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Jason Henderson, editor

A QUESTION OF PRIORITIES

SHOULD athletics pump most of its resources into elite track and field or grassroots? It is one of the sport's eternal dilemmas and the debate was reopened a few days ago when Ed Warner questioned UK Sport's "unhealthy fixation with medals" (*News*, p6).

Many young athletes are attracted to the sport by medal-winning role models such as Laura Muir, Mo Farah, Greg Rutherford or this week's cover star Andrew Butchart. If the success of these athletes then takes place at a major championship on home soil – such as London 2012 or 2017 – it is an intoxicating combination, helping to create new fans and athletes.

Given the inspirational knock-on effects, is it not then smart to plough as much manpower and money as possible into elite athletics, the staging of televised events and bidding for major championships? Possibly. Although I'm not sure cash-strapped athletics clubs with facilities that are desperately in need of an upgrade would necessarily agree.

Added to this, what about areas like fell running, masters athletics or Cinderella events like shot put and steeplechase? They're not likely to produce any Olympic champions any time soon but they still have a strong argument to receive support and funding.

Athletics is a complex sport and when it comes to supporting grassroots or elite there is no perfect answer. Instead, a delicate balance needs to be found.

In recent years perhaps the quest for medals has indeed become too intense and it's now time for more money to be diverted toward club level athletics. Send us your opinion at haveyoursay@athleticsweekly.com and we'll print the most interesting views in *Your Say*.

■ **NICK ROSE's** age-defying form is featured on p8 of this issue. The endurance icon is now showing fellow veterans a clean pair of heels on the country and has great tips on how to stay in shape as you get older.

I was surprised to hear he doesn't do much coaching these days, though, which seems like a travesty if you consider his experience.

In a year that saw Britain fail to field a men's team at the World Cross Country Championships, for example, today's athletes could perhaps learn a thing or two from a man who, among other things, led England to team gold in the World Cross in 1980.



MARK SHEARMAN

Above: Nick Rose has shared his secrets to staying in great shape in his 60s



MARK SHEARMAN

THE BIG INTERVIEW

14 ANDREW BUTCHART

Scottish 5000m man explains how he's preparing for London 2017

STATISTICS

22 CROSS COUNTRY LISTS

Steve Smythe ranks the top domestic cross-country runners this winter

SPOTLIGHT

30 LONDON 2017 HOPES

Para-athlete sprints contender Jarryd Wallace

34 HISTORY OF THE WORLD CHAMPIONSHIPS

Steve Smythe looks back at the IAAF event in Edmonton in 2001

38 ENGLISH GARDNER

American tells *AW* about her sprints improvement and her unusual name

A BRIT ABROAD

18 TIM HUTCHINGS

Our columnist says urgent action is needed to save the World Cross

Cover: Andrew Butchart, a rising force at 5000m (The Great Run Company)



Andrew Butchart interview – p14

PERFORMANCE

- 40 Sports science and training news
- 42 Why coaching feedback is vital
- 44 Make reps specific to your needs
- 46 Food rules you can break

NEWS

- 6 Whitehead faster than ever aged 40
- 8 Nick Rose's secrets of success
- 10 Aarhus 2019 set for special event
- 12 Chris Carter steps down at AAA

PREVIEW

- 56 We look forward to the National Road Relays at Sutton Park and the Great Ireland Run in Dublin

RESULTS & FIXTURES

- 48 Results round-up
- 57 What's On events guide

REGULARS

- 21 Your Say – readers' views
- 33 Young Athlete – Serena Vincent
- 61 Weekly athletics quiz
- 62 Dip Finish



MARK SHEARMAN

Left: Read our National Road Relays preview on p56



TRI SPECIAL

Your 16-page *Running Monthly* includes:

- Ironman legend Chrissie Wellington on her London Marathon challenge
- Miler Andy Baddeley explains the benefits of swimming

WHITEHEAD CAN BE 'FASTER THAN EVER'

SPOTLIGHT FALLS ON PARA ATHLETES AS THEY HIT 100 DAYS TO GO MILESTONE

FORTY-YEAR-OLD sprinter Richard Whitehead believes he has the ability to be faster than ever when the World Para Athletics Championships in London kick off in less than 100 days' time.

The T42 200m gold medallist from the London and Rio Paralympics has tweaked his training and hopes to pull off a 100m and 200m double this summer.

"After Rio I made sure that I made some changes that I thought I needed to make to continue to have performance gains in London," he told AW.

Whitehead says he was disappointed to finish runner-up to Australian Scott Reardon in the 100m in Rio but warns his rivals: "I've worked on my starts for the 100m, I've looked at my races and my efficiency of arm action and cadence in my legs. I'm 40 years old so it's all about 'knowledge is power' a lot of the time.



Richard Whitehead: the sprinter (back right) at the launch of the sponsorship deal with Co-Op

MARK SHEARMAN

"Hopefully everybody will see the changes I've made this season. I'll be very disappointed if I don't improve on last year's times and performances."

Whitehead was speaking as the news broke earlier this week about Co-Op sponsoring the World Para Athletics Championships. Wednesday also marked the 100 days to go milestone for the event.

Whitehead actually turns 41 five days after the

championships start on July 14 and says: "Hand on heart, I truly feel that the T42 100m on July 17 will be one of the races of the championships because there are three or four of us who will literally be within thousands of a second of each other on that line. It will be who wants to win it the most."

He adds: "I'd encourage as many people to come and watch the para events as possible because it's going to

be very exciting, there's going to be world-class performances. If the athletes from Great Britain aren't on their game then I'm sure other athletes are going to take those medals off us so we need to be on our game.

"I know from seeing everybody at our recent squad weekend that everybody is raring to put in those performances to bring back not just the same medals we won in Rio, but more."

WARNER QUESTIONS MEDALS FIXATION

ED WARNER, the chairman of UK Athletics, says UK Sport's obsession with winning medals is unhealthy and the win-at-all-costs strategy should be reviewed.

"There is too much of a culture of medal winners and non-medal winners which is

unhealthy and doesn't speak well for us as a sporting society."

Speaking at a conference in London, he said: "I would hate to get into a situation in which becoming an Olympian is no long celebrated in itself as an achievement and you have to be a

gold medallist to be deemed to have value by somebody."

Warner steps down later this year after 10 years in the UKA role and will be replaced by Richard Bowker.

■ **Comment, p4**

The Bird's Nest stadium
played host to the 2008
Olympics in Beijing

MARK SHEPMAN

IOC DENIES 2008 DRUGS COVER-UP

THE International Olympic Committee and World Anti-Doping Agency have defended their decision not to publicise positive drug tests for clenbuterol at the Beijing Games after the German broadcaster ARD released a documentary accusing the organisations of keeping the news secret.

The ARD expose has focused on Jamaican athletes whose urine samples from the 2008 Olympics were found to have small traces of clenbuterol after being re-tested during 2016. Their success at the Games, says ARD, 'could be exposed as a baseless fairytale'.

But the IOC admits the clenbuterol positives during last year's re-analysis of 2008 Games samples involves athletes from a number of countries and different sports and that it made a careful

decision not to announce the results.

"During the re-analysis of the stored urine samples from the Olympic Games Beijing 2008, the laboratory found in a number of cases of athletes from a number of countries and from a number of different sports, very low levels of clenbuterol," the IOC told AW.

'The IOC carefully deliberated whether or not to proceed with these cases. In particular, the

IOC consulted with the World Anti-Doping Agency (WADA) who was fully involved in the decision-making process.

"All of the values were below 1ng/ml and therefore in the range of potential meat contamination cases," the IOC added, saying it reported the findings to WADA and "after careful consideration" the two bodies concluded "it would be appropriate not to take these cases any further". A

WADA statement added that it "determined that the levels were consistent with meat contamination".

The anti-doping body continued: "It is also worth noting that even more clenbuterol cases (in the hundreds) have been prosecuted and have led to sanctions since 2010. Pharmacological intake of clenbuterol for doping purposes does not go unpunished."

FANCY BEARS ATTACK IAAF

ATHLETES' medical data may have been compromised after the Russian hackers Fancy Bears attacked the IAAF computer system.

It is now feared that therapeutic use exemption details may have been stolen.

IAAF president Seb Coe said: "Our first priority is to the athletes who have provided information they believed would be secure and confidential. They have our sincerest apologies and our total commitment

to continue to do everything in our power to remedy the situation and work with the world's best organisations to create as safe an environment as we can."

Fancy Bears first hacked the World Anti-Doping Agency database last autumn and began revealing athletes' confidential TUE information, a process which lets athletes take prohibited substances if there is a medical need.

SECRETS OF NICK ROSE'S SUCCESS

THE BRITISH DISTANCE GREAT PROVES A LATE BLOOMER AS AN M65 WINNER

PILATES, off-road running and a monthly MOT from a physiotherapist are among Nick Rose's secrets to staying in great shape in his 60s, writes Jason Henderson.

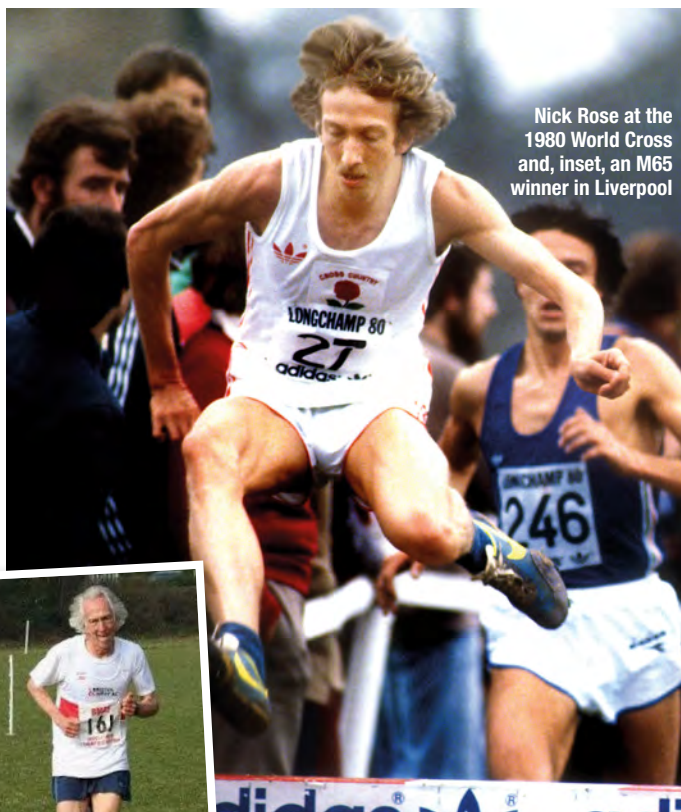
Rose was one of the world's leading distance runners in the 1980s but several decades later he is still running well and last month won the British masters cross country title for the M65 age group by almost two minutes.

At his peak the Bristol man won Commonwealth 5000m silver behind the then world record-holder Dave Moorcroft in 1982.

Rose also won the English National cross country title and took bronze in the World Cross Country Championships in 1980. On the track his PBs include 7:40.4 for 3000m, 13:18.91 for 5000m and 27:31.19 for 10,000m and he represented Britain at the 1980 and 1984 Olympics.

On the roads, meanwhile, his 61:03 for 13.1 miles was the English half-marathon record for many years until Mo Farah came along to break it, while his 27:34 for 10km on a point-to-point course in New Orleans remains the fastest road mark ever run by a Briton.

These days, though, Rose avoids the road and track. Instead he prefers to run on grass and to stick to the country and he is targeting the



MARK SHEARMAN



British and Irish

Masters International Cross Country in November.

"When I turned 65 I thought I'd give it a crack as I'm in a new age group," he says. "I've always loved running. It's never a chore. It can be pretty hard work but if you work hard you're rewarded for your efforts and at the end of every hard run I'm always glad I did it."

Avoiding hard surfaces is one of the factors in Rose's recipe for running well aged 65. The others include:

- Pilates – a weekly class "is great for core strength," he says.
- Cycling – Rose can no longer run as many miles as he used

to, so he makes up for it with a few miles on the bike.

■ Physiotherapy once a month – "Most runners wait until they are injured before seeing a physio but I believe in having a monthly MOT to prevent problems from happening," he explains. "It's not that cheap but I believe it's money well spent."

■ Embrace the ageing process – "Whatever sport you do, there is always going to be a slippery slope as muscle atrophy sets in after 40," he says. "I know athletes who struggle to come to terms with it but I accept it."

■ Keep your weight down – "I'm lucky as I don't put on weight easily and weigh about 128lb," he says.

Rose was speaking to AW after just having spent an afternoon out in the garden. So is picking weeds out of the ground and shifting mounds of soil his own version of weight training? "I was never really one for doing weights," he laughs. "But I do enjoy gardening. It's a good release."

Rose has, however, had his fair share of injuries. "I'm a bit like a car with 100,000 miles on the clock, in comparison to some of the newer masters runners who have only recently started out," he says. "I've had three Achilles operations, for example, and a knee op when I came off my bike."

Keeping off-road is therefore one of his biggest rules. "It's kinder to your body and there's no traffic," he says. "Even when I was at my peak I ran off-road as much as possible."

Another final factor which is evident from speaking to Rose is his enthusiasm for the sport. His love of running is clear and on the current athletics scene, he says: "I've already got my tickets for London 2017 and am looking forward to watching Laura Muir racing."

"I watched the World Cross last week and really felt for the Ugandan who had been leading and was caught."

"When it comes to Brits, Callum Hawkins and Andrew Butchart are a breath of fresh air as Mo Farah comes to the end of his career. I'm still very passionate about it all."



British Championships One Mile Road Races

AT VITALITY WESTMINSTER MILE

SUNDAY 28 MAY 2017

Be part of the British Championships One Mile Road Races on the most iconic course in Britain on Sunday 28 May 2017

The 2017 Vitality Westminister Mile in central London on Sunday 28 May will feature the official British Championships One Mile Road Races. Runners aged between 9-20 years (Under 13 to Under 20 age groups) are eligible to enter the British Championships One Mile Road Races which take place on the iconic course in St James's Park, starting on The Mall and finishing in front of Buckingham Palace.

The races are open to runners of all abilities and prizes will be awarded to the top four finishers in each category. Incorporated into these races is a club team challenge for teams of four runners, with three to score. Clubs are welcome to enter more than one team in each race. The top three teams will be awarded prizes.

Entrants for the British Championships One Mile Road Races events should email Elaine Rayner: elaine.rayner@londonmarathonevents.co.uk.

The 2017 Vitality Westminister Mile features 30 races over the classic distance for runners of all ages and abilities - from elites to parents jogging or walking with young children. Every finisher gets a medal and a goody bag and there's lots of free family-friendly activities all day at the Vitality Wellness festival in Green Park.

Free entry for children aged 11 and under. Race entry is just £6 for Juniors and £8 for adults (with a £1 discount for Westminister residents). Find out more and enter at VitalityWestministerMile.co.uk

Enter online at VitalityWestministerMile.co.uk

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Organised by London Marathon Events Ltd, in partnership with Westminster City Council. There will be 30 races throughout the day for all ages and abilities.

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ESSEX LEGEND

HOWARD WILLIAMS, founder and long-time organiser of the Metropolitan Cross Country League, has died.

Williams was a talented middle and long distance runner and went on to be honorary secretary and president of Essex AA as well as holding major posts at Ilford AC.

His funeral is to be held on April 13 at Bentley Crematorium, Brentwood, at 1pm.

COE'S UNI ROLE

SEBASTIAN COE will become Chancellor of Loughborough University this summer. Coe graduated from the university with a degree in economics and social history before going on to become IAAF president and double Olympic 1500m champion and will be its sixth Chancellor, acting as its chief ambassador and presiding over ceremonial functions and conferring degrees on graduates.

NEW IRISH CHIEF

ATHLETICS Ireland has appointed three-time national cross country champion Paul McNamara as its director of high performance.

The 41-year-old, who joined Athletics Ireland nine years ago as a regional development officer, succeeds Kevin Ankrom in the role.

GREG IN LONDON

GREG RUTHERFORD will use the Müller Anniversary Games on July 9 as one of his key competitions ahead of the IAAF World Championships in London.

"I'm a competitive person so I've missed competing in the last few months, but I'm raring to go and looking forward to getting back on track."

AARHUS WILL DARE TO BE DIFFERENT

WORLD CROSS COMPETITORS TO RACE ACROSS A ROOF



ATHLETES at the next IAAF World Cross Country Championships

will run up and down the roof of a museum as the city of Aarhus tries to re-establish the event as the greatest footrace in the world, *writes Jason Henderson.*

Part of the course in 2019 will see runners going along the top of the Moesgaard Museum on the outskirts of Denmark's sporting capital in a forest setting near the coast.

The Aarhus organisers this week expanded on the plans detailed in last week's *AW* by saying the mid-race challenges could include a 180-degree turn and they confirmed their idea to combine the elite championship races with a mass participation run, plus a series of school races in the days leading up to the championship.

Using the motto 'mud is our tattoo', they also promise



Moesgaard Museum, just outside Aarhus: set to host a memorable World Cross

a return to the kind of course that is traditional to European endurance runners.

That news will come as a relief to traditionalists who dislike flat, grassy courses held in hot temperatures, such as last month's event in Kampala.

"It is really, really exciting because it will showcase our sport in an innovative, modern, exciting setting but also show that cross country is a tough sport, and it returns it to what

I will describe as a traditional cross country course with the surrounding landscape," said IAAF president Sebastian Coe, after a tour of the proposed course on Monday.

Danish organisers told *AW* they've drawn inspiration from the British cross country scene and visited the English National on a fact-finding mission in February to see how the event at Wollaton Park handled large fields of cross-country runners.

ATHLETES' COMMISSION CREATED

UK ATHLETICS is introducing a new athletes' commission headed by Kelly Sotherton to act as a link between GB's elite athletes and the national governing body's board.

Sotherton said: "I have always passionately believed that, as athletes, we need a formal voice and role in the on-going future development of our sport. I'm pleased UKA were open to this idea and that we have been able to work together to create

a platform that allows athletes to provide effective input into decision-making at all levels of the organisation.

"UKA and athletics as a whole will really benefit from the unique insights and perspective delivered by the athletes and I look forward to seeing its work come to fruition in the years to come."

The commission will consist of a dozen elected members from a mixture of Olympic and Paralympic events.

It is, however, not the first time the idea has been tried. In the mid-1990s the high jump international Geoff Parsons led an athletes' commission, while some years before that Derek Johnson, the 1956 Olympic 800m silver medallist, was at the forefront of the International Athletes' Club.

Seen as a kind of athletes' union, the IAC, among other things, organised a formal opposition to Margaret Thatcher's call for Britain to boycott the 1980 Olympics.

UK 10K ROAD CHAMPIONSHIPS

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Vitality London 10,000 Prize Money

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2nd	£1000	5th	£300
3rd	£750	6th	£200

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*Clubs who have competed in the 2015/2016 Regional/National Road Relays will be eligible for six free male and female entries. Please contact Callum Cleary at the email address below for more details.

Individual prize money will only be awarded to athletes who are eligible to represent Great Britain and NI in international competition.



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Team managers should contact Callum Cleary at online.entry@londonmarathonevents.co.uk

ORGANISATION IN GOOD NICK AS BATON PASSES TO WALTER NICHOLLS

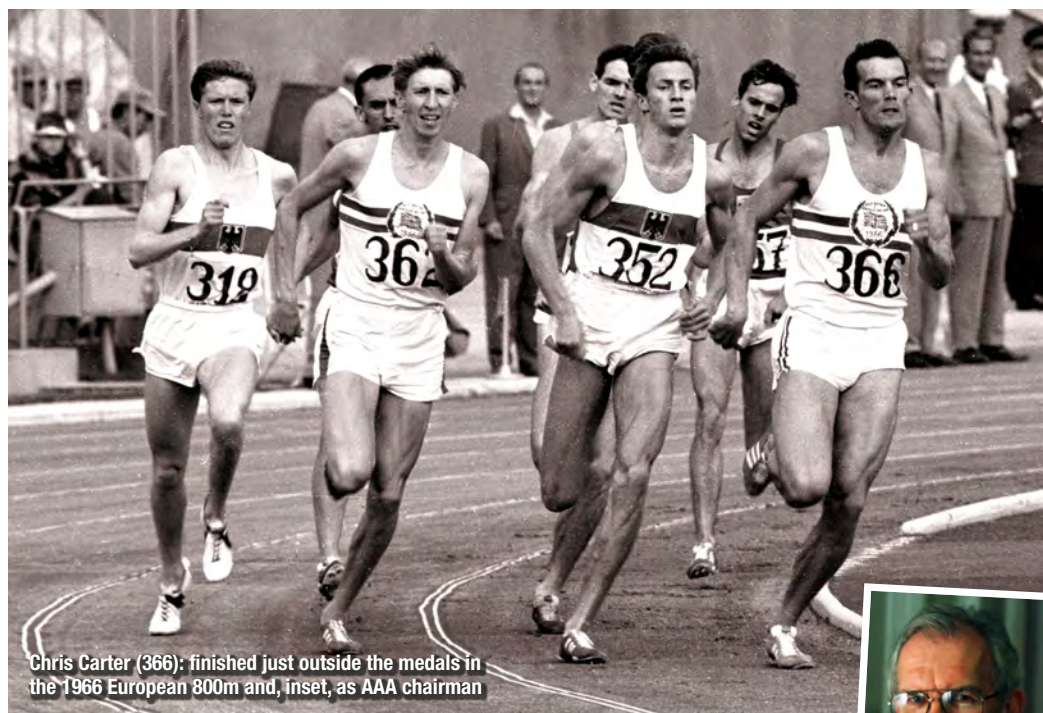
CHRIS CARTER says he is proud of the recent achievements of the AAA of England after stepping down as chairman of the organisation at its recent AGM.

In addition to being one of Britain's best-ever 800m runners, Carter has been a long-time leading official but he has stepped down due to ill health and will be succeeded as chairman by Walter Nicholls.

The AAA of England is the oldest national athletics governing body in the world and Carter says he is proud of the way it has re-invented itself in recent years.

"I am proud of the direction the Association has taken since being ousted as the governing body for England by the Foster Report into the sport (in 2004)," he said. "At the time many in the Sports Council, British Athletics and even our own officers wanted the Association to roll over, give up its assets and wither away. However with the persistence of many members of the Association and the area associations we carried on with our responsibilities as an athletics organisation and have been

AAA CHAIRMAN STEPS DOWN



Chris Carter (366): finished just outside the medals in the 1966 European 800m and, inset, as AAA chairman

true to our mission statement of 'our role is to encourage and support young athletes and to preserve the heritage and history of English Athletics'."

He added: "Working with England Athletics we have had success in keeping the Association's trophies alive and meaningful, some dating back to the 1870s. The publishing of the two books written by Mel Watman on the history of the Association and the Women's Association have left

a permanent record of our past achievements.

"Our work with young athletes both in clubs and schools, ably led by our past chairman and development director, George Bunner, has been, I believe, one of our greatest triumphs over the last 10 years.

"The Tom Pink Relays for clubs and the World Marathon Challenge for schools have enabled many youngsters to experience the many fun ways

that they can enjoy athletics."

Carter, who joined the committee of the Southern Counties AA in 1971, continued: "Never in my wildest dreams at the age of thirteen when attending the 1956 AAA Championships on a day trip with Steyning Grammar School did I think I would become the chairman of the world's oldest national athletics governing body."

BRIGHTON HALF HAS BEEN SHORT FOR THREE YEARS

ORGANISERS of the Vitality Brighton Half-marathon have apologised to runners after admitting last Friday that their course over the past three years has been 146 metres short.

Race director Martin Harrigan said: "We are a team of runners ourselves so we fully understand the

impact of this news. We are really upset that this mistake has happened and we take full responsibility for this situation. We remain committed to making the 2018 Brighton Half Marathon a great event."

There were doubts about the course distance after runners reported

GPS readings that did not tally with the intended 13.1-mile distance.

On the topic of refunds, the organisers said the event is owned by a local charity, The Sussex Beacon, and money every year goes to its running costs. They add: "The Sussex Beacon takes this matter very

seriously and although mindful of the money the event raises for good causes, we also want to balance this against acknowledging that we got it wrong on these occasions, so we will be running a loyalty offer for runners affected by the mistake in these race years."

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NO FEAR

ANDREW BUTCHART TELLS **JESSICA WHITTINGTON** WHY A SIMILAR OUTLOOK IS BRINGING SUCH SUCCESS TO THE CURRENT CROP OF SCOTTISH STARS AND WILL BE THE CORNERSTONE OF HIS BID TO CLAIM A WORLD MEDAL

ANDREW BUTCHART has a simple way of summing up the approach which has brought such success for Scottish stars of the moment.

'Go hard or go home'.

The philosophy certainly seems to be working. For Butchart, for Laura Muir, for Callum Hawkins, to name just three.

After her British record-breaking summer, Muir picked up from where she left off with more historic performances indoors over the winter, while Hawkins has continued to rise on the roads. Then there was Butchart's "perfect" indoor season, which saw him smash Scottish records in the States.

"I watched Laura Muir and Eilish McColgan on TV at the European Indoor Championships and both of them performed so, so well and that just inspires me to get out the next day and smash



Andrew Butchart: was
in record-breaking
form in Boston

NEW BALANCE



a run,” says Butchart. “It’s inspiring me watching them so, for the general public, hopefully it does to them what it does to me.”

Butchart, like his aforementioned compatriots, always seems to run with such passion, determination and confidence. Does he feel all of those things?

“I think we just kinda have, I dunno... We’re not bothered if it goes wrong as long as we know that we’ve given it 100%,” he says. “I think everyone in Scotland thinks like that, that’s just the way that we are brought up.”

“I’m always going to give it 100% from the gun, I’m not going to let someone push me around, I’m not going to let someone dictate what happens in the race. I’m going to try and be in charge and I guess that’s how every athlete in Scotland is looking at it right now because that’s what’s happening.”

It’s that sort of mind-set Butchart would like to help instil in the next generation, too, whether relating it to sport, studies or any other aspect of life.

The 25-year-old only started out in athletics around 10 years ago and the loyal member of Central AC remains coached by Derek Easton out of Stirling.

Butchart recently visited Stirling High School to speak with students who have embarked on a virtual marathon in the lead-up to the inaugural Stirling Scottish Marathon on May 21.

“It was great to visit the school and pass on my advice to the students who are taking on this marathon challenge,” says Butchart.

“I’ve got quite an interesting story in the fact that I wasn’t amazing at my sport through school.

“A lot of kids can relate to my story and it’s nice to see their faces when you tell them that you weren’t actually that good at running when you were 15 years old and now you’re sixth in the Olympic Games.”



On the attack: Andrew Butchart and Callum Hawkins lead the way at the European Cross Country Championships

Butchart had the race of his life at that Olympics in Rio last summer, shaving more than four seconds from his 5000m PB with a Scottish record 13:08.61, a time which moved him from 10th to third on the UK all-time list behind only Mo Farah and David Moorcroft.

After that he competed on the country, winning the Euro Cross trials at the British Athletics Cross Challenge in Liverpool before captaining the team at the European event in Chia. Forming part of GB’s gold medal-winning senior men’s team, he finished fourth, one place behind team-mate Hawkins.

From there, Butchart went back to

the track and although his race decisions this winter might have prompted a bit of discussion between fans on social media, he believes he made the right choices.

His results speak for themselves, too. In only his third ever indoor race, Butchart ran an outright Scottish 3000m record of 7:42.97 to finish as runner-up at the New Balance Indoor Grand Prix in Boston at the end of January.

He then dominated over one mile at the Armory Track Invitational in New York, clocking 3:54.23 to move to third on the UK indoor all-time rankings in what was his first ever indoor race over the distance.

His indoor season came to a close with a time of 8:12.63 for two miles, putting him second all-time in the British rankings and breaking the Scottish best. In that NYRR Millrose Games race, Butchart was timed at 7:41.05 for 3000m, breaking his own Scottish record and moving him to second on the UK indoor all-time list.

“The winter went perfectly for me, especially the mile race,” he says. “Like

“WE’RE NOT BOTHERED IF IT GOES WRONG AS LONG AS WE’VE GIVEN IT 100%. I THINK EVERYONE IN SCOTLAND THINKS LIKE THAT. THAT’S JUST THE WAY WE’RE BROUGHT UP”

ANDREW BUTCHART, on the mentality he takes into racing

Growing the sport: Butchart with the students in Stirling



As he works his way to the World Championships, Butchart will also be looking to get more involved with the IAAF Diamond League series. Previously having only competed at British events in the 14-meeting series, he hopes to make his overseas Diamond League debut in Doha in May and also race at the meetings in Eugene and Lausanne with an eye on the final in Zurich.

"The Diamond League is the biggest league competition in athletics, it's sort of the 'big time' as people would call it, and I want to be a part of that scene and I want to prove that I can win at that scene too," he says.

"I've not run many Diamond League races but I performed in two last year – the one in Birmingham I was fourth and then the one in London I was second. So I've proved that at the UK ones I can perform well but I've not run one abroad yet so I want to go to one abroad and perform as best I can."

But ultimately this year all roads, or tracks, lead to London.

"Honestly, I'm proper buzzing for it," Butchart says of the World Championships. "It's going to be such a good event. I think the home support is going to bring so much more to the table for the British athletes."

"I'm taking it step by step, but I mean, if you're going to go on the start line and think 'oh, I'll be happy with eighth place' that's not how it should be. We have to go for the win, we have to go for the medal, we have to go for the prize because that's what we can do. We can achieve that. It's not out of sight for me to win a medal now, I don't think."

"I just want to keep enjoying the sport and it's massive to try and stay fit and healthy and injury free for a full year. The main aim is just to keep going the way that I'm going without getting too ahead of myself."

■ **Want to get involved with the Stirling Scottish Marathon weekend? The legendary Liz McColgan-Nuttall and Zola Pieterse are among those signed up to take part while events also include the Great Stirling 5k and Thistles Great Stirling Family Run. Find out more at greatrun.org/stirling**



MARK SHEARMAN

The Scot had been entered to race 5000m against Farah in Birmingham but withdrew after receiving some bad news from his family.

"I didn't have anything to prove," Butchart adds. "I knew if I had raced at Birmingham I would have run well and competed against Mo. I know if I went to the European Championships I would have run well and I'd like to think that I would have got a medal."

"The whole point of this year is the World Championships," continues Butchart, who also decided against targeting the World Cross Country Championships last month because of its timing in the season.

