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LA VANGUARDIA

10/10/2018

Putin promete crear uno de los mejores sistemas antidopaje del mundo

Moscú, 10 oct (EFE).- El presidente ruso, Vladímir Putin, prometió este miércoles crear uno de los mejores sistemas antidopaje del mundo, aunque exigió que se apliquen las mismas reglas a todos los deportistas.

"Estamos firmemente decididos a crear uno de los mejores sistemas antidopaje en el deporte. Para ello, se ha elaborado y se está poniendo en práctica un plan nacional especial", dijo Putin en su intervención en el foro "Rusia, potencia deportiva".

Poco después de que la agencia antidopaje rusa, RUSADA, recuperara su licencia, Putin subrayó que "Rusia cumple de manera consecuente con sus obligaciones" en ese ámbito y está dispuesta a cooperar "constructivamente" con todas las organizaciones deportivas.

"Sí, por supuesto, fuimos testigos de fallos en nuestro sistema antidopaje, pero quiero destacar que ese no es exclusivamente nuestro problema. Esos fallos demostraron la evidencia imperfección del sistema antidopaje internacional", destacó.

Al respecto, opinó que "se necesitan unas reglas únicas, transparentes, justas y equánimes para todos los atletas" teniendo en mente la carta olímpica, las convenciones internacionales, las legislaciones nacionales y las posturas de las federaciones deportivas.

Putin apoyó los llamamientos a introducir cambios en el sistema antidopaje y propuso como plataforma para ello la UNESCO.

El pasado 20 de septiembre la Agencia Mundial Antidopaje (AMA) rehabilitó a la RUSADA, cuya licencia había sido suspendida hacía tres años entre acusaciones de dopaje de Estado.

Cuando parecía que la AMA prolongaría una vez más la sanción contra la agencia rusa, ambas partes acordaron suavizar las condiciones para la rehabilitación de la RUSADA.

Moscú aceptó plenamente la decisión del Comité Olímpico Internacional del 5 de diciembre de 2017 que obligó a los deportistas rusos a competir con bandera neutral en los Juegos de Invierno de PyeongChang, pero no tuvo que admitir públicamente las conclusiones incluidas en el informe McLaren de la AMA.

Eso sí, la RUSADA debe dar pleno acceso a la AMA en un plazo de tiempo "concreto" a los datos y pruebas efectuadas por el antiguo laboratorio antidopaje de Moscú, supuestamente implicado en una trama para encubrir los positivos de los atletas rusos.

Nada más conocerse la rehabilitación rusa, EEUU demandó una reforma de la AMA, a la que muchos acusan de someterse a las presiones de Putin, que se involucró directamente en la lucha por la recuperación del buen nombre del deporte nacional.

Después de la AMA, le tocará el turno a la Federación Internacional de Atletismo (IAAF), que ya ha dicho que impondrá a la federación rusa sus propios criterios para readmitirle, decisión que se podría tomar en diciembre próximo.

Debido a las acusaciones del principal denunciante de la Agencia Mundial Antidopaje, Grigori Rodchenkov, antiguo director del laboratorio antidopaje de Moscú, el equipo de atletismo no pudo participar en los últimos Juegos Olímpicos y los deportistas paralímpicos rusos fueron excluidos tanto de Río como de PyeongChang.EFE

<https://www.lavanguardia.com/deportes/20181010/452290999987/putin-promete-crear-uno-de-los-mejores-sistemas-antidopaje-del-mundo.html>

MARCA

10/10/2018

Luis Suárez, Umtiti y Sergi Roberto pasan un control antidopaje

FC Barcelona Visita rutinaria de los emisarios de la UEFA durante el entrenamiento del miércoles



Luis Suárez en Mestalla José Antonio Sanz

El Barcelona informó que este miércoles, durante la sesión de entrenamiento de los jugadores disponibles, varios de sus futbolistas se sometieron a los controles antidopaje que, habitualmente, llevan a cabo los inspectores de la UEFA.

En esta ocasión los elegidos fueron Sergi Roberto, Samuel Umtiti y Luis Suárez.

