STARS Rachel, Craig, Tasha, Fiona, Arthur & Barinderjit

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MEET

LOSTRew

PEARLS OF TIMELESS TRAINING WISDOM



RUNNING GAME CHANGERS

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WELCOMING INSPIRATIONAL TRANSFORMATIVE

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SPECIAL 30THANNIVERSARY ISSUE

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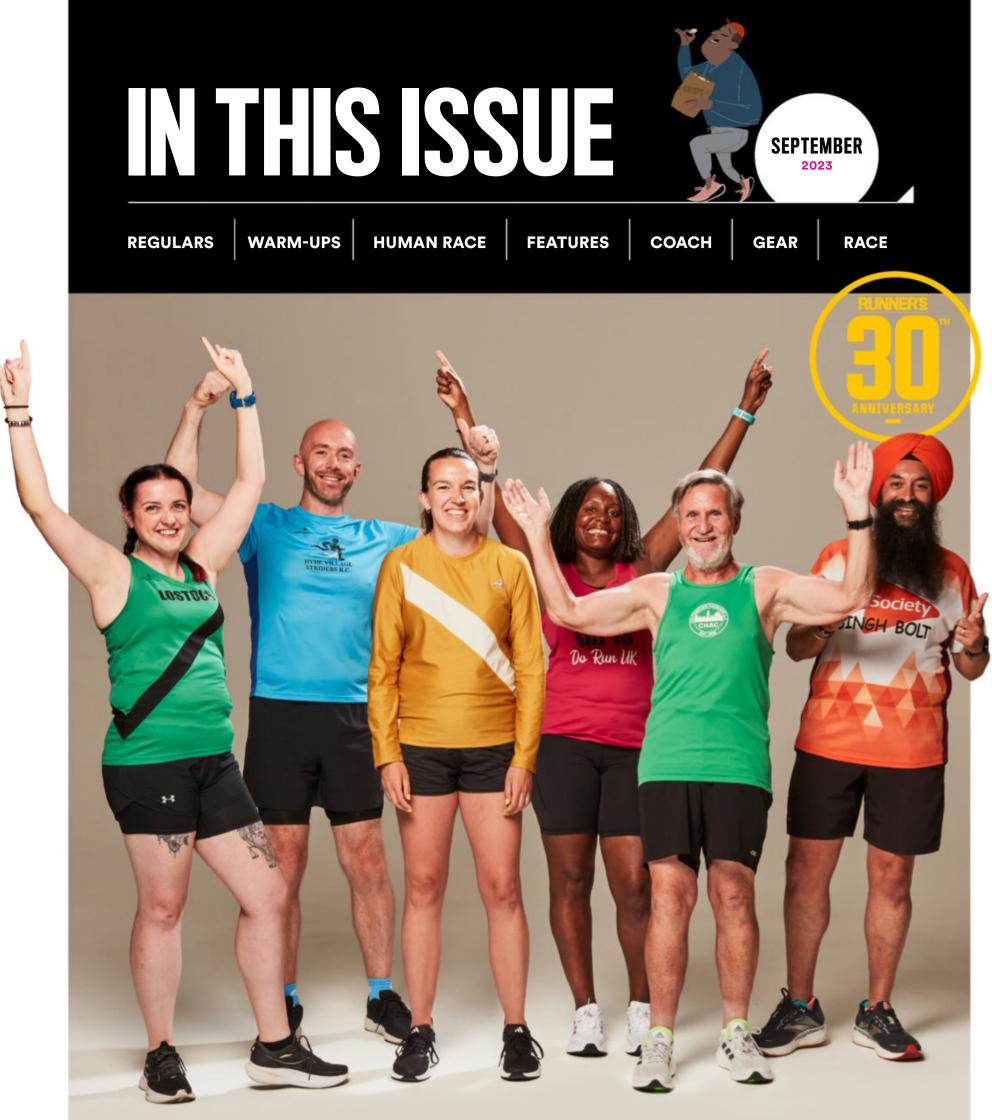


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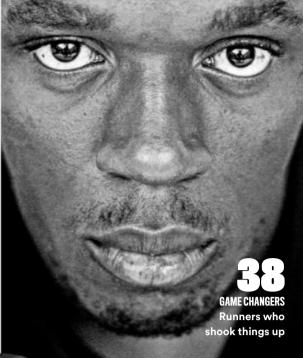
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RHNOG FAWR, SNOWDONIA

THE LOCATION

The Rhinogydd mountain range lies in the south-west region of Eryri National Park (Snowdonia), and is a peaceful escape from the honeypot peaks further north. The name 'Rhinogydd' derives from its two most famous peaks, Rhinog Fawr and Rhinog Fach, although the highest in the range is Y Llethr at 756m. The running here is rough underfoot but it's never too technical, with steep, rocky ascents interspersed with platforms of sedimentary greywacke. On a summer's day, there are few finer locations for a wild swimrun, ticking off summits and splashing in the tranquil llyns that dot the landscape.

THE RUN

This run summits Rhinog Fawr from Graigddu-isaf on a loop of about six miles. It begins on gently undulating forest trails, which steepen up the valley to Bwlch Drws Ardudwy. It's here that the climb begins in earnest, and ascends over rocky terrain to reach the trig point summit at Rhinog Fawr. Wild mountain views stretch from its neighbouring peak Rhinog Fach to the gorgeous Llŷn Peninsula, Criccieth, Portmeirion and along the Meirionnydd coast. The descent follows fast, fun switchback trails to Llyn Du (the Black Lake) and finishes at the bubbling falls and pools at Nant Llyn-du.

RUNNER

Sim Benson

PHOTOGRAPHER @jenandsim



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Andy Dixon

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Runner's World UK is published in the UK by Hearst UK Limited. House of Hearst, 30 Panton Street, London SW1Y 4AJ. Copyright ©, Hearst UK Limited, 2023. All rights reserved. ISSN 1350-7745. Published 12 times a year. Conditions apply. Runner's World is a trademark of Hearst Magazines Inc., 300 West 57th Street, New York NY 10019, USA. Runner's World UK is printed and bound by Walstead Roche, Victoria Business Park, Roche, St Austell, Cornwall PL26 8LX, and distributed by Frontline Ltd, Peterborough. Tel: 01733 555 161

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EDITOR'S LETTER



OUR 30TH ANNIVERSARY ISSUE is a time for us to celebrate not just our own milestone, but the wonderful running world we're now privileged to be a part of. From packed parkruns to sell-out city races and a burgeoning ultra scene; from

traditional clubs to crews and informal groups, running is enriching more people's lives in more ways than ever. To reflect this, our cover stars on this special issue all have different running stories, offering a snapshot of the myriad ways and whys that comprise our diverse running community. You'll find their insights, combined with the results of our in-depth survey into the nation's runners, in *This Is Running 2023* on page 46.

Continuing our 30th anniversary theme, we salute the people who have driven positive changes in our sport while *RW* has been on the shelves in *Running Game Changers* on page 38. And we hear of the joy and wisdom gleaned from 30 years (or more) of running on page 62.

It's also a fitting moment to thank someone who has been a big part of the *RW* team. After 13 years of her brilliant Murphy's Lore column, Sam Murphy says goodbye on page 22. Luckily, it's more of an au revoir as she will continue to bring her incredible knowledge to *RW's* other pages.

Most importantly, I would like to thank you for making *Runner's World* part of your running journey. We hope we can continue to support and inspire you for the next 30 years and beyond.

ANDY DIXON EDITOR-IN-CHIEF

@RW_ed_Andy

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KIERAN ALGER The ultrarunning adventurer specialises in testing the latest gear and gadgets, so he has his finger firmly on the pulse of running's cutting-edge tech. He picked the brains of those in the know to give us a glimpse into the future of the sport in *Fast Forward* on **p56**.



DAVID SMYTH

The keen trail runner and *RW* contributor joined the debut Peak Divide run, a 76km Peak District jaunt from Manchester to Sheffield, which is more a friendship-forging adventure than a race. Discover this brilliant and forward-thinking event on **p86**.



WARM-UPS

The TIPS YOU NEED to GET UP to SPEED

Boiling points

Tea break, anyone? New research says a cuppa could protect against diabetes **MORNING RITUAL.** Staple of the greasy spoon. Comforter to the masses. George Orwell was right when he called tea 'one of the mainstays of civilisation'. And there's now another reason to grab yourself a brew: according to new research, the humble cuppa could tackle type 2 diabetes. The Chinese meta-analysis correlates drinking at least four cups of tea a day with a 17% reduction in the chances of being diagnosed with the illness over 10 years. The exact relationship between tea and type 2 is yet to be established, so while the scientists leaf through the data, do yourself a favour: put the kettle on.

The Perfect Partnership to Support your Gut!



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Spring awakening

If improved running economy is your aim, you'd better hop to it

JUST FIVE MINUTES OF

DAILY HOPPING could lead to improvements in running economy. That's according to new research published in Scientific Reports. For six weeks, researchers studied 34 amateur runners (27 males and seven females), all below 40 years old, who could run a 10K in less than 55 minutes. Participants were randomly divided into two groups - a hopping group and a control group. Both groups of runners maintained their regular exercise routine, but the hopping group practised various sets of hops for five minutes each day (see the table, right). When hopping, runners were instructed

no more than hip-width apart, and to hop as high as possible using both legs. In the end, only one

to stand

with both feet

runner reported an injury (shin pain), so researchers concluded that runners can safely implement a daily plyometric training regime of five minutes over the course of six weeks without developing overuse injuries. Also, because the participants showed changes in oxygen uptake and carbon dioxide exhalation, researchers concluded that the plyometric exercise could improve running economy.

JUMPED UP It's time to put a spring in your step

Week	Sets	Set duration (s)	Net hopping duration (s)	Rest between sets (s)
1	5	10	50	50
2	6	10	60	40
3	8	10	80	30
4	10	10	100	20
5	15	10	150	10
6	15	10	150	10

Make the gradient

A new study* has looked into hill running vs flat running in terms of its effects on VO₂ max, heart rate, lactate and perceived exertion. And the winner was... hills. The researchers had participants perform one set of repeats at a 1% incline ('flat') and another set at an 8% incline. While the results found no difference in heart rate, lactate or perceived exertion, when it came to VO₂ max, hill running was the clear winner. Runners spent 42% more time at over 90% of VO₂ max on the hill efforts. 'Therefore, superior performance adaptions could be assumed via uphill HIIT,' said researchers.





WARM-UPS

FITNESS

Gen Z women (aged 18 to 29) in the UK dedicate 11% more time to physical activity than their male counterparts. However, on average, women are dedicating 15% less time to physical activity than men globally*.

goals gelyou out there





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WARM-UPS NUTRITION

Fuel for the long term

In a bid to run faster, some folks try calorie restriction. Taken too far, this can result in low energy availability (LEA), which has been examined in a new study. It focused on the impact of LEA on sporting performance in the short term (days to weeks), medium term (weeks to months) and long term (months to years). While most short- and medium-term effects were neutral, problems come in the long term. The study linked LEA to 'reduced skeletal muscle glycogen', 'increased risk of mood disturbance and injuries' and more. It concluded, 'The importance of leanness should be de-emphasised [...] especially in young and developing athletes.'



Adults who take on enough fluids daily develop fewer chronic conditions, such as heart and lung disease, than those who don't. If you struggle to hit two litres, aim for at least 1.5L to 1.8L and you'll get nearly the same benefits*.

Eat, sleep, repeat

How your diet affects your sleep

IN THE LIST OF THINGS that influence the quality of your kip, what and when you eat gets overlooked. Yet it can – and does - have a significant impact. A new paper* offers plenty of food for thought on the subject of 'chrono-nutrition'. **Researchers found** that a high-protein diet with plenty of tryptophan (found in chicken and turkey, but also in nonanimal sources such as bananas and oats) is helpful. So, too, are lowglycaemic

index

carbs (such as sweet potatoes and brown rice) and fruits such as cherries and kiwis. Unsurprisingly, caffeine, alcohol and tobacco can have a negative effect on your sleep. But it's also worth thinking about when you're eating. The paper found that eating within two hours of going to sleep has a detrimental impact on sleep quality. And a note of optimism for runners: a parallel study* found exercise reduces the negative effects of poorquality sleep and 'is an effective and safe non-pharmacological intervention for sleep disturbance'.

FOOD COMA Eating the right things can help you nod off

The low-down on energy drinks

The International Society of **Sports Nutrition recently looked** into energy drinks (ED) and energy shots (ES) and came up with some conclusions (right). To qualify, drinks and shots had to purport to improve energy or alertness and contain at least three of the following: caffeine, B-vitamins, sugar, taurine, creatine, quercetin, guarana, ginseng or branched-chain amino acids.

Both can improve performance, mainly through the use of caffeine and carbs.

Most other ingredients have little to no effect. There's 'limited evidence'

that low-calorie ED and ES could provide 'enhanced training capacity'. ED and ES 'are not

recommended for children aged two to 12'; adolescents aged 12 to 18 should 'exercise caution and seek parental guidance'. Diabetics and those with cardiac concerns should speak to their GP. Indiscriminate use of ED and ES, including multiple servings with other caffeinated beverages 'may lead to adverse effects'.



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JUST SEARCH 'RUNNER'S WORLD UK' WHEREVER YOU LISTEN TO YOUR PODCASTS

A LOOK INSIDE Be mindful of why you run

Are you running from your problems?

There are many reasons to go for a run, some healthier than others. Read the checklist below to find out if you're on the right track

A NEW STUDY* INTO escapism and running distinguished between two kinds of runs. One is 'self-expansion', where you run mindfully and enjoy improvements to your overall wellbeing. And the other is about 'self-suppression', which is not so helpful. These are runs where you are quite literally running away from a problem you're facing. 'When you suppress your negative emotions, research shows that you also restrain your positive emotions,' said the study's authors. But how do you know what kind of run you're doing if

you don't already know? Follow this mental checklist created by Josephine Perry, a sports psychologist and author of the book *The Ten Pillars Of Success*.

If your running is fuelled by self-expansion, these

statements might resonate with how you're feeling: I often go running as a way to reflect on what's going on in my life.

 Running offers me the opportunity to discover new and exciting things.

 I enjoy the headspace that running gives me to understand myself better.
 Occasionally, I find flow and lose myself in the movement of running.
After a run I feel more able to tackle any worries or problems that I have.

If your running is fuelled by self-suppression, these statements may be true: I go running to forget the difficult things that are going on in my life. If I'm struggling at all,

I will often go for a run.
Running is one of my best coping mechanisms.

I will often ruminate over my worries while running.

 Running helps me to drown out the negative commentary in my head.



NARM-UPS

MIND+HEALTH

Spread the news

Midlife weight gain is an unfortunate reality for many people. In fact, most westerners gain 1-2lb per year in the middle decades (forties to sixties). It's often at that point when people decide to take action, in part due to fewer family and job responsibilities. But there's a problem: exercise doesn't get easier at 60, it gets harder. And the implications of this extra weight gain are significant: heart disease, arthritis, dementia, high blood pressure, cancer and more. The moral? Stay as active as you can now, be mindful of what you're eating and encourage your nearest and dearest to do the same.



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OUT OF STEP Supershoes may not suit all runners

Bone of contention

Do carbon shoes lead to bone injuries?

SUPERSHOES WITH CARBON

plates have revolutionised distance running - but might they be breaking bones as well as records? Possibly, according to a study* that made a tentative connection between bone injuries and running in such shoes. It looked at case studies of five competitive athletes who experienced navicular (midfoot) bone injuries after using the footwear. The athletes ranged in age and ability, but all

experienced bone injuries fairly soon after training or racing in the carbonplated shoes. Previous studies have shown that peak vertical ground reaction is higher in runners using carbonplated shoes, and that the footwear also leads to changes in foot and ankle mechanics - something that may contribute to midfoot bone injury. But don't chuck out your supershoes just yet. There's a smarter solution. **'Prior experience** with bone injury with minimalist footwear led shoe companies to a develop a more gradual programme for transitioning to minimalist shoes; it's plausible that similar advances could be developed to promote safety in sports when using carbon-fibre-plated footwear,' said the study authors. In other words, if you're new to running in supershoes, consider a gradual transition.

Going weak at the knees?

A study* of knee injuries among female runners found they didn't have weak quads, but rather peak hip adduction and internal rotation angles greater than males. The remedy? Try these two moves:

Sumo squat

01/ Stand with your feet beyond shoulder width; turn your toes outwards.
02/ Lower till your thighs are parallel to the floor.
03/ Return to the starting position by pushing through the floor.



Resistance band side walks

01/ Place the band just above your ankles.
02/ With your feet at hip width, squat down slightly.
03/ Step to the side, pushing your heel against the band.
04/ Step your feet back to hip-width apart. Repeat.



A hack to avoid overtraining

As a former winner of Ultraman Hawaii, Gordo Byrn knows about hard training – and pushing too far. As a result, he came up with a rule to prevent overtraining: every week should include at least two backto-back easy days. This avoids the hard/easy approach, which can lead to burnout. Here's how it might look:



GOOD BREWS! p20 + TAKE IT OFF-ROAD p21 HUMAN()RACE

NEWS, VIEWS, TRENDS and ORDINARY RUNNERS doing EXTRAORDINARY THINC



SUPE ONSTOP OTECTION

IT WAS A REALLY SCARY DECISION DECISION TO COMMIT TO THIS'

Josh Patterson ran a marathon in all 76 UK cities in as many days. David Smyth headed to Brighton to join the former *Made In Chelsea* man on marathon number 68

5///

EVERY TIME SOMEONE in running gear approaches the entrance to Brighton's Palace Pier, I know what they're going to say, 'Are you waiting for Josh?'

That's Josh Patterson, or JP, who ought to materialise around 9am and run a marathon. We know this because he's been doing it every day in a different place, aiming to complete a 26.2-mile run in every city in the UK without a day off. This is number 68 out of 76, with Chichester yesterday and Canterbury tomorrow. He began on 27 February in Inverness and will finish the challenge with a few celebratory laps of London's Hyde Park on 13 May. So even though he's a bit late, we're pretty confident he'll show up. There's a record to be set.

When he does appear across the road, he's alone and looks thoughtful. He later confesses to being in 'quite a bit of pain' as he began the day, but he brightens up as he greets the 20 or so runners who've come to help him on his way. Everyone gets a hug, including me, and soon we've all got arms round each other in a circle while he leads us in a few motivating words, culminating in, 'Brighton! Are you ready to run today?'

Then it's off at a conversational pace along the seafront towards Hove Lagoon, where he and his companions will turn and head all the way back past central Brighton to Saltdean, turn again and finish where they started.

'It was a really scary decision to commit to this,' he admits as we jog. 'But it's something I feel incredibly passionate about, and an area where I felt that I could make a huge positive impact, not just in terms of people who are struggling with mental health, but in terms of how I can inspire and shape my five-year-old daughter.'

You might already be familiar with some of his personal life if you watched the reality TV show *Made In Chelsea* between 2015 and 2017, which found him in an on-off relationship with original cast member Alexandra 'Binky' Felstead and conceiving said daughter. But the cameras trained on all those glossy posh folk weren't seeing the whole story. He was also wrestling with a depression that had affected him severely since his early teens. He's now hoping to raise £1m for the Samaritans.



'EVERY ONE OF MY PREVIOUS CHALLENGES HAS BUILT ME UP FOR THIS MOMENT'

Today, at 33, he's got a gruff goatee beard and remains TV handsome. No small number of his 443k followers on Instagram will have come for the mental motivation and stayed for the possibility that he might take his shirt off again. But he's a lesson in not judging a book by its cover, he says.

'Who says I've got money?' he bristles, when I suggest that people would assume he is privileged because of the toffs and tiaras in the TV series. 'Apart from being on a show, where has this assumption come from? Right now, this challenge is costing me a fortune. I'm not earning a living. People might look at a period of time in your life, and that's their judgment forever. Judge me on my actions, not my bank balance.'

Over the past five years, those actions have become ever more extraordinary. After his best friend became paralysed from the waist down in a motorbike accident, Josh did the Berlin Marathon, and then John o'Groats to Land's End, in a wheelchair. During lockdown, he ran six marathons in five days, then did a 24-hour run – both challenges around his back patio. Then there was the day in May 2021 when he became the first person to run a marathon in all four UK countries within 24 hours.

This one is the biggest by far. 'Looking back at everything I've done has been my greatest asset,' he says. 'People ask how long I've RUN IN A MILLION Patterson's goal is to raise £1m for the Samaritans



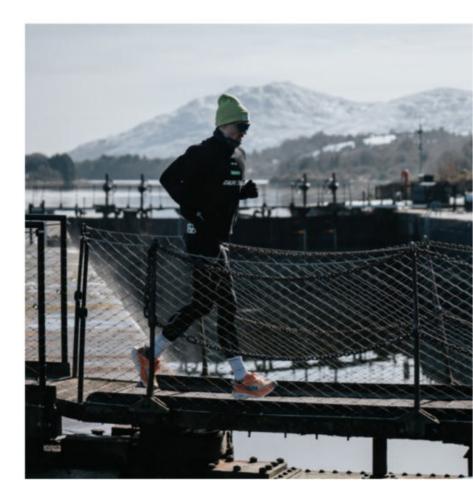
been training for this. Every one of those challenges has been building me up for this moment.'

At this point, 'The legs are feeling pretty heavy,' he admits. He's been enduring tendon damage since marathon 11 and is putting a lot of weight on his left side to keep it off his right. But he's in super spongy Hoka shoes – his sponsor – and never looks like he isn't having a great time.

Looking around, it's clear that although this is officially one man's challenge, he's anything but alone. His friend Chris Taylor, at the front of the pack, has been handling the logistics and running most of the miles, too. Another friend, Ted Lowney, is on an e-bike filming for Josh's social media. A range of coaches and physios have been working on his physical health, and then there's the running public.

'There are days when I've been incredibly vulnerable, and it's okay to lean on those around you. Without them, there's a chance you might not get through it,' he says. 'All I can do is put one foot in front of the other for as long as I possibly can. But this challenge can only be a success if everyone is behind it.'

justgiving.com/page/joshua-pattersonrunfor1million





DRINK TEA TO BE INJURY-FREE

DUBIOUS

INJURY

'Reject your

sense of injury

and the injury

- Marcus

Aurelius

Be gone,

long-standing

I reject thee!

'Injury makes

*Unless you're

a runner, in

which case it

simply makes

you grumpy.

you wise.*'

– Swedish

proverb

plantar fasciitis.

Nope. Still sore.

itself disappears.'

QUOTES ABOUT

pologies in advance. I'm about to say one of the most jarring things a runner can say. It's not, 'I've just signed an amazing new sponsorship deal meaning free daps for life.' And it's definitely not, 'Despite being 47, I just seem to be getting faster and faster.' Rather, I recently reached my six-year anniversary of running injury-free (sorry).

Before you hurl this magazine in the bin, redirect your physiotherapist bills to my address in the Wiltshire Alps, or (gasp) unfollow me, I'll clarify what I mean by injury.

When I was 180 miles into 2022's 268-mile Montane Winter Spine Race, I retired. Not for the first time, my groin let me down. A dull ache became a sharp pain. You could say it was an overuse injury, but to me it was a trauma injury. (To quit a race with a four-hour lead is kind of traumatic.) It's different from a training injury.

