

UPDATE

Newsletter of the European Athletic Association 4|06 December

European Athletic Association | Avenue Louis-Ruchonnet 18 | 1003 Lausanne (Switzerland)
Phone +41 (21) 313 43 50 | Fax +41 (21) 313 43 51 | Email office@european-athletics.org | www.european-athletics.org



Message from European Athletics President Hansjörg Wirz

2007 – A new dawn when young stars will emerge

We come to the end of another successful year for European Athletics and we can look back on the season gone by, the highlight of which was the best ever European Athletics Championships, with a great deal of pride.

The year began with the European Athletics Indoor Cup in front of a full house in Lievin, France, on the first weekend of March. The men's competition, which was won by the host nation, went down to the final event and in the end could have been won by any one of four nations. For me, this weekend epitomised what makes our Cup competitions so special: teamwork, national passion, togetherness and above all, a sense of unpredictability about the end result!

The SPAR European Cup in Malaga in June was another exciting event and was again won by France on the final event while Russia retained their iron grip on the women's competition.

In August our sport took over an entire city and the majority of TV screens around Europe. 48 countries took part in the championships. At the end of seven great days of competition, athletes from a record 31 different nations won medals. It was especially gratifying to see that practically all of the top stars around Europe took part in our Championships for the idealistic goal of being crowned European Champion!



European Athletics President Hansjörg Wirz pictured at the centenary celebrations of the Finnish federation (SUL) in Helsinki recently with SUL President Antti Pihlakoski

Looking to next year, the European Athletics Indoor Championships return to Britain for the first time since 1990. The early indications are that the National Indoor Arena in Birmingham will be a complete sell out, offering the perfect stage for our athletes to battle it out for the 26 European titles on offer.

The European U23 Championships will be held in the beautiful Hungarian city of Debrecen from July 12-15 in the István Gyulai Stadium, named after the late IAAF General Secretary, while the famous Dutch city of Hengelo will host the Junior Championships four days later from July 19-22.

These events play a crucial part in the development of our sport and it is no surprise to see that Christian Olsson, Susanna Kallur and Yelena Isinbayeva, who were all crowned European Champions in Gothenburg last summer, were all previous champions at U23 level.

It has long been the policy of European Athletics, to focus our financial resources into these "developmental" competitions and ensure that there is an appropriate level of competitions for Europe's young athletes at an important stage in their physical development. I have no doubt that a number of future champions at senior level will be on show in Debrecen and Hengelo next summer.

This year also marks the end of the cycle for the current European Athletics Council and I would like to take this occasion to thank the members for their sterling service to our sport over the last four years.

Finally, I would like to wish the Italian organisers of the 13th Spar European Cross Country Championships in San Giorgio su Legnano the best of success and to wish the European Athletics family a happy Christmas and a healthy and enjoyable 2007!

hjwirz@bluewin.ch

European Athletics Rising Star

Estonia won four gold medals at the IAAF World Junior Championships but there was no doubt that Margus Hunt was the biggest, in every sense, contributor to that tally.

Confirmation that Hunt was the world's outstanding performer in the junior ranks this year came when he picked up the IAAF Rising Star Award at the 2006 World Athletics Gala in November.

The stunning form he showed at the IAAF World Junior Championships in August, held in the Chinese capital Beijing, in becoming the first competitor to win both the shot and discus at the Championships was the key to his latest honour.

"The World Athletes Gala was wonderful, I was very happy to have the invitation and I was very excited when I heard that I had won the Rising Star Award," reflected Hunt on his big night in Monte Carlo's glittering Sporting Club d'Été.

"It was a great experience to be able to sit at the same table as so many stars of the sport and have my picture taken with the likes of Yelena Isinbayeva, Tatyana Lebedeva and Kajsa Bergqvist.

"These are people that I would never normally meet because I am not yet competing at that level of competition like the Golden League meetings or on Grand Prix circuit.

"I think the only person I knew there beforehand was Virgilijus Alekna, because he is a good friend of my coach and training partner Aleksander Tammert."

There seems little doubt that Hunt soon will be rubbing shoulders on a more regular basis.

"And I would like to make the discus more popular as well so that it has a higher profile at the best meetings," added Hunt.

It was not just the gold medals he won in Beijing, Estonia's first ever, that got him the award but the way he did it.

Hunt, who stands 2.03m tall, sent the 1.75kg discus out to three world junior records, an unprecedented feat at the Championships.

Firstly, he launched his implement 66.35m to break the former record of 65.88m, which had been held by Egypt's Omar El Ghazaley since 2003.

His performance was produced in an almost deserted stadium at 9am on the opening morning of the Championships. But, to ensure that the few who were present didn't think that their eyes had been deceiving them, he followed it up the next day with efforts of 66.68m and 67.32m to dominate the final.

Before Hunt, the only person to set two world junior records in an individual event at the World Junior Championships was Romania's Alina Astafei, who cleared 1.98m and 2.00m en-route to the 1988 women's high jump gold medal.

Three days after his discus demonstration, Hunt won the shot put by an emphatic 39cm with 20.53m. His second best effort would also have sufficed for victory in what he considers to be his subsidiary event.

"I expected to win the discus and even set world records but the shot put was much more uncertain. I wasn't sure I was going to be able to do the double because some of the other competitors looked very good, but I think I was carried along by the emotional of what happened in the discus," said Hunt.

Hunt isn't living on his laurels though. In 2007, he joins the senior ranks where his opponents will be wiser and stronger.

Among his potential discus rivals will be Alekna, the 2006 European Athletics Championships gold medallist and 2005 Waterford Crystal European Athlete of the Year, and Tammert, who took the bronze medal behind Alekna in Gothenburg.

