

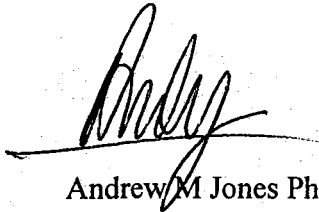
3<sup>rd</sup> November 2005

Dear Ed

It was good to see you in Loughborough in September. It was a shame that you had to dash off to London but our joint session was not only very well attended but was also extremely well received.

As promised, I have enclosed a copy of a paper I published a while ago which documents the physiological adaptations to training of Paula Radcliffe over the early years of her senior career. The data I presented in Loughborough showed a continuation of this same trend. The similarities in the physiological factors linked to continued improvements in performance in Armstrong and Radcliffe are striking.

With best wishes



Andrew M Jones PhD

Professor of Applied Physiology