Indeed, post-race, I'm effectively injured for a week or so, with acute micro-tears/epic DOMS often being the least of my issues. I'm injured. But that's an expected, calculated injury. When this happens, I just sleep and eat cake. There's also a key difference between an injury and a niggle.

Occasionally in that six-year period, I've decided not to run for a day or two because of a niggle. I've had most of the classics: achilles, plantar fasciitis and knee issues. But backing off quickly, sleeping properly, eating more deliberately, doing strength work, perhaps temporarily switching shoes and/or surfaces – and the injury quickly goes. To me, a niggle has to cause a week off running before it's officially upgraded to being treated as an injury.

Other than post-race, I've not taken more than three days off running since early 2017, and my injury dodging seems something of a mystery. I run 60 to 100 miles a week, my races are usually mountainous/boggy and between 50 and 268 miles. So my not-especiallyyoung body should, in theory, be quick to strain, sprain or snap.

I do several things to avoid injury, but because I do a few, I can't be sure which are the most effective. A training plan that has structured recovery helps (but I'm a coach, so I would). My easy runs really are truly easy, and I run mostly on trails. But my hunch is that it's more to do with what I do when I'm not in my daps.

For example, I always drink five to six cups of tea a day. I do strength work, aim for eight hours' sleep a night and have regular, pre-emptive physio visits/leg massages/foam rolling/percussive-tool pleasuresquirms/targeted stretching. Apart from handing in *RW* columns late, I minimise work/life stress. I use a standing desk, rarely drink booze (after a bad race it's allowed) and I aim to always eat enough, including chocolate/cake every day, sometimes for breakfast. With the exception of tempos, I keep my running fun.

Some things I don't do: ice baths, nasal breathing, weigh myself often, count calories, change my shoes every 300 miles, look at the pace on my watch during easy runs, do fasted runs, look at other people's runs on Strava, or eat meat or dairy.

It's a study of one with no certain conclusions. My six-year injury-free streak can most likely be explained by a strict tea-drinking regime.

Of course, now that I've bragged about dodging injuries, we know what will inevitably happen soon. Pride before a fall and all that. Now that would be properly annoying.

Damian is an inov-8-sponsored coach, ultrarunner, author of *In It For The Long Run* and *We Can't Run Away From This*, and co-founder of The Green Runners. *thegreenrunners.com*

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EVERYONE TO THE FINISH LINE Ultra Black Running, founded by Dora Atim (pictured below), empowers Black trail runners, offering them a space where they can be visible

I was doing. There were all these weird interactions.'

So, in June 2020, she launched Ultra Black Running online, to support Black women and gender non-conforming people who wanted to take to the trails. Although Atim gave it that name because she wants to run an ultra, the group is less about the distance and more about the community. There's no membership fee. You just receive a message telling you where that weekend's run will be. It's usually places where Londoners can feel like they're in the countryside: Richmond Park or Epping Forest, perhaps.

'When we started meeting regularly, it was the time of Black Lives Matter, this global uprising - everything was just on fire,' she says. 'We'd never have been able to have the conversations we were having there with our non-Black friends or at work, because we wouldn't feel comfortable enough. It felt so important, so we had to keep going.'

They put on their first race in July 2021, in collaboration with the event organisers Maverick. 'We had Black food vendors, Black women DJs, bringing this abundant energy. Who has a dance floor at the end of a trail race? We did!' Atim says.

She recognises that although running as a whole is a relatively accessible sport to take up, the extra kit and travel costs required to reach the trails can be a barrier. 'We can remove the cost of entry, give people access to group coaching sessions and physios, and soften the blow,' she says.

But it's also about allowing everyone to feel like trail running is open to them in the first place. 'Decision makers, who are you putting on your websites? What are you putting in your marketing?' she asks. 'I live in the city and I like trail running, but if I'm not seeing people I can relate to, I'll feel like it's not for me. It starts from up top.'

Instagram: @ultrablackrunning; @doradontexplore

WHAT THEY SAY

'Running in

scenery is my meditation: hearing the sounds of nature and exploring new routes. There's always an adventure and opportunities to escape from the lousiness of life. It feels good to tackle the trails with people who look like me, too. Ultra Black Running is a blessing to be a part of. It's provided a way to connect with other runners in a safe and comfortable environment where we're not the minority.'

- Patience

'Many times I go on trail races, I'm one of the few Black people, if not the only **Black person** there. Ultra **Black Running** has made trail running more accessible to a lot of Black people through building a community, and I for one love to see it!'

- Kemi

SOCIAL **MVENLEN BLAZING A TRAIL** How Ultra Black Running is helping Black women discover the joys of off-road running **DORA ATIM DIDN'T HAVE** many followers on TikTok until she posted a short clip of herself doing

warm-up drills ahead of a trail race while four white men stared. 'Take a picture darlin',' she wrote. But 900,000 views and 3,000 comments later, she was exhausted from reading other people's opinions about why they were gawking at her.

'Not that I'm the only person doing this stuff, but it can be so difficult being among those people that are trying to create change,' she says. 'It's been tiring, but I went from 80 followers to about 2,500, and a lot of them are Black women, so I was like, "Winning!"

Growing up in west London, Atim, 30, was initially a boxing enthusiast who ran as part of her training. Once she joined running groups, however, the sport took over. She started showing up at the Nike+ Run Club in White City, then the London-based groups Track Mafia and Run Dem Crew. 'I loved the social aspect of it,' she says. 'It wasn't about getting PBs, though obviously

I want to get faster. That isn't the be all and end all. It became a lifestyle.'

Atim discovered the joys of off-road running when lockdown caused her to move to Hampshire temporarily, but it wasn't all positive. 'I was running a lot because there was nothing else to do,' she says. 'There weren't a lot of people who looked like me in that area and I started to feel like I didn't belong. I'd get stopped. People would ask me what







A LOT HAS CHANGED IN 13 YEARS. RUNNING HAS BEEN A CONSTANT

n 2010, I approached Andy, the editor of *Runner's World*, with an idea for a monthly column. 'It'd kind of be about how running affects your life, and how life affects your running,' I said, opaquely. He asked me to pen a few examples – and to my delight, I got myself a deal. I don't think either of us imagined that I'd still be writing Murphy's Lore 13 years on. It seems I've had a lot to say about the many threads running weaves into the fabric of our lives.

Much has changed over those years; in my world, the world of running and the world at large. Brexit, Trump, a growing climate emergency, a global pandemic. In running, world records – from 5000m to the marathon – have fallen. I, meanwhile, have grown older and slower. And I'm not even called Murphy any more!

But running has remained a constant. In the time I've been writing this column, I've put a lot of miles on the clock. I've started a running club and a race (both still thriving), hosted numerous workshops and retreats, coached dozens of runners and written two books (*Run For Life* and *Run Your Best Marathon*). It would be fair to say, I think, that my life has offered up a rich source of material.

I say that running has remained a constant, but that's not to say it has stayed the same by any means. Not even close. After 13 years as a *RW* columnist, Sam bids us a fond farewell

For a start, more of us do it than ever (in England, the number topped seven million in 2020). It could almost be described as fashionable, featuring in ads for smartphones and perfumes, not just sports brands. I wrote a column in 2015 bemoaning how irritating it is when something that you've long been into gets 'discovered' by everyone else, like a favourite obscure band. But running's growth has made it a broader church, which is good. Some runners are parkrunners, others are ultrarunners; some run to race, others never toe a start line. Some pound pavements, others are only happy in the hills; some run with traditional clubs, others in crews and collectives, others alone. Regardless, we're all part of the same movement.

Murphy's Lore



BY SAM MURPHY

Trail running - especially over long distances – has forged a strong identity over the past decade, and I'm not just talking about beards and veganism. I did my one and only ultra, The Highland Fling, in 2014. I felt fine for the first 30 miles, but then mental fatigue, physical pain and negative thoughts took over and I spent the next 20-odd miles wondering why people seemed to be having such a good time, chatting and laughing as they waded through Highland cowpats and clambered up boulderstrewn paths in the rain. I didn't have the right mindset back then – I was still a road racer at heart, with my focus on the clock rather than the experience. If I did it now, I'd get it, wise elder that I am.

It's funny how ageing creeps into your running. At first, you think it's just a training issue, believing that if you could just make the time and put in the effort, you could still match, or even surpass, your PBs. There's no sudden, crushing realisation that you won't - but one day, you realise that you're chasing something different now: a better age-grade percentage at parkrun or a 'best this year' 10K, rather than best ever. Or maybe you stop chasing times altogether, setting your sights on running further instead of faster, or simply on getting out there and enjoying the experience. I've done all of the above. And at different times, they've all vielded pleasure, as well as the bittersweet feeling of letting some things go so that you can embrace others.

It's with that same bittersweet feeling that I pen this column, my last Murphy's Lore for *Runner's World*. Rest assured I'll still be running, and indeed writing for this magazine, so it's more of a farewell than a goodbye.

I've shared many of my running 'firsts' on these pages. My first crosscountry race, first ultra, first Half Ironman, first orienteering event. I've written about running barefoot, being a marshal, taking part in a 24-hour team race and running as a pacer at the London Marathon. I've got on my soapbox about running streaks,

'MY CONCERN ABOUT THE CLIMATE CRISIS IS NOW A DAILY PREOCCUPATION'

tech and unfriendly running clubs. I've questioned whether running is oversold and extolled the virtues of breaks. I've talked about the soul of running, how it brings out the best in us – compassion, kinship, gratitude – and provides

overreliance on

inspiration, connection, solace and a challenge. I've written about sex and poo, too (not together, thankfully).

I've tried to offer food for thought, rather than advice. I hope you might have found yourself thinking, 'Me too!' Or you may have profoundly disagreed with my musings. Many of you have written to me directly, via the magazine or through social media, to tell me what you think – and for that I'm grateful. It was like having a direct line to the running world.

While my attitude to running and the role it plays in my life has changed (matured, I like to think), some things have stayed stubbornly unchanged. Running footwear has evolved and diversified radically, especially since carbon plates appeared in 2016, tearing up the record books. Me? I'm still happy in the zero-drop, thin-soled shoes I embraced in 2009. That's what feels right on my feet, which, as expert in biomechanics Dr Benno Nigg says, is the most important criterion of all.

You could call me a Luddite – and in some ways, you'd be right. Through *Runner's World*, I've road-tested plenty of gadgets, from bone-conducting headphones to power meters, heartrate variability monitors to infrared sauna suits. But I always end up sticking to the basics: a watch on my wrist and shoes on my feet.

One thing certainly hasn't stayed the same. Since my first column came out in October 2010, the amount of carbon in the atmosphere has risen from 389.21 parts per million (ppm) to 416.43 ppm. The year I was born, it was 324.43ppm*. The amount is rising, but so is the rate of increase. My concern about the climate crisis has gone from a vague awareness in 2010 to daily preoccupation in 2023. I've taken steps to limit my impact as well as engaging with community projects and nationwide activism. And in the spirit of my original pitch about life affecting running, I've recorded much of it in Murphy's Lore, from reducing car use to being a more sustainable consumer, from racing locally to shunning race T-shirts, from washing kit less to standing up for nature more.

If (god forbid) I were to offer some advice as I sign off for the last time, it would be for you to do the same.

Thank you for your company.

sam-murphy.co.uk

WORDS OF WISDOM

On running alone:

'For all its portrayal as a sport for the loner, l've never found camaraderie lacking. Solo or with clubmates, the threads of running knit us together and make us care about each other.'

On a 24-hour team relay:

'It's 2am and I'm sat on a foldup chair in a field. It's my turn to run next. I haven't slept a wink, my warm-up routine is a stiff-legged shuffle to the loos. All this, and yet I'm having the time of my life.' **On running in nature:** 'When you next run, take a moment to appreciate the nature you see. In doing so, you strengthen the bond between yourself and nature and grow the compassion that our ailing planet needs.'

On niggles:

Top takes from the Murphy's Lore archive

'The fact that runners use the term "niggle" to describe injuries is a perfect illustration of how we like to minimise the importance of anything that might throw a spanner in the works of our precious training schedules.'

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A SAFER FUTURE FOR ALL

I loved your article on female safety while running (July 2023). It's not right that women feel unsafe, yet I've felt like this on many occasions when I've been training with no one else around. Thankfully, I've never experienced any unwelcome attention from strangers. What this article has highlighted to me, though, is the importance of educating our children. I have a son and daughter, so while I'll be telling my daughter certain things to be wary of when she's older, I'll also be telling my son to look after other women runners and to not run so close to a woman that she's scared. Little bits of advice like this will help future generations so that running is safe for everyone.

Charlotte Wildman, July 2023

Well said, Charlotte. There's no doubt that creating a safer, brighter future is going to require the work of both men and women – and educating young people is the key to it all.

> What's inspired, impressed or annoyed you lately about running or runners? The writer of the winning email or letter receives a pair of Saucony Triumph 21s, worth £170 (available in a colour of your choosing, if in stock).

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FROM THE ARCHIVE Some Highlights from the *RW* Mailbag over the past 30 years



CHILLED OUT

During the snowy conditions this winter, my daughter and I found an innovative use for the white stuff. After a training run, we decided to refresh our muscles with an impromptu cool-down by burying ourselves in snow. It worked, and I thoroughly recommend it. And what better way to pass the time and take our minds off the sub-zero temperatures than reading a copy of our favourite running magazine? Scott & Saffron Green, Bradford-on-Avon, March 2011

FRIDGE OVER THE RIVER KWAI

I ran a 10K in Kanchanaburi, Thailand – the site of the Bridge On The River Kwai – this summer. I was amazed to be the second international runner over the line. The tricky location - I'd travelled six hours by bus - meant there wasn't a decent foreign runner in sight. My prize: a fridge. For a minute, I was ecstatic. And then reality kicked in - I was stuck, on the Kwai, with a fridge. Luckily, a Thai lady offered me 4,000 baht for it. And that's how my brief career as an international racer earned me £90. Richard Talbot, Addlestone, December 2012

RACE AND RACING

After reading a report on racism in rugby and soccer, I was once again thankful to be involved in neither. But there's still a fair amount of stereotyping within our sport. Young Black athletes are encouraged to be sprinters, while white children are often steered towards middledistance events. Many of us still carry outdated views, which we must overcome if we are to make this great sport better. *Paul Byrne, Charlwood, Surrey, November 1993*

SAY WHAT?

The thing is actually beginning to irritate me. Letters page, every month, Saucony shoes. For goodness' sake, *tell* me. Is it: a) Saw-sew-knee b) Sauce-knee c) Saw-cone-ee

– Or nun ov theez? Theresa Rogers, Kingskerswell, Devon,

October 1993

actually. Hopefully this hasn't been plaguing you for 30 years...

NO COMMENT

I was amused by Andy Blackford's article in the August issue on responding to spectators' comments at races or training runs. It's not always easy to come up with an appropriate response while pounding along, but I did myself justice when running the Comrades Marathon. We'd just passed the halfway mark, which means some 30 miles covered and 25 or so to go. A lady shouted out, 'Nearly there!' and, while recognising the goodwill, I shouted back, 'You're a charming liar!' Rainer Burchett, Penrith, Cumbria, September 2009

WIN!



SNAP CHAT #WAYBACKWHEN SHOW US YOUR FAVOURITE PIECE OF RUNNING NOSTALGIA

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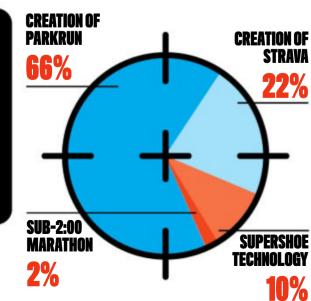
Sussex Beacon half marathon circa 2000 *John Wright*



Me as Olaf at the 2015 Great North Run *Dawn Starkey*



Entering the stadium of Comrades Marathon *Carlo Bolte*



WHAT'S THE BEST AND WORST THING TO HAPPEN TO RUNNING IN THE PAST THREE DECADES?

Best: parkrun bringing free, social running to everyone. Worst: the cost of most races is pricing me out these days Jon Hussey

Best: parkrun. Worst: men running topless *Mark Godden*

Parkrun is by far the best Maureen Danvers

Best thing: Eliud Kipchoge. Worst thing: men whistling at women unnecessarily while they're out on a run *Emma Withey* Covid was the best and worst thing. It encouraged so many to start running, but now there's so many of us, I can't have a quiet run to myself! *Rachel Haines*

There are more races and more runners, but the worst part is it's becoming a sport for the super rich John Silva

Smartwatches for both! Sometimes I don't want to know how slow I'm going, but I just can't leave the house without it Jemma Phillis



My first Great North Run in 2011. Hated

every step. Done it every year since

Rachel Grant

Based on a Twitter poll with 682 votes

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FOR ITS FOLLOWERS, RUNNING CAN BE A RELIGIOUS EXPERIENCE



ast year, my dear friends Sarah and Anthony treated me to a The Killers concert, where I observed a very strange phenomenon. As I stood singing along to *The Way It Was*, a particularly poignant song that I put on a loop during the 261 Women's Marathon and which I credit for getting me across the finishing line (along with a high five from Kathrine Switzer), it struck me that people in the crowd were having a religious experience. As they waved their mobile phone torches in the air and swayed to the music, their blissed-out faces that they felt an incredible sense of

you could see from their blissed-out faces that they felt an incredible sense of connection with each other and appeared to worship Brandon Flowers.

I'll admit to feeling slightly embarrassed by their ardent devotion, but then I realised that I, too, had a 'religion'. I've long since stopped going to church, but what have replaced my weekly ritual are my thrice-weekly runs and, more importantly, the races where I get to meet fellow runners. Being super slow, I never sign up to properly race, but believe the often eye-watering entrance fees are more than justified because they give me the opportunity to commune with like-minded people who share my dreams, and who would give me their last jelly baby. In religious spaces around the world, the devout also attend services partly for the chance to get to know, support and encourage each other.

On reflection, there are many ways in which running, for me, resembles a religion, such as my race rituals, which are, I find, just as sacred as those that take place in places of worship. I always have porridge for breakfast, pack a bumbag full of snacks and leave my loo visit to the very last minute. During a race, I always recite mantras (my prayers); I always chat to fellow runners (but

WORDS TO GIVE YOU WINGS

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

The words of *Born To Run* author Christopher McDougall perfectly sum up the way attending races – or parkruns – creates the sense of fellowship among runners that I'm so evangelical about. only if they've initiated the chat first – I'm not a stalker!) and I always tell myself I'll sleep with my medal when I get home. My most important ritual is the way I accept my medal: I refuse to have my heroic efforts rewarded by having it stuffed into my hand. Instead I solemnly bow my head so that my medal can be ceremoniously hung around my neck like they do at the Olympics. Nothing else will do.

My clothing is also a ritual. First, there's my flappy flamingo hat. Bought for my first Comrades Marathon 14 years ago, it now looks rather floppy but it still stirs my soul every time I wear it. Then there's my 100 Marathon Club T-shirt. It clashes with my headgear, but I wear it with pride because I ran the equivalent of London to Baghdad to earn it.

And finally there are the relics, also known as medals. My beloved husband insisted they simply couldn't languish in a box under our bed, so he created a gigantic medal hanger for me from a cast-iron curtain pole. When I downsized house after his death, I debated whether my medals should return to their former home, but then decided to place them in my kitchen. And the colourful display has drawn gasps of admiration.

But running most resembles religion to me because it's got me through tough moments. With my patchy running record, I may be somewhat of a prodigal daughter, but my greatest comfort in life is knowing that running will always be there for me, no matter what.

Lisa is the author of two bestselling running books, *Running Made Easy* and *Your Pace Or Mine?* Her latest books – *Travel Seekness* and *Travel Agents* – both contain chapters about running and have been released as audiobooks

THE BEST OF MARUMER

SELECTED HIGHLIGHTS FROM THE ARCHIVE, FROM POP STARS TO ASTRONAUTS

CALL ME A

GUILT RUNNER

BUT THERE ARE

MANY OF US



'I don't believe in marathons. I don't think people are

meant to exert themselves that much!'

RUNNER'S

ANNIVERSARY

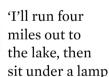
FRAN HEALY, TRAVIS FRONTMAN AND 5K ENTHUSIAST (AUG 2021)



'I ran all the way through my cancer treatment.

It was bloody hard, but it kept my head together.' **TRISHA GODDARD IS AN INSPIRATION (JAN 2022)**





post and listen to the frogs. It sounds like someone's being murdered, but I think it's a mating call.' **MATT GOSS, BROS FRONTMAN AND ATTENBOROUGH-IN-**WAITING (MAR 2022)



'Astronauts have to stay fit to counter the effects of living

in microgravity for six months. If I did no exercise, I would very likely have some difficulties when I go back to Earth.' **ASTRONAUT TIM**

PEAKE ON THE FAIRLY UNIQUE CHALLENGES OF HIS DAY JOB (FEB 2016)



a run at John McCain's ranch a couple days before the debate with Joe

Biden and fell coming down a hill. I was so stinkin' embarrassed that a golf cart full of secret service guys had to pull up beside me.' **FORMER US VICE PRESIDENTIAL NOMINEE SARAH PALIN ON THE PERILS OF RUNNING FOR GOVERNMENT** (NOV 2009)



for decadence. Call me a guilt runner – but there are many of us, trust me!' **DON'T EXPECT TO SEE DJ GILLES PETERSON AT ANY HEAD-TORCH RUNS** (JUN 2013)



'I have an all-or-nothing personality, I'll either be

training six times a week or I'll fall into a vat of red wine.' **COMEDIAN AND MODERATE STEPHEN MANGAN (JAN 2023)**



'My father used to run on the beach in Kingston,

Jamaica, and I would go with him.' **ZIGGY MARLEY ON CONTINUING HIS FATHER BOB'S PASSION FOR RUNNING (DEC 2012)**



'I once did a show where the host was wearing

Vibrams. My set became all about how you can't do that. I was like, "In God's name, man, you're on a stage, there are lights on you. Have you no shame?' **ROB DELANEY, ACTOR AND FOOTWEAR MOCKER (MAR 2014)**

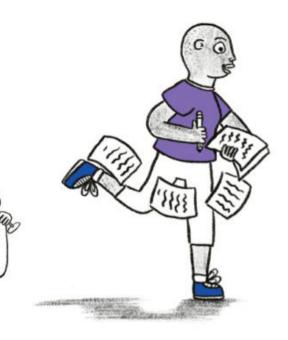


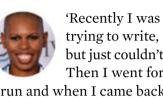
'Every time I go to a new city on tour, I end up going out for a run to clear my head. Unlike

my day job, it doesn't require me to look good or dress up.' **ELLIE GOULDING**, **POP STAR AND RUN TOURIST** (OCT 2010)









but just couldn't. Then I went for a run and when I came back - bang! - I had it.'

