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ISSUE

THE NO.1 MAGAZINE FOR RUNNERS AND ATHLETES

ATHLETICS

WEEKLY

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Leads GB
challenge
in Guiyang



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Cover: Geoffrey Kamworor and, inset, Gemma Steel at the World Cross (Picture: Getty Images)

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NORTHERN
ROAD RELAYS

DAVID HEWITSON

EDITOR'S COMMENT

Unknown but not for long?

TWO years ago, a curiously titled, Dutch-based film production company called "A Cow Says Moo" released a 70-minute documentary about Geoffrey Kamworor. It was called *The Unknown Runner* and emphasised the unfortunate anonymity of so many world-class African endurance athletes.

Kamworor isn't quite yet a household name, but the 2014 world half-marathon champion powered on to the cover of AW this week after winning the world cross-country title in Guiyang.

His next goal is the 10,000m at the IAAF World Championships in Beijing and if he beats Mo Farah to take the Briton's global track crown then it is safe to say he won't be unknown anymore.

After a succession of major track finals that have played into the fast-finishing Farah's hands, Kamworor could be the man to push the double Olympic champion to the limit. In Guiyang, he punished his rivals with a relentlessly tough pace from the start, while his 2:06:12 marathon and 58:51 half-marathon PBs – considerably quicker than Farah – show the 22-year-old is not short of stamina.

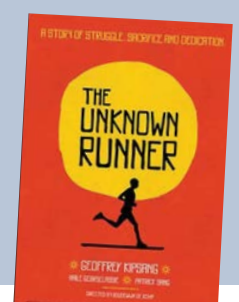
His talent was obvious in 2011, when he won the world cross junior title despite no proper sleep before the race due to arriving late into Punta Umbria after visa issues. Soon after, he clocked 27:06 for 10,000m while still a teenager but then began a marathon career, starting with pacemaking duties in Berlin before completing 26.2 miles five times himself.

Part of Jos Hermens' stable and coached by Patrick Sang, he has ambitions of being a lawyer, but those plans are on hold while he explores his athletics potential. Certainly, as John Ngugi, Moses Kiptanui and David Rudisha have shown, it's not impossible for Kenyan athletes to make a name for themselves – and Kamworor might not be an unknown runner for much longer.

AW
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Jason Henderson,
Editor



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AW

Cross conundrum

THE latest edition of the IAAF World Cross Country Championships has called further into question the future of a once great event.

While the IAAF claims there is nothing to worry about, many others have

offered solutions to save a possibly dying event (p12).

I'm not sure there are any easy answers, but as my

colleague, Jason Henderson, has already written, offering more prize money or appearance fees to try to get the likes of Mo Farah to compete is surely a no-brainer.

Paul Halford, Deputy Editor



WORLD CROSS: UGANDAN ATHLETE BELIEVES TOP COACH IS TRYING TO KILL HIM

Kipsiro running scared from coach

UGANDA'S former World Cross silver medallist Moses Kipsiro believes his life is in danger after he made allegations of sexual misconduct against a former national coach, whom he has also accused of murdering another athlete.

The twice world medallist on the track withdrew from Uganda's team for the World Cross last Saturday in protest against what he sees as a lack of action by authorities in dealing with the coach, Peter Wemali, who also works for the police force.

Kipsiro, who was fourth at the previous edition of the championships in 2013, claims to have received death threats from the coach and says other athletes have been threatened too.

Early in 2014 Kipsiro spoke out against Wemali, having heard complaints of abuse from four young female athletes.

The Uganda Athletics Association say Wemali was investigated by both an independent panel for them and by the country's police and that no evidence was found. They also



Moses Kipsiro: death threats

MARK SHERMAN

him and attempted to kill Kipsiro's brother, Ben Sande, by firing shots at him in a motorcycle chase.

At the Ugandan Cross Country Championships in February, he and other athletes had to come to the aid of Sande, who was "assaulted" by a group of men who claimed they were arresting him. Kipsiro believes Wemali was behind the attack.

Kipsiro believes his phone is being tracked and that Wemali is trying to hunt him down. He states he received a death threat as he was about to leave for the World Cross in China last week.

Kipsiro, who is based in Uganda, most of the time, has been lobbying his country's president as well as the IAAF for help.

He told AW: "I am fearing for my life and my family. Yesterday one of my brothers (Ayeko Simon) was arrested over an incident."

Kipsiro, who said he felt obligated to speak out as a senior athlete, added: "I am trying to see if the authorities can help me, but if not, I will look for another solution – maybe moving out of Uganda."

say Wemali has not been used as a coach since then, although Kipsiro believes he is still working for the association.

Kipsiro, the 5000m and 10,000m winner at the 2010 Commonwealth Games, was dropped from the team for the IAAF World Half-marathon Championships last year, he believes because of the complaints he has made.

He also said in November 2014 the coach murdered another athlete who spoke out against

Tickets go online for Beijing's World Champs

ONLINE ticket sales for the IAAF World Championships in Beijing later this year have opened.

IAAF president Lamine Diack and new world cross-country champion Geoffrey Kamworor were among those present to mark the opening for the event on August 22-30.

Ticket prices start at 50 yuan (about £5) for the morning sessions, while the highest fee for the final evening session is 450 yuan (about £50).

The event is expected to attract more than 5 billion television viewers in 202 countries and reap a £50 million boost for Beijing's economy.

Uganda federation replies

THE Uganda Athletics Association say allegations of sexual abuse against Peter Wemali were found to be unproven after investigations and deny they are still employing his services.

A statement from UAA read: "Mr Peter Wemali was selected as one of the coaches to train athletes preparing for Africa cross country championships last year. Allegations of sexual misconduct in the camp by Mr. Wemali were issued in March 2014. The allegations were investigated both by an

independent team set up by the federation and Uganda police force. In both cases, there was no evidence of sexual misconduct by the said coach against the girls/female athletes. Since then, the federation has not assigned him any duty."

The federation said it had heard nothing regarding the allegations of murder and said this was a matter for the police alone.

It added: "What we are aware of is that Kipsiro's brother allegedly assaulted Mr Wemali and that is why he (Kipsiro's

brother) is wanted by police. This case has a file reference and therefore is not a rumour. Assault on Mr Wemali by Kipsiro's brother has no connection with athletics and the federation."

It concluded: "We do not condone criminal acts as citizens of our country. Any aggrieved person must always report to the police..."

"The current issue involving an athlete's brother and a person not employed by the federation should be treated as private matter that does not involve athletics."

ENDURANCE: JACKSON SAID UKA RECOMMENDED TOO HIGH A DOSE OF MEDICATION

Federation refutes thyroxine claims

BRITISH ATHLETICS have strongly denied accusations by 800m runner Emma Jackson reported in a national newspaper that her health was damaged by the federation recommending too high a dose of thyroid hormone.

The international athlete was born without a thyroid so needs to take hormone pills.

However, according to her, she was advised by a "senior" British Athletics (UKA) medical official to take a large dose of thyroxine which caused a dip in form and in her general health.

Thyroxine is not banned, but some believe it is being used by athletes for performance-enhancement.

According to the *Sunday Times* Jackson said she considered taking legal action against UKA after being on the dosage for two years.

The newspaper said she believed she was being used as a guinea pig to test the hormone's usefulness as a performance-enhancer.

Jackson, a semi-finalist in the 2011 world championships, claims a junior British Athletics official suggested her dosage be reduced but was over-ruled by a more senior colleague.

She told the *Sunday Times*: "Why would they look at that

Emma Jackson: sub-two-minute 800m runner says she was given too much thyroid hormone



MARK SHERMAN

[result] and say it was fine if they didn't think it was enhancing my performance to have it higher? I can't help but think I was a bit of a guinea pig."

Jackson, who set her PB of 1:59.37 in 2012, said she was worried about rapid weight loss while on the dosage.

"I just burnt through everything I ate," said the City of Stoke AC athlete, who said she lost 4kg despite taking in four large meals a day.

The newspaper claimed to have been told by several British athletes that thyroid hormone was

being used by some to improve their performances.

A spokeswoman for UKA told AW: "Whilst we cannot comment on any specific matters due to medical confidentiality, we absolutely refute accusations made within the article.

"Thyroxine is only ever prescribed when treating hypothyroidism and we categorically deny any suggestion that it was prescribed for performance benefit.

"We are acutely aware at all times of our duty of care to athletes and those in receipt of treatment."

School fined after shot injury

A SCHOOL has been fined £10,000 after a boy suffered severe injuries from being hit by a shot put during a PE lesson.

The 14-year-old required emergency brain surgery after the incident at the Judd School in Tonbridge in June last year.

He was in hospital for a month and has a permanent indentation on his skull.

The boy had left a triple jump area and was standing on the edge of the shot put landing area when he was hit on the back of the head.

The Health and Safety Executive said the school had not observed its own risk assessment measures.

British Athletics has published an extensive health and safety code that all qualified coaches follow, including those covering the throws events.

Canadian sprinter drowns

DAUNDRE BARNABY, a 24-year-old who represented Canada in the 400m at the 2012 Olympics, died last week after drowning at a training camp in St Kitts.

The Canadian 400m champion disappeared while swimming in the ocean with several team-mates.

Barnaby reached the semi-finals of last year's Commonwealth Games.

"This is such a sad and profound loss," Athletics Canada chief executive Rob Guy said. "Daundre was an outstanding athlete and an even better young man."

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Jess Ennis-Hill against KJT and Morgan and the rest ... almost sold out

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DRUGS: IAAF TAKES RUSADA TO COURT BUT ARE STILL REVIEWING CASE WHICH MAY SEE BRIT HANDED WORLD TITLE

Russians challenged over their doping decisions

THE International Association of Athletics Federations (IAAF) is appealing the decisions made by the Russian Anti-Doping Agency (RUSADA) in the recent biological passport cases of six athletes.

However, Jessica Ennis-Hill may have to wait longer to see whether she could be retroactively handed the 2011 world heptathlon title as investigations into the period of ineligibility for the winner, Tatyana Chernova are ongoing.

Valeriy Borchin, Olga Kaniskina, Sergey Bakulin, Sergey Kirdyapkin, Vladimir Kanaykin and Yuliya Zaripova have all been banned in the last 12 months, but the world governing body is challenging the periods over which their performances were annulled.

An IAAF statement read: "While the IAAF agrees with RUSADA that there is, in each case, sufficient evidence of an anti-doping rule

Tatyana Chernova (centre):
could see 2011 world title
handed to Jessica Ennis-Hill



violation and that there are aggravating circumstances justifying an increased sanction of more than two years, the IAAF disagrees with the selective disqualification of results applied by RUSADA as a consequence of the previous rulings."

The appeal has been filed by the IAAF to the Court of Arbitration in Lausanne, Switzerland.

Olympic 3000m steeplechase gold medallist Zaripova, who also won the world title in 2011, had received a ban of two and a half years backdated from July 25, 2013, by RUSADA. That was accompanied by two periods in which her results were to be annulled – from June 20, 2011, to August 20, 2011, and July 3, 2012, to September 3, 2012. Those dates in 2011 do not include when she won her world title in Daegu.

Kirdyapkin, who won Olympic 50km race walk gold in London in 2012, was handed a ban of three years and two months from October 15, 2012, with results from July 20, 2009 to September 20, 2009, June 29, 2010 to August 29, 2010, and December 17, 2011 to June 11, 2012, to be annulled. Given those date ranges, that would not affect his London 2012 gold but could mean a loss of his 2009 world 50km title.

Kaniskina, who won the women's 20km race walk title at the Beijing Games in 2008, received a ban from RUSADA of the same length from October 15, 2012, with the cancellation of results from July 15, 2009, to September 16, 2009, and July 30, 2011 to November 8, 2011. Those date ranges also included when two world titles were claimed.

Borchin, who claimed the men's Olympic 20km race walk title in Beijing, was handed an eight-year ban from October 15, 2012, for what was his second doping offence. RUSADA also announced a disqualification of results for him from July 14, 2009 to September 15, 2009, June 16, 2011 to September 27, 2011 and April 11, 2012 to September 3, 2012, with those date ranges including when he won two world titles.

Bakulin, the 2011 world 50km race walk champion, and 2011 20km race walk silver medallist Kanaykin also received bans, which were among those announced in January. RUSADA announced a three years and two month ban from October 15, 2012, for Bakulin, while Kanaykin received a life ban.

A doping ban for Chernova was announced in January, at the same time that Zaripova's suspension was reported. Chernova had received a two-year backdated ban, starting from July 22, 2013, with her results from August 15, 2009, to August 14, 2011, to be annulled.

Her 2011 world title, which she claimed in Daegu ahead of Britain's London 2012 Olympic champion Ennis-Hill, was won 16 days after the end of that date range.

The IAAF have said that decision is still under review.



Sergey Bakulin and Sergey Kirdyapkin
could have more performances deleted

Kenyan runner banned after doping failures

AMERICAN-based Kenyan runner Joseph Mutinda has been given a three-year ban by the US Anti-Doping Agency after failing tests for two different drugs.

After the Austin Marathon, held in Texas in February 2014, which he won in 2:14:17, the 40-year-old

produced a urine sample that was positive for 19-norandrosterone and in May 2014 an out-of-competition test led to a finding of EPO and furosemide. He then admitted using the substances.

Mutinda's ineligibility began on February 16, 2014 – the date of

his now disqualified Austin Marathon result.

However, his results from December 15, 2013, onwards will also be annulled as evidence shows it was then he was first administered EPO. He will forfeit all prize money won since that

time, which includes \$4000 from the Austin race.

Mutinda, who has a marathon best of 2:13:19, was a prolific racer on the US road racing circuit. His 30 marathons over six years included a win in the Salt Lake City Marathon in 2009.

SPONSORSHIP: DISGRACED SPRINTER IS SIGNED UP BY NIKE, WHO RECENTLY DROPPED ZURICH STAR JO PAVEY

Nike faces heavy criticism over signing of Gatlin

FORMER drug cheat Justin Gatlin has controversially secured a new sponsorship deal with Nike, sparking furore from many in the sport.

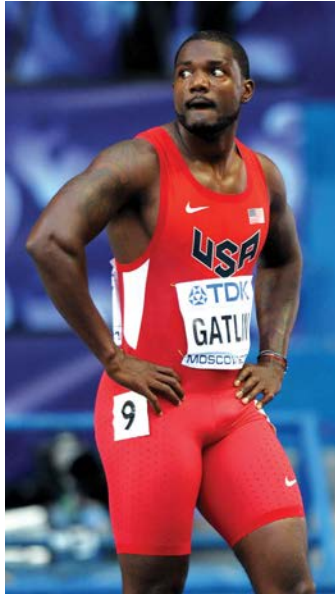
Even greater consternation was expressed when it emerged in the same week that Jo Pavey, Britain's most popular athlete of 2014, had been dropped in recent months by the same brand.

Gatlin tested positive for testosterone in 2006 and was banned for four years. He had already been handed a two-year ban for amphetamines in 2001, although this ban was overturned after he argued the positive result was due to his taking medication for attention-deficit disorder.

He was initially given an eight-year ban in 2006 but it was later reduced to four years and he returned in 2010.

A second doping offence can render an athlete ineligible for life, which is partly why so many think he should not be allowed to compete despite the first ban being overturned.

The 33-year-old is considered to



MARK SHERMAN

Justin Gatlin: deal news disappointed fellow Nike athlete Paula Radcliffe

be one of the most unpopular individuals in athletics. Further, even though he was arguably the top athlete of 2014, having remained undefeated all season and topped the world rankings in both 100m and 200m with 9.77 and 19.68, he still did not make the IAAF's final shortlist of three for

male athlete of the year.

News of the deal prompted much reaction on social media, with marathon world record-holder Paula Radcliffe, who is one of the sport's most vocal anti-doping campaigners and is herself sponsored by Nike, among those to react to the news on Twitter.

"I am very disappointed to hear this news," wrote Radcliffe. "I don't believe it truly reflects the core values of the Nike that I am proud to represent, nor the integrity and the ideals of the people there that I work with on a daily basis."

Jenny Meadows, the 2011 European indoor 800m champion who has been denied a medal or a higher podium place a total of seven times by athletes who later failed drugs tests or were implicated in doping scandals, tweeted: "Gatlin gets Nike deal having served two doping bans when clean athletes lead world indoor rankings and have no funding or sponsorship! Justice?"

AW editor Jason Henderson revealed in an athleticsweekly.com blog last week that Pavey, whose

victory in the European 10,000m race in Zurich last year at the age of 41 won her widespread public affection, had lost her deal with Nike after having worn the famous swoosh since 1997.

She won several awards and placed third in the prestigious BBC Sports Personality vote.

Gatlin had been sponsored by Nike prior to his second ban but as the BBC highlighted, Gatlin had been wearing kit by Chinese sportswear company Xtep since 2012.

Reporting news of the contract, the BBC added that Gatlin's fellow American sprinter Tyson Gay, who also recently served a doping ban, is also set to sport Nike kit this season, though the BBC stated: "The company denies this is a result of a formal tie-in."

This sponsorship news comes after the publication of statistic company Infostrada's latest "virtual medal table" update which has made medal predictions for the Rio 2016 Olympics based on recent results. The latest update predicts that Gatlin will win.

Federation chief rubbishes corruption claims

THE president of the UAE Athletics Federation has "emphatically denied" reports that he offered Rolex watches to fellow IAAF members ahead of the world governing body's forthcoming elections.

Spanish newspaper *El País* reported earlier this week that at the African Athletics Congress in Addis Ababa held earlier this month, Ahmad Al Kamali allegedly offered the watches to around 40 delegates who are entitled to vote in the IAAF elections later on this year.

According to *El País*, the IAAF received a letter outlining the



A federation president has denied claims made by the Spanish newspaper *El País*

allegations and so is in the course of investigating.

A statement by Al Kamali read: "Ahmad Al Kamali, IAAF council

member and president of the UAE Athletics Federation emphatically denied news circulated by some foreign newspapers that he offered Rolex watches and other items as gifts in order to encourage people to vote for him in the IAAF forthcoming elections.

"Al Kamali, who has not even declared himself as a candidate for the elections, has confirmed that the allegations are completely untrue and appear to be nothing more than cheap rumours spread by some in an attempt to discourage him from competing in the elections."

EVENTS: THE EUROPEAN SPORTS CHAMPIONSHIPS WILL TAKE PLACE IN 2018 AND INCLUDE TRACK AND FIELD

Athletics teams up with other sports in Europe

THE European Athletics Championships is to be part of a new concept which will see several sports hold their continental championships at the same venues and around the same time period in 2018.

Although athletics' version will take place in Berlin, the European championships for swimming, cycling, rowing and triathlon will be staged in Glasgow, also in July and August, under the umbrella of the "European Sports Championships".

The German capital will host the European Athletics Championships over a 12-day period in July and August. At the same time, the equivalent for aquatics and cycling will take place in Glasgow and Edinburgh, with the triathlon event set for Strathclyde Country Park in North Lanarkshire.

European Athletics hopes that combining with the other sports in such a way will boost the event and lead to greater coverage. Since the championships became



MARK SHERMAN

The European Athletics Championships: will be joining up with other sports in 2018

two-yearly in 2012, some have said the event has been devalued, especially as every other edition will take place in an Olympic year.

In partnership with the European Broadcasting Union, a collaboration of the continent's free-to-air channels, the sports are expected to reach more than 850 million television viewers across Europe.

Hansjörg Wirz, President of

European Athletics, said: "We are excited to be organising our European championships in 2018 in Berlin in a coordinated way together with other leading sports in Glasgow. Our aim is to build further on the heritage, profile and awareness of our existing prestigious European Athletic Championships."

A spokesman for European athletics told Reuters: "There are a

number of key benefits that are brought to individual sports. It is a big milestone in European sports. It is the first time ever the existing championships will be combined," he said.

"The thinking of course behind it is to build the profile and exposure of the European championships through increased TV audiences."

The European Sports Championships will be seen by some as a way of counteracting the new European Games, the inaugural edition of which will be held by the European Olympic Committee in Baku, Azerbaijan this year.

The quadrennial event will include several sports, but athletics has chosen for this year merely to incorporate the lowest division of the European Team Championships into it.

However, both the EOC and EA are adamant the two events will not be a threat to each, especially as they will not take place in the same year.

Coach jailed

SWINDON HARRIERS say there is no reason to suspect any athletes from the club were victims of a coach recently convicted of sex offences.

Jamie Osborn was sent to prison for two years for distributing images of child abuse.

He had been a sprint coach at Swindon Harriers until he was suspended.

A spokeswoman for Swindon Harriers told the *This is Wiltshire* website: "We were notified by Swindon Borough Council on January 14 about allegations and Jamie was immediately suspended from coaching and as a member of the club.

"We have involved British Athletics from the outset and followed their guidance throughout.

"As far as we are aware there has been no suggestion that this matter relates to anyone involved in the club either now or in the past."

The judge passing sentence said he was likely to be barred from ever working with children again.

League lose venue deposit

LAMBETH COUNCIL are refusing to return a £500 deposit paid by the 2XU Surrey League for the use of Streatham Common in January.

The council claimed that Friends of Streatham Common – the organisation responsible for the land – complained about the ground being damaged.

The Council, who charged a £300 booking fee, claimed that it cost more than £2000 to put right the damage. The league appealed twice unsuccessfully.

The two host clubs, Herne Hill and Kent AC, have been left out of pocket. To mitigate against this in future, the league decided its AGM last week to raise host clubs' possible claim to £150 per match from £75.

Three races take place on league days and four matches a year, so a total of £1800 may have to be paid out by the league, albeit against receipts, to assist host clubs with their costs. Clubs can also claim for first aid cover up to £100 per match, again subject to invoices.



MARK SHERMAN

Custodians complained about damage to the venue's ground following January's 2XU Surrey League

To help with all of these potential claims, the 36 league clubs voted to raise the affiliation fee to £75 per club.

The league, which is for male athletes only, is one of the highest-quality in standard in the country and its January fixture featured 272 athletes in the division one match at Streatham Common.

MASTERS: OVER-45 ATHLETE WAS ONE OF BRITAIN'S STARS IN POLAND LAST WEEK

Flying Scott sprints to world record

ONE of the most successful members of the British team for the European Masters Indoor Championships last week is celebrating finally breaking a world record after just missing it earlier in the season.

Darren Scott clocked 22.52 to win the M45 200m gold in Torun and revise by five hundredths a world mark that had stood for 16 years.

The former Scottish senior international, who is aged 46, is now running quicker than at any time since 2011 and looks set to go even faster outdoors this summer.

He added to world veteran records he set as an M40.

Scott, who also won gold with Britain in the 4x200m relay, just missed the mark of American Bill Collins when he clocked 22.58 at the Midland Counties Open in February.

"Breaking the world-record felt fantastic and it was quite a relief after I missed out by just a hundredth of a second when I set my European record in Birmingham last month," said Scott, who is unbeaten in his age group since 2006. "The stadium at Torun was brilliant and it was nice to finally break the record at such a great competition. I've finally done it after all the hard training I've put in. It's amazing



Darren Scott:
22.52 aged
46 in Torun

what you can do with a lot of self-belief."

Scott, who is a fitness instructor at The Heath Leisure Suite in Runcorn, Cheshire, did not start athletics until the age of 21.

He went on to represent Scotland at senior level but has flourished as a veteran.

"Masters athletics is really competitive and attracts athletes of all ages," he said. "The masters

events show there is no age barrier in athletics. I've seen a 75-year-old pole vaulting and a 100-year-old competitor taking part at one championship!"

He is now focused on the World Masters Championships in Lyon, France, this summer. He won the world masters title outdoors at 200m in 2007 and 2011.

🔴 **European Masters coverage, see p40**

NEWS BRIEFS

Farah for Dubai 3000m

MO FARAH will compete in the 3000m at the IAAF Diamond League in Doha on May 15.

The double Olympic champion, who has been accused of avoiding the top athletes outside of championships, will face a top field which includes world 5000m silver medallist Hagos Gebrhiwet, Yenew Alamirew, who holds the Doha meeting record, Isiah Koech, Thomas Longosiwa and Edwin Soi.

Spencer Duval

SPENCER DUVAL, a former GB international steeplechaser, has been appointed as national coach mentor lead for endurance by England Athletics.

Dibaba gives birth

THREE-time Olympic champion Tirunesh Dibaba has given birth to a baby boy and has decided to miss the 2015 track season.

Nathan Sileshi is the first child for the Ethiopian, who won 5000m and 10,000m gold in Beijing and defended her title in the longer event at London in 2012, and her husband, fellow distance runner Sileshi Sihine.

Lemoncello in Edinburgh

ANDREW LEMONCELLO will compete for the first time since last year's Commonwealth Games when he tries to regain his title at the Morrisons Great Edinburgh Run 10-mile race on April 19.

The Arizona-based Scot has recovered from the injury which forced him to miss the Berlin Marathon last September.

London 2017 organisers win commendation

THE preparations for the IAAF World Athletics Championships in London in 2017 are making "significant progress", according to the world governing body after its recent technical visit.

IAAF delegates visited the Olympic Stadium, the venue for both the World Championships and IPC equivalent, as well as the proposed marathon route and heard further details of services for competing athletes.

Sally Bolton, managing director of the organising committee, said: "We were delighted to host the IAAF delegates last week and very proud to demonstrate progress in a number of areas.

"Receiving support for some of our proposals and the opportunity to discuss the ideas further massively benefits our organisation of the event at this early stage.

"We are determined to ensure

we make the athlete experience at London 2017 the best ever and these visits help ensure we remain focused on that goal."

IAAF competitions director Paul Hardy said: "We had a very productive and interesting visit and we are pleased with the significant progress being made... Returning to the stadium where we enjoyed such success in 2012 was a real pleasure.

"We were able to see the

transformation of the stadium and are confident that the stadium will once again be host to a very successful athletics event in 2017.

"We are also encouraged and excited by the proposed marathon course which will showcase many of the iconic parts of London which were not necessarily highlighted in 2012."

The 2017 event represents the first time either events have been held in Britain.

CROSS COUNTRY: IAAF PRESIDENT TALKS UP EVENT DESPITE THE OBVIOUS LACK OF INTERNATIONAL APPEAL

Diack still confident about future of World Cross

THE World Cross Country Championships still has a great future, believes IAAF president Lamine Diack, speaking on the eve of another African-dominated event last weekend.

Despite the claim from the IAAF that the championships was the biggest in recent years, the remoteness of the host city of Guiyang, China, helped ensure the number of competitors was well down on that of the event's heyday.

In the normally truly global sport of athletics, the World Cross is hardly deserving of its international label any more.

Outside of countries from Africa and squads who were full of African-transferees, only 13 nations out of a possible approximately 140 completed teams of at least four finishers in any of the four races. Just four of these were European.

In the senior men's race, the top non-African-born finisher was 24th, while only another seven from outside the continent placed in the top 50.

The first non-African in both the junior and senior women's races was 16th and first non-African junior male was 25th.

While we have to come to expect Kenya and Ethiopia – and more latterly Eritrea – to dominate proceedings, many African nations which are not particularly noted as distance running giants,

"The World Cross represents the pinnacle of long distance running competition. The roll call of past champions reads like a who's who of athletics greatness"

LAMINE DIACK



Lamine Diack: speaks at his final World Cross as IAAF president

turned out in force. Rwanda was eighth and South Africa were 10th in the senior men's race – both behind only one non-African team.

Meanwhile, British Athletics' announcement earlier in the winter that they may not send full teams may have been a big factor in the likes of Lily Partridge, Emelia Gorecka, Kate Avery and Louise Damen not adding to Gemma Steel and Rhona Auckland to complete a quartet that could have challenged for bronze.

Diack argued: "This year, 51 national members have sent teams comprising 436 runners to Guiyang, which makes this championship is the largest in recent years. There are first-time athletes from Bhutan, North Korea and Singapore.

"The World Cross represents the pinnacle of long distance running competition. The roll call of past champions reads like a who's who of athletics greatness."

Alluding to Ireland's Sonia O'Sullivan, the 1998 world cross country double champion who was an ambassador at the event, he urged other countries to take

on the Africans in the event.

"She used to dominate all of us. We have to reflect on that and try to catch up with East African runners – Kenya, Ethiopia, Eritrea, Uganda runners. Sonia has helped to inspire a generation on the importance of cross country."

O'Sullivan, meanwhile, had her own idea for the future success of the event.

The Irishwoman, who completed the long and short course double for Ireland at the 1998 championships, had been among those to voice her disappointment that Ireland would not be sending any athletes to Guiyang for this year's event.

"I think the biggest thing we have to do right now is to get into the minds of athletes to show cross country can lay the foundation for success later on in the year, that it is important and it has a big impact on the rest of the season," she was quoted by the IAAF as saying.

O'Sullivan went on to suggest the idea of a continental team competition at the World Cross which she said could help to

grow the importance of the event as well as entry numbers.

"We have to look at what we have now, and what we don't have, and we don't have a lot of European athletes competing, so we need to create ways to make it important for athletes," she explained.

"One way it could be done is if you look at World Cross Country Championships, we have individuals, you have countries but you could also have continents and make it important for athletes to compete for their continents within the same events.

"You would have only one athlete from each country on the continent, you can't have the whole Kenyan team there representing Africa, or the whole American team representing Americas, and it would make it a little bit more interesting, because you would be part of a bigger team."

She added: "It was only just this morning that I came up with the idea, so we probably need to develop it a bit more, but something like that."

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KENYA AND ETHIOPIA DOMINATED FOUR ENTERTAINING RACES AS GUIYANG HOSTED THE LATEST WORLD CROSS

Report: Rob Walker in Guiyang

Pictures: Getty Images for IAAF

THE IAAF World Cross Country Championships is steeped in history and prestige – and has been for more than 40 years now. You only have to glimpse names like John Ngugi, Paul Tergat, Grete Waitz, Derartu Tulu, Paula Radcliffe and others to realise how hard a title it is to win and how vital a role the sport plays in forming some of the great careers we've watched over the years.

It is therefore a championship which deserves to be respected and cherished. That's why many people raised an eyebrow on hearing this year was to be in Guiyang.

At a time when the World Cross Country Championships is struggling to maintain its place in the packed global calendar, sending it to a corner of China with little relationship to the sport was hard to fathom.

In the end with four cracking races on a pretty decent course Guiyang did deliver, but it was not without its teething problems.

Restrictions to internet access and problems viewing basic websites was the most frustrating I have encountered so far in 15 years as a broadcaster and eight years of regular and enjoyable working trips to China.

The IAAF had a tricky time with the local organisers, trying to negotiate the right to a modest level of connectivity. It might

sound petty to mention this but it makes the job of promoting the races much more difficult if the majority of people working on it struggle to get online.

But despite the difficulties and the distance travelled to get there, race day itself was excellent. We had been promised thousands of spectators and a user-friendly course and both were duly delivered.

A cross country fun run had been organised on the actual course that morning and many of the runners stayed around to watch.

Whatever their reason for being there, it definitely helped create an atmosphere which must have been felt by the athletes.

Inevitably most of the medals went to Kenya or Ethiopia, but that Rift Valley rivalry is the very heart beat of world distance running and produces some of the most exciting finishes and duels in our sport.

Letensenbet Gidey was really classy in the junior women's race and what an assertion of dominance for Ethiopia. She looked the strongest athlete going into the last lap and timed her move beautifully, pulling her team mates to a clean sweep.

One of the most impressive sights of the day was watching Yasin Haji effortlessly glide past Geoffrey Korir in the last



150m of the junior men's race. Haji had given a thumbs up to an Ethiopian coach on the penultimate lap and the world junior silver medallist over 5000m last year looks like he's cut from the same cloth as Kenenisa Bekele.

Korir had run a great race but the way Haji went past him you could tell there was a lot more left had he needed it. He is a very

exciting prospect and that 13:16 5000m PB looks certain to go this summer.

In contrast to the sit and pounce tactics so successfully employed by Haji, we witnessed a brilliant piece of front running being rewarded in the senior women's race. Agnes Tirop led almost all the way and added senior gold to the world junior silver from Bydgoszcz. It was

The 2015 event featured the largest percentage of Asian competitors in IAAF World Cross history





Rift Valley rivalry

an important strike back for the Kenyans in their battle for Rift Valley pride.

But from the commentary box, by far the best race of the day and the best possible advert for the World Cross was the duel between Geoffrey Kamwovor (better known as Kipsang) and Bedan Mochiri (better known as Karoki.)

Kipsang was a world junior

champ in Punta Umbria in 2011 and won the IAAF World-marathon title in style last March in Copenhagen, while Karoki had only just missed medals in the 10,000m in London 2012 and Moscow 2013.

Their intensity was ferocious and once Muktar Edris was isolated into third, it was an epic two-way battle.

No team tactics and no love

lost, you suspect. Side by side they took each other to the edge, running so close together that they even clashed shoulders round one of the tight turns. It was enthralling.

Kipsang had a fire in his eyes on that last 2km loop and produced a burst of speed his track-based countryman just could not match. It was brilliant.

It's what the World Cross

Country Championships is about.

Even from a slow-buffering China it shone a light on a championships which must be given better chances to thrive in the future.

Kampala in 2017 will be a carnival of cross country and a step in the right direction. For the sake of every Kipsang and Karoki, the sport must not allow this great event to peter out.

Kamworor fires warning

IMPRESSIVE DISPLAY BY KENYAN MARKS HIM OUT AS A SERIOUS CHALLENGER TO MO FARAH'S TRACK TITLES

IF MO FARAH watched the 41st IAAF World Cross, he cannot fail to have been impressed by the stamina, strength and speed of Geoffrey Kamworor as the Kenyan produced a powerhouse performance to win gold in Guiyang.

Kamworor won the world junior cross country title in Punta Umbria in 2011, but since then has been better known as a road runner. He has barely raced on the track, despite running an impressive 27:06 for 10,000m as a teenager soon after his world cross junior win four years ago, and instead he has raced five marathons, with a best of 2:06:12, and took the world half-marathon title 12 months ago.

Yet racing in China last Saturday on a twisty, undulating course with firm underfoot conditions, he forced the pace for much of the 12km distance before unleashing a strong finish to cut loose from fellow Kenyan Bedan Muchiri Karoki in the final furlong.

Kamworor set the tone from the opening 200-300 metres when he tore away at the start and established a clear lead of



Kenya to the fore: Geoffrey Kamworor (centre) and team-mates set a fierce pace

five metres as the 111-strong field hit the first bend. The 22-year-old was determined the race would turn into a battle of attrition due to the presence of fast-finishing Ethiopians Hagos Gebrhiwet and Muktar Edris, both of whom have 5000m PBs well inside 13 minutes, plus Karoki, who outpaced Kamworor recently in the last half mile of the Kenyan trials.

The race was of course missing world and Olympic track gold medallist Farah, plus the reigning world cross champion Japhet Korir. In fact, Gebrhiwet was the

only medallist from London 2012 or the Worlds in Moscow in the race.

Despite this, the now biennial event is still clinging on to its title as the 'toughest footrace in the world' and, if that's the case, the 2015 edition saw a victory for marathon-based stamina over speed and track credentials.

From the opening stages the Kenyans took control with Gebrhiwet, who won the world junior title two years ago, looking threatening as he nestled into the lead group. But by halfway Karoki and Kamworor were stretching their Ethiopian rivals to the hilt as Gebrhiwet became detached and only Edris and Tamirat Tola were able to put up a challenge for Ethiopia as the Kenyan duo pushed the pace relentlessly.

As the runners reached the 10km point of the 12km race, only Kamworor, Karoki and Edris remained, with the latter gamely trying to keep in touch but inevitably falling away as the race entered the final kilometre.

The final lap then turned into a shoot-out between the

two Kenyans and Kamworor's decisive move came when he stole a few metres as the pair went over a small, man-made double hill with 200 metres to go before he strode away to take gold with ease.

The Japanese-based Karoki, who was fifth in the Olympic 10,000m final in 2012, was unable to match the pace of his team-mate and ended up finishing eight seconds adrift.

"We are rivals when we are racing, that is competition, but friends when we are not," said Kamworor. "After my world cross country win as a junior in 2011 and world half marathon victory last year, I was confident I could get a medal but I would not say I was confident I could be the winner," he added.

In winning, Kamworor became only the third man after Ethiopians Kenenisa Bekele and Gebre Gebremariam to complete the junior and senior double at this event. Behind runner-up Karoki (who was wearing his lesser-known name of Muchiri on his vest), Edris and Gebrhiwet



Sizzling start: Geoffrey Kamworor (left) set out his stall with a strong opening sprint



Kenyan delight: it was Ethiopia, though, who narrowly won the men's team title

finished fourth and fifth as Ethiopia had four in the top 10 to give them a narrow victory in the team contest over Kenya.

Indeed, the team standings could not have been closer with the Rift Valley rivals finishing with 20 points but the Ethiopians secured the title under the tie-break rules due to their fourth finisher Atsedu Tsegay coming seventh while the fourth man for Kenya, Phillip Langat, was 12th.

Led by Aweke Ayalew in 10th, Bahrain claimed their first medal in a men's event at the World Cross with bronze, although the Asian nation's team was full of African-born athletes.

Another African-born athlete, Polat Kemboi Arikan of Turkey, was top European runner in 22nd with American Chris Derrick, winner at the Great Edinburgh Cross Country in January and the



Track ambitions: Kamworor is now aiming for the world 10,000m in Beijing

big hope of the Western world, in 24th.

"There were points in the race where I thought that I could get four or five guys, but in reality I didn't move," said Derrick. "It was very disappointing, but I gave it all I had. It was a really hard race."

With Germany, Russia, Belgium, Norway and Ireland among a number of European nations who failed to field any athletes at the championships, it was good to see a scoring GB team in the senior men's race, although they not surprisingly struggled and finished 15th as they wound up as second European nation behind Spain.

A sign of the times is that only 15% of the senior men's field last Saturday consisted of European runners compared to 85% at the first IAAF World Cross in 1973.



Medallists: Geoffrey Kamworor (centre) with Bedan Karoki (left) and bronze medallist Muktar Edris

Welsh duo lead GB effort

WELSH runners led the British challenge in the senior men's race in Guiyang with Charlie Hulson in 55th and Dewi Griffiths 70th as Englishman Jonny Hay was 84th and Scottish champion Andrew Butchart 86th.

While not quite evoking memories of British cross country legends who used to routinely place in the top 20 at this event, it should be remembered that Welsh distance-running legend Steve Jones was only 103rd in his first World Cross, aged 22 (the same age as Hulson) in 1977, but went on to win World Cross bronze in 1984 and of course broke the world marathon record.

Another Welsh athletics legend, meanwhile, the steeplechase specialist Roger Hackney, was only 153rd in his first World Cross – again at the age of 22 – in 1979 but went on to finish 13th in 1988.

Hulson, who hails from Rhosesmor in north-east Wales and who won the English National title at Parliament Hill last month, said: "It was a really strong run. It went off at a ridiculous pace, but I didn't go off too hard, but hard enough. It was a really tough

course with all those hills, you've just got to make sure you play them right otherwise you end up too far back which is demotivating.

"It's the best performance of my life and I just wanted to put myself in contention, which I feel I did. I haven't run too well on the track (so far) but hopefully I can run well at the trials and qualify for the Euro Under-23s," he added, as he ended a superb winter.

An exhausted Butchart said: "I was up there on the second lap and then on the final lap, I could control my breathing and I was so close to stepping off. However, I'd never quit a race but the last section definitely took its toll on me.

"I must have been 30 seconds slower than the rest of my laps and that definitely cost me a good run. I'm happy to be here and I definitely have the capability to finish top 30 like the British team have said and I'm definitely going to prove that."



GB men (l to r): Charlie Hulson, Andrew Butchart, Jonny Hay and Dewi Griffiths soaking up a rich experience



East Kilbride's travelling army of supporters with the GB senior men's team

Teenager Tirop's Guiyang gold



Agnes Tirop is well placed as the senior women's race gets underway

KENYAN'S FRONT-RUNNING TACTICS PAY OFF ON SENIOR INTERNATIONAL DEBUT

AGNES TIROP graduated from junior silver to senior gold in Guiyang, the talented teenager storming to victory on her senior international debut.

At 19 years of age, Tirop, who finished as runner-up to her compatriot Faith Kipyegon in Bydgoszcz two years ago, is the youngest winner of this title since Zola Budd in 1985 and the second youngest in World Cross history.

Tirop had placed second behind the two-time world cross-country winner Kipyegon at the Kenyan trials and had also proven her fine current form by beating a good field including the likes of Commonwealth steeplechase champion Purity Cherotich in Eldoret in January.

The teenager, also a two-time

world junior bronze medallist on the track over 5000m, seemed to enjoy the 2km loop course dotted with man-made obstacles and demonstrated great strength to power away from Ethiopia's Senbere Teferi in the closing stages.

The Kenyan team was missing Kipyegon and there also turned out to be little threat from two-time champion Emily Chebet,

who had only secured a spot for the event after being handed a discretionary place by selectors after dropping out of the trials.

Just 83 athletes contested the senior women's race, the lowest number of entries since 1976 when there were 69. As expected, Kenyan and Ethiopian athletes dominated, with five athletes from each nation filling the top 10 spots.



A familiar scene as Kenya and Ethiopia scrap it out for honours at the World Cross

On the final lap Teferi, another teenage talent at 19 years of age, had looked comfortable, glancing behind her as she sat on Tirop's shoulder seemingly waiting for the right time to make a move. But that time never came and as Teferi, who finished third in the Ethiopian trials and second over 3000m at the Sainsbury's Indoor Grand Prix in Birmingham in February, began to tire, Tirop only appeared to get stronger and pulled away to clock 26:01 and finish five seconds clear. The final podium place went to Ethiopia's Netsanet Gudeta who was a further six seconds behind.

"Although it is my first championship at the senior level it was not a very big challenge," Tirop said. "The course is very good."

"The Ethiopian tried to overtake me and tried to push me to get away, but I was strong and managed to hold on."

Tirop's gold took Kenya's medal haul at this event to 300 and she added: "I am very happy

to have won Kenya's 300th medal. I was trying to push the pace from the start. I had no fear, I was just trying to run my own race."

Tirop and her team-mate Margaret Chelimo Kipkemboi had gone to the front early on to tackle the 8km race.

After a first lap split of 6:31, Tirop held on to her lead as the six Kenyan and six Ethiopian athletes made up the leading pack on lap two, with defending champion Chebet, racing with her married name of Muge on her vest, settling herself mid-pack. The Commonwealth 10,000m bronze medallist couldn't demonstrate the same sort of form which saw her win her 2013 title in Poland as well as 2010 gold, though.

Gaps started to open up on the third lap and the lead pack was down to eight. Running well a little further back were Britain's two representatives – Gemma Steel and Rhona Auckland. Steel had started well, putting herself in a good position off the back of the front pack with Auckland not far behind.

As the dominant Tirop wrapped up her victory, the battle for the other team scoring spots was on. World junior 5000m champion Alemitu Heroye followed her Ethiopian team-mates over the line in

fourth, as three Kenyans and then three Ethiopians followed – Stacy Ndiwa in fifth, Chebet in sixth and Irene Chepet Cheptai in seventh. Mamitu Daska was one spot ahead of world 10,000m bronze medallist Belaynesh Oljira, as 2011 junior silver medallist and trials winner Genet Yalew finished in 10th.

As such, team gold went to Ethiopia as the top four claimed two less points than Kenya. Uganda, led by Juliet Chekwel in 14th, took team bronze with a tally of 101 points, 84 more than the gold medal-winners, for the nation's first ever senior women's World Cross medals in either the team or individual competitions.

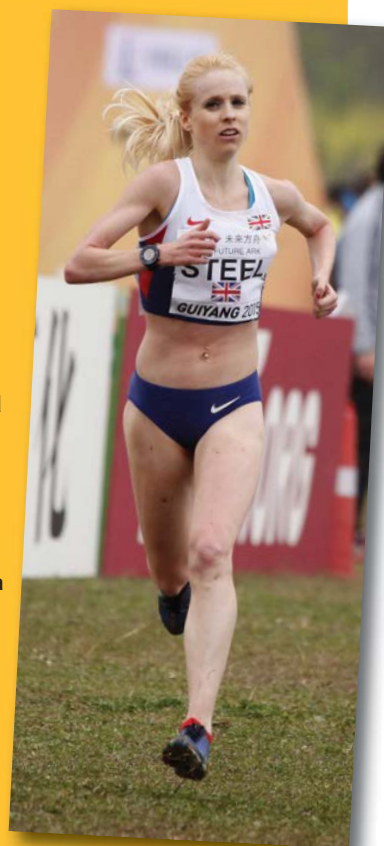
Ethiopian-born Trihas Gebre, who gained Spanish citizenship last year and won the Spanish cross-country title, was the top European athlete in 15th, one place ahead of local favourite Ding Changqin who finished 16th a week after running a 2:26:54 marathon PB.

"I am not quite satisfied with my place because I expected to be in the top 15, but I tried my best to make my country proud," the Chinese athlete said.

GB pair secure top-20 spots

GREAT BRITAIN was represented by two reigning European Cross Country champions in the senior women's race, with Gemma Steel and Rhona Auckland transferring their winning form into top-20 spots on the world stage.

Steel, who secured the senior title in Samokov, and Auckland, who won the under-23 event, finished 18th and 19th respectively, crossing the line in 28:14 and 28:17 as the second and third-placed European athletes behind Spain's Trihas Gebre. For Auckland it was her first race since Samokov due to injury.



Right – Gemma Steel: Euro champion finished 18th in China

Left: Rhona Auckland ran strongly to finish right behind Steel



While Paula Radcliffe was the last Briton to win the world cross country championship title in 2002, it had been eight years since two British women finished in the top 20 and Steel was pleased to have improved on her 31st place claimed in Bydgoszcz two years ago.

"I'm over the moon, considering how hard it was out there," said Steel.

"I did it the hard way, but I did it the way I always do it – hard from the start. I gave myself a chance to be there with the lead group but they were just a little bit quick for me.

"I know I can compete with some of these girls on the road, but it's a different ball game at cross country championships."

This was the first time that Britain had failed to field a full women's team at this event, with two-time European junior champion Emelia Gorecka, who formed part of GB's world junior bronze medal-winning team in 2013, among those to have ruled herself out after focusing instead on an indoor campaign.

On competing at the event, Steel added: "I wouldn't miss this for the world, I love running on the road but you can't beat the atmosphere in the team."

Auckland said: "I'm absolutely delighted. It was really good to have Gemma to work off of, to try and keep her in sight working together on the last lap."



Top three: Agnes Tirop (centre) with Senbere Teferi (left) and Netsanet Gudeta

Haji gold for Ethiopia



Geoffrey Korir leads the early stages of the junior men's race

EAST AFRICAN RIVALRY AND DOMINANCE CONTINUED IN THE JUNIOR MEN'S RACE IN GUIYANG

THE days when non-African runners could be competitive in this race are long gone. The last European winner of the World Cross junior men's race was Pere Casacuberta of Spain back in 1984, while the last non-African medallist was Dathan Ritzenhein in 2001.

Indeed, Mick Morton's victory in the under-20 race in Glasgow in 1978 seems like a bygone era. Back then, the English teenager beat a field that included Said Aouita – the Moroccan was amazingly the first African finisher in 34th before going on to break world records from 1500m to 5000m as a senior.

The last Brit to win a medal, meanwhile, is Cornishman Jonathan Richards, who took bronze in Gateshead in 1983 behind two Ethiopians after leading for most of the race.

Ethiopians and Kenyans have totally dominated in recent years, with only the occasional Ugandan athlete temporarily interrupting

their success by nicking the odd minor medal.

Unlike Casacuberta and Morton, neither of whom ever raced in the World Cross as senior men, a large number of junior men's winners from East Africa have gone on to bigger things as well. From Kenenisa Bekele, who won the 2001

junior crown, to the likes of Eliud Kipchoge (2003 champion), Augustine Choge (2005), Asbel Kiprop (2007), Ibrahim Jeylan (2008), Ayele Abshero (2009), Caleb Ndiku (2010), Geoffrey Kipsang Kamworor (2011) and Hagos Gebrhiwet (2013), the winner of this prestigious race has more often than not gone on to taste considerable senior success.

Kipchoge, for example, won the Chicago Marathon last year; Kiprop is the world's No.1 miler; Jeylan beat Mo Farah to the 2011 world 10,000m title; Abshero, like Kipchoge, has run a 2:04 marathon PB; Ndiku was the world 5000m No.1 in 2014; Kamworor has won world half-marathon and cross country titles in the past 12 months; Gebrhiwet is one of Farah's main track rivals with a 12:47 5000m PB.



Yasin Haji (centre) with runner-up Geoffrey Korir (left) and Alfred Ngeno (right)



Yasin Haji:
scintillating
finish to take
the title

So all eyes will be on Yasin Haji in the coming years after the Ethiopian produced a blistering sprint finish last weekend to earn gold for Ethiopia as Kenyans finished second, third and fourth.

Haji won 5000m silver in the IAAF World Junior Championships last year behind fellow Ethiopian Yomif Kejelcha and the 19-year-old used his speed to blast past long-time leader Geoffrey Korir with 100 metres to go in Guiyang.

Haji always looked in control despite being outnumbered by Kenyan trio Korir, Alfred Ngeno and Dominic Kiptarus, plus Joshua Cheptegei of Uganda – the latter of whom was many people's favourite after winning the world junior 10,000m and world university cross country titles in the past 12 months but fell ill on the eve of the Guiyang event with a fever.

Such was his confidence, Haji gave the thumbs up signal to a coach at the side of the course with 2km to go and with about six minutes of racing still to go.

Soon after, Korir, Ngeno and Haji broke away as the race became a three-way battle on the final lap. Cheptegei was the most surprising casualty, not simply for being dropped but for fading so badly, eventually finishing 11th. Kenyan cross country champion Kiptarus also crumbled in the closing stages and it wasn't long before Ngeno was also dropped to leave Korir and Haji alone in a head-to-head.

Into the final few hundred metres, the Ethiopian ultimately had no trouble as he breezed into the lead with the finish line in sight to beat his taller rival by five seconds. A further seven seconds behind, Ngeno took bronze and team-mate Kiptarus was fourth

Track prep works for Brit

THRIVING on firm ground and a course that was minus any seriously savage tests, US-based Briton Alex George benefited from a recent spell of racing indoors to place top GB finisher in 39th.

Some coaches have argued that racing indoors is great preparation for the fast and furious World Cross, especially when it avoids mud, and George proved the theory right as he finished fourth European home.

Behind, GB team-mate Joe Steward finished 53rd, Elliot Bowker 72nd, Jonathan Glen 79th and Christopher Olley 102nd.

"I'm really happy with my race. I came here off an indoor season not doing much cross country-specific work in preparation, so a cracking effort," said George, who is coached by Paul de-Camps and has a 1500m best of 3:46 and 3000m PB of 8:18.

"It was a nice course. It was really twisty at the end but I love it as it's similar to one of the courses I run on in the USA," added the Gloucester AC athlete, who studies at Arkansas University and was selected despite not competing in the Inter-Counties trial race.

"I'm really proud to represent my country and to be the first Brit home. I'm honoured to be here and to be a part of such an amazing team."

Great Britain finished 13th as Italy were the top European team in eighth.

Jac Hopkins, the 2014 Inter-Counties champion, did not have a great day, though, as he fell with 800m to go and spent the next couple of hours drifting in and out of consciousness. He was hospitalised but soon recovered and said: "I'm devastated not to have finished the race."



GB juniors (l to r): Chris Olley, Jonathan Glen, Jac Hopkins, Elliot Bowker, Joe Steward and Alex George

as Kenya took team gold by a 14-point margin from Ethiopia and Eritrea, the latter returning to the junior men's podium for the first time since 2009.

"It is a great pride for me and for my country," said Haji, who was second in the Ethiopian trials and is a member of the same federal police sports

club as Tirunesh Dibaba, Sileshi Sihine and Derartu Tulu.

Top European finisher was Euro Cross junior champion Yemaneberhan Crippa as the Italian came 20th. Crippa was born in Ethiopia but adopted by an Italian couple, but he says: "I am Ethiopian-born, but I am absolutely and totally Italian!"



Fast and furious: leading junior women jostle for position

Gidey gold in Ethiopia 1-2-3



Ethiopia take one of three team golds in China with Kenya (left) second and Bahrain third

ETHIOPIAN ATHLETES DOMINATE TO FILL FIVE OF THE TOP SIX SPOTS

LETESENBET GIDEY followed in the footsteps of the likes of her countrywomen Tirunesh and Genzebe Dibaba as she claimed the junior women's world cross-country title, also leading home an Ethiopian cleansweep.

On a weekend on which news of the birth of five-time world and three-time Olympic track gold medallist Tirunesh's first baby was announced and Genzebe clocked a time just two seconds off the 5km world best after another record-breaking winter,



Letesenbet Gidey: Ethiopian follows in the footsteps of some famous junior winners

Gidey impressed in what was her first international race outside of Ethiopia.

East African dominance resumed as the 6km junior women's race kicked off this year's World Cross proceedings, with teams from Ethiopia or Kenya having won every junior women's team title in the event's history. An athlete from either of those nations has also taken the individual title at each edition since 1996, while a sole victory for a British athlete came courtesy of Paula Radcliffe in 1992, nine years before she also went on to claim the first of her two senior titles.

Gidey had won the junior event at the Ethiopian championships and in Guiyang she led home a dominant team, despite a brief scare late on when the 17-year-old almost went the wrong way on approaching the home straight.

She had built just enough of an advantage so that her mistake didn't cost her the gold, though, and she crossed the line one second clear in 19:48 ahead of Dera Dida and Etagegn Woldu.

Unsurprisingly after their 1-2-3, Ethiopia took the junior women's team title ahead of Kenya and Bahrain for the second time that the nation has claimed a cleansweep in this race after first doing so in 2004.

"It is a big motivation for me," Gidey said on claiming victory. "I have done it right.

"In the future I want to make my country proud again."

With her success at 17 years and eight days, Gidey is the youngest winner of the title since Kenya's now three-time world gold medallist on the track and 2011 senior World Cross winner Vivian Cheruiyot claimed it as a 16-year-old in 2000.

Out of the 101 runners from 28 countries in action, Kenya's Roseflin Chepngetich had gone into the race as the favourite and although a trio of Kenyan athletes were to the fore in the early stages, the world youth steeplechase champion and Kenyan cross-country gold medallist wasn't initially among them.

Sporting tape on one of her knees, Chepngetich featured mid-leading pack but soon worked her way towards the front along with Gladys Kipkoech and Youth Olympic 1500m silver medallist Winfred Mbithe.



Letesenbet Gidey: impressive

Nuttall takes country route

HISTORY was made in 2013 as Britain won their first-ever junior women's team medals but the 2015 squad was hit by the absence of Inter-Counties champion and Euro Cross 14th-placer Phoebe Law as well as English National winner Harriet Knowles-Jones.

Hannah Nuttall led home the British contingent, the 17-year-old following in the footsteps of her parents Alison and John, who contested 12 world cross country championships between them, to finish 45th.

Making her debut for GB, the Inter-Counties bronze medallist and Lotto Cross Cup winner was pleased with her performance.

"It was really quick to begin with and I didn't know if it was going to slow down," she explained.

"It eased down but the race got harder and harder.

"It's my first time racing for GB so I didn't know where I'd come," she added. "I'm happy with my performance."

Bronwen Owen was the next British athlete over the line as she placed 72nd, with Abbie Donnelly 80th and Grace Baker 82nd to see the team sit 15th overall.

Amy Griffiths, who finished fifth at the European Championships in Samokov, was forced to pull out mid-race after suffering a heavy fall.

Under-17 athlete Knowles-Jones had initially made the GB team for Guiyang despite having been disqualified at the trial for not wearing her chip after crossing the line in second place.

Visa problems meant she couldn't make the trip to China, however, and she was replaced by Donnelly, while Law pulled out through illness after having enjoyed a consistent winter.



Hannah Nuttall: top Brit in 45th

One lap in and Kipkoech was at the front of a 10-strong leading group featuring four athletes each from Kenya and Ethiopia as well as Bahrain's world junior steeplechase champion Ruth Jebet, who competed for Kenya before gaining Bahraini citizenship in 2013, and her team-mate Desi Mokonin.

Kenya's 2012 world junior steeplechase champion Daisy Jepkemei led ahead of Jebet with the final of three laps to go, the pair followed closely by five Ethiopian athletes with the team title in their sights as well as individual glory.

Checking her watch as she ran

comfortably behind Jepkemei, it was Gidey who made the first move. As her watch clocked 18 minutes she pulled away and despite the directional mishap her victory seemed secured as she strode on to lead a team that claimed five of the top six places, the group broken up only by Jepkemei in fourth.

Kipkoech finished seventh ahead of Mokonin and Jebet, while Mbithe also claimed a top-10 spot.

Denmark's Maria Larsen in 30th was the top European athlete, while Cassandre Beaugrand of France finished in 37th.

