

Irritated by data hack, Farah says no secrets to his success

By **ROB HARRIS**
Associated Press

LONDON (AP) — Another testing week off the track ended for Mo Farah in victory, followed by a further defence of his integrity.

In the penultimate race of an illustrious career, the four-time Olympic champion won the 3,000 metres at the London leg of the Diamond League in 7 minutes, 35.15 seconds on Sunday.

The adulation of the Olympic Stadium crowd was savoured by Farah, embarking on a lap of honour and posing for selfies in the venue where he won his first pair of Olympic golds in 2012.

"This is home and there is no place like home," Farah said. "This is where my life has changed. This is where I have made my name. This is where everything was normal."

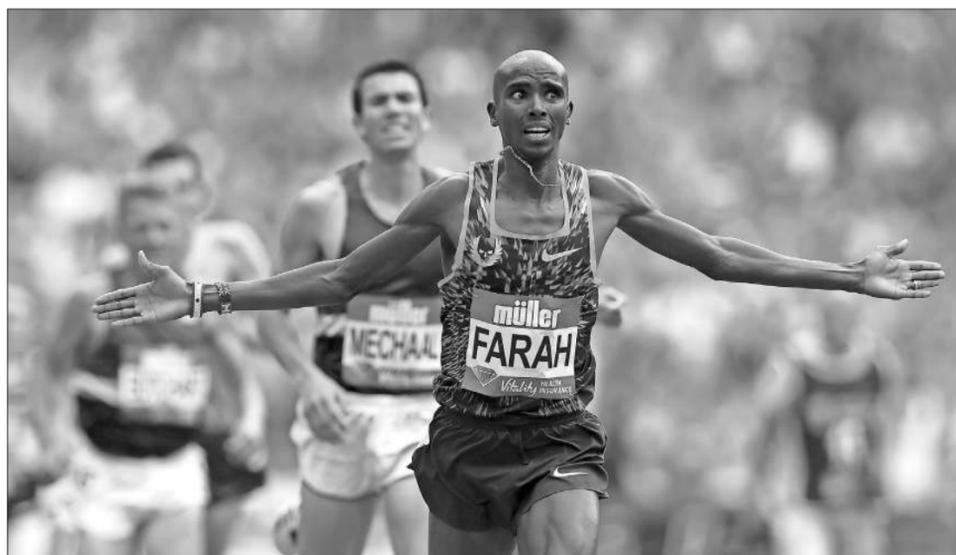
Such normality is a haven. There is a reason for Farah to be so nostalgic about 2012. It was before the intense scrutiny, before the finger of suspicion was pointed at Farah and his associates.

Farah insists he has always run cleanly and evidence has never been presented to doubt him.

But uneasy questions returned for Farah once he left the London track on a sweltering London summer afternoon on Sunday, having beaten Adel Echaal of Spain.

Questions prompted by data hacked from track's governing body that showed Farah's blood readings were initially flagged as "likely doping" following analysis by an unidentified expert. Another file attached to the same email published by Russian-linked hackers said the British runner's profile was "now flagged as 'normal' with the last sample."

"I am sick of repeating myself and you guys are just making something of nothing," Farah said. "As I said, I will never ever fail a drugs test and that is who I am to people who know me.



GREAT Britain's Mo Farah crosses the finish line to win the 3,000 metres during the London Anniversary Games at London Stadium on Sunday.

(Chris Radburn/PA via AP)

I work hard at what I do and I just carry on enjoying what I do and it comes as a little distraction."

Farah became more irritated as the probing continued in the mixed zone where he was accompanied by his manager and spokeswoman.

"I can only control my legs and what I do and I know there are a lot of people who support me, behind me, the whole nation," Farah said. "It is just a small majority who think to become a success you must be doing something."

"I said I will never fail a drugs test. That is who I am. I believe in clean sports and I just have to enjoy what I do, keep smiling. And let you guys do what you do."

Not that he is happy with the media coverage of his career. Much of that has scrutinised the coach Farah stands by: Alberto Salazar, who is being investigated by the US Anti-Doping Agency over accusations he skirted anti-doping rules while training some of his athletes at the Nike Oregon Project.

"There is no secret to what

I do," Farah said. "My life is not as easy as people think. It is hard work, about grafting. I wish you guys would understand it a bit more and write down the facts. I do what I do, keep smiling."

And keep running, for now. The next time Farah returns to the Olympic Stadium it will be to bid farewell, competing at the world championships before heading into retirement.

"I am getting slightly a bit more nervous and a bit, 'Oh my god, this is it, this is it,'" Farah said, "but it is normal."

The Olympic Stadium in east London is back in track and field mode after its first season being used for Premier League soccer by West Ham.