SKIN, OF SKUNK ANANSIE, **ON RUNNING'S CREATIVE POWERS (MAY 2022)**



'I've suffered from depression for more than 26 years. I don't believe it can be cured simply by putting definitely help you stay well.'

your trainers on and running, but once you feel better, running can

ACTOR DENISE WELCH OPENS UP (DEC 2015) RUNNING CAN DEFINITELY HELP YOU STAY WELL



me an advantage when I was in the band. We travelled so much but saw so little: airports, hotels, TV stations and gig venues. I always made a point of getting out for a run to get a better feel for parts of Tokyo, or Milan, or wherever.' **MEL C LIVED**

Q.LTTT

THE SPORTY SPICE BRAND (JUN 2017)

IT ALWAYS SEEMS IMPOSSIBLE UNTIL IT'S DONE







'I have a mantra that I write on my wrist during races, which

reads, "It always seems impossible until it's done" – a quote from Nelson Mandela. That gets me round.'

TV PRESENTER SUSANNA REID HAS GOOD TASTE IN MANTRAS (MAY 2013)

'There was no way on earth my friend was going to beat me.

I was basically throwing children out of my way to cross that line before her.' **RUNNING BRINGS OUT COMEDIAN ZOE LYONS' COMPETITIVE SIDE** (JUN 2022)



'I would be horrified to see a parkrun. Running is something you should

do on your own.' **GILES COREN, NEVER SHY OF A DIVISIVE OPINION (MAY 2021)**



In 1978, I had to look tanned and fit to play the ex-leper

in Life Of Brian, so I ran up and down the beaches in Tunisia where we were shooting the film.' **SIR MICHAEL PALIN'S REASON TO RUN IS BETTER THAN YOURS** (JUN 2011)



'I can watch the soppiest film and never get emotional,

but if I see a GB runner crossing the finish line first, I'm in pieces.' **BEN SHEPHARD, TV PRESENTER AND SERIAL SOBBER (FEB 2011)**



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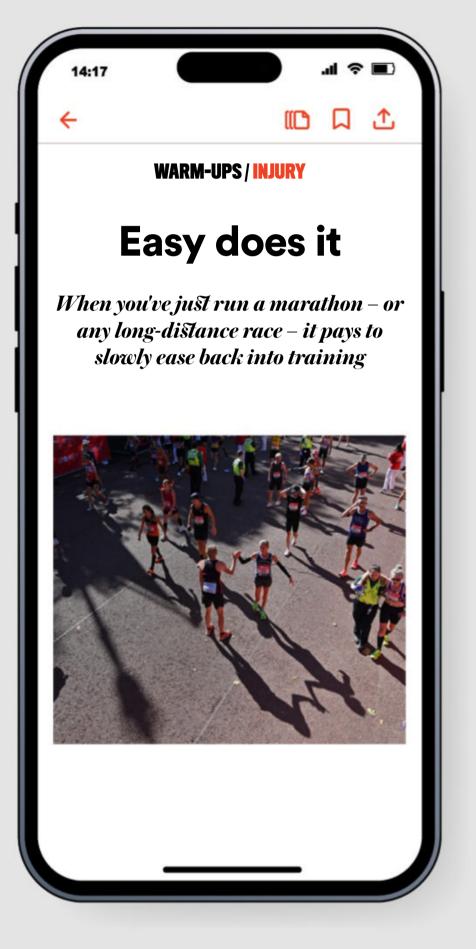


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THE PAGES REVEALS THAT MUCH HAS CHANGED, **ALTHOUGH A FEW THINGS REMAIN REASSURINGLY** FAMILIAR...

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Half-marathon success the Tulloh way

RW's first cover star Katy McCandless would go on to set a 5000m PB of 15:28 and then represent Ireland in the 5000m at the Atlanta Olympics in 1996

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> Katy McCandless 15:38 5000m RUNNER



SEPTEMBER 1993

RON CLARKE'S **VIEWPOINT** GET RID OF THE RABBITS

Ron Clarke at 18 / Juan 2 miles ajuan to ren amile: 28 m M arcredt Juan ha

Set the pace RW's original columnist was a heavy hitter. The legendary Ron Clarke, who set 17 WRs during a stellar career, used his first 'Viewpoint' to talk

about race pacemakers. Clarke sadly passed away in 2015, but we can guess what he would have made of Eliud Kipchoge's sub-2:00 marathon.

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				Half measures /

A few eyebrows were raised and overuse njuries were instinctively cradled in the RW office when we saw the 50-mile weeks involved in the half marathon training plan here. Serious stuff indeed.

ONDIEKI'S TOP TEN RECORD

By MARC BLOOM

obil

week is a long time in athletics. On July 5, Kenya's Richard Chelimo nipped 0.32 of a second off Arturo Barrios's 1989 10,000m record, with his 27:07.91 in Stockholm. Chelimo's record lasted just five days. On July 10, his fellow countryman Yobes Ondieki became the first athlete to break 27 minutes in the 10,000 metres with an historic 26:58.38 performance at Oslo's Bislett Games. The 32-year-old 5000m world champion, whose wife Lisa was among the ecstatic Oslocrowd, reached halfway in an astonishing 13:28.05, churning out 65-second laps before sprinting home with a 60-second final lap.

It was the 50th world record set in the Bislett stadium, which seems to be perfectly designed for 25 lap races. Ingrid Kristiansen set the last two women's 10,000m records there, while Eamonn Martin's British record and Ron Clarke's celebrated 1965 record (27:39.14 - the first sub-28) were also set on the fast Oslo track. RUNNER'S WORLD spoke with a triumphant Yobes Ondieki a few days after his historic run.

REWARDS WORLD & REPTEMBER ON: 87

Barrier break RW spoke to Kenya's Yobes Ondieki shortly after he became the first athlete to go under 27 minutes for the 10,000m. His WR lasted a year, broken by his compatriot William Sigei in 1994. With Joshua Cheptegei's current WR of 26:11 set in 2020, we're betting the 26-minute barrier will be breached by the time RW celebrates its 35th anniversary.



MIKE

Mobil





Some of you may run only a few miles a week. Others may be training for a marathon. All runners are different. You have different kinds of feet. And different styles of running.

Support Shoes The shoe for runners who a extra motion control, stabil z.Re

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At adidas, we know that different needs require different shoes. We make shoes that meet those needs. adidas. Running shoes created for the difference. adidas



Raise the bar

After some eye-catching successes, we asked why the balance of power in marathon running seemed to be shifting to Asia. But while it's a fascinating snapshot of the elite marathon scene in 1993, the intervening years have seen that power stay firmly planted in east Africa. That said, there is an extremely strong marathon scene in Japan, with many international successes. Japanese women won back-to-back Olympic marathon golds in 2000 and 2004, while Japanese legend Yuki Kawauchi won the Boston Marathon men's race in 2018. The strength depth at the top of Japanese running is extraordinary: at the 2021 Lake Biwa Mainichi Marathon, an astonishing 40 Japanese men finished the race in under 2:10. For China, Zhou Chunxia took home the bronze medal in the women's marathon in Beijing in 2008, and Bai Xue won gold at the 2008 World Championships marathon in Berlin.

HERE COMES THE

A Kon top of the 1993 marathon ra women under 2:26 - the first Japanese Olympic marathon medals for 28 years... Why is the balance of power in world marathon running shifting to the east?

BY STEVEN SEATON

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Stuttgart, we focused on three of Britain's young and upcoming running stars that we thought may have 'the enterprise to boldly go right to the top'. While the wordplay is nothing to be proud of, how did

Up and running Ahead of the World Championships in

we get on with picking our prospects? Curtis Robb finished fourth in the 800m in Stuttgart, made the semi-final at the Atlanta Olympics three years later and went on to become a highly respected knee surgeon, which we could

never have predicted. David Grindley was an exciting talent, but injury ruled him out of Stuttgart and dogged his career so much that he didn't reach his full potential, hitting the heights as an airline

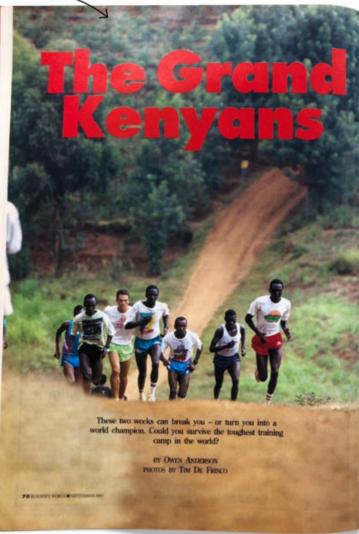
pilot instead. But we did find a winner with the then 19-year-old Paula Radcliffe, who finished seventh in the 3000m in Stuttgart and went on to have a stellar career in cross-country, on the track and, of course, on the road for the marathon.



are to enougher the Worlds... in Shittgart. Britain's young running stars - enough is the bold of right to the top - but are they the real McCoy?

Rise and climb

While a lot has changed in running, some things remain reassuringly constant. Among these are RW's penchant for an excruciating pun and the world-dominating excellence of Kenyan runners – coupled with our ongoing efforts to discover the secrets of their success. During a stint immersed in a training camp with top Kenyan athletes for this 1993 feature, our writer found that key elements of the formula included hard work, simple living, altitude, the corn meal known as ugali and lots of hills. In the intervening years, we've found time and time again that these not-so-secrets remain the foundations for continued success, and runners of all levels have tried to bring the Kenyan way into their own running. Mind, the ugali part has never really caught on..





Winning isn't everything, but it certainly helps if you're a full-time athlete. How Denmark brings home the Britain's top 5000m runn Rob Denmark, cour ost of o BY DAN GRADE J837 GM

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ΙΛ ΟΤΗΕΡ **NEWS...**

Besides the seismic, world-changing debut of Runner's World, what else happened back in 1993?

It was a good year for the Brits at the London Marathon, as Eamonn Martin won the men's race in 2:10:50 and Liz McColgan finished third in the women's race in 2:29:37.

The Maastricht Treaty, signed in February 1992, took effect. formally establishing the European Union.

A 51-day siege at the Branch Davidian compound in Texas ended with fire and 76 deaths, including cult leader David Koresh.

Nelson Mandela and FW de Klerk were jointly awarded the **Nobel Peace Prize** for their peaceful termination of the apartheid regime in South Africa.

Jurassic Park was the year's biggest box office hit. Schindler's List, Philadelphia and Groundhog Day also hit our movie screens.

The International **Olympic Committee** selected Sydney to host the Summer Olympics in 2000.

Colombian drug baron Pablo Escobar was gunned down by police.

Although the term wouldn't be used until 1994, 'Britpop' began in earnest with Blur's Modern Life Is Rubbish. But the record-buying public weren't all in, and Meat Loaf was still topping the charts.

The pay-off Great car, questionable headline and a unique insight into the financial igsaw athletes needed to piece together in order to concentrate full-time on their running back in 1993. Just four years later, after the nadir of the Atlanta Olympics, where team GB only managed to bring home a solitary gold medal (in rowing) and placed 36th in the overall medal table the National Lottery Community Fund begar supporting athletes, and the resulting change in our sporting fortunes has been enormous. The hundreds of millions given to support British elite athletes has paid dividends with standout individual victories and incredible overall success. Athletes not needing to fund their sports careers has had long-term effects hat have been felt in recent Games, with Team GB placing third in the London 2012 medals table, second in Rio 2016 and fourth in Tokyo 2020. Lottery funding has changed the game for British running. 📷



93 - 2023

OUR RUNNING WORLD HAS GONE THROUGH SOME PRETTY SEISMIC CHANGES IN THE THREE DECADES SINCE *RUNNER'S WORLD* ARRIVED IN IT. HERE, WE SALUTE 30 KEY FIGURES WHO HAVE BEEN INSTRUMENTAL IN CHANGING THE GAME

Words: Ali Ball, Hannah Bradfield, Jen Bozon, Kate Carter, Andy Dixon, Ben Hobson, Joe Mackie, Rick Pearson



O1 JESSICA ENNIS-HILL Olympian and app entrepreneur

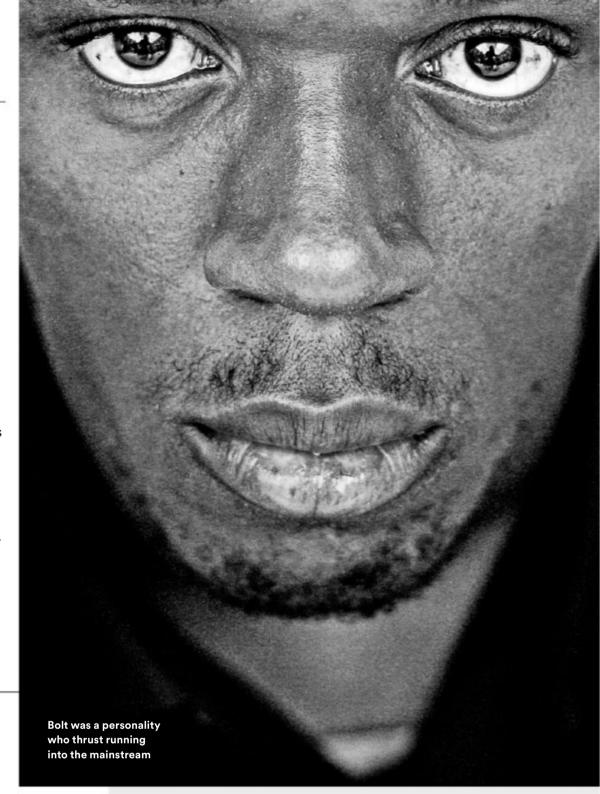
MOST OF US WILL be aware of Ennis-Hill's stellar athletic career - winning heptathlon gold on Super Saturday in the London 2012 Olympics has become a moment etched into the collective national psyche. Ennis-Hill was also a three-time world champion: winning in 2009, 2011 and 2015 – the last of these coming just 15 months after giving birth to her first child, Reggie. It was the experience of returning to competition after Reggie's arrival in 2014 that inspired her post-retirement career as co-founder of the Jennis fitness app. 'It was the first time in my life that I properly thought about my hormones and how your body changes as a woman,' she says. 'I knew that after I retired, I wanted to create a platform to help women get trusted advice about their hormones and physiology.' One of Ennis-Hill's goals with the app is to increase the amount of sportsscience research done specifically on women (at present, less than 10% of studies focus on them) and close the gender data gap.

02 JIM COWAN Creator of Race for Life

THESE DAYS, running in accessible, welcoming events to raise money for causes close to our hearts is a huge feature of the running lanscape. But 30 years ago, charity running was a much more novel concept, and one in which Jim Cowan spotted some potential. Inspired by his father's own battle with cancer, he's credited as the man behind the idea for Race for Life, and acted as race director for the very first event in 1994, which saw 750 participants run 5K around London's Battersea Park in aid of cancer research. Since then, Race for Life has become one of the nation's biggest charity fundraising events, raising nearly £1bn and uniting thousands of people, from total beginners to experienced runners, in their collective determination to help beat cancer for good.



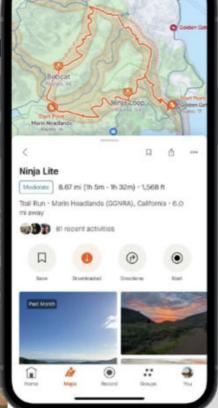
AS A TWO-TIME NEW YORK City Marathon winner and multiple half marathon world champ, Tegla Loroupe could have been forgiven for taking it easy once she'd hung up her racing shoes. Instead, in 2003, the Kenyan set up the Tegla Loroupe Peace Foundation, designed to help create peace through sports. More recently, she was also instrumental in establishing the first Refugee Olympic Team, which debuted at Rio 2016. That same year, she was awarded United Nations Person of the Year. Few people have used their running profile as a vehicle to create so much good.





SPORT, LIKE ALL good stories, needs heroes and villains and thrives on big personalities - and none were bigger than Bolt's. Laid-back, charming and freakishly talented, Bolt had charisma and speed in equal measure. No athlete has ever done more to bring running into the mainstream and no one, surely, has ever made it look so easy. Indeed, the Bolt mythology is that he barely trained, ate chicken nuggets and burst out of nowhere at the Beijing Olympics. The truth is rather different – he trained hard, and his talent had been clear from boyhood, though initially he didn't take sprinting too seriously. In 2002 (by 15, he was already 6ft 5in), he won the World Junior Championships. He'd been so nervous beforehand that he put his shoes on the wrong feet. Afterwards, he vowed never to let himself be affected by pre-race nerves. The resulting career included a staggering 11 world titles, eight Olympic gold medals and world records at 100m and 200m that still stand. When he retired, athletics found itself with a vacuum it's still trying to fill.





08 IVO GORMLEY Founder, GoodGym

IN 2009. after combining his own running with delivering a newspaper and visiting a housebound neighbour, Ivo Gormley started thinking about the wider issue. According to Age UK, more than a million older people say they're always or often lonely. What if, he thought, you could combine running with helping and providing company? The result was GoodGym. He set up a network matching runners with older people – and, by 2013, he was working on it full-time. GoodGym regulars now combine exercise with good deeds, be they painting run-down community centre walls or weeding overgrown gardens. Whether it's solo visits or group missions, the idea of motivating exercise with a social, altruistic purpose has proliferated. GoodGym groups now exist all around the country and have inspired other charities and social enterprises to give running a new purpose, helping to make our running world a better place.

06 & 07 MARK GAINEY AND MICHAEL HORVATH Co-founders, Strava

FOURTEEN YEARS and over 7bn recorded activities since its launch, Strava has transformed how people track their running progress, analyse their training and interact with fellow athletes remotely. From the simple act of giving kudos through to global leaderboards and training plans, the app is now central to the running experience for many.



09 PAULA RADCLIFFE Inspiration

THE GREAT MARATHONER needs no introduction. But it's worth reminding ourselves just what a groundbreaking runner Radcliffe was during her glorious career. Her standout achievement is, of course, her 2:15:25, set at London in 2003. But she also held the British record at 5000m, 10,000m and half marathon (all now held by Eilish McColgan), as well as being a world champion in cross-country. Her idiosyncratic running style and gutsy frontrunning have inspired countless runners to lace up and give it their all.

05 SABRINA PACE-HUMPHREYS Social justice activist, co-founder of Black Trail Runners

GROWING UP IN A SMALL Cotswolds market town, Pace-Humphreys was subjected to traumatic racial abuse – experiences she documents in her powerful book, *Black Sheep*. Having experienced first-hand the transformative mental-health benefits of running in nature, she was determined that people who look like her have the opportunity to experience these healing effects – and are not, like she was, made to feel unwelcome in the countryside. In 2020, she co-founded Black Trail Runners (BTR), a community group focused on making trail running accessible to all. Now a registered charity, BTR continues to break down barriers – including access, skills and representation – to ensure the countryside isn't an exclusive space for the privileged. A true pioneer, driving much-needed change.



IN 1992, Holmes – then an army physical training instructor - was watching the Barcelona Olympics on TV. Inspired to get back into athletics, which she'd excelled in as a child, she was soon on winning form. Multiple major medals followed, but so did an array of injuries. At the 2004 Olympics, it finally all came together in a glorious golden double, when she won both the 800m and 1500m - the first Briton to win two athletics golds in one Games since 1920. It seemed a fairytale ending, but when Holmes subsequently talked about her experience, she revealed a much darker picture. Her courage to speak openly about living with with clinical depression and self-harm in the run-up to the Games broke taboos and encouraged others to open up about their own mental-health struggles. Alongside her work with the Dame Kelly Holmes Trust, helping disadvantaged young people across the country, she continues to drive positive change in bringing the mental-health conversation into the open.



11 WIM MELJER Chip-timing innovator

THE CHIP-TIMING TECH We now enjoy as standard in our races began with a forward-thinking farmer. Back in the 90s, Meijer, who helped organise a local road race in Nijmegen in the Netherlands, had the idea to borrow the transponder technology used to track cows and pigs on his farm for use on the runners in the race. Fast-forward to 1999 when the New York City Marathon adopted Meijer's transponder tech – aptly named 'ChampionChip'. The now almost-ubiquitous use of timing chips in major races gives us precise finish times, regardless of starting position, and enables people to track runners' progress. Definitely a Wim win.



WYLLIE WAS HEADTEACHER at St Ninian's Primary School in Stirling when she started the initiative, concerned by the lack of fitness she saw in her pupils. They were encouraged to run around the school's oval for 15 minutes a day to improve their overall fitness - and so, in 2012, The Daily Mile was born. Since retiring from teaching in 2015, Wyllie has dedicated her time to rolling out the initiative across the UK and beyond. In the face of an epidemic of childhood obesity, this inclusive, accessible way to engage children in their health and wellbeing has been an enormous force for good.



13 SEB COE Paralympic profile-raiser

FEW ATHLETES HAVE had quite such a post-retirement impact as Seb Coe. After hanging up his spikes and serving a stint in the Commons, he returned to the world of sport first as leader of the London 2012 bid, then as head of its organising committee. You can argue that the long-term legacy hasn't had the impact we hoped, but the 2012 Olympics renovated a huge chunk of east London, gave the nation arguably its best collective sporting moment in decades and, earning Coe his place on our list, changed the game in terms of people's attitudes towards Paralympic sport. Around the world, an astonishing billion more people watched the 2012 Paralympics than had tuned into the 2008 Paralympics and, for the first time, Paralympian stars became household names. The 2012 Games – piloted by Coe – was the pivotal moment. Research on the 10-year anniversary of the Games found that 70% of people believed the London Games had a positive impact on attitudes towards disabled people.



THE SON OF A MOUNTAIN GUIDE, Jornet had scaled the highest mountain in the Pyrenees by the age of five, became the youngest ever Skyrunning World Champion and notched up wins in all the world's most prestigious ultramarathons, including the Ultra-Trail du Mont-Blanc (UTMB), Western States and Hardrock 100. But simply being trail running's break-out superstar doesn't earn him his place here. Between 2010 and 2017, his Summits of My Life project redefined the limits of trail running as he attempted, mostly successfully, to set records for ascending and descending the world's highest and most iconic mountains – Kilimanjaro (5,895m), Mont Blanc (4,810m), the Matterhorn (4,478m), Denali (6,190m), Aconcagua (6,960m), Elbrus (5,642m) and Everest (8,848m). While few will follow in his footsteps, the Catalan raised the bar for what's possible in a pair of trail shoes.





THE IDEA THAT a running book could spend over four months on *The New York Times* bestseller list would have seemed fanciful before *Born To Run* hit the shelves in 2009. The reach and impact of McDougall's compelling blend of science and storytelling – which took us into evolutionary biology and the canyons of Mexico to meet the Tarahumara tribe – has been enormous. And though



the Born To Run-inspired barefoot revolution may have waned over the years, there remains a legacy of thinking more deeply about how we run, with a focus on form, and why, with the wonderful idea that running is part of the essence of our humanity.



POWER WORKS tirelessly to make running and racing more equitable for women, and her efforts have made a difference. In 2018, she was famously photographed racing the UTMB while breastfeeding her threemonth-old baby - an image that went viral. At that time, the UTMB didn't allow pregnant runners to defer their places and she didn't want to lose hers. She has since set up She Races – a campaign for equality in racing and making races more inclusive for women. As a result of her work – and that of other campaigners - UTMB and the London and Boston marathons have changed their pregnancy polices to allow pregnancy deferrals. And she's done all this alongside ultrarunning for GB in the 24H European Championships in Verona, juggling work projects and being a mum of three.