Por otra parte, el Barça se ejercitó esta mañana en la Ciudad Deportiva Joan Gamper con los jugadores que no han sido reclamados por sus selecciones, además de algunos integrantes de su cantera. Es el caso de Iñaki Peña, Jokin Ezkieta, Morer, J. Cuenca, Oriol Busquets, Riqui Puig y Mujica, todos ellos del Barça B.

<https://www.marca.com/futbol/barcelona/2018/10/10/5bddd22ce2704e404a8b45c0.html>

MARCA

10/10/2018

Sebastian Coe "En un año y medio hemos reformado completamente el atletismo"

[Atletismo](#)



Sebastian Coe, estos días en Buenos Aires, en los Juegos de la Juventud. Nina Negrón [Afp0comentariosComentar](#)

El presidente de la Asociación Internacional de Federaciones de Atletismo (IAAF), el británico Sebastian Coe, dijo este miércoles que en un año y medio ha "reformado completamente" su deporte con el objetivo de formar "deportistas limpios" en el futuro.

"Hemos reescrito nuestra constitución, tenemos una unidad para la integridad de los atletas y el asunto no es solo de antidopaje, sino sobre la corrupción y otros asuntos alrededor de las apuestas", dijo Coe en una entrevista con Efe en Buenos Aires.

El doble campeón olímpico de 1.500 metros lisos en Moscú'80 y Los Ángeles'84, dijo que está feliz por haber conseguido eso en poco tiempo, ya que su desafío era "responder tres preguntas".

"Primero, cómo tomamos decisiones para que todo el mundo las entienda de manera clara y transparente. Segundo, a quiénes queremos en el deporte. Y tercero, cómo lograr que el deporte crezca para hacerlo emocionante y vibrante", expresó el presidente de la IAAF, que aglutina a 214 federaciones de atletismo.

Coe, de 62 años, apuntó a la importancia de la unidad por la integridad de atletas de su organismo, relacionada con la acción que tomó el Comité Olímpico Internacional (COI) durante su 133ª reunión celebrada en la capital argentina y a la que asistió.

La sanción de la IAAF al equipo ruso, aplicada por el COI en Río 2016, se produjo después de que la Agencia Mundial Antidopaje (AMA) realizase dos informes que revelaban que el Ministerio de Deportes ruso "orquestaba y encubría" las prácticas de dopaje.

En julio, la IAAF abrió la posibilidad a readmitir a Rusia si cumple con unos requisitos, y aunque Coe celebró que "han ocurrido cambios profundos" y positivos en la federación rusa, se mostró cauto respecto a la decisión final.



"El proceso es el proceso. Claramente no vamos a rehabilitar a los atletas rusos de vuelta a la competición internacional con completa atribución nacional hasta que estemos absolutamente seguros de que el (nuevo) sistema es fiable", puntualizó.

"Nunca quise ver a ninguna federación suspendida, no vine al deporte para impedir a los atletas o naciones que compitan", dijo el titular de la IAAF, que consideró expulsar definitivamente a Rusia.

A pesar de que el concepto de Juegos de la Juventud todavía no consiguió el reconocimiento mundial de unos Juegos Olímpicos, insistió en que "llevará tiempo que la gente entienda su importancia e impacto" y recalcó que "algunos de los atletas más talentosos están en Buenos Aires".

"LLEVAR EL DEPORTE ALREDEDOR DEL MUNDO"

Lo importante, para él, es que los niños acudan a las pruebas "y después se apunten a atletismo", un deporte al que Coe no le ve límites a la hora de seguir en continua mejora, como con la anhelada marca de un maratón por debajo de dos horas.

"Es físicamente posible, se necesita fuerza mental, coraje y entrenamiento inteligente, pero un hombre correrá por debajo de las dos horas en el maratón, no estoy seguro de cuándo pero lo hará", expresó pocas semanas después de que el keniano Eliud Kipchoge batiera el récord mundial al parar el reloj en 2h01:39.

Aseguró que quieren "llevar el deporte alrededor del mundo", por lo que está abierto a llevar "campeonatos mundiales al continente", y citó a Argentina y Brasil como posibles candidatas.

"Lo digo de verdad. Mi única ambición es ayudar a conducir el atletismo y que crezca, crear una plataforma para deportistas limpios y continuar representando mi deporte. Es ahí donde encuentro mi satisfacción", concluyó al aludir a las conjeturas que lo proyectan en la presidencia del COI.