RESULTS

Men: 1 G K Kamworor (KEN) 34:52; 2 B K Muchiri (KEN) 35:00; 3 M Edris (ETH) 35:06; 4 H Gebrhiwet (ETH) 35:15; 5 L Barsoton (KEN) 35:24; 6 T Tola (ETH) 35:33; 7 A Tsegay (ETH) 35:47; 8 M Kibet (UGA) 35:53; 9 I Juma (TAN) 35:55; 10 A Ayalew (BRN) 35:56; 11 A K Rop (BRN) 35:59; 12 P K Langat (KEN) 36:05; 13 A Osman (ERI) 36:13; 14 B Dida (ETH) 36:17; 15 E B Elabbassi (BRN) 36:22; 16 M Letoyie (KEN) 36:23; 17 T Medhin (ERI) 36:24; 18 I Korir (BRN) 36:27; 19 I Bacha (BRN) 36:30; 20 H Chani (BRN) 36:35; 21 J K Arikan (TUR) 36:40; 23 G Kifle (ERI) 36:44; 24 C Derrick (USA) 36:45; 25 P Kipyeko (UGA) 36:50; 26 T Abera (ETH) 36:59; 27 T Toroitich (UGA) 37:02; 28 B Robinson (AUS) 37:11; 29 S Mokoka (RSA) 37:14; 30 P Ntawuyirusintenge (RWA) 37:16; 31 R Aboud (ALG) 37:20; 32 G Kusuro (UGA) 37:20; 33 F N Sulle (TAN) 37:26; 34 R Vail (USA) 37:27; 35 F Muhitira (RWA) 37:28; 36 P Smyth (USA) 37:31; 37 R Curtis (USA) 37:32; 38 T Tuemay (ERI) 37:32; 39 L Mashele (RSA) 37:36; 40 J Panga (TAN) 37:43; 41 H Tewelde (ERI) 37:44; 42 J M Uwajenezwa (RWA) 37:47; 43 G Mzazi (RSA) 37:50; 44 M Miout (ALG) 37:51; 45 Y Orellana (PER) 37:52; 46 E Sebahire (RWA) 37:53; 47 R Khaouas (ALG) 38:00; 48 A F Simbu (TAN) 38:07; 49 L Adams (AUS) 38:08; 50 K Wiebe (CAN) 38:14; 51 S Hoff (RSA) 38:24; 52 H Matsueda (JPN) 38:24; 53 D Mateo (ESP) 38:25; 54 B Piedra (ECU) 38:25; 55 CHARLIE HULSON 38:26; 56 E Mwanza (ZAM) 38:26; 57 M Korolev (USA) 38:27; 58 A Abadia (ESP) 38:28; 59 R Machacuay (PER) 38:28; 60 C Pitaluisa (ECU) 38:29; 61 K Tsosane (RSA) 38:36; 62 D Yang (CHN) 38:37; 63 O Irabaruta (BDI) 38:38; 64 M Brown (AUS) 38:40; 65 J B Baynit (TAN) 38:44; 66 J A Ccope (PER) 38:50; 67 A Dali (ALG) 38:56; 68



A Mechaal (ESP) 38:57; 69 J Nipperes (AUS) 38:59; 70 DEWI GRIFFITHS 39:02; 71 R Zhue (CHN) 39:12; 72 L Wang (CHN) 39:18; 73 M Merbouhi (ALG) 39:21; 74 L Govindan (IND) 39:23; 75 S B Zwane (RSA) 39:23; 76 V Ndiho (BDI) 39:30; 77 V J Abad (ESP) 39:36; 78 T Bommier (FRA) 39:39; 79 A A Aljoud (KSA) 39:43; 80 B Duo (CHN) 39:44; 81 A Dali (ALG) 39:56; 82 J Mugomeri (ZIM) 40:01; 83 K Tree (CAN) 40:02; 84 JONATHAN

HAY 40:05; 85 K Kubota (JPN) 40:08; 86 ANDREW BUTCHART 40:11; 87 D Mcneill (AUS) 40:15; 88 K Hanazawa (JPN) 40:19; 89 J Du (CHN) 40:20; 90 A Colley (USA) 40:24; 91 R Cassidy (CAN) 40:30; 92 A Pillajo (ECU) 40:43; 93 C Vasconez (ECU) 40:50; 94 R Champi (PER) 40:53; 95 H K Rimal (NEP) 40:53; 96 D Al Hammad (JOR) 40:54; 97 Mijunima (CHN) 40:57; 98 B Aitpai (KGZ) 40:59; 99 B Britt (CAN) 41:05; 100 O Ramazonov

(UZB) 41:13; 101 M Johnson (CAN) 41:39; 102 K Gaforov (TJK) 42:01; 103 G Dambadarjaa (MGL) 42:19; 104 G Silly (SEY) 42:53; 105 H S Sayuti (INA) 43:12; 106 T Thinley (BHU) 44:30; 107 A Lal (FIJ) 45:12; 108 M-S Li (TPE) 45:28; S-H Chahdi (FRA) DNF; J Fang (SIN) DNF; M Elbayoumi (EGY) DNS
TEAM: 1 Ethiopia 20; 2 Kenya 20; 3 Bahrain 54; 4 Eritrea 91; 5 Uganda 92; 6 Tanzania 130; 7 United States 131; 8 Rwanda 153; 9 South Africa 162;

10 Algeria 189; 11 Australia 210; 12 Spain 256; 13 Peru 264; 14 Pr of China 285; 15 GREAT BRITAIN & N.I. 295; 16 Ecuador 299; 17 Canada 323
U20 men: 1 Y Haji (ETH) 23:42; 2 G K Korir (KEN) 23:47; 3 A Ngeno (KEN) 23:54; 4 D Kiptarus (KEN) 24:00; 5 E R Chematot (BRN) 24:03; 6 A Habte (ERI) 24:04; 7 Y Adane (ETH) 24:05; 8 A Gashahun (ETH) 24:08; 9 F Musobo (UGA) 24:10; 10 R Chumo (KEN) 24:11; 11 J K Cheptegai (UGA) 24:11; 12 M Koech (KEN) 24:11; 13 A Berhane (ERI) 24:22; 14 M Shumay (ERI) 24:23; 15 A A Gelchu (BRN) 24:29; 16 J Langat (KEN) 24:29; 17 H Alewe (ETH) 24:37; 18 S Elbakkali (MAR) 24:46; 19 A Kifle (ERI) 24:52; 20 Y Crippa (ITA) 24:52; 21 Y Mekasha (ETH) 24:53; 22 D Hurira (BRN) 25:05; 23 Y Haileselassie (ERI) 25:08; 24 A Weletaw (ETH) 25:18; 25 J Knight (CAN) 25:22; 26 R Chemonges (UGA) 25:25; 27 J Dressel (USA) 25:25; 28 A I Abdo (BRN) 25:27; 29 C Mantz (USA) 25:28; 30 M Bushendich (UGA) 25:31; 31 M Baybat (MAR) 25:32; 32 A Chebet (UGA) 25:35; 33 Y Chiappinelli (ITA) 25:44; 34 C Geberkidane (USA) 25:46; 35 H Sakaguchi (JPN) 25:46; 36 J Wanders (SUI) 25:47; 37 A Targan (SUD) 25:51; 38 H Chemlal (MAR) 25:53; 39 ALEX GEORGE 25:54; 40 M McDonald (AUS) 25:56; 41 D Do Nascimento (BRA) 25:57; 42 E Hamer (USA) 25:58; 43 C Chavalala (RSA) 26:03; 44 W Levay (SWE) 26:03; 45 W Wang (CHN) 26:04; 46 S Ettaqy (ITA) 26:07; 47 H Hay (FRA) 26:13; 48 T Hedeilli (ALG) 26:14; 49 S Onizuka (JPN) 26:16; 50 G Chen (CHN) 26:16; 51 Q Zong (CHN) 26:17; 52 A Zahaf (MAR) 26:19; 53 JOE STEWARD 26:21; 54 E Adam (SUD) 26:24; 55 J Matsuo (JPN) 26:27; 56 A Mohamed (SUD) 26:28; 57 A Mokhtar (ESP) 26:29; 58 K Melamu (RSA) 26:30; 59 R Roberts (USA) 26:31; 60 B Tarebhat (ALG)

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Guiyang adventure: the GB team and support staff will have benefited from their Chinese experience



China embraced the World Cross spirit despite not having a huge tradition in cross country running

26:32; 61 H Minatoya (JPN) 26:34; 62 F Palcau (FRA) 26:36; 63 T Chen (CHN) 26:36; 64 M Youssef (QAT) 26:37; 65 S Mabena (RSA) 26:41; 66 A Amrouni (ALG) 26:41; 67 Danmuzhenciwang (CHN) 26:42; 68 A Abdelwahab (SUD) 26:50; 69 M H Moosbrugger (FRA) 26:51; 70 M Potgieter (RSA) 26:52; 71 E N Lahouifi (ESP) 26:54; 72 ELLIOT BOWKER 26:55; 73 O Nabil (MAR) 26:56; 74 P Miller (USA) 26:57; 75 Y Boulekdam (ALG) 26:57; 76 J Torrents (ESP) 26:59; 77 A Giacobazzi (ITA) 26:59; 78 Y Ba-Gharab (YEM) 27:04; 79 JONATHAN GLEN 27:10; 80 J Gressier (FRA) 27:10; 81 R Tatezawa (JPN) 27:14; 82 Y Bouih (ITA) 27:15; 83 B Preisner (CAN) 27:16; 84 N Tadesse (CAN) 27:17; 85 D Dos Santos (BRA) 27:17; 86 R Linkletter (CAN) 27:18; 87 F Shimo (JPN) 27:18; 88 M A El Bouajaji (FRA) 27:22; 89 J Belkacem (FRA) 27:23; 90 C Suolang (CHN) 27:25; 91 T Bouziane (ALG) 27:28; 92 S Colombini (ITA) 27:29; 93 F Gomes (POR) 27:31; 94 J Ort (CAN) 27:37; 95 P Barbosa (BRA) 27:43; 96 F R E Pinto (BRA) 27:45; 97 R Ratz (RSA) 27:48; 98 M Rageh (YEM) 27:52; 99 E Shabil (YEM) 27:53; 100 M E Ramadan (QAT) 27:56; 101 P Blaszczyk (POL) 27:59; 102 CHRISTOPHER OLLEY 28:00; 103 B Anderson (AUS) 28:01; 104 B Kelly (AUS) 28:04; 105 A Al-Qwabani (YEM) 28:14; 106 C Hunter (AUS) 28:28; 107 S Davlatov (UZB) 28:39; 108 I O Abdi (QAT) 28:39; 109 Y Al-Fakih (YEM) 28:39; 110 N Pearce (AUS) 29:02; 111 N Ifraj (ESP) 29:20; 112 J Burnotte (CAN) 29:25; 113 A H Abdalla (QAT) 31:11; H Eisa (SUD) DNF; JAC HOPKINS DNF; M Lamrani (ALG) DNF; M Ramsden (AUS) DNF; D Sator (POL) DNF

TEAM: 1 Kenya 19; 2 Ethiopia 33; 3 Eritrea 52; 4 Bahrain 70; 5 Uganda 76; 6 United States 132; 7 Morocco 139; 8 Italy 176; 9 Japan 200; 10 Pr of China 209; 11 Sudan 215; 12 South Africa 236; 13 GREAT BRITAIN & N.I. 243; 14

Algeria 249; 15 France 258; 16 Canada 278; 17 Spain 315; 18 Brazil 317; 19 Australia 353; 20 Republic of Yemen 380; 21 Qatar 385

Women (8km): 1 A J Tirop (KEN) 26:01; 2 S Teferi (ETH) 26:06; 3 N Gudeta (ETH) 26:11; 4 A Heroye (ETH) 26:14; 5 S C Ndiwa (KEN) 26:16; 6 E C Muge (KEN) 26:18; 7 I C Cheptai (KEN) 26:26; 8 M Daska (ETH) 26:29; 9 B Oljira (ETH) 26:29; 10 G Yalew (ETH) 27:00; 11 N Weldu (ERI) 27:19; 12 J Kisa (KEN) 27:22; 13 M C Kipkemboi (KEN) 27:32; 14 J Chekwel (UGA) 27:40; 15 T Gebre (ESP) 27:50; 16 C Ding (CHN) 27:52; 17 X Zhang (CHN) 28:02; 18 GEMMA STEEL 28:14; 19 RHONA AUCLAND 28:17; 20 S Hall (USA) 28:19; 21 G Tejada (PER) 28:22; 22 G Wu (CHN) 28:24; 23 M Shimizu (JPN) 28:26; 24 N Adero (UGA) 28:31; 25 R Hannah (CAN) 28:34; 26 A Bettiche (ALG) 28:40; 27 N Wodak (CAN) 28:43; 28 N Yahi (ALG) 28:44; 29 L Thweatt (USA) 28:49; 30 P Chepkwemioi (UGA) 28:51; 31 W Arizapana (PER) 28:52; 32 O M Chitete (ZIM) 28:53; 33 E Chebet (UGA) 28:55; 34 M Suver (USA) 29:00; 35 S S Møller (DEN) 29:03; 36 N Conrad (RSA) 29:05; 37 D Martin (ESP) 29:06; 38 I Fuentes-Pila (ESP) 29:09; 39 M Shoji (JPN) 29:09; 40 V Mitchell (AUS) 29:11; 41 B Drici (ALG) 29:14; 42 C Powell (AUS) 29:15; 43 E Ikeda (JPN) 29:17; 44 S Att Salem (ALG) 29:18; 45 B Felnagle (USA) 29:19; 46 D L Phalula (RSA) 29:26; 47 K Villalana (PER) 29:29; 48 A Bothma (RSA) 29:29; 49 J Martín (ESP) 29:30; 50 G Maini (AUS) 29:37; 51 J Rhines (USA) 29:39; 52 L Rodríguez (ESP) 29:42; 53 B Munkhzhaya (MGL) 29:44; 54 Y Fukuda (JPN) 29:45; 55 J Trengrove (AUS) 29:47; 56 M Izumida (JPN) 29:50; 57 E Delgado (PER) 29:52; 58 A Guerin (FRA) 29:52; 59 L Carson (CAN) 29:53; 60 N Labeaud (CAN) 29:55; 61 E Brichacek (AUS) 29:57; 62

L Novela (RSA) 30:00; 63 T Kimura (JPN) 30:01; 64 E Balouris (USA) 30:14; 65 M Sibanda (RSA) 30:18; 66 N Sifi (ALG) 30:21; 67 H Yang (CHN) 30:22; 68 F Benson (CAN) 30:29; 69 K Sesing (RSA) 30:32; 70 S C Glad (DEN) 30:41; 71 L L Batting (DEN) 30:59; 72 M Benderbal (ALG) 31:00; 73 Q Xu (CHN) 31:07; 74 S H Gadhave (IND) 31:31; 75 Z Li (CHN) 31:36; 76 R Budiarti (INA) 32:32; 77 E Tunguskova (UZB) 33:12; 78 B R Budha (NEP) 33:33; 79 Y R Mok (SIN) 36:08; 80 D Rahmonova (TKJ) 38:30; K Bouaasayriya (MAR) DNF; N Cheptegei (UGA) DNF; J Forsey (CAN) DNS

TEAM: 1 Ethiopia 17; 2 Kenya 19; 3 Uganda 101; 4 Pr of China 122; 5 United States 128; 6 Algeria 139; 7 Spain 139; 8 Peru 156; 9 Japan 159; 10 Canada 171; 11 Australia 187; 12 South Africa 192

U20 women: 1 L Gidey (ETH) 19:48; 2 D Dida ETH 19:49; 3 E Woldu (ETH) 19:53; 4 D Jekemei (KEN) 19:59; 5 M Tefera (ETH) 20:02; 6 D Kibru (ETH) 20:07; 7 G J Kipkoeh (KEN) 20:13; 8 D Mokonin (BRN) 20:17; 9 R Jebet (BRN) 20:20; 10

W N Mbithe (KEN) 20:31; 11 S Chesang (UGA) 20:37; 12 R Chepngetich (KEN) 20:38; 13 W J Koima (KEN) 20:52; 14 Z Lemeneh (ETH) 20:53; 15 F J Chebsi (BRN) 20:54; 16 A Sumi (JPN) 20:55; 17 R Z Chebet (UGA) 21:01; 18 J Chemusto (UGA) 21:10; 19 D Chemutai (UGA) 21:18; 20 B Rebitu (BRN) 21:22; 21 N Kuraoka (JPN) 21:24; 22 J Cherotich (KEN) 21:25; 23 H Debesay (ERI) 21:26; 24 E Nimbona (BDI) 21:27; 25 D Zhang (CHN) 21:31; 26 M Chelangat (UGA) 21:43; 27 K Benner (USA) 21:45; 28 D A Gosa (BRN) 21:48; 29 W Kabasawa (JPN) 21:48; 30 M Larsen (DEN) 21:49; 31 W Nuzeng (CHN) 21:51; 32 Y Nozoe (JPN) 21:55; 33 L Gregory (USA) 22:01; 34 Y Zhang (CHN) 22:01; 35 K Farkoussi (MAR) 22:12; 36 N Abraham (ERI) 22:12; 37 C Beaugrand (FRA) 22:12; 38 M Shimada (JPN) 22:12; 39 Y Gezae (ERI) 22:13; 40 L Segid (ERI) 22:16; 41 R Chenah (ALG) 22:18; 42 B Macdougall (CAN) 22:20; 43 S Lozano (PER) 22:20; 44 S Meneses (PER) 22:21; 45 HANNAH NUTTALL 22:23; 46 Y Li (CHN) 22:23;

47 L Pompeani (AUS) 22:26; 48 A K Pedersen (DEN) 22:26; 49 L Picard (FRA) 22:31; 50 I El Bouhali (MAR) 22:33; 51 E Escobar (PER) 22:40; 52 O B Ju (PRK) 22:44; 53 C Bremond (FRA) 22:44; 54 L Teweldebrhan (ERI) 22:44; 55 K Rainsberger (USA) 22:49; 56 C Ciren (CHN) 22:50; 57 S Weitsz (RSA) 22:55; 58 S Eckel (AUS) 22:56; 59 Z Zheng (CHN) 22:57; 60 H Woodhouse (CAN) 22:57; 61 Y Sarumida (JPN) 22:57; 62 V Constien (USA) 22:58; 63 K Swanson (AUS) 23:00; 64 A McCormick (AUS) 23:00; 65 N Van Der Merwe (RSA) 23:05; 66 N Schrader (USA) 23:06; 67 S Belil (MAR) 23:09; 68 S Sorensen (USA) 23:10; 69 J Hull (AUS) 23:11; 70 J Baragar-Petrash (CAN) 23:16; 71 L Rode (DEN) 23:16; 72 BRONWEN OWEN 23:17; 73 P González (ESP) 23:19; 74 R C Cijro (PER) 23:22; 75 N Hutchinson (CAN) 23:26; 76 C Viljoen (RSA) 23:28; 77 S Chakkaf (MAR) 23:31; 78 J H Pak (PRK) 23:32; 79 O Saoud (RSA) 23:44; 80 ABBIE DONNELLY (23:46); 81 J Bokadie (RSA) 23:55; 82 GRACE BAKER 24:00; 83 A Barysenka (BLR) 24:09; 84 C S Kim (PRK) 24:11; 85 W Pyzik (POL) 24:14; 86 S Al Khatbah (JOR) 24:15; 87 M Dias (POL) 24:15; 88 B Thomas (AUS) 24:25; 89 H Etsebeth (RSA) 24:29; 90 J Lehair (FRA) 24:35; 91 S Gelderblom (RSA) 24:44; 92 J Ferreira (POR) 24:48; 93 N Mukhiddinova (UZB) 25:13; 94 M Martens (CAN) 25:23; 95 F El Sharnoubi (EGY) 25:36; 96 R Y Kim (PRK) 26:20; 97 E Al-Madhari (YEM) 29:39; AMY GRIFFITHS DNF; P Seldon (BHU) DNF; C Smith (CAN) DNF; C Cardama (ESP) DNS

TEAM: 1 Ethiopia 11; 2 Kenya 33; 3 Bahrain 52; 4 Uganda 65; 5 Japan 98; 6 Pr of China 136; 7 Eritrea 138; 8 United States 177; 9 Peru 212; 10 Morocco 229; 11 France 229; 12 Australia 232; 13 Canada 247; 14 South Africa 279; 15 GREAT BRITAIN & N.I. 279; 16 Dpr of Korea 310





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Dominant AFD win in style

EMELIA GORECKA
ANCHORS ALDERSHOT
TO EASY VICTORY AS
SHAFTESBURY REGAIN
THE MEN'S TITLE

Report: Martin Duff

Pictures: Mark Shearman

ALDERSHOT'S women, anchored home by Emelia Gorecka's fastest lap, notched up their fifth successive championship, while Shaftesbury Barnet got most of their team out for the first time since 2007 to win the men's race from Newham & Essex Beagles.

On a very windy and often stormy afternoon, some runners likened parts of the Milton Keynes Redway course to cross-country, while more than half a dozen clubs saw their tents blown down or wrecked in the wind.

Women

THIS was Aldershot's slowest winning time, but only in part due to the weather. They fielded a relatively inexperienced team until Bryony Proctor put them ahead, by a few seconds, at the end of the fourth stage, before firstly Georgie Bruinvels and then Gorecka polished things off in style.

Bryony Proctor:
took AFD into
the lead on
stage four



Runners set off in blowy conditions at Milton Keynes



Maryse Haynes:
second
fastest
split of
the day



Their input lengthened the winning advantage to nearly four minutes over Belgrave and Cambridge & Coleridge, who collected their first senior team medals in the South of England championships.

Lucie Custance led on the first 5053m leg, for Clapham, before Maryse Haynes took over, returning to the Stantonbury track in 17:07, a time that stood up as the second quickest of the afternoon. Custance held second, as Katy Hedgethorne gave Cambridge an early sight of their potential team medal. Olivia

Fee Maycock
leads Lisa da
Silva (left) and
Jo Wilkinson
(centre)



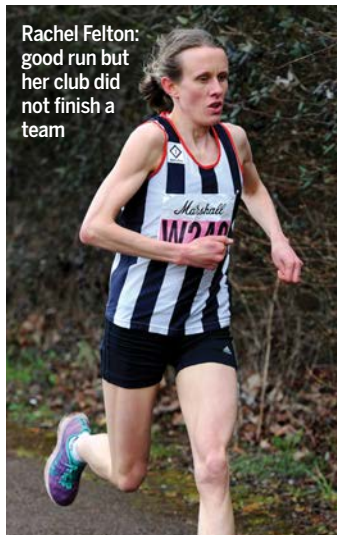
Lucas was a distant fourth for the holders at this point.

Rachel Felton's 17:29 gave Shaftesbury, the 2008 winners, a 26-second lead on the second stage before revealing that her club only had half a team, as Aldershot slipped to sixth.

The lead changed again at the mid-race point as Fiona

Thompson gained seven places to put Thames Valley ahead with a 17:43 split that was more than a minute quicker than any other stage three runners.

"I got five people and felt a lot better after coming back from injury," said Thompson, who was unaware that she now led the race.



Rachel Felton: good run but her club did not finish a team



Ian Kimpton (130), Mark Draper (104) and Andrew Maud on the opening leg



Anthony Whiteman: strong run from the veteran Shaftesbury athlete



Georgie Bruinvels: helped build AFD lead

As Proctor just took over in front, on the fourth leg, Cambridge held second but the quickest lap came from Helena Tobin for Brighton very deep in the field, with 17:55. Proctor said: "I felt okay but conditions were quite bad."

Bruinvels completed her fifth stage more than two minutes clear of the rest, as Sam Amend took Belgrave to the silver medal position. After her 17:20 split, a mud spattered Bruinvels, who set a new PB the previous week in the Reading Half-marathon said; "I felt good but it was over so quick." hers was the third best time of the afternoon.

Gorecka then rounded things off in her own inimitable style, crossing the line arms aloft, a pose that she has perfected over the years. Her 16:32 was the fastest by 35 seconds. She said: "it was quite dangerous in places and slippery underfoot but I hadn't tapered at all and ran 40 minutes yesterday."

Belgrave maintained second as Cambridge lost ground but



Emelia Gorecka: anchor leg

a battle on the first 7664m long stage. Clapham Chasers' Andy Maud set the pace as the English marathon champion from Reading a week earlier, Ian Kimpton and Mark Draper followed. It was track specialist Draper who went away in the closing stages to clock 23:31 for third best of the day. Draper said: "I made a little surge in the wood but was being a wimp in the wind. I am getting ready for the marathon." Kimpton and Maud followed with the fourth and fifth best times of the afternoon.

Eventual winners Shaftesbury were down in 22nd spot and only improved to 13th on stage two. However, it was with Anthony

held on to third spot. Their men won the award for most improved men's team while Ipswich Jaffa took the women's.

Men

SHAFTESBURY have now won four times in 20 years and one of their stalwarts, new veteran Kojo Kyereme, has been in three of those teams: "Each in a different decade," he said.

It had been Kyereme who had first hit the front for Shaftesbury on the long fifth leg with the fastest stage and veterans time overall of 24:04 and thereafter they only lost the lead briefly on the 10th stage before regaining the advantage to win by over two minutes from Kent AC.

Early on there was quite



Aldershot, Farnham & District's winning team (left to right): Emelia Gorecka, Georgie Bruinvels, Bryony Proctor, Katie Bingle, Gabi Eglén and Olivia Lucas



Kojo Kyereme: took Shaftesbury into pole position

Whiteman, whose 15:41 was easily the top veteran time of the day and fifth best overall. "It's hard and so windy and too far," said the 800/1500m specialist. On the stage, only Adam Clarke for holders Aldershot ran quicker with 15:38.

The two fastest long stage times of the afternoon came on the third leg as John McDonnell and Shaftesbury's Richard Goodman advanced from seventh and 12th respectively, to occupy the top two places. Onlookers believed that it was Goodman who was quickest with 23:19 but McDonnell had just got the nod one second quicker as his Luton team led overall by 22 seconds.

McDonnell said he took the lead on the second of his wooded circuits and added: "I felt OK but it was very windy." His new found form is down to new coach Andy Hobdell. Goodman, who thought he had been quickest, said: "that was probably one of the best runs of my life and I was chasing like an animal." He was later disappointed that it was only second best overall.

It was all change again on the fourth lap as Bedford's Mike Harrison eased to the front with a fastest stage time of 15:43 but Kyreme then had his say with the stage quickest before



Richard Goodman: 2014 Inter-Counties champion takes Shaftesbury Barnet away from rival teams

Robert Lightowler increased the Shaftesbury advantage to the half-way point to 33 seconds.

Dan Watts' fastest stage time of 24:19 increased his club's lead on stage seven as the pack behind shuffled. "I hope we can keep it up," he said.

Bedford now held second but John Beattie moved Newham & Essex Beagles, winners in 2010, 2011 and 2012 up into the frame with the fastest short leg time of the day of 14:57, after taking over

from a now injury-free Moumin Geele.

While Shaftesbury stayed around a minute clear on the long stage nine, Lee Merrien (23:48) and John Gilbert (24:18) took Newham and Kent into the podium positions they would hold to the end.

Shaftesbury then saw its lead shortened as Frank Baddick continued Newham's advance with the second best short leg of the day at 15:19. He said: "I felt



John McDonnell (330) leads Matt Hibberd on stage three and on his way to the day's fastest split



John Beattie (right): hands over to Lee Merrien



James Connor: good progress for Kent

quite good and took the lead with about a mile to go." Their tenure at the front was short lived as, on the penultimate stage, Glen Watts re-established Shaftesbury's advantage with 24:32.

"I passed them after 1km but I think I was lucky with the conditions compared to everybody else," said Watts. James Connor saw Kent up to second, helped when Newham's veteran John Pike felt he was misdirected. "I lost about 20 seconds," he lamented.

Belgrave's Paskar Owor was quickest on stage 11 with 23:46 but his club had earlier lost team members through injury as well as their tent as a predicted top three finish was dashed by circumstances.

The misdirection continued on the final leg as world junior 800 metres finalist Kyle Langford went wrong at the same point but still held on to win for his club, Shaftesbury.

"She told me to go left and I probably lost 10 seconds. I went down the road and not the alley," he said.



Kyle Langford:
anchored
Shaftesbury
to victory



Shaftesbury Barnet Harriers has now won the South of England road relay title four times in the past 20 years – and each time with a different squad

RESULTS

Men (6x7664m & 6x5053m alternate): 1 Shaftesbury 4:05:27

(M Grant 25:50; A Whiteman 15:41; R Goodman 23:19; E Mackenzie 16:37; K Kyereme 24:04; R Lightowler 16:18; D Watts 24:19; S Griffiths 16:58; M Armstrong 24:50; B Rochford 16:38; G Watts 24:32; K Langford 16:21); **2 Kent 4:07:33** (C Greenwood 24:23; N Phillips 16:12; O Hind 24:21; J Haase 16:15; R Bentley 25:52; C Fraser 16:44; B Harding 25:01; M Longley 16:48; J Gilbert 24:18; T Lawrence 16:38; J Connor 24:49; M Hall 16:12); **3 NEB 4:08:54** (J Waldron 25:25; M Dowling 15:56; D Chesser 25:19; N Sheehan 16:38; R Chesser 25:25; J Ali 16:10; M Gele 25:12; J Beattie 14:57; L Merrien 23:48; F Baddick 15:19; J Pike 27:30; W Bell 17:15); **4 Tonbridge 4:09:15** (R Driscoll 24:52; M Weatherseed 16:23; D Bradley 25:45; A Howard 16:38; C De'ath 24:52; G Duggan 16:01; B Cole 24:39; T Faes 16:17; T Cox 25:42; D Brown 15:45; G Cole 26:19; L Russo 16:02); **5 Bed C 4:09:20** (M Draper 23:31; J Douglas 16:14; J Lunn 25:41; M Harrison 15:43; J Eves 24:16; M Bray 16:31; A Headley 26:14; C Maher 16:03; J James 26:14; N Miller 17:02; L Humphreys 25:03; A McMullin 16:22); **6 Belgrave 4:10:16** (M Pollard 26:27; W Cockerell 17:30; A Miller 25:36; E Auden 16:12; C Ruddy 24:09; S Sharp 16:40; G Upton 25:24; N Bundle 16:17; K Gauson 25:11; A Jaksevicius 16:38; P Owor 23:46; T Telkowsky 16:26); **7 WG&EL 4:10:52** (M Cryer 24:28; D Turnaitis 16:57; T Phillips 25:18; T Plibersek 16:40; G Lewis 24:58; A Holford 16:47; O Mansour 26:25; T Beedell 16:45; H Wyber 25:45; A Mariani 15:56; E Shepherd 24:45; M Shone 16:08); **8 AFD 4:11:37** (G Cockle 24:33; A Clarke 15:38; J Rowe 24:58; T Bowerman 16:47; J Wyllie 25:53; M Cook 17:16; J Smith 25:04; M Cox 17:07; C Rooke 25:48; M Arnold 16:44; J Morwood 24:32; C Critchley 17:17); **9 Highgate 4:11:52** (R Bahelli 24:49; M Dan 16:36; S Dixon 24:01; B Pochee 16:31; C Rainsford 24:43; P Hawkings 16:19; S Renfer 26:10; D Davison 16:37; R Wilson 26:11; B Pochee 17:04; J Laybourn 25:58; P Downie 16:46); **10 Herne H 4:16:55** (M Cummings 24:57; J Hillier 16:21; S Coombes 25:51; M Ismail 16:44; S Fitzpatrick 27:02; J Rossiter 15:40; J Kettle 26:16; D Fagan 17:35; A Barnes 26:08; L Hussey 17:11; J Cunningham 26:25; J Tayleur 16:45); **11 Soton**

4:19:10 (A Wall-Clarke 24:53; C Hilton 16:06; M Hibberd 28:21; M Costley 17:10; M Revier 25:09; M Bennett 15:52; R Waldron 27:24; A Mahamed 17:07; G Klepacz 27:21; M Johnson 16:53; J Knapp 26:11; S Edgington 16:43); **12 B&H 4:21:06** (H Bristow 24:55; L Taub 17:44; M Dumbrell 25:37; D Boyce 17:31; S Ferroni 24:55; I Crowe-Wright 16:16; A Humphreys 26:16; N Robinson 17:41; D Benton 28:59; T Lunnon 17:06; G Godden 26:54; Z Hale 17:12); **13 Clapham 4:22:03** (A Maud 23:45; B Reynolds 17:01; P James 26:36; M Leong 17:49; N Aitken 25:32; E Rees 17:39; J Ellis 26:34; D Holmes 17:54; M Lovell 26:47; J Neave 17:41; T Ramsay 27:19; M Keating 17:26); **14 C&C 4:23:21** (J Escalante-Phillips 25:28; R Park 17:53; K Wood 25:14; R Tennant 16:26; O Park 26:21; T Cobden 16:41; C Wartnerby 27:38; J Jasso 17:02; M Slater 27:50; G Kennedy 18:38; A Hodges 26:43; A Eggeman 17:27); **15 S London 4:24:18** (R Evans 25:08; M Chapman 17:12; K Quinn 24:46; J Lyne 17:39; T Walker 26:07; R Wood 17:07; S Major 26:34; N Reissland 19:03; B Casserley 27:23; F Manning 17:42; L Hatcher 27:46; S Manning 17:51); **16 ESM 4:25:04** (J Taylor-Caldwell 25:45; B Waterman 16:34; P Flewitt 27:41; N Landeau 16:59; S Elson 27:12; M Hashi 17:44; S Haddad 27:20; S Zajackowski 16:06; A Jones 27:37; L Nicholas 17:27; C Hepworth 25:59; M Ouzia 18:40); **17 Luton 4:26:12** (I Kimpton 23:40; R Lewis 17:30; J McDonnell 23:18; T Kearns 18:10; T Mead 27:18; H Wells 17:29; D Woodgate 25:44; H Lander 20:41; S Jay 27:22; J Williams 18:07; L McNabola 28:27; T Best 18:26); **18 Mil K 4:26:32** (M Glowacki 26:04; S Winters 16:50; G Blaber 28:13; R Threlfall 17:23; M Fudale 26:43; M Burling 16:27; S Tuttle 25:58; L Smith 17:20; S Herring 30:11; G Jones 17:48; M Palser 27:00; T Comerford 17:05); **19 WSEH 4:27:53** (A Goodall 25:23; A O'Brien 16:40; K Wye 27:03; J Finnigan 16:58; J McIlroy 26:50; J Chapman 17:31; G Breen 26:48; N Chevis 19:34; J Todd 28:16; D Green 19:30; S Millett 26:09; B Pointing 17:10); **20 WG&EL B 4:27:57** (D Mann 27:13; R Wilbraham 17:24; T Russell 27:33; J Russell 18:16; S Beedell 26:37; T Bower 17:18; D Southcott 26:55; S Bengie 17:55; J Everitt 27:17; J Roche 18:05; D Steel 26:41; B Powell 16:43); **21 Hillingdon 4:28:02** (J Laing 25:39; D Clark 17:55; R Thompson 25:50; S Lloyd 17:22; S

Connell 28:32; R Vos 17:56; M Dooley 27:35; W Grbic 17:48; D Thompson 27:18; P Warburton 17:49; M Bateman 26:26; S Blanshard 17:52); **22 B&B 4:28:53** (A Bruce-Littlewood 24:11; P Sesemann 15:43; P Tucker 27:04; R Webb 16:22; T Desborough 29:03; W Fuller 16:01; J Vintner 31:14; W Ruiz 16:52; D Kennedy 27:18; G Vacharopoulos 17:28; J Poole 28:46; R Yates 18:51); **23 TVH 4:30:15** (M Haskett 27:04; M Da Silva 17:57; C Smith 25:04; S Baptist 18:55; M Aadan 24:33; R Vallance 16:51; T Clyde 25:34; P Heaphy 17:59; S Norris 28:37; A Mitchell 18:02; E Ross 28:43; P Wetton 20:56); **24 Serpentine B 4:30:16** (M Botton 28:31; S Gonzalez-Manzanque 18:08; B Tolputt 27:39; V Mclean 16:46; H Zietsman 26:28; A Fraquelli 18:25; R Von Grot 27:41; S Craddock 17:58; J Bradford 26:40; N Barberis-Negra 17:23; X Gruot 27:13; A Reeves 17:24); **25 Bed C B 4:30:24** (C Emmerson 27:42; A Bellew 17:59; S Still 27:26; J McMahon 17:33; O Saville 27:45; S Headley 17:30; C Wright 26:04; J Strange 16:30; S Still 28:42; J Medley 18:40; A Turnbull 27:34; S Proctor 17:29); **26 Lon H 4:30:58** (T Aldred 24:31; J Howe 18:33; M Collins 28:10; J Wooldridge 17:48; J Hopkin 29:32; B Wolfe 18:31; T Livermore 27:27; T Fancett 17:25; A Brooker 26:54; E Garrett 18:17; A Kirk-Smith 26:09; R Macaulay 17:41); **27 Serp A 4:32:15** (J Franklin 24:58; M O'Connell 17:09; H Torry 25:57; D De Palot tbc; D Morgan tbc; S Barrett 17:03; R Phillips 17:44; R Ragab 16:52; N Torry 25:15; D Evans 17:44; G Hughes 25:31; H Ahmed 16:39); **28 Kent B 4:37:09** (S Beaney 27:49; B Smith 18:08; R Mathie 28:43; M Longley 18:24; P Sanders 26:06; R Elliot 18:14; G Parry 27:43; A Merali 18:33; J Wilson 27:54; T Webb 18:23; T Muddiman 28:00; L Reilly 19:12); **29 Oxf C 4:37:21** (H Hampton 27:28; J Exley 21:30; M Maxwell 26:36; A Simpson 18:04; J Atyeo 28:49; R Meredith 17:31; B Upjohn 28:59; R Webster 18:16; M Tyrrell 28:18; S Fisher 17:31; L Newell 26:54; N Jones 17:25); **30 Ips 4:40:18** (R Ostler 26:57; M Furnace 18:22; M Spencer 26:29; J Thorpe 19:02; G Davies 27:08; M Catlin 19:08; B Turley 27:29; I Old 18:45; A Wade 27:39; W Campbell 23:18; W Law 27:38; S Fraser-Lim 18:23); **31 L Buzz 4:41:21**; **32 St Albans 4:41:39**; **33 Barnet 4:43:32**; **34 Clapham B 4:48:18**; **35 Serp C 4:48:21**; **36 Vale of Aylesbury**

4:53:10
Fastest Long (7664m): McDonnell 23:18; Goodman 23:19; Draper 23:31; Kimpton 23:40; Maud 23:45; Owor 23:46; Merrien 23:48; Kyereme 24:04; Dixon/Ruddy 24:09
Fastest Short (5053m): Beattie 14:57; Baddick 15:19; Clarke 15:38; Rossiter 15:40; Whiteman 15:41; Harrison/Sesemann 15:43; Brown 15:45; Bennett 15:52; Dowling/Mariani 15:56
Most improved team: Cambridge & Coleridge

Women (6x5053m): 1 AFD 1:49:17 (O Lucas 18:07; G Eglen 19:31; K Bingle 19:20; B Proctor 18:27; G Bruinvels 17:20; E Gorecka 16:32); **2 Belgrave 1:53:12** (J Rhodes 18:51; F Maycock 19:50; Z Doyle 19:10; S Carter 18:33; S Amend 18:36; M Wilkins 18:12); **3 C&C 1:54:44** (K Hedgethorpe 17:59; C Somerton 18:42; N Griffiths 19:12; B Fitzsimons 19:40; Z MacDonald 19:38; C Beddingfield 19:33); **4 TVH 1:54:57** (S Jones 19:50; L Da Silva 18:07; F Thompson 17:43; J Mobed 20:22; M Gorman 20:59; T Barlow 17:56); **5 Serp 1:55:49** (S Pemberton 18:41; M Bagnati 19:44; K Williams 18:48; M Johnson 19:40; M Roberts 19:40; L Wynn 19:16); **6 Herne 1:56:03** (M Edwards 19:13; E Jenkins 21:10; S Ward 17:30; H Edwards 19:14; S Mitchell 19:46; J Wedmore 19:10); **7 WG&EL 1:56:48** (R Lund 19:45; S Sales 20:17; E Moss 19:01; G Coe 18:40; B Pritchett 19:52; K Gundersen 19:13); **8 Bed C 1:58:24** (N Peters 18:29; J Wilkinson 20:11; S Boshier 19:00; E Garraway 19:35; R Kerr 23:06; R Humphreys (Gibbs) 18:03); **9 Highgate 1:59:03** (H Brock 18:42; E Burgess 19:22; S Sheldrake 19:48; N Rossberg 21:00; V Frew 19:21; L Faherty 20:50); **10 Lon H 2:00:00** (R Piggott 18:39; L James 20:09; C Jeremiah 18:58; J Higgins 21:10; D Wright 20:33; A Howe 20:31); **11 Tonbridge 2:00:16** (L Reid 18:19; S Foreman 20:04; L Melvin 19:47; N Wilkinson 19:27; J Mallyon 23:03; N Taylor 19:36); **12 Ips J 2:01:00** (L Thomas 18:46; I Renn 20:56; H Davies 20:12; J Williams 20:24; G Garvin 20:08; D Davies 20:34); **13 Kent 2:01:38** (V Buck 19:46; K Williams 21:52; D O'Brien 22:02; A Thomson 20:16; A Clements 17:25; T Murphy 20:17); **14 Winchester 2:02:33** (C Sanchez Toribio 18:27; K Rushton 18:58; J Jefferies 21:42; J Gandee 20:35; H Vossler 22:24; L Whitaker 20:27); **15 Clapham 2:02:49**

(L Custance 17:14; C St Clair 20:42; C Coley 20:12; H Cooper 21:26; J Mullett 20:55; D Voysey 22:20); **16 S Lon 2:03:44** (M James 19:12; P Iannella 21:59; L Ingram 23:40; L Whitehead 20:05; R Coe-O'Brien 20:46; S McCall 18:02); **17 Ranelagh 2:03:56** (E Damant 18:12; R Hall 19:59; M Horne 22:10; L Kipling 20:08; J Bailey 21:05; L Werrett 22:22); **18 Serp B 2:04:11** (J Bradley 20:01; K Judd 20:57; V Brown 20:43; J Worster 20:59; J Thorpe 21:02; R Lee 20:29); **19 Reading 2:05:43** (J Folk 20:06; D Taylor 20:56; A Boniface 20:21; A Godfrey 20:50; H Wood 21:59; L Daniells 21:31); **20 Belgrave B 2:05:53** (S Underhill 19:49; R O'Brien 19:36; E Stevens 21:34; F Maddocks 20:52; M Noel 22:58; S Amend 21:04); **21 B&H 2:05:59** (N Silsby 21:55; R Titheradge 21:51; J Carder 23:14; H Tobin 17:55; J Kenneally 21:12; L Dickens 19:52); **22 Luton 2:06:25** (R Keane 18:07; R Walcott-Nolan 18:12; E Still 21:37; R Canham 21:27; J Winfield 22:22; L Daglish 24:40); **23 Barnet 2:06:35** (K Murphy 19:21; N Froud 21:42; L Gault 20:41; H Sheridan 19:57; H Hoyle 22:42; C Perry 22:28); **24 Hillingdon 2:07:11** (E Mack 19:20; M Mayor 19:44; H Wells 20:01; C Williams 21:44; K Shockley 22:32; M Spencer 23:50); **25 VoA 2:07:28** (S Green 19:54; R Iannone 20:30; C Steptoe 20:27; J Austin 21:35; D Channer 21:12; J Card 23:50); **26 Mil K 2:09:29** (L Bromilow 19:19; S Gibbins 22:10; C Childs 20:26; M Ferreira-Pestana 21:41; K Adams 22:40; M Wright 23:13); **27 Serp C 2:10:13** (I Bagi 21:07; J Beak 21:49; J Nodder 22:37; G Huss 21:45; S Koelewyn 20:40; E O'Connor 22:15); **28 L Buzz 2:13:45** (G Duckworth 20:48; A Inchley 21:31; L Peters 22:28; L Boddy 23:04; K Haylock 22:14; J Sauer 23:40); **29 Clapham B 2:14:06** (J Elvin 20:01; S Jones 23:06; G Nelson 24:50; L Tilt 21:48; N Hebenstreit 23:16; Bryony Cross 21:05); **30 Lon B 2:14:16** (C Monahan 20:56; G Boyle 23:21; E Beard 22:05; N O'Regan 22:32; A Lighton 22:52; S Rust 22:30); **31 Ranelagh B 2:15:15**; **32 Ips J B 2:15:54**; **33 Serp D n/s 2:16:16**; **34 Clapham C 2:17:05**; **35 WG&EL B 2:20:18**; **36 Barnet B 2:22:57**
Fastest (5053m): Gorecka 16:32; Haynes 17:07; Custance 17:14; Bruinvels 17:20; Clements 17:25; Felton 17:29; Ward 17:30; Thompson 17:43; Tobin 17:55; Barlow 17:56
Most improved team: Ipswich Jaffa

Leeds take the double

LEEDS WIN BOTH TITLES BUT ONLY AFTER HIGH DRAMA IN THE MEN'S RACE

Report: Stephen Green

Pictures: David Hewitson

SEFTON PARK witnessed drama aplenty as Leeds City won both men's and women's relay titles.

On a sunny yet blustery afternoon, the women of Leeds took charge midway through the race and were never headed.

Their men fought a titanic battle with Liverpool Harriers over 11 stages, only to be gifted the title by virtue of Liverpool's anchor runner going off-course.

Men

STAGE ONE was stacked with class, with a group of three moving clear after 10 minutes of running. Tom Lancashire was prominent for Bolton – as were Tesfaye Debele of Leeds and Jonny Mellor in the yellow of Liverpool Harriers.

Mellor moved 70 metres clear of his training partner Lancashire to record the day's second quickest long-stage time of 22:36. Richard Weir closed strongly to bring Derby into third ahead of Debele.

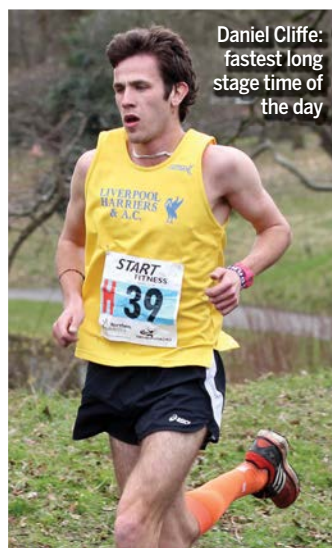


Tom Lancashire leads the runners out in Sefton Park

Liverpool extended their lead via Matt Shirling on the next short stage. Mohammed Abu-Rezeq's superb 11:16 for the 2.4 undulating miles brought Altrincham within sight of the lead and this was also the day's fastest. Kevin Bell made significant inroads to bring Border into third.

Carl Smith's 23:03 advanced Leeds into pole position on leg three ahead of Liverpool with Nathan Shrubbs taking Morpeth into third.

Leeds continued to hold the lead via Jon Willis, Simon Deakin and Tom Edwards, with Liverpool making inroads as the race progressed.



Daniel Cliffe: fastest long stage time of the day

Daniel Cliffe blitzed around the park on leg seven to change the state of play. His speedy 22:34 – the quickest of the day – brought Liverpool home nearly 50 seconds to the good, ahead of Morpeth's Ian Hudspith, who in turn was 20 seconds ahead of Leeds.

Liverpool now had a decisive lead, which was extended in the following short legs courtesy of Ben Russell, James McNally, Ben Martin and Daniel Mooney.

Leeds moved into second, although they were losing further ground to the leaders.

The stage was set for Liverpool's final leg runner, Harry



Carl Smith: took Leeds into the lead on stage three

Harper, to seal a local victory as he set off more than a minute to the good.

As the local crowd and team prepared for the coronation they were instead greeted by the sight of the blue vest of Leeds via Michael Salter calmly bringing the Yorkshire outfit home.

With no yellow vest in sight, there ensued a mix of bemusement and confusion as to what had occurred in the previous 10 minutes. It later transpired that Harper had gone significantly off course by the lake and had failed to finish.

This unexpected turn of events meant Morpeth, a minute



Matt Shirling: maintained Liverpool's lead



Mohammed Abu-Rezeq: quickest short stage



Ian Hudspith: veteran won team silver with Morpeth



Michael Salter: battled for Leeds City



Elle Vernon (right) and Emma Clayton lead the early stages of the women's relay

down, moved into second, and Salford Harriers' squad gained unexpected bronze medals.

Although the Leeds squad accepted their gold medals and their sixth title in eight years, there was considerable sympathy for the plight of Harper and the mishap which cost his team dearly. Leeds' women's team member Susan Partridge candidly summed up the mood of the Leeds camp: "We are obviously pleased to be awarded the title in both relays. However, this is not the way we would have liked to have won. We all really feel for Harry, who trains with us regularly, and for the whole Liverpool squad, who ran so well."

Women

ELLE VERNON and Emma Clayton renewed their rivalry from the Northern cross-country in July on stage one. As on that sunny day in January, it was Stockport's Vernon who prevailed over the Leeds athlete.

Vernon pulled clear with around a mile left to run to clock 25:43, the fastest long-stage performance, and was eight seconds ahead of Clayton. In the wake of the leading duo Samantha Johnson of Rotherham was more than 90 seconds down in third, which effectively made this a two-horse race between Leeds and Stockport.

Vernon believes she is finally feeling the benefits after a February altitude training stint in Kenya.

Stockport held pole position on leg two via Lyndsay Clarke with Kate Parry still keeping Leeds within sight of the lead. Georgia Leck brought defending champions Leigh into the medal reckoning.

Charlotte Willis closed down Ellen Downs of Stockport on stage three. The two came into the straight together with Willis giving Leeds a slight advantage at the exchange zone.

While the crowd were marvelling at the action happening at the front end of the race, some eyes turned to events further down the field as European 1500m bronze

medallist Laura Weightman lifted her Morpeth team up 12 places to fifth with a stunning 12:19 – a time that would have held up very well in the men's race.

"This is a fun team event, which I always enjoy doing, and shows my strength over the longer distance," she said. "I've had a couple of training stints in Kenya and spent the last few weeks at home, so I'm happy with that."

"I'm really looking forward to racing at the National road relays for the club in a couple of weeks."

The Morpeth star will head to Utah in the United States in May for some altitude training before racing at the Prefontaine Diamond League.

Leeds had clearly saved some heavy artillery for the closing



Emma Clayton is tracked by Elle Vernon



Laura Weightman with her medal for running the fastest short stage of the day (above)

stages with Susan Partridge powering around the short leg in 13:12 to give her squad a 300m lead over Stockport. Rotherham maintained their bronze medal position.

The lead positions remained the same over the next two legs, with Leeds extending their margin via Kate Parry and Heather Sellars' impressive 25:56 long stage

Katie Brough produced a decent 26:35 effort for Vale Royal on stage five.



Susan Partridge: penultimate leg for Leeds

It was left for GB international Rachael Bamford to complete the procession lap with a solid 13:08. The gap over Stockport was more than four and a half minutes and Bamford said of the win: "We had a very strong team out today and our new members, such as Heather (Sellars), were really impressive.

"I always like to run this event so it was a great honour to anchor the team to the title. Full credit to Stockport, who took the race to us in the early stages."



Rachael Bamford: anchor role

RESULTS

Men : 1 Leeds C 3:11:10 (T Debele 23:13, L Foster 12:26, C Smith 23:03, J Wills 11:54, S Deakin 23:40, T Edwards 12:27, J Townsend 24:26, S Meslek 12:13, J Cherriman 12:15, M Burrett 12:03, D Easter 11:45, M Salter 11:45); **2 Morp 3:12:07** (L Timmins 23:26, K Taylor 12:20, N Shrub 23:51, E Kelly 12:49, R Morrell 23:51, A Wiles 11:38, I Hudspeth 23:04, R Balmra 12:35, C Smith 11:55, R Stephenson 12:08, T Straughan 12:11, A Lawrence 12:19); **3 Salf 3:12:42** (C Hardman 23:55, B Lima 12:12, J Cornthwaite 23:59, J Kovacs 12:11, J Bailey 23:28, M McNeill 12:03, S Robinson 23:33, G Billington 12:44, B Riddell 11:58, G Priestley 11:59, N Kilcourse 12:28, J Tighe 12:12); **4 Sale 3:18:45** (N Martin 24:37, L Betts 12:05, D Marsh 24:48, J Shackelford 13:19, J Wignall 24:49, A Bradford 12:52, A Ford 23:43, J Roden 11:40, A White 12:53, J Bailey 12:16, D Rich 12:28, D Hardman 13:15); **5 Horw 3:19:02** (C Farrell 23:47, R Howarth 13:00, J Kevan 24:26, D Jackson 13:22, T Carson 23:51, N Leigh 12:01, J Mercer 25:15, G Booth 12:46, I Conroy 12:23, A Murray 12:56, L Siska 12:42, M Cayton 12:33); **6 Gate 3:21:49** (B Maskell 24:06, C Parr 11:27, C Franks 24:36, D Johnson 12:02, R Dobson 26:12, J Crippwell 12:31, J Porteous 26:42, M Elliott 12:44, J Malley 13:19, G Urwin 13:05, G Chambers 12:39, J Creegan 12:26); **7 Hallam 3:21:55** (A Challenger 24:13, G Keight 12:04, R Little 24:38, T Bains 12:18, B Beattie 25:22, C Milnes 12:14, M Hobbs 25:34, Z Mellard 13:08, A Dyson 12:37, S Wilson 13:09, P Hodges 13:26, J Walton 13:12); **8 Traff 3:22:39** (R Powell 25:58, R Clancy 13:03, T Charles 24:18, M Hunt 13:37, J Bowness 24:21, D Ansell 13:02, G Tomlinson 25:31, B Everson 12:34, J Prest 12:55, L Johnson 13:19, D Lawton 12:13, G Hogg 12:42); **9 Bord H 3:24:47** (J Douglas 23:31, K Bell 11:59, H Earl 24:33, N Orr 12:48, J Mason 26:00, G Millican 13:45, R London 25:54, M Grieve 12:07, T Orr 14:21, T Nicholson 13:38, S Angus 13:29, D Conley 12:42); **10 Tye B 3:26:15** (M Fenwick 24:28, T Scott 12:42, K Heron 24:48, S Barker 13:35, J Duncie 24:36, D Johnson 13:17, T Charlton 25:45, D Wright 13:31, A Polding 13:08, P Turnbull 13:06, C Graham 13:57, LC VanDer 13:22); **11 B'burn 3:26:59** (M Nuttall 24:59, Z Howe 12:51, R Warner 25:48, S Livesey 13:00, T Raynes 26:25, M Philips 14:15, B Fish 23:37, C Barnes 13:31, C Davies 13:06, P Bradshaw 13:19, P Guinan 13:26, A Buttery 13:21); **12 Roth 3:27:23** (R Harris 25:14, R Haste 12:50, G

Sampson 24:51, L Cotter 12:25, A Johnson 24:44, O Watson 13:47, P Hoole 25:07, E Smales 12:41, K Craib 12:40, S Clegg 12:49, H Darwin 14:26, P Shaw 15:49); **13 Bolt 3:28:04** (T Lancashire 22:52, M Tiltolton 12:39, J Kay 24:21, M Reid 12:17, K Darcy 25:18, T Harrison 14:24, M Swannell 26:33, D Shaw 13:46, A Doyle 14:10, C Povey 13:56, D Bentley 14:49, D Shaw 13:59); **14 Holm 3:29:33** (P Brookes 23:57, D Watson 12:40, R Anderson 25:28, S Sharp 13:09, R Smith 24:46, J McLean 13:26, D Turnbull 24:52, M Adams 13:34, C Beadle 14:18, P Hewitt 13:23, P Crowther 14:11, C Hind 14:50); **15 Barlick 3:29:39** (G Shaw 25:27, J Craig 12:43, C Singleton 24:51, A Carson 13:17, J Hood 26:32, L Payne 13:46, I Livesey 26:37, N Treitl 12:43, C Smales 13:54, S Chew 13:50, T Corrigan 12:58, S Chew 13:01); **16 Ross 3:30:56** (C Feli 24:52, J Moores 12:23, R Webb 24:42, M Harris 12:46, J Johnston 26:12, P Bolton 13:22, A Lundberg 28:42, G Cunliffe 12:46, D Walsh 13:42, I Hazell 13:20, C Davidson 14:29, A Feli 13:40); **17 Alt 3:33:00** (D Norman 24:00, M AbuRezeq 11:16, R Ganose 27:27, A Fuller 13:39, A Pickford 26:32, D Alderson 13:17, M Berks 26:06, P Abraham 14:15, S Jackson 14:42, M Crosby 14:35, C BannoThornton 13:01, S Renny 14:10, **18 Kesw 3:34:23** (M Brown 25:05, T Loan 13:40, S Stead 24:36, C Edis 13:39, P George 27:12, A Campion 14:03, S Hebblethwaite 25:12, A Slattery 14:05, I Davies 14:16, S Jones 14:52, R Wynne 14:13, C Brewer 13:35); **19 Sheff RC 3:34:44** (J Sweetnam Powell 27:06, A Collings 13:34, T Neville 27:28, S Little 13:17, J Fowler 25:54, B Rose 13:50, A Plant 25:50, J Chow 14:04, J Doherty 13:18, A Buddery 13:12, K Bartholomew 13:41, J Foley 13:30); **20 Gate B 3:35:06** (K Connolly 26:12, G Neal 13:04, R Christie 26:23, D Old 13:25, S Medd 26:48, A Johnson 13:35, P Atley 27:00, S Hall 13:05, R Ostell 13:46, M Slater 13:16, C Hainsworth 14:11, P McKeown 14:21); **21 Prest 3:35:11** (C Tully 25:59, A Grimshaw 14:18, J Green 26:47, D Rigby 11:56, T Livesey 27:03, S Williams 13:54, N McDonald 28:37, A Newton 13:04, R Smith 13:38, KB Hunt 13:57, S Swindells 14:04, S Bonsu 12:02); **22 Salf B 3:35:50** (R Hughes 25:53, P Simons 13:40, B McCartney 26:30, J O'Connor 15:11, J Lloyd 26:58, T Baker 13:21, J Williams 25:51, C Dawson 14:04, S Pennington 13:20, R Tudor 13:07, P Quibell 14:30, D Hudson 13:25); **23 E Hull 3:37:31** (S Bateson 24:40, M Hargreaves 12:56, M Hayes 26:31, 4 S Coates 14:10, N Sisson 27:05,

T Cross 15:11, J Rowe 26:43, K Joules 14:57, S Davey 13:59, M Jackson 14:34, V McGowan 14:17, A Gibson 12:28); **24 Wirr 3:38:18** (K Dickinson 26:53, W Patterson 13:26, M Hulmston 27:04, S Fox 14:31, R Davies 27:16, A Woods 13:16, P Robertson 25:45, D Brockway 13:25, D Norman 14:20, S Laker 13:44, T Roberts 13:45, S Jeffs 14:53); **25 Knows 3:38:28** (S Doyle 26:14, M Bissell 14:15, J Thompson 26:41, J Pugh 14:12, T Michaelson 26:40, M Clair 12:56, M Gall 28:18, J Ashworth 13:43, T Mitchell 14:05, R Kelly 14:03, B Lewington 13:40, A Lawlor 13:41); **26 L&M 3:39:36** (D Brown 26:31, W Onek 13:08, S Worthington 25:54, R Hummelink 16:05, C Mason 27:53, M Gardner 13:11, H Chan 27:02, M Holgate 14:21, J Edwards 14:29, K Wilson 13:37, J Scott 14:00, M Leadbeater 13:25); **27 S'port W 3:39:51** (J Vis 24:11, C Walsh 13:02, P Vis 24:28, S Nijis 13:28, D Hamilton 26:26, M Goddard 13:34, M Thompson 26:25, G Lenehan 14:05, A Waddelove 13:44, D Jackson 14:09, C Dunn 15:01, S James 21:18); **28 Wig D 3:40:11** (A Kaufman 27:20, H Avery 13:17, A Afeworki 26:14, S Sheldon 14:20, D Gray 28:09, M Glynn 13:23, G Fitzpatrick 26:26, C Smullen 13:32, S Nicholls 14:07, D Jackson 14:54, M Harris 14:52, A Ratcliffe 13:37); **29 S Ches 3:40:18** (H Valentine 25:24, A Lewis 13:17, P Mallison 26:49, R Valentine 14:21, P Lloyd 28:48, D Morris 14:03, D Phillips 26:21, D Nimmo 15:41, T Wardle 13:48, M Taylor 13:43, R Gibbons 13:16, S Dyer 14:56); **30 Vale R 3:41:04** (C Perry 24:39, J Ainsworth 13:03, T Annable 28:58, D Cottler 13:38, S Caldwell 28:23, D Morrison 13:37, S Doyle 25:26, G Williams 14:43, N Hayward 14:55, P Spare 16:26, R Olliver 14:06, G Thompson 13:10); **31 CoH 3:42:54**; **32 Leigh 3:42:59**; **33 Liv PS 3:43:11**; **34 Sale B 3:43:40**; **35 Liv RC 3:46:55**; **36 J&H 3:47:07**; **37 Clay 3:47:27**; **38 Barr 3:48:33**; **39 Penny L 3:48:57**; **40 Tyne B 3:49:23**; **41 Keigh 3:50:19**; **42 Kend 3:50:26**; **43 SHS 3:51:24**; **44 Heat 3:51:44**; **45 Royt 3:52:05**; **46 Sky 3:52:33**; **47 B'burn B 3:54:05**; **48 Gosf 3:57:52**; **49 Wig P 3:58:09**; **50 Ilkley 3:58:38**

Fastest: Short: 1 M AbuRezeq (Alt) 11:16; 2 C Parr (Gate) 11:27; 3 A Wiles (Morp) 11:38; 4 J Roden (Sale) 11:40; eq5 D Easter (Leeds C)/M Salter (Leeds C) 11:45; 7 G Hogg (Traff) 11:48; 8 B Russell (Liv H) 11:49; 9 J Wills (Leeds C) 11:54; 10 C Smith (Morp) 11:55

Fastest: Long: 1 D Cliffe (Liv H) 22:34; 2 J Mellor (Liv H) 22:36; 3 T Lancashire

(Bolt Uni) 22:52; 4 C Smith (Leeds C) 23:03; 5 I Hudspeth (Morp) 23:04; 6 R Weir (Der) 23:09; 7 T Debele (Leeds C) 23:13; 8 L Timmins (Morp) 23:26; 9 J Bailey (Salf) 23:28; 10 J Douglas (Bord Harr) 23:31

Women: 1 Leeds C 1:47:20 (E Clayton 25:51, K Parry 14:03, C Wills 14:10, H Sellars 26:56, S Partridge 13:12, R Bamford 13:08); **2 Stock H 1:51:41** (E Vernon 25:43, L Clarke 14:01, E Downs 14:20, S Ratcliffe 28:33, M Williams 14:21, E Apsley 14:43); **3 Roth 1:51:54** (S Johnson 27:33, A Stepanchuk 14:38, N Hatswell 14:00, A Grady 27:33, S Burns 14:12, R Lancelley 13:58); **4 J&H 1:55:57** (M Czarnicka 29:10, A McGurk 14:50, H Webster Costella 15:12, A Sneddon 27:53, E Leslie 14:36, C Simpson 14:16); **5 Leigh 1:56:08** (D Allen 27:48, G Leck 14:18, A Howarth 14:16, S Griffiths 28:51, 5 D Allen 15:41 6 L Peplow 15:14); **6 Salf 1:57:07** (B Simons 28:16, R Jones 14:53, M BigotSazy 15:09, H Kuter 27:50, L Nash 15:16, C O'Connor 15:43); **7 Morp 1:58:07** (D James 29:23, A Brown 16:10, L Weightman 12:19, V Gibbs 29:00, H Sheerin 16:41, J Cram 14:34); **8 Keigh 1:59:38** (A Green 30:08, H Glover 14:06, Z Knappy 14:12, H Wright 30:40, C Cooper 14:39, S O'Sullivan 15:53); **9 Sale 2:02:43** (S Douglas 29:53, J Hill 12:54, A Pye 16:32, L Candioli 29:26, L Rowlinson 17:20, J Nicholls 16:38); **10 Liv PS 2:02:53** (L Gawthorne 30:19, L Wilson 15:06, K Longley 14:38, C Constable 30:49, S Wade 16:05, V Jones 15:56); **11 Leeds C B 2:03:48** (S Richards 28:39, R Atherton 16:10, R Townsend 14:39, R Friend 31:23, J Yates 17:17, K Young 15:40); **12 Sheff RC 2:05:00** (S Atkinson 31:12, C Spencer 15:15, P Horne 15:54, D PlattFowler 30:22, R Walker 16:32, S Kimpton 15:45); **13 Holm 2:05:02** (H Berry 27:42, S Spencer 16:13, L Smith 16:15, L Verrill 31:54, L Woodfield 16:34, Z Storr 16:24); **14 Vale R 2:05:06** (K Titlow 31:29, A Hillrud 14:30, L Burch 16:25, K Brough 26:35, C Williams 19:49, C Pettitt 16:18); **15 Vall 2:05:32** (H Corne 29:55, P Fotherby 17:23, K Spence 14:39, M Jones 29:26, S Harris 17:21, L Cazan 16:48); **16 Royt 2:07:35** (B Robinson 30:20, D Fiddling 16:26, R Evans 17:14, J Bloor 31:11, J Augsburger 16:37, K White 15:47); **17 Gate 2:08:03** (L Atkinson 32:36, M Nolan 13:57, R Bennett 16:17, M Lean 31:23, M Loraine 17:02, S Loraine 16:48); **18 Liv H 2:08:06** (S Singleton 32:01, C Wilson 15:07, R Mason 16:40, H Sahagal 32:42, R Donohue 15:44, M Murphy 15:52); **19 Wig D 2:08:09** (J

Platt 31:02, N Fisher 15:58, S Morton 17:02, J Taylor 30:07, D Thompson 16:55, KA Towns 17:05); **20 Sky 2:08:38** (SR CesarDe 31:13, A Chakera 18:06, E McGuire 17:30, H Brown 28:24, H Wood 17:19, M Keefe 16:06); **21 Bury 2:09:34** (K Geelan 30:00, C Cole 14:43, N Harland 16:49, M Monks 33:17, E Cheshire 17:54, LM Hodson 16:51); **22 Gosf 2:09:43** (R Lundgren 29:51, L Watson 16:20, S Gartside 20:08, H Buswell 31:09, H Warburton 15:43, L Gwilym 16:32); **23 Wesh 2:10:50** (H Lawrenson 32:58, S Coulthurst 16:31, L Minns 19:17, C Carrdu 29:12, C Sullivan 15:31, T Hulme 17:21); **24 Roth B 2:11:48** (E Parkinson 30:07, M Jenkinson 15:12, J Freeman 16:00, P James 32:58, E Dutton 15:58, J Dutton 21:33); **25 Salf B 2:12:11** (A Bagnall 33:20, E Malm 15:30, D Wakefield 18:35, T Hernandez 31:43, R Ollershaw 18:17, T Walker 14:46); **26 Wig P 2:12:18** (K Charnock 33:57, G Senior 16:39, L ManirJolley 15:50, C Finch 32:23, R Moore 16:24, N Bansal 17:05); **27 E Hull 2:13:38** (B Jackson 31:18, C Fee 16:48, L Huat 18:26, S Rookyard 30:56, D Jacketts 18:40, A Barnett 17:30); **28 Burn RR 2:14:08** (K Normanton 31:50, S Staveley 16:57, G Kinloch 16:35, L Fisher 33:56, K Thompson 17:09, A Ferguson 17:41); **29 Bolt 2:16:18** (N Cartridge 31:00, D Cooper 17:20, H Edwards 18:03, C Collison 34:49, S Green 18:55, C Flitcroft 16:11); **30 Clay 2:16:49** (F Richmond 33:01, H Leahley 16:26, N Harrad 17:12, I Roche 35:18, V Heys 17:28, A Shian 17:24); **31 Leigh 2:16:56**; **32 Barr 2:17:31**; **33 SHS 2:17:56**; **34 Swint 2:20:04**; **35 Royt 2:20:05**; **36 Penny 2:20:12**; **37 SHS 2:21:02**; **38 J&H B 2:21:05**; **39 Knows 2:21:22**; **40 Trawd 2:21:38**; **41 E Ches 2:21:52**; **42 Liv RC 2:22:39**; **43 B'burn 2:25:26**; **44 Clay B 2:25:48**; **45 Hyde VS 2:27:17**; **46 Barr B 2:28:55**; **47 Alt 2:30:02**; **48 Holm B 2:32:02**; **49 Wig D B 2:33:31**; **50 Penny B 2:33:37**

Fastest: Long: 1 E Vernon (Stock H) 25:43; 2 E Clayton (Leeds C) 25:51; 3 K Brough (Vale) 26:35; 4 H Sellars (Leeds C) 26:56; eq5 A Grady (Roth)/S Johnson (Roth) 27:33; 7 H Berry (Holm) 27:42; 8 D Allen (Leigh) 27:48; 9 H Kuter (Salf) 27:50; 10 A Sneddon (J&H) 27:53

Fastest Short: 1 L Weightman (Morp) 12:19; 2 J Hill (Sale) 12:54; 3 R Bamford (Leeds C) 13:08; 4 S Partridge (Leeds C) 13:12; 5 N Squires (Hallam) 13:55; 6 M Nolan (Gate) 13:57; 7 R Lancelley (Roth) 13:58; 8 N Hatswell (Roth) 14:00; 9 L Clarke (Stock H) 14:01; 10 K Parry (Leeds C) 14:03

NEXT WEEK

O ROAD RACERS

Review of the latest shoes for speed merchants on tarmac

O EASTER FESTIVAL

News and photos from Guernsey and Isle of Man

O CLUB NIGHT

Spotlight falls on Tonbridge AC from Kent

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Wins for Notts and Bristol

NOTTS AC AND BRISTOL & WEST STEAMROLLER THE OPPOSITION IN SUTTON PARK

Report: Tom McCook

Pictures: David Griffiths

AFTER heavy rain before and after the event, this year's races were staged in overcast and blustery conditions. Times were considerably slower than usual as a result of the inclusion of a more demanding hillier variation on the early part of the course.

