

MUCH-LOVED ATHLETICS CLUBS

Shaftesbury Barnet Harriers has finished No.8 on a list of the “most loved sports teams” in the UK.

Research carried out by Sports Direct placed the north London athletics club close behind some of the nation’s top football, ice hockey and rugby union teams.

Arsenal topped the rankings followed by Liverpool, Chelsea, Manchester City and West Ham. Next came Cardiff Devils ice hockey team and Gloucester rugby union team, followed by Shaftesbury Barnet.

There were more athletics clubs in the list, too. Woodford Green with Essex Ladies were listed in 15th place, Newham & Essex Beagles 30th, Birchfield Harriers 33rd and Harrow AC 27th.

The positions were evaluated by studying social media followings, online mentions, engagement rate, percentage of stadium capacity and online merchandise searches.

However, athletics finished bottom generally out of the eight sports analysed.

The report said: “Firing into first place is football with an average of 1,070,863 loves on social media, followed closely by rugby league with a mighty 25,089 loves. Bringing in the rear is, shockingly, athletics.

“Sure, they have the most engaged fans, but they’re stuck at the bottom of the most loved sports pile. So, sports teams who stay off the track and keep their eyes on the ball seem to get the most love!”

RUTHERFORD’S SLEEP ROUTINE

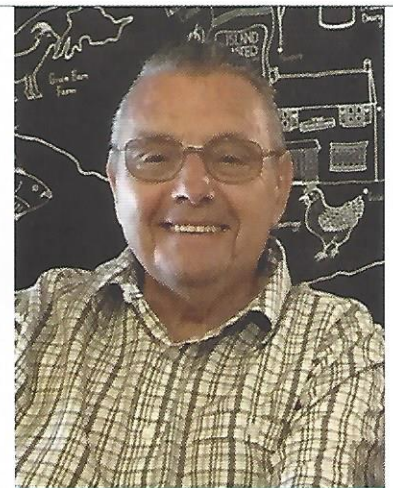
Greg Rutherford says adults should try to replicate a child’s bedtime routine in order to get a better night’s sleep.

Dreams, the official sleep partner to Team GB and ParalympicsGB, has discovered that 27 per cent of UK adults have no night-time routine at all – and the average person gets just five hours of quality sleep a night.

He says: “As an athlete, sleep is up there with being one of the most important elements in influencing our performance, whether in training or just before a competition. But as we can see from the research, many adults are struggling with a good routine and they aren’t quite nailing a good night’s sleep – which isn’t good.

“Sleep is our superpower! Having a bedtime routine is an essential part of my evening - I call it my ‘reverse warm-up’ and it follows a similar structure to my kids’ routines.”

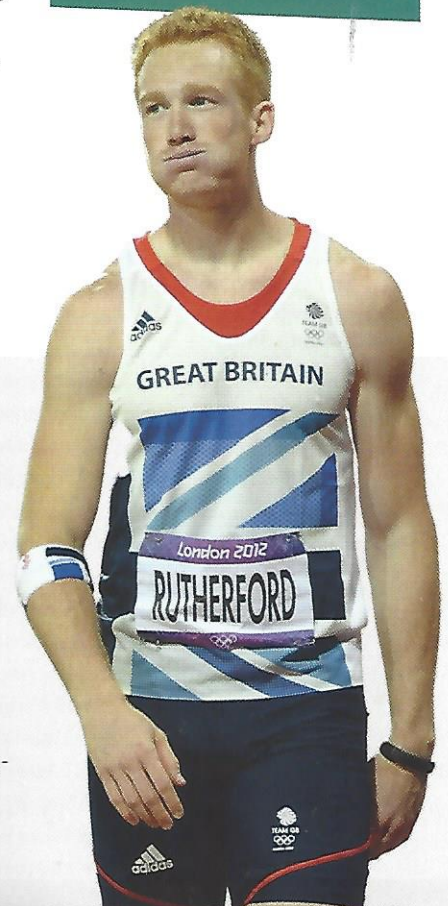
He recommends 45 minutes of no screen time, a warm bath, listening to relaxing music, reading a book, using lavender pillow spray and organising his bedroom.



TRACK RE-NAMED AFTER SCOVELL

Ray Scovell, the popular Isle of Wight coach who died last year due to Covid, will have the Sandown athletics track named in his memory.

Scovell coached multiple British discus and hammer champions Nick Percy and Andy Frost, in addition to launching parkrun on the Isle of Wight.



If you have a potential Dip Finish story, email: jason.henderson@athleticsweekly.com