Nijel Amos won the 800 metres in a world-leading time of 1.43.18 on the track where he won a silver medal at the 2012 Olympics. Allyson Felix prepared for the defence of her world 400 title next month with a world-leading run of her own, clocking 49.65 in her first Diamond League race of the year.

In the women's 100, Dafne Schippers was quickest in the

heats but Olympic champion Elaine Thompson of Jamaica won the final in 10.94 ahead of her Dutch rival, despite wearing flat trainers.

"I do have spikes on but they are very petite," Thompson said. "They are built especially for me and made lighter."

After setting a world record in the women's 100 hurdles at this meet last year, Kendra Harrison had to settle with just winning again in 12.39 seconds — 0.19 outside of her mark. The American was more than a tenth of a second faster than Sally Pearson of Australia.

In the men's 110 hurdles, Olympic champion Aries Merritt posted what he called a "new kidney personal best" of 13.09 for first place. The American won bronze at the 2015 world championships with his kidneys barely functioning because of a genetic disorder, and he received the transplant from his sister less than a week later.

"I'm back to full health. It's been a while since I've run this quickly," Merritt said. "Every time I step on the track, I'm running better."

BOTTAS WINS AUSTRIAN GRAND PRIX AS VETTEL EXTENDS LEAD OVER HAMILTON

By **JEROME PUGMIRE**
Associated Press

SPIELBERG, Austria (AP) — Mercedes driver Valtteri Bottas made a great start from pole position to win the Austrian Grand Prix on Sunday, while Ferrari's Sebastian Vettel finished just behind in second to extend his championship lead over main rival Lewis Hamilton to 20 points.

Bottas just held off Vettel's late charge, with the German driver crossing the line 0.6 seconds behind.

"He was catching up. I had a massive blister in the rear left (tire)," Bottas said. "I was losing more and more stability of the rear. I was happy the race ended on that lap."

Vettel was frustrated at missing out on a 46th career win by so little.

"I was told he was in trouble, I was pushing. The car came alive and I had really good pace," Vettel said. "I think I needed one more lap because he was really struggling up the hill."

Vettel had never finished higher than fourth in Austria, twice retiring from races. "I really wanted to win, so not entirely happy," Vettel said.

Meanwhile, Red Bull's Daniel Ricciardo showed great ability to defend third place from Hamilton, who almost passed the Australian driver on the last two laps but had to settle for fourth.

Bottas, who won in Russia, clinched the second victory of his career — and both have come since he joined Mercedes from Williams this season. His first career podium was on the same Spielberg track, when he finished third for Williams in 2014.

Bottas is now only 15 points behind Hamilton in the overall standings and close to contending for the title. "I believe and the team believes," Bottas said. "We're not even halfway yet."

Hamilton started from eighth on the grid on Sunday.

The British driver had

the third fastest qualifying time behind Vettel and Bottas, but was demoted five places for an unauthorised gearbox change after the last race in Azerbaijan two weeks ago, which Ricciardo won.

Ricciardo, who is fourth overall, clinched his fifth straight podium.

At the start of the race, Fernando Alonso had to retire his McLaren after a collision caused by Toro Rosso driver Daniil Kvyat.

Red Bull's Max Verstappen was slowed at the start by a clutch problem, which dropped him back in the field where he was collected by Alonso's out-of-control McLaren — the fifth time in the last seven races Verstappen has failed to finish.

Bottas got away cleanly but Vettel contested the start on his radio, saying Bottas had jumped the lights.

The Finnish driver was later cleared by stewards of any wrongdoing, and defended his lightning start.

"You are gambling between your reaction and guessing," Bottas said. "Sometimes you are a bit late and today was my best reaction to the lights."

Vettel emphatically disagreed. "I don't want to take anything away from Valtteri, he drove an excellent race," Vettel said. "But I had a strong belief he had jumped the start. In my point of view his reaction (time) was inhuman."

Ricciardo backed Vettel up. "The lights were held for a long time, more than normal. For sure he went, but the lights weren't out," Ricciardo said. "I guess he got lucky. It was on the edge. I don't believe he reacted to the lights, looked like Valtteri jumped."

Motor sport's governing body had the final word to say Bottas did nothing wrong. "Simply put: he made an exceptionally accurate and fortuitous judgment call, anticipating the moment the lights went out with great precision," the FIA said in a statement. "(It) was within the tolerances allowed."