Bristol and West AC traded up from their silver medals last year to regain the women's title they last won four years ago by the massive margin of four and three quarter minutes. The National cross-country champions and odds-on pre-race favourites Notts AC convincingly retained their men's title by almost as handsome a margin of superiority.

Notts AC deserve praise and recognition for once again setting up and managing the course in Sutton Park and providing marshals for the event. Without their greatly appreciated help and support, it would not be possible to stage the Midland spring relays.



The women's race gets underway in windswept conditions at Sutton Park

Women

JANE POTTER and Nott's Laura Jane Day were the early leaders on the first stage but by halfway it was the vastly experienced Potter who had dropped her younger challenger. The three-times Midland cross-country champion pushed on to establish a half minute lead for Charnwood with a time of 17:10 which was to prove to be the quickest performance of the day.

Jasmine Finney, who is a grand niece of the legendary England footballer Sir Tom Finney, made an impressive Sutton Park

debut against more experienced runners. The 22-year old student nurse from Bude, who was a recreational runner in Cornwall until last autumn, returned in second place in 17:40 for Bristol and West, 13 seconds clear of Royal Sutton's Mel Woodward. Telford's master champion Claire Martin also ran inside 18 minutes.

Although there was no change in the medal order on the second leg, Jenny Nesbitt impressively swept past no less than a dozen runners to elevate Worcester AC into the top six with a 17:28 contribution.

Mother-of-three Jessie Sanzo, who finished ninth in the National at Parliament Hill, gave Bristol a 59 seconds advantage from Charnwood AC at the midpoint of the contest. Katrina Wootton sped past six clubs to lift Coventry Godiva into third place behind Charnwood. Both Eleanor Fowler and Emma Gould both made significant progress for Nuneaton and Birchfield respectively.

The combination of Kate Hulls and Olympian Claire Hallissey guaranteed that the title was going back down the M5 motorway when they gave

Bristol and West a cushion approaching five minutes over Charnwood going into the last leg. Imogen Ainsworth was given the honour by team manager Keith Brackstone of running the anchor leg for Bristol and West and crossed the finishing line in 1:47:39. Juliet Potter closed seven seconds on the distant leaders to bring Charnwood AC home in second place.

The real drama unfolded with the contest to determine the quest for the bronze medals. Laura Whittle, who has only raced once this year following a



Bristol & West's winning team (from left to right): Jasmine Finney, Charlotte Green, Jessie Sanzo, Kate Hulls, Claire Hallissey and Imogen Ainsworth are all smiles



Katrina Wootton: big mover for Coventry



Jane Potter: fastest time of the day for Charnwood runner



Notts AC is well placed as the men's race gets going

calf tear before Christmas and a recent illness, set off in pursuit of Birchfield Harrier's Sian Slade. The former European under-23 champion commented: "I started off carefully and Rob (Whittle) kept telling me that I was closing the gap on third place.

"So I put my head down and tried to work hard. I moved us into third place just before we reached Keeper's Pool and then tried to hang on. It was a great team effort and my first team medal in this event and I was also pleased to come away with second fastest time of the day."

Whittle's barn-storming finish secured Royal Sutton Coldfield's historic bronze medals by a margin of 28 seconds. Birchfield Harriers, the defending

"It was a great team effort and my first team medal in this event and I was also pleased to come away with second fastest time of the day"

LAURA WHITTLE

champions, who have enjoyed considerable success this winter campaign, had to settle for fourth place on this occasion with Notts AC snatching fifth by ten seconds from Coventry Godiva.

Men

STEVE MITCHELL'S track speed, which enabled him to lower his 1500m PB to 3:38 last summer proved helpful in enabling the Bristol and West AC runner to outsprint Notts' Stuart Spencer by five seconds on the first of four long stages. Stuart King took Heanor into third, seven seconds ahead of Wolverhampton and Bilston's Lee Slater with Godiva's Ben Jones in fifth.

Two months before his 47th birthday, Tim Hartley clocked 15:54 to give Notts AC a lead they had no intention of relinquishing over the subsequent 10 stages. Leicester Coritnian's Gordon Lee celebrated his 48th birthday by overtaking eight runners on this leg. Alastair Watson prepared

for the Highgate track 10,000m in May by extending Notts' advantage to 48 seconds on stage three with the fastest overall long stage time of 27:34.

The Midland cross-country champion commented: "I knew that I had run well as I took the first longer hill steadier and wound up finishing strong."

Whilst Owain Jones maintained second place for Bristol, Ross Jones took Wolves into third place with a 28:10 performance.

Ben Livesey stretched Notts AC's lead to a seemingly impregnable couple of minutes on stage five with a 28:26 performance. This margin was extended to more than three minutes at the half-way mark by Steve Long.

Flagging enthusiasm perked up on stage seven with a quartet of pleasing performances on a dull day.

Even though they were three minutes apart, Notts AC's Jonathan Thewlis (last year's Midland champion) and Bristol's 23-year-old Daniel Studley clocked identical times of 27:35 which fell just one second short of the quickest of the day.

A year after he helped steer Tipton Harriers to team silver, Phil Nicholls now wearing Wolverhampton and Bilston colours, demonstrated that he is getting fitter with a 27:46 leg. This was one second faster than Coventry Godiva's Toby Spencer in fifth place.

A year after he recorded the fastest Midland long leg performance, 26-year-old aircraft technician Sam Mitchell flew round the short leg in 15:13.

This effort proved to be the fastest of the day by half a minute and would almost certainly have been more than a minute quicker on the traditional course. Dougie Musson, 20, ran confidently and tightened the men of Trent's stranglehold with the second quickest short leg performance of 15:39 on stage nine.

Four days after he returned from a four-month tour of duty in the Falkland Islands, Matt Blunden was accorded



Imogen Ainsworth: anchors Bristol & West to gold



Sam Mitchell: quickest short stage of the day

the honour by Mick Robinson of running the glory leg. The defending champions crossed the finishing line in 28 seconds outside four hours to complete the formality of an overwhelming victory by a margin of more than four-and-a-half minutes.

This time clearly demonstrates that this new course, which was only finalised on the morning of the event because of health and safety concerns, is considerably more demanding than the traditional course.



Alastair Watson: fastest long leg of the day

Bristol and West AC doggedly stuck to their task and finished distant runners-up after finishing in the bronze medal position last year.

A quarter of a century after they last won this event, a seemingly re-energised Wolverhampton and Bilston AC fended off the challenge from neighbours Tipton Harriers by a margin of 36 seconds to return to the medal podium. Coventry Godiva and Heanor Running Club completed the top six finishers.



Matt Blundell: brings Notts AC home

RESULTS

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18:14, K Hope 18:15, S Marr 18:33, P Andrew 17:27); **12 Notts B 4:27:37** (R Keal 29:14, T Lieux 16:22, J Muddeman 31:17, J Fletcher 17:30, P Deacon 34:40, T Crowley 17:10, A Norton 31:54, M Williams 16:44, F Hessian 17:17, J Hiorns 18:11, M Stoessle 19:38, C Palmer 17:40); **13 Leicester Cor 4:30:41** (C Jordan 31:31, G Lee 16:11, A Sabin 33:31, G Deacon 17:43, M Poynton 30:05, C Southam 17:23, M Powell 29:03, D Pearce 18:09, C Sabin 22:08, C Austin 19:18, J Nutt 17:43, R Sheen 17:56); **14 Herm 4:30:42** (M Adcock 29:21, G McDermott 17:35, A Woodward 29:32, C Hinds 18:33, J Williams 30:04, J Willoughby 18:20, S Coulton 33:02, K Bravin 18:17, J Henson 19:02, F Harris 19:07, P Armstrong 19:33, P Gregory 18:16); **15 B&R 4:31:17** (J Smith 29:23, D Hale 17:55, J Bowler 29:51, K Fisher 18:23, R Malin 30:23, J Adie 18:12, A Ross 33:45, C Scoltock 19:30, S Lancham 17:38, M Hanson 18:42, K Lancham 19:05, M Duff 18:30); **16 Stoke 4:31:17** (A Brecke 29:10, S Bazell 17:40, W Neil 29:11, D Sheldon 16:39, T Hendricke 32:23, D Harris 18:37, S Duffy 31:57, K Hallett 18:08, M Snutch 19:17, C Dillon 18:10, I D Washington 19:20, T Guy 20:45); **17 Charn 4:34:33** (H Thompson 29:33, S Mears 16:09, M Couldwell 30:11, N Scoggins 21:06, P Swaine 32:42, M Makin 19:21, D Guess 33:56, B Madden 19:49, T Lupton 17:32, J Rees 19:29, H Lupton 15:54, J Watkins 18:51); **18 Tel 4:38:01** (P Ward 29:08, J Burrows 17:14, J Sanders 32:52, R Heath 17:25, P Coupe 33:44, C Bagshaw 18:31, D Birtwhist 32:05, A Slater 18:36, S White 18:43, N Thomas 19:45, J Garmson 19:14, M Mountford 20:44); **19 W'bury 4:38:08** (A Glover 30:19, D Taylor 19:07, N Smart 31:20, A Wilson 18:38, R Phillips 33:37, A Hamblin 18:58, S Campbell 31:37, D Ewing 18:19, C Palmer 18:25, S Lee 19:53, J Bailey-G 19:03, J Hargreaves 18:52); **20 Bath 4:38:11** (D Coales 30:22, G Frost 16:28, D Jones 30:37, S Rose 17:54, C Moore 32:53, T Martin 18:44, S Henderson 33:24, W Hawking 20:12, S Butler 19:30, G Davis 19:58, M MacKintosh 19:33, C Bridges 18:36); **21 Chelt C 4:42:09** (A Prophet 33:20, G McCaughert 17:43, S Hall 33:34, M Gray 18:48, J Dowling 33:56, M Evans 18:26, E Prince 33:47, S Maguire 19:19, P Horsfall 17:56, I Giles 19:09, M Mundinano 18:32, I Devlin 17:39); **22 R & N 4:43:16** (J Lantsbery 34:25, A Wright 17:04, I Botheroyd 34:29, G Wallace 18:49, M Chippington 34:53,

D Williams 18:59, B Moen 33:40, H Sheekh 17:21, P Currington 17:59, O Knuppel 19:09, A McDonne 18:27, S Childs 18:01); **23 W&B B 4:44:38** (P Thacker 32:44, J Paddock 20:44, S Abrahams 32:56, S Calrow 18:58, M Moore 34:02, A Guy 18:55, J Taddington 34:05, P Watling 19:02, R Jones 18:19, M Anslow 17:53, D Owen 18:12, T Warrender 18:48); **24 Tip B 4:45:07** (D Hill 33:03, N Stirk 17:14, M Smith 32:47, M Buntin 19:00, C Full 31:16, L Heathco 19:04, R Stanier 35:32, A Soley 18:49, T Acha 19:00, J Fairfax 19:58, J Booker 18:39, B Mills 20:45); **25 Leam 4:45:21** (E O'Flynn 33:40, C Hanlon 17:11, J Langley 31:23, G Allen 17:54, R Merrell 32:25, J King 19:46, T Foulerton 32:53, C Hitt 20:19, M Denney 20:32, C Bower 19:22, B Morgan 19:01, G Schule 20:55); **26 K&D 4:45:54** (J Read 31:34, C Morgan 17:40, P J Grime 32:36, A Connors 20:27, C Sharp 32:03, K Giles 17:53, T Price 32:51, S Bentley 18:06, P Morgan-Warr 20:29, M Mladenovic 22:47, J Collins 19:29, D Carbutt 19:59); **27 Strat 4:46:05** (R Shephard 30:57, M Sheppard 20:07, R Dobedoe 34:45, N Davis 17:48, R Ford 34:02, D Smyth 20:51, T Hutchinson 32:19, G Taylor 18:53, R Minton 17:58, W Wickers 19:17, I Sarti 20:42, D Tolhurst 18:26); **28 Hale 4:46:08** (R White 30:27, P Scarr 19:14, M Hadley 31:34, T Bailey 20:36, T Kenderdine 31:37, D Lewis 20:01, M Allen 32:57, B Nock 18:22, A Nock 20:47, J Hill 20:21, J Parker 19:31, R Weaver 20:41); **29 C&S 4:47:08** (A Brown 30:50, C Dunne 18:22, C Holl 35:44, M Smith 20:19, J Jones 32:48, J Russell 19:47, P Wolfe 31:47, T Orton 19:41, B Haycock 19:39, M Blundell 19:35, G Richards 21:19, N Haycock 17:07); **30 Harb 4:50:06** (A Meads 32:05, W Clapp 19:07, G Wood 32:51, A Holt 19:31, M Driver 31:59, C Webb 20:42, S Fenwick 31:14, K Anderson 21:42, M Gore 19:14, T Ward 20:45, A Taylor 20:40, A Eales 20:16); **31 Worc 4:50:21**; **32 Glouc 4:50:44**; **33 B'ville 4:51:43**; **34 Mans 4:52:15**; **35 Trent 4:53:14**; **36 RSC 4:53:55**; **37 Corby 4:54:25**; **38 Warks 4:54:30**; **39 Barr R 4:57:35**; **40 B&R B 5:01:41**; **41 Nun 5:04:33**; **42 Mass F 5:06:12**; **43 Shrews 5:06:37**; **44 Dud K 5:07:13**; **45 N'brook 5:08:49**; **46 Staffs M B 5:10:19**; **47 Centu 5:11:29**; **48 Notts C 5:13:09**; **49 Kenil B 5:16:20**; **50 Hean B 5:19:15**

Fastest: short: 1 S Mitchell (Notts) 15:13; 2 D Musson (Notts) 15:39; eq3 C MacLean (B&W)/H Lupton (Charn)/T Hartley (Notts) 15:54; 6 T Bailey (Notts)

16:08; eq7 M Whitfield (B&W)/S Mears (Charn) 16:09; 9 G Lee (Leic C) 16:11; 10 B Westhenry (B&W) 16:17
Fastest : long : 1 A Watson (Notts) 27:34; eq2 D Studley (B&W)/J Thewlis (Notts) 27:35; 4 P Nicholls (W&B) 27:46; 5 T Spencer (Cov) 27:47; 6 S Mitchell (B&W) 27:50; 7 S Spencer (Notts) 27:55; 8 R Jones (W&B) 28:10; 9 O Jones (B&W) 28:12; 10 I Williams (Tip) 28:21

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22:25); **17 Kenil 2:06:25** (L Fuller 19:54, S Rose 19:37, W Daniels 21:09, L Andrews 21:36, C Thornbe 22:08, S Habib 22:01); **18 Notts B 2:07:03** (L Harper 20:21, E Shirley 21:52, J Finch 21:02, H Robinson 21:43, K Moore 21:29, S Hemington 20:36); **19 Charn B 2:09:35** (E Butler 20:13, V Baddick 20:21, D Sorby 21:56, H Smith 21:13, J Spencer 20:21, A Cross 25:31); **20 CLC 2:09:41** (J Wilkie 20:34, R Vines 21:00, H Howes 25:19, A Mullins 22:16, A Steer 21:07, H Agate 19:25); **21 N'brook 2:10:03** (A Deavy 19:18, K Jones 21:59, S McNaney 22:32, J Brown 20:39, J Pittard 23:03, L McDonald 22:32); **22 Glouc 2:10:48** (S Dobson 22:34, K Millward 21:46, G Collier 20:15, S Graham 21:42, K Branch 22:34, S Harding 21:57); **23 Leam 2:11:15** (M Verweij 21:24, S Tawney 20:52, Z Blower 19:30, J Jeeves 22:05, E Sherwin 21:48, C Parke 25:36); **24 Staffs M 2:13:05** (D Burgess 22:57, J Hackett 25:23, K Lamplough 22:20, K Marchant 20:01, D Hope 22:20, R Neill 20:24); **25 B&R 2:15:16** (S Hogan 19:51, M Hepke 22:05, T Ball 21:51, O Ball 24:11, R Selvey 22:46, A Pickup 24:32); **26 Tel B 2:15:28** (I D Sanders 21:45, R Coupe 21:21, J MacEy 21:39, A Gregory 23:17, R Simms 23:48, L Blagden 23:38); **27 Worc 2:15:34** (M Browne 19:35, J Nesbitt 17:28, S Heatley 21:17, C Jackson 24:02, K Matthews 23:53, M Crosswe 29:19); **28 B'ville 2:15:49** (L Howell 20:06, L Leslie 21:22, C Greenho 23:34, E Holden 23:33, N Cartwright 22:44, J Glynn 24:33); **29 Corby 2:16:30** (H Keenan 19:49, R Hall 19:51, H Veasey 21:53, C Goodall 23:22, D Galletta 25:59, J Smith 25:36); **30 C&S 2:16:55** (S Gray 19:40, N Skilton 21:06, L Knight 21:34, S Kneill-Box 22:47, E Hollinshead 23:13, F Russell 28:35); **31 W'bury 2:17:04**; **32 Hale 2:18:52**; **33 R&N B 2:21:15**; **34 Kenil B 2:21:28**; **35 W&B B 2:23:57**; **36 Ivan 2:24:26**; **37 K&D 2:24:36**; **38 N'brook B 2:26:08**; **39 Harb 2:27:02**; **40 Notts C 2:27:40**; **41 Herm 2:28:16**; **42 Sphinx 2:29:41**; **43 Strat 2:30:42**; **44 Centu 2:30:46**; **45 Nun B 2:31:22**; **46 Desf 2:31:33**; **47 Spark 2:34:28**; **48 Bath B 2:36:21**; **49 K&D B 2:40:54**; **50 Trent B 2:45:36**
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Tabor tops GB medal haul

ROS TABOR'S QUARTET OF GOLDS AND DARREN SCOTT 200M WR HIGHLIGHT GB TEAM

Report: Martin Duff

Pictures: Tom Phillips

ROS TABOR led the British onslaught of 59 golds taking all four W65 titles from 400m to 3000m, but there were four British world records elsewhere.

Tabor started with the 3000m in 12:39.88 and kept filling her boots as the week went on. A life-time and British W65 best 400m victory followed, her 74.21 being just half a second outside the European record.

She said: "I was thrilled with the 400m. I hadn't taken it seriously until last year and was a bit concerned as the Swedish runner is a sprinter, but fortunately



Ros Tabor: on her way to a fourth gold medal, leads Angela Copson in the W65 1500m



Darren Scott: setting an M45 200m world record of 22.52

she tired on the second lap so I caught her. The 3000m and 800m were both tactical, so the times were slow."

Tabor also won the London Marathon W60 age group and set a British W55 marathon record to show her versatility and rounded off with her fourth gold by outsprinting Angie Copson in the 1500m in 5:58.91.

Darren Scott not only bettered his own European M45 200m record but also shaved the world mark by five hundredths, when winning from 400m gold medallist Michael Gardiner in 22.52. This came after a 22.60 in the semi-final earlier in the day.

He said: "I am delighted to have broken the record. I knew I was in great shape going into the championships but a big thank you to Rebecca for her support and being with me every step of the way. We get married in June and she was the one that got me back running, as I said back in 2013 that if I break a world record

"I am delighted to have broken the record. I knew I was in great shape going into the championships"

M45 200m world record-holder DARREN SCOTT

we shall get married. She is one happy woman and so delighted to be there to watch me do it."

95-year-old Charles Eugster improved the world 200m record that he set in the British championships by nearly a second to 54.77, and so completed a double, having earlier improved his European 60m mark to 14.56.

The sprints have always been a happy hunting ground for British masters and so it proved here.

Helen Godsell led W60 domination in the 60m with 8.76 ahead of Joan Trimble, Caroline Powell and Joylyn Saunders-Mullins.



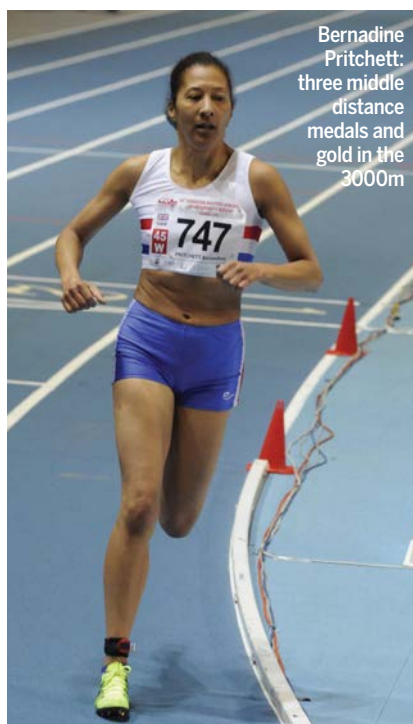
Caroline Powell: won a W60 double at 200m and 400m



GB M35 4x200m team: celebrate a world record



Sue Yeomans: W55 pole vault gold



Bernadine Pritchett: three middle distance medals and gold in the 3000m



Guy Bracken: fast time in the M50 3000m

They were all at it again in the 200m with another clean sweep, this time Powell setting a European record while winning in 28.95 as Godsell and Trimble followed. Powell also took the 400m, in 65.01.

Two more world records came Britain's way on the final afternoon of the championships when the women's 4x200m W60 squad clocked 2:02.39. Godsell, Powell and Trimble were joined by Anne Nelson to hack three seconds from the previous mark.

The M35 squad also came good, as Tammy Ossai, Liam Collins, Tom Bolan-Ashworth and Richard Beardsell shaved the previous world best with 1:29.74.

Apart from Tabor, the 3000m saw wins for M50 Guy Bracken, W35 Jo Locker, W40 Louise Rudd, W45 Bernadine Pritchett and W60 Margaret Phillips.

Pritchett returned with silvers in the middle distance races but Locker added her second gold in a close W35 1500m, winning in 4:48.54. Rudd was much faster

in the same race at 4:35.80 for a British W40 record.

W55 Karen Brooks was on double gold medal form with a 2:32.71 800m and 5:21.12 1500m. M50 Simon Anderson bounced back from a 800m silver to win the 1500m in 4:14.37.

Carole Filer had a busy championship, starting with a W55 high jump win on the opening day and ending with a relay gold.

She lost out narrowly in the long jump, with 3.61m, 13cm

down on Spain's Loles Vives.

Filer was later a distant third in a world record race as France's Nicole Alexis shattered the W55 60m mark of 8.01 and also lost out in the 200m when Alexis set her second world record with an astonishing 26.13.

The old record was 27.62 until Alexis ran 26.77 in her heat.

Joanne Willoughby won a W50 silver in the long jump before going one better in the triple jump with a 9.81m fourth round leap.

Simon Anderson:
determined leader
in M50 1500m



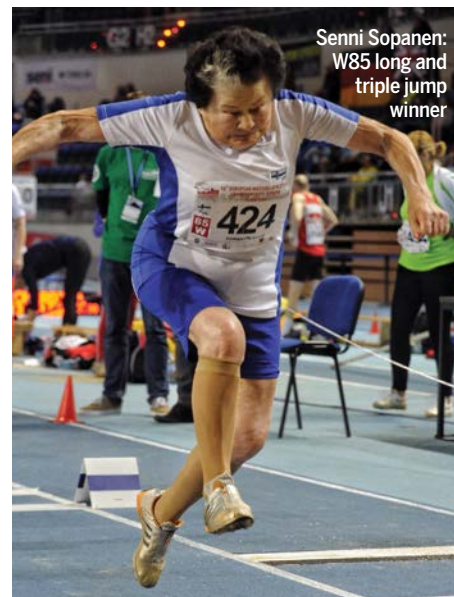
John Mayor: on his way
to an M55 60m hurdles gold



Don Brown: won gold in the M50 hurdles



Senni Sopanen:
W85 long and
triple jump
winner



Iris Holder gained a W70 gold in the long jump with 3.34m, while John Evans won M80 triple jump silver with 7.43m.

There were more sprint golds as Jason Carty just edged Mark Dunwell in the M45 60m winning in 7.24.

It was a similar story in the M35 group as Ossai dipped ahead of Mark Findlay to take their event in 6.97. It was even closer in the final event of the third day as Ellena Ruddock got

the nod in the W35 60m by just a hundredth in 7.98.

Other 400m wins came from W55 Jane Horder in 68.35 and Helen Reynolds, who beat Susan Young in the W35 400m in 59.89

Alasdair Ross scored an M60 double over one and two laps with 25.24 and 58.17, while Mike Coogan won the M40 400m in 52.35 and Richard Beardsell the M35 with 49.81.

In the W75 60m, Dorothy Fraser lost out by just four

hundredths in 11.74 but won in the 200m by the same margin, in 41.11

Despite being below his best, following recent injury, Mark Johnson won the M50 pole vault with 4.40m and Teresa Eades the W55 with 2.50m, but Sue Yeomans went higher at 2.60m to take W60 gold. The victories kept coming in the event as world W45 record-holder Irie Hill won with 3.40m and Jemma Eastwood took the W35 title with 3.20m.

In the outdoor throws, the hosts' Barbara Madejczyk was far and away the best javelin thrower with a 54.13m W35 victory.

Andy Dittmar was out to 17.92m in the M40 shot for Germany.

The hurdles races saw an M70 silver for Barry Ferguson but Horder headed Filer in the W55 event in 10.15 for her second gold. It took a European record of 9.43 by Russian Valeriy Davydov to head Tony Wells in the M65



Left: Irie Hill W45 pole vault gold and, inset, Joe Appiah winning the M40 60m hurdles



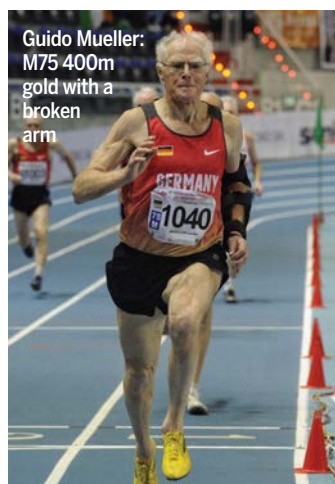
group. John Mayor narrowly won the M55s in 9.15 and in the very next race Don Brown added M50 gold in 8.66. Joe Appiah followed to win M40 gold in 8.45. Favourites Liam Collins and Mensah Elliott then notched up an M35 double to complete four wins in five races on the track.

Appiah said that he used the 60m flat as a warm up and then added: "I had a slight wobble in the middle of the race but overall was safe and did enough to win. I normally go faster if competition is strong so would have loved to be in M35 final, it was a great race and battle. Those two haven't raced against each other for 15 years."

In the walks, Ian Richards delivered in the M65 3000m event with a 14:39:33 victory as former Portuguese Francisco Reis was again the quickest of the British men and took M50 silver with 13:38:65, 30 seconds down on Spaniard Miguel Perianez and repeated the medal in the 5km walk where Richards completed the double with a minute's margin.

There were a handful of

other world records: the middle distance highlight being Holland's Cees Stolwijk's 3000m M65 mark, at 10:02.56. He later added a European 800m record at 2:18.59. The older groups usually also deliver and Belgium's Rachel Hannsens was at it again with a W85 shot mark of 7.40m followed by a 24.14m hammer before winding up with her third world record in the discus with 16.75. Austria's M95 Emmerich Zench set a new world long jump mark at 2.05m later adding the triple with 5.31m, nearly a metre further than the previous best.



Guido Mueller: M75 400m gold with a broken arm

France's Janine Vignat's 15:46.08 3000m track walk was a new W60 world record. Compatriot Jean-Luc Duez added an M50 pentathlon world best at 4390 which included an 8.80 60m for 1017 points, while Germany's Martin Vogel added another with 4291 points, his best also being the 60m in 8.91, as Mayor took silver. There were 14 new world records in total.

Guido Mueller, the world's top veteran for decades, won individual gold in the M75 400m despite breaking his arm just before the Championships.

Elsewhere in the pentathlon, Leanne Buxton added the W35 title. Hosts Poland dominated the cross-country team races but the British women, led by gold medallist Anna Garnier and W65 winner Angie Copson, won the W60s.

Copson said: "I ran with the Anna Garnier lead from start to finish, and then managed to keep her in sight.

She then had to dash indoors

for the 1500m: "I had no time for glory, wiping mud off my legs on the way, I had to be in the call room for the 1500m. There, I sat in third behind Ros Tabor until the bell when we both went for the finish at the same time, but I had nothing to give and was pleased with a silver medal."

Sue Ridley also won W45 gold.

At the age of 105, Poland's Stanislaw Kowalski was the oldest competitor, winning the 60m M100 in 20.27 and later adding shot and discus.

Germany dominated the medal table from the start with nearly double the medals earned by any other country. Hosts Poland put up a good performance, also doing well in the outdoor throws and vied with Great Britain for second spot throughout the six days. Finally after success in the relays the Brits edged out their hosts to take second overall.

RESULTS

Not including first day results

published last week. **M35 men:** 60:1 NENGI OSSAI 6.97; 2 MARK FINDLAY 7.00; 7 MARVIN EDWARDS 7.30.

SF1: 1 FINDLAY 7.01. **SF2:** 1 OSSAI 7.01; 3 EDWARDS 7.22; 4 MARVIN ELLIOTT 7.25. **H1:** 1 OSSAI 7.06; 2 EDWARDS 7.17. **H3:** 4 ELLIOTT 7.28.

H4: 1 FINDLAY 7.05. **200:** 1 S Nisu (ROU) 21.98; 2 OSSAI 22.35; 4 RICK BEARDSSELL 22.65. **SF1:** 1 OSSAI 22.34. **SF2:** 2 BEARDSSELL 22.40. **H1:** 1 BEARDSSELL 22.73. **H2:** 2 OSSAI 22.67. **400:** 1 BEARDSSELL 49.81. **800:** 1 R Borente Gonzalez (ESP) 1:55.61.

1500: 1 R Sotomayor (ESP) 4:01.83. **60H:** 1 LIAM COLLINS 8.07; 2 MENSAH ELLIOTT 8.16. **H1:** 1 ELLIOTT 8.17. **H2:** 1 COLLINS 8.14. **3000W:** 1 R Pinera Alvarez (ESP) 12:59.30. **HJ:** 1 L Jobard (FRA) 1.95. **PV:** 1 T Ritte (GER) 4.60.

LJ: 1 L Sobora (POL) 6.88. **TJ:** 1 A Beraz (GER) 14.63. **SP:** 1 S Wenta (POL) 17.15; 4 GARRY NEWTON 13.87. **DT:** 1 J Bremser (GER) 41.50. **Penl:** 1 B Puvak (SVK) 36.48; 7 JAMES DANOBREGA 27.26 (9.90, 5.39, 9.83, 1.60, 3:02.97).

4x200: 1 GBR 1:29.74 (w rec); 2 FRA 91.26

M40: 60: 1 B Belghorzi (FRA) 7.24; 4 JOE APPIAH 7.35; 7 CIARAN HARVEY 7.44. **SF1:** 3 APPIAH 7.36; 4 HARVEY 7.38. **H2:** 3 APPIAH 7.41. **H4:** 1 HARVEY 7.37. **200:** 1 A Benatti (ITA) 23.19; 3 MIKE COOGAN 23.70. **SF1:** 4 HARVEY 24.41. **SF3:** 2 COOGAN 23.56.

H1: 1 COOGAN 23.97. **H3:** 1 HARVEY 24.28. **400:** 1 COOGAN 52.35; 3 NEAL EDWARDS 53.31. **H1:** 1 EDWARDS 54.39. **H2:** 2 COOGAN 54.34. **800:** 1 R Aragon (ESP) 1:58.06; 5 MIKE TOAL 2:00.63. **H3:** 1 TOAL 2:04.72. **1500:** 1 R Aragon (ESP) 4:07.65. **60H:** 1 APPIAH 8.45. **H2:** 1 APPIAH 8.45.

3000W: 1 S Borsch (GER) 12:03.95. **HJ:** 1 S Salso (ITA) 1.92; 8 ANDREW ENGLAND 1.70. **PV:** 1 J Asplund (SWE) 4.60. **LJ:** 1 R Mackowiak (POL) 6.52. **TJ:** 1 S Lepik (RUS) 13.19; 4 STEVE LAKE 11.89. **SP:** 1 A Dittmar (GER) 17.92.

DT: 1 J Smely (CZE) 40.65. **Penl:** 1 M Sunneborn (SWE) 40.23; 3 LOZ RAMM 35.05 (8.77, 5.72, 11.32, 1.66, 3:00.49).

4x200: 1 ITA 1:34.13; 6 GBR 1:37.54

M45: 60: 1 JASON CARTY 7.24; 2 MARK DUNWELL 7.29. **SF1:** 1 CARTY 7.25. **SF2:** 1 DUNWELL (Notts) 7.31; 6 STAN WALKER 7.67; 7 MICHAEL SMITH 7.99. **H1:** 1 CARTY 7.29; 6 BARRINGTON KING 8.16. **H2:** 4 GUY GIFFIN 7.84. **H3:** 1 DUNWELL 7.41; 6 WALKER 7.71. **H4:** 2 SMITH 7.69. **H5:** 4 IAN ALLEN 7.78. **200:** 1 DARREN SCOTT 22.52; 2 MICHAEL GARDINER 33.36. **SF1:** 1 GARDINER 23.51. **SF2:** 4 WALKER 24.50. **SF3:** 1 SCOTT 22.60. **H2:** 1 GARDINER 23.87. **H3:** 4 SMITH 25.33. **H4:** 2 WALKER 24.55; 4 LEEROY GOLDING 25.40. **H5:** 3 PETER BENEDICKTER 25.22. **H6:** 3 MICHAEL OSUNSAMSI (NEB) 25.46.

H7: 1 SCOTT 23.08. **400:** 1 GARDINER 53.09; 4 P BENEDICKTER 54.32; 5 OSUNSAMSI 56.68. **H1:** 1 GARDINER 54.25. **H2:** 4 GOLDING 56.82. **H3:** 2 BENEDICKTER 54.53; 3 OSUNSAMSI 55.32. **800:** 1 H Leineweber (GER) 2:00.71; 2 ADRIAN HAINES 2:01.03; 8 BENEDICKTER 2:11.58. **H2:** 2 HAINES 2:06.44; 4 BENEDICKTER 2:09.87.

1500: 1 Z Murawski (POL) 4:10.86; 5 HAINES 4:22.18. **60H:** 1 V Dobrydniev (UKR) 8.84. **3000W:** 1 S Meyer (GER) 13:56.85. **HJ:** 1 U Lasmanis (LAT) 1.87; 6 ALLEN 1.70. **PV:** 1 G Bolondi (ITA) 4.30; 3 GLYN PRICE 4.10; 7 DAVE GORDON 3.80; 10 DEREK WARN 2.90. **LJ:** 1 F Vladescu (ROU) 6.37; 5 ALLEN

David Oxlard (738): three medals in the M60 age group



6.00. **TJ:** 1 D Byzov (RUS) 14.08; 8 KEITH NEWTON 12.50. **SP:** 1 G Pawelski (POL) 14.61; 4 JOHN NICHOLLS 14.35.

DT: 1 P Penaz (CZE) 44.72. **Penl:** 1 C Schieffmayer (AUT) 38.70; 9 GEOFF BUTLER 25.17 (11.75, 4.48, 8.42, 1.57, 3:21.60). **4x200:** 1 GBR 1:35.31 (WR); 2 FRA 1:39.82

M50: 60: 1 M Longo (ITA) 7.13; 3 DONALD BROWN 7.50. **SF1:** 2 BROWN 7.52; 7 GLEN REDDINGTON 7.92. **H2:** 3 REDDINGTON 7.80. **H3:** 5 DAVID KEMP 8.12. **H4:** 4 PAUL TTEREVE 8.20. **H5:** 1 BROWN 7.47. **200:** 1 R Moen (NED) 23.52; 6 BOB LEWIS 25.88. **SF1:** 3 KEMP 25.81; 5 RONNIE HUNTER 26.79.

SF2: 3 LEWIS 25.07. **H1:** 1 KEMP 25.42. **H2:** 1 HUNTER 26.49. **H3:** 2 LEWIS 25.39. **H5:** 3 TTEREVE 26.63. **400:** 1 R Groeger (GER) 52.82; 5 LEWIS 57.37. **H1:** 2 LEWIS 57.65. **H2:** 4 TTEREVE 58.67. **SF2:** 3 LEWIS 56.67. **800:** 1 G Duren (SWE) 2:02.91; 2 SIMON ANDERSON 2:05.48. **H2:** 1 ANDERSON (Ply) 2:09.48. **1500:** 1 ANDERSON 4:14.37. **60H:** 1 BROWN 8.66; 6 REDDINGTON 9.05. **H1:** 1 BROWN 8.92; 3 REDDINGTON 9.07. **H3:** 4 DES WILKINSON 9.10. **Penl:** 1 GREG DUNSON 8.82. **3000W:** 1 M Perianez (ESP) 13:08.04; 2 FRANCISCO REIS 13:38.65. **HJ:** 1 M Segatel (ITA) 1.82; 4 STEVE LINSALL 1.73. **PV:** 1 MARK JOHNSON 4.40; 4 ALLAN LEIPER 3.70; 7 JOHN ANDREWS 3.40. **TJ:** 1 O Viulsrod (NOR) 12.34. **SP:** 1 M Szpak (POL) 15.37; 11 LEIPER 12.69. **Penl:** 1 J Duez (FRA) 43.90. **4x200:** 1 FRA 1:37.36; 2 GBR 1:40.62

M55: 60: 1 T Riehm (GER) 7.56; 6 DOUGIE DONALD 7.88. **SF1:** 4 DONALD 7.83. **H2:** 6 WILLIAM SKINNER 8.64. **H3:** 2 DONALD 7.86. **200:** 1 G Bodnar (HUN) 24.75; 3 DONALD 25.67; 4 T James (Bed C) 25.84. **SF2:** 1 DONALD 25.36; 2 TENNYSON JAMES 25.45. **SF3:** 4 KEVIN BURGESS 25.92. **H2:** 2 BURGESS 26.17. **H3:** 1 DONALD 25.72.

H4: 1 JAMES 25.88. **400:** 1 S Zulauf (SUI) 57.90; 4 JAMES 59.07. **H1:** 4 SKINNER 62.56. **H3:** 3 JAMES 58.13. **800:** 1 A Bonetti (ITA) 2:11.95. **1500:**

1 Z Zagitov (RUS) 4:30.23; 4 JOHN THOMSON 4:34.41; 10 ALEX ROWE 4:58.73. **60H:** 1 JOHN MAYOR 9.15. **H2:** 2 MAYOR 9.26. **3000W:** 1 S Systerov (RUS) 14:03.21; 7 STEVE ALLEN 15:12.92. **HJ:** 1 E Manfredini (ITA) 1.72.

PV: 1 K Dziamski (POL) 3.60. **TJ:** 1 G Ciceri (ITA) 12.26; 8 SKINNER 9.75. **SP:** 1 H Radzicki (POL) 14.30. **Penl:** 1 M Vogel (GER) 42.91; 2 MAYOR 39.41 (9.07, 5.31, 9.38, 1.54, 3:20.69); 4 BRIAN SLAUGHTER 37.08 (10.12, 4.90, 10.22, 1.48, 3:08.04). **4x200:** 1 POL 1:43.64; 2 GBR 1:43.67

M60: 60: 1 G Banjevic (MNE) 7.73; 4 JOHN BROWNE 8.07; 5 TOM PHILLIPS 8.10. **H1:** 2 BROWNE 8.06. **H2:** 3 PHILLIPS 8.13. **H3:** 2 WALLY FRANKLYN 8.23. **200:** 1 ALASDAIR ROSS 25.24; 4 SIMON BARRETT 27.05; 5 PHILLIPS 27.09. **SF1:** 3 RAMSAY SLOSS 27.81. **SF2:** 1 ROSS 25.53; 2 PHILLIPS 26.59; 3 BARRETT 26.69; 5 BOB DOUGLAS 28.25. **H1:** 1 ROSS 26.23; 2 PHILLIPS 26.79. **H2:** 2 BARRETT 27.05. **H3:** 2 BROWNE 27.28; 4 DOUGLAS 8.00. **H4:** 2 SLOSS 27.77. **400:** 1 ROSS 58.17; 3 BARRETT 61.27; 5 FRANKLYN 61.44. **SF1:** 4 FRANKLYN 61.83; 5 DOUGLAS 62.58. **SF2:** 1 ROSS 59.52; 2 S BARRETT 60.71. **H1:** 3 DOUGLAS 63.17. **H2:** BARRETT 62.31. **H3:** 1 ROSS 62.32. **H4:** 1 FRANKLYN 63.53. **800:** 1 W Rentsch (GER) 2:25.01; 2 DAVID OXLAND 2:25.58; 4 BILAL NAMANI 2:26.79; 6 STEWART THORP 2:29.82; 8 GRAHAM WEBSTER 2:32.40. **H1:** 1 OXLAND 2:27.73; 2 NAMANI 2:28.49. **H2:** 3 THORP 2:31.71. **H3:** 3 WEBSTER 2:32.97. **1500:** 1 W Rentsch (GER) 5:00.46; 3 OXLAND 5:02.55; 7 THORP 5:13.79. **60H:** 1 W Ritte (GER) 9.55. **3000W:** 1 M Flegel (CZE) 15:33.63; 3 MALCOLM MARTIN 16:11.12. **HJ:** eq1 J Lorenc (CZE) & D Bednarski (POL) 1.65. **PV:** 1 W Ritte (GER) 4.00. **TJ:** 1 V Zvezdkin (RUS) 11.84. **SP:** 1 B Rechka (CZE) 14.38. **Penl:** 1 E Mikeev (RUS) 34.32. **4x200:** 1 GBR 1:46.69; 2 GER 1:50.01

M65: 60: 1 W Seidel (POL) 8.08. **H2:** 4 TONY WELLS 8.88. **H3:** 4 BRIAN WILLIAMSON 8.83. **200:** 1 W Seidel

(POL) 26.91. **SF1:** 4 PAUL ANTHONY 28.94. **H1:** 4 WILLIAMSON 29.81. **H3:** 2 ANTHONY 29.11; 3 BRUCE HENDRIE 29.95. **400:** 1 V Felicetti (ITA) 61.47; 4 ANTHONY 66.39; 6 HENDRIE 68.29. **H1:** 2 HENDRIE 67.91. **H2:** 3 ANTHONY 67.04. **800:** 1 C Stolwijk (NED) 2:18.59; 6 MIKE MANN (2:36.71). **H1:** 3 MANN 2:40.04. **1500:** 1 C Stolwijk (NED) 4:43.49; 5 MANN 5:13.40. **60H:** 1 V Davydov (RUS) 9.43; 2 WELLS 10.06. **H1:** 5 ANDREW WEBB 11.28. **H2:** 1 WELLS 10.27. **3000W:** 1 IAN RICHARDS 14:39.33; 3 JOHN HALL 16:03.93; 4 PETER BOSZKO 16:24.31; 6 ROGER MICHELL 16:28.17. **HJ:** 1 H Nieder (GER) 1.57. **PV:** 1 K Fiedler (CZE) 3.40. **TJ:** 1 P Ahomaki (FIN) 10.95. **SP:** 1 S Knez (CRO) 12.99. **Penl:** 1 V Davydov (RUS) 44.32. **4x200:** POL 1:54.83

M70: 60: 1 F Adorf (GER) 8.57; 2 VICTOR NOVELL 8.77; 8 ALLAN LONG 9.08. **H1:** 2 NOVELL 8.76; 5 CHUCK ISETTS 9.28. **H3:** 3 LONG 8.94. **200:** 1 F Adorf (GER) 28.04; 2 NOVELL 29.28. **H1:** 1 NOVELL 29.03. **400:** 1 F Adorf (GER) 67.45. **800/1500:** 1 G Samper (FRA) 2:37.53/5:29.34. **60H:** 1 M Beliansky (SVK) 10.21; 2 BARRY FERGUSON 10.39. **3000W:** 1 A Palmari (EST) 17:13.34. **PV:** 1 M Tiidre (EST) 2.80; 3 JOHN HOWE 2.60; 4 JOHN BRADLEY 2.60. **LJ:** 1 F Adorf (GER) 4.71. **TJ:** 1 C Kreft (GER) 10.00. **SP:** 1 A Abramov (RUS) 13.31. **Penl:** 1 R Geese (GER) 41.10. **4x200:** 1 FIN 2:01.01; 3 GBR 2:03.21

M75: 60: 1 A Mikkola (FIN) 8.74; 5 ANTHONY TREACHER 9.62. **H1:** 1 TREACHER 9.07. **200:** 1 A Mikkola (FIN) 29.78; 2 TREACHER 30.46. **H2:** 1 TREACHER 30.43. **400:** 1 G Mueller (GER) 67.15; 4 TREACHER 73.90. **H1:** 2 TREACHER 70.45. **800:** 1 J Esnault (FRA) 2:42.93; 6 BARRY SWINDELLS 2:58.59. **1500:** 1 Esnault (FRA) 5:36.94; 3 SWINDELLS 6:14.55. **HJ:** 1 J Mankovskis (LAT) 1.30. **PV:** 1 Z Kurunczi (HUN) 2.80. **LJ:** 1 J Tennasilrm (EST) 4.16; 2 TREACHER 4.12. **TJ:** 1 J Mankovskis (LAT) 8.74. **SP:** 1 R Heiler (GER) 12.54. **Penl:** 1 K Solvberg (NOR) 38.06. **4x200:** GER 2:06.74

M80: 60: 1 L Wennblom (SWE) 9.50; 4 JOHN EVANS 10.46. **H1:** 3 EVANS 10.23. **200:** 1 A Zorin (RUS) 32.99. **HJ:** 1 H Andersen (DEN) 1.27. **PV:** 1 L Wennblom (SWE) 2.50. **LJ:** 1 T Junttila (FIN) 3.76; 3 EVANS (R&N) 3.39. **TJ:** 1 Junttila (FIN) 8.18; 2 EVANS 7.43. **SP:** 1 L Huchthausen (GER) 13.58. **Penl:** 1 H Kandeydi (TUR) 25.67. **4x200:** GER 2:52.84

M85: 60/HJ/LJ/TJ: 1 W Reuter (GER) 10.70/1.09/3.11/6.06. **400:** 1 H Mueller E (GER) 1:45.41. **800:** 1 E Maas (GER) 4:32.36. **SP:** 1 L Saarinen (FIN) 11.18

M90: 400/800/1500: 1 J Canelo (POR) 1:56.85/4:34.50/8:49.15

M95: 60/200: 1 CHARLES EUGSTER 14.56/54.77. **HJ/LJ/TJ/SP:** 1 E Zensch (AUT) 0.94/2.05/5.31/5.90

M100: 60/SP: 1 S Kowalski (POL) 20.27/3.65

W35 women: 60: 1 ELLENA RUDDOCK 7.98. **H2:** 2 RUDDOCK 8.05. **200:** 1 C Garcia (ESP) 25.81; 4 RUDDOCK 27.00; 5 SUSAN YOUNG 27.05; 6 HELEN CHANNON 27.17. **H1:** 2 PAULA OWEN 27.00. **H2:** 3 YOUNG 26.91. **H3:** 1 CHANNON 26.72; 2 RUDDOCK 26.97. **400:** 1 HELEN REYNOLDS 59.89; 2 YOUNG 60.19. **800:** 1 D Toner (IRL) 2:15.73; 3 REYNOLDS 2:21.55. **1500:** 1 JO LOCKER 4:48.54. **60H:** 1 J Schmelter (GER) 9.12. **3000W:** 1 M Marcos Valero (ESP) 14:31.35. **HJ:** 1 A Wich-Heiter (GER) 1.66. **PV:** 1 JEMMA EASTWOOD 3.20. **LJ:** 1 N Sorokina (UKR) 5.48; 2 CHANNON 5.32. **TJ:** 1 J Vaneckova (CZE) 11.50. **Penl:** 1 L Buxton (Bed C) 36.10 (9.28, 5.24, 11.12, 1.48, 2:31.50). **4x200:** 1 ESP 1:46.14; 2 GBR 1:46.34

W40: 60: 1 E Paunica Paunica (ESP) 7.88; 4 MICHELLE THOMAS 8.10. **H1:** 3 THOMAS 8.14. **200:** 1 E Paunica Paunica (ESP) 26.25; 4 THOMAS 27.02; 5 S Greenwood (Prest) 27.82. **H2:** 2 M Thomas (Bir) 26.85. **H3:** 2 S Greenwood (Prest) 27.16. **400:** 1 Y Badia Gimeno (ESP) 59.17; 2 SHARON GREENWOOD 60.35. **800:** 1 I Grutters (NED) 2:20.71. **1500:** 1 LOUISE RUDD 4:35.80. **60H:** 1 F Marin (ROU) 8.98. **HJ:** 1 L Petersone (LAT) 1.61; 2 AYAMBA AKIM 1.61. **PV:** 1 N Menshenina (RUS) 3.30. **LJ:** 1 F Marin (ROU) 5.42; 3 FIONA DAVIDSON 4.92. **TJ:** 1 L Petersone (LAT) 11.39; 2 DAVIDSON 10.83. **SP:** 1 J Denz (GER) 11.58. **Penl:** 1 F Marin (ROU) 38.39. **4x200:** ESP 1:56.62

W45: 60/200: 1 H Joerg (GER) 8.04/26.30. **400:** 1 B Martinelli (ITA) 60.77. **800:** 1 Martinelli (ITA) 2:22.71; 2 BERNADINE PRITCHETT 2:24.45. **1500:** 1 M Camps (ESP) 4:47.97; 2 PRITCHETT 4:51.57. **60H:** 1 S Bley (GER) 9.66. **PV:** 1 IRIE HILL 3.40. **LJ:** 1 U Alisch (GER) 5.23. **TJ:** 1 V Krepkina (UKR) 10.62. **Penl:** 1 D Denisty (BEL) 36.81. **4x200:** GER 1:52.30

W50: 60: 1 K Berend (GER) 8.39; 6 DENISE TIMMS 9.15; 8 MELANIE GARLAND 9.48. **H1:** 5 GARLAND 9.38. **H2:** 3 TIMMS 9.07; 4 EUPHEMIA Scott (TVH) 9.66. **200:** 1 Berend (GER) 27.61; 2 TRACY BEZANCE 28.38. **H2:** 1 BEZANCE 28.57. **H3:** 3 TIMMS 30.67. **400:** 1 S Geel (NED) 61.54; 2 BEZANCE 63.83; 3 ALISON COLLINS 64.02. **H2:** 1 BEZANCE 64.77; 2 COLLINS 66.15. **800:** 1 Z Wiciorkowska (POL) 2:27.88; 3 JANE PIDGEON 2:41.49. **1500:** 1 Wiciorkowska (POL) 5:03.59. **60H:** 1 B Burzlaff (GER) 10.13; 3 GAYE CLARKE 10.55. **HJ:** 1 E Sambor (POL) 1.44; 6 CLARKE 1.30; 9 GARLAND 1.25. **PV:** 1 Van De Kamp Linnebank B (NED) 2.80. **LJ:** 1 B Burzlaff (GER) 4.75; 2 JOANNE WILLLOUGHBY 4.60; 4 DENISE TIMMS

4.43; 6 GARLAND 4.27; 7 CLARKE 4.10. **TJ:** 1 WILLOUGHBY 9.81; 4 GARLAND 8.80. **SP:** 1 G Patla (POL) 12.92. **Penl:** 1 A Mueller (GER) 3727. **4x200:** 1 GER: 55.94; 2 GBR 2:05.83. **W55: 60:** 1 N Alexis (FRA) 8.01; 3 CAROLE FILER 8.76. **Ht2:** 2 FILER 8.91. **200:** 1 N Alexis (FRA) 26.13; 2 FILER 29.83. **Ht2:** 1 FILER 29.88. **400:** 1 JANE HORDER 68.35. **Ht2:** HORDER 68.90. **800/1500:** 1 KAREN BROOKS 2:32.71/5:21.12. **60H:** 1 HORDER 10.15; 2 FILER 10.48. **PV:** 1 TERESA EADES 2.50; 2 DEBBIE SINGLETON 2.20. **LJ:** 1 L Vives (ESP) 4.74; 2 FILER 4.61; 6 EADES 4.12. **TJ:** 1 M Escribano Checa R (ESP) 9.92; 3 EADES 9.36. **SP:** 1 C Petersen (GER) 11.17; 8 WENDY DUNSFORD 8.55; 11 BRENDAN RUSSELL 6.77. **Penl:** 1 M Escribano Checa (ESP) 4003. **4x200:** 1 GBR 2:02.20; 2 FIN 2:07.92. **W60: 60:** 1 HELEN GODSELL 8.76; 2 JOAN TRIMBLE 8.84; 3 CAROLINE POWELL 9.00; 4 JOYLYN SAUNDERS-MULLINS 9.12. **200:** 1 POWELL 28.95 (Eur rec); 2 GODSELL 29.70; 3 TRIMBLE 30.87. **Ht1:** 1 POWELL 29.00. **Ht2:** 1 GODSELL 30.05; 4 NELSON 33.51. **Ht3:** 1 TRIMBLE 30.86. **400:** 1 POWELL 65.01. **Ht1:** 1 POWELL 65.21. **800:** 1 L Wizen (SWE) 2:52.17. **1500:** 1 Wizen (SWE) 5:48.11; 4 MARGARET PHILLIPS 5:53.53. **60H:** 1 M Sanguos (ESP) 10.42. **HJ:** 1 H Henschke (GER) 1.27; 2 SUE YEOMANS 1.24. **PV:** 1 YEOMANS 2.70. **TJ:** 1 E Bartosik (POL) 8.88; 4 YEOMANS 7.57; 5 L Ahmet (Rad) 7.08. **Penl:** 1 U Hiltischer (GER) 4048. **4x200:** 1 GBR 2:02.39 (WR); 2 SWE 2:15.76. **W65: 60/200:** 1 Meier (GER) 9.14/31.91. **400:** 1 ROS TABOR 74.21 (UK rec). **800:** 1 TABOR 2:58.58; 6 PAT GALLAGHER 3:14.31. **1500:** TABOR 5:58.92; 2 ANGELA COPSON 6:00.25; 5 GALLAGHER 6:37.46. **60H:** 1 T Kokkonen (FIN) 11.58. **HJ:** 11 Zorzi (ITA) 1.21; 5 PAT OAKES 1.06. **PV:** 1 K Foerster (GER) 2.20. **LJ:** 1 Meier (GER) 4.13; 7 OAKES 2.93. **TJ:** 1 T Kokkonen

(FIN) 8.15; 3 OAKES 6.58. **SP:** 1 G Kazlauskienė (LTU) 11.03. **4x200:** 1 GER 2:18.77; 2 GBR 2:41.89. **W70: 60:** 1 B Boback (SWE) 9.91; 5 IRIS HOLDER 10.97. **Ht2:** 2 HOLDER 10.71. **200/400:** 1 H Venn (GER) 37.14/90.19. **800/1500:** 1 R Osterlund (DEN) 3:24.11/ 6:45.31. **60H:** 1 H Houben (GER) 13.52. **LJ:** 1 HOLDER 3.34. **TJ:** 1 H Houben (GER) 6.90; 2 HOLDER 6.73. **SP:** 1 J Putiniene (LTU) 9.44. **Penl:** 1 E Gkouzia (GRE) 3165. **4x200:** GER 2:40.97. **W75: 60:** 1 L Vitola (LAT) 11.70; 2 DOT FRASER 11.74. **200:** 1 FRASER 41.11. **400:** 1 L Vitola (LAT) 94.79. **800:** 1 W Bayer (GER) 3:49.34; 2 EVA OSBORNE 3:53.15. **1500:** 1 A Woodlock (IRL) 7:27.61; 3 BETTY STRACEY 8:02.68. **LJ:** 1 R Schaden (AUT) 2.95. **W80: 800/1500:** 1 M Czerwienka-Nagel (GER) 3:57.45/ 7:59.93. **HJ:** 1 B Tischlinger (AUT) 0.93. **SP:** 1 B Tischlinger (AUT) 8.07. **W85: 60/200:** 1 A Reinberga (LAT) 13.13/59.39. **LJ/TJ:** 1 S Sopanen (FIN) 1.68/4.09. **SP:** 1 R Hanssens (BEL) 7.40

Outdoor Throws, March 24-28

M35 men: WT: 1 D Kozłowski (POL) 17.96. **HT:** 1 D Kozłowski (POL) 56.99. **JT:** 1 Z Mezei (HUN) 61.06. **M40: WT:** 1 M Walczak (POL) 18.78. **JT:** 1 J Kresalek (GER) 57.48. **M45: WT:** 1 P Penaz (CZE) 16.68. **JT:** 1 M Witek (POL) 57.94. **M50: WT:** 1 Kowalski (POL) 20.33. **DT:** 1 M Szpak (POL) 51.00; 9 LEIPER 38.74. **JT:** 1 T Heinrich (GER) 59.70. **M55: WT:** 1 G Gassenbauer (AUT) 18.13; 3 BOB BROADBRIDGE 16.53; 9 IAN COOLEY 11.11. **DT:** 1 T Jensen (DEN) 50.92. **BROADBRIDGE** 42.66. **HT:** 1 G Gassenbauer (AUT) 56.01; 3 BROADBRIDGE 45.87; 7 COOLEY 33.79. **JT:** 1 S Havras (UKR) 55.74. **M60: WT:** 1 J Hubacek (CZE) 17.99; 8 TIM SAUNDERS-MULLINS 12.01. **DT:** 1 K Jankowski (POL) 47.37. **HT:** 1 J Hubacek (CZE) 43.66; 5 SAUNDERS-MULLINS 34.49. **JT:** 1 W Kuehndel (GER) 52.49. **M65: WT:** 1 K Jansson (SWE) 17.09. **DT:** 1 M Gryc (CZE) 46.68. **HT:** 1 K Jansson (SWE) 51.37. **M70: WT:** 1 G Guyot (FRA) 18.78. **DT:** 1 C Roszczak (POL) 39.90.