<https://www.marca.com/atletismo/2018/10/10/5bbe621346163f7d6d8b45dd.html>

TRIATLÓN WEB

10/10/2018

Alejandro Valverde: “No deberían preguntarme por la Operación Puerto”

Este miércoles, el flamante campeón del mundo acabó 3º en la Milán-Turín.



Alejandro Valverde: “No deberían preguntarme por la Operación Puerto”

Alejandro Valverde (Movistar) terminó tercero en la 99ª edición de la Milán-Turín, la clásica más antigua del mundo, que se ha disputado este miércoles, tras pelear por la victoria hasta la última subida con el francés Thibaut Pinot (FDJ), nuevo campeón, y el colombiano Miguel Ángel "Supermán" López (Astana), segundo.

El corredor de Las Lumbreras, de 38 años, aseguró después de la carrera en la zona mixta que **“no deberían preguntarme por la Operación Puerto”**. **“Eso es agua pasada, y ni siquiera quiero hablar de eso. Creo que he demostrado suficientemente quién soy desde entonces”**, afirmó el corredor español, insistiendo en que ha demostrado sobradamente su credibilidad desde que regresó de su sanción por dopaje –fue suspendido dos años, entre 2010 y 2012, por su implicación en la Operación Puerto–.

Con respecto a su “secreto” para seguir ganando a los 38 años y llegar a convertirse en campeón del mundo, Valverde habló de “entusiasmo” por lo que hace: **“Amo el ciclismo. Y luego está la calidad, eso es algo con lo que naces, no algo que puedas fabricar”**.

Además, Valverde afirmó que todavía le queda “fuerza en las piernas” para intentar pelear por el triunfo en Il Lombardia del próximo sábado. “Mi resultado de hoy me da confianza de cara a Il Lombardia. No sé si podré ganarlo, pero tengo fuerza en las piernas”, explicó al acabar la Milán-Turín, en declaraciones difundidas por los organizadores de la carrera.

<https://www.triatlonweb.es/noticias/articulo/alejandro-valverde-no-deberian-preguntarme-por-la-operacion-puerto>

LAS PROVINCIAS

11/10/2018

Cuatro años de sanción a Kalalei por dopaje

EFE.

El maratoniano keniano Samuel Kalalei recibió una suspensión de cuatro años a raíz de un control positivo por EPO. Kalalei, de 23 años, dio positivo por EPO al finalizar el maratón de Róterdam (Holanda) el pasado mes de abril, en el que terminó séptimo con un tiempo de 2:10.44, su récord personal.

<https://www.lasprovincias.es/deportes/atletismo/cuatro-anos-sancion-20181011011537-ntvo.html>

RTVE

11/10/2018

Alina Tsviliy, rival de Julia Takacs en el podio de Berlín, da positivo por dopaje

- La ucraniana, segunda tras la española en 50 km marcha, dio positivo por trimetazidina
- La Unidad de Integridad del Atletismo de la IAAF, le ha abierto expediente disciplinario



La ucraniana Alina Tsviliy, medalla de plata; la portuguesa Ines Henriques, medalla de oro, y la española Julia Takacs, medalla de bronce, posan durante la ceremonia de premiación de la carrera femenina de 50 km en los Campeonatos Europeos de atletismo 2018 en Berlín (Alemania). EFE/HAYOUNG JEON EFE HYJ/GH AFCU

La atleta ucraniana Alina Tsviliy, [segunda clasificada en la prueba de 50km marcha, por delante de la española Julia Tacks](#), en los pasados [Europeos de Berlín](#), ha dado positivo por trimetazidina, según ha confirmado [la Unidad de Integridad del Atletismo](#).

La medalla de la española podría ser finalmente plata, de confirmarse el proceso abierto por el organismo dependiente de la IAAF. De momento su suspensión es temporal y la unidad de integridad del atletismo ha abierto el proceso de presentación de alegaciones antes de dictar una sanción definitiva.

