

Running terms



False start

In sports, a false start is a start that is not allowed. This is usually due to a movement by a participant before being signalled to.

Final lap

Final circuit of the track

Final straight

The straight part of the race before the finish line

Heat

To qualify for a final race, runners will often have to run an initial race known as a 'heat'. The winner of the initial race may enter the final contest.

Pace

How fast a runner is running

Podium

A small platform where runners who come first, second and third stand on when getting their medals

Start-line

The line where the race begins

The field

All the runners in the race