"I'm now back in training. At the moment I am doing a lot of work in the gymnasium and also doing some running as it's about all you can do outdoors in Estonia at the moment because there is rain and snow, and more snow than rain," joked Hunt.

"I go for runs of between three to five kilometres in the local woods around the Mustamae district in Tallinn, where I spend most of my time except when I go home to my village of Karksi-Nuia to visit my family and relatives.

"I quite like running cross country. I'm not so heavy and so it is not too much hard work and I think it is a good activity for my all around fitness. In December, I will go away on some warm weather training camps with Aleksander and Virgilijus Alekna and then in February we plan to go to South Africa for four weeks.

"After that, in March and April we are likely to go to Dallas in the United States, to use the facilities at Alexander's old college, Southern Methodist University.



"The head coach there is acting as a consultant on my training and we have sent him videos of me to be analysed."

Hunt is well aware that success normally takes a few years to achieve in the discus, where the top men are usually in their late twenties or early thirties.

"I want to return to Beijing and compete in the Olympics but I know it's going to be tough to qualify. In Estonia we already have three men who can throw more than 63 metres and with the 2kg implement. My best is only around 60 metres but I hope that two years will be enough for me to improve to their level and be part of the Olympic team," said Hunt.

When Alekna was asked recently, whether Hunt can eventually be as good as him he answered with a cautious smile "I think he can follow in my footsteps and be a world champion, although hopefully not too quickly and while I am still around,"

SPAR European Cross Country Championships return to Italy



The SPAR European Cross Country Championships have now taken place in 10 different countries, but Italy will be only the second country to be honoured with the Championships on more than one occasion when San Giorgio su Legnano stages this year's event on December 10.

San Giorgio su Legnano, which is just 20km to the north of Italy's second city Milan, can trace its origins back to Roman times and its name is derived from a medieval monastery dedicated to St. George.

The poor dragon, which St George is supposed to have slayed, has not been forgotten though. He has donned running shoes and become transformed into Giorgino, the mascot of this year's Championships, following in the footsteps of Ferrara which staged the 1998 SPAR European Cross Country Championships.

It was the success of that event eight years ago that helped convince European Athletics' that the Championships should return to Italy and so it is worth turning the clock back to remember what happened on that occasion.

In many respects, 1998 is considered a milestone in the history of the SPAR European Cross Country Championships and this was reflected in the report for European Athletics by the respected British journalist Neil Wilson.

"For European athletes who welcomed the creation of their own continental cross country championships in 1994 after years of global competition dominated by Africans, the fear before their fifth Championships was that rivals of African birth would dominate. This year's form suggested it. In the event, they offered superlative competition in the medieval Italian town of Ferrara but they did not prevail."

Wilson went on to describe the feats of the Ukraine's Sergey Lebid and Great Britain's Paula Radcliffe, who won their first SPAR European Cross Country Championships gold medals but who were to add to their collections in later years.

The feats of Lebid and Radcliffe in Ferrara, although they were both highly regarded runners beforehand, was a key point in both their careers as it was the first major international senior cross country title that either of them had won.

Lebid remembers 1998 with a great fondness. "I had won a bronze medal at the SPAR European Cross Country Championships the year before but my victory in Ferrara really put me on the road to where I am now."

"If you like, on The Road to San Giorgio," said Lebid recently, astutely picking up the slogan of this year's event.

"A group of us, I think four, were together coming up to nine kilometres (the race was 9,600m long in 1998). I thought, 'It's only about two laps of the track,' and decided to push hard to see how the others would respond. There was a huge fight between myself and Mohammed Mourit (from Belgium) over the final few hundred metres but I just managed to beat him."

Ukraine's Sergey Lebid



"As the only man to have run in every SPAR European Cross Country Championships so far, you can tell the event has a special place in my heart and not just because I now have won it six times, a streak which started in Ferrara," added Lebid.

Wilson perfectly described Radcliffe's win in Ferrara. "The senior women's race was a storming gun to tape effort typical of Paula Radcliffe. A parkland course, littered with ditches, a couple of low barriers and several steep slopes helped Radcliffe break the rhythm of athletes with faster finishes."

Ferrara continues to be a focal point for European Athletics' activities. Next year's European Cup 10,000m will be staged there on April 7 and many of the runners at this year's SPAR European Cross Country Championships are likely to return to Italy for those races.

Lebid is the overwhelming favourite for this year's senior men's title. One man who might challenge however, is Britain's Mo Farah, the 2006 European Championship silver medallist over 5,000m, who has shown some outstanding form in the early part of this winter. However, the senior women's race looks to be wide open, as does the junior men's event. In the race for the junior women's gold medal, Romania's defending champion Ancuta Bobocel is still eligible to run in this category and will be the one all the others are looking to beat.

For the first time, the Championships also include Under 23 races for both men and women, which are designed to bridge the gulf between junior and senior competition.

By Phil Minshull, a Madrid based sportswriter and broadcaster

Happy 100th Birthday Finland

Star Athlete's of the last 100 years

Paavo Nurmi (Long Distance / 1897-1973), 9 Olympic gold medals, 3 silvers and 29 world records in the 1920's.

Also numerous distance runners and javelin throwers, for example:

Ville Ritola (Long Distance / 1896-1982) 5 Olympic gold medals, 3 silvers and 11 world records in the 1920s,

Lasse Virén (Long Distance) 4 Olympic gold medals, 1 European bronze medal and 3 world records in 1970s,

Seppo Rätty (Javelin) World champion 1987, World Championship silver medallist 1991, Olympic silver medallist 1992, Olympic bronze medallist 1988 and 1996, European silver medallist 1994, 2 world records,

Valentin Kononen (50km Walk) World champion 1995, European Championship silver 1998, World Cup silver 1997)

Tiina Lillak (Javelin) World champion 1983, Olympic silver medallist 1984, 2 world records,

Name of Federation:

Suomen Urheiluliitto (SUL), Finnish Athletics (in English).