DR BRUINVELS IS one of a new generation of scientists who are beginning to tackle the huge knowledge gap around female physiology and performance. Pushed forwards by figures such as US scientist Stacy Sims, research is finally catching up with decades' worth of assumptions that men's and women's bodies work the same, and that studies conducted largely on young men are thus applicable to all. Backed by sports-tech company Orreco, Dr Bruinvels and co-founder Grainne Conefrey launched the FitrWoman app, providing evidence-driven training advice around the menstrual cycle. Alongside fellow athletes such as Pippa Woolven and Mhairi MacLennan, Dr Bruinvels is also part of a new, inspiring cohort of female athletes pushing for more advocacy and knowledge.



SKÖLD FOUNDED Maurten in 2015 'to create something that was better for the body and easier to tolerate' than the traditional gels, which he says are all essentially the same product. While those traditional gels are water and carbohydrates mixed into syrups, Maurten is a hydrogel, which is more easily absorbed by the body. That means it can be packed with more carbs allowing for up to 100g of uptake an hour - while minimising gut irritations associated with high carb intake. Maurten soon became the go-to for the top marathon runners, including, most notably, Eliud Kipchoge, and offers a potential game-changing fuelling option to us all.



TO DO ALLYSON FELIX'S extraordinary career justice would require pages of print. The brief version is: 20 world medals and 11 Olympic ones. She's inspired countless runners to take up the sport, but her influence goes further. Her revelation in The New York Times in 2019 shocked many. In it, she accused long-time sponsor Nike of refusing to guarantee pregnant athletes with salary protection during maternity leave something fellow athletes Alysia Montaño and Kara Goucher also raised. Nike changed its policy, creating a high-profile precedent for fairer treatment of pregnant athletes.



LIKE BANNISTER'S subfour-minute mile in 1954, Kipchoge's sub-two-hour marathon in 2019 forced a redrawing of what we believed to be the limits of human performance. His 1:59 in Vienna, along with Olympic golds in Rio and Tokyo and official marathon world record(s) in Berlin, have made Kipchoge a global superstar, elevating the profile of marathon running and inspiring millions across the world.

Kipchoge is the world's first true <u>marathon sup</u>erstar



Although she died 16years ago, Jane Tomlinson's name is still a byword for courage. In 2000, the mum-of-three from Leeds was told she had terminal cancer and given six months to live. She responded with extraordinary energy and defiance, taking on a series of increasingly impressive physical challenges and establishing the first Run For All Leeds 10K in 2007. By the time of her death in September 2007, she had raised more than £1.8m for charity, and Run For All has since become one of the UK's biggest non-profit events companies, organising 5Ks, 10Ks, half marathons and the Yorkshire Marathon.



A BAD BREAK-UP in 1996 triggered Josh Clark to take up running – and consequently write what is, perhaps, the world's most well-known running plan. The New York-based userexperience designer had found running 'punishing and painful' at first, but quickly caught the bug and wanted to share his newfound love with would-be runners. He wrote a nineweek schedule to help get his mother into running, then launched a website where he published the plan. Fast-forward to today and it's been completed by millions worldwide introducing the sport to a whole new demographic.



WHEREVER YOU STAND on the Great Super Shoe Debate, it's undoubtedly the case that they've changed the game in distance running. The man behind the movement's flagship shoe? Stefan Guest, creative lead on the first Nike Vaporfly. The shoe was years in development, and first officially seen on the feet of Eliud Kipchoge when he came agonisingly close to breaking the sub-two-hour mark at his maiden attempt in Monza in 2017. Since then, its various iterations have adorned the feet of marathon winners the world over and, perhaps even more notably, helped amateur runners shave minutes off their PBs across a variety of distances. When he designed the Vaporfly, Guest and his team redefined the running landscape forever. ►



THE FELL-RUNNING LEGEND and three-time winner of the infamous Dragon's Back set up Trees Not Tees, a not-for-profit encouraging people to eschew race T-shirts in favour of planting a tree, in 2020. It's now used by big-ticket races such as the London Marathon, making it one of the biggest running-focused environmental initiatives. And it really matters, because it takes the same amount of water that a person drinks in two and a half years, plus over 2kg of CO₂ emissions, to manufacture those race T-shirts. For an innovative solution to our sport's role in the climate crisis, Mann is a true frontrunner.



TANSER'S REMARKABLE story is of an aspiring athlete who became a humanitarian and changed the lives of countless people across Africa. Having gone to Kenya to train in 1995, Tanser's life took a turn when he noticed local athletes needed running shoes. He started shipping pairs to the country, then expanded the scope to protect the population from hookworm infections caused by walking barefoot. He named the project Shoe4Africa. But perhaps his biggest achievement was fundraising for and building east and central Africa's first public children's hospital, which opened in 2015. Over a million children from across the region have since been treated there.

6 ED

Masters legend

TLOCK

LONDON-BORN WHITLOCK

was a trailblazer and a truly

astonishing athlete. He was

the first person over 70 to run a sub-three marathon

and, by 2012, held 15 world

age-group records, ranging in distance from 1500m to

marathon records, including

10,000m on the track, as

well as three age-group

his unfathomable 3:15:54

at the age of 80. He died in

2017, but his legacy lives on in the strength of masters

running today, and in the

hope he gave us that we have

many miles left in our legs.





PARKRUN IS THE BIGGEST thing to happen to recreational exercise in the 21st century. And the man behind it, Paul Sinton-Hewitt, deserves huge credit for creating something so simple, accessible and self-sustaining: a free 5K weekly time trial, staffed by volunteers. Sinton-Hewitt started parkrun in 2004, initially calling it the Bushy Park Time Trial. The first event attracted 13 people – mostly Sinton-Hewitt's friends – but has grown into a worldwide phenomenon that's seen its founder awarded a CBE for 'services to grassroots sport participation'. When thinking about people who have helped to bring running to an everexpanding community, Sinton-Hewitt's name is high on the list.



30 YEARS, 30 GAME CHANGERS



CHARLIE DARK LOOKED AT traditional running clubs in the early 00s and saw the need for an alternative. Enter Run Dem Crew (RDC), a collective of cool creatives with a shared love of running. From its fashionable running attire to its focus on community rather than PBs, RDC has been a breath of fresh air since launching in 2007. Dark has never rested on his laurels, expanding the crew to include RDC Youngers, which looks to spread the RDC message and ethos to young people across London. The impact of RDC has been huge - the crew has been the template and inspiration for a new type of running group, many of which have since sprung up across the UK and all over the world, offering a space and community to people from diverse communities and backgrounds who previously hadn't seen a place for themselves in the running world. This positive change all began with Dark, running's original disruptor.







THE LONDON MARATHON is in Hugh Brasher's blood. The son of race co-founder Chris worked on the first London Marathon in 1981, selling train tickets to runners, and has been involved in some way ever since. But it is as event director since 2012 that Brasher has made the worldrenowned race even better. More runners than ever can now take part, both in person (over 48,000 runners finished this year's race, the biggest ever field) and virtually - born during lockdown in 2020, the virtual marathon is now an annual fixture. Both reinforce the event's position as the largest annual fundraising event in the world, in which participants have raised more than £1bn for good causes. The event is also committed to reducing its environmental impact - bottle belts are encouraged and finisher bags are recyclable, among other measures, while this year saw a partnership with Trees Not Tees (see entry 24), giving finishers the chance to plant a tree rather than receive a T-shirt.

Brasher also established the Westminster Mile and The Big Half, and oversees the Brighton Marathon and Royal Parks Half.

30 JONY IVE Product designer, Apple

AS CHIEF DESIGN OFFICER at Apple from 1997 to 2019, the Brit was instrumental in bringing the iPod and iPhone to the world. Obviously, the impact of this ever-evolving portable tech goes way beyond running, but it has driven and enabled huge changes in how runners interact with each other on social media, track, record and soundtrack our runs, manage our health and more. Of course, there are now other phones and devices that perform similar functions, but the iPhone led the mobile tech revolution.

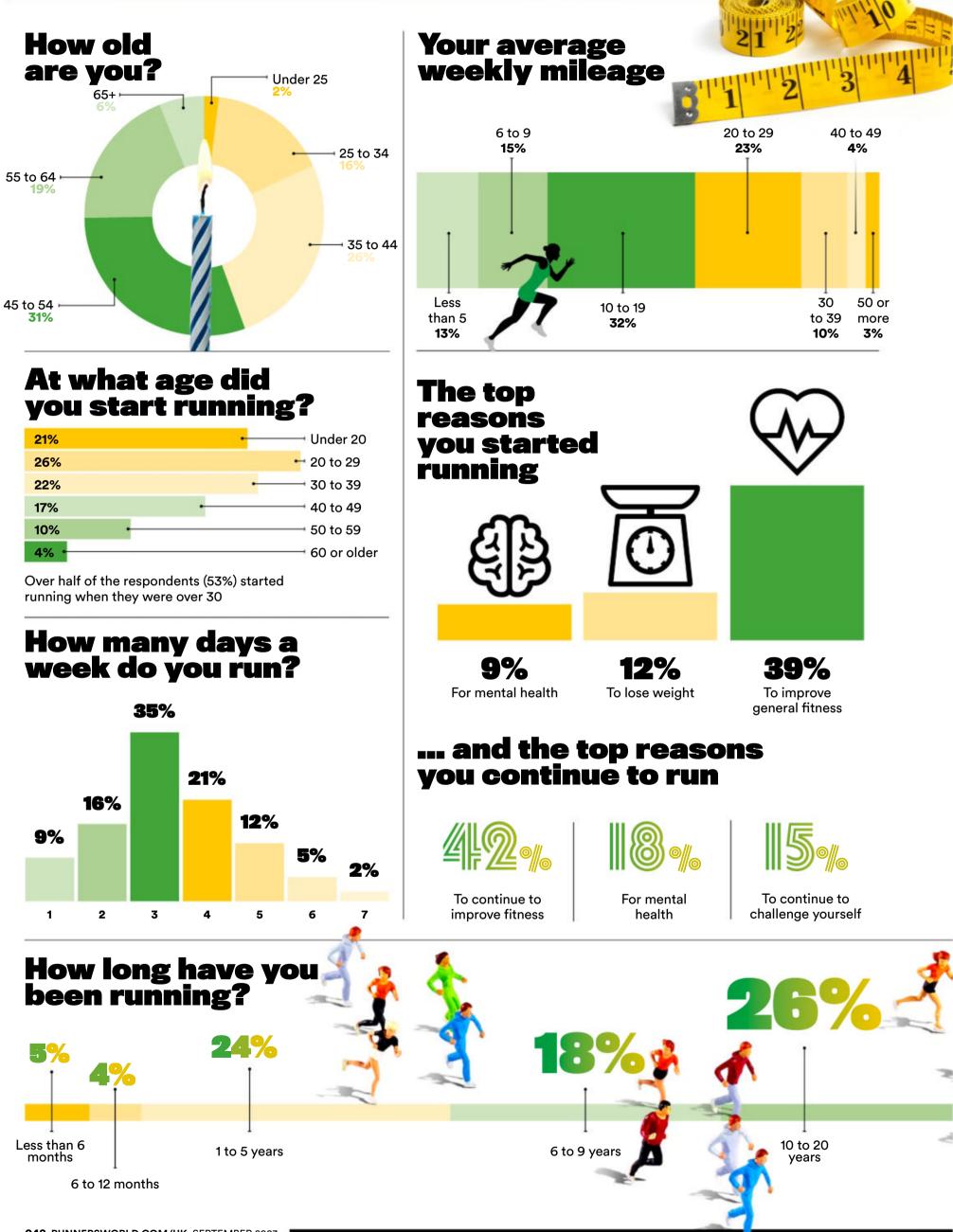


We limited our list to 30 people to tie with our 30th anniversary, but we know there are many others out there who have made a difference to running in the past three decades. If there's someone you feel should have made the list, please let us know at editorial@runnersworld. co.uk





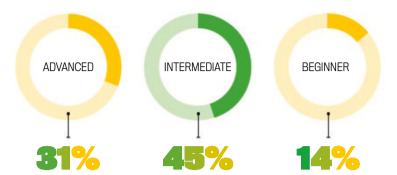
TO MARK *RW*'S 30TH ANNIVERSARY, WE WANTED TO CELEBRATE THE COMMUNITY WE'RE PROUD TO BE PART OF BY PUTTING BRITAIN'S RUNNERS IN THE SPOTLIGHT. OUR COVER STARS AND THEIR STORIES, COMBINED WITH DATA PROVIDED BY THE NATION'S RUNNERS THROUGH OUR RECENT SURVEY, PAINT A FASCINATING PICTURE OF UK RUNNING TODAY



RUN THE NUMBERS

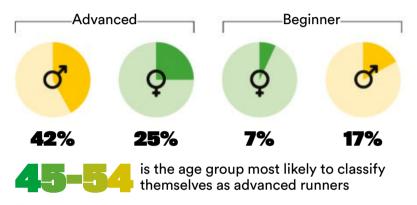


How would you describe your running level?



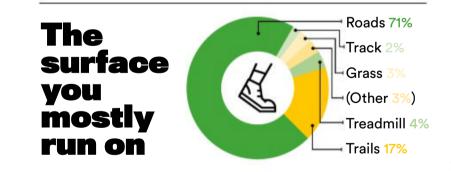
Male vs female

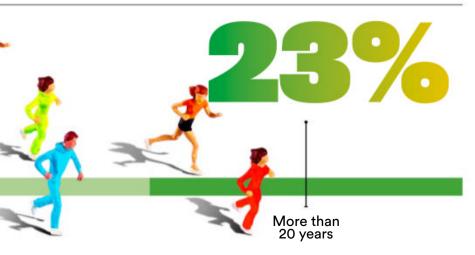
There's a gender imbalance in self-classified running ability, with men more likely to classify themselves as advanced



Your typical pace on an easy day

4%	6:59 min/mile or under
10%	7-7:59 min/mile
23%	8-8:59 min/mile
27%	9-9:59 min/mile
22%	10-10:59 min/mile
14%	11 min/mile or over







'WE REALISED HOW UNUSUAL IT WAS TO SEE TWO BLACK WOMEN RUNNING A RACE, AND WE WANTED TO CHANGE THAT'

Tasha Thompson, 44, London

'MY FIRST RACE WAS BACK IN 1999. I used to run pretty good times, but I didn't know it, because there was no one to compare with. When you're an adult, life can be quite mundane. But running makes life more fun – and I've always loved that. For most of those 24 years, I was a solo runner, but since creating Black Girls Do Run just over four years ago, that's changed. It started in 2019, when Linda [Agyemang] and I did a race together. We asked a marshal if we'd gone wrong, and she looked at us blankly. We realised how unusual it still was to see two Black women running a race, and we wanted to change that. So we started an Instagram page. Now, we have groups on social media, a monthly run club and we had 21 women doing the London Marathon this year.' ►



'I'M VERY LUCKY TO HAVE TWO RUNNING FAMILIES'

Arthur Whiston, 72, Colchester

'I'VE BEEN INVOLVED in the running community for 40 years and people call me a local legend now. People even come up and say that I inspire them, and that they want to be running like me when they're my age – even youngsters. I still race as a masters runner; now I'm in the v70 category.

I was in the army and always thought that mental fitness is key. So when I left, I joined the Colchester Harriers, who inspired me to run again. I've never stopped running since. I love running, I love the club and the camaraderie – I'm devoted to them and they're devoted to me! I've coached and supported many local runners of all ages. It's a different kind of satisfaction from running yourself. I'm also involved in another club, called Running Colchester, where I help with pacing and support. I'm very lucky to have two running families.'

Hot bath vs ice bath





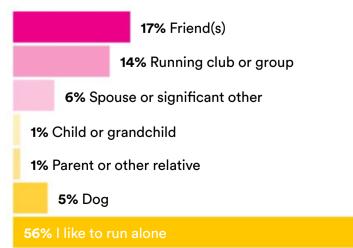
Only 1% of you say an ice bath is your favourite post-run ritual, while 7% rank a hot bath top of the list



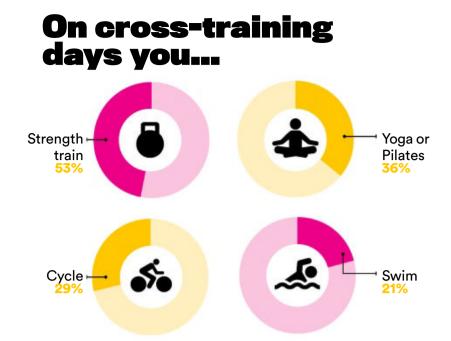
What's your favourite running season? 43%

Who do you most like to run with?

4%



RUN THE NUMBERS



But 12% of you don't cross-train at all



are your favourite time of day to run, especially at the weekend, when **76%** prefer to head out early. On weekdays, mornings are still preferred by **50%** of you

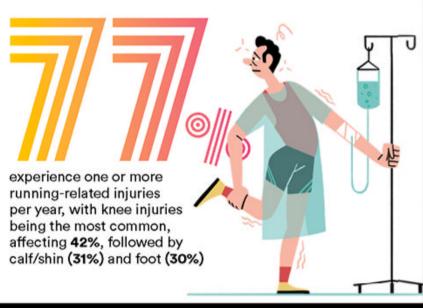


either started running during lockdown or have increased their running frequency compared with pre-Covid times





of respondents started running in lockdown of you run more now than pre-Covid





'MY MOTTO IS TO RUN FOR THE CAUSE - AND CAKE!'

Barinderjit Singh Cheema (aka Usingh Bolt), 47, Walsall

'AS A KID, I WAS ALWAYS fascinated by athletics, but I never ran myself. But I swore that if I ever did a race, it would be the Great North Run. So I did, and that was supposed to be that. But then I did a marathon and was disappointed with how it went, so I was determined to nail one, and then it just sort of escalated. I've done 31 marathons in 31 days, and lots of other challenges.

For me, the biggest focus has always been fundraising for charity. My motto is to run for the cause – and cake! Now, I'm really involved in my local community; I love parkrun and I've started getting into pacing recently. I'm a big believer in running for mental as well as physical health, and I'm the run leader for RunTalkRun Walsall. It was my cousin who gave me the nickname – he said, who do you think you are, Usingh Bolt? It was so brilliant, it stuck. Having it on my top in races gives people a laugh and that's wonderful to see.'



'I'VE HAD CANCER TWICE, AND RUNNING HELPED ME THROUGH IT'

Rachel Stevens, 41, Bolton

'I FOUND RUNNING in my late twenties, about 13 years ago. I've had cancer twice and running really helped me through, particularly when I was last diagnosed three years ago. I had radiotherapy treatments over lockdown, so it wasn't a great time. The first mile back took me about 13 minutes, but then, as I was improving and getting back to my old speeds, it was making me feel stronger and better. I entered a virtual half marathon, just to prove to myself that I could bounce back. I did my first marathon this year as well. The whole experience has made me a stronger and more positive runner – and I didn't expect that!

I started just to get my own headspace, and to put things into perspective. But then I joined a club, and that's been fantastic. I love running with people. I'm much more of a social runner. I enjoy racing, but mainly just the experience, and seeing everyone and getting involved.'



The most memorable running moment of the past 30 years







1 Eliud Kipchoge's sub-two-hour marathon

2 Mo Farah at the 2012 Olympics

Paula Radcliffe's world record at the London Marathon



of you have – participated in a race

What distances have you raced?

10K	70%
5K	66%
Half marathon	65%
Marathon	
Ultra •	15%

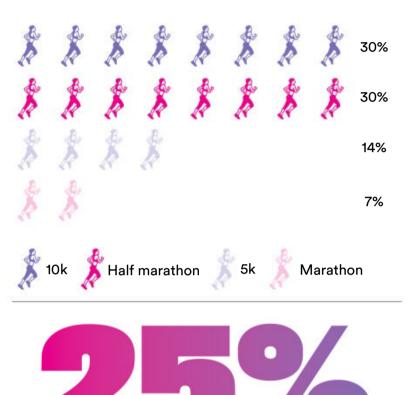
RUN THE NUMBERS



raced five or more times in the past year (and 1% have raced 50 times or more)

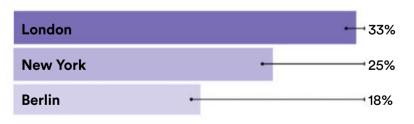
in a trail race

Your favourite race distance





Your marathon bucket list



Have you ever taken part in a virtual race?





"RUNNING HELPS ME COPE - IT RELEASES SOMETHING"

Craig Butterworth, 41, Stalybridge, Cheshire

'I'**VE BEEN RUNNING** for 20 years. Originally, it was purely as a means to keep weight off. That started to change over the years. Now, I run for my mental health, and just because I love it.

My wife was diagnosed with cancer in 2019 and then, in May of 2021, my 13-year-old son got leukaemia. Within a month, he had died. I used to drink at weekends, but it got a bit excessive after he died, so I knew I had to stop. Everything that drink used to do for me, running now does – but more healthily. It's a social thing, with my club, but also the endorphins it gives me. And because of it, I'm functioning. I'm still able to parent my younger kids. Running has got me through. I sit there and think, I can't cope, then I put on my running shoes and when I come back, I can just deal with stuff. It releases something.'



'I FEEL I'M AN ORDINARY RUNNER, WHICH IS A WONDERFUL THING'

Fiona English, 34, London/Kendal

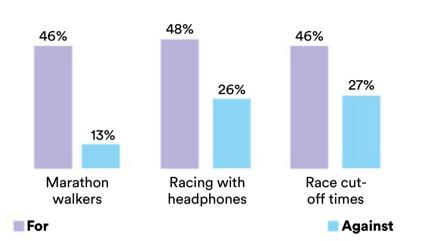
'I STARTED RUNNING IN 2011, following a plan in a book to run a marathon, then for a while mainly just parkrun. Five years ago, I decided to try new challenges. I feel I'm an ordinary runner, which is a wonderful thing – I've never been excellent at sports, but I've been able to do some pretty cool things, such as ultras and getting a Boston qualifier. People have said to me that it makes those achievements feel possible for them to do, too.

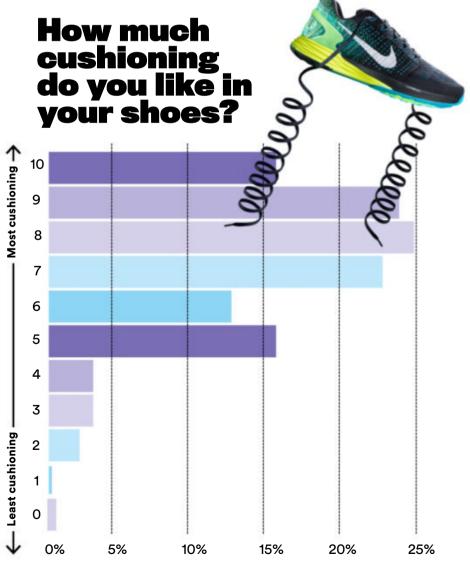
When I entered Boston, I knew there was no pregnancy deferral policy, so I took out the race insurance. It was finding out that wouldn't pay out that made me angry. I wrote an open letter to Boston – it went viral, and within days they changed their policy. It's the thing I'll always be proudest of as a runner – I'll never be able to run anything as significant as that. I'm just excited now to be on the start line for my deferred place in 2024.'