En el pasado, Takacs ya vivió una situación similar, cuando su bronce europeo sub-23 en 2011 se convirtió en oro por la suspensión de sus dos rivales en el podio, Tatyana Mineyeva y Nina Okhotnikova, ambas rusas. Aunque la sanción no llegó hasta 2015.

<http://www.rtve.es/deportes/20181010/alina-tsviliy-rival-julia-takacs-podio-berlin-da-positivo-dopaje/1816720.shtml>

UKAD

10/10/2018

Blog: Dr Claire-Marie Roberts - We must have an environment that puts the person before the athlete



Doping in sport can arise due to a number of factors and influences, from a lack of education to a desire to win at all costs, and many things in between. As part of World Mental Health Day, UKAD Board member and Chartered Psychologist Dr Claire-Marie Roberts, discusses how mental ill-health can affect the decision to dope.

It's not often that we have the luxury of being able to reflect on one of the primary causes of doping in sport in detail, yet with today being World Mental Health Day, it seems timely to look at the interaction between mental ill-health and doping.

In my practice as a sport psychology consultant, one of my principal concerns is the protection of the psychological well-being of my athlete clients who often exist in a cut-throat, unforgiving, intensely pressurised environment where their worth is measured by competitive outcomes. We rarely stop to consider the impact of this relentless existence on the mental health of these individuals, whose physical attributes are frequently prioritised over their mental states.

Realistically, it is important to critically consider that the motives for doping in sport run deeper than a mere competitive advantage. Image and performance enhancing drugs (IPEDs) are often used to cope with stressors specific to the athletic environment. For example, cash-strapped jockeys may be tempted to use diuretics to help guarantee that they'll make weight for a race in order to earn their all-important racing fee.

Similarly, I have observed an increasing trend of athletes at the end of their careers using IPEDs to mask the pain and restriction of cumulative sport injuries – all because they are avoiding the perceived psychological pain of athletic retirement. Then there are the cases of

athletes who self-medicate with illegal drugs in an attempt to mask the effects of clinical anxiety or depression generated, or at least exacerbated by the sporting environment. Indeed, in some cases, athletes may be suffering from mental ill-health, but are put off from reporting their problems, or seeking help for fear of the perceived stigma. In these cases, illegal drugs often become masking agents.

Regardless of the legal status of the IPEDs, I suggest that the practice of using drugs in this way – in a harmful or hazardous manner, is tantamount to substance abuse. The side effects of substance abuse can actually worsen the symptoms that they were initially intended to relieve, and in some cases new symptoms may be triggered. Either way, it is important for those working in sports governance and as athlete support personnel to consider the core drivers of these underpinning behaviours.

Whilst the core drivers are multifactorial, in my experience, a key contributor to the prevalence of mental ill-health in the athletic population is the culture of the high-performance sporting environment. It's clear that in general, sport remains a discriminatory environment where there is great reluctance to exhibit or even seek help for behaviours that may illustrate a "weakness" and potentially effect critical selection decisions. Ultimately, we all have a collective responsibility to create an environment that puts the "person" before the "athlete", and for creating and maintaining cultures that allow individuals to thrive *both* as a person and as a performer. A wide adoption of a commitment to athlete welfare and well-being, is likely to help reduce the instances of mental ill-health and therefore the potential to use doping as a coping mechanism. On World Mental Health Day 2018, let's make a commitment to make sport a more forgiving industry, one that celebrates individual differences and acknowledges that athletes are human beings who all need support from time to time.

If you, or anyone you know, are struggling then there are several places you can approach for help and support. Broadly, the [Mind website](#) has a list of support services, but your National Governing Body (NGB) should also be able to offer guidance, while the likes of the [Professional Footballers' Association \(PFA\)](#), [Professional Cricketers' Association \(PCA\)](#), and [Rugby Players' Association \(RPA\)](#) also each have dedicated teams and resources to support their athletes, so please don't think you're alone.

If you need further information and resources on clean sport, you can also see the UKAD [website](#).

