

REGULARS

32 News

Diack on the Russian drugs 'crisis'
Venue switch for indoor grand prix

40 Young Athlete

Middle-distance runner Georgia Bell

42 Poster

Vintage RAF Cosford image

82 Dip Finish

Bolt lights up New York's Times Square

ACTION

6 British Athletics Indoors

Jumpers steal the show at the Sheffield EIS as Katarina Johnson-Thompson sets UK indoor record

SPOTLIGHT

22 BBC athletics

Jason Henderson speaks to the head of TV sport at the corporation about its much-discussed athletics coverage

ANALYSIS

26 IAAF World Champs

The history of the men's pole vault

28 Vets rankings

Top road performances of 2014

PERFORMANCE

44 Too much of a good thing?

How to avoid overtraining

46 Bad breath

Efficiently working your lungs

48 Acupuncture

Treating piriformis syndrome

50 Women's injuries

Dealing with common problems

EVENTS

52 Results

Round-up from home and abroad

68 Sainsbury's Indoor GP

A look ahead to arguably the world's top indoor invitational meeting

72 National Cross

Preview of the historic championship

75 What's On

Fixtures for the coming weeks

Cover: Jenny Meadows wins the 800m in Sheffield last weekend (Mark Shearman)

To stay up to date with breaking news in the sport keep an eye on our website athleticsweekly.com



MARK SHEARMAN

EDITOR'S COMMENT

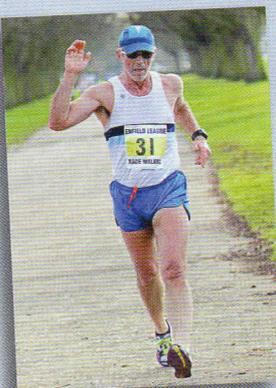
Carry on cheating ...

SO Lamine Diack, the president of the IAAF, has confirmed to the BBC that the Russian drugs scandal is indeed "a crisis" (see *News*, p32). It reminds me of one of the catchphrases used by Sid James, the comedian and actor, whenever he heard anything blindingly obvious. "Get away."

What a carry on this drugs saga is, too. Under the 81-year-old Diack's lengthy leadership the IAAF has presided over one drugs scandal after another. As one reader wrote in our *Your Say* column a few weeks ago, the Russian cheats could not be more blatant if they'd marched into Diack's office in Monaco with a syringe in one hand and two fingers raised defiantly in the other.

The sooner Seb Coe gets a grip of the global governing body, the better.

IF YOU fancy a break from the endless drugs stories in the media, the total antithesis to the Russian race walking scandal could be found in the shape of a 54-year-old from Ilford AC in the men's 3km walk in Sheffield on Sunday. Not only is Francisco Reis (left), the oldest competitor in the history of the national indoor championships but he's one of the coolest (*News*, p32).



The former Portuguese international has lost six stone since making a comeback six years ago and trains for several hours a day on a treadmill at home in London with only his pet cat and TV for company. Last weekend he mixed it in Sheffield with athletes less than one third of his age and enjoyed every second.

Drugs stories dominate the media but, to me, race walker Reis is what athletics is really about.

AW

ATHLETICS
WEEKLY



Jason Henderson,
Editor

AW

The cost of injuries

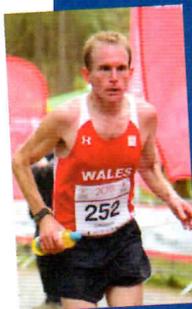
IT WOULD be a shame to see such a great talent as Simeon Williamson disappear from athletics and into what most of us would consider to be the minor sport of bobsleigh.

However, his taking up of the winter sport is a great

reminder of how precarious the careers of athletes are. It is clear from Williamson's Twitter feed that he still loves athletics, but when

injuries prevent you from reaching the top in track and field, you often have to seek another avenue to sporting success.