What other runners do that bothers you...

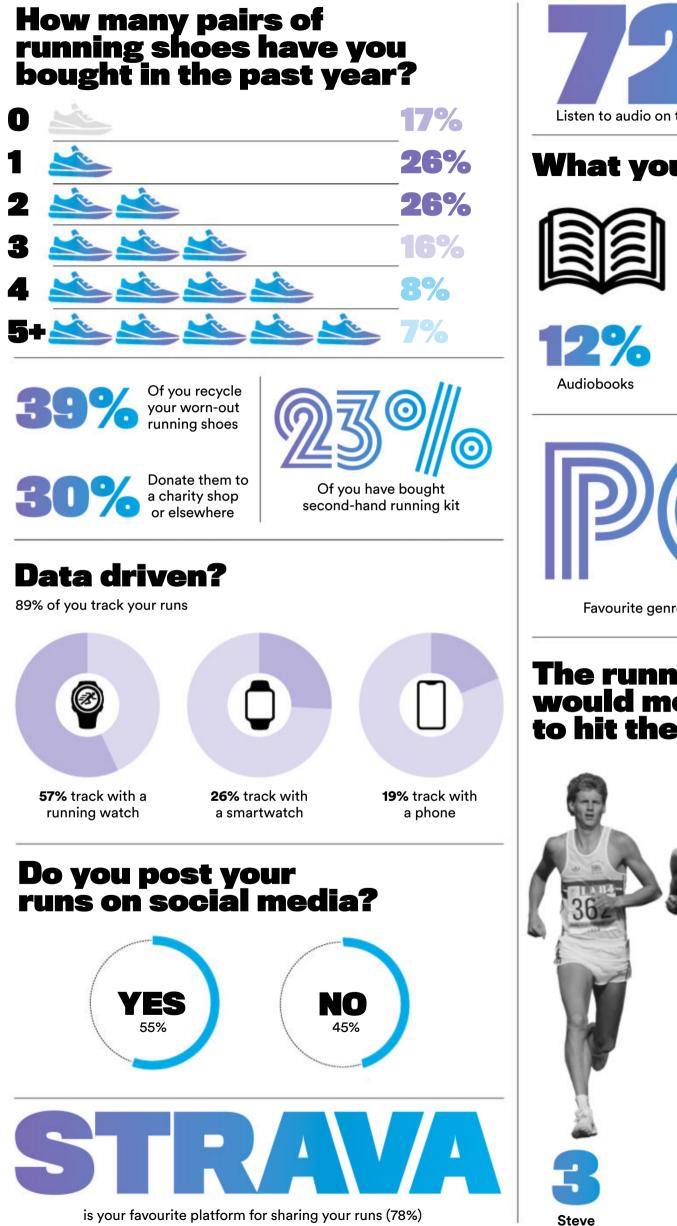
Running too close	80%
Blowing 'snot rockets'	78%
Spitting	74%
Not waving	38%
Heavy breathing	38%

Are you for or against?





64% prefer more cushioning (7 to 10)30% prefer a moderate amount (4 to 6)6% prefer the least amount of cushioning (0 to 3)





What you listen to





%



Podcasts

Music

6



Favourite genre to listen to on the run (64%)

The runner that you would most like to hit the road with





RUNNING NEVER STANDS STILL. WE ASKED THOSE IN THE KNOW TO GIVE US A GLIMPSE OF WHAT'S COMING ROUND THE CORNER

> Words: Kieran Alger Illustrations: Aman Khanna (Infomen)

THE FUTURE OF RUNNING

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In many ways, running is a simple pursuit that'll never change. Stick your shoes on, start moving and stop when you're tired, bored or your Garmin hits a round number. That's the idealistic view. In reality, running moves with the times as much as anything else. Like it or not, there are forces at work reshaping how, where – and even why – we run. Technology is probably the biggest agent of change. Everything from headphones and footpods to smartwatches, superfoams and the acceleration of artificial intelligence (AI) is increasingly being plugged into our plods. But there are other outside influences, too, such as the need to respond to the climate crisis and improving inclusivity. To find out what all that means for our future, we asked some of running's leading thinkers to share what they believe will affect the way we train, race and recover before the next decade is out. This isn't a speculative stab at a sci-fi future, where presumably the only running we'll do will be errands for our robot masters. This is a look at what's coming – at pace – just around the corner. So buckle up, here's where running goes next...

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THE ENVIRONMENTAL ELEPHANT in the room? Flying to races. Up to 90% of an event's CO₂ emissions comes from travel. That must be addressed, says ultrarunner and *RW* columnist Damian Hall, author of *We Can't Run Away From This* and co-founder of The Green Runners. That means rethinking our approach to the big city marathons.

'Global series such as the Abbott World Marathon Majors, UTMB World Series and the World Marathon Challenge will have lost moral justification to continue as they are,' says Hall, who predicts big change ahead. 'The London Marathon and other flagship city marathons will have to limit their international fields to bring their footprint down, while some races will have a "no fly" policy.'

COUNTRY FINDING RUNNER-FRIENDLY routes between towns an citize is much passion these

routes between towns and cities is much easier these days, thanks to Google Maps, Komoot and Strava. But plans to open up rural pastures are also on the rise.

Since 2020, volunteers on the Slow Ways project have been busy plotting 9,000 routes, creating a UK-wide off-road network stretching over 120,000km. An app is in the works, too, where runners can find their preferred routes, says Saira Niazi, Slow Ways' community stories lead. Find out more at beta.slowways.org

03 A LEVEL START LINE

WORLDWIDE, MORE WOMEN run than men nowadays. Female race participation rose from 20% in 1986 to just above 50% in 2018. Yet many races don't put men and women on equal footing. That has to change, says Sophie Power, ultrarunner and founder of SheRaces – a global network dedicated to ensuring women the same opportunities as men. 'From race T-shirts that fit to sufficient female-only toilets – fitted with period products and bins – and better deferral options for pregnant competitors, races will actively be designed for both male and female athletes,' she says.

What should you expect? For starters, more considerate cut-offs, trackers or buddy-up runners for night races or remote routes, male- and female-staffed aid stations and results shown separately with equal prize money and coverage.

THE FUTURE OF RUNNING

04 FOLLOW Your heart

FROM MANAGING TRAINING INTENSITY to tracking fitness and recovery, heart rate is a powerful metric for runners to be aware of. But smarter monitors will take bpm insights to the next level, like Fourth Frontier's X2 – a chest strap that offers ECG readings during exercise and checks for oxygen deprivation and an irregular heart rhythm and rate.

And these insights help you control your heart health, showing you how, for example, the timing of your workout or your choice of warm-up can affect your heart. 'Some people have a much higher burden of ectopic beats or arrhythmias in their morning workouts and not so much in their evening workout,' says Nishant Kapoor, Fourth Frontier's VP of marketing. 'It can also vary if you don't do a long enough warm-up. Some people go straight into a high-intensity run without doing an adequate warm-up and then they have a higher burden of arrhythmias.'

Medical approval is pending, but Kapoor says, in the future, we might be able to share data with our GPs or give our own ECG reports for those pesky pre-race medical certificates.



D5 SWEAT THE **PERSONAL DETAILS**

WEARABLES WILL OFFER ordinary runners greater personalised insights across a range of areas. 'What's previously only been available to elite athletes is starting to be democratised better,' says Sian Allen, a research manager in the product innovation team at Lululemon, stressing how valuable understanding your own individual response is for training.

Take temperature monitoring and its implications for pacing and performance, especially as runners face greater weather variability due to climate change. 'Using something like core temperature sensors in training, for heat acclimation, and in races or competitions to keep track of real-time thermal load could mean more flexibility for recreational athletes to perform better, or perform just as well with more flexibility in training or lower training volumes, leaving more time to spend with family. Essentially, training smarter, not harder.' For a taste of what's to come, see corebodytemp.com

06 THE LAB You wear

DURING LAST YEAR'S UTMB, ultrarunning legend Kilian Jornet was spotted undergoing skin-prick blood tests for cholesterol, blood sugar and lactate (a biomarker for muscle fatigue). This requires relatively expensive kit, experts to analyse the data and for runners to stop to be tested, but new wearables will open up lab-level insights beyond the pros – and all in real time.

Engineers at the University of California San Diego have developed a wearable patch with microneedle sensors that measure multiple biomarkers such as glucose, lactate and alcohol – a complete 'lab on the skin'.

And new start-up AquilX aims to make the technology readily available. Co-founder Farshad Tehrani sees some clear benefits for runners. 'Unlike finger-prick tests that only offer snapshots, or the estimates from devices like your Garmin, continuous lactate monitoring can reveal your real-time lactate threshold and be used to predict how you will perform,' he says. 'By correlating lactate levels with the intensity of the exercise, we'll be able to optimise your performance results during training sessions or competitions.'

D7 TALK TO The hand

YOU CAN ALREADY BARK **ORDERS** at Alexa in your house or Siri on your Apple Watch, and with AI already enhancing the potential of naturallanguage voice commands, it's only a matter of time before running assistants arrive on our wrists. 'We believe voice will become a larger piece of the user interface experience in the future,' says Darian Allberry, senior manager of user engagement at sports tech big-hitters Coros. He adds, 'Whether we'll communicate directly with the watch or with an app seems like the bigger question.' Either way, Allberry predicts runners will soon be able to use simple voice commands to kick-start training sessions, to interact with apps and features on the watch, or to get training and navigation cues played through our headphones. 'Think of a runner heading out the door and speaking to their watch, "My training plan says 12km with 200m of gain/loss, make me a route from here," which auto-creates a route for you,' says Allberry.

08 SMARTER FUELLING

WHILE COMPANIES such as Supersapiens unlocked instant blood sugar readings with continuous glucose monitors (CGMs), it now looks like tracking glucose levels from the wrist is within reach. 'Apple is reportedly working on a non-invasive sensor, enabling next-level fuelling insights without the need for a Supersapiens-style CGM,' says James Stables, co-founder of Wareable.

Reports suggest that Apple now has a viable proof of concept: using lasers to fire certain wavelengths of light into areas under the skin. Glucose concentrations in the interstitial fluid affect the light reflected back, and AI algorithms estimate your blood glucose levels. But health app January (january.ai) is attempting to go a step further, offering a fully virtual experience that uses AI only.



RESEARCH SUGGESTS THAT nearly half of all regular runners get injured each year, but a new app is aiming to cut that number down.

Just by analysing a single video of you running, Ochy (ochy.io) uses AI to inspect your form and suggest drills to address your weak points. Crucially, there's no need for experts to interpret the results either. 'We're working on an injury risk metre that will reveal your percentage injury risk based on your running form,' says Ochy co-founder Khaldon Evans.



AI TO PB

BREAKOUT AI ENGINE ChatGPT can already create half-decent basic marathon training plans. But automated training tools will quickly become much smarter. 'AI is set to change the training game,' says Stables. 'Natural language AIs – such as ChatGPT – can blend your personal wearable data with the knowledge of the world's best personal trainers, mesh it with your blood glucose and recent sleep data, to give you the kind of insights Kipchoge would kill for.'

Apps such as Humango.ai already generate sophisticated, personalised plans that adapt to your training, using your most recent data to generate a new optimal plan at any given moment in your cycle, rather than where you were at the start of your training. But the company thinks this is just the start of the support for the self-coached athlete. It's also looking at leveraging big data to add an extra layer of intelligence. 'When you have hundreds of thousands of athletes and each of them produces a lot of data, you can start to identify different patterns and more accurately classify individuals within a certain profile,' says Eric Abecassis, founder of Humango. 'This helps to make the recommendations even more effective,' he continues.

It won't entirely replace human coaching, though, says Abecassis. Instead, it'll free up coaches to concentrate on the important things AI can't do. 'I don't want to pay a coach to produce a plan,' says Abecassis. 'I want a human coach to bring the things that AI can't right now, such as the emotional intelligence, the psychology aspect, the motivation, the ability to read subtle signals that maybe the machine has not been designed to read.

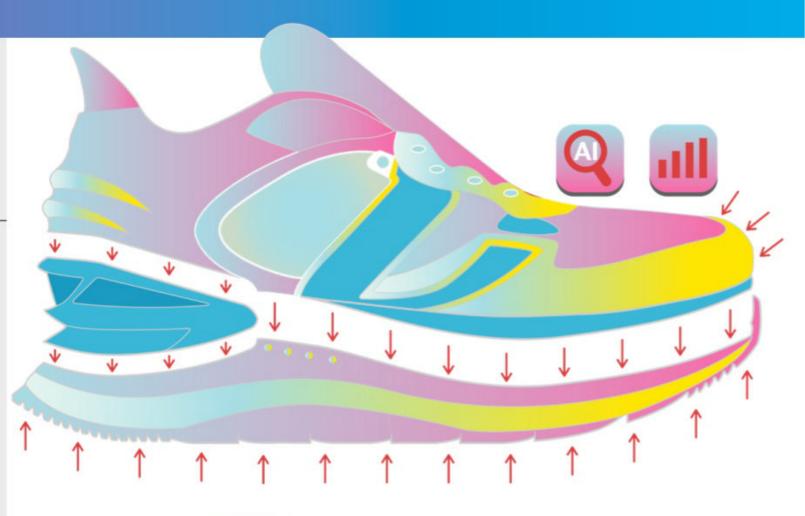
'The way we see it, we're not removing coaches from this world. Instead we'll allow them to use technology to do the mundane, repetitive tasks and focus a lot more on the mental health and the wellbeing of the athlete.'

11 FIND YOUR Sole Mate

FINDING YOUR PERFECT running shoes will get easier and shopping for shoes online will become less hit and miss. Ochy plans to adapt its smart running analysis tool to help runners identify the footwear that pairs best with their running mechanics. By uploading a simple video of yourself running, as well as providing some basic information about your height, weight, gender, pace and your broader running needs, Ochy's combined AI machine learning powers and biomechanics algorithm will suggest the types of shoes that'll work best for you and your training purposes.

It'll base all its recommendations on factors including your footstrike, pronation and supination, as well as looking at whether you need a higher drop, more support or a shoe that suits faster paces. But what potentially sets this tool apart is its ability to use the data it gathers about you and other runners to learn and improve its recommendations.

'The AI gets better as it absorbs more information and that'll help us to personalise your recommendations,' says Evans. 'The holy grail is to enable the tool to take feedback, too, so it's able to see when the recommendations have been a hit.'





THE EVA AND TPU FOAMS that make running shoe midsoles more responsive can last up to 1,000 years in a landfill. With shoe recyclers JogOn estimating that 33m pairs of running shoes end up in a UK landfill each year, that's a growing glut of plastic clogging up the planet.

One brand claims to have found a solution. 'OrthoLite Cirql is the world's first circular foam, made from industrially compostable and biodegradable biopolymers, using a chemical-free foaming process,' says OrthoLite's CB Tuite. 'When properly disposed of at an industrial composter, OrthoLite Cirql leaves no physical trace of its existence, beyond nutrient-rich compost soil.'

It's not 100% carbon neutral and the company couldn't confirm exactly when you'll see Cirql in your shoes, but it did say there has been 'incredible excitement from the 500-plus footwear brand partners' it works with across the globe.



ONE RUNNER'S EASY RECOVERY pace is another's tempo. Someone running six-minute miles also exerts different forces to someone running 10-minute miles. It seems logical then, that two runners might need different shoes to maximise comfort, efficiency and stability. Yet standard shoes offer the same midsole ride to all runners, regardless.

Start-up shoe brand Vimazi has different ideas, adding patent-pending midsoles, tuned to match your pace rather than your purpose, to its designs. 'The primary driver of the forces [in each step] is pace,' says Vimazi co-founder John Zilly. 'We now know the exact forces on impact and the exact forces on push off for every pace, height, weight and cadence. Then with our pace-tuned tech, essentially what we're doing is adjusting the midsole for the forces you create at the pace you're running. So the midsole density gets firmer as you get into faster paces because it needs to respond dramatically to larger forces; it gets softer and more cushiony at slower paces because it doesn't have to address the same forces.'

4 WE'LL REWRITE THE SCIENCE

HERE'S A SHOCKING STAT: only 6% of sports science research focuses on women. That is both a problem and, as we move forwards, an opportunity. 'When we don't study women and men in similar proportions, it creates a sampling bias,' says Christine Yu, author of *Up To Speed: The Groundbreaking Science Of Women Athletes.* 'We end up drawing conclusions based on a partial picture of the human population.'

The result? Training guidelines and injury prevention protocols that are very often not adequate or applicable for women. But the tide is turning. 'There's a lot more interest in studying women because of this greater recognition that they have been historically left out,' says Yu.

And the positive implications are huge. 'More research will help us understand the ways in which factors like the menstrual cycle, hormones and breast biomechanics influence how female bodies adapt to training and perform,' says Yu.

15 GOODBYE GOODIE BAGS

THE DAYS OF METAL MEDALS shipped from China, tat-filled plastic goodie bags and virgin polyester finisher's tees are numbered. Instead, we're being encouraged to trade in race trinkets and support positive environmental projects instead.

It's an idea being led by Trees Not Tees, an organisation dedicated to runners swapping ill-fitting tees for planted trees, and it's gaining traction with organisers and runners. So far, 168 races have signed up, including the UTMB World Series and the London Marathon. The percentage of runners ticking the box is rising, too. On average, 20% to 40% of runners now choose trees over tees. 'London was a landmark sign-up and a real affirmation of the culture change around sustainability in running,' says Jamie Berry, senior partnerships manager at Trees Not Tees. 'Runners may still want a finisher's T-shirt for milestone events like their first

marathon, but as the huge environmental cost of producing T-shirts becomes more widely known, the tide is turning on getting a tee for every race as standard. Ecofriendly options such as wooden medals are also becoming more popular.'

16 TRAILS ON A TREADMILL

LOVE IT OR LOATHE IT, sometimes hopping on the 'mill is your only option. The problem with bashing out belt miles isn't just staring at a gym wall – it changes your running biomechanics, too. When it comes to technique, form, muscle usage, brain activity and good old fatigue, tread miles aren't the same as running outdoors. But running machines are about to get better at mimicking real-world terrain.

The world's first and only 3D motion treadmill, the Reax Run, tilts, leans and shifts on its axis at random, to create continuous and unpredictable changes in the angle of the belt. The infinite combinations of movements, speed, incline and decline create a more challenging run that's closer to moving over uneven roads and trails. Step into the future and check out reaxing.com/reax-run

17 A LONGER Story

IF RUNNING 100 MILES isn't enough for you, don't panic. While it's still a niche challenge, the popularity of 200-mile ultras is on the rise. In the US, there were 23 200-milers in 2023, compared with just eight in 2021, and the number of runners brave enough to take one on has also doubled.

The numbers are still small, but with popular UK event organiser Centurion Running adding its first 200-mile event, the Winter Downs 200 this year, and the Montane Spine Race, the Dragon's Back and the Tunnel Ultra getting more media coverage, expect interest in mega-endurance races to grow. Ready to go longer? Check out centurionrunning.com

18 LOCK ON

EVER WATCHED YOUR city marathon pacing strategy blow up when GPS goes bananas in the urban sprawl? Us too. Thankfully, more reliable real-time tracking is in the pipeline.

UK-based FocalPoint has come up with clever tech that enables your running watch to unlock to-the-centimetre accuracy. 'Signals bouncing between buildings on their way to you is the cause of all the major errors you see on your line on the map in a city,' says FocalPoint founder Ramsey Faragher. 'Our Supercorrelation technology removes all the reflected signals from the mix and passes only the good ones into the GPS maths equations to calculate your position accurately."

This tech has already been picked up by General Motors for its cars, and it'll soon find its way into your running watches.





LONG RUN

NUTRASWEET

EIGHT RUNNERS SHARE THE HIGHS AND LOWS, THE LESSONS LEARNED AND THE EVER-EVOLVING MOTIVATIONS AND REWARDS OF THEIR 30-YEAR LOVE AFFAIRS WITH OUR SPORT

Words: Kate Carter



RUN THROUGH THE YEARS

Few people putting on their running shoes for the first time expect to be taking the opening steps on a lifetime journey. But we've spoken to runners who have done just that, embracing the ups and downs but getting out there, consistently, year after year – for the three decades that *Runner's World* has been on the shelves. Each has their own story, as unique to them as their running gait. For each of them, running has been a constant companion, whether it's been competitive or leisurely, a slog or a sprint. Here, we share just some of those stories, from retired elites to those who appreciate the mental-health benefits – all reminding us that running can offer us different joys at different times of our lives.



1985 Malcolm Sargent Primary School, Stamford, sports day. The look on my face is still my race face



November 2018 Bath Hilly Half. Maybe my proudest running moment as a fenlander. Couldn't stand up unaided for a week after



Regent's Park summer series 10k with my daughter Martha

⁴I CAN FIND JOY IN THE DARKEST FEBRUARY MORNING[']

Gina Crane, 47, from Peterborough

'MY DAD ALWAYS SAID I'd make a good runner. He used to run a mile around the block with me when I was nine or 10, but I didn't start running regularly until I was 18. I'd avoided sports all through school, but in sixth form I started feeling like I wanted to move my body on my own terms. I did a few aerobics classes, and once I was confident I wouldn't die, went for a tentative run around the block. I made it to the end of the road, lungs bursting. But I went out again a couple of days later. I reckon it took me four weeks to start feeling okay, and I've run a few times a week ever since.

In those days, it didn't feel like there was a running scene at all. Unless I ran in a park, I rarely saw another runner. It's so different now, with more people doing Couch to 5K, parkrun or just getting out on their own. It's so much better.

For me, running is about spending time outside in nature. I've become a person who knows the names of birds

and trees and flowers, and can find joy in the darkest February morning. I love discovering new footpaths and trails, especially if there's a cafe at the end of them.

Getting older and slower has been a mental struggle. The language around training is always one of growth and gains – personal bests and beating yesterday. Reconciling that with an ageing body is harder than it should be. Older female runners have been key role models for me – it's so inspirational to watch women I know continuing to race into their sixties.

Fundamentally, running is still the same: joy in movement, peace of mind, endorphins. But my goals have changed completely. I don't want to achieve anything in terms of distances or times. I aim to keep running as long as I can, and enjoy it. If I can occasionally run fast, great. If I can't, that's fine, too.'

'I STILL HAVE THAT DESIRE TO SPRINT TO THE LINE'

Mike Gratton, 68, from Canterbury

'I'VE BEEN RUNNING ALL MY LIFE. I won the London Marathon in 1983 in 2:09 and won a bronze in the 1982 Commonwealth Games marathon. The past 30 years, though, have been my post-elite career.

We didn't really "retire" back in those days. I gave up proper running as an international – you'd call it a professional now – in 1990. That year, I did the Cleveland Marathon in Ohio, and that ended up being my last. But I never stopped running. I had some good performances into my late forties, by which time I was also working in running, coaching and organising training camps with *Runner's World*.