<https://www.ukad.org.uk/news/article/blog-dr-claire-marie-roberts-lets-make-a-commitment-to-make-sport-a-more-fo>

THE GUARDIAN

08/10/2018

Laura Muir: 'I don't like taking anything. I don't even drink coffee'

[Donald McRae](#)

[Athletics](#)

The middle-distance runner and qualified vet says she would readily be drug-tested every day and believes she can win at the Tokyo Olympics in 2020



Laura Muir at the Tooting Bec athletics track. 'I can count the paracetamols I've taken on one hand. I don't like taking anything.' Photograph: Tom Jenkins/Guardian

It is a long way from Tooting to Tokyo but, on an autumnal morning in south-west London, Laura Muir can see the path stretching out before her.

After her best year as a 1500m runner the road to winning a medal at the Olympic Games seems [much clearer to the Scottish veterinarian](#).

In the midst of graduating as a vet earlier this year Muir has won two medals at the world indoor championships, become the European champion and secured the prestigious Diamond League title. The world championships in Doha next year will provide a new challenge before Muir attempts to win an Olympic medal, with gold being her target, in Tokyo in 2020.

"Obviously the pinnacle is to win the world championships, to win the Olympics," Muir says as she sits near the finish line at the Tooting Bec athletics track where her dreams of glory are spoken of softly in an understated setting. "I really think I've got the potential to do that. It's going to be very tough but I just want to keep it going."

Last month, having already cruised to the European title, Muir produced the most impressive win of her career in Brussels when she beat three of the four fastest women in the world this year [to become Diamond League champion](#).

Having allowed Ethiopia's Gudaf Tesgay to open up a lead, Muir reeled her in and then, with just over a lap left, she surged ahead and never looked as if she would be caught by a world-class field in a time of 3min 57.85sec.

"This year the Europeans was the main focus because you want to win championship medals," Muir says, "but it felt important to win the Diamond League because it's kind of a world final. There aren't any world championships this year so that win was really special. It was a big statement. The time was good but the race slowed for a couple of hundred metres and we lost a second or so. We could have run 3.56."



Laura Muir celebrates as she crosses the line to win the 1500m at this year's European Athletics Championships in Berlin. Photograph: John Macdougall/AFP/Getty Images

The 25-year-old Scot [ran her personal best of 3min 55.22sec](#) in Paris in 2016. It is the 16th fastest time in history but it is reasonable to wonder how much higher she would climb if the times of athletes [who have been subject to doubt about their doping history](#) are set aside. Four of the faster times were set in the Eastern bloc during the cold war when state-sponsored doping was rife. Nine Chinese athletes are in the top 15 and [their times in the 1990s](#) were recorded [under the infamous coach Ma Junren](#), though he denies ever employing performance-enhancing drugs. Yet most of these runners have never failed a drug test and they remain in the record books. All Muir can do is run hard and clean and hope that anti-doping measures ensure the world championships and Olympics are drug-free in her event.

"It's important to me," Muir says, "because I'm a very moral person and I want to be the best I can as a clean athlete. There are all those names above me but I am super-duper proud to have that time because I know it's 100% me."

Does Muir, who ends most races looking spent and stretched out on her back because she has dredged up every last sliver of energy, feel disheartened by suspicions about some of her rivals? “It is hard but there’s nothing you can do about it. I can just run my best race and hopefully that wins me a medal. If it doesn’t and I get awarded it later on [if a medal-winner fails a subsequent drug test], then at least I eventually get that recognition. But it’s not the same. You don’t get that lap of honour or stand on the podium.

“We know these things are going on but I try not to think about it too much because you get weighed down. We need to look at it but it’s important for me just to focus on myself. Things are going to happen, and come out, but the only thing I know 100% for certain is my set-up.”

When Muir finished seventh in the 2016 Olympic final [she was openly dubious](#) about the credibility of the winner, Genzebe Dibaba. “I have my doubts,” Muir replied when asked if she trusted the new Olympic champion. Dibaba’s coach, Jama Aden, [was being held in Spain](#) after the police raided his hotel and discovered various banned substances, including EPO. Aden continues to insist on his innocence and Dibaba has never tested positive and stressed that she was “crystal clean from doping”.

Muir said: “You know a tree by the fruit that it bears. If a tree bears sour fruit, then the fruit around it are likely infected.”

The case against Aden continues and El País reported recently [that the coach could be jailed](#) for four and a half years if he is extradited from Qatar and if found guilty at trial. Muir has not been following the protracted legal case but her rivalry with Dibaba intensified six months ago when, at the world indoors in Birmingham, she won silver and bronze behind the Olympic champion in the 1500m and 3,000m.