President: Antti Pihlakoski

Gen Secretary: Kari Saarinen

Number of Professional Staff: 30

Number of registered clubs: 830

Current European Champions: Jukka Keskisalo, Men's 3000m steeplechase.



1 Despite the universality of athletics, Finland with a population of only five million, has won more men's Olympic track & field gold medals - 49 titles - than any other nation in the world with the exception of the USA. Finnish male athletes have won more Olympic athletics titles than the men of Britain, Germany, or even Soviet Union and Russia combined.

2 Finland has achieved following medals in major athletic championships (indoors and cross country not included):

Olympic Games: 49+35+30=114

World Championships: 6+7+6=19

European Championships: 31+29+36=96

In all sports, Finland has achieved 302 summer Olympic medals, of which over a third have been won by track and field athletes. Athletics is the most successful single sport in the Finnish history, and it continues to be one of the most popular sports in Finland. According to very recent national survey, athletics is the most followed individual sport on Finnish TV (and second of all sports after ice hockey). Also, the same survey tells that the Finnish audiences want to have international success mostly in three sports: cross country skiing, athletics and ice-hockey. Athletics is the number one summer sport in Finland and Finland is the one rare country where Football is not number one national sport.

The great Paavo Nurmi winning yet another Olympic Gold medal.



Lasse Viren being presented with the 5,000m Gold medal at 1976 Olympics.

Major athletics events hosted by Finland

- 1952 Olympic Games, Helsinki
- 1970 European Cup, Semi-final, Helsinki
- 1971 European Championships, Helsinki
- 1977 European Cup, Final A, Helsinki
- 1981 European Cup, Semi-final, Helsinki
- 1983 World Championships, Helsinki
- 1993 European Cup, Combined events, Super League, Oulu
- 1994 European Championships, Helsinki
- 1995 European Cup, 1st League, Turku
- 1997 U23 European Championships, Turku
- 1997 European Cup, Combined events, Men's Super league and women's 1st League, Oulu
- 1999 European Cup, 1st League, Lahti
- 2000 European Cup, Combined events, Super League, Oulu
- 2001 European Cup, 1st League, Vaasa
- 2003 European Cup, 1st League, Lappeenranta
- 2003 U20 European Championships, Tampere
- 2005 European Cup, Combined events, 1st league, Jyväskylä
- 2005 World Championships, Helsinki

10th IAAF Conference for Eastern European countries,

Moscow 24 November

Delegates from 22 Eastern European countries participated in the Conference, which was originally set up in 1992 to support athletics in the countries of Eastern Europe and the former Soviet republics after the collapse of the Soviet Union.

The project provided crucial financial support which helped athletics federations to survive the very difficult economic

situation of the immediate post-Soviet era and helped the renaissance of athletics in this region.

Director General of European Athletics Christian Milz met with representatives from each of the federations in Moscow. "It was a very enlightening weekend for me and worthwhile from the point of view of meeting, one-one, with so many federations" he said. "I am now very aware of the issues and problems facing these federations and look forward to working closely with them and helping them in the future"

European one-two at IAAF World Road Championships

Lornah Kiplagat, the 2005 SPAR European Cross Country Champion, added to her growing list of accolades by winning the inaugural IAAF World Road Running Championship title and breaking the 20km world record in Debrecen in October.

The Dutchwoman sped around the four-lap course and stopped the clock in a new world record time of 1 hour 3 minutes and 21 seconds after a phenomenal duel with Romania's Constantina Tomescu.

Kiplagat, shaved five seconds off the previous record of 1:03:26, which had been set by Britain's Paula Radcliffe in 2001. Tomescu was also under the old mark in second place with 1:03:23.

The Kenyan-born runner, who became a Dutch citizen in 2003, pulled away from Tomescu two kilometres from home and could have probably taken several seconds more off the record but for raising her arms in understandable delight and easing off 30 metres from the line.

"We went at very high speed, Constantina tried to put out a very high pace and make it a hard race, I think she must have had it in her mind what happened last year (when Tomescu threw down the gauntlet from the gun and beat Kiplagat en-route to winning the World Half Marathon title). She did a tremendous job but I felt very strong today," said Kiplagat.

"I believed in my training and I believed in our planning so it didn't matter to me how the race was run. I said to myself, if Constantina wants to push the pace, I can go with her'. I was always very confident I could win but knew for sure I was going to with three kilometres to go.

"I used to have the world record over this distance but then Paula took it and I wanted it back. I knew before the race I could break it," added 32-year-old Kiplagat.

A fast time was always likely after a scorching opening 5km, which saw a four-woman group go through the line in 15:34. The halfway point was reached in 31:11, with Kenya's Rita Jeptoo the only woman capable of staying with the Kiplagat and Tomescu.

Jeptoo was dropped at 12km, leaving the European pair to battle for the gold medal.

Kiplagat had started the race wearing sunglasses but tossed them to the side of the road at 14km.

"It's kind of something that I use mentally, when I feel down and want some new energy; it's something that I do. If I have gloves, I'll throw them away. If I have a cap, I'll throw it away, but I didn't have either of them today so I threw away my sunglasses. For me, it's just like moving up a gear, when I do that then something will happen.