Great Britain champions

GOLD
M35: 60m: Nengi Ossai 6.97
M35: 400m: Rick Beardsall 49.81
M35 60H: Liam Collins 8.07
M35: 4x200: 1:29.74
M40: 400m: Mike Coogan 52.35
M40 60H: Joe Appiah 8.45
M45: 60m: Jason Carty 7.24
M45: 200m: Darren Scott 22.52
M45: 400m: Michael Gardiner 53.09
M45: 4x200: 1:35.31
M50: 1500m: Simon Anderson 4:14.37
M50: 3000m: Guy Bracken 8:52.38
M50 60H: Donald Brown 8.66
M50: PV: Mark Johnson 4.40
M55: 60H: John Mayor 9.15
M60: 200m: Alasdair Ross 25.24
M60: 400m: Alasdair Ross 58.17
M60: 4x200: 1:46.69
M65: 3kW: Ian Richards 14:39.33

M65: 5kmW: Ian Richards 25:00.1
M65: 5kmW Team: 1:19:37
M70: XC Team
M95: 60m: Charles Eugster 14.56
M95: 200m: Charles Eugster 54.77
W35: 60m: Elena Ruddock 7.98
W35: 400m: Helen Reynolds 59.89
W35: 1500m: Jo Locker 4:48.54
W35: 3000m: Jo Locker 10:12.91
W35: PV: Jemma Eastwood 3.20
W35: Pen: Leanne Buxton 3610
W40: 1500m: Louise Rudd 4:35.80
W40: 3000m: Louise Rudd 10:04.11
W45: 3000m: Bernadine Pritchett 10:20.58
W45: PV: Irie Hill 3.40
W45: XC: Susan Ridley 17:48.1
W50: TJ: Joanne Willoughby 9.81
W55: 400m: Jane Horder 68.35
W55: 800m: Karen Brooks 2:32.71
W55: 1500m: Karen Brooks 5:21.12

W55: 60H: Jane Horder 10.15
W55: HJ: Carole Filer 1.44
W55: PV: Teresa Eades 2.50
W55: 4x200: 2:02.20
W60: 60m: Helen Godsell 8.76
W60: 200m: Caroline Powell 28.95
W60: 1500m: Caroline Powell 65.01
W60: 4x200: 2:02.39
W60: 3000m: Margaret Phillips 12:34.44
W60: PV: Sue Yeomans 2.70
W60: XC Team
W60: XC: Anna Garnier 18:17.4
W65: 400m: Ros Tabor 74.21
W65: 800m: Ros Tabor 2:58.58
W65: 1500m: Ros Tabor 5:58.92
W65: 3000m: Ros Tabor 12:39.88
W65: XC: Angela Copson 18:29.2
W70: LJ: Iris Holder 3.34
W75: 200m: Dorothy Fraser 41.11
W75: XC: Eva Osborne 26:05.3

Longauerova (SVK) 32.29. **JT:** 1 E Mesa (ESP) 31.95; 3 JOYLYN SAUNDERS-MULLINS 25.88. **W65: WT/HT:** 1 M Daehler-stettler (SUI) 11.72/30.46. **DT:** 1 L Chewinska (POL) 23.66. **HT:** 1 J Klimesova (CZE) 27.86. **W70: WT/HT:** 1 G Mellmann (GER) 12.05/28.60. **DT/JT:** 1 I Holzknicht (GER) 24.17/21.17. **W75: WT:** 1 H Erikson (EST) 13.16; 2 CAROLE DERRIEN 9.57. **DT:** 1 Erikson 21.79; 4 DERRIEN (Jer) 19.67. **JT:** 1 R Westerholt (GER) 21.56. **W80: WT/DT/HT/JT:** 1 G Kovalenskaya (RUS) 8.07/16.26/22.10/17.56. **W85: WT/DT/HT/JT:** 1 R Hanssens (BEL) 8.13/16.75/24.14/15.36

5km outdoor Walks, March 28

M35 men: 5kmW: 1 R Pinera Alvarez (ESP) 22:28.9. **TEAM:** POL 73:02. **M40: 5kmW:** 1 S Borsch (GER) 21:07.6. **TEAM:** GER 70:02. **M45: 5kmW:** 1 S Meyer (GER) 23:22.7. **M50: 5kmW:** 1 M Perianez (ESP) 22:25.2; 2 FRANCISCO REIS 23:11.6. **TEAM:** 1 ESP 74:57; 2 GBR 80:44. **M55: 5kmW:** 1 S Systerov (RUS) 24:25.0; 5 STEVE ALLEN 25:32.1. **TEAM:** Russia 77:40. **M60: 5kmW:** 1 M Fliegl (CZE) 26:19.0; 2 MALCOLM MARTIN 26:35.7. **TEAM:** 1 Czech R 82:04; 3 GBR 84:39. **M65: 5kmW:** 1 IAN RICHARDS 25:00.1; 5 JOHN HALL 26:50.1; 9 PETER BOSZKO 27:46.4; 11 ROGER MICHELL 28:16.0. **TEAM:** 1 GBR 79:37; 2 FRA 85:54. **M70: 5kmW:** 1 A Palmar (EST) 29:11.5. **TEAM:** GER 94:25. **M75: 5kmW:** 1 V Kanský (CZE) 30:20.9; 2 ARTHUR THOMSON 31:23.2; 4 NORBERT WILL 33:41.2. **TEAM:** Germany 1:47:51. **M80 5kmW:** 1 M Panaseiko (UKR) 32:34.8. **M85: 5kmW:** 1 M Tamminen 42:24.5
W35 women: 5kmW: 1 M Marcos Valero (ESP) 23:58.5. **TEAM:** POL 88:56. **W40: 5kmW:** 1 A Lamas (POR) 24:45.7. **TEAM:** CZE 89:58. **W45: 5kmW:** 1 R Mombelli (ITA) 28:31.0. **TEAM:** GER 1:40:07. **W50: 5kmW:** 1 C Garcia Frontons (ESP) 29:07.3; 6 ANGELA MARTIN 34:15.4. **TEAM:** ESP 91:09. **W55: 5kmW:** 1 M Monmessin (FRA) 26:23.0; 9 FIONA BISHOP 33:39.4. **TEAM:** FRA 81:42. **W60: 5kmW:** 1 N Marcenco (ITA) 29:03.5. **TEAM:** RUS 99:04. **W65: 5kmW:** 1 A Tyshko (UKR) 31:40.2. **TEAM:** GER 1:48:34. **W70: 5kmW:** 1 G Theunissen (GER) 34:51.0. **W75: 5kmW:** 1 H Draeger (GER) 37:00.3

M40: 1 R Dudycz (POL) 13:25.4; 17 STEVE HALLAS 15:34.9. TEAM: POL 40:42.20. **M45:** 1 J Rybaczky (POL) 14:17.8; 17 GREG OULTON 20:52.3. **TEAM:** POL 45:06.90. **M50:** 1 M Traynor (IRL) 13:48.7; 14 JOHN COMRIE 15:51.6; 18 STEVEN DOXEY 16:36.0; 24 ALAN ROBERTS 17:47.2. **TEAM:** 1 POL 43:10.00; 3 GBR 50:14.80. **M55:** 1 J Manzanares (ESP) 14:23.7; 5 ALEX ROWE 15:36.4; ANDREW MURRAY (M60) 18:19.0; DAVID PROFFITT 20:33.0. **TEAM:** 1 POL 46:27.30; 4 GBR 54:28.40. **M60:** 1 K Borowski (POL) 15:22.9; 9 STEWART THORP 16:47.2; 10 GRAHAM WEBSTER 16:51.8; 11 ALAN NEWMAN 16:54.0; 15 IAN JOHNSTONE 17:39.8; 20 ARCHIE JENKINS 19:36.4; 28 KEVIN DILLON 24:50.0. **TEAM:** 1 POL 48:38.50; 2 GBR 50:33.00. **M65:** 1 A Cichonczuk (POL) 17:09.7; 2 ALAN APPLEBY 17:10.9. **TEAM:** Germany 56:32.20. **M70:** 1 V Malykh (RUS) 18:22.3; 4 PHILIP BRENNAN 19:27.1; 7 MICHAEL JOHNSON 20:32.8; 9 BARRIE ROBERTS 22:50.3. **TEAM:** 1 GBR 62:49.90; 2 RUS 70:06.00. **M75:** 1 K Wittig (GER) 19:31.7. **TEAM:** GER 75:50.40. **M80:** 1 M Panaseiko (UKR) 23:23.4
W35 women: 1 C Artuso (ITA) 15:17.7; 2 KATHERINE WELLM 17:22.7; WENDY DOXEY 26:42.7. **TEAM:** 1 ITA 51:00.80; 3 GBR 61:53.50. **W40:** 1 D Ustianowska (POL) 16:06.5. **TEAM:** POL 51:35.40. **W45: 5km:** 1 SUSAN RIDLEY 17:48.1. **TEAM:** POL 56:02.50. **W50:** 1 E Fustella (ITA) 16:37.8; 2 JANE PIDGEON 17:21.2; 20 LYNNIE MARR 22:15.4. **TEAM:** 1 POL 53:39.80; 3 GBR 63:28.00. **W55: 5km:** 1 M Ruzafa Manchon (ESP) 17:46.4; 9 FIONA BISHOP 23:51.4. **TEAM:** GER 53:17.50. **W60: 5km:** 1 ANNA GARNIER 18:17.4; 5 SUE JAMES 22:10.0. **TEAM:** 1 GBR 58:56.60; 2 GER 78:16.40. **W65: 5km:** 1 ANGELA COPSON 18:29.2. **W70:** 1 J Flores (POR) 23:30.5. **W75:** 1 EVA OSBORNE 26:05.3. **W80:** 1 E Krueger (GER) 30:40.6

European Indoors final medal table

Country	Gold	Silver	Bronze	Total
Germany	101	82	70	253
GBR	59	55	41	155
Poland	56	58	48	162
Spain	30	19	15	64
Italy	24	23	19	66
France	23	27	25	75
Finland	23	21	29	73



Nicole Alexis:
Frenchwoman
smashed 60m
and 200m
records in
W55 age
group



Louise Rudd
and Jo Locker:
middle-distance
champions

Cross Country, March 27

M35 men: (short 5km): 1 B Mazerski (POL) 12:48.9. **TEAM:** POL 40:17.00.

World Championship stats

IN THE COUNTDOWN TO BEIJING, OUR SERIES ON THE HISTORY OF THE WORLDS CONTINUES

Pictures: Mark Shearman

Men's decathlon

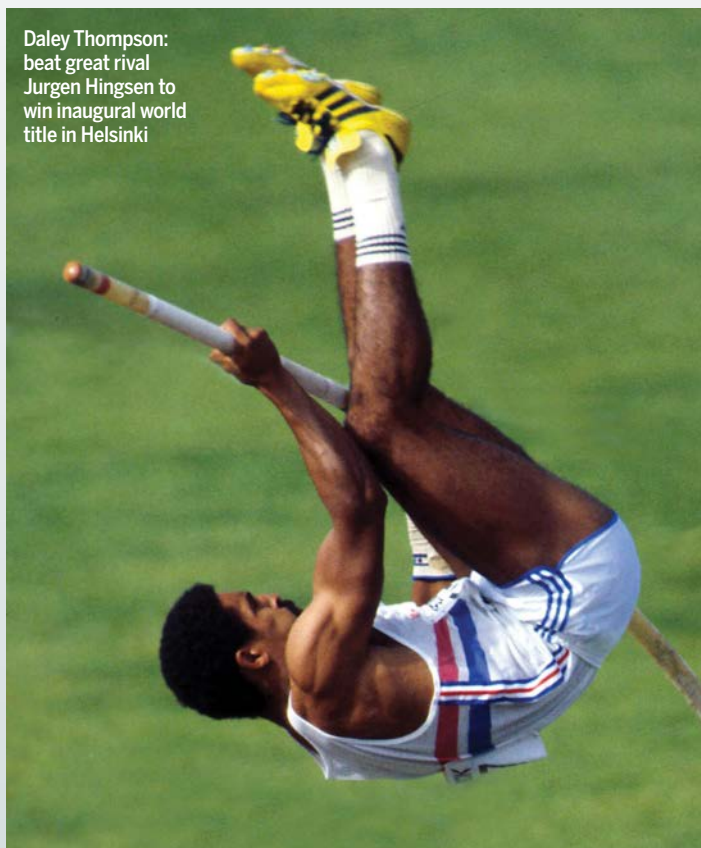
THE Olympic champion Daley Thompson had dominated the event over the previous four years, but suffering from groin and back injuries, he wasn't at his best for the inaugural Championships in Helsinki in 1983 and made a late decision to compete to take on world record-holder Jurgen Hingsen.

A 10.60m 100m and 7.88m long jump gave the Briton a good lead and he ended the first day 120 points clear of the German. Thompson gained further points in the discus and pole vault and, though he lost ground in the last two events, he won by more than 100 points.

Thompson returned in Rome in 1987 but had even more injury problems and, though he won the 100m, he had dropped to third overnight and faded on the second day to ninth.

Hingsen dropped out on the first day and the clear winner was Thorsten Voss, who was only seventh in 1983. He took

Daley Thompson: beat great rival Jurgen Hingsen to win inaugural world title in Helsinki



the lead after a 7.88m long jump and pulled away with consistent performances throughout. Siegfried Wentz, who was third in Finland, finished a clear second.

In 1991 in Tokyo, Dan O'Brien was a big favourite after going close to Thompson's world record in the US Championships and he went close again with a superb 8812. His marks included a 10.41 100m and 46.53 400m.

He won by almost 300 points from Canada's Commonwealth champion Mike Smith and, but for a poor 1.91m high jump, which was 22cm down on his best, he would have easily broken the world record. Olympic champion Christian Schenk took bronze to continue the German medal run in the event.

O'Brien returned for Stuttgart in 1993 and upped his championship record to 8817 but was pushed by Belarus's Eduard Hamalainen, who finished 97 points down and set a decathlon 110m hurdles best of 13.57.

German Paul Meier, who enjoyed 50,000-plus crowd support even on the first morning, had a great first day and was just four points down on day one and held on for bronze.

In Gothenburg in 1995, O'Brien won his third title despite being well below his best but did not take the lead until the high jump. He won by 200 points from Hamalainen with Smith finishing third. Briton Alex Kruger was 12th.

O'Brien decided not to go for a fourth title and the new champion in Athens in 1997 was Tomas Dvorak. Tenth and fifth in the previous championships, he continued his improvement with history's fourth best score of 8837.

Second overnight on 4527, he took the lead with a PB 13.61m hurdles, though he dropped back in the discus and then trailed Hamalainen by 64 points after the pole vault. However, a 70.34m javelin PB gave him back the lead. He needed 4:27.13 in the 1500m to break the world record but fell

short by more than seven seconds. Hamalainen took a third successive silver but this time in the colours of Finland.

Dvorak broke the world record before Seville in 1999 and he easily retained his title with a modest 8744.

The surprise silver medallist was Briton Dean Macey, who had improved his PB from 7480 in the World Juniors in 1996 to 8347 in May and then to 8556 in Spain.

The 21-year-old ran a 46.72 400m to score 4546 overnight and then a 4:29.31 1500m took him past Chris Huffins in the final event.

Roman Sebrle, who was ninth in Athens and failed to finish in Seville, set a world record of 9026 in 2001, but he was carrying an injury in Edmonton and could only finish 10th.

The gold still went to the Czech Republic, though, as Dvorak was in sensational form. An 8.07m long jump and 16.57m shot gave him an early lead, but he lost it as Macey finished the day with a 2.15m high jump and then a 46.21 400m.

Dvorak resumed control with a 13.80m hurdles and he went on win comfortably with a championship record 8902. Olympic champion Erki Nool, who had run 46.23 in the 400m, moved into a clear second



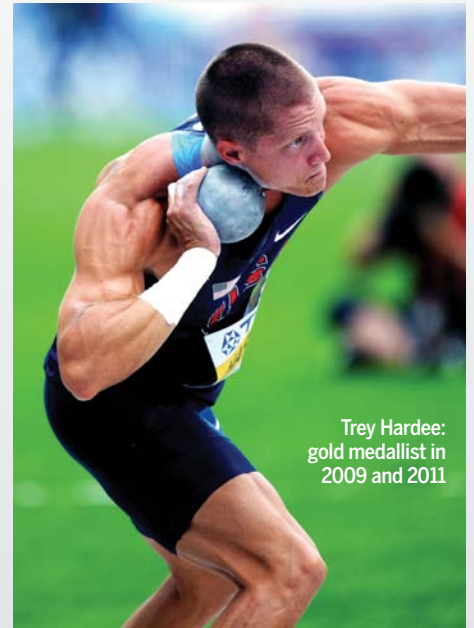
Tomas Dvorak: three-time champion



Dan O'Brien: winner in 1991, '93 and '95



Ashton Eaton: world record-holder is the reigning world champion



Trey Hardee: gold medallist in 2009 and 2011

with a 5.40m pole vault and scored 8815. Macey, hampered by a sore arm, finished third with 8603.

In Paris in 2003, Tom Pappas, who had failed to finish in his one previous world championships in Seville, won a competitive event.

Dmitriy Karpov of Kazakhstan led after the first day after four PBs and scored 4599 but he faded to third and 8374 as the American won by 100 points from Sebrle. Dvorak finished fourth.

America won again in Helsinki 2005 with Bryan Clay gaining revenge on Sebrle after the pair's great duel in the Olympics.

Clay started with a 10.43 100m and did especially well in the shot and discus with marks of 16.25m and 53.68m.

Clay led after two events in Osaka in 2007 but pulled out injured on the first day. Sebrle was third before the javelin when he was more than 200 points behind Maurice Smith, but a 71.18m throw took 265 points out of the Jamaican and he won gold at his sixth attempt. Smith took silver and Karpov bronze.

In Berlin in 2009 Trey Hardee started well with a 10.45 100m and then set 7.83m long jump and 15.33m shot PBs but was only third overnight on 4511 points.

He then had a good beginning to the second day with a 13.86 hurdles and went into a lead he easily held on to despite losing well over 100 points with a 4:58.91 1500m.

Cuban Leonel Suarez finished strongly, jumping up from sixth to second courtesy of a World Championships 75.19m javelin best.

Fellow Cuban Yunior Dias set a 400m best of 46.15 and was second overnight but faded to ninth on the second day.

In Daegu in 2011, American champion Ashton Eaton, who had been 18th in Berlin started as favourite and led overnight with 4446 points after a 46.99 400m. However, Hardee had a stronger second day and retained his title by 100 points.

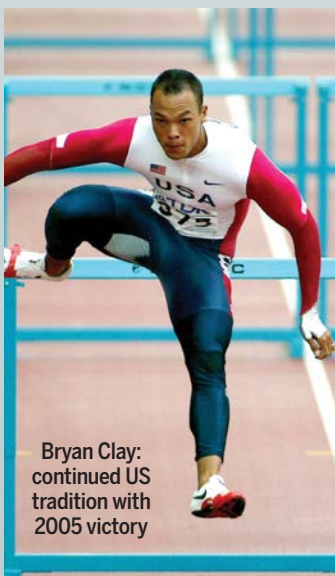
Eaton dropped back on the second day and was third behind Suarez before the 1500m, but a 4:18.94 1500m ensured an

American one-two. Sebrle in his eighth appearance finished thirteenth.

Hardee attempted to defend his title in Moscow in 2013, but no-heighted in the high jump, though he would probably not have challenged Olympic champion and world record-holder Eaton.

Eaton started well with a 10.35 100m, though a poor high jump of 1.93m dropped him to third. He regained the lead overnight courtesy of a top-class 46.02 400m.

A 13.72 110m hurdles pulled him well clear and he eventually won by 139 points with a world-leading 8809 as the other medallists, German Michael Schrader and Canadian Damian Warner, set PBs.



Bryan Clay: continued US tradition with 2005 victory

Decathlon

Year	Winner	Points	GB position and mark
1983	Daley Thompson (GBR)	8714*	(2 Jurgen Hingsen 8599)
1987	Torsten Voss (GDR)	8681	9 Daley Thompson 8124
1991	Dan O'Brien (USA)	8812	(Anthony Brannen DNS)
1993	Dan O'Brien (USA)	8817	19 Alex Kruger 7481
1995	Dan O'Brien (USA)	8695	12 Alex Kruger 7993
1997	Tomas Dvorak (CZE)	8837	No competitor
1999	Tomas Dvorak (CZE)	8744	2 Dean Macey 8556
2001	Tomas Dvorak (CZE)	8902	3 Dean Macey 8603
2003	Tom Pappas (USA)	8750	No competitor
2005	Bryan Clay (USA)	8732	No competitor
2007	Roman Sebrle (CZE)	8676	No competitor
2009	Trey Hardee (USA)	8790	No competitor
2011	Trey Hardee (USA)	8607	No competitor
2013	Ashton Eaton (USA)	8809	(Ashley Bryant DNS)

* Adjusted score on 1984 tables

Points table

(8 for 1st etc)

1. GER 92	6. GBR 21
2. USA 87	7. CAN 20
3. CZE 59	8. EST 18
4. RUS 39	9. CUB 15
5. FRA 39	10. BLR 14



Cross-country rankings

ATHLETICS WEEKLY'S 2014-2015 RANKINGS BASED ON PERFORMANCES PUBLISHED ON POWER OF 10

Under-17 men

THIS was a relatively easy event to rank with Mahamed Mahamed a class apart as he won all 12 of his races, including leagues and school events. It was closer for the minor places with rankings as ever complicated by athletes competing in two different English Schools events.

1 Mahamed Mahamed (Soton) (8th 2014, 11th U15, 2013)

Won four major titles and dominated age group. 1 IC 18:35, 1 Nat 20:00, 1 ESSB 24:15, 1 Sth 20:14, 1 SIC 13:51, 1 SES 23:42
High: Whole season. **Low:** Inter-Counties as he only won by 15 seconds!

2 Ben Dijkstra (Leics) (1st U15 2014, 2nd U15 2013)

Marginally second in first year in age group and took intermediate English Schools title as bonus. 2 IC 18:50, 1 ESIB 17:43, 1 Card 18:43, 1 Leics 18:50
High: English Schools. **Low:** A rare loss in the Inter-Counties.

3 James Gormley (Sheff) (unranked 2013, 2014)

Lightly raced and missed Inter-Counties and English Schools, but had three good wins, although he never faced Dijkstra. 2 Nat 20:48, 1 Nth 19:00, 1 Yks 21:13, 1 Liv 17:06
High: National second. **Low:** None but missed Inter-Counties

4 Alex Yee (Kent) (7th 2014)

Triathlete finished third in both National events and easily fourth ranked. 3 IC 18:57, 3 Nat 20:48, 1 Kent 20:35
High: Inter-Counties. **Low:** National when outkicked for second.

5 Will Richardson (Bir) (unranked 2013/2014)

Midland champion had good solid season, though was absent from National. 4 IC 19:15, 8 ESIB 19:15, 1 Mids 19:15, 3 Liv 17:16, 1 Worc 19:10
High: Inter-Counties. **Low:** None but he missed the National.

6 Emile Cairess (Bing) (unranked 2013/2014)

Held consistent form through all the big events and runner-up at Liverpool and Cardiff. 5 IC 19:27, 6 Nat 20:59, 2 Nth 19:16, 2 Card 18:59, 9 ESSB 25:02, 2 Liv 17:12
High: Liverpool. **Low:** None of note

7 Alasdair Kinloch (Ton) (3rd U15, 2014, unranked 2013)

Ran well apart from poor run in National but bounced back with great form in Schools events. 6 IC 19:27, 2 ESIB 17:56, 3 Sch Int 17:56, 26 Nat, 3 Sth 20:47, 2 Kent 21:34, 2 SIC 14:14
High: English Schools. **Low:** National



Mahamed Mahamed tracks Alex Yee in the U17 men's race at the Inter-Counties

8 Hugo Milner (Der) (unranked 2014, 9th U15 2013)

Astonishing improvement from ninth at English Schools to second at Schools International, which boosted his ranking. 14 IC 20:00, 5 Nat 20:56, 2 Sch Int 17:51, 9 ESIB 18:13, 3 Nth 19:34, 5 Card 19:30, 1 Der 16:13
High: Schools International. **Low:** Inter-Counties

9 Connor Maclean (Storn) (unranked 2013, 2014)

Scottish champion would have undoubtedly ranked higher had he contested his age group in Inter-Counties rather than run the under-20 race. 17 IC (U20) 24:00, 1 Sco 21:18, 4 Liv 17:29, 2 Celt 19:50, 13 Edin 20:58
High: Scottish title. **Low:** Missing under-17 race at Birmingham

10 Tom Mortimer (Stroud) (unranked 2013, 2014)

Solid season highlighted by English Schools medal but could have done with better National. 10 Nat 21:08, 3 ESIB 18:02, 7 Sch Int 18:16, 4 Card 19:07, 6 Liv 17:45, 2 Mids 19:48, 1 SW Sch nt
High: English Schools bronze. **Low:** National 10th

11 Archie Rayner (Mans) (unranked 2013, 2014)

Good form throughout season except for poor International. 8 Nat 21:01, 3 Mids 19:58, 4 ESIB 18:05, 21 Sch Int 19:08, 8 Liv 17:52
High: Midlands bronze. **Low:** International

12 Jamie Dee (SB) (unranked 2013, 2014)

Ran four solid championship races. 10 IC 19:48, 7 ESSB 24:54, 9 Nat 21:03, 2 Sth 20:33
High: Southern silver. **Low:** Inter-Counties 10th

13 Jamie Goodge (Ton) (unranked 2013, 2014)

Another who held form, though he highlighted Kent's strength as was out of the medals there. 7 IC 19:39, 7 ESIB 18:08, 11 Sch Int 18:36, 13 Nat 21:24, 4 Sth 20:48, 4 Kent 21:45
High: Inter-Counties. **Low:** National

14 Scott Beattie (Morp) (unranked 2013, 2014)

Poor National performance cost him a higher place. 8 IC 19:43, 6 ESIB 18:07, 5 Sch Int 18:04, 16 Nat 21:29, 2 NE 19:04
High: Inter-Counties. **Low:** National

15 Robbie Brown (York) (unranked 2013, 2014)

Might have placed higher had he contested Inter-Counties. 7 Nat 20:59, 15 ESIB 18:34, 9 Liv 17:54
High: National **Low:** Liverpool

16 William Battershill (Erme V) (unranked 2013, 2014):

13 IC 19:54, 12 Nat 21:15, 5 ESSB 24:46 1 SWIC 18:11. 5 Liv 17:39

17 Jonathan Shields (Sheff) (unranked 2013, 2014):

11 IC 19:53, 19 Nat 21:40, 4 Nth 19:41, 14 ESSB, 7 Liv 17:48, 3 Yks 21:49

18 Jack Boswell (AFD) (unranked 2013, 2014):

12 IC 19:53, 10 ESIB 18:24, 18 Nat 21:33, 26 Sth 21:52, 7 SIC 14:24

19 Nathan Baker (Midd) (unranked 2013, 2014): 15 IC 20:10, 17 ESIB 18:39, 11 Nat 21:15, 5 Nth 19:44, 1 NE 18:56, 24 Liv 18:26
Not ranked: National fourth-placer Lewis Bryam and top 10 Inter-Counties runner Stephen Ferroni, who didn't have enough races to back up those performances.

Under-15 boys

ZAKARIYA MAHAMED wasn't quite as dominant as older brother, Mahamed, losing the South and National events, but two big end-of-season wins made him a clear choice for No.1 in his first year in age group after being top 2014 under-13.

1 Zakariya Mahamed (Soton) (1st U13 2014)

Improved as season progressed to win two major titles. 1 IC 16:58, 2 Nat 15:59, 1 ESJB 11:39, 1 SES JB 13:35, 2 Sth 15:08, 1 Hants 14:39, 1 SIC 14:49
High: Inter-Counties win in first year. **Low:** South

2 Daniel Slater (Liv P) (not ranked 2013/2014)

Northern champion was also Inter-Counties runner-up. 2 IC 17:06, 18 ESIB 18:42, 1 Nth 13:35, 1 Mers 13:15, 1 ESC 16:05
High: Inter-Counties. **Low:** English Schools

3 James Puxty (Ton) (not ranked 2013/2014)

Southern champion also placed well in Inter-Counties and National. 3 IC 17:09, 4 Nat 16:10, 1 Sth 15:04, 4 SIC 15:12, 20 ESIB 18:48, 2 ESC 16:17, 1 Kent 15:49
High: Inter-Counties. **Low:** English Schools

4 Matthew Willis (Wrex) (5th U13 2013)

Liverpool winner had consistent season but only racing three times in 2015 may have cost him a higher position. 7 IC 17:29, 13 ESIB 18:29, 8 Celtic 20:21, 1 Liv 9:44, 1 DST 18:42, 1 Wel IR 14:16
High: Liverpool. **Low:** English Schools

5 George Groom (SB) (7th U13 2013)

Surprise National winner didn't back that form up in any of the other major events. 1 Nat 15:48, 8 IC 17:30, 1 SES IB 20:26, 25 ESIB 18:52 4 Sth 15:11, 1 Herts 15:46, 3 ESC 16:26
High: National. **Low:** English Schools



Zakariya Mahamed: under-15 No.1

6 Olivier Barbaresi (Menai) (not ranked 2013/2014)

Welsh champion was consistent in the bigger events.

5 IC 17:24, 10 Sch Int IB 18:34, 1 Wel 15:20, 2 Mil K 14:52, 4 Wel Sch 18:51, 4 Liv 9:51, 17 Celt 21:01

High: Inter-Counties. **Low:** Welsh Schools

7 Toby Osman (Ripon) (not ranked 2013/2014)

Excluding parkruns, only two known races all winter and needed more to rank higher.

4 IC 17:12, 2 Yks 15:52

High: Inter-Counties. **Low:** Lack of races

8 Max Pearson (Tynedale) (11th U13 2013)

North-East champion ran well in Inter-Counties but showed poor Schools form.

6 IC 17:25, 66 ESIB 19:28, 1 NE 13:35

High: Inter-Counties. **Low:** English Schools

9 Joshua Cowperthwaite (Mid & C) (2nd U13 2014)

Good form throughout in first year of age group but peaked in schools competition.

10 IC 17:31, 2 ESJB 11:50, 9 Nat 16:22, 2 Sch Int 13:01, 5 Nth 13:58, 2 NE 13:38, 3 Liv 9:48

High: Schools International. **Low:** North

10 Reece Curtis (New M) (not ranked 2013/2014)

Northern and Liverpool runner-up had off-day in English Schools.

9 IC 17:30, 117 ESIB 19:53, 12 Nat 16:35, 2 Nth 13:43, 2 Liv 9:46, 3 Card 15:51, 3 NE 13:58

High: Liverpool. **Low:** English Schools

11 Joseph Ford (Liv H) (not ranked 2013/2014)

Peaked in National and didn't quite reproduce that form elsewhere.

11 IC 17:33, 70 ESIB 19:30, 5 Nat 16:11, 2 Mers 13:36, 10 Nth 14:12

High: National. **Low:** English Schools

12 James Daly (Brack) (not ranked 2013/2014)

Like Ford, highly ranked because of National and less impressive in other events.

8 Nat 16:18, 6 Sth 15:26, 72 IC 18:37, 1 Berks 14:55

High: National. **Low:** Inter-Counties

13 Chey Kemp (Read) (not ranked 2013/2014)

Good run at Birmingham and solid National ensured high placing.

12 IC 17:35, 135 ESIB 20:00, 18 Nat 16:40, 2 Berks 15:07, 7 Sth 15:29, 13 Liv 9:59, 4 SES 20:33

High: Inter-Counties. **Low:** English Schools

14 Lachlan Wellington (Ports) (not ranked 2013/2014)

Had poor National but made up for it with two Schools bronze medals.

13 IC 17:37, 3 ESJB 12:04, 3 Sch Int JB 13:07, 33 Nat 16:59, 2 SES 13:41, 3 Sth 15:08, 2 Hants 14:57, 6 SIC 15:18

High: Schools International. **Low:** National

15 Luke Davies (Brec) (3 U13 2014)

Cardiff winner ran well but not at best in Inter-Counties in first year in age group.

16 IC 17:43, 7 Sch Int JB 13:23, 4 Mil K 15:01, 1 Card 15:31, 2 Wel 15:34, 1 Wel Sch 15:01, 5 Liv 9:52

High: Cardiff. **Low:** National

16 Joseph Pollard (Charn) (2013 U13 12th):

18 IC 17:49, 24 ESIB 18:52, 7 Nat 16:17, 2 Mids 13:31, 11 Card 16:40, 9 Liv 9:56, 1 Leics 15:07

17 Jeremy Dempsey (SB): 17 IC 17:47, 17 Nat 16:37, 26 ESIB 18:55, 5 Sth 15:13, 2 Herts 15:55, 5 SIC 15:13

18 Jack Goddard (WSEH): 14 IC 17:38, 10 Nat 16:29, 114 ESIB 19:52, 8 Sth 15:36, 5 Berks 15:22, 9 SES 20:50

19 Joe Body (Hast): 6 Nat 16:11, 271 IC 20:39, 5 Mil K 15:13, 9 Sth 15:37, 1 Ssx 16:44, 3 SIC 15:07, 6 Liv 9:54

20 Finley Mclear (Exe): 20 IC 17:53, 48 ESIB 19:18, 4 SWIC 14:10, 14 Liv 10:00

Not ranked: National third-placer Harry Boyd, who was outside top 30 in South and Inter-Counties, and Milton Keynes winner Freddie Carcas, who needed more bigger events.

Under-13 boys

THIS AGE group is usually difficult to rank with newer athletes often improving quickly, but this year the form was consistent and Inter-Counties and National form held out in the other events too with Tommy Dawson a clear No.1. None of the athletes ranked last year.

1 Tommy Dawson (Leeds)

He didn't win his county or area race but won two major titles and also in Liverpool.

1 IC 11:48, 1 Nat 11:49, 1 Liv 10:11, 2 Yks 8:31, 2 Mil K 9:01, 3 Card 10:26, 2 Nth 10:40

High: 12 seconds win at National. **Low:** Yorkshire

2 Adam Caulfield (Rugby)

Midland champion won medals in both Inter-Counties and National and was easily the top under-13 in the English Schools.

2 IC 11:56, 3 Nat 12:03, 10 ESJB 12:14, 1 Mids 10:41, 1 Northants 9:34, 1 ESC 11:07, 1 Ang Sch 13:11

High: Inter-Counties. **Low:** None



National and Inter-Counties winner: Tommy Dawson (1583)

3 Hamish Armitt (Giff N)

The Scottish champion dominated most of the Cross Challenge races and defeated Dawson at Cardiff but didn't contest Schools International or Inter-Counties.

1 Sco 11:07, 1 Mil K 9:01, 1 Card 10:20, 1 Edin 12:30, 3 Liv 10:30

High: 3 Cross Challenge wins. **Low:** Needed national events to rank higher.

4 Luke Van Oudtshoorn (AFD)

Another consistent performer with no real lows, highlighted by National silver.

4 IC 12:04, 2 Nat 12:01, 20 ESJB 12:25, 3 Sth 10:22, 1 Surr 10:05, 2 SIC 10:13

High: National. **Low:** South but still won medal.

5 David Dow (C&C)

Inter-Counties bronze medallist also medalled in the Southern Championships.

3 IC 12:01, 30 ESJB 12:34, 6 Nat 12:12, 2 Card 10:24, 2 Sth 10:22, 3 SIC 10:15, 4 Liv 10:32

High: Inter-Counties. **Low:** Southern Inter-Counties but still third.

6 Sam Evans (Warr)

As per the top four, a consistent performer through the season.

6 IC 12:08, 4 Nat 12:04, 3 Nth 10:45, 1 Ches 9:29, 1 DST 15:11

High: marginally National. **Low:** Marginally Inter-Counties

7 Joshua Dickinson (York)

Yorkshire and Northern champion to beat Dawson and, while not quite matching that form in the bigger events, still did well.

7 IC 12:10, 7 Nat 12:14, 22 ESJB 12:27, 1 Nth 10:33, 1 Yorks 8:27, 2 Liv 10:21, 3 Mil K 9:12

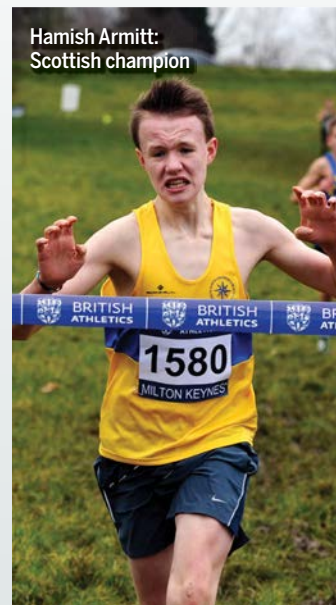
High: Northern title. **Low:** Milton Keynes but still third

8 Harris Mier (HW)

Good run in Inter-Counties and English Schools just about made up for missing National and South.

9 IC 12:11, 26 ESJB 12:32, 4 Card 10:28, 3 ESC 11:14, 2 SWIC 11:01, 2 MS 9:55

High: Inter-Counties. **Low:** Cardiff



Hamish Armitt: Scottish champion

9 George Pool (Hast)

National fifth placer didn't run as well in Inter-Counties but returned to form at English Schools.

5 Nat 12:11, 19 IC 12:17, 29 ESJB 12:34, 1 Ssx 11:50, 9 SIC 10:32

High: National. **Low:** Inter-Counties

10 Adam Saul-Braddock (W&B)

Peaked in Inter-Counties but not so good elsewhere.

8 IC 12:11, 74 ESJB 12:52, 6 Mids 11:04, 4 DST 15:44

High: Inter-Counties. **Low:** English Schools

11 Oscar Millard (Herne)

Southern champion seemed to peak in January and not as good thereafter.

8 Nat 12:22, 41 ESJB 12:40, 25 IC 12:27, 1 Sth 10:19, 2 Surr 10:07, 1 SIC 10:09

High: South. **Low:** English Schools

12 Rowan Fuss (B&B)

Kent champion was consistent, placed well in big events and has another year in the age group.

11 IC 12:13, 10 Nat 12:27, 1 Kent 11:40, 1 LYG 7:33

High: None. **Low:** National (down 38 secs on winner)

13 Harley Norman (E&E)

Needed more big events to back up his top five in the Inter-Counties and another with a year left as an under-13.

5 IC 12:05, 3 Surr 10:08, 4 ESC 11:17, 2 LYG 7:34

High: Inter-Counties. **Low:** English Schools Cup

14 Ben Smith (Chilt)

Top 12 in both the National and Inter-Counties but could have done better elsewhere.

12 IC 12:13, 9 Nat 12:27, 80 ESJB 12:54, 5 Sth 10:25, 1 Bucks 10:41, 12 SIC 10:35

High: National. **Low:** English Schools

15 Peter Guy (B&B)

Only fifth in his county but made the top 10 in Inter-Counties and was steady elsewhere.

10 IC 12:12, 18 Nat 12:39, 7 Sth 10:33, 5 Kent 12:32, 8 SIC 10:30, 3 LYG 7:35

High: Inter-Counties. **Low:** Kent

16 Ethan O'Shea (Charn): 13 IC 12:13, 73 ESJB 12:51, 20 Nat 12:41, 4 Mids 11:01, 4 Mil K 9:19, 4 Leics 12:22, 8 Liv 10:47

17 Alfie Bould (C&N): 14 IC 12:13, 40 ESJB 12:39, 2 Ches 9:56, 2 ESC 11:13, 2 DST 15:16

18 Leo Brewer (Lewes): 15 IC 12:16, 16 Nat 12:34, 6 Sth 10:32, 3 Ssx 12:03, 10 SIC 10:33

19 Rory Howorth (Bath): 17 IC 12:17, 19 ESJB 12:24, 3 SWS nt, 1 SWIC 10:50

20 Bradley McLellan (N&P): 16 IC 12:16, 11 Nat 12:29, 12 ESC 11:41, 6 SWIC 11:21, 1 SWS 8:55

Not ranked: Felix Vaughan, Luca Minale, Ben Preddy and Jaden Kennedy, who were all in the top 15 at the National but didn't quite match that form elsewhere.

Under-17 women

HARRIET KNOWLES-JONES had a few admin problems and suffered an early-season loss but a 49-second National win showed her dominance.

1 Harriet Knowles-Jones (Warr) (3rd 2014)

Visa problems prevented her running in the World Cross and she was disqualified for a missing chip in the Inter-Counties but was still an easy choice for No.1.

1 Nat 18:22, dq IC (U20), 1 Nth 16:27, 5 Edin 15:16, 1 Ches 24:59, 2 Bruss U20 15:10, 10 Liv 15:14 (2U17), 2 Burg 15:25

High: National. **Low:** Liverpool

2 Sabrina Sinha (Camb H) (1st U15, 2014)

Last year's under-15 No.1 won two more major titles and ran well to beat Knowles-Jones in Liverpool but was not at her best in National. 1 IC 20:17, 1 ESIG 12:39, 5 Nat 19:37, 1 Sth 17:08, 1 Kent 20:38, 8 Edin 15:48, 1 SES 12:45, 1 Brus 8:58, 1 Oxf 15:34, 8 Liv 15:10 (1 U17)

High: Inter-Counties. **Low:** Liverpool

3 Niamh Brown (AFD) (3rd U15 2014)

Consistent in all the major events and second place at the Inter-Counties and English Schools gave her a narrow third here.

2 IC 20:29, 4 Nat 19:33, 2 ESIG 12:42, 4 Sch Int 14:15, 3 Sth 17:48, 1 Sur 21:54, 2 SIC 15:37

High: Inter-Counties. **Low:** National

4 Morven Goodrum (WSEH) (7th U15 2014)

A superb second in the National and strong in



Sabrina Sinha: splashed her way to a great season

all the major events, though she trailed Brown in the last three big races.

2 Nat 19:11, 4 IC 20:35, 2 Sth 17:10, 5 ESIG 12:55, 5 Sch Int 14:15, 1 Berks 18:53, 2 SES 19:11, 19 Liv 15:38 (4 U17)

High: National. **Low:** Liverpool

5 YoYo Barnsley (Corn) (unranked 2014, 2013)

National bronze medallist didn't quite match that form elsewhere.

3 Nat 19:22, 9 ESIG 13:07, 1 SWS nt, 3 Card 17:14, 1 SWIC 20:08, 24 Liv 15:55 (6 U17), 1 MS 19:06

High: National. **Low:** English Schools

6 Serena O'Connor (Poole) (unranked 2014, 2013)

Peaked with an Inter-Counties bronze following good National.

3 IC 20:29, 17 ESIG 13:20, 7 Nat 19:45, 8 Sth 18:15, 2 SWS nt

High: Inter-Counties. **Low:** South

7 Kate Waugh Birt) (4th U15, 2013)

Cardiff winner was consistent all season but raised form to take surprise second at Schools International.

9 IC 21:03, 8 Nat 19:47, 1 Card 16:46, 2 Nth 17:12, 4 ESIG 12:53, 2 Sch Int 13:59

High: Schools International. **Low:** South

8 Heidi Davies (Brec) (unranked 2014, 2013)

Welsh and Cardiff runner-up excelled in Inter-Counties.

5 IC 20:45, 4 Ant 19:29, 2 Card 20:47, 2 Wel 17:50, 5 Mil K 18:26, 1 Wel Sch SG 16:02, 34 Liv 16:08

High: Inter-Counties. **Low:** Milton Keynes

9 Cari Hughes (N Wal) (9th U15, 2014)

Top 10 in both Inter-Counties and Schools International.

6 IC 20:51, 8 Sch Int 14:28, 3 Wel 18:10, 1 Wel Sch IG 16:00

High: Inter-Counties. **Low:** Welsh

10 Poppy Tank (Dev) (unranked 2014, 2013)

Did well in her two biggest races.

7 IC 20:54, 4 ESSG 16:08, 2 SWS 15:10, 3 SWIC 20:51

High: English Schools. **Low:** SWIC

11 Georgia Rafferty (Stoke) (unranked 2014, 2013)

Midland champion had no real weaknesses but would have ranked higher with a better run at Birmingham.

8 IC 21:02, 1 Mids 18:01, 1 Staffs 22:28, 1 DST 16:06, 17 Liv 15:33 (3 U17)

High: Midlands. **Low:** Inter-Counties

12 Gillian Black (VPCG) (6th U15 2013)

Celtic winner was also top 10 in the Inter-Counties.

10 IC 21:04, 1 Celt 14:43, 13 Edin 15:55, 27 Liv 15:58

High: Celtic. **Low:** Liverpool

13 Jessica Keene (B&B) (unranked 2014, 2013)

Showed best form in the two big schools events.

11 IC 21:05, 7 ESIG 13:00, 10 Sch Int 14:30, 6 Sth 18:11, 25 Nat 20:58, 5 SES 13:25, 2 Kt 21:14, 3 SIC 16:05

High: English Schools. **Low:** National

14 Daisy D'Santos (AFD) (12th 2014)

English Schools bronze medallist was top-12 in three other championships.

12 IC 21:09, 3 ESSG 16:04, 11 Nat 20:06, 11 Sth 18:24, 7 Hants 20:12

High: English Schools. **Low:** South

15 Katie Astin (Manx) (unranked 2014, 2013)

Solid runs in three big championships.

13 IC 21:14, 9 Nat 19:51, 7 ESSG 16:24, 2 Lincs 22:42, 64 Liv 16:39

High: English Schools. **Low:** Liverpool

16 Niamh Bridson-Hubbard (B&B) (unranked 2014, 2013)

14 IC 21:15, 10 ESSG 16:32, 12 Nat 20:11, 4 Sth 17:55, 2 SES 15:26, 3 Kt 21:18

17 Katherine Shiel-Rankin (Surr) (unranked 2014, 2013): 15 IC 21:19, 8 ESSG 16:24, 35 Nat 21:15, 20 Sth 19:03, 6 SIC 16:21

18 Megan Humphreys (Ox C) (unranked 2014, 2013): 19 IC 21:33, 10 Nat 20:04, 11 ESSG 16:33, 8 Mil K 19:01, 9 Sth 18:20

19 Laura Stark (Kilb) (unranked 2014, 2013): 16 Sch Int 14:52, 1 Sco 17:21, 23 Liv (5 U17) 15:54, 4 Celt 15:03, 16 Edin 16:19

20 Georgia Fear (High) (unranked 2014, 2013): 17 IC 21:27, 22 ESSG 16:56, 16 Nat 20:29, 11 Mil K 20:29, 23 Sth 19:10, 2 Middx 19:39

Not ranked: Three top-15 National placers Georgia Curry, Katy Whiteoak and Charlotte Clover.

Under-15 girls

KATHLEEN FAES was the most dominant of the female runners across all the age groups, winning five major events, including the English Schools and in her first year in the under-15s. It is hard to see anyone challenging her next year. Unusually, it was newcomers to the age group who dominate the rankings.

1 Kathleen Faes (Ton) (5th U13 2014, 8th U13 2013)

Perfect season winning everything on offer in style.

1 IC 17:47, 1 Nat 14:41, 1 ESJG 11:03, 1 Sch Int JG 9:40, 1 Sth 14:01, 1 Kt 14:28, 1 Brus 7:24, 1 SES 11:01

High: Everything. **Low:** None

2 Josie Czura (Hants) (2nd U13 2014, 5th U13 2013)

Three major silver-medals in her first year in this age group and only slightly below par in the National.

2 IC 17:53, 5 Nat 15:40, 2 ESJG 11:21, 3 Sch Int JG 9:52, 2 Sth 14:07, 1 Hants 15:23, 1 SIC 16:01, 1 ESC 11:08

High: Inter-Counties **Low:** National

3 Tilly Simpson (Hallam) (4th U13 2014)

Northern champion won two major bronze medals to match her ranking position. Wasn't at best in English Schools but bounced back with best run at Schools International

3 IC 18:39, 3 Nat 15:10, 6 ESJG 11:46, 2 Sch Int JG 9:47, 1 Nth 15:15, 1 Yks 14:23

High: Schools International. **Low:** English Schools

4 Erin Wallace (Giff N) (unranked 2014, 2013)

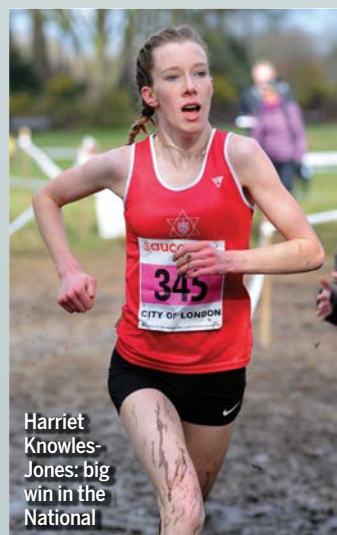
Scottish champion and Liverpool winner had good season but never raced the top three and needed to have run the Inter-Counties to place higher.

3 Sch Int IG 14:11, 1 Scot 14:16, 1 ScoS 17:08, 5 Celt (1 U15) 15:03, 1 Edin 17:09, 1 Liv 10:42

High: Liverpool. **Low:** Not taking part at Inter-Counties

5 Amelia Lancaster (Sheff) (unranked 2014, 2013)

Top five in two national events and strong all season.



Harriet Knowles-Jones: big win in the National



Kathleen Faes: U15 girls' No.1

5 IC 18:48, 4 Nat 15:33, 8 ESIG 13:05, 9 Sch Int IG 14:29, 4 Nth 15:50, 3 Yks 14:54, 12 Liv 11:18
High: National. **Low:** Liverpool

6 Hannah Seager (Charn) (unranked 2014, 2013)

Strong across the board, though failed to win her county event.

9 IC 18:57, 6 Nat 15:44, 3 ESJG 11:39, 8 Sch Int JG 10:23, 5 Mids 15:22, 2 Leics 17:48
High: English Schools. **Low:** Midlands

7 Alexandra Brown (Herne H) (1st U13 2014)

Last year's No.1 under-13 wasn't as impressive as some other first years, though she ran a great National.

2 Nat 15:10, 86 ESJG 12:28, 3 Sth 14:26, 2 ESCF 11:39, 1 LYG 7:35

High: National. **Low:** English Schools

8 Holly Page (Dart) (unranked 2014, 2013)

English Schools bronze medallist had good all-round season.

4 IC 18:46, 12 Nat 16:05, 3 ESIG 12:50, 12 Sch Int IG 14:40, 4 Sth 14:29, 2 Kt 14:36, 2 SIC 16:29, 3 LYG 7:44

High: English Schools. **Low:** National

9 Claudia Lance-Jones (G&G) (unranked 2014, 2013)

Top-eight in four big events and one place lower in rankings.

7 Nat 15:46, 4 ESJG 11:43, 5 Sch Int JG 10:05, 5 Sth 14:41, 2 Sy 15:47, 7 SIC 17:07, 4 Liv 11:02

High: English Schools. **Low:** Southern Inter-Counties

10 Chloe Sharp (Dart) (unranked 2014, 2013)

Third Kent athlete in top 10, her season was highlighted by Inter-Counties run.

7 IC 18:51, 10 ESIG 13:07, 10 Sth 14:57, 3 Kt 14:46, 14 SIC 17:22

High: Inter-Counties. **Low:** Southern Inter-Counties

11 Maddie Deadman (B&MH) (unranked 2014, 2013)

15 IC 19:19, 11 ESIG 13:11, 7 Sth 14:51, 6 SES 13:29, 3 SIC 16:33

High: English Schools **Low:** Inter-Counties

12 Yasmin Austridge (B&B) (unranked 2014, 2013)

12 IC 19:14, 13 ESIG 13:14, 8 Nat 15:48, 11 Sth 15:00, 8 SES 13:39, 4 Kt 15:25, 10 SIC 17:13, 9 LYG 8:03

Consistent in her four big championship events.
High: National. **Low:** South

13 Sian Temple (N&P) (unranked 2014, 2013)

Another consistent performer and 11th in both the majors.

11 IC 19:08, 15 ESIG 13:18, 11 Nat 16:04, 5 SWS nt, 2 Card 11:18, 1 SWIC 15:17

High: Inter-Counties **Low:** English Schools

14 Almi Nerurkar (B'ton P) (7th U13 2014)

Daughter of former international Richard peaked in Inter-Counties.

8 IC 18:56, 28 ESJG 12:06, 6 Sth 14:46, 3 SES 11:32, 1 Sx 15:03, 9 SIC 17:12

High: Inter-Counties. **Low:** English Schools

15 Elsa Palmer (DMV) (unranked 2014, 2013)

Just about made top 15 by virtue of National performance.

10 Nat 15:56, 22 IC 19:24, 32 ESJG 12:08, 12 Sth 15:01, 2 SES 11:30, 1 Surr 15:32, 4 SIC 16:39

High: National. **Low:** English Schools

16 Eugenie Cockle (AFD) (unranked 2014, 2013)

24 ESIG 13:30, 13 Nat 16:08, 9 Sth 14:54, 3 Surr 15:58, 5 SIC 16:49

17 Khahisa Mhlanga (Chelm) (unranked 2014, 2013): 6 IC 18:49, 14 Nat 18:49, 26 ESIG 13:35, 1 Esx 16:40

18 Sophie Morton (Chilt) (unranked 2014, 2013)

16 IC 19:20, 10 ESJG 11:54, 21 Nat 16:24, 9 Mil K 13:53, 13 Sth 15:01, 1 Herts 18:05, 27 SIC 17:48

19 Jasmine Cooper (Derb) (unranked 2014, 2013)

17 Nat 16:15, 30 IC 19:37, 15 ESJG 11:57, 10 Mil K 13:54, 1 Card 11:09, 3 Liv 10:58, 1 Der 12:00

20 Lucy Olsen (Herne H) (unranked 2014, 2013)

10 IC 18:59, 36 ESJG 12:12, 22 Nat 16:27, 5 Surr 16:09, 5 LYG 7:55

Not ranked: Izzy Fry and Rachel Broome made top 15 in the Inter-Counties but didn't do enough elsewhere, nor did National ninth-placer Kirsty Walker.

Under-13 girls

OLIVIA MASON was superb, winning three major championships. Barring one hiccup in Liverpool, she was unchallenged to rank top. The rest of the rankings were far easier than normal in this age group. None of the 20 were ranked last year.

1 Olivia Mason (Bord)

Won all her major age-group races and also gave a good account against the leading under-15s in the schools events. Revenged her Liverpool loss at Birmingham.

1 IC 12:25, 1 Nat 12:25, 5 ESJG 11:43, 7 Sch Int 10:09, 1 Nth 11:02, 2 Liv 11:09, 1 Cumb 12:46, 1 NEIS 10:42

High: National (19-second win). **Low:** Liverpool

2 Agnes McGighe (Strat)

Swiss-based runner was lightly raced in UK but was superb second in both the big races.

2 IC 12:29, 2 Nat 12:44, 1 Warks 11:22

High: Inter-Counties (4 seconds down). **Low:** Marginally National (19 seconds down)

3 Emma Frew (Ayr S)

Scottish champion excelled south of the border at Liverpool and Milton Keynes and lost only at Birmingham.

3 IC 13:00, 1 Sco 11:26, 1 Mil K 9:46, 1 Edin 12:41, 1 Liv 10:56, 1 Sco WD 11:27

High: Liverpool. **Low:** Inter-Counties

4 Amelia Wills (Brack)

Southern runner-up justified a top-five ranking in four big events.

5 IC 13:02, 3 Nat 12:53, 9 ESJG (3 U13) 11:54, 2 Sth 11:17, 6 SES 11:56, 2 Hants 13:34

High: National. **Low:** South East Schools

5 Tia Wilson (Bed)

Raced sparingly with three major events and three Chiltern leagues but did enough in the



Olivia Mason: dominant in U13 girls

National and to make international team.

5 Nat 12:59, 8 ESJG 11:53 (2 U13), 11 Sch Int 10:32

High: National. **Low:** Schools International

6 Laura Aryeetey (Charn)

Midland champion also did well in the three big national events.

9 IC 13:16, 7 Nat 13:06, 13 ESJG 11:55, 1 Mids 11:49, 3 Leics 14:00

High: National. **Low:** Leicestershire Champs

7 Ellie Hobbs (West)

Midland runner-up had consistent runs throughout the season.

6 Nat 13:03, 14 ESJG 11:56, 2 Mids 11:50, 1 MS 11:00, 1 Avon 10:19

High: National. **Low:** English Schools

8 Dominique Corradi (Sutt)

Inter-Counties run was well above her other race performances.

4 IC 13:01, 17 ESJG 11:59, 3 Sth 11:21, 5 SES 11:37, 1 Surr 10:57, 3 SIC 11:02, 3 LYG 8:09

High: Inter-Counties. **Low:** South East schools

9 Ella McNiven (Liv)

Northern runner-up disappointed at Inter-Counties but did enough to make the top 10.

23 IC 13:32, 11 ESJG 11:54, 2 Nth 11:29, 1 Mers 11:58, 4 Liv 11:20

High: English Schools. **Low:** Inter-Counties

10 Olivia McDonald (G&G)

Great National run was offset by poor Inter-Counties.

4 Nat 12:58, 41 IC 13:44, 6 Sth 11:25, 2 Sur 10:59, 8 SIC 11:18, 3 DST 13:06

High: National. **Low:** Inter-Counties

11 Charlotte Buckley (TVH)

Won some minor events pre-Christmas and had a great Inter-Counties but was less impressive in the other two major races.

6 IC 13:04, 20 ESJG 12:02, 26 Nat 12:02, 4 Midx 14:08, 1 SIC 10:55, 1 LYG 7:55

High: Inter-Counties. **Low:** National

12 Madeline Johnson (Dorch)

Needed more runs at her Inter-Counties level to

rank higher.

8 IC 13:14, 35 ESJG 12:10, 2 SWIC 12:17, 3 SWS 11:49

High: Inter-Counties. **Low:** English Schools

13 Beth Williams (Than)

Ranked entirely on her Inter-Counties result.

7 IC 13:11, 47 ESJG 12:18, 3 SES 12:13, 12 Kt 12:59, 19 SIC 11:34

High: Inter-Counties. **Low:** Kent

14 Lulu King (Herne H)

Top 15 in two majors but a little down elsewhere.

10 IC 13:16, 15 Nat 13:23, 5 Sth 11:25, 4 Sur 11:22, 4 LYG 8:10

High: Inter-Counties. **Low:** Surrey

15 Laura Crawford (Sale)

Another whose Inter-Counties run got her ranked as high.

11 IC 13:17, 1 Ches 10:38, 7 ESC 9:42, 1 DST 8:12

High: Inter-Counties. **Low:** English Schools Cup

16 Femke Rosergen (Norf)

9 Nat 13:10, 15 IC 13:21, 1 Ang Sch 8:40, 7 Sth 11:27, 1 Norf 9:31

17 Stephanie Driscoll (Kend)

11 Nat 13:13, 31 ESJG 12:08, 10 Nth 11:57, 2 Cumb 13:37

18 Harmony Cooper (Hast)

13 IC 13:20, 12 Nat 13:14, 234 ESJG 13:18, 11 Sth 11:30, 1 Sx 12:30, 4 SIC 11:05

19 Kirsten Stilwell (Wyc)

16 Nat 13:26, 1 Sth 11:14, 1 Bucks 11:34

20 April Hill (Ips)

12 IC 13:18, 20 Nat 13:29, 2 Ang Sch 8:42, 1 Suff 12:21, 9 SIC 11:23

Not ranked: Cardiff winner Elenud King and National top eight finisher Alice Stiles, who didn't match that form elsewhere.

● **SENIOR and junior cross country rankings for men and women will appear in *Athletics Weekly* in the coming weeks**

We have ignored local leagues and the rankings are primarily based on National and Inter-Counties performances with lesser focus on English Schools as they use different age groups.

Key

Major events

IC = Inter-Counties

Nat = English National

ES = English Schools (+SB, IB, JB etc)

Sch Int = Schools International

Other events

Ang Sch = Anglian Schools

Card = Cardiff Cross Challenge

DST = Dave Sunderland Trophy

Liv = Liverpool Cross Challenge

LYG = London Youth Games

Mids = Midlands

Mil K = Milton Keynes Cross Challenge

Nth = North

Sco = Scottish Champs

Sth = South

SIC = Southern Inter-Counties

SES = South East Schools

Wal = Welsh Champs

Wel Sch = Welsh Schools

Wel IR = Welsh Inter Regional

Lets keep age groups the same

CLUB COACHES
**DAVE PAVER, MIKE
BATEMAN AND
DENNIS JOHNSON**
SEE NO ADVANTAGE
IN CHANGING YOUNG
ATHLETE AGE GROUPS

Picture: Mark Shearman

UKA HAS proposed changes to age group rules which we believe will have disastrous consequences for athletics and young athletes in particular. They would apply to all disciplines and can be found on their website under the competition/rules section.

There are two main proposals:

- Replace U20/U17/U15/U13 age groups with U20/U18/U16/U14 (note: no U13 or U12).
- Replace August 31 date with December 31 in year of competition, as the age group change date.

It is not proposed that the present schools age groups will change, but whether they do or

There is a groundswell of opinion that is keen to squash plans to bring British age groups in line with the international ones



not, there will be a hugely negative impact on both schools' and club athletics.

Why do we believe this is bad? The only advantage will be that this

falls in line with the IAAF and will make selection for World and European Youth (U18) Championships easier, especially for hurdles and throwing events. The disadvantages are many and serious and they include:

- The cross country season will be split in two, with athletes changing age groups halfway through the season – not a prospect which club team managers will relish. The UKA proposal to divide the season is impractical and in our view shows no understanding of cross country at grassroots. Athletes not aiming for cross country championships would have virtually no competition in the second half of the season.
- A smaller U20 age group will further reduce an already small age group, especially in cross country.
- 33% of the current U13 age group will not be catered for. This is a very popular cohort.
- Schools and club athletics will be out of synch.
- Some children sitting in the same class will be in different age groups.

● Some athletes will be competing against those two school years above them (see the example, in the table). This will be a huge psychological disadvantage to them.