I was still running 32 to 34 minutes at 10K, but then my performance fell off a cliff, partly because I was putting on weight, which itself was because I wasn't training as hard. Into my fifties, I gradually got more and more overweight, and less and less fit. But I had this epiphany at 60. I thought, "I'm going to die of a heart attack if I don't do something about this." I went on a strict diet and did get fit again.

The hardest part of running, after a career in it, is managing the decline. When you're improving, there's always a sense of getting to the next level. Then you get to an age when you no longer see that. Part of the problem is that the competitive instinct remains with you. You can't accept that you're getting slower, and people who you feel shouldn't be beating you are.

Something that balances that out is if you go to a race and someone says, "Oh

look, I beat Mike Gratton, he won the London Marathon!" I remember as a kid beating a former world cross-country champion and feeling excited. I was only about 16 and he was in his late forties, but he was still a champion. So you see that, in continuing to run, you can still inspire people.

I was out of the sport competitively for nearly 10 years, but when I got back into it, I was one of the top 60-year-olds in the UK for a while. Now, I'm still competitive to the point that I always want to beat the runner ahead of me, but I'm not worried about the results. Even though I'm running much slower, I'm still finishing in the first half of a parkrun, and I still have that desire to sprint to the line – catch one more person.

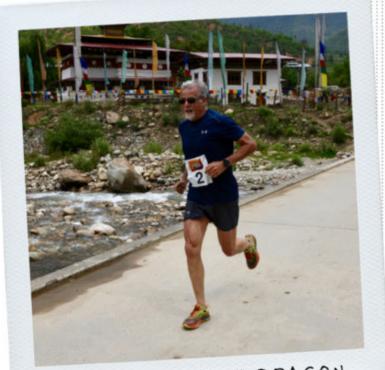
I think the biggest change in the past 30 years is the commercialisation of the sport. My peak was at the start of it becoming more professional – we never really made any money out of it. It's a different world now. People ask me what I would have run in supershoes, but I say, "Sure, I might have been faster, but so would everyone else." You can only race in your generation.

For me, losing the link between performance and running has been really important. People say, "Don't you miss running the London Marathon?" No, I love watching it! I'm more interested in seeing the athletes I've coached do well. You just have to divorce yourself from performance and it can still be part of your life.'

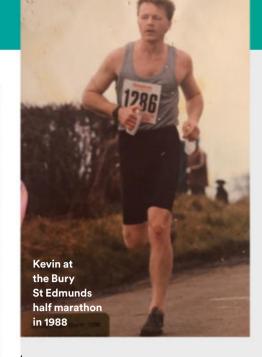


LONDON MARATHON 1983

TAKEN JUST COMING INTO THE MALL AT MILE 25.



BHUTAN THUNDER DRAGON HALF MARATHON 2017 AGE 62. WINNING THE RACE OUTRIGHT.



'I'D NEVER WANT TO GIVE THIS UP'

Kevin Harold, 63, from Devon

IN THE 1970s, as a young boy, I discovered Bruce Lee and got into karate. As I got older, I realised that fighters used running for training. Bruce Lee used to run three miles a day. So I thought, if it's good enough for Bruce, it's good enough for me. I would run to training and back.

Bit by bit, I started to be less interested in martial arts and more in running. Of course, back then I was doing it in a pair of Hi-Tec trainers from Woolworths. When I got more into it, I think I had some of the brightest kit that anyone could see. I was probably influenced by Mr Motivator!

I run with my daughter now. She wasn't a runner as a kid, but now it's become her sport, too, and I also run with one of my granddaughters.

Nowadays, I do my long run on Sundays with my daughter, and we've both noticed that on our routes, if we see 10 people, I would say six of them will be women running and four of them will be guys cycling. That's a real change.

What keeps me running is the feeling. I'd never want to give this up. The elation, the feeling you get from it. I'll be out for work, and I can just put my running shoes on, go out, and come back a different person. You can't explain that, or do that feeling justice.'



THE KIDS CAN SEE WE WERE OUT THERE AND PICK UP THE MANTLE

Mark Durrant, 58, from London

1 BEGAN BUYING *RUNNER'S WORLD* right at the beginning and read it month in, month out. I did my first marathon in 1994, just using the advice in it. I wasn't in a club, and everything I learned about injuries and so on was from the magazine.

Eventually, I found a friend to go running with, and slowly but steadily I became more and more interested. I began buying the trainers – back then, it was Green Flash and cotton T-shirts and vests – and started looking after myself. But don't ask me how fast we went, I have no idea! I just had an old Timex watch, not the Garmins and Coros you have now.

Around 20 years ago, my quickest marathon time was 3:38, but I didn't know that was quick. Nowadays, you have chip time, but that was gun time and in those days at the London Marathon, you were hanging around to cross the line after all the hippos and the rhinos.

I've always been a solo runner, just enjoying the sights. But now I realise that running in groups is a much nicer vibe. I did my first ultra this year, the Camino Ultra 50K. I've realised over the years that my body prefers endurance over speed. With trail ultras, as you get older, it's easier on your body with that softer ground instead of pounding the concrete.

Recently, I got released after 30 years in work. It's hard. I left school, started my apprenticeship and I've worked ever since; never known unemployment or the Jobcentre. Then one day you wake up and you don't go to that building any more. Well, one of the things you can do is go out for a run. And you appreciate life that much more.

Now I'm involved with Black Trail Runners and, recently, we had a proper event for the first time. When you look at the figures as best you can, it's only about 0.7% Black and brown people on the trail. Maybe it's one thing outside the big cities, but if you're from London, Birmingham, Manchester... that's not representation. At my running club now, it's 180 people, and 95% are all from one demographic: white middle class.

I don't want to leave because, yes, I could join Run Dem Crew or the Black Cyclists Network, but that shouldn't need to be the case. But we're going to have to try our best to increase that, so the kids can see we were out there, and they can pick up the mantle. Someone has to start. Maybe it'll take another 30 years, but you've got to start somewhere. Representation matters.'

WHEN I'M RUNNING... LIFE IS JUST BETTER'

Chris Carse Wilson, 41, from Dundee

'AS A WRITER, my running and my writing have always existed in parallel. I've been running for 30 years and I've been writing for 30 years. I've always used them both to manage my mental health and the challenges I have with anxiety. It's all linked to being autistic, which isn't something I had any conception of until a year or two ago.

The Junior Great North Run was probably the first event I ever did, when I was about 12. Then I joined a club and ran with them through my teenage years. I loved it but, in my twenties, with work and other stuff, I fell out of competitive running. I did the odd half marathon, but only really came back to club running in my mid-thirties when I joined Dundee Hawkhill Harriers and went back to the track. It was hard – it's so much harder when you're older.

Since Covid, though, I've just been focusing on enjoying it, because I have a terrible habit of overdoing it. The past couple of years, I've run without a watch. Running in nature has been the most important thing for me.

Without really realising it until I was older, running has always been a sort of preventative medicine for me. The times in my life when I'm running, I'm happier and healthier – more in control. Life is just better full stop. It's not that I go for a run and methodically work through things. It's the opposite. It's letting go of language, stepping into a wordless space where you're free – detached from your worries or concerns, or more detached than you might be otherwise.

I think that applies wherever you run, whether it's city streets or forests or mountains. I think that if at any point in our life, we introduce some running to it, that's going to make things better. There's a wonderful community waiting to welcome you to parkrun or a club or whatever it might be. It's just there for any of us to embrace at any point. And it doesn't need to be one version throughout your life – it hasn't been for me. Running is always there for all of us to take what works best for us.'

Chris Carse Wilson's debut novel, Fray, is out now



IMAGES



WHEN YOU START, IT'S PBS... THESE DAYS, I'M GLAD I CAN STILL PUT ONE FOOT IN FRONT OF THE OTHER'

Lesley Bowcott, 79, London

'MY HUSBAND USED TO GO for a run when he got home from work and, with my 40th birthday looming, I thought I'd give it a go, as I hadn't done much exercise since school. I'm lucky enough to live near Wimbledon Common, so I just set off... and that's how I fell in love with running, particularly crosscountry. Soon afterwards, I joined two wonderful, friendly clubs – Wimbledon Windmilers and Veterans Athletics (Vets AC).

The high point of my running career was being selected to represent England in the Women's 65+ category at the Home International Cross Country in 2009. It was held in Birmingham and the weather was horrendous – driving rain and a gale-force wind – but this played to my strengths and I managed to win my age group, and my team was also victorious.

Up until now, I've been very lucky with injuries – nothing's stopped me running for long. For the past two years, I've been plagued by a knee injury, but I'm on the mend and back jogging. I had thought seriously of hanging up my competitive boots, but I know I'd miss the excitement at the start of a race and the camaraderie afterwards. So I was pleased to learn that the masters international championships next year are starting just after my 80th birthday. I felt my competitive juices rising – such a wonderful incentive to get going again, these champs are such fun.

My relationship with running has definitely changed over the years. When you start out, it's PBs practically every time you race. These days, I'm just glad I can still put one foot in front of the other. My favourite run is still a fartlek in Richmond Park on a lovely spring morning without worrying about time or distance. Running has given me a tremendous interest in life. I've met all sorts of people I wouldn't normally have met – we are a very friendly crowd.'

'RUNNING HAS BEEN FANTASTIC TO US'

Jeanette, 69, and Jeff Pierson, 73, from West Yorkshire

JEFF: 'We first got into running because of our next-door neighbours. The local paper had organised a fun run and my neighbour said to me, "Are we to do this, then?" I said, "Don't talk daft!" But he said, "Come on, we'll have a bit of fun." So we started going out training before work. JEANETTE: 'And I started going running with his wife. Our children were 12 and 10 then. About two years after we started running, I found out I was expecting Matthew. That was in 1985 and I dropped out of running for about a year, but got back into it again. I joined the ladies' running club, and a couple of girls there had run a few marathons, but in those days, you didn't see a lot of women like you do now. JEFF: 'I joined Holmfirth Harriers and we didn't have many female members. We didn't encourage ladies because we didn't have the facilities – we only had men's showers! But then we got a lottery grant and better facilities.' JEANETTE: 'I joined the club, too, and helped out with the younger ones, taking running groups. Then I became ladies' captain and Jeff was secretary. Matthew joined when he was seven. We were going to cross-country races, and all three of us would be in the event in our own age groups. Matthew became the men's captain at the club. His PB at the London Marathon is 2:22, and he's won lots of local races.

Watching the marathon now, I think, "I don't know if I could do that any more." I've done 18, though, and Jeff's done 12. We like the half marathon – it's a much nicer distance and you recover much quicker. Back then, we didn't have any of the gels and the food they have now.

We gave up competing for a bit, but then Matthew did a parkrun at Bushy Park when it had all started. He told us we should do it. I've done over 300 and Jeff's done over 380. Running's been fantastic to us, we've made so many friends.

We're not fast now, we just do it to keep healthy. After all this time, our eldest two have got into running, too! Beverley started running just before her 40th birthday and has now run three marathons. Then Andrew decided he couldn't be the only one left out, so he just did his first marathon.

Looking back, we see how much it's benefited us healthwise. It's one of the best things we ever did in our lives.'





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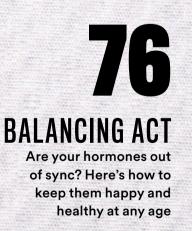
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COACH

REACH your PERSONAL BEST



ENDURING WISDOM

Some training advice is so good it has stood the test of time – while some hasn't aged so well

OVER THE PAST 30 YEARS, we've seen huge changes in the running world - it's gone from a sport focused on club runners to a much bigger and more diverse community, with access to a greater range of competitive opportunities. Running has shifted from being a specialist and niche activity to one where major brands recognise opportunities to communicate both sporting and lifestyle products. But the act of running itself, putting one foot in front of the other, is as simple as it has ever been. So, as we mark 30 years of Runner's World, let's look at some of the timeless wisdom that still holds true today, and is continuing to help runners to move forwards, further and faster – and some that's fallen by the wayside. By following the timeproven running approaches and avoiding the ineffective or outdated ones, you can enhance your performance, stay injury-free and enjoy the sport for years to come.

TIMELESS TIPS

D1 Better together From the thriving club athletics scene of the 1970s, 80s and 90s to the more diverse mix of clubs, groups, crews and social media communities of today, the benefits of group training have stood the test of time. Over the past 30 years, academic research has supported the benefits of group training, with evidence showing that social cohesion can improve performance and impact your perception of effort as you train. Add to this the fact that the social side of running will encourage you to stay in the sport for longer, and we can say for sure group training is here to stay.

19 Onwards and upwards

UZ Hill work has been a key part of a runner's training mix since the time of pioneering coaches such as Percy Cerutty and Arthur Lydiard in the 1950s and 60s. To this day, training on hills, from very short sprints to more sustained efforts BRIGHT IDEAS When it comes to running, some things don't change on undulating routes, is central to the training plans of many of the world's best athletes to build strength, increase the intensity of their running and to prepare for hilly races.

Ace of base

UO The concept of building a 'base' would be as familiar to runners 30 years ago as it is now. The methods and approaches we use to do this may have changed, but the broad principle of building a strong foundation of endurance with easy and steady running before progressing to harder and more specific sessions absolutely holds up to this day.





COACHING TIPS TO HELP YOU RAISE YOUR RUNNING GAME



BY TOM CRAGGS

Steady progress

Progressing gradually is key to building endurance and preventing injuries, and it always has been. Starting training with shorter distances and slower paces, then gradually increasing the frequency and duration of your runs, and in time the intensity, is a sensible process that works for most runners.

Fine form

Maintaining good form to reduce the risk of injuries and optimise your performance isn't new – running drills and a focus on technique have been central to endurance coaching for decades and remain so today. The exercises themselves also haven't really changed – simple hopping and skipping drills as well as paying attention to stride length, cadence, hip and upper-body movement remain the basis of running economically.

The simple life

While this is advice that's stood the test of time, it's also harder to follow than ever before – with far less technology available 30 years ago, runners put more emphasis on training and racing to feel and not overcomplicating what can be a simple sport. Today, while tech such as GPS, heart-rate monitors, new footwear and online training platforms can add to your experience and offer valuable feedback, they can also cause stress and cloud what is important if you don't develop your own ability to listen to your body and run on feel. Get the balance right.

7 Stay strong

Back to the days of Seb Coe and before, strength training, whether that's circuits, gym work or the huge range of exercise classes available, has always been critical to long-term progression. You could argue that this is even more the case now that jobs (and lives) tend to be more desk-based than ever before. Consistently doing two strength sessions a week can have a huge impact on your running and your wider health.

OLD RULES

Here are seven running training approaches that have fallen by the wayside over the years

Seven-day training week

Planning around a seven-day training week would have been the typical approach 30 years ago, and this makes sense given the nature of work and family lives back then. However, the flexibility of modern work and education means runners can plan their training in more flexible ways. Instead of training to cram everything into seven days, if your work and life allow, extending this cycle to 10 to 14 days will buy you more easy days between your harder sessions and reduce the risk of injury or overtraining.

One-size injury advice

One of the biggest changes in the past 30 years is in how we treat and return from running injuries. Runners can go beyond the simple (but still important) advice of rest, ice, compress and elevate. A greater availability of scans and blood tests, as well as wider access to affordable sports medicine and physiotherapy, means runners can get more holistic and individualised advice to support their rapid and sustained return to running. If you're injured, don't just rest, get active and get a plan to resolve it in the long term.

Fasted training

A concept that hasn't completely disappeared, but one that has a much greater level of nuance now. Running in a fasted state will likely have limited benefit for most athletes, while increasing the likelihood that you'll feel flat on your runs, limiting recovery afterwards and, in time, may lead to an increased risk of injury.

Overemphasis on the physical

While we still primarily focus on the physical aspects of an athlete's

performance, we recognise more now that this could undervalue other important factors, such as psychological, social or skill-related aspects of running. More research has led to a better understanding that performance needs to consider more than just the running training you're doing. Runners should now consider their mental-skills training, their tactical decisions (such as pacing) and how to balance fitness with their life outside of running as a key part of their overall training mix.

Static pre-run stretching

Static stretching before a run has been shown to reduce muscle power and may increase the risk of injury. Today, for most people, we recommend dynamic warm-up exercises, such as drills that mimic the movements of running.

Only running

While we still know a good volume of running can be an important part of progression, we now advocate incorporating cross-training, such as cycling, swimming or the elliptical cross-trainer, into your routine to improve overall fitness, prevent overuse injuries and strengthen different muscle groups. So while volume is important, we perhaps aren't as hung up on weekly mileage as we once were.

Overspecialisation

For younger runners, we better understand the importance of mixing endurance running with other disciplines, such as sprinting, jumping and throwing, and engaging in a wide range of sports and non-sporting activities to help long-term progress. Even for adults, mixing sports can improve your overall athleticism, as well as ensuring your passion for running doesn't burn out.

Tom Craggs is a coach and road running manager for England Athletics



THE WINNING FORMULA THE KEY QUALITIES OF SUCCESSFUL RUNNERS

BY JO PAVEY

I'M PASSIONATE ABOUT RUNNING. Because of this, I've rarely had a problem with motivation during my career. But I've definitely gone through some difficult phases. During these times, I found that concentrating on a specific goal and having a clear plan gave me focus. And sometimes, setting a completely different goal is what's needed.

This was how I felt when I decided to run my first marathon in London in the spring of 2011. At the end of

2010, I felt a bit flat at the prospect of facing another hard winter's training after having to pull out of the European Championships earlier that year.

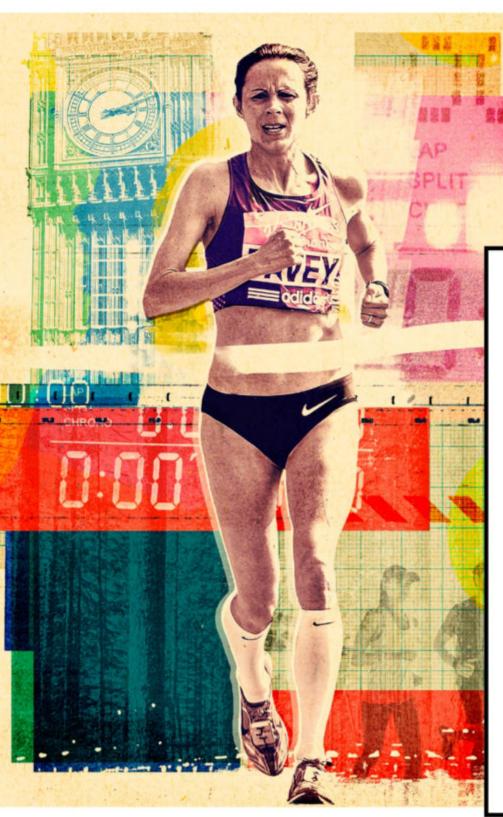
I'd experienced the joy of having our first child, Jacob, at the end of 2009 and, among the busyness and happiness of a new baby, I'd qualified for the championships and even travelled to the team training camp. But I got a foot injury just before the races, so didn't get to use the fitness I'd gained. Having a new goal to focus on made me feel much more excited to work to return from the injury. And being able to soak up the atmosphere of running London made it worth it.

I've always enjoyed goal-setting and have found that setting smaller goals along the way, such as target times in training or other races to monitor progress, helps maintain my motivation. Gav, my husband and coach, and I would work out target times for interval sessions and I'd enjoy the challenge of trying to hit them. Sometimes I'd feel nervous beforehand, but I'd feel happy if I did it, knowing they were stepping stones towards a bigger goal.

Although my athletics career is behind me, I still

Motivation

Nurturing my desire to run helped me get through flat periods in my career



like goal-setting and continue to run for many reasons. I enjoy the benefits to mental wellbeing and I love to get out into nature. It really allows you to embrace a love of running, so try to go to beautiful locations to run if you can.

I also love the social side and enjoy meeting up with other runners at events. Planning to run with others is a great motivator, as you won't want to let them down. It's also a great way to make friends and work towards

fitness goals together. On days you're struggling to get out for a run, remind yourself of how much better and more positive you'll feel after you've done it, and remember all the reasons why you run. Above all, be kind to yourself – an off day isn't the end of the world; resting could do you good, especially if you're feeling tired or stressed.

JO'S TIPS

SET A CLEAR GOAL / When setting your goal, try to make it a clear one so you know what you're aiming for, rather than just 'run faster'. It should also be realistic, so you don't feel overwhelmed.

HAVE A PLAN / It's helpful if you can write a detailed plan that works back from your goal, as it gives each workout a specific purpose.

MAKE IT A HABIT / Getting into a routine is helpful, as you don't have to think too much about doing the run.

VARY YOUR RUNS / Plot a route to explore a new area or try a different session. Fartleks are a fun way to mix up pace and effort on a run.

......



YOU'VE RECENTLY STARTED

to run with more ease and efficiency.

You see people floating along looking

ask yourself, how are they doing that?

individual way of running and should

run the way that feels most natural to

their body, but here are a few simple

Run tall

reminders that can help along the way.

'run tall' or run as if you have a helium

your body up and forwards at the same

lifted and your upper body in a straight

balloon attached to your head, lifting

time. This means having your head

line, not bent forwards at

your hips or hunched

at your shoulders.

It also helps to

look ahead at

something in

the distance,

rather than

the floor

directly in

front of you.

I'm sure you've heard the term

as if they're gliding effortlessly and

Of course, everyone has their own

RUNNING and perhaps you're

wondering what you can do



A FRESH TAKE ON MAXIMISING YOUR RUNNING ENJOYMENT

BY CORY WHARTON-MALCOLM

FORM: A PLAN

Everyone's got their own running style, but here are some cues to help you run more smoothly

D2 Relax your upper body Keep your shoulders nice and loose – if you feel them creeping up to your ears, drop your arms, shake them out and do a little reset. When running, your arms should be bent at about a 90-degree angle, swinging backwards and forwards, not across your body. Your hands should be relaxed, as if you were holding a crisp between your fingertips – too much tension in your hands can lead to tension in your back and shoulders.

Engage your core UJ The core muscles in your abs and lower back provide the foundation for every movement you make. Therefore, keeping your core engaged when you move helps you to run tall with a good posture and helps your legs move freely and efficiently. Find the sweet spot - braced just enough so you can still breathe easily. I think of it like this – there's the 100% engaged core for taking punches and there's the 25% engaged core for avoiding being tickled by your partner. You want the latter.

Balance your hips

Strong and balanced hips help you to run more efficiently, giving you more stability, power and drive. As you run, try driving your hips ever so slightly forwards. It takes time and practice, but it's important because if your hips aren't doing what they're supposed to, your legs won't be able to access the power needed to help you run with strength.



Cory Wharton-Malcolm is a coach and founder of TrackMafia. @bitbeefy, @trackmafia_



TRAINING

Focus on your feet

UO Your feet should land gently where it feels most natural, whether that's on your forefoot, midfoot or heel. The aim is that regardless of what part of your foot you land on, you land with them as close to beneath your hips as you can. Your foot landing too far in front of you is called overstriding and I liken it to being in a car and pressing the brakes and the accelerator at the same time – you'll continue moving forwards, but you're slowing yourself down, wasting energy unnecessarily and putting extra strain on your knees, hips and lower back.