"But Constantina didn't know that, of course, although now she does, so let's see what happens the next time we meet," grinned Kiplagat, who speaks six languages and can joke in all of them.

She will also be laughing all the way to the bank in Holland as she not only won \$30,000 for winning the race but also a world record bonus of \$50,000.

Partial reward for Tomescu, in addition to her silver medal and a cheque for \$20,000, is the fact that she became the co-holder with Kiplagat of the European 15km best of 47:10, the pair having been given the same time at the official checkpoint.



Lorna Kiplagat winning the SPAR European Cross Country title on home soil in 2005.

Europe's men didn't fair quite so well with the leading runner being France's James Thueri in 19th place. The Kenyan-born former member of the French foreign legion clocked 59:11 in a race won by Eritrea's Zersenay Tadesse in 56:01.

The IAAF World Road Running Championships will stay in Europe in 2007 when the Italian city of Udine stages the event over the half marathon distance.

Moorcroft moves on



Moorcroft the Athlete, wins again.

Former world 5,000m record holder David Moorcroft, has decided to step down as Chief Executive Officer of UK Athletics, after nearly 10 successful years at the helm of the world's richest national athletics federation. Duncan Mackay looks at his legacy.

It is appropriate that David Moorcroft's last major championship before officially stepping down as Chief Executive of UK Athletics will be the European Athletics Indoor Championships in Birmingham, the Midlands city where he has spent the last nine years.

During his time in what is often referred to as Britain's second city, he firstly saved the sport from administrative oblivion and then contributed enormously to turning the national governing body he presided over into one of the most financially successful and competent sports federations in the country.

The European Athletics Indoor Championships, which will be staged at the National Indoor Arena on 2-4 March, is expected to be one of the high points of the continental calendar. Already the anticipation is growing that it will be the best organised, and possibly the best attended, Championships in the 41-year history of the event and it should be a fitting tribute to the giant strides the sport in Britain has made under Moorcroft.

It is also a tribute to his unassuming but quietly determined personality that only since the former 5,000m world record holder announced his decision to resign in August that many people are beginning to come to understand what an incredible job he has done, often under difficult circumstances.

He had only been in the job a few weeks in the autumn 1997 when he was confronted with the prospect that the former British Athletic Federation was facing bankruptcy. Moorcroft was later to admit that while he had some idea of the problems that would be facing him when he took office; he had no idea of their gravity.

He had the difficult task of putting the governing body into administration to keep the creditors at bay, which meant 21 people lost their jobs, a task this caring and sensitive man inevitably found difficult to do.

Nevertheless, perhaps the biggest testimony to Moorcroft's character is that however difficult the tasks he faced in 1997 were, and some of the controversial issues British athletics has

faced since such as having to give up the hosting of the 2005 World Championships, people have never doubted his integrity.



Even now it is impossible to find anyone within sport in general who has a bad word to say about him.

"He came into UK Athletics at a very difficult time for the sport and leaves it financially in a much healthier state and with our next generation of young stars performing well at the European Athletics Championships in Gothenburg and at the World Junior Championships," said Britain's Sports Minister Richard Caborn, paying tribute to Moorcroft.

Almost single-handedly Moorcroft oversaw the setting up of a new organisation, UK Athletics, which rose phoenix-like from the ashes of British Athletic Federation. There were definitely birth pains but the toddler has now grown into a healthy, robust, youngster looking forward to playing a crucial role as London prepares to stage the 2012 Olympic Games.

Ironically it was International Olympic Committee's decision last year to award the Olympics to London, 64 years after it had last staged them in 1948, which sealed Moorcroft's own decision to resign.

The prospect of another five years of intense public scrutiny while the sport in Britain addresses the challenges that being the host nation of an Olympics inevitably brings, prompted Moorcroft to stand back from the spotlight after nearly a decade of sustaining a monumental workload. "I am convinced I am taking the right decision. It is time to let someone new take the helm and lead the sport to London 2012. "I am proud of the UK Athletics I am leaving behind," said Moorcroft.



Many would say that despite Britain's successes on the track at two Olympic Games, four IAAF World Championships and three European Athletics Championships since he took over, Moorcroft's greatest victory has come on the balance sheet.

Earlier this year UK Athletics signed a sponsorship deal with financial company Norwich Union for £50 million (74 million) which ensures athletics in Britain should have a bright future well beyond 2012.

There are also a portfolio of televised meetings transmitted on the national broadcaster BBC that are the envy of the rest of the world. These events include a flagship IAAF Grand Prix at London's Crystal Palace which every year sells out within hours of the tickets going on sale. Financial security has allowed Moorcroft to oversee the implementation of a series of initiatives that he is convinced will help turn Britain's young athletes into a major force by the time of the Olympics in London and bring about a new generation of stars.

"Athletics now has the system, funding, facilities and, most importantly, the people in place to take the sport into the next phase of its development," said Moorcroft.

"It has also been hugely encouraging to see a number of young talented athletes emerging on the international scene over the last year. These athletes will be in their prime in 2012 and athletics in the UK is now in the position to support their aspirations. When I look into the eyes of the current youngsters I can see the fire in them. I'm looking forward to watching them do well in the Olympic Stadium in London."

Moorcroft the CEO, with UKA President and 1964 Olympic Long Jump champion Lynn Davies and IAAF President Lamine Diack.

As for Moorcroft, his future is still to be decided. "I really don't have any plans at the moment," he said recently.

"I want to take stock

and see what happens. My immediate aim is to get back running every day, something I've not been able to do recently because of the demands of this job."