Muir and rival Genzebe Dibaba. Photograph: Facundo Arrizabalaga/EPA

[Relations between Muir and Dibaba are strained](#) – but has she tried to discuss the situation with the Ethiopian? “There’s never been the opportunity to speak to her. She keeps to herself and doesn’t interact with many athletes.”

Muir tries to avoid taking any medication in an attempt to be totally natural and clean. “I can count the number of paracetamol I’ve taken in my life on one hand. I don’t like taking anything. There is medication out there that is perfectly fine to take – like paracetamol – but if something is sore I don’t want to mask it. Yeah, you can take something if your achilles flares up but I like to work through the pain.

“Even with protein shakes I take them between the rounds of a championship only because it’s important to recover. During and after training sessions I always just have water and a banana. I don’t have any special shakes. I don’t even drink coffee. I tried it once but it made my heart race.”

Muir sounds scrupulous but how often she is tested by anti-doping officials? “Sometimes you can be tested three times a week. Then a month can pass. In Berlin, at the European championships, I was tested when I arrived and then after the race. So it can be multiple times in a few days or once every month. I’m happy to be tested every day of the year but the problem is when you don’t feel those same principles are being applied to everyone else.”

Some countries, including Ethiopia, do not allow anti-doping officials entry without prior warning and, as Muir says: “That’s worrying. If you can get a protocol in place for everybody, so everyone’s getting tested equally, it would definitely be the right step.”

Muir is admirable in remaining true to herself. She has no wish to create a “brand” or widen commercial opportunities. “It’s a different culture these days, isn’t it,” she says with a shrug. “Everything’s online and people’s appearances are deemed more important. Yeah, I like to dress up and have nice hair and make-up – but there’s a time and a place. I don’t want to be like that 24/7. I enjoy training and getting muddy and wet, hair all over the place. I don’t want to become something I’m not. I’m just a normal girl from Scotland that likes running.”

It seems apt, considering her wholesome character and background as a vet, that Muir should launch the first [Simplyhealth Canine Run on 20 October](#) – a 2.5km run for dogs and their owners. “It’s great because Simplyhealth have got ties with the veterinarian community and we’re promoting health benefits for dogs and people. As a vet you see lots of overweight pets. Hopefully running with their dogs will spur people to get fit as well.”

Muir was a dedicated veterinarian student – so much so that, even when her World Indoor Championship travel plans were disrupted by severe snow last winter, she kept studying. It needed a £1500 taxi ride from Glasgow to Birmingham to make it to the worlds but Muir’s studies kept her calm. “I’d been working that morning so I was looking at my notes on the way down and had no time to think about missing the championships. I was just thinking: ‘I’m running today. We’ll get there somehow.’ On Monday morning I was back at school. I couldn’t overthink.”



Muir in the final of the 2016 Rio Olympics, where she ran the third lap too hard and faded to finish seventh. Photograph: Martin Rickett/PA

Yet she ran against Dibaba in Birmingham with a more measured tactical approach. At the Rio Olympics, in contrast, she had run the third lap too hard and faded while chasing gold. She seemed much more pragmatic tactically when securing her medals in the world indoors. “I now know you need plans a, b, c and d. Having more experience meant I did really well tactically and a silver and a bronze was really good. But getting my degree was the important thing this year.”

Will a complete focus on athletics boost her performances still further? “I don’t really know yet because most years I’d finish my exams in May and then focus on athletics for the summer – and go back to vet school in September. At the moment it feels normal. But, yeah, in the coming months I’ll be training full time. It’s exciting to see what I can do with the extra time.

“I’d always wanted to be a vet when I was younger. I never thought about being a professional athlete or winning the Olympics. I never dreamed about it. It was that far from what I thought I could achieve. Now I see it is possible. As Tokyo comes closer I’m very conscious of not letting it consume me. So I’m just going to the Olympics like I’ve always done. Very focused, very relaxed. I know that’s the best way for me to run.”

<https://www.theguardian.com/sport/2018/oct/08/laura-muir-interview-athletics-tokyo-2020-olympics>