CROSSWORD PUZZLE

Monday, July 10, 2017

◆ 2-IN-1 CROSSWORD PUZZLE ◆

CRYPTIC PUZZLE

Across

- 1 Woman of 51 had become unsettled (5)
- 8 Big end about to be made bigger (8)
- 9 Family supply (5)
- 10 If mantle breaks, get part of an electric bulb (8)
- 11 Festivity involves five in a lively dance (5)
- 12 Took down a note (3)
- 16 About half a dozen fish, quick! (6)
- 17 Barked shrilly - or deeply perhaps (6)
- 18 After a round we have something to pay (3)
- 23 A male delegate? (5)
- 24 Open coal fires I left to go out (8)
- 25 Vessel in dock (5)
- 26 Supplied - subject to certain conditions (8)
- 27 A way always short and direct (5)

Down

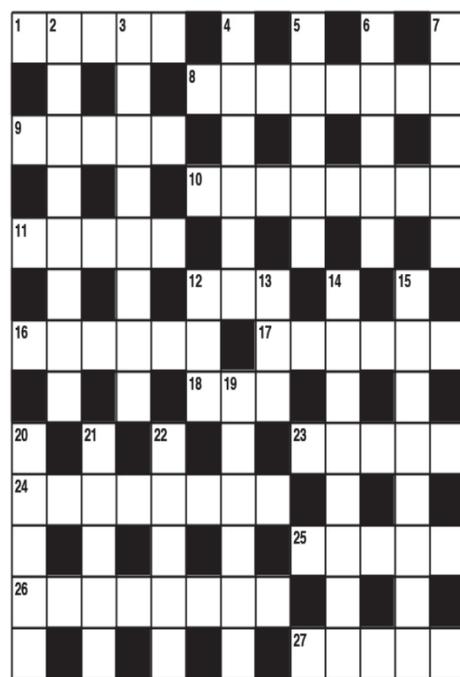
- 2 Flying is not yet fully developed (2,3,3)
- 3 Pet cried out, on its last legs (8)
- 4 Register silent perplexity (6)
- 5 Fare for boy going to South Africa (5)
- 6 Possibly eager to correspond (5)
- 7 Prepares to publish new diets (5)
- 12 An attempt in the past (3)
- 13 Look up and down (3)
- 14 Below standard tirade is scandalous (8)
- 15 No occasion for generosity in the interim? (8)
- 19 Such work might be a rush job (6)
- 20 Contented to lie very quietly in dry grass (5)
- 21 A short distance in progress (5)
- 22 Suit made to be the right size (5)

Yesterday's Cryptic Solution

Across: 1 Diversions, 6 Bloc, 10 Diana, 11 Darwinism, 12 Virtuoso, 13 Payee, 15 Priests, 17 Siskins, 19 Reynard, 21 Gallant, 22 Puffs, 24 Glissade, 27 Reasoning, 28 Amber, 29 Step, 30 Changeless.
Down: 1 Duds, 2 Viability, 3 React, 4 Indoors, 5 Nervous, 7 Laity, 8 Compensate, 9 Disposal, 14 Spare parts, 16 Snapshot, 18 Inaudible, 20 Dogfish, 21 Going on, 23 Frame, 25 Shame, 26 Iris.

Yesterday's Easy Solution

Across: 1 Madagascar, 6 Maim, 10 Sit-in, 11 Intellect, 12 Scorpion, 13 Title, 15 Amiable, 17 Mammoth, 19 Prevail, 21 Sidecar, 22 Award, 24 Niceties, 27 Stalemate, 28 After, 29 Apex, 30 Golden Gate.
Down: 1 Mask, 2 Detective, 3 Goner, 4 Suicide, 5 Antonym, 7 Avert, 8 Matterhorn, 9 Ill-timed, 14 Caspian sea, 16 Brand-new, 18 Orchestra, 20 Long ago, 21 Succeed, 23 Aware, 25 Train, 26 Free.



EASY PUZZLE

Across

- 1 Relative size (5)
- 8 Misleading (8)
- 9 A dozen dozen (5)
- 10 Birthplace of Mozart (8)
- 11 River-crossing boat (5)
- 12 Rainy (3)
- 16 River associated with Strauss (6)
- 17 Inconsiderate (6)
- 18 Important (3)
- 23 Largest African city (5)
- 24 Region (8)
- 25 Factory (5)
- 26 Opera by Puccini (2,6)
- 27 Short pleasure trip (5)

Down

- 2 Spanish tenor (8)
- 3 Shining (8)
- 4 Threat (6)
- 5 Blurred (5)
- 6 Less (5)
- 7 Margin (5)
- 12 Spider's trap (3)
- 13 Towing vessel (3)
- 14 Record-breaking Forties musical (8)
- 15 Continuous (8)
- 19 Revenue (6)
- 20 Short period (5)
- 21 Leisure pursuit (5)
- 22 Supply (5)