"I think for me to have done those races, it would have hindered my chances at the World Championships just because the rest time between then and Flagstaff for me just now would be too short."

"I think I've done the right thing, although I may have annoyed some people!"

And Flagstaff in Arizona is now where Butchart is at, training hard as he again aims to make his mark on the global stage when the IAAF World Championships take place in London in August.

"The hard training starts," Butchart says, looking ahead to his training camp. "I'm away for nine weeks and it's going to be torture but it will be good for the summer season. Hopefully I can get a medal at the World Champs."

Laura runs, like Callum runs, it's always 'go hard or go home'. I put myself out on the line and took it to them as hard as I could.

"When I raced my first race in America I knew that I was in incredible shape. I'd done a few sessions that were similar to the ones I did before Rio and I was much, much faster, which I was quite shocked about because the training hadn't been as intense so it all bodes well for this year."

People might have questioned why he didn't race at the Müller Indoor Grand Prix in Birmingham or the European Indoor Championships, but, as Butchart explains: "That was always the plan, just to race those American races and then end the season there and then."

TIM HUTCHINGS
BELIEVES THE
CROSS COUNTRY
SHOWPIECE
IS IN DESPERATE
NEED OF IDEAS
TO CHANGE ITS
FORTUNES

PICTURES: MARK SHEARMAN

SAVE THE WORLDS

FURTHER to my article in the December 1 issue of AW, I don't want to come across as a killjoy when looking at the recent IAAF World Cross Country Championships and the events in Kampala did include much to celebrate on March 26.

However, many questions remain as the non-East African nations – that is the rest of the world – had their worst showing in history and the alarm bells are rightly ringing louder than ever about the future of this once wonderful championships.

While the gulf in ability was exacerbated by the terribly hot and humid conditions, the truth is that the future is bleak.

To begin with, though, let's acknowledge how hard it is to stage an event of this nature in East Africa. That's not patronising, it's fact – and if you think it is patronising, you've not been to East Africa, or much of the rest of the continent.

IAAF competitions director Paul Hardy and his team worked wonders to have it unfold as well as it did.

However, if the live world-feed TV images – available globally and visible here in the UK on the BBC red button – were meant to sell the sport, they failed miserably.

The production was blinkered in the way it focused entirely on just the front end



East Africans were utterly dominant in Kampala



The worrying picture which appeared in last week's edition of *Athletics Weekly*

of each race, with zero meaningful shots of minor-place battles behind the top half dozen or so.

I understand the director simply could not get his cameramen to follow his

commands, such was their desire to show the race up front, meaning anyone hoping to catch a glimpse of their national vest or athletes was sorely disappointed.

I felt for Steve Cram and Paula Radcliffe,



“WHILE THE GULF IN ABILITY WAS EXACERBATED BY THE TERRIBLY HOT AND HUMID CONDITIONS, THE TRUTH IS THAT THE FUTURE LOOKS BLEAK”

genetically more suited to running fast over distance than the rest of the world.

It actually seems rather absurd that anyone could dispute this. Because we don't apparently know why is not a reason to contradict what thousands of race results over several decades – including events in Uganda last week – tell us year after year.

It is perhaps apt to mention that staging the world championships for a winter sport like cross country running, just 25 miles or so from the Equator, with temperatures hovering in the high-20s centigrade and with high humidity being the norm, was not the smartest decision.

Because the IAAF's past regimes have so effectively mis-managed the sport, there are currently few venues volunteering to stage the championships and, as they say, beggars can't be choosers. Nevertheless, results in Kampala were shocking and somewhat soul-destroying in terms of what they said about the rest of the world.

The scenes on pages 4-5 of last week's AW, with 10 bodies of under-20 women prone around the finish line, are little short of disgraceful (see far left).

In the shot there are athletes from Australia, Morocco, Italy, Spain (four nations you'd think that would turn out athletes who would appreciate the demands of running in the heat!) along with the UK and Canada.

Acclimatisation? It should simply not be necessary when competing in a traditional winter sport in the middle of winter! Would anyone dream of staging it at altitude? Of course not – and neither should it have been anywhere near the Equator.

The fact is, generally the difference in ability between the best of East Africa and

struggling, as would anyone, to come up with hours of original comment about the dominant running of the East Africans.

The long breaks between races for presentations and the data problems with both mid-race positions and final results compounded the poor coverage and Steve could rightly do nothing but apologise.

Long after the weekend, AW staff received the confirmed results literally minutes before going to press on the Tuesday, 48 hours after the action.

Those who think it was all fine, that this is nit-picking and that we should learn to love East African runners repeatedly thrashing the rest of the world are not looking at the situation in the cold light of day.

Few sponsors were in evidence and

the lack of continuity in coverage was not riveting Sunday afternoon viewing in middle-England or Australia, Canada, Japan, the USA or most of Europe for that matter.

When there was racing going on, the absurdity of dozens of accredited people, mostly athletes and team management, running alongside the racers on the infield between the TV cameras and the competitors, just worsened things. The normally welcome exuberance compromised the coverage and someone should have got a hold of that after the two under-20 races.

What's also incredibly important in my view too, is that we agree on one fundamental truth – that irrespective of what the physiologists say, *East Africans are*



Popular: Asbel Kiprop leads the mixed relay in Kampala

“the rest” is turning the championships into a bit of a farce and it's time someone in authority acknowledged this.

While I would argue that the championship should never be held again in similar climatic conditions, I still believe that a far more fundamental argument can be made for dividing the racers by ability.

No? Well it's already happening, so why not formalise the process and give athletes of all abilities a reasonable and fair stage on which to perform?

Let's put, say, the best 80 athletes in one race and the rest in another. Qualification for the better race is by track or road times from the previous 12 months, or last year's team performance (many young Kenyans, for example, won't have track times).

This was without doubt a lower nadir in several ways for the sport than that reached in China two years ago. Many are saying it's already too late, but I disagree.

Time, however, is running out and media interest for these championships will be hard to win back – in the UK, there was an almost total ignoring of the championships from all forms of the press.

Yet in Aarhus, Denmark, world cross venue in two years' time, the national federation is working hard to make

the championships more dynamic and attractive to the local population with the long-term ambition of getting cross country back into the Olympics.

Various innovations have yet to come out, but the idea of the masses racing alongside the elite, for the successful relay format to continue and for more challenging climbs on each lap to be established, are very promising.

As for cross country in the Olympics, I'm not convinced that it has to be in the Winter Olympics, funnily enough, but I do believe strongly that the demands of the event must be very different to just several laps of flat running.

My own suggestions to re-establish cross country internationally would involve the following – hopefully these would at least be an agenda for discussion:

■ **Championships to be held earlier in the winter, ideally mid/late January.** This avoids the spring road season and is further from track preparations than late March.

■ **A minimum total of climb to be incorporated in to each lap, ensuring real cross country.** This ensures an “honest” cross country race, and not a glorified track 10km.

■ **Venues have to be where normal**

“winter conditions” prevail – not “a hot summer day”. Northern hemisphere seasons are what international athletics championships generally follow.

■ **Limit the number of transferees in each team to, say, two out of the six.**

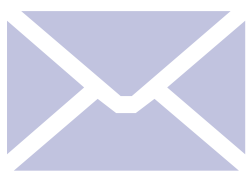
This would be so that we avoid the ridiculous situation, for example, of so many Kenyan-born athletes wearing US, Bahraini, Qatari, Turkish or AN Other national vest.

A similar attitude of policy is accepted in some football club environments and it enables reason and fairness to come in. The flood gates already being open is causing ridicule (for example at the European Cross Country Champs in Chia in December).

■ **Introduce A and B races for under-20 and senior level competitions.** While

a compromise, the fact is that the media and public from dozens of great athletics-following nations are bored by the current format. Change or die, as they say.

■ **Tim Hutchings won silver at the World Cross Country Championships behind Carlos Lopes in 1984 and John Ngugi in 1989, took two English National cross-country titles and today works as a television commentator**



YOUR SAY

► IRREPRESSIBLE IBBO

ONE of my abiding athletics memories was when I was aged 15 watching Derek Ibbotson smash Chris Chataway's three-mile British record at the White City Stadium in 1957.

He had told his friends and family to watch him in the one mile final but had been knocked out in the heats on the Friday, so he decided to run the longer event the next day.

Well, on a wet afternoon

he took off on his own and was almost on course for Sandor Iharos's world record at two miles, only slipping behind in the last few laps.

I will never forget him circling the track in splendid isolation to a British and Empire record (as it was called in those days!).

Six days later he beat the top runners of the time on the same track in a world record in an invitation mile event. Happy days indeed!

Howard Artiss, St Albans

The ceremonies need to be shown worldwide. In this way it would be more difficult for TV producers to avoid broadcasting them.

Let justice not only be done, but let it be seen to be done - worldwide. Let the message go out from the IAAF: "Cheats shall not prosper!"

Dennis Johnson, Bedford

► PARTY POLITICS

HAVING read Nigel Bland's 'Belgrade Reflections' article in *AW* on the European indoors, I felt that a response was required. I do not normally think that when commenting on a championship reference to the travel company involved is necessary. However it was made, hence my response.

There were significantly more than 100 UK spectators and there was a group of some 90 also travelling with Jamin Sports; again with great seats and accommodation and the odd alcoholic drink thrown in!

I know we were there as the BBC zoomed in on our group during a Laura Muir medal ceremony and since arriving home I have been questioned on several occasions (once by my wife) as to who I was standing next to singing the national anthem!

Arthur Gibbons, Cambridge

► LUDICROUS ADVICE

THE IAAF must rescind its rule allowing coaching during competition. It has led to the totally ludicrous situation at the recent European Indoor Championships, of virtually every single jumper or thrower,

immediately after every jump or throw, successful or not, going to talk to their coaches trackside.

It is difficult to believe that it has any effect on the athlete anyway, other than to make them incapable of making their own decisions when the coaches are unavailable. However, the practice does seem to do wonders for the egos of some of the coaches.

Will we soon have the sight of runners in the Olympic 10,000m final, breaking off after every couple of laps to discuss their tactics with their coaches? It will be only a slightly more farcical situation than the current one.

The IAAF must go back to its old, sensibly considered, regulation, before the sport becomes a total laughing stock.

Yours despairingly ... Stan Greenberg, via email

► DUBIOUS DECISION

THERE is a lot of attention given to FIFA and the IOC in selecting countries with human rights and corruption issues like Qatar and Russia, while little seems to be said about the IAAF's decision to award the World Cross to Uganda, given the country's reputation for corruption and where homosexuality is illegal.

This is from the Foreign Office's guide to visiting Uganda: "Homosexual activity is illegal and not tolerated in Uganda's conservative society. Public displays of homosexuality like kissing in public places could lead to arrest and imprisonment."

Phil Law, via email

► MUIR MEMORIES

WATCHING Laura Muir surging to victory at the European Indoor Championships brought back happy memories of a day, almost exactly 30 years ago, when another Scot, Yvonne Murray of Musselburgh, running in her fourth European final, took gold in a massive PB and a championship record in Lievin.

I was fortunate, as her coach, to be there to see the race and it brought Yvonne's European medal tally to four (two bronze, one silver and one gold, at the age of only 22, to add to her Commonwealth bronze and two Commonwealth records.

It should be noted that just over a year later, she had added an Olympic bronze to her tally.

William Gentleman, Edinburgh

► BELATED MEDALS

I TOTALLY support the proposals of Jo Pavey and Toni Minichiello that athletes who have been upgraded

into medal positions at global championships should have the medals they deserve presented at the 2017 World Championships in London.

While it would be great for me and other British fans to be able to celebrate all the British medallists on one day at the Anniversary Games, it is not enough. These medals were won on a world stage and deserve to be presented on a world stage.

Furthermore, I support Toni's call for all the medallists in events where athletes have been upgraded to be invited to the ceremony. I realise that medal ceremonies interrupt field events, but sensible timing could minimise this impact. National anthems could also, perhaps, be shortened to reduce the length of the double ceremony. I would suggest that for maximum impact the ceremonies for the upgraded medallists be held alongside those for the 2017 Championships.

COUNTRY STARS SHINE ALL WINTER

WHO WERE THE LEADING MALE BRITISH CROSS-COUNTRY ATHLETES ACROSS ALL THE AGE GROUPS IN THE 2016-17 WINTER SEASON? WE PROVIDE THE STATS PICTURES: MARK SHEARMAN

WE BEGIN with all the men's age groups in our annual cross-country rankings. This is our assessment of form and honours over the winter months. Precedence is given to the major events but various win-loss records are taken into account. Note, we do not ascertain rankings from league races or relay events but have included some results from the English cross-country relays as reference. We include rankings over the last two years for reference.

Ant = Antrim; **Atap** = Atapuerca; **BMAF** = British Masters; **BMI** = British Masters International; **Brus** = Brussels; **BUCS** = British Universities; **Cardiff** = Cardiff; **CAU** = Inter-Counties; **Dub** = Dublin; **ECR** = ECCA Relays; **Edin** = Edinburgh; **Elgoi** = Elgoibar; **ES** = English Schools (IB, IG, JB, JG); **ESCF** = English Schools Cup; **Eur** = Europeans; **Eur Cl** = European Clubs; **HCI** = Home Countries International; **Liv** = Liverpool; **Mids** = Midlands; **Mil K** = Milton Keynes; **Nat** = National; **NCAA** = National Collegiate; **North East** = NE; **Sco** = Scottish Champs; **SES** = South East Schools; **ScED** = Scottish East District; **ScWD** = Scottish West District; **ScSC** = Scottish short-course; **ScM** = Scottish Masters; **SI** = Schools International (IB, IG, JB, JG); **SIC** = Southern Inter-Counties; **Sth** = South of England Champs; **SthV** = South of England Vets; **SWIC** = South West Inter Counties; **Talay** = Talayuela; **Tri-C** = Tri Counties; **Wal** = Welsh; **World** = World Championships; **WM** = World Masters



Callum Hawkins leads our rankings and is a clear No.1

SENIOR MEN

UNFORTUNATELY not everyone had full seasons but from his four races Callum Hawkins is clearly No.1, winning a European medal and almost winning at Edinburgh. Andrew Butchart beat him at Liverpool but was fourth in the Europeans and didn't race on the country thereafter, focusing on indoor track instead.

Inter-Counties winner Andy Vernon leads the non-Scots.

Well beaten by Hawkins in Edinburgh, Mo Farah doesn't rank as more than one race was required to appear and too many ranked here didn't have full seasons. It was a disgrace we didn't have a senior men's team in Uganda, which was not only the selectors' fault.

1 Callum Hawkins (Kilb) (2016 3rd, 2015 5th)

Highlight: European bronze.

Scottish champion only did one race after Christmas but did easily enough for top spot.

3 EUR 27:49, 2 Edin 24:04, 2 Liv 28:45, 1 Sco 33:34

2 Andrew Butchart (Cent) (2016 12th, 2015: 2nd)

Highlight: Liverpool victory.

Two races, but good ones, are enough for second.

4 EUR 28:01, 1 Liv 28:37

3 Andy Vernon (AFD) (2015/2016 unranked)

Highlight: CAU win.

Returned successfully to the country this winter and is easily English No.1.

5 EUR 28:11, 3 Liv 29:01, 1 CAU 37:50, 12 Edin 25:13, 3 Ant 24:56, 28 Bruss 28:43, 1 Mil K 28:42, ECR 14:56

4 Dewi Griffiths (Swan) (2016 2nd, 2015: 3rd)

Highlight: No obvious highlight but no weaknesses.

The Welsh champion was consistent all winter.

18 EUR 29:00, 5 Liv 29:04, 1 Wel 33:40, 1 Card 32:58, 14 Edin 25:21, 14 Atap 25:49

5 Ben Connor (Derb) (2015/2016 unranked)

Highlight: National win but also superb at Europeans.

Greatly improved to make his first senior appearance in the rankings with good runs all year.

1 Nat 39:35, 16 EUR 28:51 6 Liv 29:08, 1 Nth 41:13, 23 Edin 25:37, 2 Mil K 28:53

6 Alex Teuten (Ports) (2016: 16th)

Highlight: National and Inter-Counties runner-up.

The BUCS champion had a brilliant domestic season.

2 Nat 39:49, 13 Liv 29:46, 2 CAU 38:14, 1 BUCS 31:49, 14

Rankings: an assessment of form and honours over winter months



TONY STANTON

Graham Rush: showed good form through the season

Bruss 27:41, 30 Atap 26:41, 1 Hants

7 Sam Stabler (Owls) (2015/2016 unranked)

Highlight: National bronze.

Made a late first appearance to run just the two domestic races but did enough to rank highly.

3 Nat 39:59, 4 CAU 38:30

8 Charlie Hulson (Sale) (2016: 10th, 2015: 1st)

Highlight: Edinburgh top-20.

Some way short of his 2015 form that saw him rank first but consistent.

6 Nat 40:18, 10 Liv 29:41, 18 Edin 25:28, 29 Atap 26:39

9 Alex George (Glouc) (2015/2016 unranked)

Highlight: NCAA 15th place.

Had a very strong American season followed by good runs in the Europeans and Edinburgh.

13 EUR U23 23:19, 20 Edin 25:31, 15 NCAA 30:11, 1 SEC, 5 NCAASC

10 Jack Martin (Stock) (2015/2016th unranked)

Highlight: National seventh.

Had three strong runs of similar level.

7 Nat 40:20, 9 Liv 29:36, 24 Edin 25:42

11 Jonathan Taylor (Morp) (2016: 11th, 2015: 10th)

Highlight: Edinburgh, beating many ranked above him.

Was a Liverpool drop-out and otherwise consistent but lacking the highs of 2013 when he ranked third.

8 Nat 40:22, 9 CAU 39:18, 5 Ant 25:27, 3 Mil K 29:01, 17 Edin 25:26, ECR 14:53, 1 NE, Liv dnf

12 Graham Rush (Chelt) (2015/2016 unranked)

Highlight: National fifth.

Dominated the Birmingham League but other form good too.

5 Nat 40:04, 12 Liv 29:43, 8 Bruss 27:11, 28 Edin 26:20

13 Andy Maud (High) (2016: 15th, 2015: 16th)

Highlight: Inter-Counties third.

The Southern winner was let down by National result.

3 CAU 38:19, 1 Sth 40:40, 16 Nat 40:40, ECR 15:07

14 Ross Millington (Stock) (2016: 1st, 2015: 6th)

Highlight: Liverpool fourth.

The Rio Olympian and last year's No.1 didn't race enough this season.

Andrew Butchart:
Olympic finalist's
two good races
were enough for
second spot



32 EUR 29:29, 4 Liv 29:02, 10 Elgoi 33:04

15 Adam Hickey (S'end) (2016: 6th, 2015: 9th)

Highlight: Liverpool seventh.

No races after Christmas but had solid early season form.

7 Liv 29:17, 9 Bruss 27:12, 4 Mil K 29:10

16 Jonathan Davies (Read) (2016: 8th, 2015: U20: 1st)

Highlight: Euro under-23 fifth.

Not as good as last year and no cross-country after Europeans.

5 EUR U23 23:01, 11 Liv 29:42, 10 Mil K 29:49 ECR 14:49

17 Alex Short (Bed C) (2015/2016 unranked)

Highlight: NCAA.

Picked for Europeans on US form and didn't run cross-country thereafter.

25 EUR U23 23:46, 22 NCAA 30:13, 4 NCAA D1W, 1 W Coa C

18 Richard Horton (SB) (2015/2016 unranked)

Highlight: Home Counties International win.

Had a strong season throughout.

9 Nat 40:23, 1 HCI 32:03, 5 BUCS 32:17, 5 Sth 42:38, ECR 15:29

19 Jonathan Hay (AFD) (2016: 5th, 2015: 4th)

Highlight: Liverpool.

Well down on previous year's form when he won National.

10 Nat 40:28, 8 Liv 29:35, 20 Eur Cl 31:11

20 Kristian Jones (Swan)

Highlight: Cardiff second.

Scottish runner-up would have benefited from more major races.

15 Liv 29:50, 2 Card 33:11, 1 Ed I/D 25:33, 2 Sco 4:02, 1 Sc ED

Not ranked: CAU fifth-placer Phil Wicks, National fourth-placer Chris Olley and Midlands champion Alex Brecker needed more quality races.

UNDER-20 MEN

THIS is never an easy age group to rank with different age groups for National and Inter-Counties. It was made harder by some athletes such as Alex Yee, Mahamed Mahamed and Josh Kerr not doing the end of season races, while Ben Dijkstra made a late season debut and had no early season form.

The National and Inter-Counties performances are usually given more prominence than early season races but it must be a first that an Inter-Counties winner (Jonathan Shields) failed to make the top 10.

European medallist Mahamed and Liverpool winner Yee needed longer seasons to rank higher.

1 Ellis Cross (AFD) (2016 4th)

Highlight: National title.

Dominated the under-20s and had some good runs at under-23 and senior level too.

1 Nat 32:25, 1 Sth 25:36, 3 BUCS 32:00, 15 EUR U23 23:32, 1 HCI 22:22, 20 Liv snr 29:56, 27 Edin snr 26:06, 12 CAU snr 39:26

2 Scott Beattie (Morp) (2016: 2nd U17, 2015: 14th U17)

Highlight: World top-50.

Great first season in the under-20s for Northern champion. 47 World 26:01, 7 Liv 20:36, 2 CAU 27:15, 1 Nth 26:57, 3 Elgoi 20:40, 8 Edin 19:48, 3 Bruss 19:29, 1 NE, ECR 8:51

3 Ben Dijkstra (Leic) (2016: 3rd, 2015 2nd U17)

Highlight: National runner-up.

Perhaps fortunate to rank third off just two major races.

2 Nat 32:29, 1 ESAA SB 21:59, 1 Leics Sch

Ellis Cross: claimed a muddy National victory



4 Mahamed Mahamed (Sot) (2016: 9th, 2015 1st U17)

Highlight: European bronze.

No races after Edinburgh (where he beat Ben Connor) cost him a higher place.

3 EUR 17:16, 2 Liv 20:17, 22 Edin snr 25:34, 4 Atapu 17:40

5 Alex Yee (Kent) (2016: 1st, 2015 4th U17)

Highlight: Liverpool win.

Last year's top placer disappointed in his final junior season and again ran no races after Edinburgh.

11 EUR 17:35, 1 Liv 20:11, 17 Edin 20:48

6 Josh Kerr (Edin) (2015/2016: unranked)

Highlight: Liverpool third.

Ran just two races but thereafter did focus on NCAA 1500m win.

14 EUR 17:38, 3 Liv 20:24

7 Paulos Surafel (E&H) (2016: 13th)

Highlight: BUCS silver against older runners.

Good form pre-Christmas but also had strong National and Students races.

3 Nat 32:41, 2 BUCS 31:57, 15 EUR 17:42, 4 Liv 20:24

8 Pat Dever (Prest) (2015/2016: unranked)

Highlight: Liverpool top 15 against the seniors.

National fourth place and went well enough at Liverpool to warrant a senior ranking.

4 Nat 32:42, 2 Nth 27:10, 49 EUR U23 24:29, 14 Liv snr 29:48, 1 Lancs 31:33, 21 Elgoi snr 34:07, ECR 8:32

9 William Fuller (B&B) (2016: 7th)

Highlight: Liverpool fifth.

Another with no form in the new year.

30 EUR 17:57, 5 Liv 20:25, 1 Kt 20:26, 13 Atapu 18:18

10 Sam Stevens (Leic) (2015/2016: unranked)

Highlight: Leading Briton home in World Cross.

National U20 leaders (l to r): Ellis Cross, Patrick Dever, Paulos Surafel, George Duggan, Petros Surafel, Emile Cairess and Ben Dijkstra



Good Inter-Counties and great World Cross but poor National and moderate Europeans.

50 EUR 18:17, 6 Liv 20:28, 4 CAU 27:18, 43 World, 25:52, 15 BUCS 32:48, 21 Nat 34:13, 2 Mil K 18:01

11 Jonathan Shields (Shef) (2016: 12th, 2015: U17 17th)

Highlight: Inter-Counties victory.

Superb at Loughborough but not at the same level at the other major events.

1 CAU 27:13, 60 World 26:35, 9 Nat 33:25, 13 Liv 21:01, 20 BUCS 33:01, 10 Edin 19:48, 2 Card 24:09, 7 Bruss 19:46, 5 Mil K 18:19

12 Hugo Milner (Derb) (2016: U17 7th, 2015: U17 8th)

Highlight: Cardiff victory.

Consistent at the major events though not at best at the National.

69 World 26:58, 6 CAU 27:26, 8 Liv 20:36, 1 Card 23:46, 11 Edin 19:51, 3 Nth 27:16, 16 Nat 33:51, 4 Mil K 18:11, 4 Brus 19:46, 1 Talay 22:30

13 Tom Mortimer (Str) (2016: U17 6th, 2015: U17 10th)

Highlight: English Schools silver.

The Midland champion just missed out on the World Cross team.

15 Liv 21:02, 7 CAU 27:38, 2 ESSB 22:08, 1 Mid 29:06, 3 Talay 23:50, 4 Elgoi 20:41, 8 Mil K 18:29

14 Sol Sweeney (Perth) (2016: U17 4th)

Highlight: Good runs in all the Challenge races.

Scot had a consistent winter with no real weaknesses.

12 Liv 20:59, 8 CAU 27:42, 7 Sco 26:21, 4 Card 24:15, 4 Ant 18:36, 3 Sc ED, 12 Sc SC 12:33

15 Petros Surafel (E&H) (2015/2016: unranked)

Highlight: BUCS fourth place behind twin brother's second.

Improved on disappointing Liverpool run.

5 Nat 32:52, 14 Liv 21:02, 4 BUCS32:52, 3 HCI 22:37

16 Emile Cairess (Leeds) (2015: U17 6th)

Highlight: National sixth.

Predominantly ranked off his National run.

6 Nat 32:57, 1 BUCS B 26:30, 10 Nth 28:32, 1 Yks 33:47, 20 Liv 21:12, ECR 8:34

17 George Duggan (Ton) (2015/2016: unranked)

Highlight: BUCS eighth.

Former National winner, who qualified for juniors by a day, had two strong 2017 runs.

7 Nat 33:00, 8 BUCS 32:31, 2 Kt snr, ECR 8:41

18 Gus Cockle (AFD) 2016: 2nd, 2015: 18th)

Highlight: Southern silver.

Last year's second-ranked, was well down on last season's form.

8 Nat 33:10, 28 CAU snr 40:06, 40 BUCS 33:51, 2 Sth 26:15, 2 HCI 22:31

19 John Millar (Ips) (2015/2016: unranked)

Highlight: National 11th.

Three good solid races gets him inside the top 20 in our rankings

11 Nat 33:32, 17 BUCS 32:50, 7 Mil K 18:25

20 Luke Prior (Wells) (2015/2016: unranked)

Highlight: CAU bronze.

80 World 27:24, 3 CAU 27:17, 15 Nat 33:44, 6 Sth 27:09, 11 BUCS sht 27:24, 8 Elgoi 21:31, 14 SW 29:00, 16 Liv 21:05, 12 Mil K 18:37

Inter-Counties run was superior to other races and gained him World Cross selection.

Not ranked: Scottish champion Broc Drury, who was only 72nd at Liverpool, and national top-10 placer Shaun Evans.



Zak Mahamed:
takes under-17
top spot

UNDER-17 MEN

THIS wasn't exactly clear-cut as Inter-Counties winner Zak Mahamed wasn't even the best in his county for much of the season as he shared victories with the consistent Lachlan Wellington. The Southampton runner just did enough despite a poor National as he also won the England Schools title.

1 Zak Mahamed (Soton) (2016: U15 1st, 2015: U15 1st)

Highlight: Inter-Counties victory.

A few reverses but three major titles means he is a ranking topper for fourth year running, in his first season in under-17s.

1 CAU 20:00, 1 ESIB 18:16, 3 SIIB 19:34, 5 Nat 20:55, 1 Sth 19:01, 2 SES 17:41, 2 Hants sch, 2 Hants, 2 SIC 15:41

2 Matt Willis (Wrex) (2016: 3rd, 2015: U15 4th)

Highlight: Third place in English Schools against older athletes.

The Welsh champion was strong all season and beat Wellington at Loughborough.

2 CAU 20:01, 3 ESSB 22:13, 1 Wal 16:45, 2 Car 18:55, 1 Ant 18:47, 1 Ches sch

3 Lachlan Wellington (Ports) (2016: U15 2nd, 2015: U15 14th)

Highlight: National runner-up.

Secured five major top five places and had some good wins over Mahamed.

2 SIIB 19:19, 3 CAU 20:05, 2 Nat 20:31, 3 ESIB 18:20, 2 Sth 19:02, 1 Hants sch, 1 Hants, 1 SES, 4 SIC 15:47

4 Joseph Pollard (Charn) (2016: 12th, 2015: U15 16th)

Highlight: Liverpool victory.

The Midland champion was strong all season.

1 Liv 17:15, 1 Mids 18:27, 8 ESSB 22:37, 6 Nat 20:55, 2 Leics, ECR 9:07

5 Oliver Barbaresi (Menai) (2016: 9th, 2015: U15 6th)

Highlight: Inter-Counties fifth.

Top fives at Liverpool and at Loughborough got him fifth overall.

5 CAU 20:11, 5 Liv 17:22, 3 Wal 17:08, 1 N Wal, 8 Card 24:36, 1 Wel IR, 15 Mil K 18:47

6 Josh Cowperthwaite (Midd) (2016: U15 3rd, 2015: U15 9th)

Highlight: Top-six at National and Inter-Counties.

Good form other than at Northerns.

6 CAU 20:14, 4 Nat 20:46, 2 Liv 17:19, 1 N Sch IC 20:35, 9 Nth 20:22, 1 NE 20:36, 19 Mil K 18:59, ECR 9:01

7 James Puxty (Ton) (2015: U15 3rd)

Highlight: National win.

Was unable to back up his superb National victory to warrant ranking higher.

1 Nat 20:28, 9 CAU 20:32, 5 Sth 19:45, 57 ESSB 23:38, 5 SIC 15:56, 1 Kt, 4 Kt Sch, ECR 9:09

8 George Groom (SB) (2015: U15 5th)

Highlight: National bronze.

National made up for poor Inter-Counties and Schools' run.

