

European Athletics Innovation Awards 2016 Recipients

Coaching

Category Winner

- Does periodization matter - The effect of different high intensity periodization models on endurance adaptations by Øystein Sylta (Norway)

Honourable Mention

- The Centrifugal Track as a Tool For Sprint-Specific Strength Training by Pietro Picerno and Johnny Padulo (Italy)
- Importance of distance delimitation impulse in the technical learning of hurdling by Leyre Sánchez Palacios, Carlos Alberto, and Cordente Martínez (Spain)
- Overcome the hamstring injuries a multidisciplinary approach by Pascal Edouard, Pierre Samozino, Jurdan Mendiguchia, and Jean-Benoit Morin (France)
- Rate of force development: muscle architecture and performance in young competitive track and field throwers by Nikolaos Zaras, Spyridon Methenitis, Angeliki-Nikoletta Stasinaki, Giorgos Karampatsos, and Gerasimos Terzis (Greece)

Open

Category winner

- Thank God for Stretch Jeans -A study on female throwers - view on body and ideal by Matilda Elfgaard (Sweden)

Honourable Mention

- A pilot study for the promotion of brisk walking in HIV infected people - Health benefits after 12-weeks of training by Matteo Bonato, Gaspare Pavei, Antonio La Torre (Italy)
- Organisational capacity in elite athletics by Jasper Truyens (Belgium)
- Participation in athletics for life - the role of the European U20 and U23 Championships by Brian Hanley (Ireland)
- Running between the lines -Birchfield harriers Stuart Paul (Great Britain and Northern Ireland)

Promotion

Category winner

- Clickyourclock weekly competition by Geoff Wightman and Gavin Lightwood (Great Britain and Northern Ireland)

Honourable Mention

- Athletics for all generations and variations by Elmir Ćerimagić (Bosnia and Herzegovina)

Technology

Honourable Mention

- Red cards communications for Race Walking by the Spanish Officials Committee (Spain)