
Race-Information COST £25/£28 E/D YES,
£30/£32

SOMERSET
•TRAIL •RURAL

ASH EXCELLENT EIGHT (+)
VENUE Ash Primary School, Main Street,
Ash, Martock, 11am CONTACT Adam
Hawkins; 01935 475 492; 07887 944 823;
adam.hawkins@btinternet.com; www.
ashexcellenteight.com COST £8/£10 E/D
YES, +£2

SURREY
•TRAIL •RURAL

GREATHEAT GALLOP 5 (LINGFIELD) **1**
VENUE The Clocktower, St Piers Lane,
Lingfield, 10:30am CONTACT Dave Wilkes;
01342 312 163; Lingfield Running Club COST
£6/£8 C/D 2/9 E/D YES, £10

•TRAIL •RURAL

LINGFIELD DRY HILL 10M (+) 1
VENUE Young Epilepsy, St Piers Lane,
Lingfield, 10:30am CONTACT Dave
Wilkes; 07900 650 492; 01342 312 163;
dryhill10@lingfieldrunningclub.co.uk;
lingfieldrunningclub.co.uk/#/dry-hill-10/456
249 5485 COST £11/£13 E/D YES, £15

WALES

•TRAIL •RURAL •HILLY

CLWYDIAN 30 (+) 1
VENUE Golden Lion Inn, Llangynhafal,
Denbigh, 9am CONTACT Joe Cooper; 07875
404 922; joe.fitness@yahoo.com; www.out-
fit.co.uk COST £32.50 C/D 4/9 E/D NO

WEST MIDLANDS

•ROAD •URBAN •RURAL

CARVER WOLVERHAMPTON MARATHON
EVENTS (+)
VENUE West Park, Park Road,
Wolverhampton, 9:15am CONTACT
Mary Harding; 07809 645 790;
mharding68@gmail.com; www.
carverwolverhamptonmarathonevents.
co.uk COST £28/£30 C/D 2/8 E/D NO

WILTSHIRE

•ROAD •URBAN •RURAL

CHIPPENHAM HALF MARATHON
VENUE Chippenham Sports Club,
Bristol Road, Chippenham, 9:30am
CONTACT Race Director; contact@
chippenhamhalfmarathon.co.uk; www.
chippenhamhalfmarathon.co.uk COST
£20/£22 C/D 1/9 E/D NO

YORKSHIRE

•TRAIL •RURAL •FLAT

KIRKWOOD HOSPICE 10K TRAIL
RUN (+)
VENUE Leeds Road Playing Fields,
Huddersfield, 10:30am CONTACT
Emily Kennedy; 014 845 7911; events@
kirkwoodhospice.co.uk; www.
kirkwoodhospice.co.uk/trail-run COST £15
C/D 1/8 E/D YES, +£5

•TRAIL •RURAL

PARA'S 10
VENUE Helles Barracks, Catterick Garrison,
11am CONTACT PARA'S 10; enquiries@
sportsystems.co.uk; paras10.com COST
£40 E/D NO

WEDNESDAY SEPTEMBER 7

ESSEX

•TRAIL •RURAL

CROWN TO CROWN 5K
VENUE Westley Heights Country Park,
High Road, Langdon Hills, Basildon, 7pm
CONTACT Peter Bates; 01268 916 289;
www.pitsearunningclub.org.uk COST £2
E/D ONLY

HERTFORDSHIRE
•ROAD •URBAN •FLAT

HATFIELD MIDWEEK 5K
SERIES INCORPORATING THE
HERTFORDSHIRE OPEN CHAMPS
VENUE Affinity Water, Tamblin Way,
Hatfield, 7:45pm CONTACT Richard Sidlin;
07970 289 773; 5k@gardencityrunners.org.
uk; www.racesonline.uk/race-entry/5kseries
COST £8/£10 C/D 4/9 E/D NO

FRIDAY SEPTEMBER 9

SUSSEX

•ROAD •RURAL •FLAT

RYE SUMMER CLASSIC 10K SERIES
(+)
VENUE Rye Nature Reserve, Rye Harbour,
Rye, 7pm CONTACT Martin Burke; 01797
230 009; info@nice-work.org.uk; www.nice-
work.org.uk COST £8/£10 E/D YES, +£2

SATURDAY SEPTEMBER 10

DORSET

•TRAIL •RURAL •HILLY

HEROES CHALLENGE 2016 (+)
VENUE Weymouth, 8:45am CONTACT
Stephen Knell; www.hangersheroes.co.uk/
challenge-run/ COST £26.20 E/D NO

KENT

•TRAIL •URBAN •RURAL

MAVERICK ORIGINAL KENT (21KM)
(+)
VENUE Groombridge Place, Groombridge
Hill, Tunbridge Wells, 10am CONTACT Ben
Macwilliam; info@maverick-race.com; www.
maverick-race.com COST £25 C/D 22/10
E/D YES, +£10