Running has meant much to Moorcroft throughout his life. He will always be remembered for his 5,000m world record of 13:00.41 in 1982, which stood as a European record for 15 years until Germany's Dieter Baumann ran 12:54.70. Even today, the only Europeans to have gone faster than Moorcroft over the distance are Baumann and Belgium's Mohammed Mourit. What is not so often readily remembered is that he nearly became the first man over 40 to run under four minutes for the mile, only to be eventually beaten to that accolade by Ireland's Eamonn Coghlan.

Regardless of his return to running, albeit at a recreational level, it is a fair bet that the genial Moorcroft will soon be back in the world of athletics in some capacity, not least because he will probably soon want to get out of the house. "Although there's nine years of DIY jobs at home that need doing if he is looking for something to fill his time," joked Moorcroft's wife Linda.

Duncan Mackay writes on athletics and Olympic issues for the British newspapers The Guardian and The Observer. He was the 2004 UK Sports Journalist of the Year

Moorcroft biography

Born
10 April 1953, Coventry, Great Britain.

Championship honours
1982 European Athletics Championships 5,000m bronze medalist, 1978 Commonwealth Games 1,500m gold, 1982 Commonwealth Games 5,000m gold.

Records
5,000m world record: 13:00.41, Oslo, 7 July 1982.

UK Athletics Chief Executive 1997-2007.

He studied Physical Education and Sports Science at Loughborough University and was a member of the Coventry Godiva Harriers athletics club. Awarded the Order of the British Empire (OBE) in 1998 for services to athletics.

18 Euro judges named by IAAF

The IAAF Council has named 18 European judges in their 30 strong International Race Walking Panel for 2007-2010 at it's recent meeting in Monaco.

Germany lead the way with three judges headed by European Athletics Race Walking Commission member Rolf Müller, while Britain and Spain each have two judges on the panel.

The list follows an intensive evaluation where participants were tested for eye sight, physical fitness, oral and a video exam in Paris at the end of October.

European Athletics Race Walking Commission Chairman Peter Marlow (GBR) said "The number of European judges reflects the traditional strength of Race Walking in Europe as seen by the fact that Europe provided all three gold medallists in Athens two years ago"

Marlow, who is also the Meeting Director of the European Cup Race Walking in Leamington next May added "it was the most exhaustive examination process we have ever done and we are confident that these are the right judges to lend consistency to the event, from a judging point of view, for the next four years"

European Judges on International Race Walking Panel for 2007-2010

Barbosa Dias, José Julio	POR
Bianchi, Frederic	SUI
Bott, Manfred	GER
Carmody, Noel	GBR
Dahm, Jean Pierre	FRA
Estruch Valero, Jordi	ESP
Fröberg, Anne	FIN
Grünberg, Jens	GER
Guttulsröd, Anne-Iren	NOR
Korkmazoglu, Can	TUR
Krynicky, Janusz	POL
Lapka, Miloslav	CZE
Maggio, Nicola	ITA
Müller, Rolf	GER
O'Callaghan, Pierce	IRL
Rojas, Dolores	ESP
Taylor, Steven	GBR
van der Knaap, Hans	NED

5 mins with Stefan Holm

5 minutes with Olympic High Jump Champion and Chairman of the new European Athletics Athletes' Commission Stefan Holm (Sweden)

- ▶ **If I wasn't doing this now I'd be...** playing football on a low level and have a "real" job.
- ▶ **A phrase I use to often is...** yeah, right...
- ▶ **I wish more people would take notice of...** the environment
- ▶ **The most surprising thing that ever happened was...** when I cleared 240 cm in Madrid 2005
- ▶ **I'm not a politician but...** I think the world would be a better place if we all took more care of each other
- ▶ **I'm also good at...** playing with Lego
- ▶ **I'm bad at...** pole vault, shot put, hammer throw, etc.
- ▶ **The ideal night out is...** when celebrating a great competition
- ▶ **In moments of weakness I...** work even harder
- ▶ **The best age to be is ...** 30, next year the best age to be will be 31!
- ▶ **You know me as an athlete but in another truer life I'd be...** a sports journalist, probably
- ▶ **In a nutshell my philosophy is...** that at the end of the day everything will work out fine
- ▶ **Do you have a tattoo?** No, I don't
- ▶ **If so what does it mean and why?** ...But if I had one it would probably be the Olympic symbol

Check out Stefan's website on <http://www.scholm.com>



European Athletics Athletes' Commission

The inaugural meeting of the new European Athletics Athletes' Commission took place in Lausanne in November.

The commission discussed a large number of topics after electing Stefan Holm and Mikaela Ingberg as chairman and chairwoman for the new term. The only absentee from this first meeting was Simon Vroemen, who was unable to attend due to his obligation at the New York marathon.

Nuno Fernandes from Portugal, a senior member of the previous Athletes Commission, attended the first meeting in order to pass the torch to the new members and provide encouragement to the commission for a strong, productive beginning.

One of the first tasks considered was how to increase the profile of the commission among European Athletes and to encourage other athletes to communicate with the commission.

Among other issues discussed was the fight against doping and the commission supported the European Athletics's implementation of an Anti-Doping Education Programme during the European Junior Championships in Hengelo, NED 19-22 July and the European U23 Championships in Debrecen, HUN 12-15 July.

Furthermore, the commission discussed the harmonisation of the competition programme and agreed with the European Athletics Council request for a modernisation of the competition calendar and structure.

The commission will meet again in Birmingham after the European Athletics Indoor Championships in March.