● Confusion will reign in schools events with qualification marks achieved in club competition in different age groups and different throwing and hurdles specifications.

● Some athletes within the same UKA age group will be competing at different events in club and school competition. (For example with hurdle specs/throwing implements/ distances such as 300m/400m).

● These athletes will only have one or two opportunities to qualify for ESAA/WSAA Championships in these events – possibly only their county schools championships.

● Selecting county schools teams from different age groups will be confusing.

● Coaches will have difficulty preparing athletes for these different events, especially in hurdles.

How the age group rule proposals would work in practice in 2016

Date of birth of athlete	School year	Age during 2016	Proposed age group 2016
Jan 1-Aug 31 1997	Y14	19	U20
Sept 1-Dec 31 1997	Y13	19	U20
Jan 1-Aug 31 1998	Y13	18	U20
Sept 1-Dec 31 1998	Y12	18	U20
Jan 1-Aug 31 1999	Y12	17	U18
Sept 1-Dec 31 1999	Y11	17	U18
Jan 1-Aug 31 2000	Y11	16	U18
Sept 1-Dec 31 2000	Y10	16	U18
Jan 1-Aug 31 2001	Y10	15	U16
Sept 1-Dec 31 2001	Y9	15	U16
Jan 1-Aug 31 2002	Y9	14	U16
Sept 1-Dec 31 2002	Y8	14	U16
Jan 1-Aug 31 2003	Y8	13	U14
Sept 1-Dec 31 2003	Y7	13	U14
Jan 1-Aug 31 2004	Y7	12	U14
Sept 1-Dec 31 2004	Y6	12	U14

Note: U13s (under current rules) born 1 January to 31 August 2005 (Y6) would be excluded.

Currently: U13 are Y6 & Y7; U15 are Y8 & Y9; U17 are Y10 & 11; and U20 are Y12 & Y13 plus those born 1 Sept to 31 August who are U20 in the year of competition. Under the proposals, those born September to December in the lower year of the age group would be greatly discouraged by competing against athletes two years above them in school.

"The whole of track and field and cross country will change. A very small tail is trying to wag a very big dog"

● Schools will be under pressure to change to the new age groups, which would cause problems for organising teams across different parts of year groups.

The sport gains very little for all these disadvantages. It facilitates selection for U18 international competition, but on average there is only one such championship per year and UKA already mitigates this problem by holding a number of specific U18 competitions.

For these few cases, the whole of track and field and cross country will change. A very small tail is trying to wag a very big dog.

Three previous attempts by governing bodies to change age groups were overturned by an overwhelming majority of grassroots opposition (at an EGM and 85% in one referendum). UKA is promoting these changes, so only a similar scale of opposition will prevent them.

We are confident the majority in the sport will be against these proposals and ask you use the chance to oppose them by completing the consultation at britishathletics.org.uk/media/news/2015-news-page/march-2015/10-03-15-rules-change-consultation/

● **Compiled by Dave Paver (L2 Coach; L2 Official; Yorks & Humberside regional council; Mini London Marathon team manager; secretary and champs secretary N. Yorks Schools; ESAA committee), Mike Bateman (L2 Endurance Coach; Sec Morpeth H&AC; NE Counties committee/cross country selector/chair, road running) and Dennis Johnson (Level 4 Coach; chair and team manager Beds & Luton Schools AA; Vice President Beds AA)**

No benefit in new proposals

TIM EGLEN SAYS CLUBS NEED TO WORK IN SYNCHRONY WITH SCHOOLS

I AM among those who disagree strongly with the proposed age group changes and I believe the starting point for significant change needs to be benefit.

Alignment with other countries is not an end in itself. The only practical benefit seems to be to assist selection for a tiny number of international competitions. On the other hand there will be considerable disruption and negative effects.

Key areas of concern include:

● Any age group changes will obviously cause significant logistical issues. They will also directly affect young athletes. I was a young athlete when the age groups were last changed. One of the impacts was that we lost many athletes in the first year as people found themselves competing in successive seasons at the bottom of different age groups rather than moving to the top of their age group. The current proposal will mean for example that many U17s from this winter will only have one championship year as a junior before becoming seniors.

● Changing age groups in January halfway through the winter season will cause huge problems. Imagine suggesting to track and field athletes that age groups would change every June. There would be uproar. What's more the suggestion that all the winter championship races can be squeezed into the period after Christmas is impractical once you include the road and XC relays. There are already far too many major races for youngsters post-Christmas anyway.

● Club athletics needs to work in unison with school athletics. Having competitions completely out of kilter with one another will



Is there much to gain by moving into line with IAAF rules?

make this considerably more difficult. What's more, children and parents think in school years for education and sport. Calendar years will be alien to them and just cause confusion

● After Christmas, the international U20 age group is 16 months younger than the age group used for domestic XC championships. Losing this domestic age group would mean some athletes becoming seniors two seasons earlier. This will particularly hit male distance runners who mature later than most athletes and is starkly shown in the National and Inter-Counties Cross Country results. In the National Junior race, six of the top ten were from the affected years. The Inter-Counties uses the international U20 age group, so affected athletes had to run as seniors. Only five of them made the top 100. Losing the domestic age group will just add to the numbers we already lose in their late teens and early 20s.

● A key point of entry to the sport is at the start of Year 7 when children go to senior school. Currently they are bottom year U13s for cross country.

The new age groups will mean most of them will be unable to compete until after Christmas.

Undoubtedly other winter sports will take advantage

● Tracking progress across age groups will be lost as a generation of athletes will have no benchmarks from past performances. Setting targets for the sport is a key element for encouraging and monitoring improvement

Alignment with other countries is not an end in itself. It only affects international competition. We already align at U20 in the summer and for cross country trial races. The youngest international age group is U18, so all the changes will achieve is to make it a bit easier to select a very small number of athletes for the very small number of international U18 competitions.

There is thus no clear benefit for change to counter the numerous downsides. Even the question and answer document on the British Athletics website only tries to play down the downsides, while not providing a single positive reason for change.

The main impact will be on club athletics and the development of young athletes with only a tiny benefit at the elite end of the sport for one age group.

● **Tim Eglen is cross country and road team manager for AFD**

Your Say

Write to: **Athletics Weekly, PO Box 614, Farnham, Surrey GU9 1GR**, Email: jason.henderson@athleticsweekly.com or tweet us **@athleticsweekly** (Please supply address and phone number)

World Cross verdict

THE BBC coverage of the World Cross Country Championships was excellent. Similar to the coverage of the Euro Cross in December we were shown every race in full with knowledgeable commentary and none of the superfluous chat that we usually get with track meeting broadcasts.

In addition to the Red Button transmission at 4am UK time, there were repeat showings during Saturday day-time for viewers who did not want to get up during the night. Also, highlights were shown by BBC2 during Saturday afternoon.

It's a pity British Athletics seem to have been very restrictive in its selection policy and a shame that several of our athletes appear not to have wanted to compete in this very important event.

However, congratulations to the athletes who travelled to China and to BBC for its coverage.

Gerald Davis, Woking

Spanish sour grapes

IT SEEMS to me a case of sour grapes on the part of Spaniard Fabian Roncero to consider himself still the holder of the European half-marathon record, even after Mo Farah broke it last month.

He argued that, unlike himself, Farah was born outside Europe, and could therefore not claim a European record. He said: "What was broken in Lisbon was the Somali record."

What nonsense! Surely in order to claim a European record, the requirement is that the athlete has to have full citizenship – and a passport – of the European country which he/she represents on the day of the performance.

We are all too familiar with the case of athletes, especially from

African countries, choosing to relocate to European and other countries, whether in order to access better coaching, boost their earnings, qualify more easily for major Games, or for other, non-athletics related reasons.

This phenomenon does not change the fact that, whatever we think of it, and subject to the above-stated citizenship rule, it is perfectly legitimate for a "new" European to claim a European record.

We in the constituent countries of the UK have always kept three lists of athletics records: native, national and all-comers.

Señor Roncero might suggest to the IAAF a similar system – of European native, continental and all-comers' records. I doubt if he will get much support for the first of these; and as for the third: forget it!

Sandy Cameron, Edinburgh

Farah fan speaks out

AMONG numerous other criticisms of Mo Farah in recent months, *AW* have repeatedly drawn attention to the fact Mo does not run cross country, implying that he does not support grassroots athletics. A letter was also published saying Mo should have demonstrated a commitment to grassroots by running a parkrun post 2012.

It's worth pointing out in this context that in addition to their work in Somalia, the Mo Farah Foundation support grassroots sports in the UK.

The MFF Academy has given scholarships to 11 students at Brunel and St Mary's and 'Motivate Hounslow' aims to engage 3000 young people aged 14 to 25 in a variety of sports within the Hounslow borough.

Also, for what it's worth, he did

LETTER OF THE WEEK

Experiences of a former road race organiser

WELL done Frank Reddington for recognising the importance of caring for his marshalls and other officials at the Spen 20. It is a two-lap course so it should be feasible to set a cut-off time to be achieved before starting the second lap.

When I took over organising the Longwood Ten in the early 1980s I set a cut-off time of 1hr 40min after which all officials were withdrawn. I only received one complaint (unfortunately my wife ripped it up and threw away) before I saw it.

Since developing AF due to a leaky heart valve, I now find myself running parkruns at outside the 10 minute/mile pace I set at Longwood but I would still

support any race organiser who wants to protect his helpers by expecting a minimum standard from anyone who participates in an event that depends on volunteer help.

Last year only 16 people (of 257) finished in more than 3hr 30min with a gap of 14 minutes between the third and second to last runner and then a massive 57-minute gap to the last runner!

I am sure Frank had to promise his officials that there would be no repeat of such inconsiderate selfish behaviour from the tail runner.

Ewen Rennie, ex-Longwood Harriers, Huddersfield, and now Cosmic Hillbashers, Aberdeen

EVERY WEEK, THE STAR LETTER WILL WIN AN *AW* BOOKAZINE

actually jog round the Bushy parkrun with Tania in August or September 2012.

John Greig, via email

Spen 20 fall-out

I WAS disappointed by the Editor's comments on the Spen 20. Only Netty Edwards and the race organiser know exactly what was said but they have very different versions of the conversation between them. You have accepted the version of the attention-seeking Ms Edwards as fact rather than that of a well-respected servant of athletics which seems a strange stance to take.

This unhappy affair has been a trial by social media where it has been far too easy for outrage to be whipped up and for people to descent into personal abuse in a way they would never do in real life. Yes – with hindsight the club should have made its policy clear about withdrawing slow runners after one lap – that's obviously a lesson learnt for Spenborough and for other clubs organising races.

I am not a member of Spenborough AC but I have trained

alongside them on a few occasions.

They are a friendly and welcoming club and do not deserve the bad press that has been thrown at them.

As to whether Ms Edwards should consider more carefully which type of events she wishes to participate in, I will leave that for her to ponder.

Certainly if my pace for a flat half-marathon averaged 15 minutes per mile, I would think long and hard about entering a hilly 20-mile race, organised by a club with volunteer race organiser and marshals.

I wouldn't want hypothermic race marshals on my conscience!

Nichola McNally, via email

While I showed some sympathy to Netty Edwards in the editorial leader, I didn't feel I came down strongly on her side and, elsewhere in that issue, we printed a fairly long statement from the Spen 20 organiser. As for Netty's 'attention-seeking' tendencies, it's worth pointing out she did not reply to our requests for an interview – Editor

Ben's big strides forward

BEN GREENWOOD BROKE THE UK U17 INDOOR 800M RECORD RECENTLY, WRITES **EMILY MOSS**

BEN GREENWOOD has started 2015 in flying form, winning the England Athletics under-17 indoor 800m title in a UK age group record of 1:51.62, a time that is two-and-a-half seconds quicker than his best prior to 2015. Add to that an improvement of 10 seconds to clock 3:55.5 over 1500m and it is clear the 16-year-old is in the form of his life approaching the outdoor season.

Having won England Athletics under-15 indoor and outdoor titles two years ago, together with numerous Scottish titles, the Perth Strathtay athlete is no stranger to success, but this year has seen the talented teenager win all his 800m races including England Athletics under-17, Scottish under-17 and Scottish Schools' titles, together with victory in the Scottish under-17 1500m. "I've become a lot more confident in races. I struggled with a lot of lactic acid during races in 2014 so I was almost afraid of getting into that zone early and suffering because of it. I'm also feeling a lot happier overall and confident in what



Ben Greenwood: under-15 boys' winner at the Great Edinburgh Cross Country last year

I can achieve," explains Ben, speaking of his improvement.

Having run within one second of his PB from last year with his 1:54.70 in the Scottish under-17 Championships, Ben was always targeting the UK record in the England Athletics Championships, but he admits that he surprised even himself

with the manner in which he achieved it. "I've always believed I can run fast and I'm super competitive, which drives me towards wanting to be the best.

"I had planned to go for the record in Sheffield, but I thought I could scrape the record if all went perfectly. I think my reaction in the Vinco Sport video showed just how shocked I was. To run that time indoors was incredible and a major shock," reveals Ben.

Reflecting on the race, he adds: "I knew I had a strong finish so I decided to try and make the race even with a big last lap. I came through 600m bang on and gave it absolutely everything on the last lap."

Riding high after his success, the ambitious youngster is aiming high for the outdoor season. "My goals for 2015 are to qualify for the World Youth Championships and

Athletics Weekly is a proud supporter of the Ron Pickering Memorial Fund

THE charity, which was formed in 1991, supports many of Britain's most talented athletes aged 15-23 with financial grants totalling tens of thousands of pounds every year.



Such is its impact, 51 British Olympians at London 2012 were helped during the early part of their career by the Fund.

rpmf.org.uk

the Commonwealth Youth Championships. I want to test myself against the best in the world and see just how fast I can go," explains Ben.

Coached by Catriona Tavendale, Ben trains five times a week in Perth, including a gym session and long run. Ben is quick to credit his initial introduction into the sport for motivating him to continue training.

He feels winning both the Perth and Kinross schools' cross country and the Scottish primary schools' cross country in 2009 were important in making him realise the potential for what he could achieve.

He also praises his present training partner Sol Sweeney for making him work hard on the grass in the winter months, but he always looks forward to training in the summer. "My favourite sessions are the summer track ones because I love running fast," he reveals.

Running is clearly a family affair for the Greenwoods, as Ben's sister Ashleigh also enjoys athletics and the whole family runs to keep fit.

FACTFILE: BEN GREENWOOD

Born	September 24, 1998	Club	Perth Strathtay
Coach	Catriona Tavendale		
PBs	400m: 51.68/51.4; 800m: 1:51.62i (UK under-17 indoor record); 1500m: 3:55.5		
Achievements			
2015	England U17 indoor 800m 1st; Scottish U17 indoor 800m 1st; Scottish Schools 800m 1st; UK indoor 800m record		
2014	School Games 800m 3rd; Scottish U17 800m 1st; Scottish U18 indoor 800m 1st		
2013	England Athletics under-15 indoor 800m and outdoor 1500m 1st; Scottish under-16 indoor 800m 1st;		
2012	Scottish Schools 800m and 1500m 1st		

AW

Fast results

IF YOU want to see all the stats from a training run that leaves nothing to chance, then have a look at our running gadgets on pages 56-58. Whether it's training zones, GPS, heart-rate, distance, speed, stopwatch features, rate of ascent, calories, steps – to name but a few – we have a watch

or monitor for you. So if a running computer is something that you would like that tells you everything you want

to know and maybe some things that you'd rather not see, we have some of the best available. If music is your thing on the run, we have some of the best headsets too.

Look out also for our Club Night feature as we visit Cardiff AAC and take a unique look at endurance repetitions, which may seem odd ... you'll have to read it first to see what I mean!

Finally, with the marathon season about to start, we have a look at the training of one of Britain's best runners, Paul Evans. Enjoy!

David Lowes, Coaching editor

PERFORMANCE GUIDE

- 56** Running tech – latest running gadgets
- 59** Club night – Cardiff AAC
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- 62** Paul Evans – marathon training



Running tech

IF RUNNING GADGETS ARE YOUR THING, THEN LOOK NO FURTHER THAN OUR GUIDE TO THE LATEST DEVICES DESIGNED TO AID YOUR TRAINING

Adidas micoach fit smart

ALTHOUGH this watch offers distance and pace measurements via its built-in sensors, its main selling point is its heart rate measuring facility and easy-to-see display. The sensors placed on the rear of the watch measure heart rate via the wrist (so keep the watch snugly fastened for best results) and the display indicates if you are in the desired training zone. For athletes that train primarily to these zones, it's a quick and easy interface to understand.

The watch will link to your smart phone and, when used in this mode, distance and routes are recorded via

the phone in much more detail. The design is very simple and the soft and broad wristband means that it remains comfortable even when snugly fastened. While the watch continuously monitors heart rate and displays this at the touch of a button, the watch only records when asked to do so – unlike other activity-trackers, for example to record a training run. The sensors are in the watch, so perhaps a future software update may enable these to track activity throughout the day, but for now, it's purely for training sessions.



Cost: £145



Aftershokz Bluez2

FIRST this brand brought us their unique "bone conductor" headphones, which essentially send sound vibrations into the ear via the cheekbones.

The latest Aftershokz unit uses Bluetooth technology to free you from the restraints of wires to your phone or music player in your pocket. Subsequently, linking the headphones to your phone is really easy and they are ready to go in about one minute.

The lightweight band sits around the back of your head and loops around your ear – it's a very comfortable experience and after a couple of minutes you tend to forget you have them on at all. Sound quality is amazing and equal to that of traditional headphones, but with one unique advantage – you are still fully aware of the world around you.

Being linked via Bluetooth also means you are able to take telephone calls while wearing them and our test callers said the microphone sounded crystal clear. The headphones are rechargeable via a USB cable with battery life of around six hours. For those that workout to music, these are a great and safe way to do so.

Cost: £89.95

Monster iSport Bluetooth Wireless In-Ear Headphones

FOR a super sound and a great-fitting design, these headphones are the perfect solution. They fit "inside" the ear, with a "hook" to hold them gently and securely in place. Once in place, our testers quickly forgot that they were actually wearing them.

The Bluetooth link works well and also allows you to take telephone calls via the headset. Volume can be easily adjusted via a switch on the short cable attached. The headphones are rechargeable via a USB cable and we found battery life to be around five to six hours while listening to music and taking telephone calls. The sweat-proof design also means they can be wiped clean to keep them looking and smelling fresh.

Cost:

£79.95



Epson Runsense 810

WHAT makes the Epson stand out from many GPS watch units is its ability to record heart rate without the need for a chest band to be worn. The watch does this by means of sensors built into the underside of the watch case that take their measurements from your wrist.

These measurements were just as accurate as the other heart-rate monitors we've tried here, the only point of note being that, like other devices measuring from the wrist, we found the watch has to be worn a little more snugly to achieve the best performance. Other features of the unit are as plentiful as you'd expect in this price bracket, including GPS and a multitude of stopwatch and laps features.

The watch design was popular with our testers and, while it has a chunky look, it's actually one of



the smaller watches of this type and even those with smaller wrists were happy with the sizing. The smart phone app works well once it is synchronised, the initial set-up proving a little trickier and not as intuitive as many other brands. That said, once up and running, the information is very easy to understand and it has a good graphical look to it. It's not perhaps

a watch for beginners, but at the price and with the features it has it will probably appeal to the more experienced users of such devices and be of particular interest to those wishing to monitor heart rate without a strap.

Cost: £299.99

Garmin Fenix3

JUST when you thought there was nothing else you could possibly need from a watch, one comes along and you wonder how you ever got on without it! The latest version of Garmin's popular "adventure athlete" watch is back in its third version, now incorporating the features of several of their other models.

It's what must surely be the most complete sports watch we've ever seen. Taking all the best bits from their Forerunner range as well as triathlon-specific models, we now have a watch that measures a massive range of sporting statistics as well as tracking movement throughout the day and also mapping functionality.

The appearance of the watch will appeal to those that would like to wear one watch throughout the day. Its regular, round watch shape was considered very smart-looking by our testers and there is the ability to customise the watch face display (via the Garmin Connect website) to that of the usual "hands and numbers".



As a running watch, when combined with the brand's run-specific heart rate monitor strap, the list of functions are astounding. The ability to measure stride length, vertical oscillation, ground contact time and of course heart rate, are all recorded and when synchronised wirelessly with your computer at home (or via your phone while you run), the data is displayed in several easy-to-read graphs.

Time functions allow the recording of laps automatically and there are pace functions and indicators should you want to train at a certain speed, pace, heart rate or distance.

For off-road runners a dedicated training profile will automatically switch the

screen to record your rate of ascent. Meanwhile, useful for ultra-distance athletes is the ability to store up to 50 hours of continuous data.

Other sports are catered for too, with swimmers getting stroke analysis and cyclists the ability to link to cadence and power meters.

The watch records your route as you move and, if you stray too far from the beaten track, it has the ability to point you back home via a built-in compass!

Space restrictions prevent us from going into more detail about every function, but needless to say, the watch should keep even the most tech-hungry athlete busy.

Cost: from £369.99

Garmin Vivofit2

WE'VE tried several activity-trackers in the last year or so and here things seem to have moved up a notch. In the past, one of the downsides to what seems such a simple device was the need for recharging or replacing batteries. The Vivofit2 will last around 12 months on a single battery and that's with constant monitoring of movement and sleep patterns as well as being always on display.

The device monitors the wearer's movement throughout the day and acts as a great motivator for those with fitness goals. An audible and visual alert can act as a reminder should it monitor long periods of inactivity, except at night, where it will record the quality of your sleep. A built-in stopwatch is useful for specific training activities and there's the ability to link it to a heart rate strap for even more measurements. Everything syncs easily with Garmin's smart phone app or website to provide an easy-to-use graphical representation of your activity.

Ultimately, it's a great activity monitor perfect for those new to exercise, with the feedback provided acting as a great motivational tool.

Cost: £99.99



Polar M400

THE long-time leaders in heart rate monitors now have a training computer that is perfect for the athlete that is active throughout the day. With a built-in activity monitor, this watch tracks daily activity, calories, steps and sleep as well as offering guidance on how to reach your personal goals. The watch serves as a great motivational tool for new athletes and those wanting to get fit, but also packs in enough useful features for experienced athletes too. Integrated GPS accurately measures speed and distance, while the heart rate functions are

excellent, as we have to come to expect from Polar.

The watch is easy to recharge and battery life is good, a single charge giving enough power to use the GPS on five days of training runs as well as monitoring daily activity. The display is clear to see and with various display options you can find one that best suits your needs for each session.

Our testers particularly liked the slim-fitting design of this model, finding it very comfortable with its sleek appearance. As with all current hi-tech watches there is of course an accompanying app for your smart phone and here we

have the Polar Flow version. The watch synchronises easily via Bluetooth and the app is easy to use with good visual graphics. All your recorded data can be examined in more depth on the website service, which also allows the sharing of your data with a coach or fellow athletes. Overall, it is an easy-to-use, feature-packed watch at a very competitive price for the advanced features that it offers.

Cost: £134.50 (£169.50 with heart rate strap)



Suunto Ambit3 Run

WHILE we haven't had an opportunity to try this watch yet, the recently released Ambit3 promises some great features in a neat and stylish design. Designed to be used in conjunction with Suunto's smartphone app, the wearer can plan a route or workout before leaving the house and transfer this to the watch. Built-in navigation and indicators keep the athlete on track. Bluetooth linking of the watch to your phone also means the watch will display notifications as you train, such as letting you know who is calling. We believe the brand is working on many more functions for release throughout the year, which will add more useful features to the watch. We'll hopefully report back in the autumn when we've had a chance to try it in more detail.

Cost: from £200



Miiego AL5 Perform Wireless Headphones

WITH a small inner-ear design and a loop over the ear to hold them in place, our testers found these to have a superb sound and be extremely comfortable. Easy to 'fit', you simply loop the headphones over your ear – they come supplied with three different sizes of in-ear buds to ensure that personalised fit. We found them very easy to link to our music devices via Bluetooth and the battery life was around five hours. The controls are located on the loop section of the headphone and are simple to find and use. A nice feature was the ability to adjust the length of cord holding the two sections together ensuring a neat fit. It's easy to take calls from your telephone while wearing the headphones and our testers found the reception and microphone to be very clear. For those wanting the fit of a small inner-ear style but the security of headphones being held in place, these make a great choice.

Cost: £69.95



WEBSITES

- adidas.co.uk
- aftershokz.co.uk
- epson.co.uk
- garmin.com
- miiego.com/en
- polar.com
- shopmonsterproducts.co.uk
- suunto.com

THIS WEEK CLUB NIGHT VENTURES INTO WALES FOR THE FIRST TIME WITH A VISIT TO THE CAPITAL CITY OF CARDIFF

History

THE club traces its origins back to 1882 when it became the first athletics club in Wales. Going under the name of Roath (Cardiff) Harriers, its headquarters were at the Royal Oak public house. Roath Harriers officials arranged the first cross country championships on March 7, 1894, with their own club runners winning both the individual and team titles. During the first 40 or so years the club had virtually no facilities for track and field competition and Roath were initially known as a cross-country club, until Maindy Stadium was opened in 1951. This coincided with the formation of a rival club, Birchgrove Harriers, which quickly attracted good-quality athletes. Both clubs co-existed in friendly rivalry, sharing the stadium as their headquarters until in 1986 the two clubs amalgamated to form Cardiff Amateur Athletic Club.

Background

Cardiff AAC has continued to go from strength to strength and make major contributions to Welsh and indeed international athletics ever since. A roll call of some of the club's most successful athletes shows the popularity of the set-up as a majority of these still have some form of connection. They



Cardiff AAC



Typical training night at Cardiff AAC with the youngsters learning from some of the older members

include: Lynn Davies, Tanni Grey-Thompson, Nigel Walker, Jamie Baulch and Christian Malcolm, and current members Rhys Williams, Brett Morse and Ryan Spencer-Jones to name but a few.

Training for members takes place on Monday and Thursday evenings at Cardiff International Sports Stadium, located to the west of the city and just across the road from Cardiff City FC's stadium. With the newly upgraded and appointed academy, junior members take over the track from 6pm until 7pm. This is proving to be extremely popular with the local community and has meant the club having to increase its band of dedicated coaches via a recruitment drive. Qualified coaches provide a structured introduction to athletics and members experience the full range of athletic events and learn about training techniques.

A large team of volunteers works in the clubhouse to run the café for those important snacks and hot drinks to support the athletes, coaches and parents, especially on the cold and wet winter nights. The club has a team of positive, dedicated volunteers working in

and around the office and club room, dealing with the numerous enquiries to join and find out about upcoming events or simply to offer assistance.

A dedicated band of team managers and officials support the club at competitions. This group of volunteers regularly turn out time after time with their invaluable backing and if it were not for them the events would not take place.

The club is promoted via a dedicated website and Facebook with regular updates, news and reminders of events and also recognises athlete success in their "Athlete of the Month" award chosen by the committee members, team managers and coaches.

Sessions

The academy sessions are designed to be fun and provide a broad experience across different events, starting with how to train properly and safely, warm-up and cool-down procedures and track etiquette. At the appropriate time, the academy athletes will progress to a specialist training group under the supervision of one of the highly qualified specialist coaches. This

stage of coaching is delivered from 7pm until around 9pm from at least 18 of the team of dedicated and supportive coaches. The track and field areas on these nights are extremely active with members fully focused on training to their optimum levels.

Want your club featured?
Contact: david.lowes@athleticsweekly.com with some history and details of a typical winter session at your club and we'll do the rest!



Christian Malcolm: one of Cardiff's most successful athletes ever

Training can be odd

ATHLETES HAVE A TENDENCY TO RUN ONLY AN EVEN NUMBER OF REPS IN EACH SESSION AND DAVID LOWES LOOKS AT THE IMPLICATIONS



ON LOOKING through some of my very old training diaries, it became apparent that most track sessions contained an even number of reps. It got me thinking why this was and whether it was tradition or even superstition.

The standard session of 400m reps, which appears to have been part of the staple diet for endurance runners for decades, amounted to 10, 12, 16 but never 11, 13, 15. Is this a coaching trait or is it the case that it not thought worth advancing the number of reps by just one?

If done in sets, though, it wasn't unusual to see, for example, 3 sets of 8x200m – but the overriding theme was an even number of reps.

Improvement route

Of course, as has been mentioned many times in these pages, the recommended route of progression and adaptation is to follow the tried and tested plan of:

- Increase the reps to add to the workload and volume of the session, thus building aerobic endurance capacity
- Increase the speed as fitness and competition dictates

- Decrease the recovery as fitness dictates and make the session more race-specific
- Introduce sets to accommodate extra workload while keeping the quality high
- Importantly, though, never do all of these at the same time and do not necessarily do them in that order.

Time to advance

So when do you decide that it's time to advance a "bread and butter" session like 10x400m in 66sec with 90sec recovery? This may seem like a straightforward

decision, but it isn't always the case due to a myriad of factors. Some things to take into account are:

Only advance session when at least the last two sessions have shown the necessary improvements have been made. Don't decide just on the evidence of a one-off showing.

The coach should look at the consistency of the session. It is much better if the athlete does 9x400m in 66sec and 62sec on rep 10 (after all, you are expected to pick up the pace in competition on the last lap). If an athlete runs reps 1-4 in 66sec and then has a

hiatus, running reps 5-9 in 70sec before speeding up on rep 10, the athlete is clearly not ready for an increase in workload just yet and this effect in training may mirror a weakness evident in the middle part of an endurance race.

From a coaching viewpoint, "body language" is an excellent guide in between the repetitions. How quickly are they recovering. Are they absolutely spent after the final rep?

In conjunction with a periodised plan and depending upon when a peak is required, the aforementioned session should increase in volume and intensity with less recovery to accommodate the specific needs of an event (800m, 1500m, 5000m, 10,000m).

If the reps are increased first, which is a good idea in the preparation phase of the periodisation cycle, then add just one rep to see how that affects the outcome of the session. If it is handled with ease, another rep can be added in the next session. If that one extra rep is found too difficult, then persevere until it feels easier.

An increase in speed usually comes naturally with gains in fitness. If our example session

Max 5: 3ml w.u.
16x400m 62sec.
200m float in 50sec
2ml w.d.

THURS 18: 2ml w.u.
4x800m w. 2:02
400m 2½min rec.
2ml w.d.

A couple of training examples from my training diaries in the mid-80's showing the exclusive preference for an 'even' number of repetitions in training sessions

is done in the pre-competition phase of the periodisation cycle in May, by the competition phase in June it may be looking more like 11-12x400m in 63-64sec with 80sec rec and by July where a peak may be required it could look like 8-9x400m in 60-61sec with 60sec (reduction in reps with a focus on quality, depending on event).

A decrease in recovery is only added when the coach sees the athlete recovering well. Simple body language indicates this. A heart-rate monitor is an invaluable tool in this respect. If the athlete, for example, is registering somewhere in the region of 186bpm after a rep and just before they are ready to commence another rep it has dropped to below 130bpm then they are clearly in good shape. If, however, the second reading is still in the 150-160bpm region then perhaps they are not ready and the session will have a detrimental effect.

Crucially, the advancement route highlighted above should generally centre on speed and sufficient recovery for younger athletes and those with a lower training age. The addition of reps is not so important. When I spoke to Steve Cram, the inaugural world 1500m champion a few years ago, he said: "I did basically one particular session all through my career – 10-12x400m – the only difference being they got quicker as I grew older!"

Breaking reps into sets can have a huge impact on the workload and allow an athlete to do a total amount of reps that would otherwise be impossible without a drop-off in quality. Sets can also help an athlete in their race-preparation phase by allowing them to produce even better-quality reps in two to three sets with suitable recovery periods (2 sets of 5x400m in 60sec with 80sec rec and 5min between sets or 3 sets of 4x400m in 60sec with 80sec rec and 5min between sets).

Less can be more

One thing I have noticed and especially since becoming a coach



Progressing a session via the number of reps needs careful thought

is that many of the athletes I have worked with will give you a pat on the back after a session if it is voluminous. Adulations of "great session" or "enjoyed that" are all too common if the session was 16x400m in 66sec with a 200m float recovery in 60sec. However, if I offered them 2 sets of 3x400m in 55sec with a 5min rec and 10min between the sets, the response would be far different. Although two totally different sessions and targeting different energy systems, I'll leave it up to you to decide which is the harder – I definitely know the answer, having experienced

both! I'm certain many other coaches nationwide will have experienced this culture too and the anecdote says much about the preoccupation with volume in endurance running, which is of course important, but not at the expense of physiological gains in other areas.

Getting back to the "odd" theme, perhaps it is decided from the very first session you do that dictates what follows week upon week, month after month and every year thereon. Although I have no evidence that coaches, or athletes for that matter, have been taught

that even reps are the way to go, I have still to find many groups going down the "odd" route.

Conclusion

There is obviously nothing wrong with running either an even or an odd number of reps – they are after all, only numbers. But maybe more thought should be given as to how to progress sessions and for some a meagre one-rep advancement may have a greater training adaptation than an immediate jump of two. Athletes and their coaches have a winter and a summer (training year) to develop and, although everyone wants progress to be rapid, there should be some holding back for younger athletes who are not fully biologically matured.

After all, if a 15-year-old is doing 7-8x400m in 75sec with 90sec rec, they have around 10-15 years (and maybe more) to reach their peak if they are to be retained in the sport. In reality, it is not a matter of being able to do 8-9x400m in 70sec with 80sec rec as a 16-year-old and progress uniformly thereon – although progress might wrongly be judged upon those incremental improvements. It is all the other work that is done – long runs, short runs, hills, cross country and everything else that goes into the pot of success – that eventually pays the dividends.

So next time you plan a session, just give some thought to the number of reps you will be doing and if that is the optimum amount for you. Odd, isn't it?



In a session, the consistency of rep times tell the coach much about an athlete's fitness levels

BRENDON BYRNE
INVESTIGATES IF
THERE ARE LESSONS
TO BE LEARNED FROM
THE TRAINING OF ONE
OF BRITAIN'S BEST
EVER MARATHONERS

PAUL EVANS is one of the fastest all-time British marathon runners courtesy of his 2:08:52 victory in Chicago almost 19 years ago. His record also shows third and fifth finishes at London as well as a runner-up spot in New York. In addition he represented Great Britain on the track over 10,000 metres at the Olympic Games in Barcelona in 1992 and Atlanta four years later.

His finest year as an athlete was 1996 and here we look at the preparation for his races in training to see if there lessons are for today's athletes? Before the London Marathon of that year his training consisted of approximately 100 miles of running per week and this is outlined in the below panel.

Background

He tapered his training for three weeks leading into London where he finished third in 2:10:40. The taper involved reduced volume, but an increase in quality – particularly in 400m reps. After London he had two weeks' rest and then, having decided against running the marathon in Atlanta because of the high humidity, he prepared for

Paul Evans



Paul Evans: Britain's fifth fastest marathon man running in London in 2001

the 10,000m. His mileage during this period was 75-80 miles per week and the quality was increased compared to the spring build-up. This included sessions such as 12-16x400m in 60-62sec and he also included a number of track races for speed.

His best ever performances included 1:51.04 for 800m and

3:45.4 for 1500m, which were both set in 1989 and represent good basic speed for a marathon runner. He would often race 800m and 5000m on the same day with varying tactics. He finished third at the UK 10,000m trials in 1996 to qualify for the Olympics in Atlanta and later ran a qualifying time for 5000m and thus had the qualifying times at three events for those Games.

Evans qualified for the final of

the 10,000m in Atlanta but failed to finish the final because of the humidity and high temperatures. During this period he was running 80-90 miles a week and he emphasised that this speed was vital to his preparation for the autumn Chicago Marathon. A 10km road race at Perivale in 28:40 indicated that he was in the form of his life.

He travelled to Chicago and allowed a week to acclimatise to the changes in time zones. In the race he wasn't comfortable in the first few miles and fell behind the leaders, reaching halfway in 65:30, but he caught the leaders at 18 miles and went on to win in 2:08:52, his last three miles the quickest part of his race. Interestingly, he ran the Chicago event the following year and finished fourth in 2:09:10, finishing ahead of marathon debutant Jon Brown, who would go on to finish fourth in two successive Olympics.

Evans did most of his training alone around his home near Lowestoft and on the track at Great Yarmouth.

The key lessons to be learned from his training are that the quality of running was very important and he did not rely on high mileage alone. It is interesting that of the top 12 British marathoners of all time only Mo Farah appears in the list in the last decade. Running legend Ron Hill's best still looks good almost 45 years later.

EXAMPLE TRAINING WEEK (1996)

Monday	(am) 60min on grass (pm) 30min recovery run on road
Tuesday	(am) 20x400m average 63-64sec at 80%, 60sec rec (pm) 30min comfortable
Wednesday	12 miles in woodland area (70-80min)
Thursday	(am) 60min according to how feeling – might speed up to marathon race pace (pm) 40-60min steady
Friday	(am) 60min how you feel (pm) 30min easy
Saturday	Track 6x1 mile – Reps 1 and 2 @ 4min 40sec; Reps 3 and 4 @ 4min 30sec; Reps 5 and 6 @ 4min 20sec, 400m jog recovery in around 2min
Sunday	1hr 50min - 2hr 10min (max) three weeks before London Marathon. Mental preparation for event

UK top 12 male marathon performances

1.	2:07:13	Steve Jones	Chicago	October 20, 1985
2.	2:08:21	Mo Farah	London	April 13, 2014
3.	2:08:33	Charlie Spedding	London	April 21, 1985
4.	2:08:36	Richard Nerurkar	London	April 13, 1997
5.	2:08:52	Paul Evans	Chicago	October 20, 1996
6.	2:09:08	Geoff Smith	New York	October 23, 1983
7.	2:09:12	Ian Thompson	Christchurch	January 31, 1974
8.	2:09:16	Allister Hutton	London	April 21, 1985
9.	2:09:17	Mark Steinle	London	April 14, 2002
10.	2:09:24	Hugh Jones	London	May 9, 1982
11.	2:09:28	Ron Hill	Edinburgh	July 23, 1970
12.	2:09:28	John Graham	Rotterdam	May 23, 1981

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AW

Hotting up abroad

THERE was a time when the IAAF World Cross Country Championships was taking place, it was

pretty quiet internationally elsewhere. That certainly wasn't the case last weekend when there were some superb road performances

in USA and Europe.

The track season also warmed up with a number of world-class performances in Austin, Nathan and Kingston.

Steve Smythe,
Results editor

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OVERSEAS

ARGENTINA

Buenos Aires, March 27

POLAND'S world hammer champion Pawel Fajdek set a world-leading 80.13m and also threw 79.42m and 79.00m.

Men: 3000: 1 F Bruno 7:54.34. **HT:** 1 P Fajdek (POL) 80.13. **U20: HT:** 6 kg: 1 J Gomez 76.43. **Women: 10,000:** L Godoy 33:17.47. **HT:** 1 J Fiodorow (POL) 67.95

AUSTRALIA

Australian Athletics Championships, Nathan, March 27-29

SALLY PEARSON was in good form as she set a 100m hurdles championship record 12.71 in her heat and then 12.59 in the final.



Daniel Wanjiru:
59:51 win in
Prague

It wasn't as clearcut as expected as 2012 world junior finalist Michelle Jenneke improved her PB to 12.92 in her heat and then 12.82 in the final.

Melissa Breen won the 100m in 11.26 to ensure World Championships selection. Pearson ran a windy 11.28 in her semi final but withdrew from the final to focus on the hurdles.

The men's event was won by 19-year-old Josh Clarke, who smashed his PB to win in 10.19 ahead of Banuve Tabakacoro's Fijian record of 10.26.

Alana Boyd's 4.60m pole vault and Kim Mickle's 61.02m throw behind Sunette Viljoen and Julian Wruck's 62.03m discus were also good enough to ensure selection for Beijing.

Nicholas Hough, the 2012 110m hurdles world junior silver medallist, improved to 13.42 to secure his spot for China.

While some were qualifying for their first world championships, former world champion Dani Samuels qualified for her fifth with a 64.44m throw securing her tenth title.

Jeff Riseley became the first man in 24 years to achieve an 800m and 1500m double. He won the 800m in 1:47.13 and then the 1500m in 3:43.8.

Two-time world junior champion Jacko Gill of New Zealand set a PB in the shot of 20.75m.

In the long jump 16-year-old Darcy Roper achieved a world youth leading mark of 7.91m to place third.

Men: 100 (1.1): J Clarke 10.19; 2 B Tabakacoro (FIJ) 10.26 (rec); 3 A Hartmann 10.30; 4 T Williams (U20) 10.32. **400:** 1 C Burns 45.94. **800:** 1 J Riseley 1:47.13; 2 A Rowe 1:48.14. **1500:** 1 Riseley 3:43.8; 12 MARTIN MASHFORD 3:56.8. **HT:** 3 MASHFORD 3:46.38. **3000SC:** 9 NICK EARL 9:27.52. **110H (1.5):** 1 N Hough 13.42. **HJ:** 1 B Starc 2.28. **LJ:** 1 R Crowther 8.05/0.5; 2 Y Sugai (JPN) 8.00; 3 D Roper (U18) 7.91. **SP:** 1 J Gill (NZL) 20.75. **DT:** 1 J Wruck 62.03; 2 M Denny (U20) 57.16. **JT:** 1 M Outzen 80.00; 2 H Peacock 79.55. **Women: 100 (0.9):** M Breen 11.26 (sf: 11.31/1.8). **in sf:** S Pearson 11.28/3.0 sf. **1500:** 1 H See 4:09.60. **100H (1.3):** 1 S Pearson 12.59 (12.71/-0.7 ht); 2 M Jenneke 12.82 (12.92 ht). **400H:** 1 L Wells 56.51; 7 EMILY FIRST 60.08. **HT:** 3 FIRST 60.26. **3000SC:** 6 CLAIRE JOHNSON 11:27.80. **PV:** 1 A Boyd 4.60; 2 N Kennedy (U20) 4.20. **DT:** D Samuels 64.44. **LJ:** 1 C Jaensch 6.74. **JT:** 1 S Viljoen (RSA) 63.29; 2 K Mickle 61.02

CYPRUS

Limassol Marathon/Half-marathon, Limassol, March 29

Men: Mar: 2 MICHAEL KEENAN (M40) 2:51:04. **Women: HM:** 3 EMILY HUTCHINSON 86:53

CZECH REPUBLIC

Prague, March 28

DANIEL WANJIRU of Kenya and Worknesh Degefa of Ethiopia set PBs despite windy conditions.

Wanjiru won in 59:51 with two other Kenyans under the hour mark: Wilfred Murgor and Leonard Komon.

Komon, who has set world records at 10km, 10 miles and 15km, was racing in just his second half-marathon.

Degefa's 67:14 put her a minute ahead of compatriot Yebgual Melese, who was second. World junior 10,000m walk champion Anezka Drahotova finished 12th in 75:15.

Men: HM: D Wanjiru (KEN) 59:51; 2 W Murgor (KEN) 59:57; 3 L Komon (KEN) 59:57; 4 N Bor (KEN) 60:09; 5 A Takele

Dibaba close to world best

USA

Carlsbad 5000, Carlsbad, March 29

THE Carlsbad 5000 added to its reputation as the world's fastest 5km with more top-class performances.

Kenya's Lawi Lalang won the men's race in its 30th edition on a bright southern California day.

Lalang, who won numerous NCAA titles while at the University of Arizona, beat runner-up Wilson Too by three seconds.

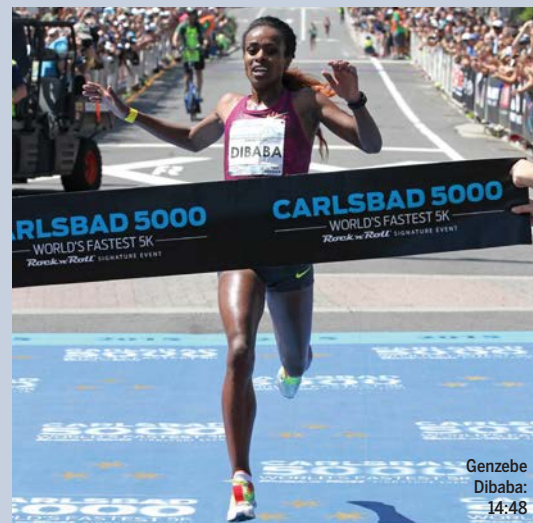
Lalang blitzed through one mile in 4:14 and two miles in 8:35 in the company of Too but had the better finish.

Third place was earned by former world champion Bernard Lagat, who ran 13:41.

Lagat was the top American and shattered the masters world best by 14 seconds. "Running this fast at 40 is not bad at all. I wanted the big one (Marc Davis's American road record of 13:24)," he said. "I was hoping to go out a bit faster, but for some reason it didn't happen today."

He added that the additional turns on the new course didn't faze him at all. "Instead, we had a bit of wind today and it was a little hot," he said. "The course was really nice. It was excellent. The fans are everywhere and they really helped me a lot in the last quartermile."

Not at full fitness after injury, Andy Vernon was tenth.



Genzebe
Dibaba:
14:48

"I was surprised by how slow I ran, but felt good and have come out of it with my hamstring still in tact so that is the main thing," he said.

The women's race saw a decisive victory for Ethiopia's Genzebe Dibaba, who broke the tape in 14:48 in just her second road race.

That gave the world indoor 5000m record-holder a 25-second victory ahead of second-placed finisher Gelete Burka, who ran 15:13. Wade

Yimer of Ethiopia was third in 15:18.

After a relatively slow first mile (4:50), Dibaba accelerated with her sights aimed at the 5km world record.

At two miles (9:32), a 4:42 mile meant she had closed the gap on Meseret Defar's pace to a few seconds.

A further acceleration saw her break well clear of her pursuers, but she couldn't make up for her slow start and she ultimately fell short of the world mark by two seconds, although she produced the third fastest women's 5km performance of all time.

Dibaba said: "It was fast running for me today. But I did not go out fast enough. I wasn't looking at the times or my splits until the last minute."

Anne Garrett set a W80 world best with her 28:37 as more than 10,000 runners took part.

Men: 5km: 1 L Lalang (KEN) 13:32; 2 W Too (KEN) 13:35; 3 B Lagat (M40) 13:40 (world M40 best); 4 S Chelanga (KEN) 13:50; 5 J Kitur (KEN) 13:53; 6 D Estrada 13:56; 7 H Lagat (KEN) 13:59; 8 B St Lawrence (AUS) 14:11; 10 ANDY VERNON 14:13; 11 LUKE GUNN 14:14. **Women 5km:** 1 G Dibaba (ETH) 14:48; 2 G Burka (ETH) 15:13; 3 W Ayalew (ETH) 15:18; 4 S Kijken (NED) 15:28; 5 B Saina (KEN) 15:31; 6 J O'Connell (CAN) 15:36; 7 M Uehara (JPN) 15:40; 8 S Brown 15:48; 9 M Uceny 15:52; 15 CHARLOTTE PURDUE 16:30



Bernard
Lagat: world
5km masters
record

60:26; 6 A Mesel 60:26; 7 M Teshome (ETH) 60:27; 8 G Ronoh (KEN) 60:28; 11 P Kirui (KEN) 61:17. **Women: HM:** 1 W Degefa (ETH) 67:14; 2 Y Melese (ETH) 68:21; 3 D Nukuri (BUR) 69:33; 4 V Jelagat (KEN) 69:42; 5 A Godfay (ETH) 69:51; 10 L Kabuu (KEN) 70:39; 10 L Nemec (CRO) 70:39; 12 A Drahotova (CZE) 75:15

FRANCE

Eaubonne, March 29

Men: TJ: 1 T Tamgho 16.74.

GERMANY

Berliner Halbmarathon, Berlin, March 29

FOUR men broke the hour, headed by Ethiopia's debutante Birhanu Legese in 59:45.

Just three seconds covered the top

three after nine athletes had passed 28:30 and five had passed 15km in 42:40.

Men: HM: 1 B Legese (ETH) 59:45; 2 D Kosgei (KEN) 59:46; 3 A Cheoben (ETH) 59:49; 4 R Mengich (KEN) 59:59; 5 A Kipyatich (KEN) 60:03; 6 F Hunegnaw (ETH) 60:10; 7 K Kipkemoi (KEN) 60:17; 8 E Ngatuny (KEN) 60:58; 22 TOM WADE 65:00; 29 ROBBIE SIMPSON 65:21; 75 PAUL COON 72:49; 80 PHIL COOK (M45) 73:21; 124 GIANFRANCO MARLETTA (M40) 76:14; 195 JACOB RAINIER (U20) 79:09; 2264 DAVID CHADDERTON (M65) 98:45. **Women: HM:** 1 C Kosgei (KEN) 70:52; 2 E Cherono (KEN) 70:56; 3 I Andersson (SWE) 71:31; 18 JULIA DAVIS 82:10; 35 MARIE BAXTER (W40) 86:05; 34 LIVVY NAPIER 86:09; 54 MARIA ZUBIZARRETA (W45) 88:42

IRELAND

ALL IRELAND JUVENILE INDOOR CHAMPS, Athlone, March 28

U17 men: 800: 1 JAKE HARBINSON 1:57.08. **U16 women:** 200: ht2: 1 LAUREN ROY (U15) 26.03. **Caughwell, March 22**

Men: 10M: 2 MATTHEW BIDWELL (M40) 52:41

ITALY
Stramilano, Milan, March 29
Men: HM: 1 T Lokomwa (KEN) 60:03; 2 K Kipyeko (KEN) 60:39; 16 DAN NASH 67:32; 41 MATT SHARP 72:08. **Women: HM:** 1 R Cheshire (KEN) 68:21; 24 EMILY LAGOMARSINO 86:38; 45 ALISON SEDMAN (W50) 93:31. **Bologna, March 22**
U18 women: 5000W: 1 MOLLY DAVEY 25:41.5

JAMAICA ISSA Champs, Kingston, Jamaica, March 24-28

MICHAEL O'HARA won three individual events.

The 18-year-old took the 100m into a strong headwind with a 10.42 clocking. He then had to face an even bigger breeze of 3.8m/sec in the hurdles where he beat world youth champion Jaheel Hyde with 13.49 to his rival's 13.52.

His third victory came in the 200m in 20.59 into another strong headwind. He then contributed a leg to Calabar's 4x100m victory in 39.08.

Hyde got back to winning ways to break his own Jamaican junior record when winning the 400m hurdles in 49.01.

The best performance of the meeting though came from 17-year-old Akeem Bloomfield, who ran a Jamaican junior 400m record of 44.93.

Chris Taylor, who had recently run a world age-15 best of 45.69, settled for just winning in the windy conditions. Less than two hours after clocking 47.04 in the under-17 event, he took the 200m title in 21.04 after a 20.97 heat.

Other prodigious young talents on show included 15-year-old Anna Kay Allen, who won the 400m in 53.46 from 14-year-old Sanique Walker.

U20 men: 100 (-2.6)/200 (-1.8): 1 M O'Hara 10.42/20.59. **110H (-3.8):** 1 O'Hara 13.49; 2 J Hyde 13.52. **400:** 1 A Bloomfield (U20) 44.93 (rec); 2 N Allen 46.30. **400H:** 1 J Hyde 49.01. **U17: 200/400:** C Taylor 21.04 (20.97 ht)/47.04. **U17 women:** 400: 1 A Allen 53.46; 2 S Walker 53.59

PORTUGAL
Falesia 5km, Falesia, March 17
Men: 5km: 3 PAT DAVOREN (V40) 16:51. **Women: 5km:** 1 JENNY SPINK 17:08; 3 EMMA PATEL 18:55; 12 JANE NODDER (W55) 22:32

SLOVAKIA
Bratislava, March 29
Men: Mar: 59 ANDREW MILLIS (M55) 2:59:53. **Women: HM:** 10 ANDREA DEATHRIDGE (W40) 86:07

SPAIN
Madrid, March 29
Men: HM: 34 JONATHAN COLLIER (U20) 73:47; 37 STEVEN BAYTON 74:46. **5km:** 5 PAUL TOBIN 15:59. **Women: 5km:** 1 ANGHRAD DAVIES 18:03
Azpetia, March 28
Men: HM: 1 E Bett (KEN) 60:08; 2 S Arita (KEN) 60:52; 3 E Kipsang 61:01; 8 J Guerra 62:22. **Women: HM:** 1 M Jepkoech (KEN) 70:30; 2 Z Ayele (ETH) 71:49

UNITED ARAB EMIRATES
Abras Mina 10km, Dubai, March 27
Men: 10km: 3 JAMES BUCHANAN 33:38; 5 TONY CLARKSON 34:32. **Women: 10km:** 4 KATY HALLSIDE (W35) 38:59; 6 DEBBIE POWELL (W40) 39:42; 13 ELIZABETH DRIVER (W60) 45:31.

Men's pole vault UK all time top 10 (inc age)		
1	Luke Cutts (25)	5.83i
2	Steven Lewis (26)	5.82
3	Nick Buckfield (28)	5.81i
4	Keith Stock (24)	5.65
5	Max Eaves (26)	5.62
6	Kevin Hughes (26)	5.61
6	Jax Thoires (21)	5.61i
8	Neil Winter (21)	5.60
9	Adam Hague (17)	5.60
10	Brian Hooper (27)	5.59



Adam Hague:
another UK
junior pole
vault record

URUGUAY
Montevideo, March 22
Women: HM: 3 ALISON WAKELY (W40) 85:22

USA
Reston, March 29
Women: HM: 1 DEEDEE LOUGHRAN (W55) 90:13
Tucson, March 21
Women: 400H: 1 SHANTE LITTLE 61.19
Miami, March 20/21
Men: 200: r2 (1.6): 1 DAVID LAGERBERG 21.46. **400: r1:** 4 DAVID LAGERBERG 47.49.

Texas Relays, Austin, March 26/28
ADAM HAGUE again smashed the British junior pole vault record and went eighth all-time on the UK men's list as he also equalled the world age-17 best with 5.60m for sixth place. It was also a world junior lead for 2015.

Luke Cutts also vaulted 5.60m and beat Hague on countback as he cleared the height first time to Cutts' second. Both failed at 5.70m.

The competition was won by Shawn Barber with a Canadian record 5.90m.

The 2013 NCAA champion, Lorraine Ugen, won the long jump with a wind-assisted 6.96m thanks to a hefty 5.8m/sec tailwind.

The British record is 6.95m and only two Britons have jumped further with windy marks.

Sue Hearnshaw jumped 7.00m with a 4.2m/sec tailwind in 1984, the year she won an Olympic bronze and European indoor title.

She still competes as Sue Richardson and was third in the W50 event in the British Masters.

Fiona May, who won to win a world title in Italian colours, jumped 6.98m windy while a Briton.

Other events were also affected and performances enhanced by the wind.

World junior 100m record-holder Trayvon Bromell clocked a windy 9.90 to win the collegiate final after a legal 10.02 heat. Then Japanese teenager Yoshihide Kiryu, who holds the world youth best of 10.19, ran 9.87 (3.3m/sec) and finished 0.02 ahead of Clayton Vaughn.

Sub-10-second sprinters Charles Silmon (9.91) and Mark Jelks (9.96) were third and fourth.

The 19-year-old's time is the fastest electronic performance by an Asian sprinter under any conditions.

Trinidad and Tobago's Michelle-Lee Ahye also took advantage of the wind to win the women's race comfortably in 10.87 (3.3m/sec).

Also benefitting were the 200m runners. South Africa's world and Olympic finalist Anaso Jobodwana ran 19.87, aided by a 4.5m/sec tailwind.

Other highlights included USA's 2009 world youth shot put champion Ryan Crouser, who threw 21.11m, and Jacorian Duffield, who won the high jump with 2.31m.

Michael Stigler had a breakthrough in the 400m hurdles to win by more than a second with 48.44.

Men: 100 (3.3): 1 Y Kiru (JPN) C Vaughn 9.89; 3 C Silmon 9.91; 4 M Jelks (NGR) 9.96; 5 R Baker 10.02; 6 A Adams (SKN)

10.07. **B: (2.9):** 1 J Morris 10.06. **Coll (3.3):** 1 T Bromell 9.90 (10.02/-0.1 ht); 2 S Hart (BAH) 10.10. **200 (4.5):** 1 A Jobodwana (RSA) 19.87; 2 K Takase (JPN) 20.09; 3 A Bailey jnr 20.16; 4 M Mitchell 10.42; 5 A Ernest 20.45; 6 S Hara (JPN) 20.49. **800: Inv:** 1 L Manzano 1:46.63; 4 CHRIS GOWELL 1:50.21. **1500: B:** 2 OLIVER JAMES 3:54.34. **1 Mile:** 1 GOWELL 4:06.28. **5000:** 3 DAVID MOUNTFORD 14:26.86; 7 NATHAN JONES 14:36.51. **110H (3.7):** 1 A Riley (JAM) 13.29; 2 O Osaghae 13.50. **Coll (1.6):** C Caldwell 13.56. **400H:** 1 M Stigler 48.44; 2 K Hayes 49.48. **HJ:** 1 J Duffield 2.31. **PV:** 1 S Barber (CAN) 5.90 (rec); 2 S Kendricks 5.80; 3 J Blankenship 5.80; 5 LUKE CUTTS 5.60; 6 ADAM HAGUE (U20) 5.60 (5.30xo, 5.45o, 5.60xo, 5.70xxx). **LJ:** 1 O Asekun 8.04/4.0; 2 M Dendy 7.98/5.3. **TJ:** 8 JONATHAN ILORI 15.46. **SP:** 1 R Crouser 21.11; 2 A Miller (JAM) 19.84. **DT:** R Brown 63.92. **4x100:** JPN 38.84. **Coll:** 1 Tex A&M 38.91; 2 LSU 38.93. **4x400:** 1 Tex A&M 3:02.19; 2 Tex Tech 3:03.47. **Women: 100: (3.7):** 1 M Ahye (TTO) 10.87; 2 J Young 11.13. **r8 (0.9):** 6 AMA PIPI 12.25. **Coll (5.1):** 1 M Akinsun 10.94; 2 C White 11.07; 3 J Madu 11.12; 4 J Amponsah 11.12. **200 (4.6):** 1 K Alexander (VIN) 22.99. **800: Inv:** 4 VERITY OCKENDEN 2:10.04. **1500:** 4 LENNIE WAITE 4:22.48. **100H: (3.5):** 1 T Jones 12.92; 2 J Jackson (JAM) 13.01. **Ht2 (-0.2):** 1 HOLLY PATTIE-BELLELL 14.42. **Coll:** (3.7): 1 T McReynolds 12.75; 2 J Barber 12.81; 3 L Pledger 12.99. **400H:** 1 S McKnight (TTO) 56.70. **HJ:** 1 A Acuff 1.88. **PV:** 1 S Morris 4.55; 2 A Bennett 4.55. **LJ:** 1 LORRAINE UGEN 6.96/5.8 (6.71/3.9, 6.96, 6.84/3.8, 6.76/3.3, -); 2 C Hayes 6.67/3.4. **JT:** K Winger 60.82
Phoenix, March 28
Women: 400H: 1 SHANTE LITTLE 57.75
Tempe, March 28
Men: 1500: r1: 3 KIERAN REILLY 3:49.10. **DT:** 3 NICHOLAS PERCY 54.95
Fayetteville, March 28
Women: 800: 4 ABBIE HETHERINGTON 2:11.02. **1500:** 1 OLIVIA O'HARE 4:31.52; 6 STACIE TAYLOR 4:42.46. **3000:** 6 NATASHA COCKRAM 10:02.65.