LONDON

•TRAIL •FLAT

WIMBLEDON COMMON 10K 1
VENUE Wimbledon Common, Richardson
Evans Sports Ground, Roehampton Vale,
Putney, 11am CONTACT Mark Caswell;
0797 783 1519; mark.caswell@btinternet.
com; www.wmccpromotions.com COST
£14 E/D YES

SCOTLAND

•TRAIL •URBAN •RURAL

RAT RACE COAST TO COAST
VENUE Nairn to Ballachulish, Nairn, 11am
CONTACT Danielle Brodie; events@ratrace.
com; ratrace.com/coasttocoast2016/ COST
TBC E/D NO

STAFFORDSHIRE

•TRAIL •URBAN •RURAL

NATIONAL FOREST WAY 75
VENUE The National Memorial Arboretum,
DE13 7AR, Burton, 9:30am CONTACT
Wayne Busby; 07738 865 461; wayne@
goultraevents.co.uk; www.goultraevents.
co.uk COST TBC

SUSSEX

•TRAIL •RURAL •FLAT

WE RUN THEY RUN I RUN, RYE RUN 1
VENUE Rye Harbour Nature Reserve,
Rye, 8:30am CONTACT Richard Davis;
07873 356 953; 07873 356 953; info@
weruntheyruniun.co.uk; www.
weruntheyruniun.co.uk/ COST £33/£35
E/D NO

WALES

•TRAIL •RURAL •HILLY

CLIF BAR 10 PEAKS - BRECON
BEACON (+)
VENUE Talybont-on-ussk, 5am CONTACT
Paul Smith; paul@10peaks.com;
www.10peaks.com COST £65 E/D NO

SUNDAY SEPTEMBER 11

BEDFORDSHIRE

•ROAD •RURAL

SWINESHEAD 10M/5M (+) 1
VENUE Village Hall, High Street,
Swineshead, Bedford, 11:30am CONTACT
Terry Satter; swineshead10@gmail.com;
www.swineshead10.org.uk COST £11/£13 C/D
10/9 E/D YES, +£2

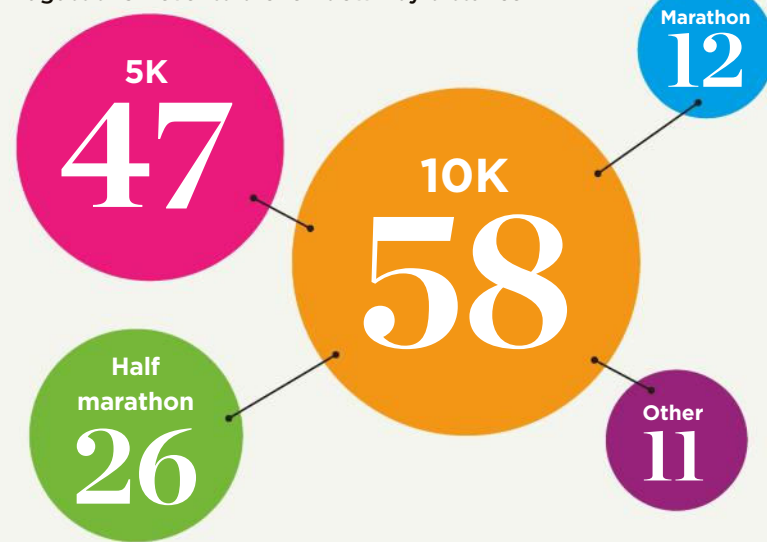
BUCKINGHAMSHIRE

•TRAIL •URBAN •RURAL •FLAT

TWO ARMS ON TWO LEGS HALF
MARATHON (+)
VENUE Oakfield Road Park, Oakfield
Road, Aylesbury, 10am CONTACT Joe
Sammon; joe.sammon@canalrivertrust.
org.uk; canalrivertrust.org.uk/enjoy-the-
waterways/events/2016-09-11-two-arms-on-
two-legs-half-marathon COST £13/£15 C/D
2/9 E/D YES

Going the distance

August's 154 events broken down by distance



CAMBRIDGESHIRE

•TRAIL •FLAT

ST NEOTS SPRINT SERIES EVENT
3 (+)
VENUE Regatta Meadow, Riverside Park, St
Neots, 8am CONTACT Keith Ritchie; 07539
213 097; keith@nicetri.co.uk; www.nicetri.
co.uk COST £45/£50 E/D NO

CHESHIRE

•TRAIL •RURAL

GAWSWORTH 10K 2016 (+) 1
VENUE Nine Acre Field, Gawsforth,
Macclesfield, 10:30am CONTACT
Jenny Birtwistle; 01625 422 743; No;
jennybirtwistle@hotmail.com; www.
gawsworth10k.co.uk COST £8/£10 C/D 31/8
E/D YES, +£2