3 Nat 20:32, 13 CAU 20:37, 3 Sth 19:21, 33 ESSB 23:15, 1 Herts, 3 Herts Sch, 6 SIC 16:06

9 Jeremy Dempsey (SB) (2015: U15 17th)

Highlight: Southern Inter-Counties win over Mahamed.

A strong season ending with top-six at English Schools.

13 CAU U20 28:03.8 Nat 20:56, 6 ESSB 22:34, 1 SIC 15:38, ECR 9:07, 2 Herts

10 Angus McMillan (York) (2015/2016: unranked)

Highlight: Northern title.

Top ten in the two major championships and a good ESAA run.



Lachlan Wellington: enjoyed a consistent winter

8 CAU 20:21, 9 Nat 21:01, 1 Nth 19:44, 14 ESSB 22:50, 2 N Yks sch, 2 Yks 20:07, ECR 9:19

11 Nathan Dunn (Prest) (2015/2016: unranked)

Highlight: Inter-Counties seventh.

Good steady season a level below McMillan except at Loughborough.

7 CAU 20:17, 10 Nat 21:06, 18 ESSB 22:55, 4 Nth 20:02, 14 Liv 17:46, 25 Mil K 19:14, 3 Lancs Sch, 3 Lancs, ECR 9:17

12 Joe Wigfield (Wirr) (2015/2016: unranked)

Highlight: Northern silver.

Good form other than at National and ESAA event.

10 CAU 20:34, 30 ESSB 23:10, 25 Nat 21:38, 2 Nth 19:54, 4 Card 19:02, 13 Liv 17:43, 2 Mers, 2 Mers Sch, ECR 9:02

13 Freddie Carcas (Edin) (2015/2016: unranked)

Highlight: Scottish title.

A good season with no lows.

11 CAU 20:35, 6 Liv 17:25, 1 Sco 21:25, 6 Card 19:11, 18 Edin 21:22, 1 Sc ED 21:29, 2 Sc SC 9:57

14 Joseph Owen (Ori) (2016: U15 4th)

Highlight: English Schools' silver.

Didn't back up his Schools' win and was outside top 10 in some big races.

15 CAU 20:44, 2 ESIB 18:19, 9 SIIB 20:02, 3 Liv 17:20, 11 Nat 21:07, 4 Sth 19:27, 21 Mil K 19:09, 1 Esx, 2 LYG

15 Elliott Dee (SB) (2015/2016: unranked)

Highlight: Liverpool fourth.

Not enough top-class races to make top dozen.

4 Liv 17:22, 12 Nat 21:11, 2 Herts Sch, 11 Mil K 18:36, ECR 9:07

16 Hugh Sadler (B&W) (2015/2016: unranked)

Highlight: Midlands silver.

Below par at Norwich, when outside top 100, but strong otherwise.

7 Liv 17:27, 13 Nat 21:13, 118 ESSB 24:28, 1 SWS 22:59, 2 Mids 18:33, 7 Card 19:17, 1 Tri C 18:39

17 Sammy Hart (Tm K) (2016: U15 11th)

Highlight: Top half-dozen in the two Schools' races.

Gained ranking primarily on his Schools' form.

6 SIIB 19:51, 6 ESIB 18:30, 14 Nat 21:15, 4 Ant 19:10, 34 Mil K 19:31, 3 SES, 2 Berks, 1 Berks Sch

18 Finn Birnie (N&P) (2016: U15 5th)

Highlight: Cardiff third.

Good Schools' race form and no weaknesses.

9 Liv 17:33, 14 ESIB 18:52, 17 Nat 21:29, 3 Card 18:58, ECR 9:10, 1 SWIC 18:54, 1 SWS 19:25

19 Thomas Keen (C&C) (2015/2016: unranked)

Highlight: English Schools' fourth.

Poor National almost cost him a top 20 place.

8 Liv 17:33, 10 SIIB 20:09, 4 ESIB 18:24, 41 Nat 21:54, 12 SIC, 11 Mil K 19:27, 24 Sth 20:30, 1 Cambs, 3 Ang Sch, ECR 9:10

20 Dominic Smith (Swan) (2015/2016: unranked)

Highlight: Inter-Counties 12th.

The Welsh runner-up had good long season.

12 CAU 20:37, 10 Liv 17:37, 2 Wel 17:01, 3 Ant 19:05, 14 Mil K 18:46, 3 Wel Sch, 2 Wel IR

Not ranked: Schools International fifth-placer Connor Bentley and Inter-Counties fourth-placer Toby Osman who lacked other races at that quality.

UNDER-15 BOYS

JOSHUA DICKINSON was a clear top choice. He didn't win the National but dominated the Inter-Counties and was easily the best of his



Joshua Dickinson:
Inter-Counties gold

age group in the English Schools. His National conqueror Kristian Imroth wasn't as good elsewhere but edged second place overall from Liverpool winner and CAU runner-up Harris Mier.

1 Joshua Dickinson (York) (2016: 13th, 2015: U13 7th)

Highlight: Inter-Counties gold.

An easy choice for first with good runs in all major events.

1 CAU 15:26, 2 Nat 14:34, 1 Nth 13:50, 5 ESIB 18:29, 4 SIIB 19:39, 2 Mil K 14:26, 1 Yks, 1 S Yks Sch

2 Kristian Imroth (D&T) (2015/2016: unranked)

Highlight: National gold.

But for the National wouldn't have ranked second but did run well in ESAA ahead of Mier.

1 Nat 14:23, 6 CAU 15:53, 3 Sth 14:45, 13 ESIB 18:50, 2 SIC 13:38, 1 Herts, 1 Herts Sch

3 Harris Mier (Corn) (2016: 6th, 2015: U13 8th)

Highlight: Inter-Counties silver.

Enjoyed plenty of victories including Liverpool and Cardiff but his ESAA run cost him second.

2 CAU 15:35, 15 ESIB 18:54, 1 Liv 9:33, 1 ESCF 13:15, 1 Card 15:42, 1 SWIC 13:04, 2 Corn Sch, ECR 6:16

4 Hamish Armitt (Giff N) (2015: U13 3rd)

Highlight: Inter-Counties bronze.

The Scottish champion also won at Milton Keynes and Edinburgh.

3 CAU 15:46, 1 Sco 12:51, 5 Card U17 19:08, 17 Liv 10:03, 1 Mil K 14:25, 2 Ant 12:43, 1 Edin 13:21

5 Tommy Dawson (Leeds) (2016: U13 1st, 2015: U13 1st)

Highlight: Two major Schools' victories.

After dominating the under-13s, had a successful first year in the under-15s.

6 Nat 14:40, 1 ESJB 12:22, 1 SIJB 14:56, 2 Nth 14:03, 1 W Yks Sch

6 David Dow (C&C) (2016: 7th, 2015: U13 5th)

Highlight: Inter-Counties fourth.

Antrim winner went top-10 in the two majors.

4 CAU 15:48, 9 Nat 14:56, 20 ESIB 19:02, 1 Ant 12:28, 1 SIC 13:36, 4 Liv 9:42, 8 Ang Sch, 1 Cambs, ECR 6:26

7 Charlie Brisley (Inv) (2015/2016: unranked)

Highlight: Southern title.

Strong in the major club races though slightly down in the Schools.

7 CAU 15:58, 3 Nat 14:37, 24 ESIB 19:10, 1 Sth 14:36, 4 SIC 13:40, 9 Bruss, 1 Kt, 1 Kt Sch

8 Ethan Hussey (Leeds) (2015/2016: unranked)

Highlight: Schools International silver.

Good runs as first year in age group to back up strong schools' races.

5 CAU 15:50, 10 Nat 14:57, 3 ESJB 12:31, 2 SIJB 15:04, 21 Nth 14:59, 6 Liv 9:46, 2 Yks, 1 N Yks Sch, ECR 6:17

9 Luke Van Oudtshoorn (AFD) (2015: U13 4th)

Highlight: National fourth.

Disappointing Inter-Counties but otherwise strong.

4 Nat 14:37, 9 ESIB 18:35, 19 CAU 16:13, 2 Sth 14:41, 1 Sy, 2 Sy Sch, ECR 6:23

10 Sam Gentry (N Som) (2015/2016: unranked)

Highlight: National fifth

Needed more to back up his Nottingham run.

5 Nat 14:39, 27 ESIB 19:12, 3 SW Sch 19:41, 5 SWIC 13:28, 1 Tri C 12:28

11 Ethan O'Shea (Charn) (2015: U13 16th)

Highlight: Inter-Counties eighth.

Midlands runner-up needed a better National.

8 CAU 15:59, 15 Nat 15:02, 2 Mids 13:04, 1 Leics, 2 Leics Sch, ECR 6:39

12 Archie May (Dart) (2015/2016: unranked)

Highlight: Liverpool runner-up.

Good support of all the challenge races and also solid in the championships.

10 CAU 16:03, 13 Nat 15:02, 2 Liv 9:38, 25 ESIB 19:11, 7 Ant 13:12, 9 Sth 15:06, 3 Card 16:07, 4 Mil K 14:37, 6 SIC 13:50, 2 Kt, 2 Kt Sch

13 Ben Marks (Walt) (2015/2016: unranked)

Highlight: National seventh.

Finished top dozen in the big two but needed more.

7 Nat 14:43, 11 CAU 16:03, 7 Sth 15:04, 20 SIC 14:22, 2 Sy

14 Henry McLuckie (IOW) (2015/2016: unranked)

Highlight: National eighth.

National run was well above his other form.

8 Nat 14:47, 14 CAU 16:08, 47 ESIB 19:29, 12 SES 18:27, 4 Sth 14:47, 7 SIC 13:54, 1 Hants, 4 Hants Sch

15 Mohamed Ali (Hill) (2015/2016: unranked)

Highlight: English Schools silver.

Good first season in the age group and made the most of being top of the age in schools races

11 Nat 14:59, 15 CAU 16:10, 2 ESJB 12:27, 6 SIJB 15:28, 2 Card 15:52, 3 SIC 13:39, 1 Midx, 1 LYG

16 Fraser Gordon (Ton) (2015/2016: unranked)

Highlight: Schools International fourth.

Poor National but made up with strong races in Inter-Counties and schools races.

12 CAU 16:07, 25 Nat 15:16, 4 SIJB 15:18, 6 ESJB 12:41, 14 Sth 15:17, 28 SIC 14:30, 5 Kt, 1 Kt Sch JB, ECR 6:33

17 Pat Haycock (Midd) (2015/2016: unranked)

Highlight: National top dozen

Gained ranking solely on National run.

12 Nat 15:01, 23 CAU 16:19, 11 Nth 14:47

18 Oliver Bright (Kent) (2015/2016: unranked)

Highlight: Schools International bronze medal.

Schools races were superior to other championships.

3 SJJB 15:03, 7 ESJB 17 CAU 16:11, 22 Nat 15:12, 5 Sth 14:49, 1 Lon Sch

19 Archie Lowe (Mid) (2016: U13 13th)

Highlight: Inter Counties top-10.

Inconsistent in major events but did well enough at Loughborough to make rankings.

9 CAU 15:59, 21 ESJB 13:06, 32 Nat 15:25, 16 Nth 14:54, 13 Liv 9:59, 2 NE 14:45, 2 NSIC 14:03, ECR 6:35

20 Nathan Jones (Swan) (2015/2016: unranked)

Highlight: Liverpool top-10.

Some steady Challenge races backed up by solid Schools International.

12 SLIB 20:25, 2 Wel Sch 17:34, 4 Ant 12:52, 25 Card U17 20:07, 1 Wel IR 13:56, 9 Liv 9:47, 8 Mil K 14:54

Not ranked: Midlands champion Adam Caulfield and last year's Inter-Counties under-13 champion Harley Norman who were too far back in the National.

UNDER-13 BOYS

THIS age group can be difficult to rank with many having their first major season but this year the form was relatively consistent. Jaden Kennedy was a class apart from everyone else and Fraser Sproul was equally clear in second place.

1 Jaden Kennedy (HHH) (2016: 15th)

Highlight: National and Inter-Counties gold.

Won the two big under-13 events and was able to do well in the older English Schools' age group too.

1 CAU 11:36, 1 Nat 12:00, 5 ESJB 12:39, 1 SIC 11:01, 1 Sy, 1 LYG, 10 SJJB 15:43, ECR 6:46

2 Fraser Sproul (Kend) (2015/2016: unranked)

Highlight: National and Inter-Counties silver.

Northern champion was easily superior to all bar Kennedy.

2 CAU 11:44, 2 Nat 12:06, 11 ESJB 12:53, 1 Nth 11:00, 1 NSIC, 3 Edin 10:31, 5 Liv 10:24, 1 Sc WD, ECR 6:49

3 Alexander Thompson (Wharf) (2015/2016: unranked)

Highlight: Inter-Counties bronze.

Disappointing National was one blemish of a strong season.

3 CAU 11:49, 13 Nat 12:51, 13 ESJB 12:57, 1 Nth Sch 11:45, 7 NSIC, 1 Card 10:27, 1 ESCF 9:17, 1 Liv 10:13

4 Ethan Scott (E Grin) (2015/2016: unranked)

Highlight: Inter Counties fourth.

Strong in all the championships.

4 CAU 11:52, 8 Nat 12:37, 2 Sth 10:58, 6 SIC 11:16, 4 Sy, 1 Sy Sch

5 Harry Hyde (AFD) (2015/2016: unranked)

Highlight: National fifth.

Top six in three big races.

6 CAU 12:03, 5 Nat 12:33, 20 ESJB 13:00, 4 Sth 11:11, 9 SES 14:25, 7 SIC 11:17, 7 Sy Sch, 1 Hants, ECR 6:58

6 Alex Flaherty (Bing) (2015/2016: unranked)

Highlight: Inter-Counties fifth.

Top seven in both the majors.

5 CAU 11:58, 7 Nat 12:36, 44 ESJB 13:22, 5 Nth 11:26, 2 Yks, 2 W Yks Sch, ECR 7:00

7 Joseph Currie (Chest) (2015/2016: unranked)

Highlight: National bronze.

Strong form in all the major races, bar against mostly older athletes in the English Schools.

7 CAU 12:06, 3 Nat 12:27, 54 ESJB 13:26, 4 Nth 11:18, 2



Jaden Kennedy: was a class apart

Liv 10:19, 2 Card 10:32, 1 Derbs

8 Felix Vaughan (Rei) (2015/2016: unranked)

Highlight: South of England title.

Top-10 in the major under-13 races.

9 CAU 12:07, 4 Nat 12:31, 41 ESJB 13:20, 1 Sth 10:47, 2 SIC 11:07, 2 Sy, 3 SES 14:05, 2 Sy Sch, ECR 6:51

9 Ben Cumberland (Rad) (2015/2016: unranked)

Highlight: Inter-Counties eighth.

His Loughborough run was sufficient for this ranking.

8 CAU 12:06, 85 ESJB 13:40, 3 SIC 11:10, 1 Oxf Ch

10 Sam Bodoano (AFD) (2015/2016: unranked)

Highlight: National ninth.

Secured top-10 in three championships.

10 CAU 12:08, 9 Nat 12:45, 108 ESJB 13:47, 5 Sth 11:12, 11 SES 14:28, 9 SIC 11:22, 5 Sy, 6 Sy Sch, ECR 7:05

11 Sam Smith (Wharfe) (2015/2016: unranked)

Highlight: National sixth.

Milton Keynes winner could have ranked higher with a stronger run at Loughborough.

6 Nat 12:35, 34 CAU 12:36, 6 Nth 11:30, 3 Card 10:37, 14 Liv 10:55, 1 Mil K 9:21, 1 Yks, 9 W Yks Sch

12 Edward Henderson (AFD) (2015/2016: unranked)

Highlight: National 10th.

Needed a better run at Loughborough to rank higher.

10 Nat 12:48, 23 CAU 12:27, 8 Sth 11:23, 13 SIC 11:29, 22 SES 14:45, 22 Sy Sch, ECR 6:54

13 William Rabjohns (Poole) (2015/2016: unranked)

Highlight: Inter-Counties 11th

Placed in the top dozen in the two biggest races.

11 CAU 12:10, 12 Nat 12:49, 1 Dors Sch

14 Joe Ponter (Taun) (2015/2016: unranked)

Highlight: Inter-Counties 12th.

Another with one singular top-class run.

12 CAU 12:10, 51 ESJB 13:24, 9 SWS 14:17, 3SWIC 7:40, 4 Tri C, 4 Som Sch

15 Tom Heal (Taun) (2015/2016: unranked)

Highlight: National run.

Ranked exclusively on his Nottingham run.

11 Nat 12:49, 101 ESJB 13:44, 47 CAU 12:41, 13 SWS, 1 SWIC, 1 Tri C, 6 Som Sch

16 Christopher Perkins (Birt) (2015/2016: unranked)

Highlight: Inter Counties 13th.

The North East champion ran well at Loughborough.

13 CAU 12:10, 9 Nth 11:36, 1 NE 10:46, 1 NSIC MB 8:50, ECR 6:53

17 Samuel Hopkins (Salf) (2015/2016: unranked)

Highlight: Northern silver.

Also placed top-20 in the two biggest events which makes him easy to rank.

16 CAU 12:15, 18 Nat 12:53, 2Nth 11:13, 155 ESJB 13:59, ECR 7:12, 1 G Man, 1 G Man Sch

18 Ruairi McGonagle (Lon H) (2015/2016: unranked)

Highlight: National 14th.

Was unable to back up his Nottingham run with similar quality.

14 Nat 12:51, 24 CAU 12:27, 20 Sth 11:37, 18 SIC 11:35, 1 Midx

19 Matthew Dyer (Soton) (2015/2016: unranked)

Highlight: Inter-Counties 14th

Consistent in the championships.

14 CAU 12:12, 24 Nat 12:58, 31 ESJB 13:13, 21 Sth 11:38, 16 SES, 8 Hants Sch, ECR 7:33

20 Alex Coleston-Shields (Charn) (2015/2016: unranked)

Highlight: Inter-Counties 15th

Top-20 in the two biggest races was backed up by his Midlands fourth place.

15 CAU 12:14, 19 Nat 12:53, 4 Mid 12:32, 1 Leics 11:33

Not ranked: Liverpool third-placer Ethan McGlen and National 15th Tom Brash.

WHEN it comes to convenience of location for family support, the host cities of the two biggest events of 2016 and 2017 have worked rather well for Toby Gold.

Having a Brazilian father, the 22-year-old had family in the crowds when he made his Paralympic debut in Rio last summer.

With the next global event taking place on home soil in July, the wheelchair racer is highly motivated for more success as he works his way toward the World Para Athletics Championships in London.

Gold, who claimed T33 100m silver in Rio three months after he won the European title in Italy, was born in London and studied sports science at St Mary's University in Twickenham, where he still spends time training.

Having switched coaches after his European success and before Rio, the Kingston & Poly athlete also joins his Jennifer Banks-coached training group – which includes athletes such as five-time Paralympic gold medallist Hannah Cockroft – in Loughborough and is reaping the rewards of his training regime.

"It's been going really well," Gold says of his winter, which included a warm-weather training camp in Australia. "I've been making loads of small improvements. I'm yet to start competing but I already know that I'm getting faster since last season, which is all I could ask for.

"After the Europeans I changed my coach so we have been focusing on the shorter events mainly because my classification only allows me to compete in the 100m at the world championships," adds Gold, who is the European record-holder in the T33 100m, 200m, 400m and 800m and was previously part of the Weir Archer Academy.

"I just felt like I needed something to push me to that next level," he adds of his coaching switch. "Jenny Archer and Dave (Weir) have been instrumental in terms of getting me to the level that I was at for the Europeans and I just felt like it was the best thing for me to do.

"The set-up at the moment is really good. I'm getting everything that I need and I've got a really close training group."

Gold, who has cerebral palsy which

GOING FOR GOLD

AFTER WINNING PARALYMPIC SILVER IN FRONT OF HIS FAMILY IN RIO, TOBY GOLD TELLS JESSICA WHITTINGTON HOW HE CAN'T WAIT TO COMPETE AGAIN ON THE GLOBAL STAGE – THIS TIME ON HOME SOIL



Toby Gold: hopes to build on silver he won at the Rio Paralympics

ONEDITION/PALMYPICS GB



Wise words: Toby Gold wants to inspire the next generation to get involved with sport

“I HAVE BEEN MAKING LOADS OF SMALL IMPROVEMENTS AND I ALREADY KNOW THAT I’M GETTING FASTER SINCE LAST SEASON”

TOBY GOLD

affects his movement and coordination, describes Cockcroft as an “integral” part of his training when in Loughborough.

“She’s the main person I train with over 100m because we’re very similar on time,” he says. “We push each other and it’s really beneficial for both of us.”

Gold started out playing wheelchair basketball but switched to athletics when he was 16. He quickly made his mark and won three medals at the 2014 IWAS World Junior Games at Stoke Mandeville when wearing the GB vest for the first time.

He made his senior international debut the following year, claiming 100m bronze at the World Championships in Doha, before living up to his name with his golden European performance last June and then securing silver in Rio.

“There’s always a part of me that’s thinking ‘you can give more’ but at the

same time it’s important to remember what you’ve previously achieved,” Gold says, reflecting on 2016.

“I knew that I had a chance of producing but thinking about it and then doing it is a completely different kettle of fish. Particularly with the Europeans, I’d never been under that amount of pressure in terms of going in as the European record-holder for the 100m.

“I feel incredibly proud of what I have achieved and I’ve really tried not to take it for granted. I feel like it’s important to keep myself grounded to be able to again move on and achieve more.”

On going for gold again in London, he adds: “Obviously it’s an aim but for me it’s important to focus on the process of everything that I do on a daily basis.

“Certainly, the Europeans was a lovely set-up in terms of using puns with my name! Every athlete dreams about replicating it at the World Championships and at the Paralympics but if I can do the best race that I can then I’ve got to be happy with that.”

While Gold is excited by the prospect of having more family in the crowds to cheer him on in the London Stadium this summer, he also can’t wait to see younger fans getting involved and hopefully being inspired by the performances at the World Para Athletics Championships.

TOBY GOLD

■ Born September 27, 1994

■ Coach Jennifer Banks

■ Events T33 100m, 200m, 400m, 800m (European record-holder in each)

■ PBs 17.49, 31.13, 61.71, 2:09.37

■ Achievements

2016 Paralympics T33 100m silver,

European Championships T33 100m gold

2015 IPC World Championships T33 100m bronze

“I had family out there watching me compete in Rio, some of which I’d never met, and to come home and have the next year being the London World Championships is incredible, knowing that I’m going to have all my family there supporting me,” he says.

“Being part of the process of getting more kids into the stadium, that is also going to have massive implications for how they perceive disability, which is obviously really important because when I was growing up none of this was available,” adds Gold, who was speaking with AW at an event to launch a ticket offer for Newham residents where he was joined by local schoolchildren.

“I only found wheelchair sport when I was 16, which is quite late, so to be able to be part of these kids’ journeys from a younger age, whether they are going to be competing for fun or the next elite athlete, it’s all amazing to be a part of.

“One of the big things that London 2017 will be able to do is again build on what London 2012 did and the Rio Paralympics did in terms of support to inspire the next generation.”

■ The 2017 World Para Athletics Championships from July 14-23 and the IAAF World Championships from August 4-13 will bring together 3300 athletes from more than 200 countries. It will be the first time the two events will be hosted by the same city in the same summer. See london2017athletics.com

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LONDON 2017

WALLACE'S WARNING

AMERICAN BLADE RUNNER JARRYD WANTS TO COME OUT ON TOP IN RE-MATCH WITH JONNIE PEACOCK IN THE BRIT'S BACK YARD

WORDS: STUART WEIR PICTURE: MARK SHEARMAN



WHEN Jarryd Wallace, a good college runner, had his leg amputated in 2010 he set himself a target of making the US team for the London Paralympics.

About 12 weeks after the amputation, he began running. Six months after the amputation, he started focussing on training full-time and his first competitive race came a week before the anniversary of when he lost the limb.

Wallace ran 11.9 for the 100m and 24.01 in the 200m to qualify for the US Championships – where he was third and fourth – and a year later he achieved his goal of competing in London.

“London 2012 was surreal,” he says. “It was an amazing opportunity. My target had been to overcome adversity and to make the US team, so just to be there was unbelievable. But, on top of that, I was able to race against some of the best athletes in the world.”

He adds: “London 2012 also opened my eyes to Paralympic sport and got me really excited about being involved in the Paralympic community. London did such a tremendous job in hosting the event and really changed the perception of disability in the UK.

“Having seen it happen before in London, I am excited to have the meet back there and we are hoping that we can re-capture the 2012 spirit.”

Wallace is also excited about how competitive the 100 metres in the T44 class is at the moment.

“We have been very fortunate in our class to have a strong base,” he says. “It is nice to know that each year when we get the best eight guys together, it’s going to be a great race and a great show.

“As an athlete, you thrive off the people who are supporting you and you see it as an opportunity to build a fan base.”



Wallace was a state champion in middle-distance running before having to have his leg amputated after complications during an operation for compartment syndrome.

The American is passionate about promoting and developing Paralympic sport, suggesting that races be “promoted in a way that will get the crowds there and make it less about profit and more about awareness and opportunity for exposure”.

Wallace went into the Rio Paralympics as T44 100m favourite but instead finished fifth behind winner Jonnie Peacock.

However, at London 2017 he is looking forward to renewing his rivalry with the Briton. “He is a great competitor and he’s become a great friend as well,” says Wallace of his rival.

“It’s always fun to have him on the circuit. He is a great guy to race against and have in the sport.”

■ The 2017 World Para Athletics Championships from July 14-23 and the IAAF World Championships from August 4-13 will bring together 3300 athletes from more than 200 countries. It will be the first time the two events will be hosted by the same city in the same summer. Buy tickets at paraathleticschampionships.com and iaafworldchampionships.com

JARRYD WALLACE

BIOG

- **Born** May 15, 1990
- **Event** T44 100m
- **Nation** United States
- **PB** 10.71
- **Achievements** 2016 Paralympics 100m 5th; 2013 IPC World 200m and 4x100m gold; 2012 Paralympics 400m 6th

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NEXT STEPS

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ANDY BADDELEY
ON WHY JUMPING
IN THE POOL CAN
IMPROVE YOUR
RUNNING

ATHLETICS WEEKLY'S MONTHLY GUIDE TO RUNNING

IS IT TIME TO TAKE ON A MULTI-TASK?

FITTING running into a busy life can be difficult enough at times, so the thought of attempting to squeeze in more than one sport might seem nigh-on impossible.

Yet participation numbers in multi-sport events are very much on the rise, with more and more people looking to challenge themselves through a combination of running, cycling and swimming.

If you're looking for a new project to tackle, triathlon options abound – and there is no doubt that the all-round fitness levels brought by adding new disciplines to your training can ultimately improve your running.

We speak to one of the greatest triathletes ever – Chrissie Wellington – about her latest running challenge and her love of the sport which made her name.

There's advice, too, from former Olympic runner Andy Baddeley trying swim training and we've chosen a selection of gear to help you on your multi-sport journey.

— Euan Crumley, Editor



CONTENTS

7 TRY TRIATHLON

Chrissie Wellington insists three is the magic number

8 ADDED BENEFITS

Andy Baddeley on why swimming will aid running

10 KIT REVIEWS

The best gear to help you juggle your sporting activity

14 BRITISH BATTLE

Local runners set sights on Brighton Marathon success

➤ **Cover:** Chrissie Wellington conquered the world of Ironman triathlon



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➤ **Chrissie Wellington** is going back to where her love of endurance sport was born

CHALLENGE

Legendary triathlete Chrissie Wellington tells Euan Crumley why taking on the London Marathon again is about much more than covering 26.2 miles

In comparison to the inexperienced 25-year-old who joined the throng on Blackheath Common back in 2002, largely unaware of the athletic potential she possessed, it will be a very different Chrissie Wellington who sets off to tackle the Virgin Money London Marathon on April 23.

A lot has happened since what has proved to be a very fateful day for the Englishwoman 15 years ago. Having trained in "old clothes and old trainers", Wellington surprised herself somewhat by covering the famous 26.2-mile course in just 3 hours and 8 minutes.

That performance lit the fuse on what has become one of the most

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remarkable careers in endurance sport.

After London, she joined the running group led by renowned coach Frank Horwill. One sporting thing led to another and, in 2007, Wellington took the plunge and became a professional triathlete. It proved to be a wise decision as she proceeded to win no fewer than four world Ironman titles, each involving a 2.4-mile swim, 112-mile bike ride and a marathon distance run.

She revelled in the cycle of training and competition, a particularly busy lifestyle when you are juggling three disciplines. The goals were tangible, the feedback constant, the rewards immediate. So, when retirement came calling in 2012, there was a substantial void to fill and a new reality with which to become accustomed.

Various work projects came along – Wellington is now head of participation for parkrun – as did her daughter Esme. But, when it came to staying fit, the events Wellington entered were either lower-key or more challenge orientated, involving far less pressure. Interestingly, for someone who had conquered the world, there was an element of fear about keeping up athletic appearances.

It is something she speaks openly about as London approaches, illness having hampered training a little recently. The 40-year-old is, however, coming to terms with what ‘success’ now represents and it’s something she feels many others would do well to consider.

“Training for London has been an interesting process,” says Wellington. “I think for me – and many professional athletes might feel this – you put a lot of pressure on yourself and there is quite a bit of external pressure to be the athlete that you were.

“I think I shied away from that. I think I was so scared to enter things because of what people might think. I was so scared to enter things because I wouldn’t be as fast as I used to be and that would embarrass me.

“My reputation is based on excellence and I think that if you don’t then meet the standards that you set yourself before then you’re somehow letting yourself down.

“I think, now, I’m getting my head around what success means. What is a

realistic but ambitious goal for me in the context of my life now? And, to be frank, sod what everyone else thinks because I will never be as fast as I was as a professional athlete because I don’t want to give my life over to sport any more.

“I want to do the best I can, but I want sport to exist within a much healthier framework and lifestyle. So I’ve had to kind of modify my expectations based on that and be happy with them.”

There is no getting away from the fact, however, that there will be those keeping a keen eye out for her finishing time. But beating the clock is no longer top of Wellington’s priority list.

“There’s a lot of expectation for me to run around 2 hours 40 I guess,” she says.

“I WANT TO DO THE BEST I CAN, BUT I WANT SPORT TO EXIST WITHIN A MUCH HEALTHIER FRAMEWORK AND LIFESTYLE”

“People will say ‘well, you ran 2:44 in an Ironman, surely you can run faster than that without the swimming and cycling first’.