Paul Halford, deputy editor



WALKS: EX-PORTUGUESE INTERNATIONAL TAKES ON ATHLETES HALF HIS AGE AT EIS

Comeback walker makes history

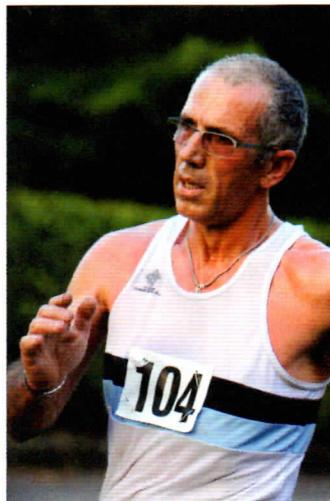
SIX years ago Francisco Reis weighed 18 stone and had not competed for almost 20 years, writes Jason Henderson.

Yet the 54-year-old race walker now weighs under 12 stone and last weekend became the oldest competitor in the history of the British Indoor Championships.

Racing at the Sheffield EIS against a line-up that included seven athletes aged 15-17, Reis was the oldest athlete in the 10-strong field by 28 years, but he finished a respectable seventh in 13:57.91 for the 3km distance as Tom Bosworth, 25, enjoyed a runaway victory at the front.

A former Portuguese record-holder, Reis missed out on selection for the Los Angeles Olympics for his native country by a mere 15 seconds in 1984 and had a similar near miss with qualification for the 1983 IAAF World Championships in Helsinki.

He quit the sport in 1987 and moved to London and is married



Francisco Reis: 54-year-old trains "just as hard as any elite athlete"

with three children – two sons aged 23 and 32 and a daughter age 15 – all of who were in Sheffield to support him.

"I trained two and a half hours yesterday, so wasn't at my best today," he told AW. "This is a training race for the European Masters Indoor Championships in

Poland where I'll do the 3km and 5km events."

Wearing a cycling cap and GB masters vest, Reis cut a distinctive figure on the start line in Sheffield. But he fully justified his position and felt at home in what was effectively a race walk sprint event.

"No elite athlete trains as hard as I do. I train twice a day and take it very seriously," he said, adding that he made a lifestyle decision to work for himself as a handyman in recent years in order to give himself the flexibility to train when he wanted.

"I do 95% of my training alone on a treadmill which I have at home," he explained, "and once a week I train at Lee Valley."

So does it get boring churning out the miles on a treadmill? "Well," Reis grinned, "I have a cat which keeps me company and also a television. My wife sometimes falls asleep when I'm training and when she wakes up I am still walking."

Top fields at Armagh

OLYMPIC triathlon bronze medallist Jonathan Brownlee has been added to a top field for the Brooks International Road Race in Armagh this evening (Thursday February 19).

Poland's Krystian Zalewski, the 2014 European 3000m steeplechase silver medallist, together with top Brits Ross Murray, Luke Cragg, Jonny Mellor and John Beattie, also head the line-up for the 5km, which is arguably the highest standard annually in depth at the distance in the UK.

Forty-five men managed to break 15 minutes in last year's race which a strict qualifying time of sub-17 minutes.

The women's 3km is set to feature Irish international Mary Cullen and Coventry Godiva athlete Katrina Wootton.

London mile races are back

THE free-to-enter Amba Hotels City of London Mile will return for a second edition on June 14.

Launched last year to celebrate the 60th anniversary of Roger Bannister's historic sub-four-minute mile, the races start and finish next to St Paul's Cathedral and take place on roads closed to traffic.

With the addition this year of an elite women-only mile, the event caters for all abilities and includes the "family mile", "youth mile" and "City of London mile" as well as the men's international mile.

Last year Australians Ryan Gregson and Genevieve LaCaze took the victories.

The event will work closely with charities Ron Pickering Memorial Fund and the Weir-Archer Academy and all entrants will have the chance to raise money.

Peter McHugh, director of The Running Works, the retail store which organises the event, said: "Our aim is to develop a running community unlike any other in London and, by making the event free to enter, with the generous support of Amba Hotels we are providing access to everyone.

"There are also exciting plans for some of Britain's and the world's best athletes to compete at the event in the international races, with a generous prizemoney structure building considerably on last year's."



Genevieve LaCaze: last year's winner