Tuscaloosa, March 27/28
Men: 800: r1: 3 PATRICK MONAGHAN 1:53.59. **1500: r1:** 1 ROBBIE FARNHAM-ROSE 3:46.58; 5 ANDREW MONAGHAN 3:52.22. **Women: 800: r1:** 2 RHIANWEDD PRICE 2:08.84
Florida State Relays, Tallahassee, March 28
Men: 200: r2 (1.8): 3 KIERAN SHOWLER-DAVIS 21.14. **1500:** 1 ZAK SEDDON 3:46.77. **3000:** 1 ZAK SEDDON 8:16.72. **Women: 800: r2:** 2 GEORGIA PEEL 2:09.17. **1500:** 1 CHELSEA JARVIS (U20) 4:29.19. **3000:** 6 PIPPA WOOLVEN 10:00.75
Raleigh, March 27/28
Men: 400: r8: 1 KARL GOODMAN 49.72. **800: r1:** 4 HENRY TUFNELL 1:52.25. **r2:** 3 STUART ROSS 1:53.98. **5000: r4:** 4 MARCUS BRIDGER-WILKINSON 14:15.54. **r5:** 7 TOM PURNELL 14:01.81. **Women: 5000: r2:** 5 REBECCA EVANS 17:32.54; 2 LUCY CROOKES 17:06.17; 24 SARAH LIVETT 17:20.21
Carbondale, March 27
Women: 800: r3: 3 EMMA GILMORE 2:16.11
UCF Invitational, Orlando, March 28
Men: 110H: r1 (1.5): 6 ALEX AL-AMEEN 13.96. **Women: 800: r1:** 1 ROSIE CHAMBERLAIN 2:08.89. **1500: r1:** 1 MARILYN OKORO 4:27.90
Nashville, March 27
Men: 1500: r1: 1 MICHAEL WARD 3:56.45
Fort Collins, March 28
Men: 800: 2 THOMAS ATKINSON 1:51.21. **Women: 400H:** 5 HANNAH LLOYD 63.20. **HJ:** eq4 ISOBEL BROWN 1.71. **TJ:** 5 BROWN 11.22/2.8
College Park, March 28
Women: HT: 1 EMMA O'HARA 56.78
OBU Invitational, Shawnee, March 28
Women: 800: r1: 4 SARAH MOORE 2:17.90. **1500: r1:** 2 MOORE 4:42.44.
Cincinnati, March 28
Men: 1500: r1: 2 TOBY LOVERIDGE 3:54.18
Salem, March 28
Men: 1500: 1 MATTHEW CLOWES 3:45.83
San Diego, March 27
Men: 1500: A Al-Salhi (KSA) 3:39.87

World leaders

MEN

10.02	Trayvon Bromell (USA)	100m	11.09
20.17	Pako Sebane (BOT)	200m	22.52i
44.68	Abdalelah Haroun (QAT)	400m	51.12i
1:44.4	Asbel Kiprop (KEN)	800m	1:59.21i
3:34.13i	Homiyu Tesfayot (GER)	1500m	4:00.46i
3:51.35i	Matt Centrowitz (USA)	1M	4:22.66i
7:33.1i	Mo Farah (GBR)	3000m	8:37.22i
13:22.11	Nick Willis (NZL)	5000m	14:18.86i
28:04.57	Tsegaye Tadese (ETH)	10,000m	33:08.55
28:02	Amos Mitei (KEN)	10km	31:00
59:20	Stanley Biwott (KEN)	HM	65:09
2:05:28	Hayle Lemi (ETH)	Mar	2:19:52
8:39.7	Abraham Kibiwot (KEN)	3000SC	9:31:03
13.42	Nicholas Hough (AUS)	110H/100H	12.59
48.44	Michael Stigler (USA)	400H	56.19
2.41i	Mutaz Essa Barshim (QAT)	High jump	2.02i
6.04i	Renaud Lavillenie (FRA)	Pole vault	4.83i
8.30i	Michel Torneuse (SWE)	Long jump	6.99i
17.37i	Marquis Dendy (USA)	Triple Jump	14.69i
21.80i	Ryan Whiting (USA)	Shot	19.45i
66.67	Martin Kupper (EST)	Discus	70.08
80.13	Pawel Fajdek (POL)	Hammer	73.25
83.81	Hamish Peacock (AUS)	Javelin	66.62
7733	David Brock (AUS)	Dec/Hept	6102
38.23	Univ of Tech (JAM)	4x100	43.13
3:02.19	Texas A&M (MIX)	4x400	3:29.65
1:16:36	Yusuke Suzuki (JPN)	20KW	1:24:47

WOMEN

Angela Tenorio (ECU)	
Jenna Prandini (USA)	
Courtney Okolo (USA)	
Jenny Meadows (GBR)	
Sifan Hassan (NED)	
Shannon Rowbury (USA)	
Genzebe Dibaba (ETH)	
Genzebe Dibaba (ETH)	
Orchatterri Jaisha (IND)	
Malika Asahssah (MAR)	
Florence Kiplagat (KEN)	
Mare Dibaba (ETH)	
Madeleine Heiner (AUS)	
Sally Pearson (AUS)	
Lauren Wells (AUS)	
Kamila Licwinko (POL)	
Fabiana Murer (BRA)	
Christabel Netthey (CAN)	
Yekaterina Koneva (RUS)	
Michelle Carter (USA)	
Sandra Perkovic (CRO)	
Betty Heidler (GER)	
Sunette Viljoen (RSA)	
Portia Bing (NZL)	
Univ of Tech (mix)	
Univ of Tech (mix)	
Elmira Alembekova (RUS)	

WALKS

MARCH 29

SARNIA WALKING CLUB ALBECQ TO NORTH SIDE 7, Albecq

Men: 7MW: 1 S Le Noury (Sarnia) 56:37; 2 R Elliott (Sarnia, M55) 62:38

Women: 1 O Sinkevica (Sarnia) 74:55; 2 J Le Noury (Sarnia, W45) 80:00

MANX 10km CHAMPIONSHIPS, Douglas

Men: 10kmW: 1 A Cowin (Manx) 50:16; 2 R Gerrard (Isle of Man V) 50:59; 3 D Walker (MH) 56:40; 4 R Haddock 58:47; 5 S Jones (Manx, M40) 59:28

Women: 10KW: 1 L Smith (IOMVAC, W35) 65:11; 2 L Hollings (IOMVAC, W35) 67:57

MARCH 22

SARNIA WALKING CLUB**One mile handicap road walk Les Amarreurs, Guernsey**

Handicap: 1 K Coulson (W45) 10:52 (actual 10:37); 2 D Dorey (M65) 10:58 (10:28); 3 K Le Noury (M55) 11:13 (9:38)
Fastest: S Le Noury 7:24; R Elliott (M55) 8:00; J Le Noury 8:26

MIDLAND CHAMPIONSHIPS, Leicester

LEICESTER'S outstanding young walkers Jasmine Nicholls and Emma Achurch produced the performances of the championships held around the fast Abbey Park circuit, Chris Smith reports.

Nicholls, on her 20km debut, dominated from the front to beat two hours.

Achurch's 23:56 came off heavy training, including a long warm-up and warm-down.

Men: 20KW: 1 C Vesty (Leic WC, M45) 2:10:37; 2 C Berwick (Leic WC, M65) 2:16:08; 3 G Smolinski (Leic WC, M60) 2:20:06; 4 H Minhas (Leic WC, M55) 2:22:18

U20: 10KW: 1 D Watling (W&B) 61:15

U15: 3KW: 1 B Allen (Leic WC 15:43

U13 2KW: 1 H Alkhamesi (Nun) 11:37; 2 F Alkhamesi (Nun) 11:38.

Women: 20KW: 1 J Nicholls (Leic

WC) 1:59:23; 2 S Lightman (Leic WC, W40) 2:14:34; 3 F McGorum (Leic WC) 2:16:08

5KW: 1 E Achurch (Leic WC) 23:56; 2 J Mills (Bir) 32:14

U15: 3KW: 1 K Lane (Bir) 16:57; 2 P Spooner (Weth) 17:26; 3 J Finney (BIR) 19:03

U11W: 1KW: 1 E Pap (Nun) 6:30; 2 E Powell (Nuneaton Harriers, U11) 6:56

MARCH 21

ENFIELD LEAGUE, Enfield

Men: 3MW: 1 D Stevens (Steyn, M75) 35:23. **5MW:** 1 C Wilkinson (E&H, U20) 35:58; 2 F Deuter (Hill, M35) 40:56; 3 J Ball (Steyn, M50) 43:37; 5 J Ralph (E&H, M55) 47:02; 6 M Culshaw (Belg, M45) 48:09; 7 S Bennett (Ilf, M55) 48:58; 9 J Hall (Belg, M65) 49:46; 10 D Maskell (Sy WC, M65) 49:49; 12 A Seddon (E&H, M70) 50:35; 13 A Cox (Hillingdon AC, M60) 51:17; 14 R Penfold (Steyn, M70) 52:00; 15 M Harran (Herne H, M75) 53:01; 16 S Pender (E&H, M60) 53:13; 17 C Flint (Sy WC, M70) 53:42; 18 B Boggenpoel (Ilford AC, M55) 53:53; 19 P Hannell (Sy WC, M70) 54:33; 21 A Thomson (E&H, M75) 55:04; 24 F Powell (E&H, M75) 56:38

Women 5MW: 1 P Cummings (Herne H, W35) 45:45; 2 M Noel (Belg, W50) 49:36; 3 H Middleton (E&H, W50) 50:26; 4 J Miles (Hill, W55) 54:48; 5 G Legon (Bexley, W55) 55:54; 6 D Braverman (Enfield HAC, W60) 55:57

TRACK & FIELD

MARCH 29

SPENBOROUGH AC WINTER**WARM-UP OPEN,****Cleckheaton**

Men: 400: 8 R Scholes (Barns, M70) 70.3. **SP: 1** T Kirk (Donc) 13.49; 2 J Twiddle (KuH, M45) 11.41. **HT: 1** R Martin (Bed C) 47.29; 5 J Twiddle (KuH, M45) 38.49; 6 I Cooley (Roth, M55) 32.58. **JT: 2** R Howes (Pontefract, M50) 32.60; 3 J Sewell (York, M50) 30.55

U20: 100: 1 D Walsh (Long) 11.1. **DT: 1** F Wright (Gate) 40.98. **HT: 1** O Bryce (Hallam) 40.14

U13: 150: 1 F Firth (Long) 21.3

U11: 75: 1 S Benson (Keigh) 10.9

Women: HT: 1 J Mayho (Bir) 59.03

U20: HT: 1 H Rodgers (Roth) 46.27; 2 E Greenwood (Hal) 41.95

U17: DT: 1 J Hirst (Hal) 33.10; 2 E Dakin (Roth) 30.48. **HT:** 1 L Puddephatt (Hal) 44.60; 2 J Hirst (Hal) 43.79

U15: LJ: 1 R Southcott (Leeds C) 5.02. **HT:** 1 M Schofield (Pontefract) 39.16; 2 C Stuchbury (Liv H) 31.16; 3 C Bell (Spen) 28.02

U13: 80: 1 N Groves (Spen) 11.6; 2 O Roe (Wake) 11.6. **150:** 1 N Groves (Spen) 21.9

U11: 150: 1 A Jones (Donc) 21.5; 2 E Lobley (Hallam) 21.8

HAVERING SPRING WARM UP OPEN, Hornchurch

Men: 300H: 1 M Shortall (Thurr) 40.9

U20: DT: 1 A Graham (E&H) 43.98

U17: 100: r1: 1 D Ashwell (D&T) 11.2.

100H: 1 C Amedee (Ashf) 14.5. **JT:** 1 T Mitchell (Col H) 48.15

U15: 800: 1 J Kennedy (Herne H, U13) 2:23.4. **80H:** 1 K Johnson (NEB) 12.0

Women: HJ: 1 D Martin (Ashf) 1.70. **TJ:** 7 C St. John-Coleman (Chelm, W50) 7.60.

JT: 1 J Blair (Lut) 46.26; 2 F Rudolfo (E&H) 37.74

U20: 300H: 1 M Hughes (Have) 44.8; 2 A Carroll (D&T, U17) 47.3

U17: 300H: 1 M Sims (P'boro) 47.8. **DT:** 1 F Gutteridge (Have) 34.37

U15: LJ: 1 G Gentry (HAWC) 4.99

WARRINGTON AC OPEN,**WARRINGTON**

Men: 100: 8 I Billinge (Vale R, M45) 12.6.

200: 2 I Billinge (Vale R, M45) 25.8

U17: JT: 1 S Dean (E Ches) 49.60

U15: 800: 1 J Birtles (H&F) 2:07.9. **80H:** 1 E Coles (Prest) 12.9

U13: SP: 1 A Bernstein (Prest) 9.55

Women: 400H: 1 S Watterson (Manx, U17) 68.2. **JT:** 1 L Bibby (Wig D) 40.57

U20: 800: 1 A Kearney (Wirr) 2:18.2.

SP: 1 S Percival (W Ches) 10.36. **JT:** 1 S Percival (W Ches) 40.28

U13: 75: 1 C Penketh (Wirr) 10.4. **150:** 1 C Penketh (Wirr) 21.4; 2 P Glasby-Seddon (Prest) 21.7; 3 L Diss (Alt) 22.0; 4 J Greenaway (Charn) 22.0

U11: 75: 1 M Corker (H&F) 11.0

ABERDEEN AAC POLE VAULT**COMPETITION, Aberdeen**

Mixed events: PV: 1 R Masson (A'deen, M65) 2.65

MARCH 28-29

MIDLAND COUNTIES OPEN,**Birmingham**

Men: HT: 1 R Careless (Notts, M40) 49.32

U17: HT: 1 B Morris (Bir) 42.06

U15: DT: 1 B Wade (Glouc) 32.98. **JT:** 1 S Chance (Hale) 42.21

Women: DT: 1 E Bue (Worc) 37.40. **HT:** 1 B Sewell (Card) 40.76; 2 E Cook (Bir,

U20) 37.81. **JT:** 1 K Addis (W&B, W40) 26.66

U17: DT: 1 M Bird (Chelt) 34.22. **HT:** 1 A Purchase (Notts) 53.82; 2 M Walsh (W&B) 46.81

U15: HT: 1 S Hunt (Leam) 31.17

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MARCH 28

BEDFORDSHIRE AAA OPEN**MEETING, Sandy**

Mixed events: 100: r5 (-3.0): 1 L Duncan (Brain, U13W) 13.3. **800: r1:** 1 J Tilt (Soton, M50) 2:06.9; 3 A Ridley (Poole, M50) 2:10.1; 5 M Ellison (Nene V, U17W) 2:18.6. **1500: r1:** 2 T Walford (Bed C, U17W) 4:54.3. **LJ:** 3 S Simmons (Bed C, U13) 4.89. **TJ:** 1 E Leonce (Lut) 14.12; 2 B Sergeant (Bed C, U20W) 10.84

Men: HT: A: 1 Huskisson (Nene V, U20) 51.25; 2 R Walker (Orion, M35) 44.71

U17: SP: 1 B Praim-Singh (S'end) 14.12.

HT: 1 B Praim-Singh (S'end) 59.58

U13: 75H (-2.8): 1 S Simmons (Bed C) 12.8

M50: DT: 1 D Burrell (Lut) 43.71

M60: DT: B: 1 D Faulkner (Gard CR) 32.59

Women: 400H: 1 D Willis (Notts) 61.6; 2 J Knight (Herne H) 62.0. **JT:** 1 Coutts (C&C, U20) 34.31

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BRACKNELL YOUNG ATHLETES'**OPEN, Bracknell**

U17 men: HT: 1 M Matricardi (Read) 43.17

U15: 100: r1 (0.9): 1 K Milton (Brack) 11.93; 2 Z Zaineddine (Hill) 11.95.

1500: 1 M Cooper (Brack) 4:26.07; 2 M Heyden (C'ley) 4:27.99; 3 E Steveni (Read) 4:28.74. **80H (0.6):** 1 J Zeller (Brack) 12.15. **DT:** 1 B McLaren Porter (C'ley) 35.64

U13: 80: r3 (1.3): 1 D Fowler (Wat) 11.16; 2 H Lynch (Read) 11.20. **150: r1 (-0.9):** 1 A Willis (Slough J) 21.36; 2 J Ward (WSEH) 21.41. **r2 (0.0):** 1 H Lynch (Read) 21.03. **r3 (0.2):** 1 L Turner (Brack) 20.00; 2 M McGarvie (Slough J) 21.30. **r4 (0.7):** 1 D Fowler (Wat) 21.37. **75H (1.6):** 1 C Davis (Read) 13.68. **JT:** 1 J McCafferty (Brack) 38.89

U17 women: 100: r1 (0.4): 1 M Edwards (BMH) 12.54. **200: r3 (-0.2):** 1 M Edwards (BMH) 25.77. **300: r2:** 1 P Fenwick (Brack) 40.96. **80H (2.6):** 1 H Haugvik (BMH) 11.94; 2 A Thorpe (Walton) 12.34. **DT:** 1 C Stacey (Read) 33.98; 2 L Runnacles (Read) 31.20. **HT:** 1 L Runnacles (Read) 44.14; 2 E White (W'borne) 40.38; 3 G Hulbert (Brack) 39.55

U15: 75H (1.5): 1 D Fleming (Brack) 11.61; 2 K Slade (Read) 12.12; 3 N Bennett (Brack) 12.49. **DT:** 1 N Bell (Walton) 27.92; 2 E Hoyle (Read) 26.73. **HT:** 1 N Bell (Walton) 27.07

U13: 80: r1 (0.3): 1 I Pinder (BMH) 11.33; 2 B Patrick (Read) 11.52; 3 O Hall

(M'head) 11.72; 4 L Broadbent (Read) 11.85. **r2 (0.5):** 1 M Jessop (Wat) 11.49; 3 E Morris (Brack) 11.64; 4 A Tomala (WSEH) 11.71. **r3 (1.4):** 1 M Robinson (Brack) 10.77; 2 J White (WSEH) 11.41; 3 S Hutchings (Read) 11.62. **r4 (0.9):** 1 O Phelps (M'head) 11.35; 2 L Springer (Read) 11.68; 3 J Allen (Soton) 11.92.

r5 (0.3): 1 Y Grosvenor (Brack) 11.39; 2 H Roberts (Brack) 11.70; 3 A Merry (Hill) 11.83; 4 E Heath (WSEH) 11.94.

150: r1 (0.2): 1 J Allen (Soton) 21.81.

r2 (3.5): 1 Y Grosvenor (Brack) 20.98.

r3 (1.4): 1 M Robinson (Brack) 19.86.

r4 (3.3): 1 H Roberts (Brack) 21.40; 2 L Springer (Read) 21.97. **r6 (0.7):** 1 O Phelps (M'head) 21.40. **r7 (-0.5):** 1 M Jessop (Wat) 21.17. **r8 (2.0):** 1 B Patrick (Read) 21.85. **600: r1:** 1 H Roberts (Brack) 1:47.91; 2 A Pettit (Team K) 1:49.14. **1000:** 1 S Mair (Brack) 3:18.31; 2 A Young (Slough J) 3:22.09; 3 I Ibbotson (Bath) 3:24.35; 4 A Froggatt (Brack) 3:27.90

U11: 75: r3 (2.0): 1 O Barton (Oxf C) 11.07

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BARRIE STRANGE MEMORIAL**THROWS OPEN,****Horspath**

Men: SP: 1 R Jones (Abing, M60) 10.33.

DT: 1 R Jones (Abing, M60) 28.66

U20: HT: 1 J Kuehnell (Newb) 53.73; 2 L Parkes (Havant) 51.75

U17: DT: 1 E Jenkinson (Soton) 40.43; 2 B Phillips (Chelt) 38.12. **HT:** 1 O Hewitt (Team K) 50.75. **JT:** 1 S Nash (E&H) 56.03

U15: DT: 1 A Mawdsley (VoA) 41.47; 2 J Morse (Card) 40.09

U13: SP: 1 T Dunn (Hale) 10.87. **JT:** 1 A Goodliff (Slough J) 37.99

M45: SP: 1 P Evans (Woking) 10.05

M50: SP: 1 S Pomeroy (Abing) 10.99.

DT: 1 J Drzewiecki (Brack, M55) 36.87.

JT: 1 S Pomeroy (Abing) 31.54

M60: SP: 1 I Marriott (Oxf C) 9.89. **DT:** 1 I Marriott (Oxf C) 30.82

M70: SP: 1 R Jegou (W Horse) 10.09. **DT:** 1 R Jegou (W Horse) 28.37; 2 D Kuester (Bic) 26.96. **HT:** 1 R Jegou (W Horse) 30.42; 2 D Kuester (SB) 29.62. **JT:** 1 D Kuester (Bic) 31.45

Women: SP: 1 C Nick (Oxf U) 11.02. **DT:** 1 A Niedbala (Oxf U) 38.81; 6 C Nick (Oxf U) 35.09. **HT:** 1 E Beardmore (Mil K) 47.84; 2 A Baird (Rad) 43.38; 3 S Wise (Lut) 42.70; 4 A Niedbala (Oxf U) 41.46

U20: SP: 1 A Holder (WSEH) 10.62. **DT:** 6 A Holder (WSEH) 47.15; 7 K Woodcock (Rad) 40.44. **HT:** 1 R Keating (SB) 57.17; 2 K Woodcock (Rad) 41.26

U17: DT: 1 L Chantler Edmond (Rad) 36.28. **HT:** 1 K Lambert (K&S) 56.38; 2 C Lockett (Bir) 42.70; 3 P Barnes (Mil K) 41.31; 4 K Yorke (Ports) 36.64

U15: DT: 1 C Payne (Newb) 28.93; 2 B Gammon (Card) 26.14. **HT:** 1 C Payne



MARK EASTON

Emma Achurch:
fast win at
Leicester

UK 3000m leaders - 2015

MEN

7:33.1i	Mo Farah
8:08.41	Alex George
8:51.92i	Adam Scott
9:37.63i	Andrew McManus
8:49.37i	Keith Shiels
8:56.12i	Matthew Bidwell
9:00.84	John Scott
8:52.38i	Guy Bracken
9:45.79i	John Thomson
10:12.83i	David Wilcock
11:13.99i	Mike Mann
11:49.64i	Peter Giles
14:48.74i	Edmond Simpson
nm	

WOMEN

8:49.73i	Laura Muir
9:28.82i	Hannah Nuttall
9:55.15i	Erin Wallace
10:59.51i	Heather Barnes
10:12.91i	Jo Locker
10:04.11i	Louise Rudd
10:16.29i	Julie Briggs
11:28.20i	Jane Pidgeon
11:26.48i	Susie Tawney
11:44.59i	Anna Garnier
11:50.18i	Angela Copson
nm	
17:33.22i	Betty Stracey
nm	

Rory roars to hurdles victories

MARCH 28-29

MIDLAND COUNTIES OPEN, Birmingham (Perry Barr)

RORY DWYER, who won the England Athletics under-20 indoor title with a 2.12m high jump, showed his versatility with a hurdles win over 110m hurdles in 14.50. He also won over the shorter hurdles in 8.19.

Jake Porter won the senior hurdles in 14.43.

Also making the most of the long indoor straight was teenager Chris Stone, who won the 100m in 10.58. **Men: 60: r1:** 1 K de Escofet (Bir, U20) 6.87; 2 A Cousins (Bir) 6.97. **r4:** 4 J Statham (Charn, M50) 7.95; 6 M McAleenan (Leam, M50) 8.07. **r5:** 5 P Mould (B&R, M60) 8.43. **100: r1:** 1 C Stone (B&W) 10.58; 2 J Browne (Kent) 10.71. **r5:** 4 J Statham (Charn, M50) 12.65. **r6:** 3 D Browne (Leam, M55) 13.18; 4 P Mould (B&R, M60) 13.40. **60H: 1:** L Townsend (R&N) 8.52; 2 A Creamer (IRL) 8.57. **110H: 1:** J Porter (Bir) 14.43; 2 M Lee (Bir) 15.36; 3 A Creamer (IRL) 15.61; 4 L Townsend (R&N) 15.62. **HJ: C:** 1 M Brown (G&G) 1.95. **TJ: A:** 2 J Gittens (Leeds C, M50) 11.65

Mixed events: PV: 1 I Parkinson (Wyc P, M35) 4.10; 2 S Scott (Traff, W) 3.80; 3 C Parkinson (Wyc P, W) 3.30

U20: 60: r1: 1 J Broome (Cov) 6.98; 2 M Mahamud (Bir) 7.14. **r2:** 1 R Dwyer (Strat) 7.18. **100: r1:** 1 J Broome (Cov) 10.83; 2 M Mahamud (Bir) 11.09. **60H: 1:** R Dwyer (Strat) 8.19; 2 W Ritchie-Moulin (Bir) 8.24; 3 R Esien (SSH) 8.65. **110H: 1:** R Dwyer (Strat) 14.50; 2 W Ritchie-Moulin (Bir) 14.65. **LJ: 1:** S Street (Notts) 7.07

U17: 60: r1: 1 K Saidykhan (Card) 7.15; 2 K Chambers-Brown (Bir) 7.19; 3 R Antonio (Bir) 7.20; 4 E Greatrex (W&B) 7.35; 5 D Walters (N Som) 7.36. **r2:** 1 M



Rory Dwyer:
60m and 110m
hurdles double

Williams (SSH) 7.35; 2 S Dupey-Whyte (Bir) 7.43; 3 T Williamson-Greene (Bir) 7.43; 4 B Lowndes (Hale) 7.47; 5 E Corbett (Hale) 7.48. **r4:** 1 K Danek (Tel) 7.23. **100: r1:** 1 K Chambers-Brown (Bir) 11.20. **60H: 1:** T Thomas (Charn) 8.65. **100H: 1:** T Thomas (Charn) 13.94; 2 C Morgan (R&N) 14.97. **U15: 60: r1:** 1 C Sprague (Bath) 7.2; 2 N Price (W&B) 7.4; 3 J Pearson (B&R) 7.5; 3 B Da Silveira (B&W) 7.5; 5 C Hepple (Tam) 7.7. **100: r1:** 1 C Sprague (Bath) 11.22.88; 2 N Price (W&B) 11.52; 3 B Da Silveira (B&W) 11.86; 4 J Pearson (B&R) 11.94. **r2:** 1 O Lambert

(R&N) 11.87. **60H: 1:** O Lambert (R&N) 8.74; 2 O Cresswell (Strat) 8.74; 3 J Sumners (Strat) 8.76; 4 B Higgins (Charn) 9.24; 5 O Sherriff (Tam) 9.32. **80H: 1:** J Sumners (Strat) 11.48; 2 O Cresswell (Strat) 11.59; 3 B Higgins (Charn) 12.24; 4 O Sherriff (Tam) 12.46; 5 J Ricketts (Bir) 12.65. **HJ: B:** 1 O Cresswell (Strat) 1.75. **U13: 75H: 1:** T Watson (Tel) 12.75. **M35: PV:** 1 D Hateley (Nun, M45) 3.30. **TJ: B:** 1 A Earle (W&B, M55) 10.92. **M50: 60H: 1:** P Edwards (C&S, M55) 9.80

Women: 60: 1 H Williams (B&W) 7.74; 2

S Griffiths (Chelt) 7.80; 7 D Ricci (B&R, W45) 9.19. **100:** 1 H Williams (B&W) 12.27. **HJ: B:** 1 V Dronsfield (SB) 1.83. **PV: 1:** A Rossi (BRAT) 3.30; 2 E Edden (Bir) 3.10. **U20: 60:** 1 C Hardy (Glouc) 7.84; 2 S Ager (R&N) 8.08. **100:** 1 C Hardy (Glouc) 12.50. **60H: r1:** 1 M Barnett (R&N) 8.95. **HJ: B:** 1 G Parris (Nun) 1.65. **PV: 1:** D Langdale (Tel) 3.00. **LJ: 1:** A Pask (Cov) 5.44. **TJ: B:** 1 B Mortiboy (Notts) 11.34. **U17: 60: r1:** 1 J Oliarnyk (Hale) 7.74; 2 K Stewart-Morrison (Bir) 7.75; 3 M Jenks (Hale) 8.04; 4 A Bates (SSH)

DAVID GRIFFITHS

8.13. **r2:** 1 A Stroud (BRAT) 8.06; 2 M Turton (Here) 8.17. **r4:** 1 E Falk (B&W) 8.04. **100: r1:** 1 J Oliarnyk (Hale) 12.30; 2 K Stewart-Morrison (Bir) 12.39; 3 M Jenks (Hale) 12.69. **60H: r1:** 1 A Bates (SSH) 8.98; 2 S Channer (Bir) 9.16; 3 H Tilley (Chelt) 9.44; 4 S Domingo (Harb) 9.46. **r2:** 1 B Wood (R&N) 9.31. **80H: r1:** 1 S Channer (Bir) 12.19; 2 B Wood (R&N) 12.28; 3 A Bates (SSH) 12.43; 4 S Domingo (Harb) 12.46; 5 H Tilley (Chelt) 12.49. **HJ: B:** 1 H Tapley (Worc) 1.65; 2 N Smith (Stroud) 1.60. **PV: 1:** Smith (Bir) 3.10. **LJ: 1:** J Oliarnyk (Hale) 5.64; 2 C Jones (Der) 5.22. **U15: 60: r1:** 1 C Pemberton (Bir) 7.88; 2 K Daniel (Nun) 8.04; 3 I Oliarnyk (Hale) 8.17; 4 T Jackson (B&W) 8.27; 5 L Lawrence (Notts) 8.29; 6 A Tivey (Notts) 8.30. **r2:** 1 C Peters (C&S) 8.29. **100: r1:** 1 C Pemberton (Bir) 12.53; 2 K Daniel (Nun) 12.82. **60H: r1:** 1 D Da Silva (Bir) 9.77. **r2:** 1 S Parker (N Som) 9.51; 2 G Morgan (Card Arch) 9.64; 3 T Jackson (B&W) 9.69. **r3:** 1 A Pye (C&S) 9.17; 2 R Sheffield (Burt) 9.46; 3 A Williams (Chelt) 9.73; 4 N Williams (Cov) 9.75. **75H: r1:** 1 A Pye (C&S) 11.35; 2 R Sheffield (Burt) 11.93; 3 S Parker (N Som) 12.08; 4 G Morgan (Card Arch) 12.21. **r2:** 1 R Akil-Bua (R&N) 12.40. **D Da Silva (Bir)** 12.28; 3 N Williams (Cov) 12.30. **r3:** 1 I Breeden (Card) 11.84. **PV: 1:** C Walder (N Som) 2.80. **LJ: 1:** I Oliarnyk (Hale) 4.96; 2 C Vinestock (Nun) 4.93; 3 E England (Hale) 4.93. **TJ: B:** 1 F Miloro (SinA) 9.84. **U13: 60: r1:** 1 E Brown (Notts) 8.53; 2 H Shannon (Chelt) 8.54; 3 H Sahota (Hale) 8.62; 4 N Lannie (Donc) 8.63; 5 M Swann (Charn) 8.64. **r2:** 1 C McDonald (Bir) 8.60. **60H: 1:** N Lannie (Donc) 9.81; 2 H Scarborough (Hale) 10.43; 3 E Isaac (Card Arch) 10.70; 4 S Davies 10.72. **70H: 1:** N Lannie (Donc) 11.55

(Newb) 38.69; 2 H Cubbage (Ports) 33.94; 3 C Thomas (Ports) 26.56

MARCH 25

SWANSEA OPEN, Swansea

U17 men: DT: 1 J Tomlinson (P'broke) 48.05

U15: 80H: 1: T Cook (Swan) 12.5; 2 T Slade (Swan) 12.7. **SP: 1:** T Hanson (Card) 13.55; 2 B Clements (Swan) 12.39. **DT: 1:** J Morse (Card) 39.39; 2 B Clements (Swan) 36.60

U13: 800: 1: B Reynolds (Card Arch) 2:21.8. **SP: 1:** A Williams (Swan) 9.17

U15 girls: 75H: 1: H Davies (Swan) 12.5; 2 J Sivak (L'nelli) 12.5. **DT: 1:** D Jones (Carm) 27.79; 2 R Evans (Swan) 27.72

U13: 800: 1: C Gwyther (Swan) 2:29.3. **70H: r1:** 1 E Dineen (Card Arch) 12.4. **HJ: 1:** M Musgrave (Swan) 1.50

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MARCH 25

SOUTH WEST UNIVERSITY CHAMPIONSHIPS, Exeter

Men: 1500: 1 J Saissi (Exeter) 3:57.5. **110H: 1:** G Etherington 15.7; 2 O Jefferies (Bristol) 15.8

Women: 200: 1 N Kendall (Exeter, U20) 25.5. **400:** 1 N Kendall (Exeter, U20) 57.0. **1500:** 1 S McCall (Exeter) 4:42.3.

5000: 1 M McBrien (Cardiff, U20) 17:50.6. **4x100:** 1 Exeter 51.9

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MARCH 21

CRAWLEY PRE-SEASON OPEN

Mixed events: 80: r13 (0.5): 2 K Weller (Craw, U13W) 11.56; 3 P Oliver (Craw,

U13W) 11.62; 4 M O'Hara (E'bne, U13W) 11.93. **r14 (1.9):** 1 C Brewer Wren (Phoe, U13W) 11.66; 2 C Tierney (Horsh BS, U13W) 11.68; 3 M Noyce (Craw, U13W) 11.96. **r15 (3.8):** 1 I Sebaduka (U13W) 11.63; 2 R Jerges (Horsh BS, U13W) 11.86. **r17 (4.1):** 1 M Suvd (Sutt, U13W) 11.55; 2 M Maoriaga (B&H, U13W) 11.95

Men: 150: 1 J Day (B&H) 16.64; 2 G Stephens (Worth, M35) 16.96. **600:** 1 D Stepnay (Phoe) 1:22.88; 2 N Mapperley (C'ley, U20) 1:24.62; 6 A Haines (Craw, M45) 1:31.64. **300H: r1:** 1 T Parry (K&P) 39.26; 3 M Shortall (Thurr) 41.18. **r2:** 1 G Grainger (Craw) 40.45; 2 B Jones (Nene V) 40.48. **SP: 1:** C Turner (Craw, M45) 11.49; 2 P Evans (Woking, M45) 10.15.

HT: A: 1 S Evans (Worth) 46.87. **U20: 150:** 1 J Field (Sutt) 17.18; 2 R Deol (B&H) 17.34. **HT: A:** 1 M Ritchie (Craw) 56.29; 2 W Cox (Craw) 48.75; 3 J Haines (Craw) 48.16

U17: 150: r1: 1 E Sarfo (Sutt) 17.46; 2 J Hawkins (B&H) 17.68. **r2:** 1 W Martin (Ton) 17.11. **600:** 1 R Lutakome (Sutt) 1:28.91. **300H: 1:** J Fuggle (Ton) 39.99

HT: A: 1 J Norris (WSEH) 70.88; 2 A Lewis (Craw) 41.10

U15: DT: 1 B Hawkes (Worth) 37.46. **HT: A:** 1 B Hawkes (Worth) 46.32

U13: 150: r1: 1 J Smart-Williams (Craw) 21.29

M45: DT: 1 C Turner (Craw) 33.18

M50: DT: 1 J Drzewiecki (Brack, M55) 35.56

Women: 150: 1 L Hoad (Sutt, U17) 18.83; 2 A Reynolds (Havant) 19.06;

3 S Henlon (Sutt, U17) 19.17; 4 N Okologume (Sutt, U17) 19.70; 5 A Farrar-Daniel (B&H, U17) 19.82; 6 E Rossiter (B&H, U20) 19.85. **300:** 1 H Turner (Craw) 40.56. **600:** 1 C Bearpark (Havant) 1:40.23. **HJ: A:** 1 L Buxton (Bed C, W35) 1.46. **LJ: 2:** Buxton 4.99.

DT: 1: C Letheby (Walton) 35.90. **HT: A:** 1 L James (SB) 51.20; 2 L Hoare (Craw, U20) 43.65; 3 E Baker (Worth, U20) 33.99

U17: 150: 1 S Linturn (Craw) 19.06; 2 A Linturn (Craw) 19.25; 3 R Quirke (Worth) 19.81. **300: r3:** 1 L Hoad (Sutt) 41.76. **600:** 1 C Dannatt (C'ley) 1:42.59. **300H: 1:** O Brothers (Craw) 45.72. **HT: A:** 1 E Chandler (Harrow) 47.14; 2 V Pellett (Craw) 45.73; 3 L Carter (Lewes) 42.21; 4 A Banbury (Walton, U15) 35.47; 5 A Steer (Craw, U15) 34.60

U15: 150: r1: 1 A White (Chich) 19.04; 2 K Bristowe (Craw) 19.67; 3 B Kavanagh (Lithbridge) 20.72. **r2:** 1 E Ireland (Craw) 19.69; 2 L Saunders (Phoe) 19.98; 2 A Asare (Herne H) 19.98. **r3:** 1 L Lethbridge (Craw) 20.79. **300: r1:** 1 White 41.93. **DT:** 1 J Emery (Wat) 29.33; 2 H Brockbank (B&H) 28.70. **HT: B:** 1 J Pelham (G&G) 30.46

U13: 150: r1: 1 M Suvd (Sutt) 21.16; 2 N Pestonji (Sutt) 21.19. **r2:** 1 J Hoad (Sutt) 21.70; 2 K Weller (Craw) 21.84. **r3:** 1 E Hannynghton (Horsh BS) 21.27; 2 P Thoms (Phoe) 21.32; 3 C Tierney (Horsh BS) 21.64. **600:** 1 H Roberts (Brack) 1:48.38. **DT: 1:** F Baker (Craw) 24.29

INDOOR

MARCH 29

LEE VALLEY U13 / U15 OPEN, Lee Valley

U15 boys: 60: r1.1: 1 T Rankin (High, U13) 8.18. **r2.1:** 1 T Rankin (High, U13) 8.21. **800:** 1 H Cowie (B&B) 2:04.5; 2 H Bailey (Bath) 2:05.4. **Penl:** 1 W Adeyeye (Thurr) 2800 (8.70, 5.71, 13.99, 1.70, 2:42.43); 2 T Adesina (Thurr) 2318 (9.82, 4.91, 9.15, 1.67, 2:22.17); 3 C Corry (B&B) 2213 (10.04, 5.01, 7.22, 1.52, 2:11.79); 4 L Davey (GAC) 2005 (10.24, 4.97, 7.44, 1.55, 2:25.98)

U13: Penl: 1 C Gregson (Soton) 1709 (10.18, 4.11, 6.86, 1.52, 2:34.13)

U15 girls: 60: r1.1: 1 A Ndiage (Serp) 8.10; 2 M Sims (E&H) 8.28. **r1.3:** 1 H Hall (TVH) 8.15. **r2.3:** 1 H Hall (TVH) 8.12; 2 M Sims (E&H) 8.17; 3 A Ndiage (Serp) 8.20. **Penl:** 1 K Kemp (W Suff) 3186 (9.81, 5.18, 9.06, 1.57, 2:32.64); 2 S Harris (Erme) 3023 (9.56, 4.97, 8.84, 1.45, 2:33.01); 3 A Bateman (Gate) 2988 (10.38, 4.83, 8.81, 1.66, 2:39.98); 4 A Hornbuckle (E&H) 2892 (9.03, 5.24, 7.22, 1.33, 2:39.89); 5 E Scarborough (Gate) 2790 (9.98, 4.89, 8.66, 1.42, 2:40.44); 6 E Featherstone (M&M) 2741 (9.72, 4.58, 7.53, 1.48, 2:41.11); 7 K Bainsfair (Bas) 2722 (9.79, 4.64, 8.25, 1.42, 2:41.51); 8 E Forrest (P'boro) 2617 (9.96, 4.53, 9.54, 1.42, 2:53.44); 9 G Duthie (Sutt) 2594 (9.92, 4.00, 7.93, 1.48, 2:40.65); 10 A Macdonald (E&H)

2566 (9.82, 4.75, 6.66, 1.48, 2:54.67); 11 T Morton-Kemsley (D&T) 2563 (10.05, 4.56, 8.42, 1.45, 2:53.90); 12 A Hussein (Belg) 2492 (9.84, 4.66, 9.16, 1.39, 3:06.84); 13 E Thomas (Card Arch) 2468 (10.00, 4.99, 7.48, 1.33, 2:56.95); 14 J Oni (M&M) 2363 (10.31, 3.95, 6.84, 1.63, 3:05.46); 15 J Collins (Herne H) 2344 (10.40, 4.14, 6.22, 1.51, 2:51.47); 16 M Wilton (Ports) 2333 (10.48, 4.21, 7.77, 1.36, 2:46.92); 17 E Martin (Card Arch) 2322 (9.83, 4.54, 7.37, 1.27, 2:56.16)

U13: 60H: r1: 1 B Richards (Orion) 10.65; 2 C Mee (High) 10.90. **r2:** 1 C Mee (High) 10.63; 2 B Richards (Orion) 10.67. **Penl:** 1 L Matthews (Soton) 2821 (9.52, 4.71, 7.78, 1.51, 2:44.93); 2 G Griffiths (Soton) 2503 (10.24, 4.59, 6.87, 1.39, 2:41.55); 3 H Scarborough (Hale) 2273 (10.34, 4.24, 5.28, 1.27, 2:33.14); 4 S Taiwo (Thurr) 2269 (10.15, 3.81, 6.70, 1.39, 2:46.34); 5 I Florence (Sough Junior AC) 2141 (11.18, 4.10, 6.80, 1.30, 2:40.07); 6 P Yule (B'mth) 2089 (10.79, 4.18, 6.81, 1.36, 2:58.95); 7 H Lawrence (Esx Sch) 2057 (10.49, 4.27, 5.90, 1.33, 3:00.63); 8 G Gough-Willemts (Belg) 2055 (10.33, 3.89, 7.10, 1.27, 2:56.32); 9 L Simpson (Herts P) 2033 (11.00, 4.33, 7.59, 1.18, 2:51.89); 10 I Perry (Lon Sch) 2031 (10.64, 4.07, 5.92, 1.33, 2:55.79); 11 E May (Soton) 2002 (10.97, 3.79, 6.68, 1.15, 2:36.06); 12 C Rimmer (Sheff) 1978 (11.13, 3.78, 7.94, 1.12, 2:40.25); 13 E Brown (Norw) 1973; 15 T Stonehouse (D&T) 1871

ROAD

MARCH 29

BTR LIVERPOOL HALF-MARATHON, Liverpool

Overall: 1 P Martelletti (Run Fast, M35) 68:00; 2 T Charles (Traff) 70:02; 3 J Toohey (Liv RC) 71:26; 4 T Durcan (Derw C) 71:44; 5 B Browatzki (VP&TH) 73:17; 6 S Sayer (Menai) 73:28; 7 J Toomey (HW) 73:50; 8 L Ball (Linc W, M45) 74:30; 9 M Soszka (Salt) 74:54; 10 W Kerr (Salt, M35) 74:57

M40: 1 A Taylor (Unatt) 77:04; 2 D Sawyer (Giff N) 77:44. **M45:** 2 P Sankey (Liv H) 76:57; 3 A Ratcliffe (Wig D) 78:18; 4 C Yorke (N Wal RR) 78:42; 5 R Purtil (ATHLONE TRI CLUB) 79:23. **M50:** 1 P Simons (Salt) 80:19; 2 G Callaghan (Liv PS) 81:12; 3 I Roche (Mers Tri) 82:22; 4 C Palmer (W'sey) 82:28; 5 K Scovell (ARROW PARK AMBLERS) 82:44. **M60:** 1 J Price (Liv RC) 89:33. **U20:** 1 L Towers (SHS) 75:34

Women: 1 M Poulsen (Derry) 81:05; 2 C Mason (York) 82:25; 3 A O'Brien (Liv RC) 82:34; 4 Z McLennan (Ches TC) 83:27; 5 S Lowery (Sheff RC) 84:31; 6 G Hooile (Scun, W35) 84:57; 7 S Hunt (Unatt) 85:34; 8 F Vidler (Barn) 86:04. **W40:** 1 F Lynch (Radc) 90:39; 2 K Stopforth (Unatt) 93:16. **W45:** 1 C Sullivan (Wesh) 89:18; 2 C Murphy (Liv H) 91:14; 3 C Aryetey (Unatt) 91:55; 4 M Liddle (Unatt) 92:53; 5 J Trayhorn (Unatt) 93:51. **W50:** 1 J Shaw (Unatt) 94:48. **W60:** 1 M Rees (W'sey) 1:43:25. **W65:** 1 R Rogers (W Ches) 1:51:41; 2 S Nicholls (Burns) 1:53:11. **W75:** 1 P Morton (Unatt) 1:48:08

CALNE CLOCK CHANGE CHALLENGE 10km, Calne

Overall: 1 M Rose (Avon VR) 37:19; 2 W Woodcock (UW Aber) 37:45; 3 R Barnes (Avon VR, W35) 37:58

Women: 1 Barnes 37:58; 2 N Eaton (Stroud) 40:08; 3 K Barnett (Avon VR) 45:42

Overall (5km): 1 J Goddard (Calne) 18:39; 2 R Wayne (Purb R) 19:39; 3 G Hughes (Bath, M50) 19:47

Women: 1 S Jamieson (RSE, W35) 22:09; 2 F Golding (Calne) 22:33; 3 C Chappell (Unatt, U20) 26:32



Toby Lambert:
Paddock Wood
half winner

UK Half-marathon leaders - 2015

MEN

59:32 Mo Farah
64:18 Paul Martelletti
67:40 Gareth Raven
71:28 Dave Millar
71:10 Andrew Green
78:22 Gary Payne
73:20 Martin Rees
85:47 Mike Sheridan
88:29 Martin Ford
1:43:14 Dave Gardner
2:11:49 Graeme Brown

Sen (U35)

V35
V40
V45
V50
V55
V60
V65
V70
V75
V80

WOMEN

Lily Partridge
Alyson Dixon
Michelle Ross-Cope
Liz Hartney
Clare Elms
Elaine O'Sullivan
Catherine Wright
Sharon Smith
June Johnson
Susan Soar
Eileen Noble

COLTISHALL MAD MARCH HARE 10km, Norfolk

Overall: 1 D Blake (Reep) 32:50; 2 C Stanforth (Ryst) 34:30; 3 M Thompson 35:08

Women: 1 R Waterman (Tri Ang) 39:43;

2 R Allard (Norw) 42:21; 3 A Bland (Colt) 43:45

CRANLEIGH 15 & 21, Surrey

Overall (15M): 1 S Kennedy (B'water) 93:20; 2 S Holloway (Salis) 93:51; 3 C Finill (Harrow, M50) 94:37

M60: P Sanderson (G&G) 1:40:05

Women: 1 C Pleasence (G&G, W35) 1:45:45; 2 M Synnott-Wells (Rane, W50) 1:52:41; 3 L Whittaker (Win, W55) 1:59:34

Overall (21M): 1 A Weir (THH, M45) 2:04:19; 2 F Parkinson (B&B) 2:06:53; 3 J Westlake 2:08:18

M60: 1 G Ruffie (Hart) 2:25:27; 2 J Dykes (Horsh J) 2:34:54

Women: 1 V Joel (Stubb, W35) 2:09:15; 2 B Atkinson (WSEH, W35) 2:20:22; 3 L Hales (Wok, W40) 2:30:42

W45: P Adams (RMP) 2:35:24. **W55:** 1 J Curtis (Win) 2:53:07; 2 K Dry 3:00:02; 3 I Campbell (Henf) 3:01:37. **W60:** J Radford (Win) 2:53:44

Overall: 1 S Gaiduc (Unatt) 73:12; 2 D Gaffney (E&E) 74:09; 3 A Madar (Unatt) 74:29

CROYDON HALF-MARATHON, Croydon

Overall: 1 S Gaiduc (Unatt) 73:12; 2 D Gaffney (E&E) 74:09; 3 A Madar (Unatt) 74:29

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Kilbarchan make relay history

MARCH 28 SCOTTISH RELAY CHAMPIONSHIPS, Livingston

KILBARCHAN beat a record entry to take the men's title for the first time in this event's 40-year history, while host club Lothian RC landed a popular win in the women's race, *Denis Shepherd* reports.

Derek and Callum Hawkins, both Commonwealth Games athletes, recorded the fastest two long-stage times of the day over the 5.8-mile loop as Derek took the lead on stage two before his brother turned a nine-second deficit into a 36-second lead on the anchor leg.

Promising under-20s Callum Matthews, Gavin McArdle (who returned the fastest time of the race for the short 3.1-mile loop), Euan

Gillham and Scott MacAulay all played a vital part in the Kilbarchan team's effort of denying Central a fourth successive title as the latter's Commonwealth Games runner Ross Houston found his third-fastest long-stage time no match for that of Callum Hawkins on the last leg.

Ronhill Cambuslang filled a solid third position throughout the second half, having dropped as low as seventh in the earlier stages, and finished a little under three minutes behind the silver medallists. The Glasgow club also took the M40 title, filling a commendable 10th spot overall, as well as winning the M50 four-stage race.

The women's race proved a far cry from the men's two-horse race, with four different clubs leading home the

four stages.

Veterans Yvonne Crilly and Edel Mooney kept Lothian in mid-field over the first two stages as first under-20 Mhairi MacLennan (Inverness Harriers) and then Scottish road running champion Shona McIntosh (Hunters Bog Trotters) handed over in the lead.

Another under-20, Stephanie Pennycook, then produced the fastest short stage time to move Fife up from 10th place into a seven-second lead as Jo Williams handed the Lothian baton over to Sarah Inglis in fourth.

Inglis, currently studying for three years in Canada, then produced an inspired run over the final long stage which eclipsed McIntosh's time by 65 seconds and brought her home 39 seconds clear of Fife. Inverness, debutants in this event, were delighted to take bronze, 71 seconds behind Fife.

Twelfth-placed Gala were the first W40 quartet with Falkirk Victoria taking the W50 three-stage event.

Men (alternate legs, 3.1M and 5.8M):

1 Kilb 2:14:58 (S Matthews 16:12, D Hawkins 28:08, G McArdle 18:25, E Gillham 29:46, C Hawkins 28:29); 2 Centr 2:15:34 (D Colley 15:44, S McDonald 29:23, A Thompson 15:56, A Hendry 29:32, C Milne 15:45, R Houston 29:14); 3 Cambus 2:18:20 (A Campbell 16:08, R Gilroy 30:22, R Thomson 15:54, S Gibson 29:51, B Bristow 16:13, K McLellan 29:52); 4 Cors 2:19:38 (M Anderson 15:50, C McKenzie 29:39, S Pilkington 15:36, K Hood 31:15, D MacAulay 16:22, H Craske 30:16); 5 Edin U 2:21:17 (T Gibney 16:22, B Stevenson 29:59, J Dunn 16:32, S Stirling 30:54, C Murray 17:00, A Lawler 30:30); 6 Shett 2:21:42 (B McGarrity 16:36, M Deason 30:30, B Robertson 17:23, T Mengisteab 29:41, M Graham 17:02, P Sorrie 30:30); 7 A'deen 2:25:21 (J Joy 16:26, M Ferguson 30:43, E Webster 17:58, C Symmons 32:14, J Chapman 17:09, W Mackay 30:51); 8 Centr B 2:26:18 (T Watson 15:57, J Crowe 31:02, D MacKinlay 17:44, S Green 31:29, E Gault 17:47, L Millar 32:19); 9 Cors B 2:27:09 (T Ferrington 16:57, B Clark 31:13, A Brookie 17:32, R Milne 32:06, J Harrison 17:22, T Cunningham 31:59);

Derek Hawkins:
fastest long leg



VIOLASALETT



Fiona Matheson:
part of Falkirk's
winning W50
squad

JEREMY HEMMING

10 Cambus B (M40) 2:29:30 (J Reid 17:03, KL Wilson 31:11, C Harrow 18:00, G Hastie 33:54, M O'Hagan 18:13, S Wylie 31:09); 11 Giff N 2:29:54; 12 Edin 2:30:54; 13 Cors C 2:32:14; 14 Bella R 2:32:26; 15 HBT 2:33:55; 16 Kirkin B (M40) 2:34:14; 17 Metro 2:34:31; 18 Bella H 2:36:04; 19 E Kilb 2:36:27; 20 Edin U B 2:37:54
M40: 3 Shett 2:40:59
M50: 1 Cambus 1:45:26 (D Thom 18:28, P Thompson 33:59, C Upson 108:31, C Feechan 34:28); 2 Bella H 1:50:40; 3 Centr 1:50:57
Fastest (3.1M): 1 McArdle 15:25; 2 Pilkington 15:36; 3 Colley 15:44; 4 Milne 15:45; 5 Anderson 15:50
Fastest (5.8M): 1 D Hawkins 28:08; 2 C Hawkins 28:29; 3 Houston 29:14; 4 N Renault (Edin) 29:19; 5 McDonald 29:23
Women: 1 Loth 1:46:29 (Y Crilly 20:08, E Mooney 34:55, J Williams 18:50, S Inglis 32:36); 2 Fife 1:47:08 (A Simpson 18:26, S Mullins 36:49, S Pennycook 17:55, M Crawford 33:58); 3 I'ness

1:48:19 (M MacLennan 17:59, S Liebnitz 36:38, C Fraser 19:54, J Bannerman 33:48); 4 Centr 1:49:00 (N Milne 19:11, F Gyurko 35:05, C Hokuston 20:38, L Morrison 34:06); 5 HBT 1:49:55 (S MacIsaac 18:58, S McIntosh 33:41, M Kelly 20:48, R Haines 36:28); 6 Edin U 1:50:37 (E Buchan 19:06, S Horrocks 36:37, S Lawrie 19:34, S Douglas 35:20); 7 Shett 1:52:14; 8 Kilb 1:53:35; 9 Edin 1:53:57; 10 Gars 1:57:24; 11 Edin U B 1:57:36; 12 Gala (W40) 2:00:20
W40: 1 Gala 2:00:20 (G Duncan 21:04, F Dalgleish 38:31, R Fagan 21:12, K Jenkins 39:33); 2 Bella H 2:06:48; 3 Bella H B 2:40:15
W50: 1 Falk 76:02 (B Junnier 19:57, F Matheson 34:50, J Stevenson 21:15); 2 Centr 85:33; 3 Kirkin 92:50
Fastest (3.1M): 1 Pennycook 17:55; 2 MacLennan 17:59; 3 F Ross (Edinburgh AC) 18:20
Fastest (5.8M): 1 Inglis 32:36; 2 McIntosh 33:41; 3 G Rankin (Kilb) 33:48
W40: Mooney 34:55. **W50:** Matheson 34:50

2 P May (Tod) 40:22; 3 L Hesketh (B'burn) 40:44
W60: 1 J Hill (B'burn RR) 48:31

SKYLINE 120 BRAINTREE 5, Braintree

Overall: 1 M Sanford (Unatt) 27:30; 2 K Swan (B'cay) 28:38; 3 R Faulkner (Herts P) 29:16

M60: 1 J Haynes (Bish S) 32:44

Women: 1 S Jeffery (S'endl) 33:29; 2 R White (Saff, W35) 33:37; 3 F Halls (Saff, W35) 34:22

W55: 1 B Nordin (Ilif) 36:37

SPITFIRE 20 & TEMPEST 10, Dunsfold, Surrey

Overall: 1 A Jackson (S'bourne) 1:58:38; 2 T Reeves (Dart) 2:00:27; 3 G Driver 2:02:01

M50: 1 R Bentley (Wx) 2:04:43; 2 M Halls 2:13:29

Women: 1 A McEwing (Erme V) 2:10:20; 2 K Ward (Hasle) 2:14:13; 3 S Gruber (Inv EK, W35) 2:15:48; 4 H Wallington (Tott, W45) 2:17:29; 5 G Farrell (I Tri)

2:21:54; 6 K Carter (Wimb W, W35)

2:24:00

W55: M Davis (Elmb) 2:42:12

Overall (10M): 1 S Proctor (Dart) 57:48; 2 D McNeeley (Elmb) 58:23; 3 W Harrison (DMV) 58:58

Women: 1 K Lo (Hay H, W35) 65:47; 2 J Hadfield (Elmb, W35) 69:15; 3 C Oliver (Dulw R, W35) 70:21

WAKEFIELD HOSPICE 10km, Wakefield

Overall: 1 B Marriott (Bing) 32:18; 2 G Lowe (Clowne, M40) 32:36; 3 A Peers (Liv H) 33:34; 4 D Palmer (Steel, M40) 34:25; 5 S Newton (Ack, M35) 34:27; 6 C Ward (Wake) 34:29; 7 B Butler (Wake) 34:40; 8 J Sagar (Spen) 34:43

M40: 3 S Chaplin (Unatt) 35:14. **M50:** 1 M Hall (Spen) 35:45; 2 A Thompson (Wakefield Triathlon Club) 36:19; 3 J Convery (Bing) 37:04. **M65:** 1 G Cumber (Hal) 41:02

Women: 1 J Latham (Wake) 36:59; 2 S Cumber (Hal, W40) 38:28; 3 F Beckett (Wake) 38:57; 4 E Brailsford (Unatt)

39:22; 5 H Beck (Wake) 39:32

W35: 1 F Lightowler (Pontefract) 40:13.

W40: 2 L Wilyman (Melth) 41:48. **W45:**

1 J Stones (Mab) 41:22; 2 A Hannon (Pontefract) 41:33. **W55:** 1 C Barker (Val) 44:49; 2 B Hughes (Stad R) 46:27.

W60: 1 D Bland (Bail) 47:15; 2 S Poyser (Unatt) 49:34

WHITE HORSE HALF-MARATHON, Grove

Overall: 1 J Bolton (W'stock, M40) 74:32; 2 M Marshall (Oxf C, U20) 79:00; 3 T Lock (Wit, M45) 79:24

Women: 1 J McBain (Alch, W35) 83:41; 2 D Moore (Head, W35) 85:21; 3 F Snare (Wit) 87:27

W40: 1 R Pearce (Strat) 93:21. **W55:** 1 K Bates (W'stock) 1:42:17. **W65:** 1 K Williamson (Eynsh) 1:45:57

5km RABBIT RUN, Hazelbank Park

Overall: 1 T McCambridge (NBH, U15) 18:49; 2 G Campbell (Unatt) 19:00; 3 I Cleland (S'park) 19:50

Women: 1 L Leitch (Orangegrove)

23:58; 2 G Cordner (S'park) 24:09; 3 L Smart (Co Ant) 24:12

YEOVIL HALF-MARATHON, Somersert

Overall: 1 R McTaggart (B'mth) 74:19; 2 R Bateson (Colt) 75:26; 3 P Bridge (Exe U) 75:48

M50: G Hogg (R 4Ever) 79:08. **M60:** N Haywood (Purb) 90:56

Women: 1 A Granger (B&W, W40) 82:16; 2 N Plummer 83:52; 3 A Murray-Gourlay (Plym U) 92:16

W55: J Harrison (Wells) 93:10

OAKLEY 20, Bedford

Overall: 1 M Wright (Barn) 1:53:02; 2 M Newton (S'field) 1:57:09; 3 C Palmer (Bed C) 2:01:44

M40: G Ramsay (FVS) 2:03:55. **M50:** 1 L Boden (Woott RR) 2:11:23; 2 I Thomas (Cher) 2:13:23; 3 M Beare (Ampt)

2:14:59. **M55:** K Shelton-Smith (Bed H) 2:14:28. **M70:** S Mann (Herts P) 3:01:14

Women: 1 R Males (D Lloyd Red) 2:14:06; 2 J Kent (Barn, W45) 2:15:46;

3 T McCartney (Nene V, W35) 2:16:45; 4 R Maddock (Bed H) 2:18:44; 5 E Foran (Slea) 2:22:19; 6 H Turner (Harp, W35) 2:23:21

W45: M Williamson (Bed H) 2:29:33.

W55: 1 E O'Sullivan (T Bal) 2:27:51; 2 L Crosby (Harp) 2:50:36. **W60:** Y Gordon (NHRR) 2:41:23

MARCH 27

BROOKS SERPENTINE LAST FRIDAY 5km, London Hyde Park

Overall: 1 R Weston (Serp) 15:44;

2 P Lowe (Strag) 15:58; 3 D Nevins

(Harrow) 16:05

M60: 1 D Cox (WG&EL) 18:20; 2 A Roberts (Serp) 19:45. **U20:** 1 C Kissane-Wood (SMR) 16:41

Women: 1 C Oldfield (VoA) 18:05; 2 C Jeremiah (Lon Hth) 18:28; 3 C Kayum (SoC) 19:29

W45: 1 C Curtis (Folk) 20:53. **W50:** 1 P Dalton (S'oaks) 21:16. **W55:** 1 A Sanders-Reece (Morn) 22:29. **W60:** 1 S Musson (Ton) 21:29. **W65:** 1 M Rayner (W4H) 23:35

3km ON THE GREEN SERIES, Glasgow

Overall: 1 G Baillie (E Kilb, M35) 9:12; 2 C Greenhaugh (Unatt, M40) 9:34; 3 D Muir (Law, M35) 9:40
Women: 1 E Dunnett (Shett, U20) 10:55; 2 C Fortune (L'gow) 11:04; 3 E Kay (VPCG) 11:26

MARCH 26**KINGS BUILDING 4Edinburgh**

Overall: 1 D Fitch 23:03; 2 A Hart (HBT, M40) 23:55; 3 J Stewart 26:25
Women: L Eades 34:20
Combined handicap: I Bethune 30:32

WESTON PROM RUN 5, Weston-super-Mare, Somerset

Overall: 1 S Leany (N Som) 26:29; 2 A Crossland (Cleve) 27:16; 3 L Murray (Cleve) 27:34
M40: K Summers (Weston) 28:16.
M50: 1 P Fews (Cleve) 29:41; 2 N Hides (Cleve) 29:54. **M60:** D Wittle (GWR) 30:57
Women: 1 J Poole (Cleve, W40) 31:46; 2 J McNamara (Chedd) 33:03; 3 L Meech (Cleve) 33:36
W45: J Colman (B&W) 33:43. **W50:** H Ball (Cleve) 35:47. **W55:** A Engledew (B&W) 36:59

WACKY RACERS 5km, Stornoway

Overall: 1 A Murray 20:43; 2 O Davies 22:05; 3 G Connelly 22:12
Women: 1 K Mackenzie 25:01; 2 L Henderson 25:45; 3 A Stewart 25:52
Combined handicap: 1 R Henderson 42:30; 2 N Macrury 44:08; 3 S Maclean 44:34
A1 Stornoway

MARCH 25**POWERADE QUEEN'S 5km (Inc NI & ULSTER CHAMPS), Belfast, Northern Ireland**

Overall: 1 P Pollock (Kent) 14:43; 2 S Rankin (Foyle V) 14:56; 3 A Wright (Willow, U20) 14:57; 4 R McDermott (Anna) 15:04; 5 C Duffy (Glas) 15:04; 6 A O'Hara (NBH, M35) 15:31; 7 C Madden (Lisb) 15:32; 8 E McGinty (Derry) 15:38; 9 N McCartan (E Down) 15:40; 10 A Annett (NBH) 15:45; 11 C McCambridge (NBH, U20) 15:47; 12 M Cox (Project Africa Athletics) 15:50; 13 G Corey (Sper) 15:57; 14 M McKinstry (NBH) 16:00
M40: 1 C Curran (NBH) 16:03. **M45:** 1 N McKibbin (Drom) 16:29; 2 P Tweedie (Springw) 16:41; 3 F Marsh (N Down) 16:43; 4 N Carty (NBH) 16:46; 5 N Glenn (NBH) 17:03; 6 J Turtle (Ballym R) 17:13. **M50:** 1 B McKee (Unatt) 17:17; 2 N Connor (Ballym R) 17:45. **M55:** 1 R Bigger (Derry CT) 18:35. **M60:** 1 D Clarke (NBH) 17:38; 2 J Newberry (NBH) 19:29; 3 P Rocks (Newry) 19:32. **M70:** 1 J Carberry (NBH) 22:03. **U20:** 3 J Whan (Lisb) 16:06; 4 M Doherty (Derry CT) 16:36; 5 R Sharkey (Lag V) 16:45; 6 H Speers (Lag V) 16:53. **U17:** 1 C McMeechan (N Down) 16:01; 2 D Dawson (Drom) 16:22; 3 L Dinsmore (Springw) 16:35; 4 C Magee (Beech) 16:56
Women: 1 A McGlynn (L'kenney, W35) 16:28; 2 Doherty (IRL, W35) 16:44; 3 N Adams (L'kenney, W35) 16:51; 4 E Mitchell (B'bridge D) 17:16; 5 C Mc Court (NBH, W40) 17:42; 6 J Craig (N Down) 17:54; 7 R Murtagh (Drom) 17:58; 8 T McCloskey (Unatt, W45) 18:05; 9 R Gibson (N Down) 18:07; 10 G Short (Beech, W40) 18:10; 11 C Connor (NBH, W35) 18:16; 12 S Knox (Springw, W40) 18:33; 13 G Wasson (Springw, W35) 18:34; 14 V Lyttle (East Coast, W35) 18:52
W40: 4 D Watson (Lisb) 19:54. **W45:** 2 S O'Kane (Lag V) 19:15; 3 D Matchett

(B'drain) 19:21. **W55:** 1 R Perioli (Lag V) 19:5

CHICHESTER CORPORATE CHALLENGE 2015 SERIES Race 3, 4.5km, West Sussex

PREVIOUS race winner Harry Leleu had to concede to the more experienced Josh Guilment as this extremely popular spring evening series reached its conclusion, *Martin Duff reports*.
 Over the tight four-lap city centre circuit, totalling 4.5km, Guilment was four seconds clear in 13:28.