“But it’s been five years since I retired and I’ve had a daughter. I think part of this process is the challenge of coping with a goal that previously wouldn’t have been that ambitious for me but now is.

“My goal, before I got sick, was to run around 2:50 which for me is pretty ambitious and has been quite tough actually. But only I – and those that are around me – understand that. People who look at my performance from the outside might not necessarily appreciate the challenge of trying to reach that goal.”

She may not be reaching for the same heights she once attained but the fact she is still extending herself is crucial.

“I think it’s an important message, in that success can come in various forms,” continues Wellington. “For example, my last Ironman was not very fast, yet I won it. I won it as world champion but my time was not very fast. That was because I’d had an accident two weeks before and I can’t measure success based on the





➤ Chrissie Wellington is a very different athlete to the one who first ran in London



➤ The four-time world Ironman champion has set out her reasons for running later this month

time on the clock. It's the same with any athlete – you get injured, your child gets ill or doesn't sleep, something happens to a family member or you get stressed with work – you have to see success within the context of a wider life.

"I think it's an important message because everyone gets so wedded to the time on the clock that they lose sight of the wider picture."

Fundamentally, the London Marathon is an event and an experience to savour. It's one that few who have taken part can ever forget – and is usually of great personal significance. As well as focusing her mind on the challenge ahead, signing up to run it again has allowed Wellington to remember her past and where it all began.

"I ran a little bit at school but I wouldn't say I ran until 2000," she says. "I really only started running when I was doing my MA and used it as a means of weight loss and a respite from academia."

"Then I was chatting to a friend who had a heart defect and she'd run London the year before. I thought 'well if she can do it, so can I'. So that's where my entering the London Marathon came from but I didn't really have a clue. I hadn't ever been a member of a running club, I didn't know anything about interval training, hill training, strength and conditioning... I just went out and ran in old clothes and old trainers."

There was nothing jaded or tired about her performance come race day.

"I remember really enjoying every single minute of it and, not wanting to sound arrogant, but I don't remember it being as painful as I'd imagined it to be," she admits. "Obviously there must have been discomfort but that wasn't an enduring memory."

"In retrospect, I remember the naivety. I didn't even have a running vest so I bought one at the expo a couple of days before! I really didn't have a sense of what I was capable of and I think that was quite liberating. To run 3:08, though, was something I could never have imagined."

The thought of coming "full circle" and experiencing London appealed to Wellington. The opportunity to share another big event experience with her family again – she is hugely grateful for the support of her husband Tom – is one of the many things she's looking forward to.

"Being in a race environment, having a goal, having that challenge, sharing it with 30-odd thousand people and having my family on the sidelines," replies Wellington when asked what she is most keenly anticipating about race day.

"As an athlete, it was so wonderful and such a family journey to get 20-odd people – sometimes even more – coming to watch my races and just to be able to share it with them was what was so

special. So, this time, even though I'm not racing as an elite and I guess it's a different type of race and a different type of athlete that they'll be watching now, it won't be any less enjoyable to have everyone down there waving banners.

"That's what is so great about sport. To have everyone together at my races was amazing and they've got memories from spectating that they'll never forget. With me racing again hopefully everyone will come together and we'll have a really good party as well."

She adds: "For me, London made sense for so many reasons. I love larger events with more competitors and bigger crowds – that just suits me.

"As a professional I was always enjoyed 'performing' in front of a crowd – I almost saw it as similar to being an actor on a stage. You'd worked so hard and here was your opportunity to touch as many people as possible through your performance.



Mark Shearman

"It was the first endurance event that I'd ever done and that mattered to me. It was almost like coming full circle, in a way.

"I did it in 2002 as someone who had really no clue about structured running training – I just went out and ran at the

same pace for an increasing amount of time. That strategy worked very well then but I've learned a little bit more in the 15 years since!"

As she openly admits, in fact, Wellington is continuing to learn about herself.

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DO YOU WANT TO TRY A TRIATHLON?

Don't let a fear of the unknown stop you from taking the plunge

DIVE IN



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IF YOU have a background in running but have thought you might like to give triathlon a go, Chrissie Wellington's advice is simple. "Absolutely throw yourself into it," she says.

"Running and triathlon are bedfellows and it can absolutely help your running. The swimming and cycling enable you to develop that endurance engine and it can also help promote recovery.

"Also, because you are juggling the three disciplines, it can ensure you focus on those key, priority run sessions. I think there is a tendency (among runners) to do a lot of junk mileage and triathlon keeps you very focused because you haven't got a lot of time.

"I would definitely say do it as a new, exciting challenge but also do it as something that could potentially also enable you to run faster and further after the triathlon is over."

It may be a fear of the unknown which stops people from signing up, possibly a feeling of intimidation or

WHICH DISTANCE?

SPRINT:

750m swim, 20km bike, 5km run

OLYMPIC:

1500m swim, 40km bike, 10km run

MIDDLE:

1.2-mile swim, 56-mile bike, half-marathon run

IRONMAN:

2.4-mile swim, 112-mile bike, marathon run

the thought that it will cost the earth in terms of gear, gadgets and gizmos simply to reach the start line.

However, Wellington counters:

"Everyone was a beginner. I came to triathlon from starting to run again and people are really scared to try new things, aren't they? But I would never be standing here today if I hadn't given it a go so you don't know where it might lead.

"Also, I do find triathlon to be so incredibly welcoming. Of course it's got a reputation for gear and gadgets but at its heart it's really friendly and

really welcoming and there is a lot that you can do in triathlon without having to invest significantly.

"Depending on your background, I'd recommend starting with a sprint or an Olympic distance triathlon, perhaps one with a pool swim.

"There are events out there to suit everyone in terms of location, in terms of background, in terms of budget. And they are on every single weekend. I'd say have a browse online and sign up.

"And remember you've got an engine. Your body doesn't necessarily know whether it's swim, bike or running – your heart's pumping and your lungs are inflating and deflating – so it's only really the skillset you need.

"You need to be able ride a bike, change gear and apply the brakes. And you need to be able to swim. But, ultimately, if you've been running and you've completed a half-marathon or a full marathon then your body can do an endurance activity for 2, 3, 4 hours so it's just about acquiring the skills – and it's never too late to do that."

WHY SWIM SUITS

Two-time Olympian and former British No.1 over 1500m, Andy Baddeley outlines the benefits that spending more time in the pool can bring when it comes to improving your running

IN MY experience, cross-training is something that runners hate (or are reluctant to do). Personally I've always associated cross-training with being injured and with that came an unconscious bias against swimming, aquajogging, biking and the elliptical trainer. It was something that I did out of necessity, rather than choice.

During my career, particularly earlier on, I was often scared to miss training and it took time to learn how to gauge what to run through and what requires rest. I always incorporated rest days, but never thought to replace any running with other activities.

In fact, the perception that nothing is as beneficial to a runner as going for a run is a hard one to shake.

To a point, that perception is true. When you're in great shape, with no problems, taking a run out of your programme is hard to justify – not least when it often feels like a lot more time needs to be spent swimming or cycling to provide the equivalent benefit of a 30-minute run.

But the key to success in athletics isn't putting in a handful of world-class sessions – it's putting together a continuous block of uninterrupted training over a long period of time. When I performed at my best, this is exactly what I had been able to do.

At other times, I struggled for that consistency due to a series of injuries. In hindsight, I believe that building low-impact activities into my training schedule could have helped with my consistency of training in the long-term.

As an example, I have actually had very positive experiences with swimming as a fitness tool.

I picked up a serious Achilles injury eight weeks prior to the World



Andy Baddeley reached the top level in athletics

Mark Sheaman

I was swimming twice a day (60-90 minutes in the morning and 30-60 minutes in the evening).

That meant I had three weeks to get from the point where I was only working out in the pool, to jogging, to standing on the start line in Berlin.

I made it, and was amazed at how fit I still was from 'only' swimming, easily progressing through my heat against some of the best in the world.

I've had my fair share of injuries during my career (and spoken openly about the mental health implications of dealing with those injuries), and one of the huge benefits I've found from swimming has been my mood – it has helped to reduce anxiety and tension, and I've always found the full-body tiredness very satisfying.

The repetitive nature of pool swimming also gives me a chance to focus singularly on things like breathing and technique and definitely helps to add to your mental toughness.

With reduced (almost zero) impact, and allowing you to use upper body and core muscles in ways totally different to running, I've always felt like a stronger overall athlete on returning to running after swimming.

I would say that I had two major concerns about incorporating swimming into my training when I was fully fit, but hopefully I can allay those fears for anyone considering using it to help them stay healthy (both mentally and physically):

1. I'll have to swim for a long time to get the same benefit as I would from a much shorter run

Give each swim a similar format to an interval training session, with a warm-up, main set and cool down.

"I'VE ALWAYS FELT LIKE A STRONGER OVERALL ATHLETE ON RETURNING TO RUNNING AFTER SWIMMING"

Championships in Berlin in 2009. I couldn't run at all, and needed to stay in the best possible shape around physio appointments in order to make the start line in Berlin.

For the first five of those eight weeks,



Jump in: Andy Baddeley is aware of how much swimming can help runners

You can access Speedo's MAKE1K WET programmes at: www.speedo.com/uk/en/speedo-fit-1kwet.html

This gives more return on your time, as you can work harder (versus an easy recovery run where your heart rate stays relatively low) and makes the swim session mentally easier by breaking it up.

Speedo has produced a three-month training plan where each swim follows this format, as part of their MAKE 1K WET campaign.

The MAKE 1K WET programmes, developed by former ITU triathlete and duathlete Annie Emmerson, demonstrate how easy it is for runners to incorporate one kilometre of swimming into their everyday run training, and what benefits this can have to your overall fitness.

2. It's not running, so it's not going to help me run any faster

If you stay injury-free, and train sensibly, you'll get faster. There's no impact on joints and bones from swimming and water provides much greater resistance to movement, working your whole body – ultimately making you stronger on the road or track.

You also learn to control your breathing effectively, with obvious benefits for running.

Think of swimming as a combination of aerobic and strength and conditioning activities.

For example, a recent *OnePoll* study* found that 80.28% of people who swim and run said swimming helps them run harder for longer, while 85.81% said swimming helps enhance their performance when running.

During my career, it felt like a gamble to choose a swim instead of a run. For any athlete wanting to perform at their best by being proactive in the avoidance of niggling problems, I think it would be less of a gamble and more of a smart choice.

Andy Baddeley's new company – Performance Team (performanceteam.co.uk) – runs Olympic level training camps for aspiring amateur athletes and triathletes

MULTI-TASKING

PAUL FREARY checks out some products which will come in particularly handy for athletes juggling more than one sport

APPLE – WATCH NIKE+ SERIES 2: £369 (apple.com/uk)



HAVING been launched a few months ago, it's only after a period of extended use that you realise how useful this watch is. This Nike version of the series 2 Apple watch is an extension of the brand's eco-system which integrates with your phone and computer.

Improvements over the original watch include its ability to take to the water with you, being waterproof as well as now featuring GPS. These two new features make it able to compete as a sports watch, as well as a daily timepiece.

The styling is neat and very comfortable to wear, the smooth back with rounded edges means you hardly notice its presence.

As a day-to-day device the watch can notify you of a wide range of information; emails, text messages, weather changes, the list goes on and on.

It's the new features that make the watch the athlete's perfect training partner, though. The Nike+ app that's already installed is simple to use and, thanks to the built-in GPS and heart rate monitor, there are no additional straps or devices to be carried.

You can receive feedback as you go. We liked the voice announcement of mile splits!

The Nike app will link seamlessly with your Nike+ online account where you can view more in-depth details of your run when finished. When it comes to swimming, again it will record all the important data,



as well as a route map after open-water swims.

The watch's functions are infinitely adjustable and ever expanding. Developers are constantly adding extra functions and applications for the device.

One such addition is the recent launch of the Strava app for it. Now users can run or bike without the need for their phone, with the watch recording all the details and syncing seamlessly with the website.

The watch uses a rechargeable battery and we found it able to record several hours of activity throughout the day, charging it in the evening using the magnetic connector, which is simple to use.

This could be the only sports watch – or even watch – you'll need.

OAKLEY – TRUBRIDGE FRAMES: FROM £105* (uk.oakley.com)

FOR wearers of glasses it can often be difficult to find a pair that will fit your sporting requirements. The latest range of prescription-ready frames from Oakley have used their sporting background and technologies to develop a range of glasses that are capable of transitioning from day use to be ready to run or cycle in.

All the frames are lightweight and made using highly durable materials, strong enough to handle their use in sport. Their standout feature is their 'TruBridge' design. The frames are supplied with a range of different size nose pads, each carefully sculpted to provide a perfect fit. Both the nose pads and the ear socks (rubber strips on the arms of the glasses) use the brand's unique material that provides a secure fit which actually improves in its grip as you sweat, meaning there's no chance of the glasses slipping out of place. The frames will accommodate most prescriptions and of course being custom made you'll be able to add tints for sun protection, too. The brand's website gives details of dispensing opticians throughout the UK.



***Style shown
'Crosslink': £135**



NEWTON – MV3: £119 (newtonrunning.co.uk)

SLEEK, light and fast, the latest racing shoe from Newton uses the brand's familiar forefoot lug design to enhance toe-off, but here it's in a package that should give it wider appeal.

The shoes have been a go-to choice for triathletes for several years, this latest model uses a slightly less aggressive version of the 'action/reaction' technology, meaning the shoe is instantly more familiar and a little easier to become accustomed to.

The forefoot lugs cover the width of the forefoot of the shoe and have smoother edges to them. While this retains the same responsive feel it also provides a much smoother toe-off. For mid to forefoot striking athletes the shoes are undeniably responsive and quick-feeling.

The soft mesh upper stretches around the foot well for a great fit and the mesh, along with midsole holes, allows water drainage.

There's no doubt those that know the brand will find this one of their best shoes to date while new users will find the shoes light, responsive and fast.



IAMRUNBOX – PRO BACKPACK: £134.99 (newrunninggear.com)

PERFECT for the commuting athlete, this backpack will hold a laptop as well as a change of clothes as you run or cycle to work. The semi-rigid pack holds its contents neatly and securely in twin interior compartments and, thanks to the packing assistant card that's supplied, fitting everything inside is a breeze.

The shoulder straps are wide and comfortable and allow a good range of adjustment for a perfect fit, while a chest strap further secures things so there's no movement as you run or ride.

The back of the pack has padded sections that mean it sits comfortably in place and allows a little airflow between your back and the pack. The water resistant shell keeps your belongings dry and the soft interior lining fabric protects the contents.

It's a versatile piece of luggage for any athlete and looks as at home at the track as it does in the office.



ASICS – GEL NOOSA FF: £120 (asics.com)

PREVIOUSLY known as the 'Noosa Tri', the latest update to the model sees the shoe retain the lightweight cushioning that's now been 'beefed-up' a little without compromising weight.

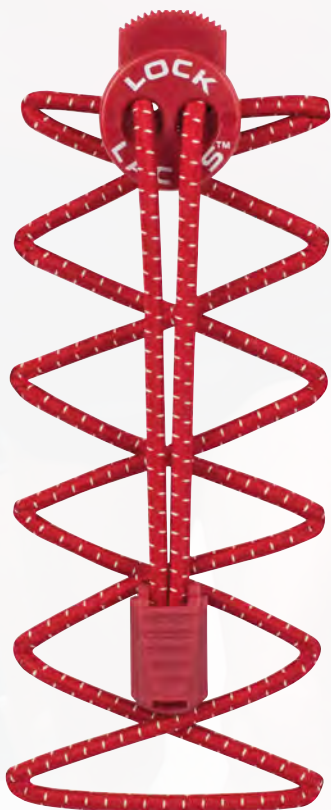
The use of 'Flyte foam', the brand's newest midsole technology, allows high levels of cushioning to be used without significantly increasing weight, making the shoe an ideal racer/trainer.

A no-sew, breathable mesh upper makes this great for triathletes, thanks to the absence of seams, allowing sockless use without irritation.

We really enjoyed running in the shoe, the blend of lightweight performance with good cushioning makes it a great all-rounder that's easy to pull on and go.



LOCKLACES: £6.99 (locklaces.com)



WITH over 3 million pairs sold, these laces remain the original and best solution to tie your shoes once and then forget about them.

The elastic laces replace your existing laces and fasten together using the unique plastic locking mechanism. All that's required then is to stretch the shoe open, allowing the elastic to provide a close, snug fit.

Usable again and again, they are the perfect solution for quick changes of footwear.

SPEEDO – H2O ACTIVE ASTRO POP - CROP TOP: £45, **CAPRI PANT: £55 (Speedo.com)**



PART of a new collection of active wear from the swimwear brand, these garments add versatility to the mix, allowing you to train both in and out of the water without compromise.

The fabrics used in these pieces have great shape retention both in the gym and the pool. The 'Powerflex' fabric feels soft against the skin and is manufactured from recycled polymer materials.

The brand's unique Lycra is chlorine resistant, meaning that even after extended use in chlorinated pools, the stretch properties of the fabric retain their natural qualities.

CEP – GRIPTECH COMPRESSION **SOCKS: £41.90 (CepSports.co.uk)**

WHEN it's essential that there's no movement in your shoe, be it running shoes, bike shoes or those used in gym activities, these socks provide unparalleled levels of grip. The 'smartgrip' coating ensures the foot stays firmly in place for the added security of a good footing.

The medical grade compression of the sock helps improve circulation and reduce recovery times, complimenting the overall design to aid superior performance. The socks are available in a wide range of colours and fit is based on calf size to ensure a precise and effective performance.



FALKE – BOXER MEN COOL/PANTIES LADY COOL: £39 (falke.com)

WHATEVER the sport, these underwear pieces use the most advanced fabrics to ensure optimum breathability and comfort, no matter how hard you are training.

The snug, slightly compressive fit feels very comfortable and keeping the fabric close to the skin ensures the moisture wicking properties are highly effective.

Added ventilation zones add to the comfort and help keep the skin dry. The seamless construction means they can be worn under running gear or cycling shorts without any irritation, making them great for any activity.





MONSTER- iSPORT INTENSITY HEADPHONES: £79.95 (monsterproducts.eu)

If you use headphones when training you will no doubt be familiar with the harsh effect moisture can have on their performance and durability.

These new wireless headphones from Monster are both durable and sweatproof. The rechargeable headphones have a six hour-plus battery life so can endure the longest days of training, and being Bluetooth means there are no trailing wires to get in the way of your activity.

The design uses a small 'ear hook' which sits neatly in place and ensures a secure fit. It's also very discreet, making for a high quality finish. In terms of performance, the sound is clear and crisp and quite amazing for such small devices. A three-button control changes volume and tracks and allows you to take calls when connected to your phone.



USWE - AIRBOURNE 2 HYDRATION PACK £69.99 (madison.co.uk)



ALTHOUGH designed specifically with cyclists in mind, this hydration pack is so light that it's also an ideal piece of kit for the distance runner.

The featherweight design offers an amazing fit, staying securely in place thanks to the 'shape-shift' design which allows the pack to move as one with the body. The pack offers a capacity of 2L and is supplied with a 1.6L removable bladder. The drink tube is integrated into the shoulder strap, which along with a chest band gives a great fit.



SP CONNECT - PHONE CASE FITNESS BUNDLE: from £44.99 (madison.co.uk)

NOT just a phone case, this bundle contains everything you need to protect and carry your phone with you while you train. Consisting of a case and arm strap, the range of products available includes water-resistant covers and mounts suitable for cycling and other sports.

A clever rotating clip system ensures the case locks firmly and securely in place with whichever other part of the system is being used. It works very well and we felt very confident in our expensive iPhone staying put during every run and ride. Cases are available for a range of phones, ensuring the system should stay relatively future proof.

POLAR - M200: £129.50 (polar.com/uk-en)

WITH GPS and wrist-based heart rate monitoring, this watch represents exceptional value for money. It is easy to use and also packs the high-end features of units which are much more expensive.

The GPS is quick to activate, as is the heart rate monitor, and with that you are up and running. Lap times and splits are recorded and when you return home the watch quickly links to your phone wirelessly to update your online account, where training can be viewed in more detail. The watch also records day-to-day activity, so acts as a great motivator for those new to sport.

Notifications from your smart phone can also appear on the watch, keeping you informed of text messages, so Polar have pretty much thought of everything with this watch.

The strap is easily removed to charge the unit and other coloured straps are also available should you wish to match it up with your favourite outfit!

For those seeking a reasonably priced do-it-all watch or are new to GPS and heart rate, this is a great solution.





📍 The scenic Brighton course is renowned for quick finishing times

Mark Shearman

SCHEDULE

Saturday April 8

10am - 4pm: Cancer Research
UK Kids & Teens Mini Mile

Sunday April 9

8:30am: BM10k start
9:15am: Brighton Marathon start

BATTLE OF BRITAIN

Local athletes ready to fight it out on Brighton Marathon weekend

AN intriguing day of endurance racing awaits along Brighton's famous seafront this weekend, with a number of British athletes looking to contest for the top prize in both the marathon and 10km road races on Sunday, April 9.

It is the most competitive British field ever assembled for what is renowned as a fast marathon course, and there will be plenty for local fans to cheer as the elites make their way along the course.

In the men's race, Kevin Rojas will be returning to the event where he made his debut in 2011.

He recorded a time of 2:48:36 back then but the Brighton local, who will be running for Brighton and Hove City AC, now boasts the fastest 26.2-mile personal

best in the field, having run 2:18:44 in Berlin in 2015.

Jon Pepper, another Brighton resident and running for Brighton Phoenix AC, will present tough opposition, however.

Pepper was the first British athlete home at the Brighton Marathon in 2013, placing eighth overall in 2:20:28.

Matthew Bennett, who hails from Southampton and has a marathon PB of 2:23:13 to his name, arrives in good form, having won the recent Bramley 20-mile event in 1:48.

All will have an eye on beating the best British time recorded on the course, Dan Robinson having finished fourth in the 2011 event in a time of 2:19:11. The course record of 2:09:25 was set by Kenya's William Chebor in 2014.

In the women's race, Ipswich Jaffa's Helen Davies, who has a marathon best of 2:34 and temporarily retired from the sport in 2013/14, is likely to mount a strong challenge in her first 26.2-mile race for five years.

However, the presence of Winchester AC's Hayley Munn, whose fastest marathon came in 2014 when she ran 2:37:44, should ensure an excellent race.

Aly Dixon's 2:34:51 from 2011 is still the British performance to beat while Kenyan Eunice Kales' 2:28:50 from 2013 remains the women's Brighton record.

Before the marathon action even gets going, however, the Brighton 10km will also be packed with talent. There will be no shortage of action on a route also noted for being particularly quick.

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A wide-angle photograph of a massive crowd of marathon runners gathered on a grassy field. The runners are wearing various colorful athletic gear and bibs. In the background, a town is visible on a hill under a clear blue sky. The image is partially overlaid with a semi-transparent blue wave graphic on the left and a yellow swoosh graphic at the bottom right.

Sunday 15 April 2018

AIMING TO BE A BIG SHOT

THROWS TALENT
SERENA VINCENT IS
WINNING AGE-GROUP
TITLES GALORE,
WRITES **EMILY MOSS**

I NITIALY starting out as a runner, 15-year-old Serena Vincent has wasted no time in making her mark in the throws. The talented teenager finished 2016 ranked top of the UK under-15 girls shot put lists with 13.77m after winning 13 national and regional titles during the year, including the English Schools and England Athletics titles.

Continuing her good form, she has started 2017 with a bang, setting championship best performances at England Athletics and South of England under-17 events, representing England and improving her PB to a UK under-17 lead of 14.84m.

Reflecting on 2016, the City of Portsmouth athlete explains: "Winning English Schools was massive for me, as there was so much depth of competition. Last year was so special with so many titles, records and consecutive wins. Winning the UK championships with a PB felt good."

However, it was not a PB for long, as Serena has stepped up in style to the under-17 age group this year, already improving her best by over a metre, winning another national title and throwing for her country.

Coached by her dad, Andrew, along with Bronwin Carter, Serena trains four or five times a week, incorporating a range of sessions.

"Having a parent coach has ups and downs, but my dad keeps me grounded and makes me work hard," she says.

"Bronwin and my dad ensure my training is tailored to my competitions, wherever possible. So I have throwing sessions, indoors or outdoors, which are mixed with drills, weight sessions and regular cardio sessions."

A talented all-round sportswoman, Serena played tag rugby in primary



Serena Vincent: won the English Schools title last year

SERENA VINCENT

- **Born** December 12, 2001
- **Coach** Andrew Vincent/Bronwin Carter
- **Club** Portsmouth
- **PBs** Shot (3kg) 14.84m (2017); Javelin (500g) 38.42m (2016); Discus 32.17m (2016)
- **Achievements** (shot put unless specified)
2017: England Athletics U17 indoor gold (CBP); South Indoor U17 gold (CBP)
2016: English Schools gold; England Athletics U15 indoor and outdoor gold; Southern indoor and outdoor gold; Hampshire county and schools gold; ISA Independent Schools shot/javelin gold
2015: English Schools 5th; ISA gold; Hampshire county and schools U15 gold
2014: ISA shot/discus gold; Hampshire county and schools U13 gold

school and reached the national finals, plays rounders, football, netball and goes swimming at school. She has been horse riding for 11 years.

"My dad reckons that my speed came

from running away from my older brother," she smiles.

Having also enjoyed considerable success in javelin – she won the ISA Independent Schools title last year – Serena enjoys both disciplines and also throws the discus for her club.

"I can be so erratic with discus," she admits. "Sometimes I fail to send it out of the cage, the next time it's a club record!"

A student at The Gregg School in Southampton, Serena would very much like to see more coverage of athletics on television, specifically covering the throws events.

"Throwing is often overlooked," she says. "It seems a shame that the editors would prefer to show a 100m heat with no favourites, but miss a record being broken in the female shot put."

"Throwers are changing physically, techniques are improving and GB is producing some great throwers."

"Hopefully, with the right support, we can stick GB regularly back on the podium at the major events."

EDMONTON 2001

IN THE NEXT PART OF OUR SERIES, **STEVE SMYTHE** LOOKS AT THE EIGHTH CHAMPS, HELD IN CANADA

PICTURES: MARK SHEARMAN

EDMONTON was another top-class event with the men's throwing events actually surpassing the quality on the track. While the awarding to such a little-known city was controversial, there was a total attendance of 400,000, with average daily crowds of 40,000 as the event made its first appearance in North America.

The USA initially topped the points table but retrospective drug suspensions eventually cost them top spot and four gold medals. The altitude slightly assisted the explosive events.

MEN'S SPRINTS & HURDLES

Maurice Greene equalled Carl Lewis' tally of three world 100m titles. The American ran a superb 9.82 into a light headwind despite injuring his quad and hamstring in the last 15 metres!

Initially it seemed five broke 10 seconds and the USA gained an initial medal sweep with Tim Montgomery second on 9.85, though he lost that medal in 2005 due to the Balco drugs scandal.

In the 200m, Olympic champion Kostas Kenteris was only seventh into the straight but ended up winning by nearly two metres. It was a blanket finish for second and just 0.047 covered the next six.

Kim Collins won a now largely forgotten share of the bronze with a 20.20.

Michael Johnson's absence stood out in the 400m. The USA failed to win a medal in a global 400m for the first time since 1920, barring the boycotted 1980 Games, and the winning time by Avarad Moncur of 44.64 was the slowest since 1983.



Maurice Greene: secured his third world 100m title

Allen Johnson, the 1995 and 1997 champion, regained his hurdles title with a 13.04 victory as Haiti's Dudley Dorival won his nation's first global medal since the 1928 Olympic long jump.

The Dominican Republic won their first ever world medal in the 400m hurdles as Felix Sanchez's fast 47.49 denied defending champion Fabrizio Mori's Italian record 47.54. For the first time in global events, again barring Moscow, America had no finalists.

USA at least initially won both relays, but Montgomery and Antonio Pettigrew's later drugs disqualifications meant the titles

went to South Africa and Bahamas.

Olympic 400m hurdles champion Angelo Taylor thus lost a 43.71 anchor and Pettigrew himself contributed a 43.9 – his third successive sub-44 split in a world final.

MEN'S ENDURANCE

As in Seville, Hicham El Guerrouj had his very own pacemaker and Adil Kaouch led past 800m before the Moroccan shot ahead and won his third title in a fast 3:30.68 from the then Kenyan Bernard Lagat.

Andre Bucher provided Europe's one track success as the Swiss athlete easily won the 800m in 1:43.70.

The altitude didn't slow the 5000m too much as Richard Limo won in 13:00.77 with a 55.3 last lap. The original runner-up, Ali Saidi-Sief of Algeria, failed a doping test and was disqualified.

Haile Gebrselassie hadn't lost a 10,000m race for eight years but, in his first race since an Achilles tendon operation, and lacking his usual kick, he was third as Charles Kamathi sprinted a 55.9 closing lap.

Predictably Kenya also won steeplechase gold as Reuben Kosgei became the first Olympic and world champion in the event.

However, Moroccan Ali Ezzine took second to end a run of nine successive Kenyan global one-twins!



Andre Bucher: secured victory in the 800m



Lars Riedel:
took his tally
of world gold
medals to five

Russia enjoyed a clean sweep in the 20km walk with just five seconds between Roman Rasskazov in first and 18-year-old Viktor Burayev in third. Poland's Olympic champion Robert Korzeniowski won the 50km.

MEN'S FIELD

The high jump saw a surprise as Martin Buss, who had not jumped 2.30m outdoors for two years, was the only man over 2.36m.

In the vault, Australia's former Soviet Dmitri Markov survived an opening height scare at 5.75m and then passed at 5.85m. At 5.90m, a clearance meant victory or failure in tenth place and he was successful, then moving up to a championships record 6.05m to go equal second all-time with the



Jan Zelezny:
championship
record

highest ever championship jump.

Long jumper Ivan Pedroso won his fourth outdoor world title to go with his five indoor golds. His jump of 8.40m, which seems good by today's standards, was the worst global jump since the 1976 Olympics, 25 years earlier.

Another superb competitor, John Godina, dominated the shot with a 21.87m throw after having only squeezed through qualifying with a poor 20.52m. It was his third world title but Lars Riedel won his fifth in the discus, which has only been surpassed in one event by Sergey Bubka.