Quick steps

A great way to help lessen the risk of overstriding is to try to increase your cadence or stride rate – the total number of steps you take in a minute. You can try fast feet drills – imagine crushing grapes under your feet using rapid, small steps. You can also use a metronome app set to your desired cadence, or run to music with your desired beats per minute (bpm). Many of us run between 150bpm and 170bpm, so if the goal is to pick it up, I'd aim for a 5% increase. When I started working on mine,

I tried drum and bass, which is around 175bpm, and I tried to hold it for one minute each time, then two and so on.



Your body in balance

Why paying attention to your hormonal health is critical to your running and overall wellbeing

WHEN I RUN A workshop on sports nutrition, if I ask the question, 'What's the role of nutrition in performance?' I'm usually met by the answer, 'Fuelling and recovery.' While this isn't wrong, it's a small part of a wider picture, and shows me how much we've simplified the role diet has on your body. The key role of nutrition is to allow the body to function and perform optimally in all aspects of life, not just running, but few of us stop to think about the intricate processes that allow this to happen.

Physicist Brian Cox defined the human body as a series of chemical reactions, and I'd agree. The majority of these reactions work on feedback loops to ensure that our internal physiological environment remains balanced. Your body is an ecosystem that requires constant tending to, attention and understanding.

Many of these chemical reactions involve hormones. Hormones are chemical messengers that are made by specialist cells within endocrine glands, and they are responsible for your body functioning correctly. When you think about hormones, oestrogen and testosterone might come to mind first, but while they are important for reproductive health, they are only two in a long list. Others include insulin, leptin, cortisol, growth hormone, thyroid hormones T4 and T3, and melatonin. They play key roles in your body - such as regulating sleep, optimising bone health, maintaining metabolic function, appetite control and ensuring adaptation from training.

Thus, maintaining hormonal health is central to your body's performance,

and understanding how to harness the benefits of these amazing chemical messengers can help you to meet your full potential in and out of training.

Energy availability

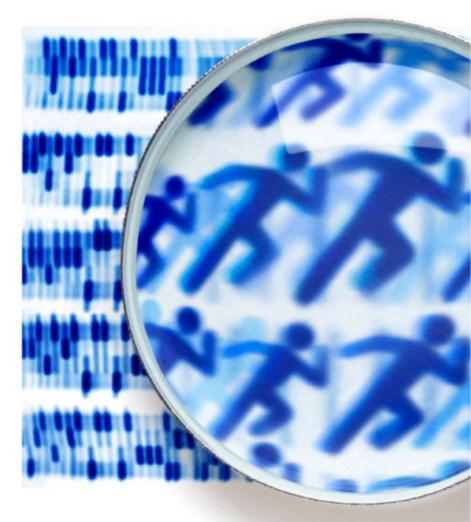
Modern society tends to emphasise the message 'move more and eat less'. However, studies have determined that the body is biased towards energy balance, meaning that very active people need to 'move more and eat more' to see performance benefits from training. Energy availability is the energy left over for biological functions once the energy cost of movement (such as running) has been subtracted. Therefore, if you don't eat sufficiently to meet both of these demands, your body turns on compensatory behaviours that result in the down-regulation of metabolism and hormonal function, which has negative implications for your health and performance. But how do these requirements change as you move through your life?

Hormones in adolescents

Adolescent runners have high energy requirements as they are going through growth, development and puberty. One of the key concerns with this age group is not meeting their energy needs and delaying puberty as a result.

In females, if menstruation has not started by 16 years of age, it's known as primary amenorrhoea and shouldn't be ignored. Adolescence is when peak bone mass occurs, but if there are disruptions to energy intake, growth and the onset of menstruation, there can be severe consequences.

Oestrogen (and testosterone in males) is a key component for optimal bone health, along with sufficient energy, calcium and vitamins D and K. When primary amenorrhoea occurs in females, they are at high risk of lower bone density and thus developing stress fractures. In fact, a common observation among young athletes, especially females in their early twenties who have or had primary amenorrhoea, is that this is a common time for them to develop



A CLOSER LOOK How can you stabilise your hormones out of your trainers? their first stress fracture. For some, it can lead to a path of repeated injuries and inconsistent training.

Cycle tracking

It's important to recognise that having a period is a barometer of health – it's basically an indication that conditions are optimal for pregnancy to occur. However, a woman's period is more than just a reproductive portal. As we have already seen, delayed or no menstruation can have serious consequences for bone health and increased risk of injury. On top of this, oestrogen is important for our cognitive function, proprioception, balance, heart health and mood.

A normal menstrual cycle is defined as anything between 23 and 35 days. The main things to be aware of are changes to your cycle, such as the cycle length getting longer or shorter, flow getting lighter or heavier, the number of days of your cycle changing or your cycle stopping (secondary amenorrhea).

Any deviation from your normal cycle shouldn't be ignored. Nutrition intake and timing (especially in

FOOD TO GO **EXPERT NUTRITION ADVICE TO FUEL YOUR RUNNING**





runners), changes in volume, training in perimenopausal women, but there's load and body composition can all solid evidence to back up regular interfere with your period, so tracking exercise as a way to mitigate against your cycle and being aware of changes some of the more unpleasant aspects can help ensure you're staying on of menopause, such as hot flushes, top of your fuelling and training. as well as for healthy ageing. Having a regular cycle also shows Many women going through that the rest of your hormones are

working in synergy. This includes

growth hormone and testosterone,

muscle mass and ensuring you're

making progression from training.

taking the oral contraceptive pill is

One point to highlight for those

that, while every woman has the right

disguise or adjust your natural cycle,

so you won't necessarily know if your

training and lifestyle are impacting it.

transition) begins several years prior

in some cases and can last anywhere

Perimenopause stops at menopause, when the ovaries no longer produce

Women can start to see declining

eggs and oestrogen levels are low.

levels of oestrogen from around the

several important functions relating

age of 40 onwards. Oestrogen has

to body composition and physical

performance, which is why women

in this age group are recommended

hormone replacement therapy (HRT) to relieve symptoms.

To date, there are no

studies that specifically

look at athletic performance

from several months to 10 years.

to menopause. It usually starts in a woman's forties, but can start earlier

Perimenopause and beyond

Perimenopause (or menopause

to it, most hormonal contraception will

which are essential for building lean

perimenopause experience changes to their body composition and decide that the only way to combat this is through restrictive diets and cutting down on or removing carbohydrates. But recent research shows the opposite - declining oestrogen levels mean that the female body is no longer efficient at using fat for fuel and so becomes more reliant on carbohydrates.

So carbohydrate intake, especially in women who remain physically active, is critical for performance and energy levels, which you may struggle with during this phase of life.

In addition, there's a link between carbohydrate availability and thyroid function. When carbohydrate intake is reduced too much in females, it can result in a down-regulation of the thyroid gland and thus a slowing of the metabolism, impacting body composition and energy levels further.

During perimenopause, bone health becomes a real concern as declining oestrogen levels reduce protection. If you're in this phase of life, try to ensure sufficient vitamin D and calcium intake, take up resistance training and consider using HRT to prevent further loss.

Renee McGregor is a leading sports dietitian with over 20 years' experience. reneemcgregor.com

CARBOHYDRATE INTAKE IS CRITICAL FOR PERFORMANCE AND ENERGY LEVELS'

STRENGTH FOR MASTERS RUNNERS

It's strongly believed that muscle mass and strength decline with age. They generally peak between 20 and 30 years of age, then begin to decline between 40 and 50, which speeds up when you reach 70. And yet, we have seen great strength in runners who are well into their fifties.

Resistance train

One key finding across all masters age groups is that the rate of decline in muscle mass is linked to physical activity, with inactive and sedentary peers experiencing a more rapid downturn. Resistance training seems to be pivotal in maintaining mass, so the addition of two or three sessions a week, perhaps replacing one or two runs, can reap huge benefits.

Get enough protein

Ensuring there's enough protein in your diet will help to slow the decline of muscle mass. Those eating between 1.8g and 2.2g per kilogram of body weight have been shown to maintain 40% more muscle mass than those with a low intake. A higher muscle mass means you are metabolically active and have an improved body composition.





KEEP THE Fire burning

Consuming enough carbs is crucial on your run, but is also key to recovery, says sports scientist Ross Tucker

AN ARMY MARCHES on its stomach, and runners train on theirs. When you run, your fuel supply is either carbs or fat. During recovery, your fuel choices are even more key.

You might be aware of how crucial carbs are during a run, but perhaps you're less aware of the importance of carbohydrates for recovery and adaptation. Remember, if you don't recover, you can't adapt, so what you do after you train can impact the overall benefit of that session.

The carbohydrate contribution to recovery happens in two stages. The first (and perhaps most obvious) one is what happens after you've finished running. On a run, you're powering your muscles with an energy-carrying molecule called ATP (adenosine triphosphate) that comes from the metabolism of fats or carbohydrates. The relative contribution of these different 'fuel tanks' largely depends on the intensity of the run – your 5K at best effort is powered primarily by carbs, whereas your slower recovery runs and longer training runs are mostly fat-fuelled.

Energy and recovery

After your harder and longer runs, your carb stores may be almost depleted. There's ample evidence to suggest that if you don't replace them, your ability to adapt to training will be affected, and you'll overtrain sooner, on a lower 'dose' of running than you might have if you'd replaced the carbs.

In a study of cyclists, those who ate a diet higher in carbohydrates (8.5g per kg of body weight per day, or 680g for an 80kg cyclist) were 'protected' against the effects of fatigue during a programme that was designed to cause overtraining. Cyclists who ate a diet lower in carbs (5.4g per kg or 430g for an 80kg cyclist) saw steeper



declines in performance. What's more, the effect of fatigue during a time trial impacted the high-carb group less than the low-carb group.

The lesson – reinforced by other studies, which have also found that mood and emotional state are worse on low-carbohydrate diets – is that your training programme will be far more effective if you pay attention to nutrition, and to refilling the tanks after they've been depleted.

The next thing to note (and this is the part that you may not recognise) is that your carb intake while running also accelerates post-run recovery. Muscle damage is one metric that's especially important for runners, so with chronic high-training volumes, it becomes quite a good barometer for

CONSUMING CARBS DURING A RUN WILL JUMP-START YOUR RECOVERY

training status. Overtrained runners often have achy muscles, even at rest, because they're permanently in a state of mild damage. Research has found that muscle damage is reduced when carbohydrate intake is higher during exercise, which shows that carbs may have a protective effect.

Ensuring that you don't become depleted of carbs can also protect you against overtraining, as it alleviates pressure on the sympathetic nervous system. As a result, your hormonal system – which is responsible for driving energy supply to the muscles – gets some reprieve. It means that your harder or longer runs are less physiologically stressful when your carbohydrate intake is higher, so you'll recover faster from them.

Practical problems

But eating carbs on a run is tricky. Cyclists have it easier; they can carry litres of fluid on their bikes, so 40g to 60g of carbs per hour on a three-hour ride is relatively straightforward. But with running, the practicalities may be more limiting than your physiology. And recently, there's been a shift towards trying to ingest even more carbs during exertion. Fortunately, while Ironman triathletes, cyclists and others are now aiming for 90g to 100g of carbs per hour, it's not necessary for you to worry about hitting those levels.

What about elite marathon runners, you may ask – aren't they also heading that way? For example, the group involved in both two-hour marathon attempts (one unsuccessful, the other successful) experimented with this, and would likely credit higher carb oxidation for Kipchoge's sub-twohour marathon (but the shoes should probably take more of the credit).

But these are elite athletes, whose fuel use is absolutely enormous because they're running at such high intensity for over two hours. That, it's safe to say, is not what we mere mortals do in a marathon. Our intensity is low enough that fats provide a very large proportion of our energy, and we don't need much more than 40g to 60g per hour of carbs. That's not too hard to get in, provided we have access to fluids or gels, like the ones on this page.

That said, if you're aiming for a new marathon PB, it would be worthwhile to practise fuelling with more carbs and try to get accustomed to 90g per hour, because supplying energy at that rate may be the crucial factor at the end of your race.

The bottom line is that you must prioritise replenishment. If you're doing longer sessions – or harder sessions such as intervals, which burn carbs at a faster rate – then consuming carbs during a run will jump-start your recovery. It's a simple habit to implement that will allow you not only to train harder, but also to recover faster and more effectively, which compounds the training benefit.

Professor Ross Tucker is a world-leading sports scientist and the co-host of *The Real Science Of Sport Podcast*. Follow him on @scienceofsportpodcast.

<u>CARBS ON</u> THE GO

What's the easiest way to fuel up during a run? Here's how to work out what your body needs

SPORTS DRINKS

Most ready-made sports drinks on the market contain between 7g and 9g of sugar per 100ml. So if a drink has a carb content of 8g/100ml, then the target of 60g per hour would require you to drink 750ml of it every hour.



But if you're aiming for 90g per hour, to maximise fuel delivery to the muscles, you'd need to drink almost 1.2 litres every hour. See the problem? You may need a more carb-concentrated drink, but they come with the risk of stomach issues. And that's why the mixtures of carbs that provide both glucose and fructose are safer than fuel sources that are just one or the other.

But don't fear, 60g per hour should be more than adequate for you. In fact, 40g for the marathon intensity will probably suffice, and that means you only need 500ml of your sports drink every hour. Powdered drinks also provide similar carb levels.

ENERGY GELS

Gels are variable; however, most contain between 18g and 25g of carbs, so you're looking at two or three per hour. Because gels are very concentrated, you'll need to dilute them with water



to avoid stomach issues – between 200ml and 300ml of water per gel should do the trick.

These methods all end up with you consuming around 60g per hour, together with 600ml to 800ml of water. But if you're going hard during a race, you may need even more. Remember that you need to practise increasing your levels before the big day, just as you work on every other element of your training. GIVE YOURSELF THE EDGE

A step beyond

Running tech has taken some pretty stratospheric leaps in the 30 years since RW first hit the shelves, but we reckon there's still room for the appliance of science to enhance our experience a little more. Here are 30 running inventions we'd love to see in the next 30 years...

WORDS: ALI BALL; KATE CARTER; ANDY DIXON; JOE MACKIE ILLUSTRATIONS: FRAN PULIDO

01/ ClimaBubble

1

For die-soft fair-weather runners, this transparent and flexible cocoon maintains perfect conditions in your personal running space as you move happily through whatever inclement weather the external elements are serving up. The sizeable upfront cost of the ClimaBubble is easily earned back by not having to buy running gear for all eventualities.

GEAR RUNNING INVENTIONS

02/ Trailba Xtreme

From the people who brought you the Roomba robot vacuum cleaner, this robot trail cleaner is a much quicker and more manoeuvrable outdoor version that goes ahead of you, removing mud and dog poo from the path of your precious new shiny shoes.

03/ iPhone Zombie Killer

Fed up of real-life iPhone zombies veering in front of you while glued to their screens as you innocently try to stick to a straight line on your run? With this new Bluetooth-enabled gadget, an area of 10 square metres around you will automatically lose mobile signal, and all phones in the vicinity will turn themselves off. Also handy in non-running social situations with obsessive phone scrollers.

04/ Adapta-Sole

An intuitive, adaptive outsole tech that senses the underfoot surface and reconfigures to provide the perfect traction. The Adapta-Sole will switch smoothly from road modes (wet, dry, ice) to trail lugs and even track spikes without you having to break your stride.

05/ RunChatBot

For use in all those tedious conversations with would-be smart-arse non-runners, this nifty slice of AI uses an avatar of you to deal with all the standard nonsense (eg, 'It'll ruin your knees...') they throw at you with a raft of relevant science and a slightly smug air. So, you're left free to chat to someone infinitely more interesting. (Quite possibly a fellow runner.)



06/ FuelDrone

A personal refuelling and rehydration drone that follows you during races, swooping down to hand you the precise amount of required drink/goo at precisely the right time. No more shoving gels into your waistband or jostling at aid stations as you carb up like a pro.

07/ A Smile In My Shoes VR headset

This immersive virtual reality set-up lets nonrunners sample the joy and endorphins we experience in the very best running moments, so they're motivated to get out and keep going through those hard early miles. Because no matter how hard you try, you can never really explain it, can you?

08/ Dog Futures Radar

Using a very complex algorithm that taps into millions of recorded movement patterns, canine psychology and real-time readings on the proximity of irresistible aromas, this device will tell you what course that darting/ aggressive/oblivious dog is about to take. Also in development: Small Child On Balance Bike Radar.

09/ SunVisor

Not to protect your peepers from the UV emanating from our nearest star when it's in full effect, but to filter the grey into glorious vitamin-D friendly sunshine on those days when the sun is most definitely not coming out to play.

10/ Fear-The-Gear Alert

A browser attachment that sends an automatic notification to a sensible, responsible adult every time you search for running gear that you really *don't* need...

An optional add-on feature blocks your debit card if you attempt to purchase more than two pairs of carbon-plated racing shoes in the same calendar month/year (can be adjusted to budget).

11/ RacefaceLift

Hands up anyone who has ever looked their best in a race photo? Anyone? Thought not... This photo filter digitally alters your race photos, automatically transforming grotesque grimaces and gormless gurning into the perfect personification of cool, calm control.

12/ Race Numbers 3.0

Race numbers that can be ironed on to a vest or tee and then automatically dissolve in the post-race wash (with zero toxic impact), thus elegantly consigning race-morning safety pin faff, wonky numbers and in-race flappage to history.

13/ The Good Coach, Bad Coach app

This customisable AI-powered app is designed to get you out of the door on the days when your mojo has gone awol. Set your own coaching style from bad-tempered drill sergeant ('A bit of rain never hurt anyone, you layabout!') to soothing life coach ('It's fine to miss a day, you're doing just great') and all points in between. ►

14/ Runbot 3000

On days when your motivation has vanished down the U-bend or the diary has conspired against you, the trusty Runbot pops out and logs your miles. On returning, it links to your body and mind to deliver the acquired strength and fitness gains, stress release and endorphins.

15/ Air Max Cush

An evolution of the tech used in skiers' airbags that inflate in the event of an avalanche, the runners' version offers protection when tripping up on uneven pavements.

16/ PaceProd

Designed for masochists who need help sticking to their session plans, PaceProd delivers an electric shock if you start to slow too much on speed days or speed up too much on easy days. No more constant watch checking or listening for beeps, just a helpful two milliamps of current to keep you on track. Also available: the deluxe PaceProdPlus model, which delivers twice the electricity if you try to remove it before vou've reached your target distance for the day.



17/ TransformaTee

Forget dressing for the second mile or stripping off layers when the sun appears. Thanks to a recent breakthrough in expandable/contractable smart fabrics, this kit goes from long-sleeved to shortsleeved, to tank and all the way to singlet based on its built-in sensors' measurement of body temperature, sweat rate and external weather conditions. Also available: TransformaTights to provide similar in-run temperature-triggered tailoring for the bottom half of your body.

18/ iPant

This voice-filter phone app can be used to make people think you're always training by turning your normal speech into staccato gasps. Settings include easy, tempo and speedwork, with corresponding wordsto-air-gasping ratios.

19/ The Sneakoscope

Fed up with being pipped at the finish line by someone who comes out of nowhere and sprints past you to get one place up the rankings? The lightweight Sneakoscope clips to your running kit and will issue an alert only in the last 200m of a race if there's one of *those* runners lurking behind...

20/ FindMy CheerSquad

This spectator alarm alerts both you and the spectator when you're in close proximity to them in big races. It also issues audio instructions to guide you to your support crew. (Eg, 'On the left in 200m, take care to avoid man in Big Ben costume.')

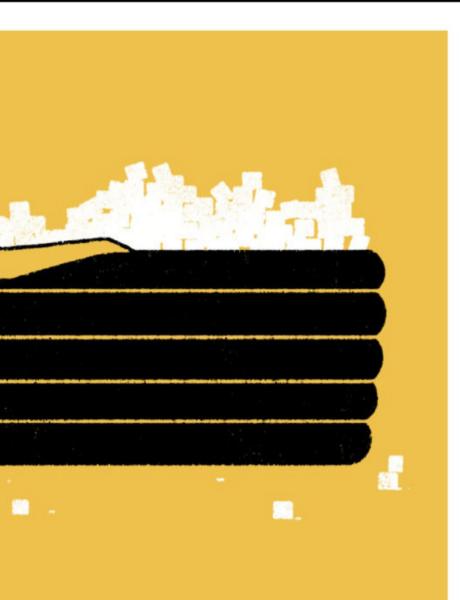


21/ GymBuddy Pod

Made for those who don't have much enthusiasm for regular strength and conditioning work (aka runners). Simply spend 10 minutes in this immersion pod while electromagnetic waves stimulate muscle tissue and deliver the perfect full-body workout to keep you running faster, stronger and injury-free.

22/ Lace It Up

This marvellous new integrated lace and app system will allow you to change your shoes' lacing at the click of a button. Suffering from a sore plantar? Dodgy achilles? Just press the right area on the app and your shoelaces will magically retie themselves in the best way for you. No need to bend over and double knot ever again!



23/ The 'lce Bath' Jacuzzi

Impress clubmates and intimidate rivals as you finish a race and hop straight into your own personal ice bath. It is, in fact, a fully equipped Jacuzzi featuring Perspex ice cubes and an external temperature panel showing 3°C (actual internal water temperature 37°C). Add your own groans and grimaces for full effect.

24/ CholostoGo

An insert for your shorts/ tights that deals with anything your body wants out during a run, instantly vaporising it, odour- and mess-free without you breaking stride. No more PB-wrecking Portaloo stops or desperate searches for public toilets/bushes with modesty-protecting foliage density.

25/ The Injury Reset

Perhaps the greatest invention of them all, this miracle device attaches to the afflicted body part and, at the touch of a button, restores your injured muscle/tendon/ ligament/bone to its pre-injured state. As a thank you for all their years of hard work patching us up, physiotherapists will be gifted shares in the company.

26/ Tee-Me-Up

A running T-shirt that displays how far you've been, how far you're going and whether it's an easy day, so you don't have to feel bad when someone on a speed sesh zips past you on your recovery run.

27/ ElliptiMOW

We know, cross-training can feel like a chore. Well, the ElliptiMOW allows you to combine your crosstraining with getting chores ticked off your to-do list. Powered by your pedalling, this timeand energy-efficient piece of kit mows and manicures your lawn while you get a low-impact, recoveryboosting workout. Indoor vacuuming and floorpolishing adapter kits are also available.

28/ E-Sneak

For days when you don't fancy a hill sesh but the topography is stubbornly up and down, the running version of the e-bike is a pair of shoes that store energy from running on flats and downs to be returned as a power boost up hills. They also allow for 'free-wheeling' down hills so you can take a proper breather free of the relentless quad-bashing.

29/ The Windcheater app

Using feeds from multiple weather forecasting services, local windmills and weather vanes kitted out with smart censors (it's the future, stay with us), this app's custom algorithm will plot you a route that involves the least amount of headwind possible. The special 'speedwork boost' feature will also find you an area of flat ground and a running direction with the biggest tailwind so your rep times will be the envy of your Strava followers.