The commission, which was elected by their fellow athletes at the European Athletics Championships in Gothenburg last August contains:

- Jolanda CEPLAK (SLO, 800m)
- Stefan HOLM (SWE, High Jump)
- Mikaela INGBERG (FIN, Javelin)
- **Ivet LALOVA (BUL, 100m)
- **Laurent OTTOZ (ITA, 110m H, 400m H)
- Manuel MARTINEZ (ESP, Shot Put)
- Monika PYREK (POL, Pole Vault)
- Simon VROEMEN (NED, 3000m St)

**Ivet Lalova and Laurent Ottoz were selected by the Council in addition to the six elected athletes in Gothenburg.

Unity is Strength



European Athletics Director General Christian Milz elaborates on why European Athletics now need to work together more than ever.

In the last issue of Update, I reflected on the overwhelmingly positive feedback we have had from our stakeholders about this year's European Athletics Championships in Gothenburg and considered how we can be even better when the 2010 edition is staged in Barcelona.

Having looked at the top of the European Athletics competition programme, now is perhaps the time to stand back take a broader view. This is where every single one of the 50 Member Federations can play a part to help European Athletics fulfil its key role of serving the interests of our Members to the best of our ability.

European Athletics aim's is to build a strong, European-wide, competition programme in order to have an influence on future generations and especially on the youth of the continent.

Our big wish now is that the federations, big or small, old or young, start to organise more important events in cooperation with us. This will conclusively demonstrate to the wider world the strength of athletics across the continent.

Competitions are fundamental in encouraging the development of even more facilities for the sport and establishment of educational and coaching structures that will hopefully generate rising young stars from every country across Europe.

The stars are the best ambassadors for the sport in general and also guarantors of the future of European Athletics.

To achieve these aims, we are in a fortunate and unique position among six area associations that our existing events produce a small surplus of income over costs which we then reinvest almost completely into our competition programme. This is only possible as we don't have prize money policy for such events as the European Athletics Championships or the European Athletics indoor Championships.

Our investments, both financial and human, and activities are combined and

coordinated with those of the IAAF to provide a robust programme of European-wide opportunities, which Member Federations can both benefit from and contribute towards.

To assist in the growth and utilisation of these opportunities, we employ our own Member Services Manager whose dedicated role is to look after the needs of the Member Federations, including the management of the European Athletics development programme.

European Athletics have also secured membership of the European Athletics Coaches Association for the head coach of each federation and we provide scholarships for one coach from each country to attend the EACA annual conference.

Our European Athletics Support Programme has also been a great success, particularly in Eastern Europe, and it so far has helped 52 projects from 26 countries in that part of the continent since the programme started in 2002.

The biennial European Athletics Science Awards have recognized the work of scientists who have concentrated their energies on research in the sport and, from next year, we are planning to expand our education programme. We are developing other exciting initiatives in Europe in the context of our partnership with UNESCO (the United Nations Educational, Scientific and Cultural Organization).

Having looked at what might be called the grassroots of the sport and what can be done to develop it, I am sure that there plenty of people within Member Federations who are now wondering what is the relevance of European Athletics in this context.

It is this, the use of the phrase European Athletics as a corporate identity since 2004 is much more than a slogan or a clever marketing tool. It is the recognition that athletics in Europe is indivisible and must be developed as a partnership between the Area Association and its Member Federations.

The strength of every Member Federation contributes to the strength of the whole and a weakness or problem in any member weakens the whole.

I want to communicate a message for you to keep in mind in the coming months: European Athletics needs to work as one. Of course, I am aware that each federation has its own very specific environment and circumstance in which it operates.

This, naturally, has led to each taking an individual path to best suit its own needs, but one of the main points of both the IAAF World Athletics Plan and European Athletics Need for Change project is that our sport can no longer afford the luxury of 50 different strategies. Teamwork is crucial and in this way the whole is always greater than the sum of the parts!



EAA OUTDOOR PERMIT MEETINGS 2006

Meeting	Venue	Date	Score
1 Venizelia	Chania /GRE	17 July	80137
2 Meeting Citta di Padova	Padova/ITA	1 Sep	79817
3 55th Bupa Ireland Cork City Sports	Cork/IRL	1 July	79301
4 Athletic Bridge – Banska Bystrica	Banska Bystrica/SVK	27 August	79023
5 34th Gran Premio Diputacio n de Salamanca	Salamanca/ESP	5 July	77523
6 Karelia Games	Lappeenranta/FIN	13 July	77082
7 Anhalt 2006	Dessau/GER	26 May	76741
8 Savo Games	Lapinlahti/FIN	16 July	76329
9 61st Cezmi Or Memorial	Istanbul/TUR	3 June	75580
10 11th International Athletic Meeting	Velenje/SLO	23 June	75233
11 Riga Cup 2006	Riga/LAT	27 May	74530
12 23. International U23 Olympic Meeting	Schwechat/AUT	4 June	69999

EAA PREMIUM MEETINGS 2006

Meeting	Venue	Date	Score
1 Vardinoyannia	Réthymno/GRE	21 July	83915
2 KBC Nighth of Athletics	Heusden/BEL	22 July	82693
3 Meeting Atletismo Huelva 2006	Huelva/ESP	20 June	82293
4 Spitzen Leichtathletik	Luzern/SUI	6 July	81610
5 Gran Premio " Gobierno de Aragon"	Zaragoza/ESP	3 June	80861
6 Meeting Lille-Métropole Villeneuve	d'Ascq/FRA	9 June	80851
7 Memorial Josefa Odlozila	Prague/CZE	5 June	80690
8 Janusz Kusocinski Memorial	Warsaw/POL	18 June	80483
9 Intersport Gugl-Meeting	Linz/AUT	22 August	80267
10 Olympic Meeting Thessaloniki 2006	Thessaloniki/GRE	24 July	80087
11 Memorial Primo Nebiolo	Torino/ITA	6 June	79963
12 42° Palio Citta della Quercia	Rovereto/ITA	30 August	79881
13 Tallinn 2006	Tallinn/EST	15 August	79665
14 European Athletics Festival	Bydgoszcz/POL	1 June	79549