It took a big distance, though, as his 69.72m – the longest in a global final – came in the fifth round to deny Olympic champion Virgilijus Alekna's 69.40m. Eighth at 65.27m made it the greatest ever discus competition.

The hammer was also a superb quality competition with eighth at a record 79.34m.

Szymon Ziolkowski threw a championship record 83.38m, with Koji Murofushi pushing him hard with 82.92m.

The record also fell in the javelin. Defending champion Aki Parviainen struggled in qualifying and was only 11th best with 81.82m, but in the opening round in the final, his 91.31m broke Jan Zelezny's 90.76m from qualifying. The Czech responded in the second round with a huge 92.80m, a distance that only he and the Finn had previously surpassed.

Decathlete Tomas Dvorak not only set a championship best as he won with 8902 points to go third all-time but also surpass Daley Thompson's Olympic best. He

1677 participants (1821 previous record)

189 countries (201)

46 events (46)

23 countries provided champions (26)

42 countries provided medallists (43)

68 countries provided finalists (69)

POINTS AND MEDALS TABLE

	Points	G	S	B
1 RUS	174.5	5	7	6
2 USA	145.5	5	5	3
3 GER	108.5	3	3	1
4 KEN	84	3	3	2
5 ETH	72	2	3	3
6 ESP	71	0	2	1
7 JAM	59	1	3	2
8 GBR	58	1	0	1
9 CUB	56	3	1	2
10 POL	52	2	0	3

jumped 8.07m in the long jump. Erki Nool went fifth all-time with the best ever non-winning score of 8815 points.



Marion Jones:
won the 200m
but would be
stripped of
her medal

WOMEN'S SPRINTS & HURDLES

Zhanna Pintusevich-Block, who came so close to winning the 100m in 1997, finally got the better of Marion Jones after the American had won 54 straight 100m races in the previous four years.

Normal service was seemingly resumed at 200m with Jones, who hadn't lost a final for six years, first home in 22.39.

That was the slowest ever winning world 200m but it got slower years later as Jones was disqualified, as was third-placed Kelli White.

The revised gold eventually went to Debbie Ferguson's 22.52. The USA also lost gold in the 4x100m after finishing first in 41.71, though it was White's earlier DQ that meant Germany took their title.

The USA also threw away a 4x400m gold but not due to drugs.

They took over on the last leg with a seven-metre lead but on the first bend Suzanne Reid unnecessarily swapped the baton in her hands and dropped it. She lost 40 metres and ended up fourth.

In the 400m, Amy Mbacke Thiam edged victory in 49.86, which was the slowest global 400m for 29 years.

Times were faster in the hurdles as world indoor champion Anjanette Kirkland improved her 12.63 PB to 12.42 and went eighth all-time to deny Gail Devers her fourth title.

The 1997 champion Nezha Bidouane regained the 400m hurdles in style with a 53.34 victory. Her near one-second win was the largest ever global victory in the event.

WOMEN'S ENDURANCE

Maria Mutola became the only athlete to win the 2000 Olympics and both world indoor and outdoor titles in 2001, but only just as her 1:57.17 inched ahead of Stephanie Graf in the 800m.

Romania gained a one-two in the 1500m as Gabriela Szabo defeated Violeta Szekely. The latter, who had taken legal action against Szabo for defamation, won her sixth global silver.

There was controversy in the 5000m as Olga Yegorova, who had earlier in the season failed an EPO test, competed when she was reinstated due to faulty procedures. With crowds booing, the Russian won easily with a 60.49 lap with Szabo only eighth.

World cross-country champion Paula Radcliffe, who along with other British runners led the protests against Yegorova and held a placard saying 'EPO cheats out', ran in the 10,000m.

Changing tactics, the Briton made her move in the last 1500 metres but she was unable to shake off the three Ethiopians who, led by Derartu Tulu, gained a clean sweep. Tulu won by 0.04 of a second.

Radcliffe missed a medal by just eight hundredths of a second from her



Maria Mutola: narrowly took the 800m title

great rival Gete Wami, who had denied her gold in 1999.

In the marathon, Constantina Dita powered away at the start and was nearly two minutes ahead at halfway but was caught at 20 miles. Lidia Simon, who had won medals in the 1997 and 1999 championships and the 2000 Olympics, broke clear just before the stadium to win by five seconds.

In the 20km walk, Olimpiada Ivanova, who had lost her 1997 silver medal due to a failed drugs test, won by over a minute.



Olga Yegorova: controversial winner in the 5000m

WOMEN'S FIELD

Hestrie Cloete won the first South Africa women's world medal at any event as she took the high jump title on count back with a 2.00m clearance.

The pole vault was also won on count back, defending champion Stacy Dragila winning with a 4.75m leap from Svetlana Feofanova. Both attempted a world record 4.80m, which would have gained them a \$100,000 bonus had they succeeded. But four hours of competing in hot weather proved too much.

Fiona May won her fourth successive long jump medal and regained the title she won in 1995, a windy 7.02m defeating Tatyana Kotova by a centimetre.

Russia did win triple jump gold, though, by a huge 65 centimetres as Tatyana Lebedeva achieved the third longest jump in history with a 15.25m leap.

Three-time shot champion Astrid Kumbernuss could only finish sixth as Yanina Korolchik won with a 20.61m throw.

Belarus also won the discus as W40 Ellina Zvereva became the oldest ever world champion but only after Natalya Sadova was disqualified for excessive caffeine.

Russia also lost out on hammer gold

TALKING POINT

While the general organisation was good, there was one major technical problem at the event – the wind gauge! There were five 100m quarter-finals, which is a talking point in itself! The races were won in impressive style respectively by Tim Montgomery (9.92), Maurice Greene (9.88), Mark Lewis-Francis (9.97), Dwain Chambers (9.97) and Bernard Williams (9.95). While these five races were collectively the best quarter-finals in history, what made them initially seem even more remarkable were the respective wind readings of -2.3, -5.1, -2.9, -2.8 and -1.1 which suggested all would be significantly quicker with a tailwind. Eventually, the IAAF technical officer decided there had been a temporary malfunction and all races would be regarded as having 'no wind information' and no records would stand.

Lewis Francis thus lost the chance of a world junior record, although most observers believed there were tailwinds which might have been over the limit.

as world record-holder Olga Kuzenkova's 70.61m fell short of Yipsi Moreno's 70.65m.

Cuba also won the javelin, Osleidys Menendez's 69.53m winning by almost four metres.

Defending heptathlon champion Eunice Barber started with a 12.78 hurdles and 1.88m high jump but fouled three times in the shot and, in her absence, Yelena Prokhorova won with a modest 6694 points.

BRITISH TEAM PERFORMANCE

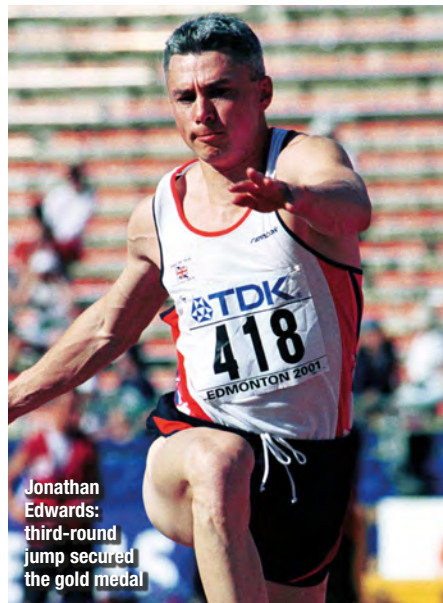
At the age of 35, Olympic triple jump champion Jonathan Edwards regained the world title he last won in 1995. It didn't look good after two rounds of qualifying as he was just 16th but he blasted a 17.46m final jump to head the qualifiers.

In the final, he produced a superb 17.92m in the third round, the best in the world for three years and a distance only three men had surpassed legally, to win by a massive 45 centimetres.

Dean Macey was carrying groin and arm injuries but that didn't stop him leading the decathlon overnight with 4638 points, thanks to high jump and 400m PBs of 2.15m and 46.21.

On the second day, even with a heavily strapped thigh, he ran a 14.34 hurdles PB. The arm severely restricted his javelin but he scored a PB 8603 points to finish third with a huge 232-point gap to fourth.

Christian Malcolm would almost certainly have won a medal in the 200m had he not contested the 100m, where he was seventh, as he looked impressive easing down in qualifying in Welsh records of 20.13 and 20.08. However, in his eighth



race of the championships, he tied up and finished fifth in 20.22 when his qualifying times would have easily placed him second.

Mick Hill was last in the javelin final, but was contesting his seventh championships.

MOST EXCITING CONTEST

Hot conditions (28 degrees at the start), altitude and a challenging course made the men's marathon a test and 24 dropped out.

Moroccan Abdelkader El Mouaziz had a clear lead at 30km but a pack of five reeled him in and it went down to a sprint finish on the track. Olympic champion Gezahegne Abera edged Simon Biwott by a second with a 44.7 last 300m to finish in 2:12:42.

He thus averaged 14.9 for each of his last three 100m sections with 26 miles in his legs, compared to 800m winner Bucher, who ran 14.7 for his last 100 metres after just an earlier 700 metres!

2001 WORLD CHAMPIONS EDMONTON, CANADA

MEN

100m: Maurice Greene (USA) 9.82
200m: Kostas Kenteris (GRE) 20.04
400m: Avard Moncur (BAH) 44.64
800m: Andre Bucher (SUI) 1:43.70
1500m: Hicham El Guerrouj (MAR) 3:30.68
5000m: Richard Limo (KEN) 13:00.77
10,000m: Charles Kamathi (KEN) 27:53.25
Marathon: Gezahegne Abera (ETH) 2:12:42
3000m steeplechase: Reuben Kosgei (KEN) 8:15.16
110m hurdles: Allen Johnson (USA) 13.04
400m hurdles: Felix Sanchez (DOM) 47.49
High jump: Martin Buss (GER) 2.36
Pole vault: Dmitri Markov (AUS) 6.05
Long jump: Ivan Pedroso (CUB) 8.40
Triple jump: Jonathan Edwards (GBR) 17.92
Shot: John Godina (USA) 21.87
Discus: Lars Riedel (GER) 69.72
Hammer: Szymon Ziolkowski (POL) 83.38
Javelin: Jan Zelezny (CZE) 92.80
Decathlon: Tomas Dvorak (CZE) 8902
20km walk: Roman Rasskazov (RUS) 1:20:31
50km walk: Robert Korzeniowski (POL) 3:42:08
4x100m relay: RSA* (Nagel, De Plessis, Newton, Quinn) 38.47
4x400m relay: BAH* (Moncur, C Brown, McIntosh, Munnings) 2:58.91

WOMEN

100m: Zhanna Pintusevich-Block (UKR) 10.82
200m: Debbie Ferguson (BAH)* 22.52
400m: Amy Mbacke-Thiam (SEN) 49.86
800m: Maria Mutola (MOZ) 1:57.17
1500m: Gabriela Szabo (ROM) 4:01.70
5000m: Olga Yegorova (RUS) 15:03.39
10,000m: Derartu Tulu (ETH) 31:48.81
Marathon: Lidia Simon (ROM) 2:26:01
100 hurdles: Anjanette Kirkland (USA) 12.42
400 hurdles: Nezha Bidouane (MAR) 53.34
High jump: Hestrie Cloete (RSA) 2.00
Pole vault: Stacy Dragila (USA) 4.75
Long jump: Fiona May (ITA) 7.02w
Triple jump: Tatyana Lebedeva (RUS) 15.25
Shot: Yanina Korolchik (BLR) 20.61
Discus: Elian Zvereva (BLR)* 67.10
Hammer: Yipsi Moreno (CUB) 70.65
Javelin: Osleidys Menendez (CUB) 69.53
Heptathlon: Yelena Prokhorova (RUS) 6694
20km walk: Olimpiada Ivanova (RUS) 1:27:48
4x100m relay: GER* (Pashcke, G Rockmeier, B Rockmeier, Wagner) 41.92
4x400m relay: JAM (Richards, Scott, Parris, Fenton) 3:20.92

*Won retrospectively after drugs suspensions

NAME OF THE GAME

ENGLISH GARDNER IS THE EQUAL SEVENTH-FATEST FEMALE 100m SPRINTER IN HISTORY. SHE TELLS **STUART WEIR** THE BACKGROUND BEHIND HER UNFORGETTABLE MONIKER

WHEN writing about English Gardner, you have to start with the name! “English is always an eye-catcher,” she says. “When people see it, they ask why.”

She explains: “My mother had an epiphany that whatever she was carrying – boy or girl – was going to be great. So she wanted me to have a name that would stick with everyone, a name that you cannot forget. From then on I was English Gardner and I think it has served me well and is hard to forget!”

As well as a mother who named her memorably, she had a dad who was a runner. When she was seven, he took her to the Willingboro track club, a club started by Carl Lewis’s family. Like Lewis, Gardner is from Willingboro, New Jersey.

I first spoke to Gardner in June 2013 at the Paris Diamond League, shortly after she had won the 100m in the US Championships in 10.85. I confessed that I’d never heard of her before she had taken that title and wondered if that was a fair assessment of her. She was not offended, replying: “I’d say so. I never made a world team. I never made a junior world team.”

Those US trials were tough – with 11.00 not enough to make the finals. She said she had not gone into the event full of confidence, but “just kept my faith and ran my heart out”.

To non-Americans, the first three past the post system of the US trials seems brutal, but Gardner just shrugs.

“I really have no choice but to accept it

ENGLISH GARDNER

BIOG

- **Born** April 22, 1992, New Jersey
- **Event** 100m and 200m
- **PBs** 10.74 and 22.62
- **Achievements** 2016 Olympics 4x100m gold, Olympics 100m 7th, US 100m gold; 2015 world 4x100m silver; 2013 US 100m gold, world 4x100m silver, world 100m 4th

the way it is,” she says. “It builds character. Just accept it and don’t complain about it.

“It’s just about producing your greatest performance on the day that matters. It’s really difficult and it is something every American has to go through and endure but at the end of the day that’s what makes it that much sweeter.

“When you get to the Games that’s sometimes the easier part and making the team is the harder competition. That I have won two American Championships is pretty amazing.”

In the 2013 IAAF World Championships 100m final, Shelly-Ann Fraser-Pryce won in 10.71 with Murille Ahouré second in 10.93 and Carmelita Jeter third in 10.94. Gardner was fourth in 10.97 and admits that, at the time, she was “a little bit upset about it” but “with hindsight I am pleased with it because I think I did a pretty good job in my first year as a professional.”

She qualified for the 2015 IAAF World Championships in Beijing, finishing second in the US Champs in 10.86, behind Tori

Bowie. In Beijing she was carrying an injury and went out in the semi-finals.

“I knew I was hurt,” she recalls. “I had a torn hamstring and was pretty much going out to give what I could give. That was probably more disappointing than any other year because I knew where I was at in training but my body just wasn’t there for Beijing. As a championship meet that is probably the one that stung the most.”

However, in 2013 and 2015, she went home with a world 4x100m silver.

She started 2016 well, winning the 100m in the US Championships in a PB of 10.74. She also won the 100m in the Prefontaine and Birmingham Diamond Leagues as well as coming second in Rome.

She headed to Rio as many people’s favourite but what few knew was that she was carrying an injury. “I haven’t fully disclosed what it was so I won’t say it, even now. That was basically what was wrong – bad day, bad time.”

Her time of 10.94 left her in seventh place in the final, although she was part of the gold medal-winning 4x100m team.

In the heat the US were initially disqualified but later reinstated, having being judged to have been impeded by Brazil. In a re-run of the heat, the US ran on their own as a kind of time trial, clocking 41.77 – faster than the winners of either heat – to reach the final. It was a strange experience to run with no opposition and Gardner remembers: “When we went on the track we said we were going to treat it like a practice.

English Gardner: has had to fight hard for success with the American team

MOJIB SALLER

“WHEN YOU GET TO THE GAMES THAT’S SOMETIMES THE EASIER PART AND MAKING THE TEAM IS THE HARDER COMPETITION”

ENGLISH GARDNER, on the American trials system

“So we were pretty chilled, laughing, laid back – but we were nervous. We knew if we went out there and ran half as good as our ability we would make the final. On the track it was ‘concentrate, do your job and get it done’. And that’s what we did.”

Gardner found the Olympics a challenging environment.

“The way I would describe it is chaotic,” she says. “But I think that is what the first Olympics is for everybody. Everything that can go wrong will go wrong and the experience builds you to be more successful in the next one. I had issues with travel, practices, food, a whole bunch of small things that can definitely throw someone off.”

Until now, Gardner has been seen as a 100m runner but that may change.

“For years my 100 metres, which has been the race I have specialised in, has been a little bit lacking and we’ve had a plan in order to get to a good spot. That time is coming up soon so you’ll definitely see me more in the longer stuff now that I’ve got the 100 under control!”

“Running is a gift that I have been blessed with. It’s my heritage, my destiny, something I had dreamed about since I was a little girl. I give everything to it and desire to gain everything from it.”

She also sees it as an opportunity to give something back.

“The 10 seconds I run on the track, people are not thinking about their bills, illness or what’s bothering them. They are just concentrating on that 10 seconds. For me I feel blessed to be able to help people – to be able to touch people and give people hope.”

Her goal for 2017 is a simple one: “My only plan is to be better than I was last year.”





- Peta Bee,
performance editor

UNWISE WORDS

I WAS at a spring open meeting last week where I witnessed a young athlete step off the track with a smile on her face, only to be reduced to tears by a comment made by a coach.

Who knows exactly what was said, but the conversation was brief and it highlighted the sensitivities of some young athletes to feedback about their performances.

On p42, sports psychologist Dr Josephine Perry gives her insight into the issue of how to talk to athletes without impacting badly on their self-esteem.

Our coaching focus is on repetitions this week, with David Lowes questioning how much thought goes into planning them. Are you routinely adding reps that are not specific to your event or your goals?

It's a fascinating analysis and one that might trigger a re-think about your training methods.

Waiting game: the study showed young athletes benefited from a long lie in



MARK SHEAMAN

LET YOUNG ATHLETES LIE IN

RESearchers from the Centre for Sleep Science at the University of Western Australia suggest that parents and coaches should let teenagers sleep in to enhance their performance.

Assuming young athletes' sleep levels would improve if they removed iPads, phones and electronic devices, the researchers monitored the effects of such an action for 48 hours.

For the trial, 23 young athletes attending a six-day

training camp at the Australian Institute of Sport were asked to wear an activity-monitor that tracked their sleep quality. Results were surprising.

Although the athletes tried to go to bed earlier when their devices were taken away, they fell asleep at the same time as those who had been allowed to keep their phones and iPads.

In fact, the electronic gadgets did not ultimately affect sleep quality or their physical performance the next day.

What was going on? Ian

Duncan, lead author, said any differences in performance were cancelled out by an early start to training the next day.

All the teenagers, he said, would have benefitted from a lie-in.

"Early morning starts for young adults can impact sleep opportunities and lead to sleep loss," he said.

"By scheduling daily training start times after 8am, young athletes have more opportunity for sleep and recovery, leading to improved athletic performance."

PERFORMANCE GUIDE

40 News round-up
Sports science snippets

42 Effective feedback
Send the right messages

44 Coaching
Tailor your reps

46 Nutrition
The rules you can break

B VITAMINS OFFSET AIR POLLUTION

CITY-BASED athletes might be interested in the findings from a study by researchers at Columbia University's Mailman School of Public Health which showed that B vitamins may play an important role in reducing the damage to health caused by air pollution.

According to the World Health Organisation, around 92% of the world's population currently lives in places where air quality levels exceed the safe upper limits. Ambient PM2.5 pollution is considered one of the most prominent air pollutants because it deposits in

the respiratory tract, resulting in both lung stress and systemic inflammation and stress.

For the trial, researchers gave participants either a daily placebo or a B-vitamin supplement containing 2.5mg of folic acid, 50mg of vitamin B6 and 1mg of vitamin B12. Volunteers were then asked to breathe in ambient PM2.5 particles in levels that matched those in traffic via a face mask while blood samples were collected. Results, to be published in the journal *PNAS*, revealed that the B-vitamin supplement offered protective effects.

WOMEN MARATHON RUNNERS AT LOW RISK OF HEART DISEASE

CONTROVERSIAL findings have linked years of endurance training to adverse heart health.

However, a study published in the journal *Medicine and Science in Sports and Exercise* this month confirms that even prolific women marathon runners are at no greater risk of developing heart disease.

In the study, 26 female distance runners aged 42 to 82 underwent a range of coronary tests.

Results showed that the marathon runners, who had completed an average of 47 marathons each, displayed significantly lower coronary



Feeling the benefits: marathon runners had many health advantages

MARK SHEARMAN

plaque and less calcific plaque volume than average, suggesting running had a protective effect.

The lifelong runners

also had fewer risk factors (smoking, hypertension, and hyperlipidemia); significantly lower resting heart rate, body weight, body mass index, and

triglyceride levels; and higher high-density lipoprotein cholesterol levels compared with a group of non-running controls.



SUSPENSION PUSH-UPS PROVIDE VARIED LOAD

SUSPENSION training using a TRX device was the focus of a circuit regimen on these pages recently. Now a new study, published in the latest issue of the *Journal of Strength and Conditioning Research*, has looked at the changes in intensity and loading that can occur by varying body position in one TRX move: the suspended push-up.

According to the team of Turkish sports scientists who conducted the study, a TRX device set at an angle of 0° with elbows at full extension during a push-up resulted in 50.4% of the subjects' body weight being registered by sensors in the straps.

Flexing the elbows saw that the distribution of body weight rose to 75.3%. By varying the position of elbows even slightly, the researchers concluded, you can change the focus and loading of a TRX move significantly.

WHAT'S NEW?

PATAGONIA NANO-AIR LIGHT HYBRID JACKET

What: As its name suggests this is a super-lightweight jacket suitable for all-year-round use.

Why: Using a clever new insulation material it manages to provide warmth when required but remain highly breathable for excellent temperature control. Mesh panels incorporated



into the arms, sides and rear of the jacket mean you never overheat and remain comfortable throughout even the most strenuous activity.

A water repellent finish sheds light rain showers making it a versatile garment perfect for the spring weather.

Where: Price – £180 from eu.patagonia.com

FEEDBACK: THE FUEL OF CHAMPIONS

HOW COACHES RESPOND TO AN ATHLETE CAN INFLUENCE THEIR MOTIVATION AND DESIRE TO WIN, AS **DR JOSEPHINE PERRY** EXPLAINS

ATHLETES benefit from feedback: in many ways it really is the fuel of champions and, as a coach, it is your place to give it.

Given correctly it can significantly improve the athlete's learning, behaviours and skills. Mishandled, it can absolutely crush an athlete, at best impairing their self-confidence or, at worst, prompting them to reject their sport.

With every athlete needing different things depending on the discipline they specialise in, their age, their experience, their level, their personality and even the mood they are in that day, there are endless different ways of receiving feedback.

Feedback is essential and by following these 10 tips you can see your athletes soak up your knowledge, advice and positive behaviours to become happy at training and successful at competition.

1 Understand your athlete

We all filter comments and view the world through our own lens so put yourself in your athlete's shoes to understand what perspective they are bringing to their training or competition.

Think about what they need for their event, what their current situation (age, level, attitude towards their event) requires and then how their own personality will enable them to filter comments.

If you design your feedback with these things in mind, explaining how behaviour changes will help them match their goals,

motivations or values, they are more likely to make those changes.

Shaun Dowling, head coach at Chichester Westgate Triathlon Club, says he aims to adapt his communication style to meet his athletes' needs.

"The youth group I coach has teenagers with different personalities and very different motivations," he says. "Some respond very well to non-verbal feedback; others require more frequent, verbal reinforcement and support so I vary my feedback accordingly."

2 Be specific

Generic words like 'good' or 'well done' do not actually help an athlete. What is meant by good? Their attitude, the skill they displayed, or the tactic they used? Make it specific and give concrete examples to make your points stand up.

"Non-specific comments are common but have limited value," says Dowling. "Excellent feedback is specific and has usually followed questioning of the athlete."

3 Keep praise genuine

Everyone loves receiving praise but if you praise too much the athlete may translate that as you having low expectations of them. Praise too rarely and they may give up trying, knowing that nothing they do will please you. So, use praise strategically and only when deserved.

4 Do not compare athletes to each other

Some athletes will thrive from hearing about

their competitors and see it as a motivator, but others won't and may give up before they have even started.

Research has found that comparing athletes with others reduces their confidence, minimises the amount of emotional control they have and increases their anxiety.

Francesca Cavallerio, a lecturer at Anglia Ruskin University, says she witnessed a coach giving feedback to an athlete who had not performed as expected.

"The coach emphasised the underperformance and stressed the comparison with another athlete and the way she always performed well," says Cavallerio.

"This kind of judgmental feedback completely shattered the athlete's self-confidence and increased their anxiety. They are now considering leaving their sport."

5 Give behavioural critiques in private

Technical feedback is helpful to receive mid-session. Feedback focusing on poor behaviours or lack of effort is different. It is emotionally fraught, may embarrass the athlete and can feel personal and attacking in front of their peers.

The best way to give this feedback is to take them aside, focus on the behaviours or actions that are not working and explain that you are giving them the feedback to help them be a more successful athlete.



6 Focus feedback on technique and effort

Most athletics coaches work with a number of athletes, some of whom are naturally talented, some incredibly dedicated, some driven and ambitious. But others are just keen to participate and enjoy the social side of their sport. If your feedback focuses on performance you immediately alienate a large number of your group.

Instead, focusing feedback on the effort put in, changes made as a result of previous corrections or on great behaviours displayed will ensure you increase the internal motivation of all your athletes.

7 Admit mistakes

If you can self-reflect and admit where you have gone wrong as a coach it opens up the door for athletes to feel comfortable doing the same.

And self-aware athletes need far less feedback as they spot problems or issues themselves making them more likely to deal with them without you needing to intervene.

8 Be concise and constructive

More words are not always better. Research has shown people only remember a couple of things from any conversation, so don't overload your feedback.

Pick the one point which will make the most difference to the athlete and stick to that. Cavallerio suggests that when the coach is able to give "balanced and task-oriented feedback it means instead of just labelling the whole experience as a 'competition to forget,' athletes are able to frame the competition as a useful experience from which they had learnt something."

9 Don't direct, enable

If you direct your athletes towards changes they are less likely to follow them than if they come up with the solution themselves.

Have some productive suggestions but leave these as options not orders.

Dowling is an advocate of the Timothy Gallwey coaching style.

"I encourage coaches I work with to ask

athletes to 'pay attention to ...' and follow that up with questions such as 'what did you notice?' 'what should be happening there?'," he says.

"Asking questions of the athletes involves them in the learning process and challenges them to think rather than simply be dependent on the coach. If the athletes are only reliant on my knowledge they are limiting themselves."

10 Leave some time before giving negative feedback

Give it at the end of the session, or after a competition, not during it. It helps you take the emotion out of the situation and means the athlete can go home afterwards and digest what's happened. Catch up with them before the next session to see where their thoughts are and how they are feeling which will help clear the air of tension.

■ Dr Josephine Perry is a sports psychologist at performanceinmind.co.uk

ENDURANCE ATHLETES OFTEN USE REPETITIONS IN THEIR TRAINING. JUST MAKE SURE THEY ARE SPECIFIC TO YOUR GOALS, SAYS **DAVID LOWES**

FOR most runners, repetitions are a staple of training. However, it's often the case that a particular distance has been selected without contemplating the associated volume, speed and recovery.

In fact, there are many considerations when planning reps – you need to think about ability, age, the time of year you are doing them, the speed, recovery, distance and, of course, how many reps you are actually going to complete.

In terms of a basic rep sessions, an 800m runner can do 400m reps on a track and so can a marathon runner. But their chosen outcomes and goals are poles apart. If we throw varying surfaces – tarmac, grass and even sand – into the mix, you begin to see how varied a reps session can be and how many factors should be considered when planning them.

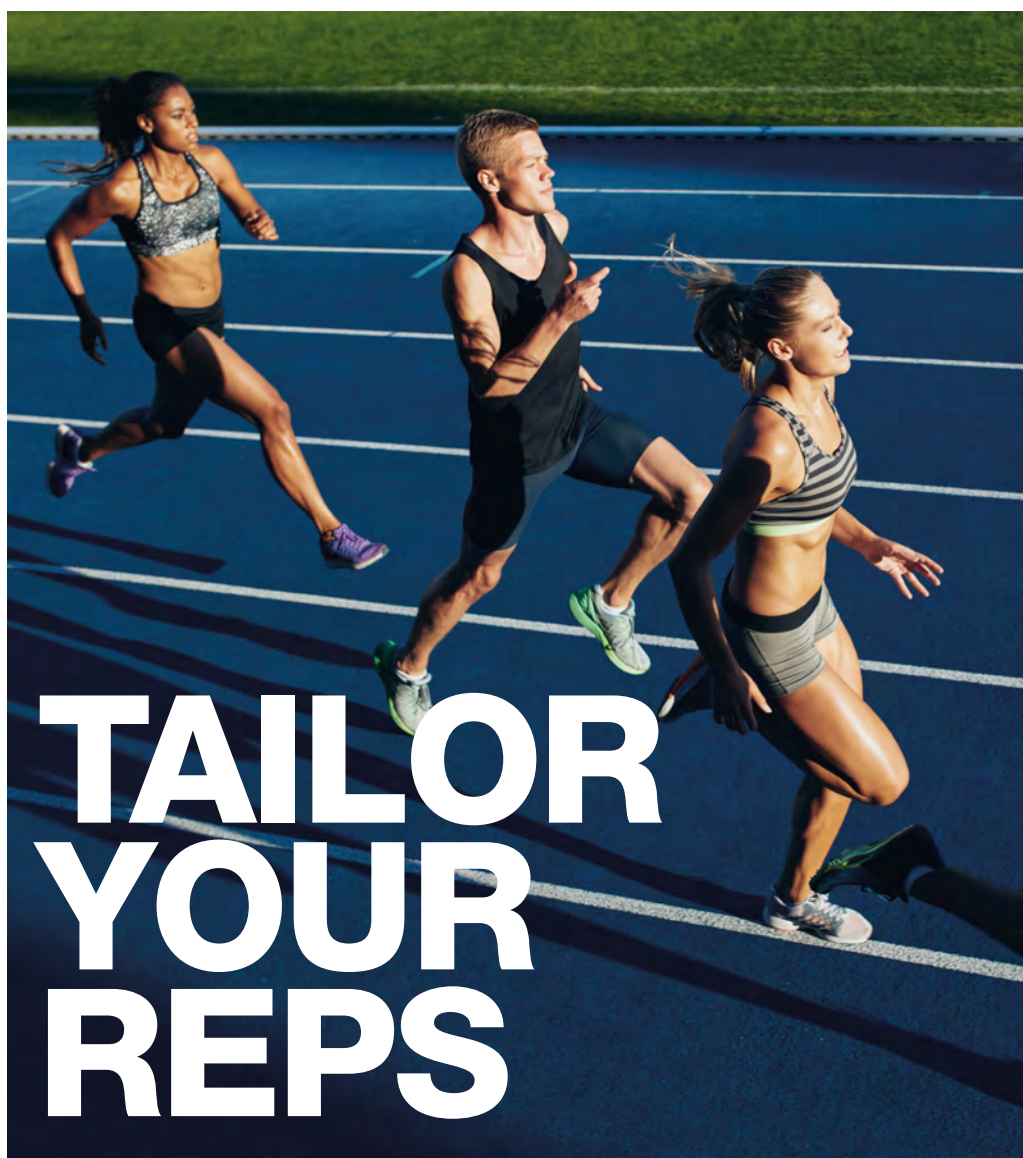
Planning

With youngsters, the best way to start off is by setting a low number of reps with a decent amount of recovery and not too much emphasis on speed. The reps can be slowly increased as fitness and strength develops and, in turn, recoveries can be reduced. The speed will come naturally once fitness improves.