Local veteran Fay Cripps, winner last time, gained her second women's race victory of the series in 16:48 as more than 350 runners packed the narrow streets.

Overall: 1 J Guilment (Phoe) 13:28; 2 H Leleu (CWTC, U20) 13:32; 3 J Ellis (T Run) 13:32; 4 M Burchett (Worth) 13:34; 5 P Concannon 9Chich C) 13:50; 6 J Woods (Worth) 13:54; 7 S Gill (R Nell) 13:59; 8 M Jolly (G'wood) 14:05; 9 T MacSwaine (Ports) 14:05; 10 D Bailey (T Run) 14:32
M50: M White (DSTL) 16:05. **M60:** R Ball (Odd) 16:45
SPORTS & COLLEGE TEAM (4 to score): 1 R for Neil 62:37; 2 CWTC 63:09; 3 Chich C 64:28

CORPORATE TEAM (4 to score): 1 T Run 64:27; 2 DSTL Portsdown 65:08; 3 L'hurst R 69:32

Women: 1 F Cripps (R Nell, W35) 16:48; 2 C Bearpark (Havant) 17:05; 3 T Darling (CWTC) 17:41; 4 A Audrey (CWTC) 17:45
W50: H Lockyer (Ports) 17:54

SPORTS & COLLEGE TEAM (4 to score): 1 CWTC 53:21; 2 Havant 53:21; 3 CWTC B 56:44

CORPORATE TEAM (3 to score): 1 J Jiggers 58:54; 2 Havant 59:55; 3 DSTL 59:57

INTER-SCHOOLS ROAD RUNNING CHALLENGE, race 3, Chichester, West Sussex

Boys Year 9 & 10 (2.8km): 1 J O'Hara (Oak) 8:16; 2 B Collins (Chich) 8:44; 4 H Moore (Nelson) 9:22; 5 W wall (P'field) 9:23; 6 L Campbell (B Luffa) 9:24; 7 L Stallard (B Luff) 9:42; 7 B Robinson 9Chich O 9:46; 8 A Kimber (Swan) 9:47; 9 H Wellstead (Locks) 9:55; 10 M Creasy (M'hurst) 10:21

TEAM: 1 Chich HS 27:44; 2 B Luffa 29:38; 3 Chich B 32:35

Year 7&8 (2.1km): 1 C Crook (Croft) 6:44; 2 J Goldfinch (St John's) 6:46; 3 J Gardham (B Luffa) 7:06; 4 B Czura (Cams) 7:09; 5 M Thomas (H Court) 7:12; 6 T Haskell (P'brook) 7:14; 7 N Potter (B Luffa) 7:14; 8 L Dunne (bohunt) 7:15; 9 J Sharp 9B Luffa) 7:15; 10 S Kingshot (Warb) 7:18

TEAM Yr 8: 1 B Luffa 21:52; 2 B Luffa B 23:40; 3 Chich H 24:30

TEAM Yr 7: 1 B Luffa 22:00; 2 Midhurst 23:16; 3 B Luffa B 23:18

Boys Year 5 & 6 (1.6km): 1 D Smith (J Young) 4:45; 2 S McCormick (St Rich) 4:47; 3 J Fawcett (Oak) 4:49; 4 A Robinson (Cent) 4:53; 5 C Ellwood (Preb) 4:58; 6 S Corbett (J Young) 5:03; 7 M Glew (Bosh) 5:03; 8 T Francis (N Mund) 5:04; 9 H Codling (Camel) 5:06; 10 S De La Grange (Oak) 5:07
TEAM: 1 J Young 15:02; 2 Central 15:22; 3 N Mundham 15:23

Girls Year 9&10 (2.1km): 1 M Grice (Cairns H) 7:11; 2 E Rose (Church) 7:13; 3 H Binstead (Worth) 7:41; 4 R Laurie (OSVA) 7:47; 5 G Wills (B Luffa) 7:47; 6 M ledbetter (Worth) 7:58; 7 J Bushby (WEorth) 8:10; 8 C Crood (Selsy) 8:11; 9 H King (B Luffa) 8:19; 10 C Dyer (P'field) 8:37

UK 20M leaders - 2015

MEN		WOMEN	
1:45:13	Aaron Scott	2:08:23	Nadine Lewycky
1:51:25	John Sanderson	2:17:33	Rachel Robinson
1:49:10	Matty Adcock	1:59:36	Alyson Dixon
1:53:49	Julian Hatcher	2:12:23	Odette Robson
2:00:20	Allen Smalls	2:12:31	Helen Livingstone
1:55:09	Nigel Rackham	2:15:10	Kate Wright
2:12:18	Paul Mingay	2:33:55	Breege Nordin
2:10:29	Douglas Brisco	2:37:51	Lynne Valentine
2:20:43	David Pettifer	2:57:15	Anne Bowles
2:25:29	Martin Ford	3:15:53	Brenda Kinch
3:06:00	Brian Bennett	28:53	Rhona Goodwin

TEAM: 1 B Luffa 25:09

Year 7&8 (2.1km): 1 S Moore (Cams) 7:21; 2 C James (Cams) & 29; 3 B Sansom (Swan) 7:47; 4 L De Lacy (M'hurst) 7:49; 5 S Bullard (Chich) 7:49; 6 C Smythe (G'phin) 7:56

TEAM Yr 8: 1 B Luffa 25:33; 2 B Luffa B 27:24; 3 Chich 27:40

TEAM Yr 7: 1 M'hurst 24:42; 2 Chich 25:31; 3 B Luffa 25:43

Year 5 & 6 (1.6km): 1 E O'Neill (Locks) 5:10; 2 N Moranne (J Young) 5:12; 3 P Chandler (Oak) 5:16; 4 I Brydon (Thorny) 5:22; 5 D Fisher (Camel) 5:30; 6 R Briggs (W'bourne) 5:30; 7 C Marchant (Camel) 5:31; 8 C Bradbury-Roberts (Box) 5:34; 9 N Gates (W'bourne) 5:32; 10 N Boltwood (B Tuf) 5:40
TEAM: 1 Jessie Y 16:46; 2 Camelside 17:33; 3 Oakwood 17:35

DUNBEG 5km, Oban

Overall: 1 M Bossard (L'ber) 18:12; 2 D J Barr 18:35; 3 F Walton 19:10
Women: 1 R Miller 22:17; 2 D Macauley 25:17

MARCH 24**ROUND THE HORN 4, Dumbarton**

Overall (all Dumb): 1 P Currie 20:49; 2 M McLaughlan 21:33; 3 R Birk 22:22

M50: P Walsh 23:10
Women: 1 L Currie 22:46; 2 M Wylie 23:02; 3 N Lyons 23:19

MARCH 15**KEIGHLEY 10km, West Yorkshire**

Overall: 1 C Shearer 34:17; 2 R Outtersides (M40) 34:56; 3 S Clegg 34:59
M50: C Holmes 35:58

Women: 1 H Wright 40:28; 2 K Allen (W50) 41:45; 3 S O'Sullivan (W40) 41:54

CROSS-COUNTRY**MARCH 28****NORTH WEST LONDON YOUNG ATHLETES' LEAGUE, Wormwood Scrubs**

U17 men (XC): 1 M Farah (ESM) 16:22; 2 T Mcardle (Tr Pk) 16:59; 3 J Young (Trent P) 17:13; 4 W Griffiths (Lon Hth) 17:22; 5 C Sillett (ESM) 17:37; 6 R Rowlands (Dac Tr) 17:49; 7 J Phillips (Lon Hth) 18:03; 8 R Mainali (ESM) 18:27; 9 C Mccarthy (ESM) 18:38; 10 M Calderazzo (Lon Hth) 18:47; 11 R Simmons-perez (Tr Pk) 18:54; 12 O Aiyar-majeed (Liv H) 19:06; 13 K Lyonsw (TVH) 19:07; 14 A Ibrahim (ESM) 19:39; 15 R Alexandra (Tr Pk) 20:06
TEAM: 1 ESM 23; 2 Trent P 32; 3 Lon Hth 33

U15 (XC): 1 L Burrell (TVH) 13:42; 2 T Patrick (SB) 13:54; 3 J Young (Trent P) 14:10; 4 L Garrett (Lon Hth) 14:14; 5 G Kerry (ESM) 14:29; 6 H Rocha (SB) 14:38; 7 W Mcardle (Tr Pk) 14:49; 8 D Fawden (H'worthy) 14:51; 9 L Bunn (Harrow) 14:53; 10 R Kent (SB) 14:57; 11 L Adar (ESM) 15:08; 12 M Buckley (TVH) 15:10; 13 J O'flaherty (Liv H) 15:12; 14 A Weston (Lon Hth) 15:13; 15 N Barnard (QPH) 15:13; 16 H Turner (Cookham) 15:29; 17 J Martyn-hillier (Tr Pk) 15:34; 18 N Kanai (ESM) 15:38; 19 L Gray (Lon Hth) 16:01; 20 S Lewis (Cookham) 16:02

TEAM: 1 SB 43; 2 Trent P 48; 3 Lon Hth 50
U13 (XC): 1 K Imroth (Dac Tr) 9:49; 2 L Edwards (H'gay) 10:27; 3 R Somegyi (H'worthy) 10:30; 4 K Foster (ESM) 10:33; 5 F Sturrock (Tr Pk) 10:33; 6 M Harris (SB) 10:39; 7 I Imman (ESM) 10:43; 8 F Truman-williams (Dac Tr) 10:54; 9 E Mcardle (Tr Pk) 10:56; 10 A Gambrell (Cook) 10:59; 11 G Acosta (Tr Pk) 11:02; 12 C Morris (H'gay) 11:12; 13 J Street (Tr Pk) 11:19; 14 L Hunt (H'gay) 11:21; 15 A

Fitzpatrick (H'worthy) 11:22; 16 T Elwes (H'worthy) 11:28; 17 A Brennon (Tr Pk) 11:29; 18 M Woolf (T Beds) 11:35; 19 E Lowe (Cookham) 11:35; 20 C Gallagher (H'worthy) 11:42

TEAM: 1 Trent P 38; 2 Harr 49; 3 High 54
U11 (XC): 1 R McGonagle (Lon Hth) 7:03; 2 L Stubbs (SB) 7:10; 3 M Crow (Harrow) 7:12

TEAM: 1 High 29; 2 Cookham 76; 3 TVH 78

U17 women (XC): 1 G Fear (H'worthy) 14:53; 2 G Kyriacou (SB) 15:54; 3 E Godwin (QPH) 16:49; 4 L Fear (H'worthy) 17:26; 5 C Dunnett (E&H) 17:38; 6 G Weston (Lon Hth) 17:48

TEAM: 1 High 10; 2 SB 14; 3 E&H 16
U15 (XC): 1 I Weir (TVH) 10:05; 2 K Weir (TVH) 10:15; 3 V Walker (TVH) 10:33; 4 N Ravenhill (ESM) 10:45; 5 L Stewart (ESM) 11:04; 6 D Griffin (H'worthy) 11:11; 7 L Kyriacou (SB) 11:15; 8 J Wilkinson (H'worthy) 11:19; 9 G Birdseye (Dac Tr) 11:26; 10 G Lee (SB) 11:34; 11 B Hargreaves (Tr Pk) 11:37; 12 P Crockford (Lon Hth) 11:38; 13 K Michel (SB) 11:47; 14 J Leane (H'gay) 11:52; 15 C Thomas (ESM) 11:55; 16 M Hussain (SB) 12:05; 17 A Harewood (TVH) 12:06; 18 L Cottrell (Harrow) 12:15; 19 L Kelly (ESM) 12:34; 20 A Bulman (SB) 12:38

TEAM: 1 TVH 6; 2 ESM 24; 3 SB 30
U13 (XC): 1 C Buckley (TVH) 7:15; 2 A Mulvihill (H'gay) 7:26; 3 L O'brien (ESM) 7:33; 4 S Fear (H'worthy) 7:44; 5 S Kent (SB) 7:48; 6 M Groom (SB) 7:55; 7 M Perry (D&T) 7:57; 8 E Willietts (H'worthy) 7:58; 9 I Patel (Dac Tr) 8:00; 10 S Staab (SB) 8:03; 11 S Peters (Hill) 8:05; 12 M Chapman (H'worthy) 8:13; 13 E Taylor West (Cook) 8:15; 14 G Harper (SB) 8:16; 15 M Dunne (H'worthy) 8:17; 16 A Ibrahim (ESM) 8:18; 17 M Jarman (H'gay) 8:22; 18 I Millett (H'worthy) 8:24; 19 L Lamy (SB) 8:26; 20 H Sekkides (H'worthy) 8:30



Craig Shearer (1236): won the Keighley 10km

TEAM: 1 SB 21; 2 High 24; 3 ESM 42
U11 (XC): 1 M Radus (SB) 4:44; 2 K Price (TVH) 4:56; 3 R Garrett (Liv H) 4:57
TEAM: 1 TVH 30; 2 Cookham 36; 3 Lon Hth 36

SOUTH EAST SCHOOLS' YEARS 7 & 8, Tonbridge

Year 8: 1 J Smith (Sussex) 11:17; 2 A May (Kent) 11:21; 3 O Coppelletti (Surrey) 11:25; 4 J Kingston (Kent) 11:25; 5 T Emm (Kent) 11:38; 6 J Georgiadis (Kent) 11:41; 7 J Higgins (Kent) 11:42; 8 T Higgins (Kent) 11:43; 9 C Kershaw (Surrey) 11:44; 10 B Fitzpatrick (Surrey) 11:46; 11 O Bingham (Kent) 11:50; 12 J Goldfinch (Hants) 11:52; 13 T Doran (Hants) 11:56; 14 T Simms (Surrey) 11:57; 15 F Halloren (Sussex) 11:59; 16 E Canning (Surrey) 12:01; 17 J Walker (Surrey) 12:02; 18 H Sage (Hants) 12:03; 19 H Jones (Essex) 12:07; 20 J Cant (Surrey) 12:10; 21 L Mann (Surrey) 12:11; 22 J Haggerty (Hants) 12:12; 23 H Smith (Surrey) 12:12; 24 C Crook (Hants) 12:14; 25 L Knight (Surrey) 12:16; 26 Z Bridgeland (Essex) 12:20; 27 H Maleary (Essex) 12:21; 28 J North (Sussex) 12:21; 29 J Bowerman (Hants) 12:22; 30 T Ross (Kent) 12:22; 31 B Marks (Surrey) 12:22; 32 O Woods (Essex) 12:23; 33 A Gare (Essex) 12:23; 34 T Ray (Essex) 12:23; 35 A Wood (Kent) 12:23; 36 D Riley (Essex) 12:24; 37 J Atkins (Sussex) 12:24; 38 M Thomas (Hants) 12:24; 39 T Dennis (Surrey) 12:25; 40 S Sheppard (Surrey) 12:26; 41 C Smith (Surrey) 12:27; 42 A Jones (Surrey) 12:28; 43 M Scally (Hants) 12:28; 44 J Trim (Essex) 12:29; 45 J Bottrell (Sussex) 12:30; 46 K Lundy (Kent) 12:30; 47 T Haskell (Hants) 12:31; 48 J Martin (Sussex) 12:32; 49 Z Elbourne (Sussex) 12:32; 50 P Florida-james (Surrey) 12:34
TEAM: 1 Kent 32; 2 Surrey 69; 3 Hants 118; 4 Essex 171; 5 Sussex 174
Year 7: 1 B Blamey (Surrey) 10:43; 2 S Martin (Surrey) 10:44; 3 S Ward (Essex) 10:45; 4 F Vaughan (Surrey) 10:47; 5 H Parker (Essex) 10:53; 6 J Goodman (Surrey) 10:59; 7 J Strovver (Kent) 10:59; 8 O Wilson (Surrey) 11:00; 9 G Herring (Hants) 11:04; 10 O Voller (Surrey) 11:05; 11 T Blamey (Surrey) 11:06; 12 D Spencer (Surrey) 11:07; 13 J Crawley (Kent) 11:07; 14 B Ryan (Kent) 11:14; 15 J Crombie (Kent) 11:16; 16 B Richards (Hants) 11:17; 17 S Harnett (Hants) 11:18; 18 K Boggan (Essex) 11:19; 19 M Stevens-brown (Essex) 11:19; 20 J Morgan (Essex) 11:20; 21 J O'Brien (Kent) 11:20; 22 J Simpson (Surrey) 11:21; 23 J Mardon (Kent) 11:27; 24 A Spear (Surrey) 11:28; 25 I Kent (Hants) 11:29; 26 H Reilly (Kent) 11:29; 27 F Lowe (Essex) 11:31; 28 E Henderson (Surrey) 11:33; 29 E Yewings (Hants) 11:35; 30 T Roberts (Sussex) 11:36; 31 L Harrison (Kent) 11:36; 32 J McGill (Essex) 11:38; 33 J Davis (Hants) 11:38; 34 L Minns (Essex) 11:39; 35 C Coveney (Hants) 11:39; 36 O Harris (Hants) 11:39; 37 L Wolfe (Hants) 11:40; 38 J Pullman (Kent) 11:41; 39 L Stringer (Kent) 11:42; 40 D McGlynn (Kent) 11:42; 41 J Pope (Sussex) 11:42; 42 N Buckridge (Sussex) 11:43; 43 T Horrell-tidbury (Hants) 11:43; 44 G Seery (Kent) 11:43; 45 T Patel (Kent) 11:44; 46 T Flower (Hants) 11:44; 47 A Manget (Essex) 11:44; 48 T Cheshire (Surrey) 11:44; 49 T Anstey (Hants) 11:48; 50 M Downey (Surrey) 11:50
TEAM: 1 Surrey 31; 2 Essex 92; 3 Kent 93; 4 Hants 129; 5 Sussex 277
Year 8 girls: 1 A Wills (Hants) 11:14; 2 D Corradi (Surrey) 11:17; 3 O Wiseman (Sussex) 11:19; 4 A Millard (Kent)

11:22; 5 O White (Sussex) 11:32; 6 E Miller (Kent) 11:37; 7 Z Thorne (Hants) 11:39; 8 H Instance (Essex) 11:40; 9 E Kenyon-brown (Surrey) 11:41; 10 P Wright (Hants) 11:43; 11 C Griffiths (Surrey) 11:45; 12 A White (Surrey) 11:49; 13 C James (Hants) 11:54; 14 E Monday (Surrey) 11:57; 15 P Moriarty-palios (Hants) 11:59; 16 C Alexander (Surrey) 12:01; 17 E Heslop (Kent) 12:02; 18 M Pullen (Surrey) 12:04; 19 M Bath (Essex) 12:04; 20 S Puxty (Kent) 12:07; 21 H Page (Essex) 12:07; 22 N Hallorem (Sussex) 12:08; 23 M French (Hants) 12:09; 24 R Pharaoh (Surrey) 12:13; 25 B Samson (Hants) 12:14; 26 M Sweetman (Essex) 12:14; 27 J Young (Sussex) 12:14; 24 V Milana (Kent) 12:15; 29 M Hall (Kent) 12:15; 30 L Kingston (Kent) 12:15; 31 B Ashley (Essex) 12:16; 32 J Goveia Slatter (Surrey) 12:16; 33 E Field (Surrey) 12:19; 34 A Pearce (Essex) 12:20; 35 B Henshall (Hants) 12:20; 36 J Cross (Hants) 12:22; 37 B Haines (Sussex) 12:23; 38 M Turner (Hants) 12:25; 39 J West (Essex) 12:28; 40 R Hales (Kent) 12:28; 30 A Loxton-barnard (Kent) 12:29; 42 K Jackson-Challen (Hants) 12:29; 32 H Earley (Hants) 12:30; 44 S Brett (Hants) 12:30; 45 S Palmer (Kent) 12:31; 46 I Flower (Sussex) 12:31; 47 A Loh (Hants) 12:32; 48 M Chantree (Essex) 12:32; 49 K Walker (Essex) 12:33; 50 S Oliver (Kent) 12:35
TEAM: 1 Surr 64; 2 Hants 68; 3 Kent 105; 4 Sussex 135; 5 Essex 161
Year 7: 1 M Collis (Surrey) 9:33; 2 J Neal (Kent) 9:43; 3 P Spawforth (Surrey) 9:45; 4 A Dove (Surrey) 9:52; 5 M Goulden (Surrey) 9:53; 6 S Moore (Hants) 9:55; 7 C Parsons (Hants) 10:01; 8 G Tombs (Essex) 10:03; 9 L Grant (Surrey) 10:04; 10 L Bance (Surrey) 10:05; 11 E Adamson (Hants) 10:05; 12 M Smith (Essex) 10:06; 13 N Okoh (Essex) 10:07; 14 N Ainsworth (Hants) 10:07; 15 B O'hare (Kent) 10:08; 16 E Nicols (Sussex) 10:11; 17 E Newton (Surrey) 10:12; 18 P Roessler (Surrey) 10:16; 19 A Wright (Sussex) 10:17; 20 I Robinson (Hants) 10:17; 21 Y Knight (Hants) 10:18; 22 M Ramnarine (Sussex) 10:21; 23 A Leeves (Kent) 10:21; 24 A Rowan (Hants) 10:22; 25 A Primdal (Sussex) 10:23; 26 L Dooley (Sussex) 10:23; 27 K Painter (Kent) 10:24; 28 H Phipps (Essex) 10:25; 29 N Herholdt (Surrey) 10:26; 30 A Wright (Sussex) 10:27; 31 C Billard (Sussex) 10:27; 32 K Goodge (Kent) 10:32; 33 C Pratt (Essex) 10:33; 34 A Lindsay (Essex) 10:34; 35 I Jopson (Essex) 10:36; 36 R O'brien (Kent) 10:37; 37 A Williams-walker (Kent) 10:38; 38 P Lewis (Sussex) 10:39; 39 C Young (Kent) 10:39; 40 S Kelly (Kent) 10:41; 41 D Taylor (Sussex) 10:42; 42 D Briggs (Essex) 10:43; 43 M Witty (Hants) 10:44; 44 E Squibbs (Hants) 10:44; 45 H Dowsett Ward (Essex) 10:45; 46 K Clutterbuck (Surrey) 10:46; 47 S Wetheridge (Essex) 10:46; 48 L Jewell (Kent) 10:46; 49 C Newton (Surrey) 10:46; 50 N Smith (Essex) 10:47
TEAM: 1 Surrey 32; 2 Hants 79; 3 Essex 128; 4 Kent 135; 5 Sussex 138

MARCH 25
MIDLANDS POLICE & SERVICES LEAGUE, Edgbaston
Overall: 1 C Carre (RAF Cosf, M40) 31:55; 2 G Hall (Notts P) 32:04; 3 S Shanks (Pris/CS, M35) 33:07; 4 J Willoughby (Leics P) 33:23; 5 B Wilks (Notts P) 33:29; 6 A Stenson (RAF Cos) 33:48; 7 N Dale (WM P, M40) 34:01; 8 M Birkett (WM P) 34:20; 9 G Simpson (RAF Cos, M40) 36:23; 10 J Walkley (RAF Cos) 36:24

Women: 1 D Blakeman (WM Pol, W35) 39:20; 2 K Williams (N'hant P, W50) 41:46; 3 K Kemp (Leics P, W50) 44:51; 4 G Russon (WM Pol, W45) 45:03; 5 M Moutrie (N'hant P, W50) 47:13; 6 J Memory (Leics P, W55) 49:05

NORTHERN POLICE LEAGUE, Blackburn

Men (XC): 1 R Grantham (Cheshire) 34:52; 2 K Rowlands (Lancashire) 37:02; 3 P Targett (Guest-Fellponies) 38:22; 4 D Nelson (Lancashire, M50) 40:14; 5 W Nelson (Lancashire) 40:22; 6 D Fulton (GMP, M50) 40:39; 7 A Walker (North Yorks, M40) 40:44; 8 L Rukin (Cleveland, M40) 40:48; 9 G Brownsmith (Lancashire, M40) 41:40; 10 B Lawton (GMP, M45) 41:57; 11 S Kane (Lancashire) 41:59; 12 G Corns (GMP) 42:42; 13 D Cooper (Guest-Local) 46:18; 14 N Morris (North Yorks) 47:38; 15 C Barnaby (Humburside) 48:32; 16 J Bentley (GMP, M50) 51:32; 17 C Horth (Humburside) 51:41; 18 D Wilkinson (Lancashire, M50) 52:18; 19 A Martin (Cleveland, M50) 53:44; 20 S Quinn (GMP, M40) 53:52
M45: 2 M Porter (Lancashire) 58:21.
M50: 6 P Turner (GMP) 55:33. **M55:** 1 S Broadbent (Lancashire) 58:05. **M60:** 1 D Needham (South Yorks) 56:49; 2 P Corris (Lancashire) 60:03
Women (XC): 1 S Gordon (Cleveland, W35) 40:46; 2 J Fallon (Lancashire, W35) 45:57; 3 L Chamberlain (Cheshire, W45) 46:03; 4 C Brophy (Cheshire, W45) 48:27; 5 L Lawler (Lancashire, W45) 54:08; 6 H Mitchell (West Yorks, W60) 63:57; 7 S Harrison (Lancashire, W55) 69:11; 8 L Grantham (Unatt) NT

MARCH 24

ANGUS SCHOOLS CHAMPIONSHIPS, Monikie Country Park near Dundee

Senior boys (4km): 1 R Mitchell 16:06; 2 J Anderson 16:11; 3 O Wilson 16:20
Secondary 3 (3.5km): 1 A McIntosh 15:03; 2 E Docherty 15:14; 3 J O'Connor 15:35
Secondary 2 (2.5km): 1 A Campbell 9:24; 2 J Wood 9:52; 3 J Black 9:56
Secondary 1 (2km): 1 E Samson 8:22; 2 R Brown 8:26; 3 K McColgan 8:29
Senior girls (2.5km): 1 K Anderson

10:49; 2 H Dryden 11:05; 3 H Robb 11:17
Secondary 3 (2.5km): 1 M Owen 10:51; 2 A Morrison 11:07; 3 D McDermid 11:19
Secondary 2 (2km): 1 Vannet 8:48; 2 M Adams 8:52; 3 M Gallacher 8:56
Secondary 1 (2km): 1 B Hall 9:06; 2 S Simpson 9:16; 3 Z Hill 9:17

MARCH 21

BANK OF ENGLAND INTER CLUB, Richmond Park

Overall: 1 P Killingley (Rane) 35:24; 2 T Mckett (Rane) 35:52; 3 R Gregory (Rane) 36:02; 4 C Gibbons (K&P) 36:59; 5 N Wood (Milos) 37:01; 6 J Wilson (BoE) 37:15; 7 F Keating (Milos) 37:48; 8 D Filby (K&P) 38:01; 9 M Herbert (Rane) 38:40; 10 M Hyett (K&P) 39:01; 11 P Galgey (Milos) 40:04; 12 D Haughey (Elm) 40:39; 13 L Howard (Elm, W) 40:43; 14 A Hecquet (Elm) 41:14; 15 M Lloyd (BoE) 41:17; 16 V Ramsey (Rane) 41:27; 17 M Livingstone (HW) 43:04; 18 J Hudspith (HW) 43:48; 19 B Shore (Rane) 44:02; 20 K Knowles (Rane) 44:36
Women: 1 Howard 40:43; 2 J Wood (Milos) 45:07; 3 R Whittington (Elm) 50:20; 4 K Ind (Elm) 57:46; 5 C Bishop (Rane) 63:19

NORTHERN SCHOOLS CHAMPIONSHIPS, Stretford

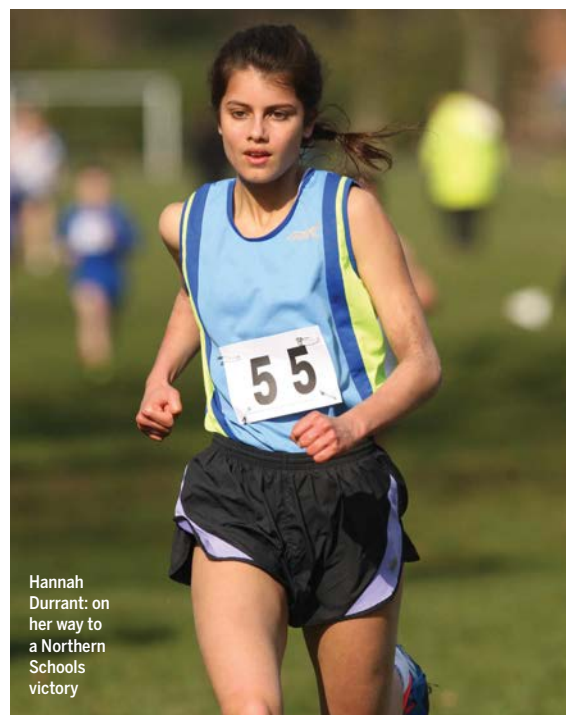
U20 men (XC): 1 E Cairss 20:58; 2 W Patterson 21:51; 3 C Seymour 22:03; 4 S Dyer 22:18; 5 R Thompson 22:53; 6 J Lister 23:07; 7 M Green 23:32; 8 A Jackson 23:35; 9 M Bevan 23:43; 10 R Shaw 23:45; 11 J Riach 23:46; 12 M Shackleton 23:46; 13 G Appleyard 23:47; 14 S Laycock 23:58; 15 G Reeve 24:05
U17 (XC): 1 D Slater 19:02; 2 J Wigfield 19:23; 3 O Daffern 19:40; 4 J Lund 19:56; 5 T Bowe (Lancashire) 20:04; 6 D Thomas 20:16; 7 C Stainsby 20:27; 8 M Rooke 20:32; 9 M Richardson 20:40; 10 G Patterson 20:42; 11 A Highton 20:44; 12 L Thompson 20:52; 13 C Goddard 20:55; 14 A Stirrup 20:57; 15 J Deary 21:01
U15 (XC): 1 K Owen 14:40; 2 A Kearney 15:01; 3 M Hurst 15:08; 4 J Brophy 15:12; 5 M Clark 15:28; 6 B Jackson 15:30; 7 J Head 15:33; 8 K Hughes 15:41; 9 R Watmough 15:50; 10 T Barrett

16:02; 11 J Goodall 16:15; 12 L Musenga 16:20; 13 S Jackson 16:24; 14 T Pyle 16:30; 15 P Valentine 16:32
U14 (XC): 1 T Jordan 13:11; 2 J Quarmby 13:20; 3 M Kenneth 13:32; 4 J Blakemore 13:54; 5 W Thompson 14:07; 6 J Thompson 14:13; 7 K Robinson Murray 14:24; 8 J Backhouse 14:30; 9 J Blodwell 14:33; 10 L Hargreaves-madhas 14:37; 11 C Ball 14:42; 12 H Ball 14:48; 13 A Smith 14:54; 14 W Atherden 14:56; 15 L McClure 14:57; 16 C Jackson 14:59; 17 J Wiggetts 15:02; 18 L Petrucci 15:05; 19 T Burns 15:06; 20 N Fothergill 15:07; 21 J Smith 15:11; 22 J Sloan 15:12; 23 J Mangon 15:15; 24 F Izquierdo-bernard 15:17; 25 H Martin 15:26; 26 M Slater 15:34; 27 B Ashton 15:37; 28 P Bishop 15:39; 29 A Carney 15:41; 30 D Lusardi 15:44
U13 (XC): 1 L Johnston 8:44; 2 H Lewis 8:45; 3 R Watmough 8:46; 4 G Barber 8:46; 5 M Bradley (Ilkley) 8:51; 6 W Pyle 8:59; 7 T Horsley 9:02; 8 J Smart 9:03; 9 M Knowles 9:07; 10 C Wood 9:14; 11 F Johnston 9:15; 12 L Hudson 9:16; 13 T Speak 9:17; 14 E McCreedy 9:18; 15 S Seggar-staveley 9:19; 16 A Peel 9:25; 17 W Craske (Yorkshire) 9:26; 18 J Roberts 9:27; 19 T Finney 9:28; 20 J Spence 9:30; 21 C Kinneer 9:38; 22 F Jones 9:39; 23 L Backhouse 9:40; 24 J Piper 9:41; 25 J Hurworth 9:42; 26 M Ross 9:45; 27 S Brocklehurst 9:46; 28 J Milner 9:47; 29 L Anderson 9:48; 30 S Kildune 9:49
U20 women (XC): 1 H Durrant 15:20; 2 A Bruce 15:45; 3 L Joynson 16:29; 4 S Dewhirst (Yorkshire) 16:30; 5 H Thom 17:30; 6 G Holden 17:40; 7 C Fordham 18:00; 8 N Armstrong 18:50
U15 (XC): 1 B Barlow 8:44; 2 C Cowan 9:06; 3 F Brint 9:09; 4 K Thompson 9:20; 5 G Tansey 9:22; 6 P Croft 9:36; 7 H Das 10:02; 8 K Donnachie 10:08; 9 O Lowe 10:10; 10 L Campbell-smith 10:2058
U13 (XC): 1 A Stiles 9:04; 2 I Hayes 9:23; 3 A Gibbons 9:28; 4 R Firth (Yorkshire) 9:30; 5 P Townsend 9:31; 6 A Tonge 9:32; 7 L Twite 9:35; 8 E Jones 9:38; 9 J Spilsbury 9:40; 10 L Hole 9:44; 11 M Atherton 9:58; 12 M Finn 9:59; 13 E Head 10:00; 14 M Erzan-essian 10:05; 15 H Witchesalls 10:10; 16 F Fordham 10:12; 17 E Simpson 10:16; 18 E Tilston 10:28; 19 E Steele 10:33; 20 S Gregory 10:35

MARCH 19

SUSSEX SCHOOLS YEAR 7 & 8 COUNTY CHAMPIONSHIPS, Christ's Hospital, Horsham

Year 8 Boys (ntt): 1 E Findhman (Ang); 2 J Smith (O'mead); 3 J Norrth (Christ's); 4 J Luscombe (Blatch); 5 A Other; 6 J Martin (Ard); 7 M Brezer (Patch); 8 M Meyrick (Dors H); 9 J Botrell (V'dean); 10 J Atkins (Ringmer)
Year 7: 1 L Ellard (W Park); 2 W Carey (Bright C); 3 M Atticus (Lewes); 4 A Brothwell (Hove P); 5 T Robert (D'lands); 6 N Howell (C Newman); 7 B Fletcher 9C newmnan; 8 T Suckling (Christ's); 9 N Buckridge (Ward Pk); 10 J Pope (Uck)
Year 8 Girls: 1 O White (St Rich); 2 O Wiseman (B Luffa); 3 M Hardman (Lewes); 4 M Hallorem (Steyn); 5 C Morris (Lewes); 6 F Robinson (Steyn); 7 J Young (Davis); 8 R Gainsford (Priory); 9 J Mampany (Ward Pk); 10 S McGuinness (C Newman)
Year 7: 1 A Wright (H'ppt); 2 L Dooley (Shoreham); 3 E Nicholls (D Stringer); 4 S Blake (Windle); 5 E Lewis (H'ppt); 6 C Billard (Chich HS); 7 M Ramnarine (R'bridge); 8 N Healey (Windle); 9 L Valanie (Christ's); 10 M Thomas



Hannah Durrant: on her way to a Northern Schools victory

DAVID GREENWOOD

FELL

MARCH 29

BLUBBERHOUSES MOOR, Harrogate

Overall (25M/2720ft, h:m only): 1eq A Dobby/L Dunne 3:21; 3 L Dawson 3:23; 4 B Sheppard 3:24
Women: 1 C Baker 3:57; 2 T Woodford 4:02; 3 S Houghton 4:11; 4 A Weston 4:11

DEUCHARY HILL CANTER, Birnam

Overall (19.3km/700m): 1 A Gilmour (C'thy) 83:04; 2 B Bonnyman (W'lands CC) 83:13; 3 J Hammond (C'thy) 86:01
M40: A Keith (HBT) 92:05
Women: 1 S Provan (Dees R) 98:01; 2 F Thomson (C'gie, W40) 1:45:52; 3 M Sinclair (C'gie, W40) 1:58:17
W60: J Kerridge (Dees R) 2:03:57

EXE TO AXE, Exmouth

Overall (20M/4000ft): 1 M Clist (Exe) 2:41:41; 2 A Conway (Amble, W) 2:41:50; 3 S Longthorpe (Torbay) 2:43:47; 4 J Green (Axe) 2:44:23; 5 M Robinson (Mud C) 2:44:33; 6 J Nicholas 2:45:06
M50: S Jones (Eryri) 3:01:25
Women: 1 Conway 2:41:50 (rec); 2 H Anthony (Teign) 3:16:08; 3 L Commander (SWRR) 3:19:59; 4 R Fagg (Exm) 3:23:26
W45: E Wood (Axe) 3:38:43

EDALE SKYLINE, Edale

Overall (21M/4500ft): 1 N Barber (Penn) 2:52:51; 2 R Roberts (Eryri) 2:58:13; 3 P Vale (Mercia, M40) 2:58:52; 4 I Mills (Penn) 3:03:48; 5 R Findlay-Robinson (Dark Pk) 3:08:02; 6 N Northrop (Dark Pk) 3:08:18
M50: R Houghton (Penn) 3:14:39. **M60:** K Holmes (Dark Pk) 4:16:31
Women: 1 S Fawcett (Dark Pk) 3:37:54; 2 J Jepson (Dark Pk, W45) 3:50:25; 3 B van Wilgenburg (Endur S) 3:52:54; 4 H Martin (Penn) 4:03:40
W60: P Goodall (Totley) 4:52:12

MARCH 28

ERRWOOD HALL JUNIOR RACES, Errwood Reservoir

U20/U18 (76km, U18 unless stated): 1 C Law (Holm) 25:43; 2 O Meanwell (B'dale F) 25:55; 3 C Richards (Helm H) 26:15; 4 J Roberts (Macc) 26:48; 5 M Wainwright (Staffs M) 26:56; 6 T Drabble (Stock H) 27:05
U20/U18 women: 1 E Greenwood (B'burn) 30:12; 2 Ellie Crownshaw (Dark Pk, U20) 30:38; 3 B Jenkinson (Eryri) 31:35; 4 J Willison (Der) 32:07; 5 L Williamson (Ilkley) 33:51; 6 R Sykes (Holm, U20) 34:06
U16 (6.4km): 1 J Boyle (B'burn) 23:34; 2 E Matier (Eden) 23:49; 3 J Dugdale (C'land F) 23:59; 4 J Lund (K&C) 24:26; 2 T Nelson (Wharf) 25:09; 6 M Merrick (Bing) 25:23
U16 women: 1 F Bunn (Abing) 25:46; 2 S Dale (L&M) 27:16; 3 J Elgood (Ilkley) 27:25; 4 S Pickering (Ilkley) 28:22; 5 C Hurton (Eden) 28:52; 6 S Williamson (Ross) 29:04
U14 (4.2km): 1 J Dickinson (York) 21:05; 2 J Hudson (K&C) 21:08; 3 S Almond (Eden) 21:25; 4 A Ediker (Bux) 21:29; 5 E Barr (Amber) 22:06; 6 F Moffatt (Bux) 22:08
U14 women: 1 B Holt (Clay) 24:20; 2 K Thurlow (Helm, H) 24:28; 3 E Davies (Eden) 25:55; 4 Eve Crownshaw 26:25; 5 L Miller (Bing) 26:58; 6 M McIntyre (Rush) 27:08
U12 (2.6km): 1 L Hudson (K&C) 12:50; 2 T Massey (Horw) 12:52; 3 S Smith (Wharf) 13:03; 4 J Currie (Mat) 13:29; 5 C Harding (Eden) 13:33; 6 E Corden (Stock H) 13:34
U12 women: 1 A Jones (Wharf) 14:19; 2 R Firth (Bing) 14:49; 3 B Roberts (K&C) 15:33; 4 L Gregg (Ross) 15:42; 5 E Swarbrick (Amble) 15:46; 6 L Wilkinson (Sale) 16:06

LLANBEDR-BLAENAFON

Overall (6.2M/2100ft): 1 H Aggleton (MDC) 2:12:55; 2 H Jones 2:15:29; 3 M Palmer (Mynydd D, M50) 2:16:40; 4 C

Jones (MDC) 2:21:33

M60: N Hindle 3:01:49

TEAM: MDC 31

Women (all Mynydd D): 1 R Johnson (W40) 2:25:27; 2 K Beecher 2:32:36; 3 H Jarvis 2:35:37
W50: J Richards 3:25:08

BIRNAM HILL CLASSIC, Birnam

Overall (4M/1740ft): 1 W Tafese (Cambus) 29:28; 2 T Owens (Shett) 29:42; 3 A Fallas (C'thy) 29:44
M50: S Whitlie (C'thy) 32:10
Women: 1 J Paris (C'thy) 34:22; 2 C Whitehead (Dees R) 34:25; 3 C Morgan (C'thy) 34:55
W40: V Oldham (Cosmic) 38:57

BOULSWORTH BOG, Wycoller

Overall (16.2m/4500ft): 1 S Fogg (Wharf) 55:32; 2 C Holmes (Wharf, M40) 56:13; 3 D Rider 58:58; 4 N Hardman (Clay, M40) 59:30
M50: I Rowbotham (Harr) 64:36. **M60:** J Pickup (Clay) 67:02. **M70:** G Breeze (Wharf) 84:29
Women: 1 L Parker (Acc RR) 67:29; 2 K Whiteside (Traw, W40) 69:05; 3 F Swan (Traw, W40) 73:12
W50: J Leonard (Tod) 78:27

MARCH 22

CRIFFEL, New Abbey, Dumfries

Overall (7M/1800ft): A Gilmore (C'thy) 56:56; 2 J Haworth (Gallo, M40) 59:04; 3 J Romo 61:16; 4 A Cox (Tinto) 61:24
M50: A Smith (Dees R) 62:29. **M60:** J Goldsworthy (Hardrock) 76:36
Women: 1 J Jackson (C'thy, W40) 78:35; 2 S Singh (W50) 79:13; 3 J Wilson (Lom, W50) 79:52

WINTER LEAGUE HELM HILL, Oxenholme

Overall (not measured): 1 M Addison (Helm, H) 31:12; 2 O Meanwell (B'dale F) 34:08; 3 P Aitken (Helm H) 34:10; 4 D Hurton (Eden, M40) 34:57
M50: A Life (Clay) 38:09. **M60:** B Thompson (Helm H) 41:27

Women: 1 C Spurdon (Kesw) 38:48; 2 H Russell 40:50; 3 N Wlakinshaw (Howg) 42:10
W40: D Copley (Dall) 44:38. **W50:** J Goodfellow (Dall) 47:21. **W60:** W Dodds (Clay) 52:19
U17: 1 M Senior (Helm H) 16:36; 2 B Kent (Helm H) 17:12; 3 L Bowen (Amble) 17:36

U17 women: 1 C Hurton (Eden) 19:03; 2 I Burrow (Helm H) 20:32; 3 H Durkin (Amble) 21:33

U14: 1 B Edmondson (Brough) 11:08; 2 S Almond (Eden) 11:10; 3 R Askew (Helm H) 11:45

U14 women (all Helm H): 1 K Thurlow 12:09; 2 E Bagge 13:55; 3 M Doherty 13:59

U12: 1 S Smith (Wharf) 7:07; 2 A Thompson (Wharf) 7:11; 3 H Bowen (Amble) 7:12

U12 women: 1 L Carr (K&C) 7:22; 2 C Rylance (Amble) 7:34; 3 O Winder (Glaxo) 7:55

MULTI-TERRAIN

MARCH 29

MEL'S MILERS 10km, Christ's Hospital, Horsham, West Sussex

COURSE record-holder James Baker notched up his sixth victory here, which brought his lifetime total wins to 637.
Overall: 1 J Baker (Chich R) 34:25; 2 D Heneghan 34:50; 3 F Scarr (Horsh) 35:08; 4 J Collins (Burg HR) 36:11
M50: P O'Connell (Horsh J) 37:05. **M60:** P Gasson (Arena) 41:46
Women: 1 A Harris (Amph) 37:40; 2 R Moore (Worth) 38:49; 3 E Moore (Worth) 39:48
W50: C Wood (Arena) 42:05

OX 5 Run, Blenheim Palace, Oxfordshire

Overall: 1 S Carter (Bel, W35) 31:09; 2 M Pembroke 31:10; 3 R Francis 31:24
Women: 1 Carter 31:09; 2 R Simpson 35:22; 3 C Johnstone 36:12

ALICE HOLT BOLT, Farnham, Surrey

Overall (21km): 1 G MacNamara 81:22; 2 P Rogers 86:59; 3 C Mercadel 87:16
Women: 1 C Rogers 91:14; 2 E Andrews 9W35) 1:45:30; 3 G Dore (W35) 1:47:01
Overall (10km): 1 D Hull 35:21; 2 E Hutchings 36:11; 3 J Clarke 38:10
Women: 1 U Schneider 41:16; 2 S Norwood 43:10; 3 J Hall 45:08

BASSINGTHORPE 3.8, Basingthorpe

Overall: 1 K Doyle (K'worth, M40) 26:37; 2 I Whyman (Roth, M40) 28:23; 1 H Darwin (Roth, M45) 28:47
Women: 1 B Becks (Bev, U20) 29:04; 2 F Davies (Kingstone, W40) 29:26; 3 K Storer (Barns, W40) 32:15

COMBE GIBBET TO OVERTON 16, Overton

Overall: 1 S Holmes (Over, M40) 99:33; 2 L Tolhurst (Over, M40) 1:41:38; 3 S Lovelock (Over) 1:45:21
M45: 1 S Brett (And) 1:50:48. **M50:** 1 A Adams (Lords) 1:55:35. **M55:** 1 S Fleck (Tadl) 2:05:07
Women: 1 S Wheeler (Strat, W40) 1:51:57; 2 F Cripps (Unatt, W35) 1:56:39; 3 G Benson (Win, W40) 1:59:51
W50: 1 S Van Huyssteen (Newb) 2:15:27

RUN RICHMOND PARK 10km, Surrey

Overall: 1 A Taylor 39:07; 2 D Jenkins (M50) 40:52; 3 V Ader 40:55
Women: 1 S Kirk 44:46; 2 K Kedward 44:56; 3 S Sheerin 46:00

AN RES HELLYS 10, Helston

Overall: 1 D Rodgers (Laun RR) 54:55; 2 C Snook (Corn, M35) 55:53; 3 C Jones (Corn, U20) 56:54; 4 P Smith (Corn, M40) 57:50; 5 K Walker (Neww RR, M40) 58:10; 6 P Whear (Corn, M45) 59:29
M40: 3 J Colaco (Neww RR) 60:27. **M45:** 2 J Webb (Corn) 62:41. **M50:** 1 S Wherry (Corn) 61:22. **M55:** 1 J Telford (Corn) 63:38
Women: 1 E Schuck (Hayle) 63:55; 2 Z Morrall (Corn, W45) 64:32; 3 I Wykes (Truro, W35) 68:09; 4 W Chapman (Truro, W35) 68:31; 5 K Nias (Tamar) 69:45
W40: 1 D Raggett (Corn) 70:13. **W45:** 2 S Daw (E Corn) 74:14. **W50:** 1 R Crowle (E Corn) 71:22; 2 J Nash (E Corn) 72:02; 3 D Roy (E Corn) 72:42

HAMPTON COURT PALACE HALF-MARATHON, East Molesey

Overall: 1 R McLeod (Tip) 67:49; 2 A Barnes (Lon Hth) 76:11; 3 J Spink (Unatt, W) 76:24
M45: 1 C Poulton (Camb H) 81:40. **M50:** 1 S McDuell (HW) 85:30. **M65**
Women: 1 Spink 76:24; 2 G Carnwath (Clap C) 87:24; 3 L Donaldson (Greenwich Tritons, W50) 88:06
W35: 1 R Trees (Belg) 91:38. **W60:** 1 A Riddell (Morn) 1:44:29

WIRRAL SEASIDE RUNS, Leasowe

Overall (4.91km): 1 R Evans (Liv H, U16) 17:21; 2 G Jones (W'sey) 17:30; 3 D Brockway (Wirr) 18:02
Women: 1 S Roberts (Pens) 19:49; 2 A Rosbottom (Pens, W40) 22:18; 3 S Brennan (Liv H, U20) 22:30

MARCH 28

TOUGH 10 & 15km, Greenwich Park

Overall (15km): 1 J Berresford 59:00; 2 A Willans 61:23; 3 G Lugar v63:17
Women: 1 J Simms 64:28; 2 C Flint 70:54; 3 C Vie 72:28
Overall (10km): 1 M Lynch 37:06; 2 V Targon 37:21; 3 C Jones 39:26
Women: 1 P Benton 45:58; 2 O Holley 47:47; 3 H James 47:50



Briony Holt: takes off to victory in the English Fell Championships race at Errwood

DAVE WOODHEAD

PARKRUN

MARCH 28 parkrun 5km

AFTER setting a UK W65 best in the Fleet Half-marathon of 94:16 last week, Jane Davies followed this up with a plus 100% age-graded performance via a 20:41 time at Nonsuch.

Age Graded (only leading performance at each venue listed)

Nonsuch: J Davies 20:41 W65: 101.05%; **Cambridge:** M Holmes 27:52 W75 91.93%; **Cardiff:** A Handforth 22:41 W65 90.74%; **Whitley Bay:** G Bracken 16:47 M50 90.07%; **Hull:** S Mason 17:16 M55 89.00%; **Great Cornard:** S Anthony 15:00 U20M 88.89%; **Albert:** J Cowperthwaite 16:24 U15M 88.41%; **Medina:** M Eggeling 26:05 W70 88.24%; **Belfast Victoria:** T Eakin 19:03 M65 88.01%; **Hazlehead:** C Milne 20:20 W55 87.87%; **Frimley Lodge:** M Symes 16:21 M45 87.36%; **Oxford:** A Hirst 19:16 W50 87.02%; **St Albans:** B James 19:45 M65 86.50%; **Edinburgh:** E Gilchrist 25:49 W70 86.25%; **Bournemouth:** J Jenkins 26:42 W70 86.20%; **Havant:** J Harrop 20:30 W50 86.02%; **Penrose:** J Pascoe 16:22 M40-44 85.95%; **Southampton:** S Fox 22:17 W60 85.86%; **Newcastle:** J Archibald 30:30 W75 85.63%; **Carrickfergus:** G Davison 17:41 M50-54 85.49%; **Victoria:** P McCrossan 20:23 W50-54 85.45%; **Netley Abbey:** L Wellington 16:59 U15M 85.38%; **Woodhouse Moor:** P Pyrah 18:48 M60 85.28%; **Brighton & Hove:** J Burrell 17:26 M50-54 85.28%; **Hartlepool:** G Hall 21:15 U11W 85.25%; **Weymouth:** F Anderson 22:08 W55 85.24%; **Pontypridd:** C Williams 19:43 W50 85.04%; **Wolverhampton:** G Farmer 19:33 M60-64 85.00%

Fastest men

Great Cornard: S Anthony 15:00
Lisburn Wallace: E McGinley 15:41
Brighton Hove: J Guilment 15:42
Bury St Edmunds: M Delo 15:47
Brighton Preston: K Rojas 15:54
Whitstable: A Tsegay 15:56
Scunthorpe Central: A Stones 16:03
Hackney Marshes: T Heslop 16:06

Edinburgh Silverknowes: P Gierjatowicz 16:12
Milton Keynes: T Harris 16:15
Riverside: M Hornsby 16:19
Nonsuch Park: O Garrod 16:20
Frimley: M Symes 16:21
Penrose: J Pascoe 16:22
Inverness: G Lennox 16:23
Leeds Hyde Park: A Pagdin 16:23
Middlesbrough Albert Park: J Cowperthwaite 16:24
Glasgow Pollok: K Mooney 16:24
Poole: D Broadley 16:24
Cardiff Blackweir: J Collier 16:27
Bushy Park: A Jaksevicus 16:29
Cambridge: M Jenkins 16:30
Edinburgh Silverknowes: S Johnston 16:30

Fastest women

Bushy Park: S Saller 17:29
Bedford: L Janes 17:45
Penrose: S Pepper 17:46
Nonsuch Park: S McCall 17:51
Winchester: C Sanchez Toribio 17:53
Fountains Abbey: S Barlow 18:02
Great Cornard: M Newton 18:10
Huddersfield: T Seager 18:13
Darlington: S Fletcher 18:17
Poole: K Towerton 18:18
Fountains Abbey: T Green 18:19
Whitley Bay: J Penn 18:26
Bromley: J Keene 18:31
Bury St Edmunds: O Robson 18:35
Basingstoke: A Richardson 18:37
Cannon Hill Park: B Haines 18:41
Manchester Platts: D McVey 18:47
Shildon Hackworth Park: J Zakrzewski 18:48
Dulwich: S Watson 18:53
Ipswich: L Barnes 18:54
Taunton: H Taunton 18:56
Rushcliffe Country: A Daniel 18:58
Sheffield Endcliffe: A Lancaster 18:58
St. Albans: W Walsh 18:58
Maidenhead: N Benjamin 19:04
Oak Hill Park: R Bunting 19:04
Frimley: S Rollins 19:06
Congleton: J Downs 19:08
Sheffield Graves Park: H Dean 19:08
Harcourt Hill: D Moore 19:08
Ipswich: L Brighty 19:08
Manchester Heaton Park: S Whittaker 19:10
Bournemouth: H Higham 19:11
Inverness: M MacIntosh 19:12
Basingstoke: C Earl 19:15
Swindon: W Nicholls 19:15
Newbury: I Fry 19:16

MARCH 22

CANALTHON, Manchester to Sowerby Bridge

Overall (50km): 1 N Wolverson (Edin) 3:40:42; 2 B Clifford (M50) 4:01:11; 3 D Carroll 4:07:06; 4 M Davies (Calder V, M40) 4:07:25; 5 B Brindley (Tide) 4:07:46
Women: F Richmond (Clay) 4:23:47
Overall (75km): 1 P Abraham (Alt, M40) 6:57:33; 2 H James (Barr, W40) 7:45:10; 3 A Watts 8:08:56; 4 J Hobbs 8:15:53; 5 W Strickland 8:19:05
Women: 1 James 7:45:10; 2 S Besley (W40) 8:23:39; 3 R Jones (Brit Mil F) 9:45:35
Overall (100km): 1 A Horrobin (M40) 8:34:05; 2 J Knapp (COLT, M50) 9:26:32; 3 A Taylor (Teign, M40) 10:01:10; 4 C Clayton (Wake TC, M40) 10:14:04
Women: S Whittington (Doha) 10:31:36

MARCH 19

ENIGMA RUNNING WEEK AT THE KNEES DAY 4, Milton Keynes

Overall: 1 J Hunt 3:05:27; 2 P Quinn



Fabienne Richmond: 50km win at the Canalathon

GAUVIGBONS

(100MC) 3:25:45; 3 P Adams (100MC) 3:42:53
Women: 1 J Cobby (100MC) 3:47:59; 2 A Gooch (Redway, W35) 3:48:51; 3 S Easingwood-wilson 3:58:50

MARCH 18

ENIGMA RUNNING WEEK AT THE KNEES DAY 3, Milton Keynes

Overall: 1 A Nice (Higham) 2:48:51; 2 A Sheridan 3:42:42; 3 P Lewis (Viewtube Runners) 3:42:58
Women: 1 A Gooch (Redway, W35) 3:45:59; 2 K Coombes (Runn, W35) 4:07:42; 3 A Portwine 4:08:48

MARCH 17

ENIGMA RUNNING WEEK AT THE KNEES DAY 2, Milton Keynes

Overall: 1 J Godfrey (CoH) 2:57:51; 2 S Edwards (Bourt) 3:20:50; 3 J Isaac (100MC) 3:21:52
Women: 1 S Calitz-Patel (Sand V, W45) 3:43:46; 2 A Gooch (Redway, W35) 3:45:59; 3 K Freeman (W'boro, W45) 4:21:04

MARCH 16

ENIGMA RUNNING WEEK AT THE KNEES DAY 1, Milton Keynes

Overall: 1 S Edwards (Bourt) 3:16:34; 2 L Hylton (FERC) 3:36:26; 3 A Gooch (Redway, W35) 3:40:53
Women: 1 Gooch 3:40:53; 2 E Dean 4:18:43; 3 S Ottewill 4:32:17

MARCH 15

STARFISH BREAKFAST RUN, Clapham Common, London

Overall (15km): 1 K McIntosh 54:20; 2 R South 59:56; 3 L Vercisi 60:54
Women: 1 J Moore 69:40; 2 L Formosa 72:28; 3 U Flynn 73:40
Overall (10km): 1 D Krige 37:05; 2 D Lewis 38:35; 3 P Bagues 39:35
Women: 1 J Rosa 43:50; 2 G Clunie 46:02; 3 J McGivern 46:13

SEVENOAKS ROTARY KNOLE PARK 10km, Sevenoaks

Overall: 1 M Proctor (Dur) 35:08; 2 S Begg (Tun W) 35:44; 3 D Smith (S'oaks, M40) 37:39
M55: N Webb (Dulw) 43:35
Women: 1 M Heslop (Padd W, W45) 39:49; 2 N Ogilvie (Camb U HH, U20)

42:13; 3 H Copp (Unatt, W35) 42:42
W45: 2 C Linney (7oaks Tri) 44:20
W50: 1 L Pittcairn-Knowles (Ton) 48:02

LARMER TREE HALF, 20M & MARATHON, Tolland Royal, Wiltshire

Overall (26.2M): 1 A Horsley (Wimb, M45) 3:25:45; 2 C Kay 3:33:28; 3 M Gavin (Lyttch) 3:24:13
Women: 1 J Stretton 3:52:20; 2 L Moore (Poole, W35) 3:24:56; 3 I Harris (Almost A, W50) 3:55:48
Overall (20M): 1 A Clarke (B'mth) 2:07:46; 2 M Dimitrov (B'mth) 2:10:59; 3 S Claxton (Poole, M40) 2:18:34
Women: 1 C Siruffo 9G&G, W35) 2:27:53; 2 R Hy (Salis, W35) 2:29:24; 3 H Brown (W40) 2:49:17
Overall (13.1M): 1 J Sharkey (B'mth) 83:35; 2 R Sherwood (Clap) 84:37; 3 M Anderson 88:32
Women: 1 F Cripps (Chich R, W35) 98:34; 2 K Eustace (Clap) 1:48:59; 3 F Anderson (Eg H, W50) 1:52:02

MARCH 14

WILD NIGHT RUN SERIES

MOONLIGHT FLIGHT, South Brent
Overall (10km): 1 R Easterbrook (M40) 39:51; 2 S Daw (W40) 43:10; 3 N Roberts (Dart, M40) 45:40
Women: 1 Daw 43:10; 2 A Barker 48:57; 3 X Flashman 49:08
Overall (HM): 1 J Green (Axe) 84:48; 2 R Goodhead 85:16; 3 T Allan (Wild R) 87:58
Women: 1 E Dyson (Haldon) 95:43; 2 J Allison (Mud C, W40) 1:42:30; 3 M Quick (Wild R) 1:46:41

DO'NUT HILL RACE, Dumbarton

Overall (7.5M, all Dumb): 1 J McLaughlin (M40) 54:36; 2 M Wylie (W40) 59:56; 3 P Walsh jnr 64:49; 4 C Binnie 65:25
Women: 1 Wylie 59:56; 2 S Nash (W35) 69:52; 3 J Pitt 72:22

D33 ULTRA, Aberdeen

Overall: 1 R Houston (Centr, M35) 3:10:40; 2 R Milne (Cors, M35) 3:25:28; 3 L Muir 3:39:13
Women: 1 J Wilson (C'gie) 4:11:03; 2 V Hunter 4:12:19; 3 R Greenaway (Centr, W60) 4:26:26

MIGHTY DEERSTALKER, Innerleithen

Overall (5km): 1 M D'Agrisa 51:36; 2 C Rendle 51:42; 3 R Henderson 53:03
Women: 1 J Menzies 59:53; 2 J Quigley 62:08; 3 Z Johnston 63:52
Overall (10km): 1 B Stevenson 79:59; 2 M Purkis 82:11; 3 J Dunn 83:20
Women: 1 E Yates 94:08; 2 C Watson 97:05; 3 K Wilson 1:43:59

THAMES MEANDER HALF-MARATHON, Kingston Upon Thames

Overall: 1 D Hunt (Lords, M35) 77:25; 2 A Behling (Unatt, M35) 81:34; 3 C Booker 82:49
Women: 1 A Emmerson (Unatt, W35) 85:50; 2 M James (S Lon, W35) 89:32; 3 A Norris (Dulw, W50) 91:17

THAMES MEANDER MARATHON, Kingston Upon Thames

Overall: 1 J Stoddart 2:40:49; 2 M Mcmillan 2:51:26; 3 D Barr 2:54:24
Women: 1 S Bolister (Eton M) 3:18:03; 2 M Devally (Unatt, W45) 3:20:13; 3 C Jennings (Unatt, W35) 3:21:30

MARCH 8

RODDLESWORTH ROLLER, Abbey Village

Overall (5.6M): 1 M Cayton (Horw) 31:55; 2 C Singleton (Traw) 32:16; 3 A Valentine (Bolt) 33:26; 4 A Murray (Horw, M40) 34:06; 5 J Goudge (Chor) 34:37; 6 J Monk (R'burn) 35:38
TEAM: 1 Horw 27; 2 Chor 34; 3 Darw D 43
M40: B Morris (Darw D) 38:40; M60: R Maciejkowicz (Horw) 40:18
Women: 1 L Brindle (Horw) 36:42; 2 J Hull (Chor) 41:05; 3 K Normanton (B'den RR, W40) 42:09; 4 L Fisher (B'den RR, W55) 43:44
W65: E Royle (R'ado) 55:36
TEAM: 1 Chor 30; 2 Darw D 43; 3 B'den RR 60

MARCH 1

HARDEN TRAIL RACES, St Ives, Bingley

Overall (6M): 1 J Hood 38:45; 2 M Merrick 39:56; 3 T Neary 41:20; 4 R Bradbury 41:43
Women: 1 C Cooper 46:27; 2 S Stone 48:08; 3 V Merick 50:01

REIGATE RAMPAGE, Littleton, Reigate, Surrey

Overall (tough 10km): 1 R Hardwick 48:45; 2 K Fitzgerald 51:22; 3 O Steadman 53:55
Women: 1 S Denness 60:42; 2 M Orsborn 62:52; 3 J Parvag 63:04

WINTER LEAGUE WOODCOCKAIRE FOREST RUN, Annan

Overall (3.8M, all Annan): 1 K Plummer (M50) 28:08 (rec); 2 J Boardman (M45) 29:03; 3 C Palmer 31:19
M55: G Vivers 31:56
Women: 1 B Dawson 34:55; 2 J Priestley (W50) 36:01; 3 L Dawson (W55) 36:30

MARCH 27

RIVER TAY DASH; Birnam

Overall (5M/160ft): 1 C Elder 18:14; 2 S Forrest (HHR) 18:20; 3 M McConnell 18:21
M40: D Kerridge (Dees R) 18:35
Women: 1 M McDonald 21:33; 2 A Hayes 23:12; 3 J Connor (Moorf) 23:18
W40: U Bass (Dees R) 24:27

To advertise your event on this page in *Athletics Weekly*, please call **07785-467432** or email **amanda.bailey@athleticsweekly.com**



The Highworth 5 Mile
 Sunday 12th April 2015 at 11am
 Warneford School, Highworth, SN6 7BZ

Trophies for first 5 Men/Women + leading Vets. Baggage area. Refreshments. Unique race moment.

