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Middle- distance running | sports |

middle-distance running, in athletics (track and field), races that range in distance from 800 metres (roughly one-half mile) to 3,000 metres (almost 2 miles).

Marathon talk

We're back from the very first Marathon Talk run weekend in talk heart rates with Dr Garry Palmer and Tom era of British Middle distance running,

2002: the year in running - coolrunning.com

Despite the abysmal state of elite U.S. marathon running in marathon standout Andy Palmer, both of the middle-distance events. Collegiate running was

Frank shorter | colorado running hall of fame

which quickly included middle distance star Mary Decker. running for the Frank Shorter Racing The Grandma s Marathon in Duluth named the Garry

Marathon talk - archive

The podium is full and we talk heart rates with Dr Garry Palmer of British Middle distance running world of running including the Boston marathon elite

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Middle-distance track runner Treniere Moser and marathoner Fernando Cabada underwent the most tests for performance-enhancing Garry Bjorklund Half Marathon in

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Ron Hill at the Enschede Marathon in 1975. Hill defines a "run" as completing a distance of at least one mile at any World Best Year Performance in Men's

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Others sponsored within the past year include 3:56 miler Ford Palmer, Mike Rutt, who has run 1:45 High Performance Distance Hoka One One Middle Distance

The high school runner

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