A growing body and developing muscles and bones should always be factored in to the planning of any session. Likewise, veteran runners are going in the opposite direction with degenerating muscles and joints and any session has to be planned with this in mind.

It should be noted that an increase in reps, speed and a decrease in recovery are not done at the same time – one step at a time is the development pathway. Let's look at three different training zones that all have a big bearing on event development:

Speed: This is the ability to run as fast



as you possibly can (that is, to sprint). Sessions such as 'flying 40m' are a good start, even if they come at the end of the main session.

It gives the athlete the opportunity to run at their top speed without any restraints from lactic acid.

Run 20m at '800m' pace, then explode over 40m and repeat 5-6 times with a reasonable recovery – it involves good form, use of 'fast twitch fibres' and it's a wake-up call. Also, try 30/30/30m – 30m at 1500m pace, 30m at 800m pace and then flat out.

Speed endurance: This is the ability to run at speed for a prolonged period, despite the build-up of lactic acid. This type of training helps the athlete to buffer lactate and perform better. Sessions such as: 10x300m with 45-60sec recovery at race pace or slightly faster; 6x500m with 80sec recovery

at race pace or slightly faster; 8x600m with 90sec recovery at race pace or slightly faster.

Strength endurance: This is the ability to produce strength over a long period of time with a minimal decrease in efficiency. It involves working against resistance to develop strength and endurance. Although more commonly used in weight-related training, it is nevertheless a staple type of work for distance runners.

The shorter middle-distance events use this work mainly in winter with sessions like 16x400m with 60sec rest at around race pace or slightly slower, depending on event.

Specific repetitions

Starting with 200m reps on a track, an 800m runner may perform these as: 3x4x200m with 30sec and 5-6min sets at 'date race pace'.

Make sure your repetitions suit your needs

SHUTTERSTOCK

REPETITIVE STRAIN?

Make sure your reps are varied by addressing the following:

- Slower than race pace
- Race pace
- Faster than race pace
- Short recoveries
- Medium recoveries
- Long recoveries
- Voluminous reps
- Reps broken up by sets
- Reps with 'float' recoveries
- Reps with decreasing recoveries
- Reps with differential paces
- Reps that involve fast starts, cruise, fast finish
- Reps that involve many changes in pace
- Reps with different distances (pyramid or similar)

leg stresses along with posture may be the main determinants.

Not all sessions will be run at a constant pace or with short recoveries or voluminous reps and any session can be basically broken down into aerobic or anaerobic and within those 'zones' of:

- Speed
- Speed endurance
- Strength endurance

400m repetitions:

Some examples of these are –

- 2x4x400m >1500m pace with 2min rec 5-8min sets
- 4x400m at near 100% with 5-8min rec
- 2x4x400m with 200m at 1500m pace, final 200m at 800m pace with 2-3min rec and 5-8min sets
- 3x3x400m, 100m at 800m pace, 200m at 1500m pace, 100m at 800m pace with 2-3min rec, 5-8min sets
- 8-10x400m at 1500m pace with 60-80sec rec

800m repetitions:

An 800m specialist will rarely do reps over this distance, although they may be incorporated into some winter conditioning. However, a 1500m runner may tackle some of the following:

- 4x800m at race pace with 2min 30sec rec;
- 2x800m at >1500m pace with 6-8min rec;
- 6x800m (400m at 5000m pace, 400m >1500m pace) 3min rec.

A 5000m specialist could incorporate:

6-8x800m at 3000m pace with 2min rec;
6-8x800m (300m at 1500m pace, 300m at 5000m pace, 200m at 1500m pace) with 3min rec.

A marathon runner may attempt:

12-16x800m at marathon pace with a 200m float in 50sec rec;
12-16x800m at half-marathon pace with 200m float in 75sec.

1600m repetitions:

A 1500m runner may do these reps in the winter months on road/grass such as 4-6xmile at 5km pace with 3-4min rec. A 5000m staple session could be a confidence boosting 3x1600m at race pace with 5min rec.

The marathon runner will relish 6-10x mile at half-marathon pace with 4-5min rec (typically roads).

Mixed distance repetitions

Although most rep sessions stick to the same distance, there are instances where you can mix it up to achieve an end result: 5x400m with 80sec rec, 5x300m with 60sec rec; 5x200m with 30sec rec – all at 1500m pace.

5x400m with 50sec rec at 3km pace,
5x300m with 70sec rec at 1500m,
5x200m with 30sec rec at >1500m pace.
1x800m at 3km pace with 2min rec,
2x200m at >1500m pace with 30sec rec,
1x600m at 3km pace with 90sec pace,
2x200m at >1500m pace with 30sec rec,
2x400m at 3km pace with 60sec rec,
2x200m at >1500m pace with 30sec rec,
1x300m at 100%.

As well as mixed distance reps, there are also mixed terrain sessions where you may start on the track, move to the grass and then back to the track.

The golden rule? Enjoy your reps and make them specific to your needs.

** All these session examples are for well-trained, mature runners and youngsters and veterans should be on a much reduced programme.*

■ **David Lowes is a UKA Level 4 coach, BMC Academy chair and ex-GB runner on the track, cross country and road**

A marathon runner may rarely attempt 200m reps, however for some variety in their mundane voluminous workload, 40-60x200m at half-marathon pace with a 100m 'float' at marathon pace may be a change from the monotony of tarmac as a standalone session.

The 800m runner has much more in the locker, though. In the winter, 2x8x200m with 45sec rec at 1500m pace may be a good way of keeping some pace while still utilising the aerobic system purposefully without any alarming rises in lactate.

Putting the above session into the context of other surfaces and a slight incline/decline could be used on the roads as well as grass.

On compact sand the grass session can be replicated while softer sand can give a much different aspect to the session where speed is not the main criteria and

A NUTRITIOUS diet is essential for performance. Eating the right foods means you prepare and recover from intense training with relative ease, packing in essential nutrients in the process. What is surprising, though, is that the focus for athletes need not solely be on wholesome, nutrient-packed fare.

Despite being labelled unhealthy for the general population, sugar and refined carbs are often uppermost in the minds of sports scientists who plan elite performers' diets. While this isn't a green light to eat every meal in Burger King or Nandos, there are occasions when you can indulge an appetite for refined or sugar foods.

Gummy Bears

When training for more than 90 minutes, you need 200g to 300g of easily digested carbohydrates each hour to keep blood sugar and energy levels stable.

Sugar-loaded sport drinks and gels can do this, but some athletes prefer "real food," says Christine Cashin, a lecturer in sports nutrition at the University of Wales who works with many top athletes at her Cardiff Nutrition Consultancy (cardiffnutritionconsultancy.co.uk).

"Jelly beans or other sweets can be a good thing," Cashin says. "Use them in moderation as an energy boost."



White rice, pasta and bread

Refined carbs remain an athlete's top food for fast and effective energy supplies immediately before they train or compete. Because of their high glycaemic index of the refined products, they are rapidly absorbed by the body which means they are quickly available as an energy source.

"We recommend a lot of athletes consume white pasta and rice before a race — these are quickly absorbed," Cashin says. "The key is to eat them at times when the body uses them to best effect for fuel and to eat wholegrain versions at other times."

THE FOOD RULES YOU CAN BREAK

NOT EVERY 'UNHEALTHY' FOOD IS BAD NEWS FOR ATHLETES. HERE, WE ASK EXPERTS TO REVEAL SOME THAT MIGHT ACTUALLY ENHANCE YOUR DIET





Jam and honey

Jam and honey are a perfect pre-training or recovery fuel, Cashin says.

Studies suggest that honey — made up of natural sugars (8%), water (18%), and minerals, vitamins, pollen and protein (2%) — might be even better. One paper published in the journal *Experimental Biology* showed honey to perform as well as glucose-containing sports gels.

In the three-week trial, researchers at the University of Memphis found that both honey and glucose improved cycling speed and produced 6% greater cycling power.



Pizza

Pizza gets the green light for athletes and Jonathan Brownlee, no less, is a fan. "On the night before a triathlon I normally eat something simple like a pizza," Brownlee says. "You know where you stand with pizza. It's not going to upset you or give you food poisoning and it contains carbohydrates and a bit of salt, which is perfect before a triathlon."

Gill Horgan, a dietitian in the school of sport and health science at St Mary's University, Twickenham, says choose toppings carefully. "Athletes should opt for a thin base topped with tomato sauce, some lean fat such as turkey, and vegetables," Horgan says.

"A pizza can be a balanced choice if you avoid processed meats such as pepperoni and ham, and don't overload it with cheese."



Popcorn

We are not talking the butterscotch or toffee-trenched varieties here, of course, but plain or lightly salted popcorn which has value as a high carb snack.

Air-popped and eaten plain, popcorn is a healthy whole grain food that is low in calories (about 30 per large handful) and relatively high in fibre (about 1g per serving).

It contains small amounts of vitamins and minerals, such as B6, magnesium and iron, although one study by the American Chemical Society a couple of years ago reported that it contains more of the healthful antioxidant substances called "polyphenols" than many fruits and vegetables.

Lead researcher, Dr Joe Vinson of the University of Scranton in Pennsylvania, also found the hulls of the popcorn — the hard bits that get stuck in your teeth — have the highest concentration of polyphenols and fibre. "Those hulls deserve more respect," said Vinson. "They are nutritional gold nuggets."

Chocolate

Paula Radcliffe was a fan of it during her competitive days and it seems there's not much wrong with adding a few squares of dark chocolate to your daily diet.

In addition to satisfying a sweet tooth, it may even enhance performance in the same way as beetroot shots, suggest researchers. Many of the health benefits of dark chocolate are linked to the presence of a plant nutrient called epicatechin found in cocoa beans. Levels of epicatechin tend to be much lower in milk chocolate, which contains little cocoa, and white chocolate contains none.

Epicatechin is known to trigger cells that line blood vessels to release extra nitric oxide, the very substance in beetroot that has been shown to enhance endurance, sprint and recovery times.

For a study published in *The Journal of the International Society of Sports Nutrition* in 2016, a team of scientists at Kingston University found that 40g a day (about one and a half squares) of dark chocolate did indeed enhance performance in a group of recreational cyclists after two weeks.

Compared with those who had consumed white chocolate, the dark chocolate riders were shown to use less oxygen when cycling at moderate pace and to cover more distance during a two-minute, all-out time trial, suggesting that their anaerobic ability had been enhanced.

"We found that people could effectively exercise for longer after eating dark chocolate — something that's not been established before in this way," said Rishikesh Kankesh Patel who led the study.





- Steve Smythe,
results editor

TOO GOOD TO BE TRUE?

SADLY, when a great performance takes place nowadays, it is greeted with scepticism as much as admiration. A little-known but clearly improving Kenyan smashes records at four distances but many thought it couldn't be done clean or there was a problem with the course. It didn't help being on April 1 or during a week that a major UK race made headline news for being short and having to apologise to its runners!

RECORD JOY FOR JOYCILINE CZECH REPUBLIC

Prague Half-Marathon, Prague, April 1

IT WAS a performance so good that given the day, many thought it was an April Fool's joke when the record-breaking surfaced.

The fact that Joyciline Jepkosgei became the first woman to break the 65-minute barrier is sensational in itself. But what made it truly amazing was the Kenyan smashed the 10km, 15km and 20km records en-route and had started the year with modest PBs of 31:08 for 10km, 31:28.28 for 10,000m and 69:07 for the half-marathon and was ranked 41st in the world in the latter in 2016.

Her 64:52 in Prague improved Peres Jepchirichi's mark by 14 seconds and the sheer brutality of her opening and lack of pace judgement suggests she should go faster with a steadier start!

The times suggest it was a downhill and wind-assisted start though the usual Prague course was used and there were no signs of anything wrong with the men's race. She blazed the opening 5km in 14:53 and was closely tracked by reigning champion Viola Jepchumba.

Through 10km in an astonishing 30:04, Jepkosgei obliterated Paula Radcliffe's 10km record of 30:21, and she still had over seven miles to run. She also had Jepchumba right behind her and the latter's 30:05 also smashed the world record.

The next record came at 15km and Jepkosgei took 37 seconds off the previous record with a time of 45:37 and the lead was now three seconds.

She was slowing – her second and third 5km occupying 15:11 and then 15:33 but she was still operating at five-minute miling and passed 10 miles inside 49 minutes!

While the text books say it is best to start sensibly and save yourself for the second half in distance races, Jepkosgei had time in hand and a fourth 5km of 15:48 meant a third world record at 20km of 61:25 and a late acceleration of 3:17 for the last 2097 metres to the finish meant the 65-minute barrier was breached for the first time.

She said: "I ran the race and I just wanted to follow my own body. Even now I'm still not sure if I have really done it."

Jepchumba also survived the rather aggressive opening and finished second with 65:22. Debutante Fancy Chemutai made it a Kenyan clean sweep in 66:58.

Jordan Hasay showed her potential for her Boston Marathon debut with a sixth-place 67:55 to go third in the US all-time list.

Ethiopia's Tamirat Tola won the men's race in a PB 59:37 over a minute ahead of Kenyan Josphat Tanui after covering the second 10km in 28:05.

Men: HM: 1 T Tola (ETH) 59:37; 2 J Tanui (KEN) 60:38; 3 G Yegon (KEN) 60:41; 11 G Rupp (USA) 61:59; 66 NORMAN SHREEVE 74:26. **Women: HM:** 1 J Jepkosgei (KEN) 64:52; 2 P Jepchumba (KEN) 65:22; 3 F Chemutai (KEN) 66:58; 4 V Aiyabei 67:50; 5 G Chesir (KEN) 67:51; 6 J Hasay (USA) 67:55; 7 V Jelegat (KEN) 69:04; 8 S Barsosio (KEN) 69:58



Joyciline Jepkosgei: four world records in Prague

OVERSEAS

AUSTRALIA

Australian Athletics Championships, Sydney, March 30 - April 1

SALLY PEARSON won the 100m hurdles final in a marginally wind-assisted 12.53 after gaining the qualifying standard for the World Championships with a 12.75 clocking in the heats.

Former world champion Dani Stevens won the discus with a 65.07m throw and had two other throws over 64 metres while Hamish Peacock threw 84.34m to win the javelin.

Dane Bird-Smith set a 38:34.23 PB and world lead in the 10 000m walk. **Men: 100 (0.1):** 1 J Millar (NZL) 10.25; 2 T Williams 10.29. **200 (-3.1):** 1 Millar 21.09; 2 A Hartmann 21.19. **400:** 1 S Solomon 46.66. **800:** 1 L Mathews 1:46.71; 2 J Ralph 1:46.76. **1500:** 1 R Gregson 3:52.86. **3000sc:** 1 H Salah Abbas (QAT) 8:51.79. **110H (3.5):** 1 N Hough 13.53. **400H:** 1 D Dewhurst 49.77. **HJ:** 1 Lee Hup Wei (MAS) 2.24. **PV:** 1 K Marschal 5.45. **LJ:** 1 C Mitrevski 7.90/2.6. **TJ:** 1 R Yamamoto (JPN) 16.61. **SP:** 1 D Birkinhead 19.80. **DT:** 1 J Wruck 61.56; 2 M Denny 61.28. **HT:** 1 M Denny 73.37. **JT:** 1 H Peacock 84.36. **Dec:** 1 C Dubler 7779; 2 JOHN LANE 7362 (10.81/1.2, 6.74/0.1, 12.86, 1.89, 48.62, 15.14/0.0, 41.87, 4.70, 42.71, 4.48/7.3); **10,000W:** 1 D Bird-Smith 38:34.23. **U20: HJ:** 1 J Baldwin 2.22. **Women: 100 (0.4):** 1 T Wisil (PNG) 11.42. **200 (-2.4):** 1 Wisil 23.76 (23.65/-0.8 ht). **400:** 1 M Mitchell 52.08. **ht2:** 7 EMILY FIRST 56.91. **800:** 1 L Storey 2:05.56 (2:05.11 ht). **1500:** 1 H See 4:23.99; 4 MADELINE MURRAY 4:27.66. **ht1:** 3 MURRAY 4:26.20. **3000sc:** 1 V Mitchell 9:44.09. **100H (2.3):** 1 S Pearson 12.53; 2 B Beahan 12.96; 3 M Jenneke 13.12. **ht 1 (1.6):** 1 Pearson 12.74. **ht 2 (1.6):** 3 KARLA DREW 13.63. **400H:** 1 L Wells 56.60. **HJ:** eq 1 N McDermott/Z Timmers 1.81. **PV:** 1 E McCartney (NZL) 4.50; 2 L Parnov 4.30; 3 O McTaggart (NZL) U18 4.30. **LJ:** 1 N Anang 6.50/1.5. **TJ:** 1 M O'Riley 13.30/0.6. **SP:** 1 A Djibril (TOG) 14.56. **DT:** 1 D Stevens 65.07 (62.71q). **HT:** 1 L Nielsen 66.31. **JT:** 1 K Roberts (AUS) 61.40; 2 T Peeters (NZL) 56.74 (rec). **Hept:** 1 A Burnett 5817. **10,000W:** 1 K Hayward (U20) 45:51.09. **U17: 200:** 1 R Day 23.26

CHILE
Santiago, April 2
Men: Mar: 1 L Rotich (KEN) 2:09:35; 2 J Keter (KEN) 2:09:51; 3 R Sigei (KEN) 2:12:10. **Women: Mar:** 1 I Melchor (PER) 2:34:12

GERMANY

Berliner Half-Marathon, Berlin, April 2

Men: HM: 1 G Masai (KEN) 59:57; 2 V Kipchumba (KEN) 60:32; 3 R Limaa (KEN) 61:43; 6 H Tesfaye 62:58; 60 WILLIAM NEW 72:03; 76 GREG COLE U25:53; 70 PATRICK LEESE 73:01; 112 PAUL ROOME (M40) 75:02; 190 PHIL COOK (M45) 78:40; 363 DAVID VAUDIN (M55) 82:21. **Women: HM:** 1 J Melly (KEN) 68:45; 2 E Chelimo (KEN) 68:57; 3 E Cherono (NED) 70:43; 8 S Mockenhaupt 72:11; 62 MARIE BAXTER (W40) 88:13; 111 M Zubizarreta (Les C/PAR, W45) 91:32; 189 TRACY ALLAN (W55) 98:26. **Korschenbroich, April 2**
Men: 10km: 2 GRAHAM RUSH 29:31; 28 NICK SWINBURN 32:51. **Women: 5K:**

4 KATE MALTBY 16:08.

Lorrach, March 19

Women: 10km: 4 HELEN SMETHURST (M50) 44:46

IRELAND

Athlone, April 2

Women: HT: 1 JADE WILLIAMS (U17) 51.96

Glohealth Juvenile Indoor Championships, Athlone, April 1

U19 men: 60H: 2 JOSH ARMSTRONG 8.36. **TJ:** 3 ARMSTRONG 13.87. **U17: 800:** 1 CORMAC O'ROURKE 1:59.05. **U14: 60H: HT:** 4 ZANE MCQUILLAN 9.87. **U13: 600:** 3 OISIN COLHOUN 1:40.39; 5 FINN O'NEILL 1:42.38. **HT:** 2 COLHOUN 1:40.79; 3 O'NEILL 1:40.90. **HT:** 2 CAOLAN O'HARE 1:41.92. **U18 women: 200:** 1 LAUREN ROY 24.70. **HT:** 1 ROY 24.86. **U16: 800:** 3 LIBBY MALONEY 2:20.64. **60H:** 4 HOLLY MULHOLLAND 9.21. **HT:** 2 MULHOLLAND 9.25. **U13: 600: HT:** 1 LAUREN MADINE 1:46.66

ITALY

Milan, April 2

EDWIN KOECH won in an Italian All-comers record of 2:07:13. **Men: Mar:** 1 E Koech (KEN) 2:07:13; 2 K Mungara (KEN) 2:09:37; 3 A Godana (ETH) 2:10:05; 6 Y Rachik 2:13:22; 66 ADAM BENNETT 2:46:49; 342 JAMES COTTLE (M60) 3:05:00. **Women: Mar:** 1 S Chepkoech (KEN) 2:29:52; 2 A Incerti 2:29:58; 3 C Tafa (ETH) 2:31:38

Rome, April 2

ETHIOPIA'S Shura Kitata won in a PB 2:07:30.

Rahma Tusa won the women's race in a PB of 2:27:23 (74:23/73:00) and led an Ethiopian clean sweep ahead of Mestawet Tadesse (2:31:41) and Abeba Gebremeskel (2:32:08).

Men: Mar: 1 S Kitata (ETH) 2:07:30; 2 D Ruto (KEN) 2:09:10; 3 B Kipngetchik (KEN) 2:09:16; 61 STEPHEN POPE (M50) 2:44:29; 67 GAVIN PRITCHARD 2:45:06; 88 MATTHEW MORONEY 2:47:09; 101 DAVID TURTLE (M40) 2:48:22. **Women: Mar:** 1 R Tusa (ETH) 2:27:23; 2 M Tadesse (ETH) 2:31:41; 3 A Gebremeskel (ETH) 2:32:08; 24 M Gibson (W4/AUS) 3:08:36; 30 JAYNE NISBET 3:14:45; 75 PENNY SADLER (W50) 3:26:15; 186 JULIE ROSSOUW (W50) 3:36:59

Cassino, March 26

U20 women: 20km: 7 MOLLY DAVEY 1:51:39

KOREA

Men: Mar: 1 M Kisorio (KEN) 2:07:32; 2 P Some (KEN) 2:09:22; 3 M Reda (MAR) 2:09:50; 6 Y Kawauchi (JPN) 2:13:04. **Women: Mar:** 1 P Rotich (KEN) 2:27:48; 2 W Jekporir (KEN) 2:27:52; 3 L Kiptoo (KEN) 2:28:39

PORTUGAL

Rio Maior, April 1

TOM BOSWORTH finished second behind Colombian Eider Arevalo in a time of 80:58 to be just 45 seconds down on his British record set in the Rio Olympics. It was his third best ever time.

Men 20KW: 1 E Arevalo (COL) 80:40; 2 TOM BOSWORTH 80:58; 3 H Sbei (TUN) 81:12. **Women: 20kW:** 1 K Garcia from (PER) 1:31:00; 2 S Arenas (COL) 1:31:13; 3 A Cabecinha 1:31:54; 4 I Henriques 1:32:15

Lisbon Half-Marathon, March 19

34 MARTIN COX (M45) 71:04

SLOVAKIA

Bratislava, April 2

Men: Mar: 20 VLADIMIR MATEJIK (M55) 2:52:33

SOUTH AFRICA

Sasolburg, March 28

OLYMPIC 800m champion Caster Semenya showed unprecedented speed when she won the 300m in 37.22 ahead of former world 400m champion Amantle Montsho's 37.44.

Qatar's Abderrahmane Samba won the 400m hurdles in 48.31 in just his third race at the distance.

Botswana gained a top four in 400m led by under-20 Karabo Sibanda's 45.07 ahead of Baboloki Thebe's 45.18

Men: 100 (-0.2): 1 A Abkar Mohammed (KSA) 10.28. **400:** 1 K Sibanda (BOT, U20) 45.07; 2 B Thebe (BOT) 45.18; 3 I Makwala (BOT) 45.85; 4 O Nkobolo (BOT) 45.86. **400H:** 1 A Samba (QAT) 48.31; 2 M Adam Shoaib (SUD, U20) 49.93 (rec); 4 LJ Van Zyl 50.48. **Women: 300:** 1 C Semenya 37.22; 2 A Montsho (BOT) 37.44; 3 W Nel 37.59. **HT:** 1 L Van Vuuren 63.82 (rec)

Pretoria, March 31

Men: 100: 1 G Leotlela (U20) 10.12 (eq U20 rec). **200:** 1 C Mnyali (U20) 20.25

SPAIN

Arona, April 2

Women: HM: 2 ZANTHE WRAY 85:39

Langreo, April 2

Men: 10km: 40 ROGER FARRINGTON (M50) 36:30

Madrid, April 2

Men HM: 24 DAVID COWLISHAW (M45) 74:39

UAE

Abu Dhabi, March 16

Mixed: 1500: 2 MEGAN DINGLE (U15) 4:51.65. **U13 girls: 80:** 1 NEVE WOODWARD 11.25. **150:** 1 WOODWARD 21.22

UNITED STATES

Albuquerque, April 1

Women: 3000: 2 CALLI THACKERY 9:39.33

Atlanta, March 25

Women: 800: 5 EMILY KEARNEY 2:17.98. **1500:** 1 KEARNEY 4:34.84. **Texas Relays, Austin, April 1**
THERE was a world-leading 88.01m in the javelin by Greek Ioannis Kiriakis. Lindon Victor from Grenada set a world lead and national record and collegiate record 8472 points in the decathlon.

Men: 100 (2.1): 1 K Williams 9.99; 2 J Thymes 10.09. **ht 2 (1.4):** 1 Williams 10.06; 2 Thymes 10.14. **Inv 100 (2.7):** 1 L Collins 10.00; 2 E Matadi (LBR) 10.09. **200 (3.3):** 1 W Spearmon 20.54. **800:** 1 M Saruni (KEN) 1:45.82; 2 D Brazier 1:46.11; **110H (1.2):** 1 S Brathwaite 13.58. **(-0.2):** 1 D Kendziera 13.60. **400H:** 1 A Bouilliv 49.58 (49.90 ht); 2 B Robinson 49.93; 3 R Grant 49.94. **HJ:** 1 T Culver 2.24. **PV:** 1 A Duplantis (SWE, U20) 5.90 (World U20 rec); 2 S Barber (CAN) 5.50. **Open:** 1 T Laidig (GER) 5.70. **B:** 1 I Asim Al-Hizam (KSA, U20) 5.41 (rec). **LJ:** 1 C Brown 8.14/1.6. **TJ:** 1 M O'Neal 17.28/3.1 (17.04/1.4). **DT:** 1 P Jagers 61.79. **HT:** 13 FELLAN MCGUIGAN 61.99. **JT:** 1 I Kiriakis (GRE) 88.01. **Dec:** 1 L Victor (GRN) 8472 (rec) (10.63/1.3, 7.37/1.8, 16.52, 2.09, 48.24, 14.94/0.8, 53.00, 4.30, 66.69, 4:48.89). **4x100:** 1 Track Wired Elite 38.17; 2 USA Blue 38.87; 3 USA Red 38.90; 4 Axis Athletics 38.98. **4x200:** 1 LSU 1:20.82; 2 Track Wired Elite 1:20.87. **4x400:** 1 Texas AM 3:01.74. **Women: 100 (1.0):** 1 M Akinosun 11.10. **(1.0):** 1 K Johnson 11.19 (11.13/1.9 ht). **200 (3.5):** 1 N Hastings 22.78. **800:** r2: 6 CAELIDH ROSS 2:15.26. **1500:** 9 SARA MOORE 4:39.90. **5000:** 15 HOLLIE



PARKER 17:17.74. **100H (-0.3):** 1 T Amusan (NGR) 12.72 (12.75/3.6 ht); 2 R Burton (JAM) 12.80 (12.98/2.6 ht); 3 M Brisco 12.85 (12.93/3.6 ht). **r1 (2.9):** 7 HOLLY PATTIE-BELLELI 13.77. **400H:** 1 A Spencer 56.66. **Open:** 1 K Payne 56.12; 2 S Black 56.18. **HJ: A:** 4 NIKKI MANSON 1.75. **PV:** 1 J Suhr 4.73; 2 M Clark 4.60. **HT:** 14 REBECCA KEATING 54.67. **Hept:** 1 E Bougard 6246; 2 T Brooks 6075. **4x100:** 1 Texas AM 42.82; 2 LSU 42.86. **4x200:** 1 Texas AM 1:29.89

Carlsbad 5000, Carlsbad, April 2 DEJAN GEBREMESKEL won the race for the fifth time in a time of 13:27 well clear of Olympic 5000m medallist Shannon Rowbury with 15:35 to 15:36.

Men: 5km: 1 D Gebremeskel (ETH) 13:27; 2 P Chelimo 13:37; 3 S McEntee (AUS) 13:51; 4 ANDY VERNON 13:53; 11 ADAM CLARKE 14:25; 13 TOM LANCASHIRE 14:31. **Women: 5km:** 1 V Lagat (KEN) 15:35; 2 S Rowbury 15:36; 3 A Praught (JAM) 15:36; 4 D Scott (RSA) 15:40; 5 B Martinez 15:44

Charleston, April 2

Men: 10km: 1 S Kipchirchir (KEN) 28:12; 2 E Rotich (KEN) 28:14

Chicago, April 1

Men: 5000: **r2:** 2 HARRY EARL 14:33.79

Council Bluffs, March 31

Men: DT: B: 1 NICHOLAS PERCY 57.80

Durham, April 1

Men: HT: 1 JOSEPH ELLIS 66.34.