Entry Fee: £10 or £12 unaffiliated. £2 extra on the day if limit not reached.

www.highworthrunningclub.co.uk



SOUTHEND HALF MARATHON
9.30AM SUNDAY 14th JUNE 2015
EAST BEACH SHOEBOURY

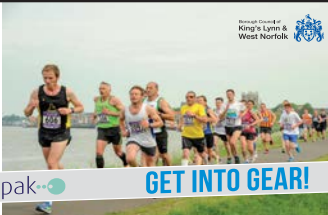
Entry Fee: Affiliated runners £20. Non affiliated runners £22
 Full details at www.havenshospices.org.uk/fund_raising
EVERY MILE MAKING EVERY DAY COUNT



GRAND EAST ANGLIA RUN
 A FAST, FLAT, ONE-LAP, 10K ROAD RACE

SUNDAY 3RD MAY 2015, KING'S LYNN
 MINI GEAR - 10.00AM, 10K - 10.45AM

GRANDEASTANGLIARUN.CO.UK



GET INTO GEAR!



Hitchin Hard Half Marathon
 Sunday 28th June 2015 at 9:30am

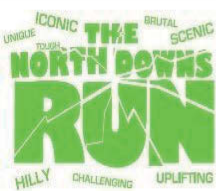
Start / Finish in Hitchin Priory, Hitchin, Hertfordshire
 UKA road race Licence: 2015-12834 Course measurement: 121'08"

Entry fee: £20 and £18 for affiliated runners.
 Entry Closing: June 1st or 600 limit reached.
 Registration process: Online at runbritain.com

Secure bag drop. Toilets. Changing. Post race massage. Goody bag & medals for all.

Thornborough 10 mile road race plus 5-Mile Fun Run
 Bank Holiday Monday 4th May - 10mile at 10:40. Fun run at 11am
 The Village Green, High St, Thornborough, Bucks, MK18 2DF

Entry: £8 for 10-mile; £5 for 5-mile, under 18's £2. Registration Opens at 10.
 All entry on the day. E-mail: race-secretary@tssc-mail.org.uk
 Results available on website <http://www.bucksinfo.net/tssc>



THE NORTH DOWNS RUN

North Downs Run 30K
 Sunday 28 June 2015 at 10.30am
 Cascades Leisure Centre, Thong Lane, Gravesend, Kent, DA12 4LG

Chip Timing, Technical T-shirt, Medal & Goody Bag for all finishers
 Multi-Terrain Race using established tracks over the beautiful North Downs
 Entry: £23 / £25 (U/A) by post or runnersworld. £2 discount OAP/FT students. Fun Run.
 Full details at www.isteadandfield.org.uk



BEAVERBROOKS BLACKPOOL 10k FUN RUN 2015
 in partnership with TRINITY

Sunday 10th May at 11am
 Open to anyone over the age of 11
 Wheelchair race starts at 10:50am

The run starts and finishes in front of the Hilton Hotel, with a run down the Promenade past the Pleasure Beach and back.
www.trinityhospice.co.uk/events/beaverbrooks-10k-fun-run-2015



Wythall and Hollywood Fun Run
 12th July 2015
 Wythall - South B'ham
 Just N of M42 Junc 3

10 km & 5 km Road Race!
1.5 km Fun Run!

register via website
www.wythall-hollywood-funrun.org.uk



Polaroid Eyewear 10K JOIN IN THE RUN

Enter online at www.polaroid-10k.co.uk The Polaroid Eyewear 10K Road Race Series

Helensburgh 10k 14th May 2015	Dumbarton 10k 21st May 2015	Clydebank 10k 28th May 2015	Vale of Leven 10k 7th June 2015
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Phillips Half Marathon

Sunday 4th October 2015
www.basingstokehalfmarathon.com
 online entry or download a form
 £30 or £28 (affiliated)

Basingstoke. run it. see it. enjoy it. Enter now.



DERBY Half Marathon RAMathon
 June 7, 2015 i-Pro Stadium 9.30am start

Medal, Technical T-shirt, Finishers' Certificate, Water & Energy Stations, Baggage Area, Sports Massage, Business Team Run, Scenic Route around Derby & Elvaston Castle.

ENTER ONLINE NOW: www.ramathon.co.uk



Run the MBNA Chester Marathon
 Sunday, October 4, 2015

- Multi-award winning race across two countries
- Metric Marathon and Mini Marathon on the same day
- Technical fabric race shirt, amazing goody bag and bespoke medal

To enter and for more information visit www.chestermarathon.co.uk



THE 2nd FLAMING JUNE HALF MARATHON
 SUNDAY 7th JUNE 2015 10am

A rural multi terrain half marathon across flowing Cambridgeshire countryside

Start and finish: Histon & Impington Recreation Ground, Cambridge
 Male/female aged groups - 17 upwards. £22 entry fee. Register online at www.theflamingjunehalf.co.uk or call 01223-232514



15 Reggae Marathon
 Half Marathon & 10k

NEGRIL JAMAICA
 Saturday 5 Dec 2015
reggaemarathon.com
 T(876) 967-4903

CROSS-COUNTRY

Saturday April 4
GUERNSEY EASTER 4.75

L'Ancrese.
guernseyathletics.org.gg

Sunday April 5
GUERNSEY EASTER
STONECRUSHER 4x2M RELAY
Stonecrusher. 10.30am.
guernseyathletics.org.gg

INDOOR

Friday April 3
CHELMSFORD POLE VAULT
FESTIVAL
Chelmsford. 10am.
chelmsford.gov.uk**Saturday April 4**
ABERDEEN AAC OPEN GRADED
MEETING
Aberdeen. 10am.
aberdeenaac.co.uk

MULTI-TERRAIN

Thursday April 2
CANAL ULTRA 33
Mary Arden Inn, Stratford-upon-Avon,
Warwickshire. 8am.
broadmeadowruns.co.uk**Friday April 3**
CROWN TO CROWN 5km
Westley Heights Country Park,
Basildon, Essex. 11am.
pitsearunningclub.org.uk
EPILEPSY ACTION EASTER BUNNY
HOP 5km
Heaton Park, Manchester. 10am.
epilepsy.org.uk/easterbunnyhop
GOOD FRIDAY MARATHON
Swans Nest Lane, Stratford-upon-Avon,
Warwickshire. 8am.
broadmeadowruns.co.uk**Saturday April 4**
ABNEY CHEADLE RUN 5km
Abney Hall, Cheadle, Cheshire. 9.30am.
abneycheadlerun.co.uk
COMPTON DOWNLAND
CHALLENGE 20/40
The Downs School, Compton,
Berkshire. 9am.
comptonharriers.org.uk
DALES TRAIL SERIES DT20K
Reeth, Swaledale, North Yorkshire.
11am.
dalestrailseries.uk
FRISTON FOREST 5/10
Friston Forest, Littleington Road,
Seaford, Lincolnshire. 9am.
multisport-management.co.uk
ISEL CROSS 5.5
Kirkgate, Cockerham, Cumbria. 11am.
derwentac.com
LETCWORTH FIRST SATURDAY
OF THE MONTH 5km
Letchworth Outdoor Pool, Letchworth
Garden City, Hertfordshire. 9am.
firstsaturday5km.org.uk
NEWPORT TO RYDE 7
Methodist Church Hall, Newport, Isle
of Wight. 3pm.
rydeharriers.co.uk
NI RUNNING TRAIL RACE
Killylane Reservoir, Ballyclare.
nirunning.co.uk
RUN AROUND THE RESERVOIR**MARATHON (DAY 1)**
Holiday Inn Hotel, Northampton. 9am.
madedayrun.com**Sunday April 5**
CHASEWATER EASTER EGG
5km/10km
Chasewater Country Park,
Burntwood, Staffordshire. 10.30am.
nice-work.org.uk
GUISELEY GALLOP 10km
West Side Retail Park, Guiseley, West
Yorkshire. 10.30am.
skyrac.org.uk
HELMSLEY 10km
Helmsley, North Yorkshire. 10am.
helmsleysports.org
NORTHAMPTON RUN FEST 10km/
HALF-MARATHON/MARATHON
Delepre Abbey, Northampton. 10am.
gobeyondsport.co.uk
PENDINE HALF-MARATHON/
ULTRA 32
Barnacles Cafe, Pendine,
Carmarthenshire. 9am.
ultrarunningltd.co.uk
RUN AROUND THE RESERVOIR
MARATHON (DAY 2)
Holiday Inn Hotel, Northampton. 9am.
madedayrun.com**Monday April 6**
BEAONSFIELD 5
Beaconsfield RFC, Oak Lodge
Meadow, Beaconsfield,
Buckinghamshire. 10am.
b5.burnhamjoggers.org.uk
GILWERN GRUNT 10
Brynmawr Foundation School,
Brynmawr, Blaenau Gwent. 11am.
rogueruns.co.uk
NOTTS AC EASTER 10km
Wollaton Park, Nottingham. 11am.
run-nottingham.co.uk
RUN AROUND THE RESERVOIR
MARATHON (DAY 3)
Holiday Inn Hotel, Northampton. 9am.
madedayrun.com
SHAPWICK BUNNY HOP 7
Village Hall, Shapwick, Somerset.
10am.
shapwickrunners.co.uk
WEST WIGHT THREE HILLS 8
West Wight Swimming Pool,
Freshwater, Isle of Wight. Noon.
rydeharriers.co.uk**Wednesday April 8**
JOE SALT'S COWM RESERVOIR 5km
Cock & Magpie, Whitworth,
Lancashire. 7pm.
info@andemsrunners.co.uk**Saturday April 11**
BATH BEAT 12.5/17/21/26.5
Ralph Allen School, Bath. 8.30am.
thebathbeat.co.uk
CAYTHORPE CANTER 13/26
Playing Field, Old Lincoln Road,
Caythorpe, Lincolnshire. 9am.
caythorpe.org
ENDURANCELIFE CTS EXMOOR
10km/HALF-MARATHON/
MARATHON/ULTRA
Hunters Inn, Heddon Valley, Devon.
endurancelife.com
ONER 80
Portland, Dorset.
brutalevents.co.uk
TAUNTON 10km
Taunton Racecourse, Taunton,
Somerset. 11am.**Sunday April 12**
ABERDEEN RESOLUTION
5km/10km
Beach Boulevard, Aberdeen. 10.30am.
stroke.org.uk
BAILDON BOUNDARY WAY HALF-
MARATHON
Baildon CC, Baildon, West Yorkshire.
9.30am.
baildonrunners.co.uk
CAMBRIDGE CAMBOURNE 10km
Cambourne Business Park,
Cambourne, Cambridgeshire. 11am.
cambridgefestivalofrunning.com
CENTURION GRAND PRIX 5
John Henry Newman Catholic
College, Birmingham. 11am.
centurions.org.uk
CLAPHAM COMMON
5km/10km/15km RACE SERIES
Clapham Common, Clapham,
London. 10am.
innovationsports.co.uk
CYRIL BEAN COVENTRY WAY 40
Queens Head Public House, Meriden,
Coventry.
acoventryway.org.uk
GO INSAANE AT PETERBOROUGH
10km
Wittering Grange, Wansford,
Cambridgeshire. 10am.
insaneterrainrunning.com
GOUDHURST 5km/10km
Risebridge Health & Sports Club,
Goudhurst, Kent. 10.30am.
nice-work.org.uk
HAVER 10km
Haverhill, Suffolk. 10.30am.
haversports.com
MAGNIFICENT EASTNOR CASTLE 7
Eastnor Deer Park, Eastnor,
Herefordshire. 11am.
ledburyharriers.org.uk
RADCLIFFE 10km
Cams Lane Primary School, Radcliffe,
Manchester. 11am.
radcliffeac.org.uk
ROKE & WARBOROUGH 5km
The Green, Warborough, Oxfordshire.
SUFFERING 5km/10km
Arley Hall, Northwich, Cheshire. 10am.
thesufferingrace.co.uk
UFD HACKNEY HALF-MARATHON
Hackney Marshes, Homerton Road,
London. 11am.
ufdance.co.uk
WAINSTONES 10km/HALF-
MARATHON/MARATHON
Village Hall, Chop Gate, North
Yorkshire. 9am.
hardmoors110.org.uk**Wednesday April 15**
MIKE MCGEE MEMORIAL COWM
5km
Cock & Magpie, Whitworth,
Lancashire. 7pm.**Thursday April 16**
HANCHURCH HILLY 5
Hanchurch Woods, Newcastle,
Staffordshire. 7pm.
stonemm.co.uk**Saturday April 18**
CLANDON PARK RUN 10km
George Abbot School, Guildford,
Surrey. 10.30am.
clandonparkrun.co.uk
DARK SKIES RUN 26.5
Hawkhurst Scout Activity Centre,
Hexham, Northumberland. 4.30pm.**HALDON HEARTBEAT 8.5**
Exeter Racecourse, Exeter, Devon.
11am.
MAWDDACH GOLDRUSH 8.5
Coed y Brenin Forest Park, Ganolwyd.,
1pm.
ORIGINAL SUSSEX MAVERICK
11km/16km/24km
Cowdray Park, Easebourne, Midhurst,
West Sussex. 10am.
maverick-race.com/event/the-original-sussex
RUN NTU 5km
Nottingham Trent University,
Nottingham. 1pm.
ntu.ac.uk**Sunday April 19**
BEACON EASTER BUNNY 10km
Beacon Hill Country Park, Woodhouse
Eaves, Leicestershire. Noon.
beaconbunnyrun.org
BOURNE RUN IN THE WOOD 10km
Bourne Woods, Edenham Road,
Bourne, Lincolnshire. 10.15am.
bournefurun.btck.co.uk
BUNGAY BLACK DOG 10km/HALF-
MARATHON/MARATHON
Maltings Meadow, Ditchingham,
Suffolk. 9am.
bungayblackdogrunningclub.co.uk
CHEDWORTH ROMAN TRAIL 10
Village Hall, Chedworth,
Gloucestershire. 10.30am.
cirencester-ac.org.uk
COTSWOLD KILLER 10km
Bath Racecourse, Bath.
relishrunninggraces.com
DANESFIELD DASH 10km
Wittington House, Henley Road,
Marlow, Buckinghamshire. 10am.
purplepatchrunning.com
DRURIDGE BAY HALF-MARATHON/
MARATHON
Druridge Bay Country Park, Morpeth,
Northumberland. 9.30am.
northeastmarathonclub.co.uk
FAIROAKS 5/10
Fairoaks Airport, Chobham, Surrey.
10.30am.
barnesfitness.co.uk
FOUNTAINS 10km
Fountains C of E School, Grantley,
Ripon, North Yorkshire. 10am.
fountains10k.co.uk
FULLERS THAMES TOWPATH 10
Hartington Road, Chiswick, London.
9am.
west4harriers.com
GRANTHAM CUP 10km
Belton House, Grantham,
Lincolnshire. 11.30am.
granthamrunningclub.co.uk
GREAT GRIZEDALE 10
Grizedale Forest, Hawkshead,
Cumbria. Noon.
grizedale10.co.uk
HARTFIELD 10km
Town Croft, High Street, Hartfield,
East Sussex. 11am.
hartfieldonline.com
HONITON HIPPO 7
Primary School, Clapper Lane,
Honiton, Devon. 10.30am.
honitonrc.com
HORTON BULL RUN 4.26
Village Hall, Horton, Bristol. 10.30am.
hortonbullrun.co.uk
HOUGHTON 11km
Village Hall, Houghton, Hampshire.
10.15am.
houghton-trail-event.org.uk**ICKWORTH 10km HOOHAH**
The Rotunda, Horringer, Bury St
Edmunds, Suffolk. 10am.
hoohaah.co.uk
IRONBRIDGE HALF-MARATHON
Town Park, Telford, Shropshire.
10.30am.
telfordharriers.co.uk
KYMIN DASH 7.1
Kymin Road, Monmouth. 11am.
kymindash.co.uk
LONGHORN 10km/HALF-
MARATHON/MARATHON
Thoresby Park Estate, Ollerton,
Nottinghamshire. 10am.
sbrevents.co.uk
OTTERBURN CHALLENGE 10km/
10 MILE
Redesdale Forest, Otterburn,
Newcastle Upon Tyne. 10.30am.
noegochallenge.com
PENWITH RADIO 5
Bay Lodge Guest House, Penzance,
Cornwall. 10am.
pcdt.org
PODPLUS ASHFORD & DISTRICT
HALF-MARATHON/MARATHON
Sandyacres, Sandyhurst Lane,
Ashford, Kent. 9am.
nice-work.org.uk
REETH 10km/20km
Reeth, North Yorkshire. 10am.
gr8events.org.uk
REGENCY 10km
Newbold Terrace East, Leamington
Spa, Warwickshire. 9am.
regency10k.co.uk
RUN IN THE FOREST 5
Conkers, Swadlincote, Derbyshire.
10.30am.
sdr.co.uk
RUN TO READ 5km
Brigidine School, Windsor, Berkshire.
2pm.
runtoread.co.uk
SAND DANCER 10km (Inc NEMAA
CHAMPS)
Gypsies Green Stadium, South
Shields, Tyne & Wear. 10.30am.
southshieldsdharriers.co.uk
SHOBODN WOOD 9km
Forestry Research Station,
Uphampton, Herefordshire. 11am.
croftambreyrunningclub.co.uk
TENOVUS CANCER CARE 10km
National Botanic Garden of Wales,
Llanarthne, Dyfed. 11am.
tenovuscancercare.org.uk
URBAN X 10km
Laurel Park Recreation Ground,
Earley, Berkshire. 10.30am.
runearley.co.uk**Wednesday April 22**
DIANE MODAHL 5km
Oxford Pub, Whitworth Road,
Rochdale, Lancashire. 7pm.
NEPTUNE RELAYS (4x1.7M)
Hardwick Country Park, Sedgfield,
Co Durham. 6.45pm.
sedgfieldharriers.co.uk**Thursday April 23**
MILFORD MURDER 5
Milford Common, Brocton Road,
Milford, Staffordshire. 7pm.
stonemm.co.uk
MOBBERLEY ROUND THE RUNWAY
5.3
Railway Inn, Station Road, Mobblerley,
Cheshire. 7.30pm.
wilmslowrunningclub.org

Saturday April 25

BRUTAL 10km

Woolmer, Bordon, Surrey. 10am.

brutalrun.co.uk

FIGSBURY CHALLENGE 5km

Winterbourne Earls C of E School, Winterbourne Earls, Wiltshire. 2.15pm. winterbourneearls.org/figsbury-challenge-2015-1

GUIDE DOGS MULTI-TERRAIN RACE

Peatlands Park, Armagh. 1pm.

RUN RICHMOND PARK 5km/10km

Richmond Park, Richmond, Surrey.

10am.

thefixevents.com

TRENT PARK 5km HANDICAP

Snakes Lane, Oakwood, Middlesex.

9.30am.

trentparkrc.org

Sunday April 26

ALDBURY 5.3

Aldbury Sports Ground, Stocks Road,

Aldbury, Hertfordshire. 11am.

BLACKWOOD 5km/10km

Larkwhistle Farm Road, Winchester.

10am.

CHEDDAR GORGE 10km

Strawberry Fields, Cheddar,

Somerset. 11am.

relishrunningraces.com

CRINAN PUFFER 8.5

Pier Square, Ardrishaig, Argyll. 10am.

midargylltri-cycleclub.co.uk

EVESHAM ULTRA 45

Northwick Hotel, Evesham,

Worcestershire. 9.15am.

cotswooldrunning.co.uk

FERNDOWN ROTARY 5km/10km

Avon Heath Country Park, Ringwood,

Hampshire. 11am.

ferndownrotary.co.uk

FONTHILL PARK CRICKET CLUB

10km

Fonthill Park CC, Fonthill Bishop,

Wiltshire. 10.30am.

LEICESTER COLOUR BLAST DASH

5km

Victoria Park, Leicester. 9am.

colourblastdash.org

LODGE HILL 10km

Lodge Hill, Watersfield, West Sussex.

10.30am.

lodgehill.org.uk

MIDLAND MASTERS AC RELAYS

YHA National Forest, Bath Lane,

Moir, Swadlincote, Derbyshire. 11am.

midlandmasters.com

OFFAS ORROR 20km

McKenzie Hall, Brockweir,

Gloucestershire. 11am.

chepstowharriers.org.uk

RIDGE OFF ROADER 6.5km/10km

Bledlow Ridge School, Bledlow Ridge,

Buckinghamshire. 10am.

ridgeoffroader.co.uk

RUN BALMORAL GLACIER ENERGY

15

Balmoral Estates, Crathie,

Aberdeenshire. 1pm.

runbalmoral.com

Thursday April 30

BARLASTON UPS & DOWNS 5

Oulton CC, Oulton, Staffordshire. 7pm.

stonemm.co.uk

ROAD

Thursday April 2

BOSTON MANOR MILE

Boston Manor Park, Brentford,

Middlesex. 12.30pm.

ealingmile.com

BURNHAM ON SEA WINTER 5km

SERIES

Berrow Road, Burnham on Sea,

Somerset. 7.30pm.

bospool.com

EAST SURREY LEAGUE

Ewell Court, Ewell, Surrey. 7pm.

rpac.org.uk

Friday April 3

BRIDLINGTON EASTER 5

Lime Kiln Lane, Bridlington, North

Yorkshire. 10am.

nice-work.org.uk

CALDERVALE COUNTRY 10

Village Hall, Caldervale, Lancashire.

1pm.

ukroadraces.info

EALING MILE

Lammas Park, Ealing, London.

12.30pm.

riderhq.com/groups/the-mile-series

EXETER FAST FRIDAY 10km

Exwick Playing Fields, Exeter, Devon.

10.30am.

city-runs.co.uk

FOLKESTONE 10

The Green, Cinque Ports Avenue,

Hythe, Kent. 11am.

folkestone10mile.co.uk

KPMG GUERNSEY EASTER 10km

Rovers Athletic Club, Port Soif,

Guernsey. 10.30am.

guernseyathletics.org.gg

MAIDENHEAD EASTER 10

Maidenhead Office Park, Maidenhead,

Berkshire. 9.30am.

maidenheadac.co.uk

NEW MARKE MERMAID 10km

Mermaid, Redcar Road, Marske by the

Sea, Teeside. 10.15am.

nmhraces.net

NEWTON CHOCOHOLICS 5km

Maldwyn Leisure Centre, Newtown,

Powys. 11.30am.

maldwynharriers.org.uk

SALFORD 10km

Salford Sports Village, Salford,

Manchester. 10am.

goo.gl/7tngbz

SUDBURY FUN RUN 5

Kingfisher Leisure Centre, Sudbury,

Essex. 9.20am.

sudburyfunrun.co.uk

Saturday April 4

BERAGH 5

St Mary's Park, Beragh. Noon.

adonnely5@btinternet.com

BOURNEMOUTH EASTER QUARTER

MARATHON

Boscombe Pier, Bournemouth,

Dorset. 11am.

eastcliffrotary.org

CHESTERFIELD NO WALK IN THE

PARK 5km

Queens Park, Chesterfield,

Derbyshire. 9.30am.

northderbyshireirc.jimdo.com

CLAPHAM COMMON RABBIT RUN

5km

Clapham Common, London. 11am.

livability.org.uk

DUNBAR 10km

Halhill Healthy Living Centre, Dunbar.

11am.

dunbarrunningclub.com

LLANDUDNO EASTER 5km

Promenade, Llandudno, Conwy.

10.30am.

MERSEYVEND NORTH WEST 5km

GRAND PRIX

Environment Centre, Okell Drive,

Liverpool, Merseyside. 10am.

knowsleyharriers.com

RUN ETON DORNEY

5km/10km/20km

Dorney Lake, Eton, Berkshire. 1.30pm.

votwoevents.co.uk

SELF TRANSCENDENCE 10km

Battersea Park, London. 8am.

uk.srichinmoyraces.org/races/london

SEVERN AC EASTER 10km

White Horse, Sandhurst Lane,

Gloucestershire. 11.30am.

severnathletic.org.uk

SUSSEX RELAY CHAMPIONSHIPS

Christ's Hospital, Horsham, West

Sussex.

sussexathletics.org.uk

Sunday April 5

AIR PRODUCTS 10km

Manchester Metropolitan University,

Crewe, Cheshire. 10.15am.

southcheshireharriers.org.uk

ALEXANDRA PARK WOMEN'S 5km

SERIES

Alexandra Park, Moss Side,

Manchester. 10am.

openathletics.org

BALLYGALGET COMMUNITY 10km

Ballygalget Road, Portaferry. Noon.

eastdownac.co.uk

BLACKPOOL 20

Hilton Hotel, North Promenade,

Blackpool, Lancashire. 9.30am.

fyldecoastrunning.org

CANTERBURY OFFICIAL 10km

Sports Pavilion, University of Kent,

Canterbury, Kent. 10.30am.

sportingeventsuk.com

MARATHON PREP 16/20/24

Dorney Lake, Eton, Berkshire. 9.45am.

theraceorganiser.com

MASSEY FERGUSON EASTER

SUNDAY 5

War Memorial Park, Coventry,

Warwickshire. 9.30am.

masseyrunners.org.uk

NORTH TYNESIDE 10km

Cobalt Business Park, North Shields,

North Tyneside. 10am.

visitnorthynteside.com

REGENT'S PARK SUMMER 10km

SERIES

The Hub, Regent's Park, London.

9.30am.

regentsparkraces.org

RISBOROUGH RUN IN THE PARK

5km

Princes Risborough,

Buckinghamshire. 9am.

TAY TEN 10

George Duncan Athletics Track, Perth.

11am.

perthroadrunners.co.uk

TEIFI 10

North Road, Lampeter, Ceredigion.

Noon.

sarnhelen.org.uk

TOM SCOTT MEMORIAL 6km/10

(Inc SCOTTISH CHAMPS)

Strathclyde Country Park,

Motherwell. 10am.

tomscottroadraces.co.uk

TROWSE 10km

Norfolk Snowsports Club, Norwich,

Norfolk. 9am.

conac.org.uk

WICK EASTER 10km

Staxigoe Hall, Staxigoe, Wick,

Highlands. 2pm.

northhighlandharriers.co.uk

Monday April 6

BUSHLEY MILE

Tewkesbury, Worcestershire.

tewkesburyac.co.uk

GILLINGHAM EASTER BUNNY 10km

Wisteria Cottage, Gillingham,

Somerset. 11am.

yeoviltownrrc.com

KPMG GUERNSEY EASTER HALF-

MARATHON

Albert Pier, St Peter Port, Guernsey.

9am.

guernseyathletics.org.gg

LONDON EASTER 10km

Regents Park, London. 10.30am.

nice-work.org.uk

STANWICK 10km

Birmingham. 10am.

SANDY 10

Sandy Sports Centre, Sandy, Bedfordshire. 10.30am.

ST CLARE HOSPICE 10km

St Clare Hospice, Harlow, Essex. 10.30am.

stclarehospice.org.uk

TAUNTON HALF-MARATHON/MARATHON

Somerset College of Arts, Taunton, Somerset. 10.30am.

tauntonmarathon.co.uk

WORCESTER HALF-MARATHON/MARATHON

Worcester Warriors RFC, Worcester. 9.30am.

tempoevents.co.uk

YORKSHIRE HALF-MARATHON

City Centre, Sheffield, North Yorkshire. 9.30am.

runforall.com

Tuesday April 14

BALLYMENA BELLES 5

Fenaghy Industrial Estate, Galgorm, Co Antrim. 7pm.

ballymenarunners.org

RUN EXE SUMMER 5km SERIES

Exwick Playing Fields, Exeter, Devon. 7pm.

city-runs.co.uk

VETERANS' AC 5

Battersea Park, London. 7pm.

vetsac.org.uk

Wednesday April 15

BAY ROAD 5km

Foyle Cycle Path, Derry. 7.30pm.

sparta-athletics.co.uk

CHESTER SPRING 5

Cheshire County Sports Club, Chester. 7pm.

westcheshireac.co.uk

Saturday April 18

BALLYNAHINCH LIONS 10km

The Square, Ballynahinch. 1.30pm.

ballynahinchlionsclub.co.uk

CHESHIRE 10km

Arley Hall, Warrington, Cheshire. 10am.

cheshire10k.com

GREAT LANGDALE ST GEORGE'S DAY 10km

New Dungeon Ghyll Hotel, Great Langdale, Cumbria. Noon.

greatlangdaleroadraces.co.uk

MAGHERAFELT 5

Meadowbank Sports Arena, Magherafelt, Co Londonderry. Noon.

sperrinrunners.co.uk

SEVERN AC GROCERY 4

White Horse, Sandhurst Lane, Gloucester. 11.30am.

severnathletic.org.uk

WINDSOR & ETON WINTER RUN SERIES 5km/10km/15km/20km

Eton College Rowing Centre, Dorney Lake, Windsor, Berkshire. 12.30pm.

f3events.co.uk

Sunday April 19

ANGELS ANNUAL 10km

Woodpeckers CC, Ashleworth, Gloucestershire. 10.30am.

angelsrunningclub.wordpress.com/

beacon-10k

ASICS GREATER MANCHESTER MARATHON

Old Trafford, Stretford, Manchester. 9am.

BRIDGWATER BOLT 10km

Trinity Sports and Leisure, Bridgwater, Somerset. 10am.

1610.org.uk

BUCKIE 10km

Community High School, Buckie. keithanddsitricataac@yahoo.co.uk

CLISSOLD PARK RELAY (4x2.5km)

Clissold Park, Green Lanes, Hackney, London. 10am.

theraceorganiser.com

CORSHAM ST GEORGE'S 10km

Corsham FC, Corsham, Wiltshire. 9.15am.

corshamrunningclub.co.uk

DARENT VALLEY 10km

Anthony Roper School, Eynsford, Kent. 8.30am.

swanleyanddistrictac.org

DERBY 10km

iPRO Stadium, Derby. 9am.

sfevents.org.uk

ENYS 10km

Falmouth Beach Hotel, Falmouth, Cornwall. 11am.

rotary-ribi.org

FLITWICK 10km

Village Hall, Millennium Green, Flitwick, Bedfordshire. 10.30am.

flitwick10k.org.uk

GREAT EDINBURGH 10

Meadowbank Stadium, Edinburgh. 10am.

greatrun.org

GREAT WELSH HALF-MARATHON/MARATHON

Millenium Coastal Park, LLanelli, Carmarthenshire. 9am.

humanbeingactive.org

HUDDERSFIELD HALF-MARATHON/MARATHON

Laund Hill, New Hey Road, Huddersfield, West Yorkshire. 10am.

huddersfieldmarathon.co.uk

HYDE PARK 10km

Hyde Park, London. 9.15am.

energizedsports.com

NEUROCARE HEAD START 10km

Rother Valley Country Park, Sheffield, South Yorkshire. 9am.

neurocare.org.uk

NEUROCARE HEAD START 5km

Rother Valley Country Park, Sheffield, South Yorkshire. 9am.

neurocare.org.uk

OVERGATE CHALLENGE 5km/10km

Trinity Academy, Halifax, West Yorkshire. 9.30am.

10k.overgatehospice.org.uk

OXFORDSHIRE RELAYS

Abingdon, Oxfordshire.

oxfordcityathleticclub.com/fixtures

PEN SELWOOD 10km

Village Hall, Pen Selwood, Somerset. 11am.

gillinghamtrotters.talktalk.net

PLYMOUTH HALF-MARATHON

The Hoe, Plymouth, Devon. 9am.

plymouthhalfmarathon.com

RISBOROUGH RUN IN THE PARK 5km

Princes Risborough, Buckinghamshire. 9am.

RUN ARMAGH 10km

College Hill, Armagh. 2pm.

runarmagh.com

SSE AIRTRICITY 10

Ebrington Square, Londonderry. 11am.

thewalledcitymarathon.com

STURTON STRIDE 5km

Sturton Le Steeple, Nottinghamshire. 10.30am.

VALIANTS HALF-MARATHON

Valiants Equestrian Centre, Out Rawcliffe, Lancashire. 10.30am.

alan.taylor7@tesco.net

VIOLETS IN BLOOM 5km

Alrewas, Lichfield, Staffordshire. 10.30am.

kpevents.net

WHITLEY 10km

Village Hall, Whitley, Cheshire. 11am.

10k.whitleyvillage.org.uk

Tuesday April 21

EHF NEW ELLERBY 5

Railway Inn, New Ellerby, East Yorkshire. 7pm.

easthullharriers.com

Wednesday April 22

BORDERS LEAGUE

Wrexham.

bordersleague.org.uk

GREAT YARMOUTH PROMENADE 5 SERIES

Marine Parade, Great Yarmouth, Norfolk. 7.15pm.

gyrr.co.uk

Thursday April 23

WESTON PROM 5

Pavilion Bar, Upper Church Road, Weston-Super-Mare, Somerset. 7.30pm.

westonac.co.uk

Friday April 24

3km ON THE GREEN SERIES

McLellans Arch, Glasgow Green, Glasgow. 12.30pm.

3konthegreen.com

BROOKS SERPENTINE LAST FRIDAY 5km

The Bandstand, Hyde Park, London. 12.30pm.

serpentine.org.uk

FORDHOUSES 5km

Fordhouses CC, Wolverhampton, West Midlands. 7.15pm.

wolvesandbilstonac.co.uk

Saturday April 25

ABERGAVENNY 10km

Old Pandey Inn, Pandey, Abergavenny, Monmouthshire. 9am.

strideoutevents.co.uk

GORTIN 10km

Main Street, Gortin. Noon.

llwallace417@c2kni.net

RAINBOW RAMBLE 5/11/18

Bishop Rawstorne High School, Leyland, Lancashire. 10am.

thelegacy-rainbowhouse.com

RUN BALMORAL CONOCOPHILLIPS 5km/STENA DRILLING TARTAN 10km

Balmoral Estates, Crathie, Aberdeenshire. 12.30pm.

runbalmoral.com

WRAY SCARECROW 10km

Main Street, Wray, Lancashire. 1.15pm.

ukroadraces.info

WREXHAM OPEN 10 (Inc NORTH WALES CHAMPS)

Wrexham Industrial Estate, Wrexham. 2pm.

wrexhamroadrunners.org.uk

Sunday April 26

ABP SOUTHAMPTON 10km/HALF-MARATHON

Hoglands Park, Southampton,

Hampshire. 10am.

abpsouthamptonhalf.co.uk

BALFRON 10km

Balfron Campus, Balfron, Glasgow. 11am.

balfron10k.org.uk

BLACKPOOL 10km/HALF-MARATHON/MARATHON

Hilton Hotel, North Promenade, Blackpool, Lancashire. 10am.

fyldecoastrunning.org

BOLTON 10km

Leverhulme Park, Long Lane, Bolton, Lancashire. 10am.

bolton10k.org

FORDINGBRIDGE FIRE STATION 10

Fordingbridge Fire Station, Fordingbridge, Hampshire. 11am.

fordingbridgefirestation.com

NORTHANTS NETWORK 5km SERIES

East Midlands International Pool, Corby, Northamptonshire. 10.30am.

northantsnet2012series.org.uk

PENSFORD 10km

Memorial Hall, Pensford, Avon. 1pm.

pensford10k.com

RISBOROUGH RUN IN THE PARK 5km

Princes Risborough, Buckinghamshire. 9am.

ROTARY SHAKESPEARE HALF-MARATHON/MARATHON

Stratford-upon-Avon, Warwickshire. 9am.

shakespearemarathon.org.uk

RUN DURHAM HAMSTERLEY 10km

Hamsterley Forest, Hamsterley, Co Durham. 11am.

runnation.co.uk

SOUTHBOURNE FAST & FLAT 5km/10km

St Katharines School, Southbourne, Sussex. 11am.

southbournefastandflat.co.uk

STRABANE TO LIFFORD HALF-MARATHON

Railway Road, Strabane. 9am.

strabanedc.com

TERRY O'GARA MEMORIAL 5km

Segedunum Museum, Wallsend, Tyne & Wear. 10.30am.

wallsendharriers.com

TULIP 10km

Springfields Exhibition Centre, Spalding, Lincolnshire. 10am.

spaldingtri.co.uk

VIRGIN LONDON MARATHON

London. 9am.

virginlondonmarathon.com

Tuesday April 28

AZTEC WEST FAST 5km

Aztec West, Bristol. 7.30pm.

bristolandwestac.org.uk

RAVENS CRAIG PARK MILE SERIES 1M

Kirkcaldy.

fireac.org

WELCOME TAVERN TUESDAY 5km SERIES

BASINGSTOKE & MID HANTS YOUNG ATHLETES' OPEN MEETING

Basingstoke. 10.30am.
bmhac.co.uk
CHARNWOOD AC WARM-UP MEETING
 Loughborough. 11am.
charnwoodac.co.uk
CHELMSFORD DANNY MULLANE OPEN MEETING
 Chelmsford.
chelmsford.gov.uk/athletic-events
HERNE HILL HARRIERS OPEN
 Tooting Bec. 12.30pm.
hernehillharriers.org
THETFORD AC WINTER THROWS COMEPITION
 Bury St Edmunds.
thetford-ac.co.uk
TYNEDALE TREAT OPEN HANDICAPS
 Hexham.
WINDSOR SLOUGH ETON & HOUNSLOW OPEN
 Eton.
wseh.info

Sunday April 5

ACTIVE NEWHAM OPEN SERIES
 Newham.
justiming.co.uk
CITY OF PLYMOUTH SPRING WARM-UP MEETING
 Plymouth. 11am.
plymouthac.co.uk
CRAWLEY EASTER SUNDAY OPEN
 Crawley.
crawleyac.org.uk
LOTHIAN TRIALS
 Edinburgh.
edinburghac.org.uk/?page_id=10

Monday April 6

TONBRIDGE AC EASTER MONDAY OPEN MEETING
 Tonbridge.
tonbridgeac.co.uk
TRAFFORD AC MEDAL OPEN MEETING
 Stretford. Noon.
traffordac.co.uk

Wednesday April 8

CITY OF NORWICH AC OPEN
 Norwich.
conac.org.uk
WATFORD OPEN GRADED MEETING
 Watford. 7pm.
watfordharriers.org.uk

Thursday April 9

MENDIP AC OPEN
 Street.
mendipac.org.uk

Friday April 10

IRISH UNIVERSITIES CHAMPIONSHIPS
 Belfast. Until Saturday April 11.
iuaa.org
PITREAVIE CLUB CHAMPIONSHIPS
 Dunfermline. Until Saturday April 11.
pitreavie-aac.co.uk
SARNIA WALKING CLUB ERIC WALDRON CUP
 StPeter Port. 6.30pm.
sarnia.wordpress.com

Saturday April 11

HAVANT AC OPEN
 Portsmouth.
havantac.org.uk

JERSEY SPARTAN GRADED OPEN

St Clement. Noon.
LEE VALLEY OPEN
 Lee Valley.
visitleevalley.org.uk/athletics
LIVERPOOL HARRIERS THROWS & JUMPS MEETING
 Liverpool.
liverpoolthrowsjumps.co.uk
MID LANCASHIRE LEAGUE
 Blackpool.
midlancs.org.uk
NEWQUAY & PAR SPRING WARM UP OPEN
 Par.
newparac.co.uk
NOTTS AC SPRING SPRUCE OPEN
 Derby. 9.30am.
nottsac.co.uk
SCOTTISH ATHLETICS THROWS & JUMPS GRAND PRIX SERIES
 Livingston. Until Sunday April 12.
scottishathletics.org.uk
WEIR ARCHER ACADEMY & KINGSTON & POLYTECHNIC OPEN THROWS MEETING
 Kingston. Until Sunday April 12.
kingstonandpoly.org

Sunday April 12

ALDER VALLEY GIRLS' LEAGUE
 Bracknell. 11.30am.
wseh.info
ALPHA BETA TROPHY MEETING
 Lee Valley.
ANNE MARIE READSHAW MEMORIAL OPEN
 Shildon. 11am.
shildonrunning.co.uk
AYRSHIRE HARRIERS OPEN MEETING
 Kilmarnock.
kilmarnockharriers.com
BOURNEMOUTH AC JOHN RUMBOLD MEMORIAL OPEN
 Bournemouth. 10am.
bournemouthac.co.uk/community
HERCULES WIMBLEDON YOUNG ATHLETES' OPEN
 Wimbledon.
herculeswimbledonac.org.uk
KIDDERMINSTER & STOURPORT SPRING OPEN
 Stourport on Severn.
ksac.co.uk
KINGSTON UPON HULL SPRING OPEN MEETING
 Hull. 10.15am.
kuhac.com
LIVERPOOL H ERNIE GALLAGHER MEMORIAL OPEN MEDAL MEETING
 Liverpool. 10am.
liverpoolharriers.co.uk
LIVERPOOL H TOM O'MAHONEY MEMORIAL OPEN MEETING
 Liverpool. 2.30pm.
liverpoolharriers.co.uk
MEDWAY & MAIDSTONE AC OPEN
 Gillingham.
mandmac.org
NOTTS MINI LEAGUE
 Bingham.
notts-minileague.co.uk
OXFORDSHIRE JUNIOR LEAGUE
 Horspath.
oxfordcityathleticclub.com/oxon-junior-league
PETROFAC GRAMPIAN ATHLETICS LEAGUE
 East: Perth. North: Inverness.
grampianathleticsleague.synthasite.com

RUGBY SPRING OPEN

Rugby.
randnac.org
SOUTH YORKSHIRE LEAGUE
 Doncaster. 10am.
sycaa.co.uk
VERA WOOD MEMORIAL GAMES
 Tipton.
tiptonharriers.co.uk
WAKEFIELD SPRING OPEN MEETING
 Wakefield. 10.30am.
wakefield-harriers.co.uk
WIGAN HARRIERS SPRING OPEN
 Wigan.
wiganharriers.org.uk
YATE SPRINTS & HURDLES CHALLENGE OPEN
 Yate.
yateac.co.uk
YEovil SPRING OPEN
 Yeovil.
yeovilolympiads.com

Tuesday April 14

BARNLEY AC 3000m CHAMPIONSHIPS
 Cudworth.
barnsleyac.co.uk
CORBY AC OPEN
 Corby. 7pm.
smyton.org/corbyacn
NORTH YORKSHIRE & SOUTH DURHAM LEAGUE
 Darlington. 6pm.
new-marske-harriers.co.uk
SCOTTISH WOMEN'S ATHLETIC LEAGUE
 Edinburgh.
WORCESTER AC SPRING OPEN
 Worcester. 6.30pm.
worcester-ac.co.uk

Wednesday April 15

BRISTOL & WEST AC YOUNG ATHLETE DEVELOPMENT OPEN MEETING
 Whitehall.
bristolandwestac.org
HIGHGATE HARRIERS/CITY OF LONDON OPEN MEETING
 Parliament Hill. 6.30pm.
highgateharriers.org.uk
ISLE OF MAN AA OPEN MEETING
 Douglas.
iomaa.info/track&field.htm
NORTHERN VETERANS' LEAGUE
 Cleckheaton. 7pm.
nvac.co.uk
SOUTHAMPTON GRADED OPEN MEETING
 Southampton. 6pm.
southamptonathleticclub.org.uk
TELFORD SPRING OPEN
 Telford.
telfordathleticclub.co.uk

Thursday April 16

LAGAN VALLEY AC SUPER 6 OPEN
 Belfast. 6pm.
laganvalleyac.co.uk

Friday April 17

BMC REGIONAL RACES (Inc SCOTTISH 10,000m CHAMPIONSHIPS)
 Hutchesons Grammar, Glasgow. 6pm.
britishmilersclub.com

Saturday April 18

CRAWLEY AIM 6-HOUR/12-HOUR OPEN

Crawley. 7am.
crawley6and12hourraces.com
FORTH VALLEY LEAGUE
 1: Grangemouth. 2: Grangemouth. 3: Grangemouth.
forthvalleyleague.org.uk
KINNAIRD & SWORD TROPHIES
 Kingston.
kingstonandpoly.org
SOUTH LONDON ATHLETICS NETWORK OPEN
 Coulsdon.
slanetwork.org.uk
UK YOUTH DEVELOPMENT U17/U20 LEAGUE
 Midland North/East 1A: Derby.
 Midland North/East 1B: Coventry.
 Midland North/East 2: Tamworth.
 Midland Premier North/East: Milton Keynes.
 Midland Premier South/West: Yate.
 Midland South/West 1: Gloucester.
 Midland South/West 2: Kidderminster.
 North East 1: Scunthorpe.
 North East 2: Cleckheaton.
 North Premier 1: Spinkhill.
 North Premier 2: Darlington.
 North West 1: Blackburn.
 North West 2: Preston.
 North West 3: Warrington.
 South North/East 1: Ashford.
 South North/East 2: Medway Park.
 South Premier 1: Stevenage.
 South Premier 2: Bannister Park.
 South South/West 1A: Southampton.
 South South/West 1B: Horspath.
 South South/West 2: Hillingdon.
ukyd.org.uk
WOODFORD GREEN OPEN
 Woodford. Noon.
wgel.org.uk

Sunday April 19

ALAN BERTRAM SPRING MEMORIAL OPEN
 Loughborough.
EASTERN YOUNG ATHLETES' LEAGUE
 Bedford, Cambridge University, Ipswich, Thurrock.
eyal.org.uk
EBBISHAM BOYS' LEAGUE
 TBC.
EXETER KEN TRICKEY OPEN MEETING
 Exeter. 10.15am.
exeterharriers.co.uk
HUNTINGDONSHIRE AC CLUB CHAMPIONSHIPS
 St Ives.
huntsac.org.uk
INVERNESS HARRIERS OPEN
 Inverness.
invernessharriers.org.uk
KENT YOUNG ATHLETES' LEAGUE
 Ashford. 11am.
kcaa.org.uk
LONDON COLLEGES SERIES
 Parliament Hill.
LONDON INTER-CLUB CHALLENGE
 Lee Valley. Noon.
londonathletics.org

Monday April 20

GATESHEAD YOUNG ATHLETES' OPEN MEETING
 Gateshead.
gatesheadharriers.com

Tuesday April 21

BRISTOL & WEST OPEN MEETING
 Stoke Gifford.
bristolandwestac.org
NORTH DOWN AC SENIOR OPEN

Bangor. 6pm.
nirunning.co.uk

Wednesday April 22

MANX HARRIERS UP & RUNNING LEAGUE
 Douglas.
manxharriers.com
WATFORD OPEN GRADED MEETING
 Watford. 7pm.
watfordharriers.org.uk

Thursday April 23

MENDIP AC OPEN
 Street.
mendipac.org.uk

Saturday April 25

MIDLAND JOINT LEAGUE
 1: Rugby. 2: Worcester. 3: Tamworth. 4: Sutton Coldfield. 5: Kidderminster. 6: Leamington.
midlandathletics.org.uk
DERBYSHIRE MINI LEAGUE
 Derby.
dcaa.org.uk
HUMBERSIDE LEAGUE
 Grimsby. 10.30am.
LANCASHIRE SCHOOLS' & HYNDBURN AC OPEN COMBINED EVENTS
 Hyndburn. Until Sunday April 26.
lancsaa.co.uk
LOUGHBOROUGH STUDENTS BUCS TRIALS & OPEN
 Loughborough. Noon.
loughboroughsport.com
RAFAA LIFE TIME VPS MEETING
 Cosford.
raf.mod.uk
SCOTTISH UNIVERSITY & COLLEGE ASSOCIATION CHAMPIONSHIPS
 Grangemouth.
SOMERSET SCHOOLS COMBINED EVENTS CHAMPIONSHIPS
 Street. Until Sunday April 26.
somersetschoolsathletics.org.uk
SOUTHERN WOMEN'S LEAGUE
 1: Lee Valley. Premier: Eton.
swtfl.co.uk
SOUTHERN ATHLETICS LEAGUE
 1: Bedford, Bromley, Colchester, Portsmouth. 2E: Eastbourne, Eltham, Ipswich, St Albans. 2W: Andover, Parliament Hill, Uxbridge, Woking. 3NE: Braintree, Kings Lynn, Thurrock, Woodford. 3SW: Bracknell, Braunton, Hastings, Twickenham.
southernathletics.org.uk
UK YOUTH DEVELOPMENT U13/U15 LEAGUE
 NORTHERN IRELAND
 Antrim. 11am.
ukyd.org.uk
WEST YORKSHIRE LEAGUE
 Cleckheaton. 1pm.
wakefield-harriers.co.uk

Sunday April 26

BATH FIELD FEST OPEN
 Bath.
BIRCHFIELD HARRIERS OPEN
 Alexander Stadium, Birmingham.
birchfieldharriers.net
BMC GOLD STANDARD RACES
 Stretford. 11.50am.
britishmilersclub.com/fixtures
BMC REGIONAL RACES
 Birmingham.
britishmilersclub.com
DEVON OPEN SERIES
 Braunton.
tavistockathletics.co.uk

LINCOLNSHIRE LEAGUE

TBC.
lincsathletics.org.uk
NORTH EASTERN YOUTH DEVELOPMENT LEAGUE
1: Morpeth. 2N: Whitley Bay. 2S: Darlington.
necaa.info

SCOTTISH WOMEN'S ATHLETIC LEAGUE

Edinburgh.
TRAFFORD AC MEDAL OPEN MEETING
Stretford. Noon.
traffordac.co.uk
WESSEX YOUNG ATHLETES' LEAGUE
Basingstoke, Bournemouth, Isle of Wight.
wessexleaguetaandf.co.uk

Monday April 27

SOUTHERN COUNTIES VETERANS' LEAGUE
Kent: Erith, Erith.
scvac.org.uk

Tuesday April 28

BMC REGIONAL RACES
Exeter. 8pm.
britishmilersclub.com
EXETER OPEN MEETING
Exeter.
exeterharriers.co.uk
NORTH YORKSHIRE & SOUTH DURHAM LEAGUE
Darlington. 6pm.
new-marske-harriers.co.uk
SPRING FOREST MILE
Coleford.

Wednesday April 29

AFAN NEDD TAFE SCHOOLS' CHAMPIONSHIPS
Swansea.
ASHFORD LEISURE TRUST OPEN MEETING
Ashford. I
HERCULES WIMBLEDON OPEN MEETING
Wimbledon.
herculeswimbledonac.org.uk
ISLE OF MAN 10,000m CHAMPIONSHIPS (Inc WALKS)
Douglas.
iomaa.info
LEE VALLEY SPRINT SERIES OPEN
Lee Valley.
visitleevalley.org.uk
MIDLAND VETERANS' LEAGUE
East: Leamington. North: Stoke.
mvtf1.wordpress.com
NORTH EAST COUNTIES 10,000m CHAMPIONSHIPS
Jarrow. 11am.
necaa.info
NORTH EASTERN OPEN GRAND PRIX SERIES
Jarrow. 7pm.
necaa.info
OXFORD CITY AC OPEN GRADED MEETING
Horspath.
oxfordcityathleticclub.com
VETERANS AC 10,000M WALK CHAMPIONSHIPS
Battersea.
vetsac.org.uk

VETERANS' AC 10km WALK CHAMPS (Inc SURREY, MIDDLESEX & HERTFORDSHIRE CHAMPS)
Battersea.

vetsac.org.uk
WELSH MASTERS' LEAGUE
Cardiff.
welshmastersathletics.com

Thursday April 30

HAYWARDS HEATH HARRIERS OPEN
Crawley. 6pm.
haywardsheathharriers.co.uk
LAGAN VALLEY AC SUPER 6 OPEN
Belfast. 6pm.
laganvalleyac.co.uk
LEICESTERSHIRE & RUTLAND COUNTY DISABILITY CHAMPIONSHIPS
Leicester.
lraa.org.uk
MIDLAND VETERANS' LEAGUE SOUTH DIVISION
Stourport. 7pm.
mvtf1.wordpress.com
SHROPSHIRE YOUNG ATHLETES' LEAGUE
Telford.
oswestryolympians.co.uk

Friday May 1

NIRUNNING MILE
Belfast.
nirunning.co.uk

Saturday May 2

BUCS CHAMPIONSHIPS
Bedford. Until Monday May 4.
bucs.org.uk
SOUTHERN MEN'S LEAGUE 1C: Tooting. 1E: Lee Valley. 1W: Guildford.
southernmensleague.org.uk
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Midland North/East 1: Derby. Midland North/East 2A: Banbury. Midland North/East 2B: Worcester. Midland Premier North/East: Milton Keynes. Midland Premier South/West: Cheltenham. Midland South/West 1: Cardiff. Midland South/West 2A: Hereford. Midland South/West 2B: Solihull. North East 1: Middlesbrough. North East 2: Grimsby. North Premier 1: Sheffield. North Premier 2: Carlisle. North West 1: Stockport. North West 2: Blackburn. North West 3: Bangor. North West 4: Trafford. South North/East 1: Ashford. South North/East 2: Ealing. South North/East 3A: Sutcliffe Park. South North/East 3B: Medway Park. South Premier 1: Southampton. South Premier 2: Crawley. South South/West 1: Hillingdon. South South/West 2: Sutton Arena.
ukyd1.org.uk

WALKS

Saturday April 4
UKA/RWA NATIONAL 10 MILE CHAMPIONSHIPS
Lee Valley.

Friday April 10

SOUTH YORKSHIRE LEAGUE
Millhouses Park, Sheffield. 6pm.
sycaa.co.uk

Saturday April 11

MACCLESFIELD SHIELD
Sutton Macclesfield.
SARA KILLEY MEMORIAL 50km
Isle of Man. 1.30pm.

SWC OPEN (Inc DEVELOPMENT RACES)
Lewes. 2pm.

Tuesday April 14

VETERANS' AC 5
Battersea Park, London. 7pm.
vetsac.org.uk

Saturday April 18

RWA 20km CHAMPIONSHIPS
Hillingdon. 10am.
racewalkuk.com

Sunday April 26

DOWNHAM OPEN (Inc BMAF 20km CHAMPS)
Downham Market. 11am.
SARNIA WALKING CLUB 10km
North Side, St Sampsons, Guernsey. 9.30am.
sarnia.wordpress.com

Friday May 1

SOUTH YORKSHIRE LEAGUE
Millhouses Park, Sheffield. 6pm.
sycaa.co.uk

Monday May 4

PEDNOR 5 (Inc BUCKINGHAMSHIRE CHAMPS)
Chesham.

OVERSEAS

Saturday April 11

IAAF RACE WALK CHALLENGE
Podebrady, Czech Republic.
iaaf.org
IAAF RACE WALKING CHALLENGE
Maurice, Mauritius.
iaaf.org

Sunday April 12

AAI NATIONAL 10km CHAMPIONSHIPS
Phoenix Park, Dublin, Ireland.
athleticsireland.ie
NN MARATHON ROTTERDAM
Rotterdam, Netherlands.
marathonrotterdam.org
SCHNEIDER ELECTRIC PARIS MARATHON
Paris, France.
schneiderelectricparismarathon.com/us
SUISSEGAS MILAN MARATHON
Milan, Italy.
milanomarathon.it
VIENNA CITY MARATHON
Vienna, Austria.
vienna-marathon.com

Saturday April 25

IAAF RACE WALKING CHALLENGE
Rio Maior, Portugal.
iaaf.org

Friday May 1

ASIAN YOUTH CHAMPIONSHIPS
Doha, Qatar. Until Monday May 4.
iaaf.org
IAAF RACE WALKING CHALLENGE
Taicang, China.
iaaf.org

Saturday May 2

IAAF WORLD RELAY CHAMPIONSHIPS
Nassau, Bahamas. Until Sunday May 3.
iaaf.org

ATHLETICS WEEKLY

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Runner's 500th parkrun

WHEN it comes to completing parkruns, no one is more prolific than Darren Wood of Hart Road Runners.

The 32-year-old finished his 500th parkrun event last Saturday – which no one in the world has managed to surpass in its decade-long history.

Wood, a payments consultant from Fleet in Hampshire, has covered more than 1500 miles over



COLB PHOTOGRAPHY

Historic parkrun: Darren Wood (left) with parkrun founder Paul Sinton-Hewitt (right)

parkrun 5km territory since his first event in October 2004 and his milestone was celebrated at the Frimley Lodge parkrun last weekend.

Wood, who even completed some parkrun events over the years while on crutches, said: "What a weekend, celebrating the milestone of my 500th parkrun. I have been lost for words by all the messages of support. Thank you all."

Parkrun prides itself on participation rather than personal best times or competition, but Wood is no slow coach as the runner's parkrun best is 17:58 from the Bushy Park event in 2007.

Paul Sinton-Hewitt, parkrun founder, was on hand at the event to present Wood with a special t-shirt with '500' on it and the race is now on for the first runner to finish 1000 events.



COLB PHOTOGRAPHY

Darren Wood: world record for number of parkruns

Half-marathoners have a 'mare!

RUNNERS in the Wilmslow Half-marathon got a shock recently when three runaway horses stormed past them during the race.

One of the marshalls at the Cheshire event, Tom Hibbert, told the local press: "A lady got pushed over into a bush by one of the horses. Luckily she was okay. They managed to catch the horses at the end of the road."

Nick Bishop, media officer for the event, added: "My understanding is that the horses escaped from a field some four miles into the race. Marshals quickly got them under control and back in the field."

"As far as we understand only one runner collided with a horse and we have been in email contact with the person concerned."

On your marks, get set, mow!

BRITAIN'S 4x400m dream team from 1991 got together again last month for a unique race with lawnmowers.

Kriss Akabusi, Roger Black, John Regis and Derek Redmond memorably teamed up at the IAAF World Championships in Tokyo 24 years ago to win relay gold against the United States and the quartet once again took to their marks a few days ago.

Only this time it was a race with a difference. For one, the sprinters were up against each other and not part of a team. Secondly, they were carrying rather more weight than during their heyday on the track a quarter of a century ago.

Although the winner, Akabusi, turned this to his advantage as he stormed past Black to take the victory at Peterborough Arena in Cambridgeshire.



"I'm the old man of the team and I thought if I pumped up my belly a little it'd help me get across the line!" said Akabusi, who ran the memorable anchor leg when GB won the world title in Tokyo in 1991. They also recreated the famous post-race picture taken on the day (right).

The event took place to help publicise Briggs & Stratton lawnmowers and marked the launch of InStart, a starting system for



petrol-powered machines. It can be seen on YouTube or by going to @4MenWentToMow on Twitter or searching for videos under the hashtag #4x400Mow.



Kriss Akabusi (far left) took the honours on the day

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