EUROPEAN ATHLETE OF THE YEAR

Women

Abeba Aregawi SWE (1500m): Unbeaten over this distance in 2013, she won at both the European Athletics Indoor Championships and the IAAF World Championships and also the Diamond Race.

Zuzana Hejnova CZE (400m hurdles): She won all 13 of her races in this event during 2013, including her heat and semi-final before triumphing at the IAAF World Championships, and also at all seven IAAF Diamond League meetings.

Yelena Isinbayeva RUS (pole vault): The 2005 and 2008 European Athlete of the Year drew the loudest cheers of any winner at the IAAF World Championships when she cleared a European-leading 4.89m for victory.

Yelena Lashmanova RUS (20km walk): The London 2012 Olympic Games champion won in front of her family and friends at the IAAF World Championships and was unbeaten in her four races this year.

Hanna Melnychenko UKR (heptathlon): Rose to the occasion to set a personal best of 6586 points to win at the IAAF World Championships and also won the high quality multi-events meeting in the Czech town of Kladno.

Christina Obergföll GER (javelin): Won an emotional final at the IAAF World Championships to finally triumph at a major international competition. She also won the Diamond Race.

Christine Ohuruogu GBR (400m): Ran a national record and European-leading time of 49.41 to win a thrilling final at the IAAF World Championships and regain the title she had won in 2007.

Sandra Perkovic CRO (discus): The London 2012 Olympic Games champion won at the IAAF World Championships as well as being the Diamond Race winner, going undefeated in nine competitions from May to the end of August.

Mariya Savinova RUS (800m): The 2011 European Athlete of the Year won the silver medal at the IAAF World Championships in a European-leading time of 1:57.80.

Christina Schwanitz GER (shot put): She won at the European Athletics Indoor Championships and got the silver medal at the IAAF World Championships. The only European to reach 20 metres, she exceeded that mark in five competitions.

Svetlana Shkolina RUS (high jump): Unbeaten in 2013, she set a European-leading mark of 2.03m when winning at the IAAF World Championships and also won in the Diamond Race.

Valeria Straneo ITA (marathon): Won the Mediterranean Games half marathon title before a sensational second place at the IAAF World Championships, becoming the oldest ever medallist in an individual running event.