Women: 3000: 5 SOPHIA PARVIZI-WAYNE 10:02.47

East Lansing, March 31

Women: TJ: 1 ALLISON WILDER 12.50/0.0

Emporia, April 1

Men: 5000: **r2:** 13 MAX MCNEILL 15:00.60

Florida Relays, Gainesville, March 30-April 1

ZAK SEDDON won the steeplechase by a massive 12 seconds as his 8:30.17 PB gave him a World Championships qualifier.

There were further British wins for Marilyn Okoro and Rhianwedd Price over 800m and 1500m respectively.

In the high school 100m, Anthony Schwartz clocked a world under-17 record of 10.15.

Murielle Ahoure ran a windy sub-11 at 100m while Alaysha Johnson won the 100m hurdles as Puerto-Rico's Jasmine Camacho-Quinn matched her time with a 12.69 national record.

Veronica Campbell-Brown won the women's 200m in a world-leading 22.60.

Last year's world under-20 medallist Kyron McMaster won the 400m hurdles in a British Virgin Islands record of 48.71. Canada set a world-leading 38.15 in the men's 4x100m after being anchored by Andre de Grasse.

Runners-up Tumbleweed Track Club ran 38.63 with Olympic triple jump winner Christian Taylor on their anchor.

There were also world leads for Empire Athletics' 4x400m team with 3:00.92 and Oregon women's 4x100m team. Their 42.34 was a new collegiate record.

Second place went to Tumbleweed, who ran 42.57 with Olympic long jump winner Tianna Bartoletta, Dafne Schippers and British duo Anyika Onuora and Desiree Henry.

That latter quartet then won the 4x200m in 1:28.77 – a 22.19 average. British Indoor Heptathlon record-

holder Tim Duckworth did three events.

Men: 100 (5.1): 1 A Edward (PAN) 10.00. **B (5.6):** 1 W Fraser (BAH) 10.12. **200 (2.2):** 1 B Caines 20.31; 2 D Marshall 20.55; 3 R Rowe 20.61.

OD (1.8): 1 A Brown (CAN) 20.53; 2 G Smellie (CAN) 20.58; 3 T Paulina (NED) 20.75. **400:** 1 S Gayle (JAM) 45.40. **B:** 1 K Clement 46.01. **r3:** 3 EDMOND AMANING 46.77. **r4:** 1 THOMAS SOMERS 47.07. **800:** 1 I Harris 1:45.64; 2 J White 1:46.07. **r4:** 10 CHARLES COOPER 1:51.77. **5000:** **r1:** 22 MATTHEW EDWARDS 14:53.53. **110H: r8 (4.6):** 1 TIM DUCKWORTH 14.34. **3000SC: r1:** 1 ZAK SEDDON 8:30.17.

110H (3.7): 1 C Zallow 13.37. **B (2.0):** 1 N Anderson 13.59. C (1.9): 1 E Lovett (ISV) 13.66; 6 J Porter 13.91. **400H:** 1 K McMaster (WB) 48.71; 2 J Santos (DOM) 49.09; 3 B Jackson 49.25; 4 R Cato (JAM) 49.35. **B:** 1 E Futch 49.57; 2 T Holmes 49.80. **PV:** 5 DUCKWORTH 5.07. **LJ: inv:** 3 DUCKWORTH 7.64/1.3.

SP: 1 A Droogsmma 19.70. **DT: inv:** 1 B Williams 60.45; 4 GREGORY THOMPSON 57.14. **HT:** 1 D Del Real (MEX) 75.03; 4 DEMPSEY MCGUIGAN 69.45. **4x100:** 1 Canada 38.15; 2 Tumbleweed TC 38.63; 3 Star Athletics 38.75. B: 1 Florida 38.73; 2 W Kent 38.91. **4x200:** 1 CAN 1:19.91; 2 Star 1:20.80; 3 Tumbleweed 1:21.07. **4x400:** 1 Florida 3:03.08. **OD:** 1 Empire Athletics 3:00.92. **HS 100 (2.0):** 1 A Schwartz 10.15. **Women:** 100 (2.6): 1 M Ahoure (CIV) 10.96; 2 S Solomon 11.19. **B (1.3):** 1 G Thomas 11.24. **C (0.8):** 1 N Sedney (NED) 11.25.

200 (1.6): 1 V Campbell-Brown (JAM) 22.60; 2 C Emmanuël (CAN) 22.86; 3 D Carter 22.92. **Col: (0.4):** 1 G Thomas 22.60; 2 S Sanders 22.95. **400: r1:** 1 C Francis 52.00; 4 DESIREE HENRY 53.33.

800: r1: 1 MARILYN OKORO 2:02.50; 2 C McGee 2:02.55; 5 HANNAH SEGRAVE 2:04.49; 6 ROSIE CHAMBERLAIN 2:04.76. **800: r3:** 1 SARAH NICOL (J20) 2:18.23. **1500: r1:** 1 RHIANWEDD PRICE 4:13.84; 7 FFION PRICE 4:20.61. **100H (2.0):** 1 A Johnson 12.69; 2 J Camacho-Quinn (PUR) 12.69; 3 S Wallace 12.94. **B 5.5):** 1 K Carter 12.79; 2 S Bakker (NED) 12.81; 3 L Nugent (JAM) 12.83. **r6 (2.5):** 3 JAHISHA THOMAS 13.46; 8 ZOE HUGHES (J20) 14.11. **400H:** 1 L Nugent (JAM) 55.52. **B:** 1 T Brockington 56.35. **LJ:** 4 SIMI FAJEMISIN 5.90/0.5. **LJ: HS:** 7 ALIX STILL (J20) 5.45. **TJ:** 6 FAJEMISIN 12.78/0.1. 8 THOMAS 12.58/-0.6. **SP: inv:** 11 DIVINE OLADIPO (J20) 15.66. **DT: Col:** 16 OLADIPO (J20) 44.16. **HT: inv:** 13 EMMA O'HARA 54.66. **4x100:** 1 Oregon 42.34; 2 Florida 42.97. **B:** 1 Tumbleweed TC 42.57 (inc ANYIKA ONUORA, DESIREE HENRY); **4x200:** 1 Tumbleweed (HENRY, ONUORA) 1:28.77; 2 Oregon 1:28.78; 3 Pure Athletics 1:29.71. **4x400: Univ:** 1 Oregon 3:26.07; 2 Florida 3:27.33; 3 Miami

3:27.87. **OD:** 1 Gainesville 3:28.14; 3 Tumbleweed (ONUORA) 3:31.35. **4x800:** 1 Penn 8:38.17; 2 UCF (inc JENKINSON, CHAMBERLAIN) 8:38.17. **Dis M:** 1 Miss (inc PRICE) 11:22.23

Greeley, April 2

Women: HJ: 2 ISOBEL BROWN 1.65

High Point, March 31

Men: 1500: r2: 1 MATTHEW HARDING (J20) 3:59.17

Jacksonville, April 1

Women: SP: 2 SOPHIE MERRITT (J20) 13.99. **DT:** 1 MERRITT (J20) 42.72

Lockhart, March 26

Men: PenWt: 1 GUY DIRKIN (M60) 3911 (50.44, 11.38, 45.02, 29.48, 17.63)

Los Angeles, March 31 - April 1

Men: 5000: B: 17 HARRY LOASBY 15:24.34. **Women: 100H: r1 (0.0):** 3 HOPE SARTI (J20) 14.37

Oxford, April 1

Women: DT: 12 AMELIA STRICKLER 38.26. **HT:** 15 STRICKLER 49.38

Pueblo, April 2

Men: 800: r2: 2 PADDY ROBB 1:54.27. **1500: r1:** 2 RICHARD POWELL 3:52.57. **Women: 800: r1:** 1 ROISIN FLANAGAN 2:10.18. **3000SC:** 3 ELISH FLANAGAN 11:38.58

Raleigh, March 24

(addn): Men 1500: r8: 9 WILLIAM PAULSON 3:46.52. **5000: r4:** 2 EUAN MAKEPEACE 14:05.25

Rock Island, April 1

Men: 100: r4 (0.0): 1 MICHAEL OHIOZE 10.95

San Diego, April 2

Men: 10M: 3 ANDREW LEMONCELLO 49:57; 20 BRAD POORE 54:55

San Francisco, March 31 - April 1

Men: 800: r1: 1 OLIVER ATCHISON 1:48.99. **r5:** 1 LUCA RUSSO 1:52.84. **5000: r1:** 23 RHYS PARK 14:36.06. **r2:** 11 BEN ALCOCK 14:27.15. **r3:** 15 JAMIE CALDWELL-TAYLOR 14:34.51; 19 NYLE CLINTON 14:55.56. **r5:** 9 KRIS EVERETT 14:58.39. **10,000: r1:** 3 OLLIE LOCKLEY 29:24.18; 5 OWEN HIND 29:27.04; 7 NATHAN JONES 29:33.82. **Women:** 5000: r1: 6 KATE ROBINSON 16:37.48; 16 CHARLOTTE TARA MURPHY (J20) 17:00.87; 21 REBECCA EVANS 17:15.09; 25 SARAH LIVETT 17:18.79. **r2:** 12 JUSTINE ANTHONY 17:10.69; 15 KRISTIN OAKLEY (J20) 17:15.45. **10,000: r1:** 6 KATE ROBINSON 35:37.28

San Luis Obispo, March 25

Women: PV: 1 SIAN MORGAN 3.50

Stanford Invitational, Palo Alto, March 31 - April 1

ELISH MCCOLGAN finished third in the women's 10,000m in a London World Champs qualifier and PB 32:10.59.

The race was won by Anna Rohrer with a world-leading 31:58.99.

Just behind McColgan, Charlotte Taylor also qualified for London. With a 16:05.88 5000m PB, she averaged 16:05.90 for two consecutive 5000's to

take a minute off her 10,000m PB. Six athletes now have the qualifying mark.

Just to confuse matters, her near namesake Charlotte Taylor-Green ran the steeplechase in an UK lead and PB 10:11.12.

Nick Miller won the hammer with a 75.58m throw with Taylor Campbell setting a 72.89m PB in second. Matti Mortimore improved his PB in winning the javelin first to 77.25m and then 77.47m.

Amy-Eloise Neale won the 5000m by a few metres in 15:39.30.

Men: 400: 1 Q Hall 45.32. **1500:** **r5:** 1 EUAN MAKEPEACE 3:51.49. **r6:** 1 LUCA RUSSO 3:46.47. **5000:** 13 ROBBIE FITZGIBBON 14:22.60.

r2: 18 MICHAEL WARD 14:34.27. **Inv:** 1 D Elliott 13:36.68; 5 ALEX GEORGE 13:40.66. **10,000: r2:** 27 RYAN FORSYTH 30:18.68. **Inv:** 1 A Simbassa 28:03.83; 2 A Chelanga (KEN) 28:04.95; 3 K Campbell (JAM) 28:06.40 (rec); 4 M Hehir 28:08.60; 13 MATT LEACH 28:45.48; 15 ALEX SHORT 28:46.83. **3000SC: r2:** 1 JAMAIN COLEMAN 8:48.56. **r3:** 4 RYAN DRISCOLL 8:56.99. **Inv:** 1 M Jordan 8:33.31; 2 EUAN THOMAS 8:33.68. **LJ: inv:** 1 JACOB FINCHAM-DUKES 7.65/0.8. **HT: inv:** 1 NICK MILLER 75.58; 2 TAYLOR CAMPBELL 72.89; 3 MICHAEL PAINTER 63.05. **JT: inv:** 1 MATTI MORTIMORE 77.47. **Women:** **800: r2:** 4 GEORGIA BELL 2:10.24; **r4:** 4 REBECCA CROFT 2:09.14; 5 ABBIE HETHERINGTON 2:09.86; **r5:** 7 KAYLEE DODD 2:07.36. **1500: r2:** 8 DODD 4:20.09; 10 HETHERINGTON 4:22.58; 12 BELL 4:25.58; **r3:** 10 CHELSEA JARVIS 4:44.60; **r4:** 3 HOLLY ARCHER 4:26.39. **5000: r2:** 15 JOSEPHINE MOULTRIE 16:16.94; **Inv:** 1 AMY-ELOISE NEALE 15:39.30; 2 K Schweizer 15:39.75. **10,000: r1:** 1 A Rohrer 31:58.99; 2 S Bruce 31:59.88; 3 ELISH MCCOLGAN 32:10.59; 4 CHARLOTTE TAYLOR 32:11.80; 5 K Taylor 32:16.78; 10 BETHAN KNIGHTS 33:31.25; **r2:** 14 CAROLINE LAMBERT 34:21.50. **3000SC:** 5 CHARLOTTE TAYLOR-GREEN 10:11.12. **HJ:** 1 L Patterson 1.90. **HT: inv:** 10 AMY HERRINGTON (J20) 53.28

Williamsburg, March 30-April 1

Men: 10,000: 1 ADAM CRAIG 29:39.72; 8 TOM BAINS 30:51.73. **Women: 800:** **r1:** 8 MILLIE HOWARD (J20) 2:09.49. **5000: r2:** 28 SHONA BLADES 18:32.42. **DT: A:** 7 RACHEL FORDER 40.77

INDOOR

MARCH 26

SCOTTISH JUNIOR LEAGUE FINAL, Emirates, Glasgow

U20 men: 1 C'nauld 26; 2 Giff N 27; 3 Dund H 32

200: 1 L Brown 22.28. **HJ:** 1 C Mackay (Centr) 1.95; 1 A Peck (VPCG) 12.67

U17: 1 Giff N 17; 2 Edin 24; 3 Centr 30

60: 1 A Clayton (Giff N) 7.11; 2 J Stevenson (VPCG) 7.40; 3 M Leslie (Edin) 7.50. **200:** 1 Clayton 22.44. **60H:** 1 M Chandler (Centr) 8.83; 2 C Alexander (Giff N) 8.99. **LJ:** 1 Chandler (Giff N) 8.59. **SP:** 1 J Connelly (Carl) 14.01; 2 R Jackson (Edin) 12.72

U15: 1 Giff N 18; 2 Centr 20; 3 W'm 23

800: 1 M Fotheringham (Giff N) 2:00.33; 2 L Dow (Pit) 2:06.18. **60H:** 1 Fotheringham 9.22. **HJ:** 1 K McAulay (W'moss) 1.72

U13: 1 Falk 17; 2 Aird 21; 3 Giff N 21

60: 1 B Gallagher (Aird) 8.32; 2 N Sharp (Falk) 8.39; 3 C McNally (VPCG) 8.47. **60H:** 1 D Martin (Giff N) 10.89. **HJ:** 1 McNally 1.50

UK all-time top 20

WOMEN'S 10,000M

1	Paula Radcliffe	30:01.09	2002
2	Jo Pavey	30:53.20	2012
3	Julia Bleasdale	30:55.63	2012
4	Liz McColgan	30:57.07	1991
5	Jill Hunter	31:07.88	1991
6	Kate Reed	31:35.77	2008
7	Jessica Martin	31:35.92	2016
8	Kathy Butler	31:36.90	2004
9	Kate Avery	31:41.44	2015
10	Hayley Yelling	31:45.14	2004
11	Mara Yamauchi	31:49.40	2006
12	Wendy Sly	31:53.36	1988
13	Angela Tooby	31:55.30	1987
14	Yvonne Murray	31:56.97	1994
15	Liz Yelling	31:58.39	2002
16	Beth Potter	32:03.45	2016
17	Charlotte Purdue	32:03.55	2012
18	Eilish McColgan	32:10.59	2017
19	Heleen Clitheroe	32:11.29	2011
20	Charlotte Taylor	32:11.80	2017

U20 women: 1 Kilb 28; 2 C'nauld 31; 3 W'moss 32

U20 women: 800: 1 L Somerville (C'nauld) 2:16.81. **60H:** 1 K Patullo (Dund H) 9.13. **HJ:** 1 E Fulton (Kilb) 1.70. **LJ:** 1 A Forbes (W'moss) 5.35. **TJ:** 1 H Shanley (Living) 11.40; 2 S Ross (Kilb) 11.22

U17: 1 Edin 18; 2 Giff N 27; 3 VPCG 27.5

60: 1 R Taylor (VPCG) 8.11; 2 M Busby (Carl) 8.14; 3 L Munro (Edin) 8.18. **200:** 1 A Davidson (Edin) 25.98. **300:** 1 E Miller (VPCG) 40.38; 2 I Innes (Edin) 41.33. **800:** 1 A Murray (VPCG) 2:19.48. **60H:** 1 K Sharkey (Centr) 9.16; 2 L Davidson (Edin) 9.36. **HJ:** 1 B Studholme (Carl) 1.60; 2 J Rambukkana (Edin) 1.60. **LJ:** 1 M Busby (Carl) 5.49; 2 L Davidson 5.39. **SP:** 1 L Davidson 11.70; 2 A Baxendale (VPCG) 10.63

U15: 1 Giff N 14; 2 Edin 24; 3 Centr 27

60: 1 C Antwi (Edin) 7.92; 2 A Bell (Giff N) 7.99; 3 L Jeffrey (Falk) 8.01; 4 S McLay (VPCG) 8.51; 3 A Mayer (Giff N) 8.59. **300:** 1 F Davidson (Giff N) 2:20.92. **60H:** 1 C Cook (Centr) 9.41; 2 K Burr (VPCG) 9.67; 3 H Hixon (Edin) 9.68; 4 L Sturgeon (Giff N) 9.73. **HJ:** 1 N Proudfoot (Annan) 1.55. **LJ:** 1 Proudfoot 5.30; 2 B Cook (Centr) 5.05; 3 E O'Hara (Edin) 4.94. **SP:** 1 J Dallas (Giff N) 10.10

U13: 1 VPCG 13; 2 Edin 16; 3 Falk 22

60: 1 R Grieve (Edin) 8.42; 2 E Greig (VPCG) 8.51; 3 A Mayer (Giff N) 8.59; 4 E Ramsay (Ayr S) 8.79. **200:** 1 Grieve 27.62; 2 E Greig (VPCG) 27.75; 3 Ramsay 28.45. **800:** 1 K Johnson (Edin) 2:23.67; 2 V Wright (VPCG) 2:26.62. **60H:** 1 C Scott (VPCG) 10.16; 2 P Stevens (Falk) 10.39; 3 R Renton (Edin) 10.44; 4 L Venditazzi (Dund H) 10.85. **HJ:** 1 Greig 1.45; 2 Stevens 1.40. **LJ:** 1 Grieve 4.75; 2 Stevens 4.64. **SP:** 1 M Porterfield (VPCG) 9.76

MARCH 19

ABERDEEN OPEN GRADED

Mixed events: 60: **r1:** 3 F Rule (A'deen, U17) 7.44. **r3:** 2 S Walker (A'deen, M45) 7.80. **r4:** 1 G Carter (A'deen, U20W) 8.03; 4 M Astell (L&M, M50) 8.43; 5 T Fowle (Moray, U13W) 8.49. **r5:** 2 R Grieve (Edin, U13W) 8.34. **r7:** 1 C Davie (Banc, U13W) 8.80. **r8:** 2 T Madigan (A'deen, M70) 9.29

U17 men: SP: 1 B Wightman 14.51

M65: SP: 1 R Masson (A'deen) 9.07

Women: 60H: 1 G Carter (A'deen, U20) 8.98; 2 C Pennet (Edin) 9.01



(Sale) 11.87; 3 H Hussain (Stoke) 11.96.
200: r1: 1 A Douglas (Stoke) 23.74.
r2: 1 B Basten (C&N) 24.12. **300:** 1 S Worthington (Sale) 38.43. **LJ:** 1 K Boden (Bir) 6.05
U13: 150: 1 H Joynson (Liv H) 20.37
U20 women: 100H: 1 C Esegbona (Traff) 14.82. **HT:** 1 K Lambert (K&S) 52.83; 2 C Lockett (Bir) 40.38
U17: 1500: 1 I Clarke (W Ches) 4:53.0.
300H: 1 L Robinson (Bir) 47.46; 2 K Hulme (Shrews) 47.91. **SP:** 1 E Botham (C'field) 10.55. **DT:** 1 E Botham (C'field) 36.23. **HT:** 1 P Baggott (W&B) 50.82; 2 L Hill (C'field) 48.78; 3 R Moore-Martin (Stoke) 47.34. **JT:** 1 L Hill (C'field) 37.68
U15: 75H: r1: 1 D Hales (Tel) 11.62. **JT:** 1 M Howarth (S'port W) 33.04
U13: 75: r2: 1 R Bowie (C&N) 10.07; 2 S Deans (Bir) 10.28. **r3:** 1 A Hughes (S'port W) 10.65. **150: r1:** 1 A Hughes (S'port W) 20.86; 2 N Bould (Stoke) 21.71; 3 E Teasdale (Stoke) 21.73. **r2:** 1 E Wilding (C&N) 20.19; 2 S Deans (Bir) 20.58. **70H:** 1 S Deans (Bir) 11.60; 2 G Donald (C&N) 11.69; 3 E Wilding (C&N) 12.43

WINDSOR SLOUGH ETON & HUNDSLOW SPRING OPEN, Eton

U13 mixed events: 75: r1: 1 K Beadle (Slough J, U13W) 10.3. **150: r1:** 1 K Beadle (Slough J, U13W) 20.6. **r4:** 1 C Maxwell (Walton, U13W) 21.5
Mixed events: 100: r1: 1 L Dorrell (AFD) 10.7; 2 I Kitchen-Smith (Sp) 10.9. **r2:** 1 T Makoyawo (Wat, U17) 11.2. **r3:** 6 C Staples (Card, U15) 12.0. **r4:** 2 L Turner (Brack, U15) 11.6. **r5:** 1 G Sudderick (Walton, U15) 11.6; 4 H Jones (WSEH, W) 12.3; 5 A Babalola (WSEH, U17W) 12.5.
r6: 1 E Jeomah (WSEH, U15) 12.0; 3 A Hillier (Hill, U17W) 12.4. **r7:** 2 B Brownlee (Hill, U15) 12.0. **r16:** 1 T Pantton (Walton, U15) 11.4. **200: r1:** 2 M Buckner (Brack, U17) 22.9. **r3:** 3 L Turner (Brack, U15) 23.6; 5 C Staples (Card, U15) 23.8. **r4:** 1 J Eggleton (Chilt, U17) 22.8; 3 G Sudderick (Walton, U15) 23.4. **r7:** 3 A Hillier (Hill, U17W) 25.7. **r8:** 1 H Roberts (Brack, U15W) 26.3. **r9:** 1 S Ball (Read, U13) 26.4. **r13:** 3 B McCafferty (Cookham, U13W) 28.4. **300: r1:** 1 B Lewis-Shallow (BMH, U20) 34.5; 2 R Durban-Davison (WSEH) 34.9; 3 A Haydock-Wilson (WSEH, U20) 35.1; 4 D Tobais (WSEH) 35.1; 5 J Pearson (WSEH, U17) 35.2; 6 S Plumb (Newb) 35.8. **r2:** 3 J Knight (WSEH, W) 38.6. **r3:** 2 H Roberts (Brack, U15W) 41.0; 4 M Morris (Brack, U15W) 41.8. **r7:** 1 T Pantton (Walton, U15) 38.4. **400: r2:** 2 M Rainsborough (G&G, W) 57.4; 3 A Shaw (G&G, U17W) 58.6.
800: r2: 2 T Rickards (Read, U15) 2:08.6; 3 N Pearson (WSEH, M45) 2:09.8; 6 J Knight (WSEH, W) 2:10.4. **r3:** 2 C Buckley (TVH, U17W) 2:14.1; 5 L Broderick (Reig, U15W) 2:21.3. **r4:** 2 M Jones (WSEH, U17W) 2:20.8; 3 A Young (WSEH, U15W) 2:21.7. **1500: r1:** 1 T Eames (B&H, U17) 4:10.2. **r2:** 2 H Hyde (AFD, U15) 4:27.5; 3 M McGarvie (Slough J, U15) 4:29.9.
Men: HT: 1 J Norris (WSEH, U20) 68.86. **JT:** 1 R Dargerfield (Card) 58.87
U20: HT: 1 B Campbell (WSEH) 64.08
U17: HJ: 1 H Thorne (Slough J) 1.83
U15: HT: 1 J Bonella-Duke (Read) 45.17. **JT:** 1 A Goodfild (WSEH) 55.27
U13: LJ: 1 S Ball (Read) 5.04
M60: SP: 1 J Blackwell (Nene V, M65) 9.72. **HT:** 1 Blackwell 31.64
Women: JT: 1 G Floyd (SB) 37.59
U20: HT: 1 E Chandler (WSEH) 42.77
U17: HT: 1 A Wright (D&T) 43.76. **JT:** 1 F Bauk (Woking) 38.42; 2 H Hall (Hill) 37.74
U15: SP: 1 S Adenubi (Hill) 10.19. **HT:** 1 F Williams (WSEH) 45.26. **JT:** 1 E Korczak (B&H) 36.93
U13: LJ: 1 G Ashby (Read) 4.55

CENTRAL PRE SEASON MEETING, Grangemore

Men: SP: 1 C Wright (Shef/Dearn) 14.10.
DT: 1 R Todd (Centr, M50) 29.24. **HT:** 1 C Wright (Shef/Dearn) 60.54
Mixed events: 1500: r2: 2 L Dow (Pit, U15) 4:20.0
U20: HJ: 1 C McCorgray (Centr) 2.00
U17: 800: r2: 1 K Elliott (Falk) 1:59.9
U20 women: DT: 1 Z Yule (Living) 32.35. **HT:** 1 Z Yule (Living) 34.52
U17: 300: r2: 1 E Mailer (Centr) 41.5; 3 K Foss (Law, U15) 42.9. **300H:** 1 E Mailer (Centr) 45.8. **LJ:** 1 A Cameron (Centr) 5.19. **HT:** 1 R Conlin (Falk) 43.39
U15: 100: r3: 1 L Jeffrey (Falk) 12.4; 2 S McLay (Centr) 12.7. **200: r2:** 1 L Jeffrey (Falk) 26.2. **75H:** 1 I Steel (Dunf T&F) 12.1
U13: 70H: 1 M McMahon (Dunf T&F) 11.9

CHARWOOD AC OPEN SERIES, Loughborough

U17 mixed events: 300: r4: 1 E Brown (Notts, U15W) 42.59. **r5:** 1 A Bunton (Wake, U17W) 41.07
Men: 100: r5 (3.2): 6 T Wells (Corby, M65) 14.72. **r6 (1.7):** 1 J Thorne (Charn, U15) 11.82; 6 C Monk (Leic C, M65) 13.14. **r7 (3.3):** 3 T Wood (Wake, U15) 11.74; 7 S Terry-Short (C&S, M45) 12.41. **r8 (4.2):** 1 J Fairhurst (Charn, U15) 11.65. **r9 (3.6):** 1 K Calhoun (Charn, U17) 11.15. **r10 (1.9):** 1 R Mitcham (Tel, U20) 10.41; 2 C Smith (Charn, U17) 10.90; 3 T Evans (Newk, U17) 11.09.
200: r5 (1.0): 3 T Wood (Wake, U15) 24.13. **r6 (2.1):** 1 P Roberts Nash (W&B, U20) 22.27; 5 J Thorne (Charn, U15) 23.95. **r7 (0.8):** 1 R Mitcham (Tel, U20) 21.24; 2 J Smith (Charn, U17) 22.19; 3 K Calhoun (Charn, U17) 22.68. **110H (2.1):** 1 C Roe (Cov) 15.67. **HJ:** 1 D Fitzhenry (C&S, U20) 1.90; 2 C Darkin-Price (Charn, U17) 1.90. **SP: A:** 1 M Ridge (B'mth) 13.70; 4 J Twiddle (Kuh, M45) 11.49.
DT: B: 3 J Twiddle (Kuh, M45) 33.35; 4 P Lundby (Unatt, M65) 30.86. **HT: A:** 1 J Twiddle (Kuh, M45) 39.85. **B:** 1 R Douglas (Charm) 52.87; 2 G Perkins (Roth) 46.48. **JT: B:** 1 T Tapper (Charn, U20) 51.19; 5 P Lundby (Unatt, M65) 33.05
Mixed events: 400: r3: 1 P Davies (C&S, U20W) 56.54; 5 L Langowski (Tam, W) 57.80; 6 H Cooper (Charn, U20W) 57.95. **r5:** 1 T Evans (Newk, U17) 49.50; 2 A Botterill (York, U20) 50.22. **800: r5:** 1 M Todd McIntyre (Rush, U15W) 2:17.61; 2 J Turner (Sheff RC, M55) 2:21.70; 3 L McNeil (Notts, U15W) 2:22.19; 7 M Mayes (Corby, U13W) 2:28.06. **r7:** 2 A Hampson (Nene V, U20) 1:57.23; 3 F McAuliffe (Charn, U17) 1:58.53.
1500: r2: 2 E Semple (W&B, U15W) 4:50.00. **r3:** 1 A Richardson (Linc W, U17) 4:09.87; 2 J Ward (C&S, U17) 4:09.89; 6 J Leavesley (Corby, U15) 4:24.00; 8 B Smith (Newk, U15) 4:29.20. **3000: 3** J Day (Charn, U15) 9:52.46; 6 N Burns (Linc W, W) 10:14.17; 7 R Sheen (Leic C, M55) 10:34.49. **PV: A:** 2 D Watson (Charn, U15W) 2.50; 3 E Dickens (Charn, U15W) 2.50; 6 R Coldwell (Tam, U13W) 2.10. **B:** 2 F Miloro (SinA, U17W) 3.40; 3 D Barnes (Notts, U20W) 3.20. **TJ:** 2 R Johns (SinA, U17W) 11.19; 4 M Leighton (Strat, U15W) 10.07; 5 M Burge (R&N, U15W) 9.99; 7 P Lundby (Unatt, M65) 9.20
U20: SP: A: 1 B Wright (Notts) 13.05. **HT: B:** 1 R Owen (Notts) 44.14
U17: 100H (2.1): 1 J Berwick (Amber) 14.55. **HT:** 1 H Ilyk (Notts) 57.25
U15: SP: A: 1 N Wright (Notts) 12.15. **DT: A:** 1 S Tarbit (Der) 32.54
M60: HT: A: 1 I Cooley (Roth) 37.64
M70: HT: B: 1 B Hawsworth (Der) 45.62
Women: 100: r9 (3.9): 1 P Williams (Strat, W45) 13.33. **r10 (1.4):** 1 E

