

It's The Time of Year to be Thankful

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- **UK Sport To Spend \$563 Million Over 4 Years To Help Britain Try To Become 1st Country To Bag More Medals At Next Olympics After Being The Host**

Biological Passport Wins Again: Former World Youth Racewalking Champion Sergey Morozov Has Been Given A Life Ban For Breaking Anti-Doping Regulations Why is it the that most obscure parts of track and field have the most people busted for drugs?

Looking Ahead To Upcoming Action

- **Tonight: Bored? The Bowerman Will Be Broadcast Live At 6:30 PM ET Tonight** Watch The NCAA collegiate track Athlete of Year will either be **Cam Levins** (Southern Utah), **Tony McQuay** (Florida) and **Andrew Riley** (Illinois) for the men and **Brigetta Barrett** (Arizona), **Kimberlyn Duncan** (LSU) and **Brianne Theisen** (Oregon) for the women.
- **This Weekend: 1st Ever Masai Olympics is being offered as environmentally friendly alternative to killing lions as way to "compete for recognition, identify leaders and attract girlfriends."** The events are as follows: 200m sprint, 5000m run, spear throwing, rungu throwing, and high jump. The winner will weirdly be sent to the 1013 ING NYC Marathon.
- **This Weekend: World junior xc and 1500 champion Faith Chepng'etich and Africa title holder Clement Langat highlight the elite field in Sat.'s Kenya Xc race**
- **Something to look forward to on Jan. 27th. 2013 Osaka Intl. Women's Marathon Will Be A Battle Between Japan's All-Time Greats** 2004 Olympic champ and NR holder (2:19:12) **Mizuki Noguchi** will battle Japan's former NR holder **Yoko Shibui** (2:19:41), and it's current #1 in **Kayoko Fukushi**. Noguchi says she's "back to settle a score with myself." "I've been doing some good 30 and 40 km runs in training, and except for catching a cold I'm in the best shape possible,"

Q&A With 2012 US Road Mile Champ Heather Kampf, Who Fell & Got Up & Did Great Yet Again The woman who famously fell in college but won fell again at club XC and got up and her Team USA Minnesota team won the title as a result.

Taking A Fish Oil Supplement In The Two Months Before A Marathon Might Help You Avoid A Post-Race Illness

We Agree Benita Willis Says The Biggest Benefits From Altitude Training May Be The Fact You Get Away From Peer Pressure To Drink And Party

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Toby Tanser Is Amazing: Shoe4Africa to build a multi-million shilling public children hospital in Eldoret The charity will break ground on the hospital on New Year's eve. The hospital will be only the 2nd children's hospital in all of sub-Saharan Africa. **Natalie Portman** and **Cristiano Ronaldo** have donated - **have you?** *[Donate Here](#)

* **2:18 Marathoner Mike Cassidy Helped Raise \$6500**

*[Tanser Blog's About A Day in His Hectic Life](#)

*[Shoe4Africa Website](#)

BBC SPORTS PERSONALITY OF THE YEAR AWARD *FULL LIST OF WINNERS

- **Tour de France Champion Bradley Wiggins Wins BBC Sports Personality Of The Year Award** **Jessica Ennis** was 2nd. **Seb Coe** won the Lifetime Achievement Award.
- **Usain Bolt Wins Overseas Sports Personality Of The Year Award**
- **British Olympic And Paralympic Teams Win "Team Of The Year" Sports Personality Award**
- **The Guardian Play-By-Play Of Sports Personality Of The Year Awards**