•TRAIL •RURAL

MONTANE TRAIL 13 DELAMERE (+)
VENUE Delamere Forest (Old Pale), Station
Park, Nantwich, 9:40am CONTACT marc
laithwaite; info@trail26.com; www.trail26.
com COST £30 E/D NO

•TRAIL •RURAL

SANDBACH 10K SPONSORED BY
BUTCHER & BARLOW LLP 1
VENUE Elworth Cricket Club, London Road,
Sandbach, 11am CONTACT Martin Coleman;
treasurer@sandbach
striders.co.uk; www.sandbachstriders.
co.uk/2014/07/sandbach-10k-21st-
september-2014.html COST £12/£14 C/D 4/9
E/D YES, +£2

ESSEX

•ROAD •RURAL •FLAT

LANGHAM 10KM 2016 (+)
VENUE Langham Community Centre,
School Road, Langham, 10am CONTACT
Eve Oxley; enquiries@langham10km.org.
uk; www.langham10km.org.uk COST £11/£13
C/D 31/8 E/D NO

GLOUCESTERSHIRE

•TRAIL

DYRHAM PARK 10K (+)
VENUE Dyrrham Park, Dyrrham, Bath,
11am CONTACT Donna King; donna@
aspirerunningevents.co.uk; www.
aspirerunningevents.co.uk/project/dyrrham-
park-510k-family-fun-runs-11th-september/
COST £12/£14 E/D YES, +£2

GREATER MANCHESTER

•TRAIL

WRIOK-MANCHESTER (+)
VENUE Wythenshawe Park, Wythenshawe,
Manchester, 10am CONTACT Ashleigh
Jy; 020 8996 5135; race@wriok.co.uk; bit.
ly/10UNZp COST £23 E/D YES, +£7

HAMPSHIRE

•TRAIL •URBAN •RURAL

NEW FOREST MARATHON 2016 (+)

VENUE New Park Farm Showground,
Brockenhurst, 9am CONTACT Chris Farr;
info@newforestmarathon.co.uk; www.
newforestmarathon.co.uk COST £43/£45
E/D NO

KENT

•ROAD •URBAN

BECKENHAM HALF MARATHON 1
VENUE Beckenham Rugby Club, Balmoral
Avenue, Beckenham, 10:15am CONTACT
Cheryl Gorga; beckenhamhalfmarathon@
gmail.com; www.beckenhamhalfmarathon.
org.uk COST

•TRAIL

THE SWANLEY PARK 10K AND 5K
(+)
VENUE Swanley Park, New Barn Road,
Swanley, 10:30am CONTACT Martin Burke;
01797 230 009; martin@nice-work.
org.uk; www.nice-work.org.uk COST £14/£16
E/D YES, +£2

SURREY

•TRAIL •RURAL

SURREY BACCHUS MARATHON (+)
VENUE Denbies Wine Estate, London Road,
Dorking, 10am CONTACT Nicky Donbavand;
info@eventstolive.co.uk; www.eventstolive.
co.uk COST £46/£48 E/D NO

•TRAIL •RURAL

THE FARNHAM PILGRIM MARATHON
(+)
VENUE The Sands Recreation Ground,
The Sands Village, Farnham, 9:30am
CONTACT Lynda Pattie; 01252 242 771;
farnhampilgrim@gmail.com; www.
farnhampilgrim.org.uk COST £30/£32 C/D
1/9 E/D YES, £37

SUSSEX

•TRAIL •RURAL •FLAT

WE RUN THEY RUN I RUN, RYE RUN 2
VENUE Rye Harbour Nature Reserve, Rye,
8:30am CONTACT Richard Davis; 07873 356
953; info@weruntheyruniun.co.uk; www.
weruntheyruniun.co.uk/ COST £33/£35
E/D NO

TYNE & WEAR

•ROAD

GREAT NORTH RUN 2016 1
VENUE Ewcastle Upon Tyne, 11am CONTACT
Esther Trackman; 03334 056 242; esther@
meningitis.org; www.meningitis.org COST
Free E/D NO

WALES

•TRAIL •RURAL

CREINI ESTATE 16KM TRAIL RACE (+)
VENUE Caerau Uchaf, Sarnau, Bala,
10:30am CONTACT Belinda Bateson; 07715

027 756; belinda@uphilldowndale.com;
www.uphilldowndale.com/ COST £29 C/D
4/9 E/D NO

•TRAIL •RURAL •HILLY

WENTWOOD WOODLARK 1
VENUE Earlswood Village Hall,
Chepstow, 11am CONTACT Vanessa
Lawson; woodlark@chepstowharriers.
org.uk; https://sites.google.com/site/
chepstowharriersrunningclub/wentwood
COST £10 C/D 1/9 E/D YES, +£2