European Outdoor Records 2006

Women						
Hammer	77.26 *	Gulfiya KHANAFEYEVA	RUS	4.6.82	Tula	12.6.06
Hammer	77.41 *	Tatyana LYSENKO	RUS	9.10.83	Zhukovsky	24.6.06
Hammer	77.80 *	Tatyana LYSENKO	RUS	9.10.83	Tallinn	15.8.06
15km	47:10	Constantina TOMESCU	ROM	23.1.70	Debrecen	8.10.06
15km	47:10	Lornah KIPLAGAT	NED	1.5.74	Debrecen	8.10.06
20km	1:03:21 *	Lornah KIPLAGAT	NED	1.5.74	Debrecen	8.10.06
U'23 Women						
800m	1:58.26 +	Mariya DRYAKHLOVA	RUS	24.4.84	Tula	14.6.06
1500m	4:02.24	Corina DUMBRAVEAN	ROM	15.4.84	Göteborg	13.8.06
Hammer	72.75 +	Maryna SMALYACHKOVA	BLR	10.2.85	Stayki	22.7.06
Junior Women						
3000m steeple	9:46.2 +	Ancuta BOBOCEL	ROM	3.10.87	Beijing	17.8.06
Junior Men						
110m hurdles (99.0cm)	13.23 +	Artur NOGA	POL	2.5.88	Beijing	20.8.06
Discus, 1.75kg	65.55 +	Mihai GRASU	ROM	21.4.87	Bucuresti	23.7.06
Discus, 1.75kg	66.35 *	Margus HUNT	EST	14.7.87	Beijing	15.8.06
Discus, 1.75kg	66.68 *	Margus HUNT	EST	14.7.87	Beijing	16.8.06
Discus, 1.75kg	67.32 *	Margus HUNT	EST	14.7.87	Beijing	16.8.06
Hammer, 6kg	82.62 *	Yevgeniy AYDAMIROV	RUS	11.5.87	Tula	22.7.06

*also World Record + awaiting ratification

Staff updates at European Athletics

Belgian **Ken Van Deyck** started working as an intern in the Competition Department on 1 October. When he finished his Masters degree as a commercial engineer at the Solvay Business School, Ken came to Lausanne to study for a Master of Advanced Studies in Sport Administration and Technology at the EPFL. He has played international tennis tournaments up to the age of 19, is a former tennis coach

and is currently ranked among the top 70 in Switzerland. In addition to his mother tongues Dutch and French, he speaks fluent Spanish and English as well as German and a little bit of Chinese.

Frédérique Huguenin started working as an intern in the Communication Department in November. After having finished a Master degree in civil

engineering, she worked for 2 years at the Swiss Federal Institute of Technology in Lausanne. She then passed a Master of Advanced Studies in Sport Administration and Technology before joining the EAA. A keen sport enthusiast, Frédérique is also an ice hockey referee and has participated in several World Championships and was the first woman to officiate in Swiss National League B.

EAA PERMIT MEETINGS 2007

EAA INDOOR MEETINGS		
Month	Name of Meeting	Venue
January		
07	"Christmas Starts"	Yekaterinburg/RUS
February		
03	Gubernator Cup	Samara/RUS
03-04	Reval Hotels Cup 2007	Tallinn/EST
06	2 Internationales Indoor Meeting	Dusseldorf/GER
07	Eduard Grigoryan Memorial	Moscow/RUS
10	Zepher - Pole Vault Stars	Donetsk/UKR
14	Pedros Cup	Bydgoszcz /POL

EAA PREMIUM MEETINGS		
Month	Name of Meeting	Venue
May		
19	Grand Premio Andalucia	Herrera(Seville)/ESP
June		
08	International Meeting of Turin - Memorial Primo Nebiolo	Turin/ITA
08	Meeting Lille Metropole	Villeneuve d'Ascq /FRA
10	VII European Athletic Festival	Bydgoszcz/POL
13	Memorial Josef Odlozil	Prague/CZE
17	53 Memorial Janusz Kusocinski	Warsaw/POL
28	Spitzen Leichtathletik Luzern	Luzern/SUI
July		
18	23 Vardinoyiannia	Rethymno/GRE
22	Tallinn Meeting 2007	Tallinn/EST
28	IV Reunion Internacional de Atletismo "Gobierno de Aragon"	Zaragoza/ESP
28	KBC Night of Athletics	Heusden-Zolde/BEL
30	Olympic Meeting	Thessaloniki/GRE
September		
11	Intersport Gugl-Meeting	Linz/AUT
12	43rd Palio Citta della Quercia	Rovereto/ITA

EAA WALKING MEETINGS		
Month	Name of Meeting	Venue
March		
24	Dudinska 50-Km	Dudince/SVK
31	Gran Premio Citta di Lugano - Memorial MARIO ALBISSETTI	Lugano/SUI
April		
14	Podebrady 2007	Podebrady/CZE
June		
17	16th Dublin International GP of Race Walking	Dublin/IRL
July		
7	Carnegie Grand Prix of Race Walking	Leeds/UK
September		
15	ALYTUS 2007	Alytus /LTU

