



Jean-Louis Esnault (M77), FRA – Men's #1 Long Distance

What does this award mean to you: It's a great honor and the reward for perseverance in the long practice of athletics with ups and downs.

About 70 years back to the track has been quite successful. Not always easy to be ready for every big championship.

At the beginning we seek to be first for oneself even then it's for his team. I was only too late that I could express my potential.

What were your highlights of 2017: 2017, the third year M75, the goal was to remain the world's best in my category.

DAEGU in South Korea : four gold medals (400 m- 800 m 1500 m and 3000 m) and a silver medal in the cross. (place before the time)

At the French championships in Arles in the absence of rivalry it was a new attempt to record the world on the 2000 m steeple after several failures very close to the record. Successful contract in 8'45"77.

In AARHUS four runs 800 m 1500 m 5000 m (20'53") – 2000 m steeple and four wins. I have the advantage of being a good paver and if I am not distanced before the arrival, I generally win.

After Aarhus I started out a marathon preparation, but I got hurt mid-September at the right Achilles tendon during a 10 Km road (still 44'15" while has injured mid course) so stopped running until the end of 2017.

After care my resume of training in February 2018 is on track and I hope to be present in Malaga (for Alicante it's probably too close).

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I had little free time and the evenings pretty shorts. Athletic events were not a priority.

Retired from 65 years old to finish landscaping the house. Do a little sightseeing family gatherings and look after my little children.

At the fact always very busy with the sport-run club official umpire outside stadium and stadium.

What are your hobbies: Main distractions : Trips and visits sometimes in connection with sports trips like Beijing New York Rio de Janeiro Budapest Marathons and Italy with the Championships in Grosseto.

Do a few crossword and read. I love classical music and storing my sports records.

What did / do you for a living: I attach importance to family life : meetings and festivities with children and small children.

Father of three children who do just a little sport as tennis, ski, running. Grandfather of four grandchildren (my parents had 38).

I participate in the associative life of my region : Relationship with the town halls / Various functions in an athletics club that has developed a lot and where I have adhered for more than 30 years : management, secretariat, After all this I am judge of the French Athletics Federation for stadium and off stadium- races (arbitration, measurement,)

I lead a fairly sober life (no tobacco) but without a strict diet of sportsman. Good meals and alcohol are tolerated to some extent at an age where you can still indulge yourself.

In the summer I usually go with the family for a fortnight at the seaside in Brittany for relaxation and good air.

Where did you grow up: I was born in January 1940 in Chateaudun a small town located 130 Km

southwest of Paris, the fourth in a family of thirteen children (I have eight sisters !). I lived there all my childhood.

From 8 years I practiced scouting and later part of a nautical troop with which we went kayaking rivers such as the German Moselle, the upper Garonne and Dordogne. As my father was architect of the Historical Monuments of the department I often visited the very typical castle of Chateaudun and the famous cathedral of Chartres. At the age of 16 I went to boarding school.

Where did you go to school: First I attended the college of Chateaudun from 5 to 15 years. In general I was leaving at the last minute and it's often running that I went there.

Then it was in Chartres that I passed the baccalaureate.

For the upper classes I studied mainly in Paris (high school and higher Wood school) and one year in Grenoble (Paper manufacturing school) where I shared athletics with alpine skiing.

To finish military service beginning in Angers then a year in Cayenne (the opportunity to participate in the road races of Guyana and the famous Games of Trinidad).

Why was I little known in sport before the age of 70? Young I only started with small-dose school sports. Nevertheless, I managed beautiful cross at the departmental level, then national (in the top 10 France of junior and senior academics).

Also I practiced several other sports and gave priority to athletics only later.. In the absence of serious training and prone to injuries sprains and tendonitis the performance remained average and I did not use all my potential. After 40 years I have privileged the road races and started the marathons (62 marathons run to date).

At 45 years the progression has capped and then it was necessary to limit the decrease in performance.

Age	Marathon	5.000 m
44/45	2h34'	15'37"
51	2h37'	
66	2h59'	
70	3h06'	19'11"
75/76	3h28'	20'43"

A note that I was very morally marked by the death of my little brother in a serious car accident where I also drove physically but it is less important.

At 31 years old I underwent several operations with 7 to 8 months the right arm in the plate, which I was able to recover thanks to a graft : I miss a piece of right tibia that is screwed in my forearm. This tibia still sensitive to skin flower annoyed me when in 1996 I wanted to prepare my first 100km. So I did not go to Millau and I waited 2007 to retry a 100 km run on the base of 9 hours but poorly completed in 9 h42'.