WARWICKSHIRE

•ROAD •RURAL

STRATFORD'S BIG 10K 2016 1
VENUE Stratford Recreation Ground, Swans
Nest Lane, Stratford-upon-avon, 9:30am
CONTACT Sarah Bland; 01789 267 337;
07540 287 781; sarah@tempoevents.co.uk;
www.tempoevents.co.uk COST £15.50/£17.50
E/D NO

WEST MIDLANDS

•ROAD

THE BII BIRMINGHAM 10K RUN

(+) 1

VENUE Sutton Park, Town Gate, Park Road,
Sutton Coldfield, 11am CONTACT Martin
Burke; 01797 230 009; martin@nice-work.
org.uk; nice-work.org.uk/events.php?id=220
COST £12/£14 E/D YES, £15

WILTSHIRE

•TRAIL •RURAL

MARLBOROUGH 'TEMPLE TRAIL'
HALF MARATHON
VENUE Marlborough Rugby Club, The
Common, Frees Avenue, Marlborough,
10:30am CONTACT Race Director; info@
cadence-events.co.uk; www.cadence-
events.co.uk COST £21/£23 E/D NO

TUESDAY SEPTEMBER 13

HAMPSHIRE

•ROAD •URBAN •FLAT

THE ABSOLUTE RUNNING GOSPORT
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(+) 1
VENUE Stokes Bay Road, Gosport, 7pm
CONTACT Martin Burke; 01797 230 009;
martin@nice-work.org.uk; www.nice-work.
org.uk COST £9/£11 C/D 2/9
E/D YES, +£2

SATURDAY SEPTEMBER 17

DORSET

•TRAIL •RURAL

CAMELOT CHALLENGE 2016 1
VENUE Gryphon Sports centre, Bristol
Road, Sherborne, 9am CONTACT Julia
bradburn; 01935 817 860; 01935 814 823;
07884 115 987; camelrace@hotmail.
co.uk; https://www.facebook.com/
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I'M A RUNNER

Simon Evans

The comedian and scriptwriter, 50, on the joy of hills and why he'll still run when he's very old

At school I was hopeless at sport. I used to pant my way around the cross-country course and I was a real straggler.

I started running when I was 27. After my first two-mile run I suffered the burning lungs but also felt those endorphins kicking in. I remember feeling euphoric and, for the first time, 'getting' the appeal of running.

Running struck me as the quickest and simplest way to get fit. Soon I was running every day and becoming obsessive about it. Since then I've always run, although sometimes more intensely than others.

Only six months after doing my first 'jog' I was lining up to do the New York City Marathon, in 1993. The furthest I'd ever run was 12 miles, so I was very nervous. I expected some part of me to go 'twang' during the race, but I finished in 5:03.

I was so exhausted afterwards that it took the wind out of my sails for a while. I lost motivation to do another one. I would now like to do another race, but probably a half marathon rather than the full one, as I wouldn't want the training to derail me.

I really enjoy doing Parkrun. It's low-key so there's no pressure. It's really satisfying knocking big chunks off a PB. It gives me a great sense of achievement on Saturday mornings as I relax afterwards with a coffee.

Running makes me a much happier person. It's hard to write good material if you aren't feeling very happy, so that's another bonus. Running also gives me a huge

amount of energy, which helps when writing, performing or just getting through the day.

I love running down hills. I enjoy that feeling of having to make quick decisions of where to put my feet. I know there are all kinds of extreme sports you can do, but doing something hugely exciting for free really takes some beating.

Two years ago I did the Three Peaks Challenge. It's climbing up and down Ben Nevis, Scafell Pike and Snowdon – the three highest mountains in Scotland, England and Wales. I trained by doing hikes across the South Downs; they often turned into runs, which set me up perfectly for the challenge.

I want to still be running in my 60s, 70s and 80s. I've seen guys who do body building who, after about 40, look weird with all these muscles. But as runners get older they look great if they're still lean and trim.

I'm not a big fan of running on the prom in Hove, where I live, because the wind can often be demoralising. I prefer running in busy streets and dodging people carrying their shopping; it's a bit like getting around an assault course, and it adds drama.

● To find out about Simon's tour dates, visit simonevanscomedianetc.com

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MY FAVOURITE...



Music

I like listening to the same albums so I know where I should be at

certain points. I'm enjoying Boys and Girls in America by The Hold Steady, who sound a bit like early REM.



Route

One of the first places I ran was London's Regent's Park;

It's a great place to run. And when I'm in Edinburgh for the annual festival, I like running up Arthur's Seat.



Advice

I read a quote: 'Don't run on the ground, run across the

ground.' I try to keep that in mind when I run, to stop feeling so exhausted and to maintain good form.

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