

# European Athletics Innovation Awards 2018 Recipients

## Coaching

### Category winner

- Fiber Type Composition And Rate Of Force Development In Endurance And Resistance Trained Individuals.

### Honourable Mention

- New insight of the shifting force requirements in sprint acceleration using a novel analysis of entire force waveform
- Effects of different loading conditions on power production of national level throwers when using a plyometric pendulum swing training device

## Open

### Category winner

- An Innovative European Sports Tutorship Model Of The Dual Career Of Students-Athletes

### Honourable Mention

- Survey of neuromuscular deficits of sprinters and their functional suspension training
- Roster Athletics

## Promotion

### Category winner

- How "Run Greece" running event series promotes Athletics in Greece

### Honourable Mention

- Schools Athletics

## Technology:

### Category winner

- TESS - The Electronic Start System by Chris Wood and Nigel Holl