EAA PERMIT MEETINGS		
Month	Name of Meeting	Venue
June		
01	9 Int. Leichtathletik - Meeting "Anhalt 07"	Dessau/GER
02	Papaflessia	Kalamata/GRE
03	Norwich Union International	Glasgow/GBR
09	Znamensky Memorial	Zhukovski/RUS
09	59th Venizelia	Chania/GRE
13	Riga Cup 2007	Riga/LAT
28	12th International A. Meeting	Velenje/SLO
30	56th Ireland Cork City Games	Cork/IRL
30	62nd Cezmi or Memorial	Istanbul/TUR
July		
04	35th G. P. Disputacion de Salamanca	Salamanca/ESP
08	Meeting Citta di Padova	Padova/ITA
22	Savo Games	Lapinlathi/FIN
25	Kaunas 2007	Kaunas/LTU
September		
16	The Athletic Bridge 2007	Banska B./SVK
18	The Athletic Bridge 2007	Dubnica V./SVK



IMPRESSUM

**European Athletic Association
Association Européenne
d'Athlétisme**

President: Hansjörg Wirz SUI
Vice Presidents:
Valentin Balakhnichev RUS,
Agoston Schulek HUN
Treasurer: Karel Pilny CZE
Director General:
Christian Milz SUI

Office:

Avenue Louis-Ruchonnet 18
CH-1003 Lausanne
Switzerland
Phone +41 (0)21 313 43 50
Fax +41 (0)21 313 43 51
office@european-athletics.org
www.european-athletics.org

"UPDATE" is published by the European Athletic Association

Co-ordination:

Pierce O'Callaghan (IRL)
EAA Communication Manager
Phone +41 (0)21 313 4357
pierce.ocallaghan@european-athletics.org

Text, Photos:

Andy Heading GBR, Iris Hensel GER, Frederique Huguenin SUI, Stefan Holm SWE, Mikaela Ingberg FIN, Alfons Juck SVK, Duncan Mackay GBR, Christian Milz SUI, Phil Minshull GBR, Mika Noronen FIN, Pierce O'Callaghan IRL, Mark Shearman GBR, Ken Van Deyck BEL, Hansjörg Wirz SUI

Design, Production:

AMK Atelier für Marketing und Kommunikation
Amstutzstrasse 14
CH-6010 Kriens, Switzerland
Phone +41 (0)41 320 00 72
Fax +41 (0)41 320 00 79
eaa-update@amk.ch

Print:

Multicolor Print AG
CH-6340 Baar, Switzerland

EAA International Partners



Farewell to a Legend

Jan Zelezny wants to coach a new generation in the future



Jan Zelezny

Alfons Juck

Jan Zelezny, the best javelin thrower of all time has decided he will have no more long throws. Twenty years at the top, including serious injuries and a great collection of medals and marks, has come to an end. He had his last competition throw in September in Mlada Boleslav, his home town, some 50 minutes drive from Prague.

Now, he feels, the time has come to give something back to his children and to have more time to go fishing and play tennis. Simply, just doing things he has been unable to do in the past due to his commitment to the sport.

Zelezny started his international career in Banska Bystrica, the Slovak Republic where he was a soldier with nothing but his talent, great will and a javelin. Along the way he has had five coaches, actually starting with his father, but he was a self-driven man and needed only gentle advice. In later years he did much of his training alone, including long training camps in South Africa during the cold European winter.

Arguably, with three Olympic gold medals to his credit, he finished his career as the best of all time. Are there any unfulfilled goals? Perhaps gold from European Championships and possibly that elusive 100m throw?

"Really not too much is missing. I am not overly sorry that I didn't make the 100m throw. Sometime, somebody else will do it that is for certain.

At least I have my medals and no-one can take them away from me. They all have a big value for me and each is connected to something memorable. I see the film of how I won this or that medal it brings it all back. What was also very important to me was the awarding of the medals, with the podium, the national anthem, and the whole stadium watching. That was really special."

"Wins are nice, but they do not move you forward. This forward movement is only secured when you loose, then you are moving." he added after thinking about the lessons learnt over the past twenty years.

Now a coach in the army club Dukla Praha in the Czech capital, Zelezny is in the process of building his own training group, which now includes three throwers and is likely to grow in the future. The group includes the best junior in the country Petr Frydrych, who will be 19 in January 2007 has already thrown 70.91m.

"Yes, he has big potential but that isn't everything. Hard work is the most important thing and for him to listen to advice and be ready to organise his life so he can do everything necessary in terms of training and competitions is even more important," says Zelezny.

Also in the new team are the two top throwers from this year's national championship – 21-year-old Jan Syrovatko with a best of 76.48m and 23-year-old Vitezslav Vesely with a best of 75.98m.

"They are young and have enough potential to throw over 80 metres. The strong part of my coaching style is that I am able to show something to my throwers. They are able to see how I throw and that should motivate them and allow them to learn. I realised that because of the relatively

small number of competitions I have done at home during my career many of the young throwers only know me from the TV screen." said Zelezny.

Along with his coaching he has embarked on a very busy schedule of activities. Presently, he is studying for his coaching degree and he was a guest at the IOC Sports for All Congress in Havana, Cuba.

He was also invited to receive an IAAF award for his career, but a small illness kept him from travelling. "I am very sorry for that and I hope they will save it for next year for me" he explains.

Already, Zelezny's sporting career contains more than enough for a book but he is not planning to write one yet. "For a book to sell I would need to speak about my private life and that is something I do not like. I may do something more philosophical, perhaps in 3-4 years. Then I will be ready to say something about the ups and downs of a sporting life. I hope that it will still be interesting for somebody and possibly help somebody. Because I think sport is a very important part of life."

Alfons Juck is a journalist, Meeting Manager of Ostrava Grand Prix and Athletes representative based in the Slovak Republic ..