30/ The SpringShoe

Shoes with seemingly magical energy-returning foam and some superlightweight spring-like plates packed into their gargantuan midsoles that enable you to run faster with less effort. Oh, hang on a minute...



Running gear and gadgets that would have seemed sci-fi in 1993 are changing the way we run right now ActiveLook

02

TECHNOGYM

BACK TO THE

SCREEN IF YOU WANNA GO FASTER: GARMIN FORERUNNER 965

£599.99, GARMIN.COM

While the run-tracking abilities of smartwatches such as the Apple Watch have been steadily improving, the future of specialist running watches is also looking smarter and brighter. The Garmin Forerunner 965 now packs a smartwatch-style high-resolution, 454 x 454 pixel AMOLED touchscreen that's pin-sharp and vibrant. It makes Garmin's growing suite of apps, widgets and smart features such as navigation and music really pop. You'll sacrifice 25% battery life for the pleasure of seeing your run stats in higher definition, but even with the drop off, you still get an impressive 31 hours of runtime using full GPS.

FUTURE VISION: ENGO 2

€329 (AROUND £283), ENGOEYEWEAR.COM

Tech soothsayers have long promised us contact lenses that'll layer information and visuals on to the real world to augment the running experience and improve our performance. But until that hyper-miniaturised tech arrives, Engo's HUD glasses are the best option. These sporty shades let you beam vital run stats from connected trackers, such as watches, HRMs and foot pods, into your eyeline so you never need to take your eyes off the road or the trail. Simple gesture controls make it easy to scroll through customisable dashboards, revealing everything from heart rate and pace to speed, distance, elevation gain and cadence.

01





DESTRUM OF THE 'MILL: TECHNOGYM RUN

£9,480, TECHNOGYM.COM

Treadmills are getting smarter and they're no longer just for running. The new Technogym Run helps you tick the strength-training box, too. At the flick of a switch, push mode adjusts the resistance to simulate pushing a load of up to 55kg to fire up your legs, abs and glutes, improving overall muscle strength and stability. It also has a slatted belt that works to mimic the reactivity and response of the track. Plus, the 27-inch Technogym Live console makes virtual workouts more immersive. Or you can just stick on Netflix.

DRESS SMARTER: PREVAYL

£220, PREVAYL.COM

If you want to unlock your full running potential – and avoid injury – training at the right volume and intensity is crucial. Prevayl's smart apparel might be part of the solution. The tiny, swappable sensor pods slot into your training top and connect to integrated chest strapstyle electrodes, using advanced ECG heart rate to track the real-time load of your sessions. There's also a daily heartrate-variability body check that reveals your 'readiness' to train. You can also set targets for time spent at specific heart rate intensities. Ideal if your plan requires sticking to strict training zones.

TREAD LIGHT: HYLO RUN

£140, HYLOATHLETICS.COM

From manufacturing to disposal, the running world's shoe habit is a problem for the environment. We need more sustainable footwear, and newcomer Hylo is one of the brands hoping to drive change. Its Run everyday trainer not only uses more sustainable bio-based materials, but it also features Hyloop technology to help you extend the shoe's life. A tap of your phone on a small NFC chip embedded in the tongue launches a tool that links you to local makers who can offer repairs. After all, the greenest shoes are the ones you already own.

RACE

LET YOUR RUNNING LOOSE

This question was asked in a pub: 'Do you think we could run from Manchester to Sheffield?' And a new ultra, the Peak Divide, was born...

DIVIDE AND CONQUER

A two-day voyage from Manchester to Sheffield, Peak Divide is a triumph, says David Smyth

EVERYONE'S TALKING ABOUT THE GNOCCHI. We were expecting grand views, sticky bogs and dizzying drops, but no one saw these pillowy Italian dumplings coming, steaming from the back of event co-organiser Stef Amato's van as Manchester gives way to moorland.

It's the first time I've ever had hot food in the middle of a run – and it's a revelation. In fact, the Peak Divide is full of firsts for me. It's the first edition of a planned annual outing from central Manchester to central Sheffield – 41km on day one to the Peak District village of Edale, 35km on day two – with a night's camping in between. It's the first time I've entered a race that, well, isn't a race. It's a 'convoy', they say, with no numbers or timing and the 70 or so participants forging new friendships, not rivalries, as they find their way across the hills together.

The idea was conceived by three friends, who tried the trail together in the winter and were sure that the 'ultra-curious' could cope. Luke Douglas makes energy bars and nut butters with his company Outdoor Provisions, for which this event serves as an unobtrusive promotion; Tom Reynolds is a journalist who makes sport documentaries for the BBC; Stef Amato organises bikepacking trips as the founder of



Pannier.cc. This is a similar concept without the wheels.

Runners drift into Manchester's Track Brewing taproom at 8am on Saturday morning, where we register, collect a goodie bag with complimentary Stance socks and, thankfully, ditch our bulky camping equipment in a van. Everyone's introducing themselves and chatting, instead of what I usually do at the start of a race: glare silently at people wearing faster shoes than mine.

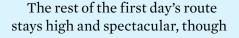
At nine, we all walk to the official starting point, an unlikely monument to a fizzy drink, the Manchester-born former health tonic Vimto. For the first 3km from the giant bottle to Manchester City's stadium, we all jog together, Tom leading the way wielding a large purple flag.

After that, you're on your own except you're not. A handful of 'beacon runners' are there as guides. GPX files of the routes have been shared. Everyone's cruising along the canal path out of the city, dodging resting Canada geese, talking about our love for an activity that means we immediately have lots in common.

After some muddy farmland and the magical oasis that is Stef's food van. we start to climb Kinder Scout. the Peak District's highest point at 636m. The day is grey but dry and the local runners say they're amazed to be able to see the Welsh mountains from the top – apparently you're usually lucky if you can see your own knees.

PHOTOGRAPHY: PEAK DI

/IDE / ELLIOT WARING









The Peak Divide Oner, a single-stage **76K from Sheffield** to Manchester. will take place on 16 September 2023. The Peak **Divide Classic** two-day event from Manchester to Sheffield will be held from 20 to 21 April 2024. Ten places for each are being reserved for **RW** readers. Visit outdoorprovisions. co.uk/pages/peakdivide and use the code RWPD for £15 off your entry.

you're risking your neck if you look up from the constant rock-hopping to check the views. We pass above the 30m waterfall Kinder Downfall and endless abstract gritstone rock formations. My legs are aching. Finally, the sight of various illprepared teenagers in white trainers and thin coats reassures me that the civilisation of Edale can't be too far away now.

At the campsite, there's pasta arrabiata and focaccia around firepits. Looking around, you'd never guess that most of these people only met this morning. It's a noisy, chatty, single unit of tired runners.

I'm sore and starting to plan my excuses for skipping day two. But somehow, after a sourdough and nut butter breakfast, coffee and a slow initial group hike up The Nab, my legs have loosened and I'm elated enough by the lofty, weaving trail to rediscover my mislaid mojo. I'm so glad I did because day two is a cracker, glorious sunshine making Ladybower Reservoir twinkle and illuminating the long escarpment of Stanage Edge.

An interminable boggy section feels like a grim slog after the rock running, and then it's gently down into a string of pristine parks leading towards central Sheffield. Among the casual Sunday strollers we feel

PEAK DIVIDE

like we've just landed from Mars, with our plastered legs and ultrarunner's shuffle.

RACE

We started in a taproom and we finish in another, Sheffield's Perch, which appears to sell every single beer ever invented. Everyone whoops and claps every time new runners appear in the courtyard. It feels like we're all rooting for one another. Someone presumably got back first but no one won. Actually, I think we all did.

The next Peak Divide Classic event will take place from 20 to 21 April 2024

The kit I used

The Peak Divide is an appealing twist on the idea of fastpacking, because baggage transportation means you don't have to run carrying absolutely everything. It's still worth travelling relatively light for a two-day running adventure, though. Here are some of the things I brought:

1000 MILE FUSION SOCKLETS

Double-layered with padded zones, they're super protective for a day on the trails. £14, 1000mile.co.uk

INOV-8 STORMSHELL RAIN JACKET

At 175g, it's lightweight as well as breathable and waterproof, and it stuffs down into its own tiny pocket. £160, inov-8.com

ARTILECT M-DIVIDE FUSION STRETCH HOODIE

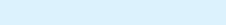
Incredibly comfortable with ExpeDRY ultra dry down, this is perfect for post-run warmth. £320, artilect.studio

FORCLAZ MT900

Made for one, this tent weighs 1.3kg and packs down into a small bag. Simple to set up, too. £159.99,



TREKKING DOME TENT decathlon.co.uk



SEPTEMBER 2023 RUNNERSWORLD.COM/UK 087

STILL GOING Strong: Percy Pud 10k

As *RW* turns 30, we doff our cap to a race doing the same. Since its inception in 1993, this 10K has become a firm favourite

HOW DID IT START?

LIKE MANY of the UK's great races, the idea was first floated in a pub. A member of the Steel City Striders running club had found a site in Loxley Valley that he felt would make a good race HQ, and there was a route along the Damflask Reservoir that would be perfect for a quick 10K. The first Sunday in December was the only good option in a full race calendar, so the organisers decided upon a Christmas theme. These days, December is full of Christmas races, but this was the original, and the first to hand out a pudding to race finishers. The titular Percy was invented by the race organisers who, looking for a good origin story when interviewed on the radio, made up a 'pre-war local runner' who attributed his Boxing Day successes to his scarfing of a Christmas pud.

WHAT'S IT LIKE?

YOU'D EXPECT A RACE on the outskirts of Sheffield to be far too hilly for quick times, but in this case, you'd be wrong. There are a few undulations but the Percy Pud 10K is generally a flat out-and-back on closed roads. The start comes with a bit of downhill, affording most runners a tremendous view of the elite competitors at the front of the pack as they scarper around the reservoir. That means, of course, that you have to deal with that hill again right before the finish.



WHO RUNS IT?

CLUB RUNNERS, CHRISTMAS

enthusiasts, pudding lovers and a few elite runners. Eilish McColgan has appeared four times, breaking the course record three times, in 2016, 2017 and 2019. That 2019 women's record of 31:48 still stands, and was McColgan's PB at the time. If she can clock a PB at the Percy Pud, you can too!

THREE REASONS TO RUN

KICK OFF THE CHRISTMAS SEASON

The Percy Pud 10K always takes place in early December and has become a traditional end to the running year... and the start of Christmas. The atmosphere after the race will be positively festive, especially seeing as a lot of local businesses get in on the act. Pubs along the way will be advertising their Percy Pud specials and thanks to the brilliant team of volunteers, it feels like a community event that welcomes everyone.

RUN WITH THE ELITES

It can often be an underwhelming experience to share a race with elite runners, but that's not the case here. True, they'll disappear into the distance quickly at the start, but on the out-and-back course, you'll see them flying past you after the turnaround – as well as everyone else in exuberant Christmas attire.

THE SCENERY

It's a lovely part of the world here, and you would usually pay for good scenery with back-breaking climbs. That's not the case at the Percy Pud. You have the reservoir on one side and pretty hills on the other – but remember that you really do have to leave some fuel in the tank for that uphill before the finish line. 1 / The start line on Loxley Road 2 / 3,500 runners take part every year 3 / A festive treat waits at the finish line 4 / The route along Damflask Reservoir 5 / Runners hunt for a PB at this fast 10K









On the plus side, however, the finish line atmosphere is fantastic, and you'll hear the support long before you get there. That's worth making one last effort for, isn't it?

WHAT'S NEW?

A VERY SMALL CHANGE was made to the course in 2004 after the previous finishing area was no longer available for use. This change removed a few turns on the home straight and allowed a lot more people to participate.

WHAT THEY SAY

THE RACE DIRECTOR

'The first year I ran it, there were about 300 runners. They upped it a little bit each year. A few years later I joined the running club, the Steel City Striders, and I heard that the race director was going to call it a day and basically there was no one else to take it over. So obviously I put my hand up and I've been stuck with it ever since! Now we have 3,500 runners. We sell out every year. We used to launch entries on a Sunday at teatime, but it got to the point where it was crashing the system within an hour. Now we just announce when it's open, we don't advertise it at all.' – Richard Dunk

THE STALWART

'I've done it 10 times in a row. All the locals come out. All the pubs have music blasting out at you as you're running around, which is really nice. It's just a lovely local race that's ridiculously popular. The local brass band plays at the finish area in a big tent, they play all the Christmas songs. Everyone stays for hours after the race, just chatting and catching up. I think a lot of people, me included, go for a PB because then you think, "Right, I've got my PB, so now I can enjoy Christmas and set a new target for the new year." - Laura Fletcher

WHO KNEW?

BELIEVE IT OR NOT, there are some people in the world who don't like Christmas pudding. So what's the incentive for them to run this race? The good news is that even the unclaimed puds don't go to waste. They are donated to local charities, such as homeless shelters or nursing homes.

WAY BACK WHEN

1993: Manchester United become the first champions of the new Premier League. Actress Audrey Hepburn dies aged 63. Bill Clinton becomes the 42nd president of the United States.

The 30th Percy Pud 10K will take place on 3 December. See steelcitystriders. co.uk/percy-pud-10k





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WYE VALLEY TRAIL RACE

Caswell Wood

Woodcroft

RACE

ROUTE RECCE

0 miles 2

Course Profile

300

200

100

0 m

WYE VALLEY Trail Race

Dave Talbot guides you on a looped half marathon, which straddles the Wales-England border

'We think this race will appeal to all levels of runners, especially those new to trail running as we have three well-stocked feed stations and no cut-off times, so you can walk it if you want. There are only two big climbs, so it's not super tough, and you follow very well-trodden routes throughout. 'The racecourse is an ideal HQ, with enough loos and places to buy drinks before and after. The route is wonderful as you head through rolling forest trails and open fields, with Tintern Abbey a real highlight.'

This year's race is on 2 September. Visit davetalbot.net/wye-valleytrail-race for more information

🜔 START

Runners gather at Chepstow Racecourse, which lies close to the River Wye, the UK's fourthlongest river. There's ample parking and facilities here for entrants to use before and after the race. You set off from the venue along a tarmac path.



River

Wye

Chepstow

- MILE 4.5

After emerging from shady

woodland, you descend into

open countryside before being

greeted by the sight of the ruined

Tintern

A466

St Arvans

Chepstow A Racecourse

- MILE 1

10

To help thin out the pack, there's a slight downhill followed by an uphill climb through woodland trails, which loops you past the main grandstand. You're soon on the Wye Valley Walk, a well-trodden long-distance path that covers 136 miles and meanders alongside the river.



- MILE 2.5

Be ready for a stiff climb where you'll reach 229m (751ft) and the Eagle's Nest (pictured right), a viewing point offering panoramic views of the Wye Valley.



Tutshill

After you cross the river at Tintern, via the disused railway bridge, you'll now have run from Wales into England.



A48

River Severn

- MILE 6

After a second tough climb through woodland, you reach Offa's Dyke, the earth wall built by Offa, the King of Mercians in Anglo-Saxon England to quell the Welsh tribes during the 780s. From here, you'll enjoy views over the Severn Estuary, towards Bristol and beyond.



🛥 MILE 11

Making your way over the river again, you descend from the dyke into Chepstow. You can't fail to be awed by its wellpreserved medieval castle.

🕽 FINISH

You return to the racecourse where you'll be rewarded with a medal and a slice of baklava – the honey, nut and pastry dessert. Chill out to the sound system while enjoying food and drink from the hospitality outlets.

RACE

START LIST

THE START LIST

Our selection of the best, fastest, toughest, quirkiest and most enjoyable UK races this month



Kyles 10 Miles Tighnabruaich, Argyll, 9 September

For those of us who don't live in the Scottish countryside, it can be easy to forget that places like this exist: narrow lanes that wind through forests and along coasts. Your soul-nourishing 10mile countryside race will start in Tighnabruaich, on one of the many peninsulas on the west coast of Scotland. You'll then head southwards through some hills to hopefully give you views of Arran before turning north again, this time on flatter terrain. *kyles10miles.co.uk*

Chiltern Wonderland 50 Goring-on-Thames, Oxfordshire, 16 September

Centurion Running is one of the few race organisers to acknowledge that travel is generally the biggest CO₂ emitter for any race event. For this 50-miler, the start/finish point is perfectly located for train travel – Goring-on-Thames is under an hour from London Paddington. After 1,700m of ascent with a 13-hour cut-off, you might be glad to kick back on a train rather than attempting to fold your tired legs into a car. *centurionrunning.com*

Altrincham 10K

Altrincham, Greater Manchester, 17 September

There are only two inclines of note in this race, and they'll be done by the halfway point. You'll be running on closed roads for all of this, including in Altrincham town centre, so it's also an opportunity to see the town from a different perspective. Plus, participation comes with discounts and offers for local restaurants and businesses. *altrincham10k.com*

DK Mile

Blyth, Northumberland, 1 September

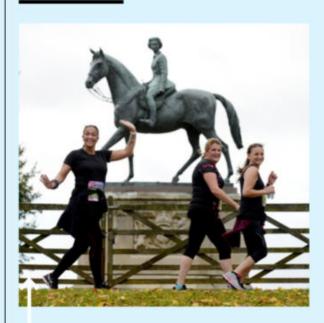
Here's your periodic reminder not to forget about the short races. This onemiler takes place on the first Friday evening of every month from April to September, so this is your last chance in 2023 to give it everything for four to 10 minutes. You'll run on a flat stretch by the beach in Blyth, with only one gentle curve, so you should be able to log a decent time. *dk-mile-monthly-mile-trial. mailchimpsites.com*



Skyline Scotland

Kinlochleven, Highlands, 16-17 September

This weekend of racing offers something for everyone. Events range from 'Britain's toughest 5K', all the way up to the hilly Lochaber 80K. There are also three skyrunning events, including the iconic Ben Nevis Ultra and the Glen Coe Skyline, both of which clock in at 52km – the latter is basically a rock-climbing race with bits of running thrown in. *skylinescotland.com*



Windsor Women's 10K

Windsor, Berkshire, 23 September Love running in green expanses full of trees (and statues of monarchs on horses)? This race is for you. It starts and finishes on the Long Walk, a 4km avenue that stretches from Windsor Castle to Windsor Great Park, and is lined by gorgeous old trees, some of which have been there for the best part of 1,000 years. Plus, your chances of seeing a deer or two are also pretty high – around 500 of them live in the park throughout September and October. windsorwomens10k.com

Cheddar Gorge Road Race

Cheddar, Somerset, 16 September

Choose between a 5K, a 10K and a half marathon at this event. The 5K is a thundering gallop, all downhill from start to finish. The 10K starts out generally flat before meandering downhill from around 3km. Want to brave the half marathon? You'll start at the bottom of the gorge, and the first half is a tough slog to the top before you get to turn around and coast downhill. *relishrunningraces.com*



Waterside Half Marathon

Derry City, Derry, 3 September This event certainly lives up to its name, with a route that's almost entirely along the banks of the River Foyle in Derry. The first half follows the eastern bank northwards and crosses over the Foyle Bridge. You then head south, with everything building up to the final stretch that crosses the beautiful Peace Bridge, landing you back where you started. There are a few inclines, but this is generally quite a flat race, and you can also take it on as part of a three-person relay team. derrystrabane.com

The Treggy 7 Race Launceston, Cornwall,

3 September This seven-miler has a lot

going for it: an unusual race distance, a beautiful course along Cornish country roads, a tough climb up to the village of Tregadillett and then a cruise back down for a finish at the imposing Launceston Castle. Save a bit of leg power and walk up to the castle keep for views of the town, where you can brag to everyone that you just conquered these hills. *launcestonroadrunners.co.uk*

DalesRunner 40

Low Blean, Yorkshire, 2 September

(1)

This trail marathon is a

a lot of uphill, but it's not particularly

incorporating hilly long runs. The race

organiser has great environmental

credentials and schedules its races

for times that are appropriate for the

local flora and fauna, such as ground-

nesting birds. That's excellent news

for this unspoiled landscape.

dalesrunner.co.uk

technical, meaning it's relatively

straightforward to train for by

test of endurance. There's

RW POLL

How important to you is a race's environmental credentials?

3% The top priority

17% A major consideration





Not at all important Based on a Twitter poll

with 162 votes

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Muntjac Trail

Half Marathon Danbury, Essex, 10 September Muntjac are small (1)deer native to Asia that proliferated throughout the UK after, as the story goes, some of the Duke of Bedford's private herd escaped. You may well spot one on this trail, and you'd do well to act like an agile deer on the occasionally steep ascents and technical terrain. There's also a marked Strava segment somewhere along the route that comes with a prize for whoever does it fastest. trailbossrunning.co.uk

Bacchus Wine Half Marathon

Dorking, Surrey, 10 September Our answer to Marathon du Médoc, this run-drinkrun event takes place in the verdant surroundings of Denbies vineyard. Your hydration strategy will be grape-based over 13.1 undulating miles. The food also differs from normal aid station fare, with artisan cheese and mouth-watering desserts. The course profile is such that a PB is out of the question, so eat, drink and be merry as you experience one of the UK's most iconic half marathons. *run-bacchus.com*



Lincoln City Half Marathon Lincoln, Lincolnshire, 3 September

You'll encounter a pretty sharp incline around 8km into this urban half, but you'll also see some of Lincoln's most interesting sights, including Lincoln Castle and Lincoln Cathedral (which overtook the Great Pyramid of Giza as the world's tallest building after its spire was added in the 14th century). You'll then follow the River Witham southwards for a finish in Boultham Park. *lincolncityhalfmarathon.co.uk*

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Steve stays on track with **TURMERIC+ GOLD**

Landscape gardener and former triathlete, Steve Chalk, 60, from Weymouth, turned to Turmeric+ Gold when he began to experience discomfort in his inner right knee.

'The discomfort was especially noticeable at night when I was turning over from my left to right side.' Steve remembers.

'It was starting to wear me down and prevent me from running, which l love to do.

'I was looking for something to help me and I read about the Turmeric+ Gold capsules.

'I was interested that it had helped other people and I liked the science behind the supplement. I thought I'd give it a try, as frankly I had nothing to lose.

After about three months, I was sleeping better, I realised I was no longer feeling the discomfort in my knee.

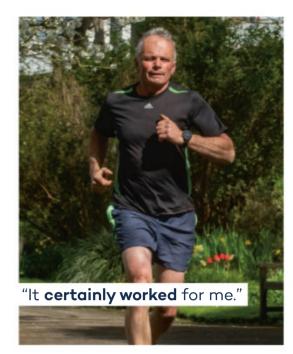
I love my sport and am back to competing in park runs on a regular basis - it certainly worked for me.'

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They also added vitamin C, which contributes to normal collagen



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has also developed close ties with world-leading educational institutions.

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It also comes in an easy to swallow capsule rather than a tablet.

Both versions contain the patented Curcuma Phospholipid Complex which makes them 30 times more absorbable



than standard turmeric.

They also contain vitamin C which contributes to normal collagen formation for the normal function of cartilage and vitamin D, which contributes to the maintenance of normal bones and maintenance of normal muscle function.

'I can't think of a better way to convince people. If they like it, they will stick with it. Tens of

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thousands of customers already do.' says Adam Cleevely, Chair FutureYou Cambridge.





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