Cartwright (SinA, U15) 12.90. **r11 (4.0):** 3 T Miller (Wake, U15) 12.86. **r12 (2.2):** 1 M Palmer (Charn, U15) 12.46; 2 A Bunton (Wake, U17) 12.49; 3 L Wheeler (Tam, U17) 12.59. **r13 (3.6):** 1 L Ashmeade (Wake, U17) 12.13; 2 L Mansfield (BWF) 12.30; 3 M Jenks (Hale, U20) 12.37; 4 V Johnson (Charn, U17) 12.54; 8 K Daniel (Nun, U17) 12.69.
200: r5 (3.4): 3 S Frisby (Leic C, W55) 30.04. **r10 (2.9):** 1 L Ashmeade (Wake, U17) 25.41; 2 E Belton (C&S, U17) 25.86. **LJ: B:** 1 M Palmer (Charn, U15) 5.43; 2 F Tarbit (U20) 46.2; 3 R Johns (SinA, U17) 5.28; 4 K Joseph-Blackler (Charn, U20) 5.23. **DT: A:** 7 P Hill (Newk, W75) 18.18. **B:** 1 C Emerson (Amber, U17) 39.17; 2 K Hutchinson (Der) 36.08. **HT: A:** 1 K Hutchinson (Der) 42.95; 2 C Prince (RSC, U20) 40.62; 3 C Brown (Amber, U20) 36.64. **B:** 1 A Palmer (Notts) 56.57; 2 A Purchase (Notts, U20) 53.88; 3 F Barnes (Mil K, U20) 40.95; 4 P Bean (Notts, U20) 39.86
U20: SP: A: 1 C Prince (RSC) 10.10
U17: 80H: 1 V Johnson (Charn) 11.60; 2 R Johns (SinA) 11.79; 3 L Lawrence (Notts) 12.20. **SP: A:** 1 A Peach (Notts) 10.63. **HT: B:** 1 J Routledge (Charn) 47.23; 2 K Finlay (Leic C) 41.78
U15: 75H: r2 (1.7): 1 A Bennett-Cordy (Tip) 11.73; 2 M Taylor (Leeds C) 12.10; 3 G McCunn (Cov) 12.31. **SP: A:** 1 K Pearce (Mans) 10.94. **HT: A:** 1 L Forrest (Works) 31.80; 2 A McLoughlin (Charn) 31.53; 3 T Allsopp (Amber) 26.80
U13: 70H (1.5): 1 J Day (Nun) 11.45
W40: 80H: 1 P Williams (Strat, W45) 13.33
W75: HT: A: 1 P Hill (Newk) 29.29

DONCASTER SPRING OPEN

U20 mixed events: 400: 2 C Stamp (York, U20W) 58.22
Men: 100: r1 (1.5): 1 A Burniston (Donc, M50) 12.13; 3 C Pounder (York, M40) 12.27. **r2 (2.1):** 1 Z Zhang (Hallam Un) 10.88; 2 J Ferguson (Barns, U20) 10.94. **200: r1 (-0.1):** 2 A Burniston (Donc, M50) 25.38. **1500S:** 1 T Horton (Hallam) 4:15.64; 2 M Bartram (W Suff) 4:21.77; 3 W Mycroft (E&H) 4:26.08; 4 F Jardine (Bolt) 4:28.23. **JT:** 1 J Sewell (York, M50) 34.90
U20: 200 (2.9): 1 J Ferguson (Barns) 22.08
U15: 100: r3 (0.8): 1 L Cant (Blay) 11.83. **200: r2 (2.7):** 1 L Cant (Blay) 23.82
Women: 800: 1 S Huxham (Hallam, U17) 2:16.82. **1 Mile:** 1 M Butterworth (Donc, U20) 5:19.62. **1500S:** 1 A Pratt (Sale) 4:49.30; 2 L Stoddart (Edin) 4:58.21; 3 V Cronin (Traff) 5:16.92; 4 C Thompson (VPCG, W40) 5:38.06; 5 J Wilson (Iness, W45) 6:05.27
U17: 80H (3.4): 1 E Race (Works) 11.98
U15: 75H (1.6): 1 N Lannie (Donc) 11.63
U13: 200: r2 (2.3): 1 A Jones (Donc) 26.70. **U20: 1200:** 1 S Ludlam (Hallam) 4:14.02

HERNE HILL HARRIERS OPEN, Tooting Bec

Mixed events: 100: r1 (0.4): 1 N Atwell (Herne H) 10.93; 2 M Jones (B&B) 10.97. **r3 (1.8):** 1 O Briars (B&B, U15) 11.81. **r4 (1.3):** 4 M Pottinger (Herne H, U15W) 12.88. **r5 (0.8):** 1 R Klein (Belg, U15) 11.99. **r6 (1.0):** 2 H Mpasy (B&B, U15W) 12.89. **r7 (1.6):** 1 P Marriott (Herne H, M50) 13.12. **200: r1 (0.0):** 1 N Atwell (Herne H) 21.87. **r3 (1.5):** 1 G Gray (Kent, M45) 25.24. **300: r1:** 1 N Atwell (Herne H) 34.76; 2 P Phillips (ESM, W40) 35.02; 6 K De Wolf (RAM Belgium, W45) 34.42; 7 C Thrush (K&P, W45) 32.43
U17: HT: 1 J Pelham (G&G) 39.69

4:10.05; 6 J Kennedy (Herne H, U15) 4:24.45. **r2:** 3 Y Marghini (B&B, U17W) 4:33.19; 5 N Toft (B&B, U15W) 4:36.27; 6 A White (B&B, U15W) 4:39.41; 7 C Dannatt (C'ley, U20W) 4:41.45; 8 E Newton (Herne H, U20W) 4:41.51; 9 K Newton (Herne H, M50) 4:42.76; 11 N Bridson Hubbard (B&B, U20W) 4:46.87; 12 M Samola (B&B, U17W) 4:48.86; 13 J Locker (Walton, W40) 4:49.52. **r3:** 5 C Chilton (Herne H, U13) 4:44.04. **r4:** 3 P Roessler (Reig, U15W) 4:55.40; 5 P Craig-McFeely (Herne H, U15W) 4:58.44. **5000: r1:** 1 F Siemeck (HW) 15:18.06; 2 A Robinson (HW) 15:19.97; 3 E Casey (High) 15:20.67; 4 G Gathercole (AFD) 15:24.68; 5 J Laybourn (High) 15:25.23; 6 A Brooker (Lon Hth) 15:27.04; 7 B Noad (High, M40) 15:29.41; 8 D Davidson (High) 15:30.78; 9 C Hayward (High) 15:33.22; 10 F Smithwick (High) 15:37.04; 11 A Crossland (Cleve) 15:42.32; 13 J Cunningham (Herne H, M35) 15:53.64
Men: LJ: 1 S Wilson Dyer Gough (Herne H) 7.10. **SP:** 1 M Baptiste (NEB) 14.30. **DT:** 1 M Baptiste (NEB) 45.02
U20: PV: 1 E Thomas (Croy) 4.30. **LJ:** 1 J McFarlane (Herne H) 6.62. **HT:** 1 R Senior (Herne H) 54.28
U17: 100H (-3.2): 1 R Cottell (B&B) 14.6. **HJ:** 1 L Okosieme (Camb H) 1.95. **SP:** 1 R Vaughan (Croy) 12.11. **DT:** 1 R Vaughan (Croy) 44.69
U15: HT: 1 M Laban (Herne H) 39.80
U13: 75H (1.9): 1 O Robertson (B&B) 13.71
U20 women: LJ: 1 J Robinson-Pascal (B&B) 5.27
U17: 80H (1.1): 1 M Cluley (Herne H) 12.34. **LJ:** 1 O Adamson (Herne H) 5.68. **SP:** 1 B Francis (Herne H) 11.91
U15: SP: 1 J James (Herne H) 10.73
W50: SP: 1 S St Luce (Herne H, W55) 9.23

SURREY COUNTY DISABILITY CHAMPIONSHIPS & THROWS OPEN, Ewell

Men: SP: 1 K Stevens (K&P) 13.30; 2 G Cook (K&P, M45) 11.34. **DT:** 1 C Dack (K&P) 42.99; 2 G Cook (K&P, M45) 35.96. **HT:** 1 G Cook (K&P, M45) 51.27; 2 K Stevens (K&P) 49.90; 4 S Simmonds (K&P, M45) 35.53
U20: JT: 1 S Staples (Lewes) 57.01
U17: SP: 1 E Campbell (Jer) 12.69
M50: SP: 1 R Di Libero (K&P, M55) 10.47. **JT:** 1 R Halsey (Rad) 34.78
M60: SP: 1 T Richards (High, M65) 11.02; 2 P Oakes (Ashf) 9.85. **DT:** 1 T Richards (High, M65) 35.79; 2 P Oakes (Ashf) 35.08. **HT:** 1 M Bale (Hay H) 34.07. **JT:** 1 P Oakes (Ashf) 32.06
M65: JT: 2 T Richards (High) 29.02
M70: HT: 1 C Melliush (Camb H) 33.18
M75: JT: 1 V Adcock (Ports) 29.82
Women: DT: 1 S Mace (Walton, U20) 42.32; 2 K Lyons (K&P, U17) 32.50; 3 J Smith (WSEH, W50) 28.80; 4 J Wilson (Read, W50) 27.67; 5 K De Wolf (RAM Belgium, W45) 27.54; 6 D Singleton (Walton, W55) 21.94. **HT:** 1 P Wingate (K&P) 57.67; 2 S Mace (Walton, U20) 43.49; 3 J Westley (K&P, U20) 37.70; 4 S Lawrence (Thurr, W45) 35.29; 5 T Gould (ESM, W40) 35.02; 6 K De Wolf (RAM Belgium, W45) 34.42; 7 C Thrush (K&P, W45) 32.43
U17: HT: 1 J Pelham (G&G) 39.69

W45: SP: 1 S Lawrence (Thurr) 9.04
W50: SP: 1 J Wilson (Read) 9.05. **HT:** 1 J Smith (WSEH) 39.70; 2 K Weir (SMR, W55) 32.64; 3 J Wilson (Read) 31.92; 4 D Singleton (Walton, W55) 22.85

RUGBY SPRING MEDAL OPEN, Rugby

U20 mixed events: HJ: 1 L Martin-Evans (Dav, U17) 1.90
Men: 400: 1 E Greatreth (W&B, U20) 49.6; 2 B Hawkes (Leam, U17) 50.9.
1500: 2 A Visram Cipolletta (SSH, U15) 4:28.9
U20: HT: 1 P Price (R&N) 53.22
U17: 100H: 1 O Lambert (R&N) 14.0. **JT:** 1 B Gidley (R&N) 49.07
U15: 80H: 1 C Williams (Strat) 12.8
U13: 1500: 1 H Channon (Oxf C) 4:44.7.
75H: 1 L Gurney (R&N) 13.6
M40: SP: 1 D Upton (Traff) 12.09
Women: SP: 1 L Marshall (WG&EL, W35) 10.34. **DT:** 1 K Pattison (KuH) 43.20; 2 E Hodson (Cov, U20) 34.81. **HT:** 1 L Marshall (WG&EL, W35) 59.34; 2 H Murray (R&N) 55.05
U20: LJ: 1 A Bates (Bir) 5.54; 2 C Martin-Evans (Dav, U15) 5.22
U17: 80H: 1 G Clarke (Strat) 12.5. **SP:** 1 S Hunt (Leam) 11.57; 2 L Pursey (R&N) 11.09. **HT:** 1 L Pursey (R&N) 36.55. **JT:** 1 A Ward (R&N, U15) 34.01
U13: 75: r4: 1 J George (Cov) 10.7. **150: r3:** 1 J George (Cov) 21.1; 2 R Wood (R&N) 21.4; 3 F Matthews (R&N) 21.7.
70H: 1 C Woodward (R&N) 12.5

WOODFORD GREEN OPEN, Woodford

Mixed events: 400: r3: 2 K Sutton (Dartf, W) 56.69. **800: r3:** 4 A Samuel (Ilfr, U15) 2:07.78; 8 H McLean (Chelm, W) 2:14.92; 9 D Willis (Notts, W) 2:16.86. **1500:** 2 J Geller (WG&EL, U13) 4:50.04. **3000:** 3 K Boggon (WG&EL, U15) 9:30.95; 5 J Neal (B&B, U15W) 10:53.10. **PV:** 3 O Simon (Col H, U13W) 2.00. **TJ:** 2 E Oke (NEB, U15) 11.82; 4 M Penfold (Orion, U17W) 10.56
Men: 400H: 1 L Thompson (NEB) 55.03; 3 P Benedickter (Bed C, M45) 61.85
U17: 100H (2.1): 1 J Widdop-Gray (SMR) 14.42. **DT:** 1 H Leach (Craw) 44.02. **JT:** 1 K Sadler (Ips) 52.43
U15: HT: 1 K Ikeji (Bas) 49.84
M60: HT: 1 F Harford (WG&EL) 33.20
M50: HT: 1 M Shortland (SNH, M65) 28.00
M80: DT: 1 W Dixon (Camb H) 26.93. **HT:** 1 W Dixon (Camb H) 33.71
Women: SP: 2 C Johnson (E&E, W50) 9.07. **DT:** 1 A Holder (WSEH) 48.77; 2 J Emery (Wat, U17) 37.90; 3 T Jones (Walton, U17) 34.10. **HT:** 1 M Larkins (Brain, U20) 50.78; 2 S Howe (WG&EL, U20) 44.30. **JT:** 2 C Johnson (E&E, W50) 20.65
U17: 80H (2.3): 1 K Bainsfair (Bas) 11.86; 2 K Bristowe (Craw) 12.02. **300H:** 1 Bainsfair 45.73. **SP:** 1 P Gill (Have) 10.93. **HT:** 1 A Golban (WG&EL) 48.00; 2 V Cuthbert (WG&EL) 39.65; 3 L Taylor (SNH) 39.20; 4 E Finch (Chelm, U15) 34.51; 5 J Larkins (Brain, U15) 31.33
U15: 75H: 1 L Parris (Chelm) 11.82; 2 B Richards (Orion) 12.13

MARCH 28

NOTTS AC FESTIVAL OF THROWS OPEN, Nottingham

Men: HT: 1 J Hamblin (Lough S) 60.15
U20: SP: 1 B Wright (Notts) 12.29. **HT:** 1 B Wright (Notts) 40.97
U17: HT: 1 H Ilyk (Notts) 60.23; 2 J Careless (Notts) 41.78
U15: SP: 1 N Wright (Notts) 11.95
Women: HT: 1 A Purchase (Notts, U20) 53.35; 2 H Ahlgren (Notts) 43.82; 3 P Bean (Notts, U20) 39.88

MARTIN AND BRUINVELS WIN MANCHESTER

ROAD

APRIL 2

ASICS GREATER MANCHESTER MARATHON, Manchester

THE 2017 edition was held in spring sunshine and the flat, fast course produced lots of PBs.

The race was started by Manchester running legend Dr Ron Hill MBE, ASICS ambassador Mara Yamauchi and a top quality British elite field was attracted by the generous British and Irish only prize fund.

Patrick Martin of Stockport put in a strong performance on his marathon debut and claimed the title after crossing the finish line in a time of 2:22:37.

Will Mackay, who ended up fourth, challenged Martin until the 30km mark but the latter managed to pull away.

Tom Charles of Trafford AC took over three minutes off his PB to finish in second in 2:23:55.

Andrius Jaksevičius of Belgrave Harriers finished third in 2:24:28.

The women's race was dominated by Georgie Bruinvels of Aldershot, Farnham & District, who returned to Manchester to reclaim her title from 2015, which she had won on her marathon debut.

Bruinvels secured the win with a time of 2:37:03, 18 seconds faster than two years ago.

Charlotte Firth of Windsor, Slough, Eton & Hounslow took second place in 2:45:28 and Gemma Connolly of St Helens Sutton finished third in 2:46:43
Overall (Mar): 1 P Martin (Stock H) 2:22:37; 2 T Charles (Traff) 2:23:55; 3 A Jaksevičius (Belg, M35) 2:24:28; 4 W Mackay (Bed C) 2:26:00; 5 T Aldred (Lon Hth, M35) 2:27:08; 6 G Lowe (Clowne, M40) 2:27:26; 7 L Biddell (Merc, M35) 2:27:59; 8 I Williams (Tip) 2:28:29; 9 M Swensson (Penny L, M40) 2:29:27; 10 J Sharp (I'clyde, M40) 2:30:11; 11 I Livesey (Barlick, M35) 2:30:39; 12 C Ashford (BRAT, M35) 2:31:44; 13 J Tighe (Salf) 2:32:54; 14 B Furey (IRL, M35) 2:33:28; 15 R Snell (Exm H, M35) 2:33:33; 16 T Erwee 2:33:35; 17 M Rees (Swan) 2:33:51; 18 M Lalor (Barlick) 2:33:54; 19 A Grant (H'gate, M45) 2:34:23; 20 D Kestrel (Chan) (Barns) 2:34:52; 21 J Hood (Barlick, M35) 2:34:52; 22 J Scott-Buccluch (Stock H, M35) 2:35:20; 23 K Jeffress (Sun, M35) 2:35:30; 24 G Lennox (I'ness) 2:35:43; 25 C Glancy (Carrick On Shannon Ac, M35) 2:35:43; 26 T Kennedy (Sale, M35) 2:36:53; 27 G Bruinvels (AFD, W) 2:37:03; 28 S Way (B'mth, M40) 2:37:10; 29 N Ling (Dartf RR, M40) 2:37:15; 30 C Rowlinson (Sale) 2:37:41; 31 B Powell (WG&L) 2:37:48; 32 P Grist (Wells) 2:38:07; 33 L Murray (Cleve, M40) 2:38:21; 34 S Lancham (BRAT) 2:38:41; 35 C Devine (Gars, M35) 2:39:01; 36 J Chettle (THH) 2:39:02; 37 P Monaghan (G'nock, M45) 2:39:18; 38 D Walsh (Carrick On Suir A/C, M35) 2:39:44; 39 R Coen (M35) 2:39:48; 40 T Hawkins (Wells, M45) 2:40:22; 41 I Carroll (M35) 2:40:37; 42 G Cooke 2:41:05; 43 S McCarron (Sale, M40) 2:41:08; 44 G Frost (Bath) 2:41:14; 45 D Tune (Team Derby Runner, M45) 2:41:28; 46 A Dobby (RAF Menw, M45) 2:41:29; 47 G Anderson (C&C) 2:41:45; 48 S Pennington (Salf, M45) 2:41:50; 49 D O Looney (Harm, M40) 2:42:15; 50 J Merrick (Dartf M40) 2:42:29; 51 R Brown (Dartf, M40) 2:42:31; 52 B Jones (Worc) 2:42:39; 53 G Shaw (Barlick, M40)

2:42:41; 54 B Guiney 2:42:47; 55 N Emmerson (Radc, M35) 2:42:53; 56 C Peck (W'ley, M35) 2:42:58; 57 J Hartley (Kent) 2:42:59; 58 R Maidment (Orion, M40) 2:43:05; 59 T Dell (VoA) 2:43:06; 60 D Tamburini (I'clyde, M40) 2:43:07; 61 N Wicks (Strat, M40) 2:43:14; 62 C Seymour (Fetch, M35) 2:43:39; 63 A Reeves (Serp, M45) 2:43:42; 64 R Panesar (Vall, M35) 2:43:46; 65 S Jones (Wimb W) 2:44:00; 66 A Maciver (Gars) 2:44:03; 67 P Goose (HPH) 2:44:04; 68 T Robilliard (Guern, M35) 2:44:31; 69 P Abraham (Alt, M45) 2:44:41; 70 R Cockbain (Edin, M40) 2:44:59; 71 T Donnelly (M35) 2:45:01; 72 I Hunter (Ilk, M40) 2:45:09; 73 M Irving (DH Runners, M40) 2:45:26; 74 C Firth (WSEH, W) 2:45:28; 75 G Gibson (Exe) 2:45:40; 76 S Bienvenu (Guern, M35) 2:45:48; 77 N Pooton 2:45:56; 78 S Maddison (Knaves, M40) 2:45:59; 79 M Bainbridge (Walden Tri, M35) 2:46:08; 80 D Carter (Ben) 2:46:25; 81 S Campbell (G'nock, M40) 2:46:27; 82 P Eaton 2:46:27; 83 G Smith (Hean, M45) 2:46:29; 84 A Ingle (Bide, M35) 2:46:39; 85 G Connolly (SHS, W35) 2:46:43; 86 J Latala 2:46:59; 87 B Sache (Wig P, U20) 2:47:01; 88 R Brown (Beck) 2:47:15; 89 P Wilson (Wakefield Triathlon Club) 2:47:19; 90 M Byrne (St. Abb, M35) 2:47:25; 91 E Charlton-weedy 2:47:25; 92 D Martin (Serp, M35) 2:47:45; 93 M Mosgrove (Banc) 2:47:52; 94 J Wetton (Centr, W) 2:47:55; 95 M Darbyshire (M35) 2:47:55; 96 H Putnam 2:47:59; 97 P Savage (Manc TC, M40) 2:48:30; 98 B McIntyre (Sale, M35) 2:48:33; 99 S McGrath (Low F) 2:48:38; 100 K Nolan (C'cliffe) 2:48:51; 101 J Croft 2:48:54; 102 M Wiecek (M35) 2:48:56; 103 A O Cormhraidhe (St. Abb, M35) 2:48:58; 104 C Chadwick (M45) 2:49:02; 105 A Hindmarch 2:49:04; 106 C Blanch 2:49:18; 107 N Thomas (Fulham) 2:49:20; 108 E Land (Aberys, M35) 2:49:25; 109 A White (G'nock, M45) 2:49:30; 110 H Zietsman (Serp, M45) 2:49:32; 111 G Howell (LFR) 2:49:32; 112 J Key (Clap C, M40) 2:49:35; 113 J Latala (M35) 2:49:38; 114 M Allen (Ryst, M40) 2:49:53; 115 M Carwardine (Centu, M50) 2:49:54; 116 J Nugus (Serp, M40) 2:49:54
2:49:54
M40: 24 K Doyle (K'worth) 2:50:09; 25 D Sault (Devizes) 2:50:10; 26 K Brown 2:50:32; 27 N Yamaguchi (Team Derby Runner) 2:51:19; 28 P Jones (Shrop S) 2:51:58; 29 S Hardy 2:52:17; 30 G Rohan (A'nry) 2:52:18; 31 P Moriarty (Donore Harriers) 2:53:11; 32 M Keating (Galtee Runners) 2:53:28; 33 P White (Ponty) 2:53:40; 34 L Ashwood 2:53:52.
M45: 13 C Swire (E Ches) 2:50:37; 14 C Grayson (Kerry Crusaders) 2:51:42; 15 J Annan (Yes) 2:51:46; 16 J Russell (FoD) 2:52:26; 17 M O'Gara (Arena) 2:54:06; 18 P Thompson (Bolt MTC) 2:55:34; 19 S Renny (Alt) 2:56:37; 20 M Williamson (Horn) 2:56:56.
M50: 2 P Norris 2:50:49; 3 P Davies (Centu) 2:52:28; 4 N Malpeli (N Herts) 2:54:04; 5 S Dunbar (Salt) 2:54:16; 6 R Cliffe (And) 2:55:35; 7 C Mclean (Spring) 2:55:45; 8 L Mechie (DH Runners) 2:55:51; 9 S Crossman (G'dale) 2:57:09; 10 G English (Liv RC) 2:58:33; 11 S Fowler (Barns H) 2:58:57; 12 S Bowen (Gard CR) 2:59:12; 13 R Johnson (Alt) 2:59:31; 14 R Kennaugh 2:59:32.
M55: 1 N Rankin (Ben) 2:55:34; 2 A McEwen (Ryde) 2:56:31; 3 D Lumby (Ips J) 2:56:43; 4 P Teece (Darl) 2:58:06; 5 C Griffiths (Bla PJ) 2:59:34; 6 R Tomlinson (Thornton-Cleveleys R.C) 3:00:02; 7 M Liprot (SHS) 3:06:37; 8 H Morgan



Georgie Bruinvels: women's winner was watched home by Ron Hill and Mara Yamauchi

3:08:09. **M60:** 1 J Hartley (Clay) 3:06:38; 2 D Rodley (Dund RR) 3:12:16; 3 G Chapman (Ely) 3:14:46. **M65:** 1 N Kernahan (Torr) 3:18:01; 2 M Walker (S'port W) 3:21:17; 3 A Miles (Fetch) 3:22:29; 4 P Jakeman 3:23:25; 5 F Day (E Ches) 3:25:43. **M70:** 1 T Kirk (I'ness) 3:31:57; 2 D Chadderton (Stock H) 3:35:13; 3 I Day (Shrop S) 3:49:26; 4 R Boussemmaere (BEL) 3:52:00. **M75:** 1 J Gardener (P'broke) 3:47:17
Women: 1 Bruinvels 2:37:03; 2 Firth 2:45:28; 3 Connolly 2:46:43; 4 Wetton 2:47:55; 5 F Banks (P'fract, W35) 2:51:13; 6 Z McLennan (Ches TC) 2:51:36; 7 M Bagnati (Serp) 2:53:25; 8 H Waugh 2:54:36; 9 A Zmyslona 2:55:43; 10 D Moore (Head, W40) 2:55:43; 11 F Maycock (Chelt, W45) 2:56:21; 12 K Clements (W45) 2:57:55; 13 C Probert (Edin) 2:58:09; 14 J Knass (Stock H, W35) 2:59:32; 15 G Hockett 2:59:37; 16 K Brough (Vale R) 2:59:38; 17 P Keen (Nun) 3:01:11; 18 S Davis-Foxon (N'hant RR, W45) 3:04:07; 19 L Collins (S'bridge, W35) 3:04:44; 20 J Sangster (Redway, W40) 3:05:27; 21 M Hearty (NER, W35) 3:05:31; 22 L Hodgson (N&P, W40) 3:06:00; 23 J Masterman (GVS, W50) 3:06:29; 24 S Ford (100MC, W40)

3:07:23; 25 P McLaughlin (W40) 3:07:45; 26 D Duffy (Watergrasshill Ac, W45) 3:08:04; 27 A Stumpf (DH Runners) 3:08:12; 28 H Armitage (Sale, W40) 3:08:14; 29 N Nuttall (Trawd, W45) 3:09:05; 30 K Samuelson (C&C, W35) 3:09:28; 31 M Venables (Spa, W40) 3:09:46; 32 E McKechnie (HBT, W35) 3:09:51; 33 K Mills (Spring S, W45) 3:10:01; 34 G Allen (Els, W40) 3:10:33; 35 T English (S'end, W40) 3:10:39; 36 J Bentley (Stone MM, W40) 3:10:47; 37 K Morgan (A'dare, W35) 3:11:51; 38 J Convey (Serp, W35) 3:12:11; 39 M Cecconi (E&E) 3:12:17; 40 J Wilson (W45) 3:12:34; 41 C Woods (Yax, W35) 3:12:39; 42 V Ratcliffe (Somer, W40) 3:12:41; 43 C Wernick (W40) 3:13:06; 44 J Bloor (Royt) 3:13:08; 45 D Church (Drif, W40) 3:13:35; 46 F Morne (W40) 3:13:35; 47 L Noble (Darl, W50) 3:13:48; 48 A Bonjour (Spa) 3:14:06; 49 J Rea (Scun, W35) 3:14:45; 50 F Wolohan (Lyth) 3:14:50
W40: 15 C Hoath (Melth) 3:15:24; 16 S Hutchinson (SinA) 3:15:41; 17 B Kay (Poole) 3:15:45; 18 Z Richardson 3:15:57; 19 C McCarron (Sale) 3:17:27; 20 A Neufeld (Chorlton) 3:17:45; 21 J Roberts 3:17:54; 22 K Allen (Bail)

3:19:09. **W45:** 8 K Marchant (Beck) 3:16:06; 9 S Smith (Eden) 3:17:51; 10 C Fowell (Ivan) 3:18:11; 11 J Atkinson (Holme P) 3:23:46; 12 S Stevens (Chorlton) 3:23:48; 13 L Hiles (Bolt MTC) 3:24:19; 14 E Forrest (Ballym R) 3:24:47; 15 K Wilson (E Hull) 3:25:30; 16 J Martin (Redway) 3:26:52; 17 J Phillips 3:28:44; 18 M Hayes (Manc TC) 3:29:03; 19 N Haynes (Alch) 3:29:08; 20 P Speedie (New M) 3:29:15. **W50:** 3 R Baker (Camb H) 3:15:59; 4 L Sinclair (Stock H) 3:20:29; 5 E Dudley (Robert) 3:21:46; 6 L Goddard (L&M) 3:26:33; 7 A Thornton (Pock) 3:26:53; 8 D Fiddling (Royt) 3:28:31; 9 L Foley (Portis) 3:31:14; 10 L Ward (Tir C) 3:39:16. **W55:** 1 A Sadler (Tewkesbury TC) 3:25:20; 2 K Sackett (Ciren) 3:27:30; 3 J Brown (Bitt) 3:30:04; 4 G Audhali (Kenil) 3:33:06; 5 V Talbot Rosner (Inv EK) 3:38:04; 6 V Clarke (Darl) 3:43:38; 7 S High (GRC) 3:48:36; 8 M Owen (W'church W) 3:48:48. **W60:** 1 D Heydecker (St Alb S) 3:28:13; 2 P Keene (Burn J) 3:29:04; 3 S Cain (C'land) 3:52:12; 4 J Millett (Strag) 3:54:23; 5 K Waddicor (Sheff RC) 3:58:41. **W65:** 1 L Payne (Teign) 4:26:43; 2 M Newcomb (Spirit of Mon) 4:27:37. **W70:** 1 S Gibson (Darl H) 4:11:09



The Manchester podium with winners Patrick Martin and Georgie Bruinvels (centre)



ASDA FOUNDATION CITY OF LINCOLN 10km, Lincoln

Overall (10km): 1 J Wilkinson (Linc W) 30:23; 2 M Bowser (Linc W) 30:31; 3 S Robinson (Linc W) 30:39; 4 R Wilson (Linc W) 31:00; 5 T Straw (Linc W) 31:10; 6 L Allison (Linc W) 31:20; 7 W Strangeway (Linc W) 31:35; 8 T Trimble (Linc W) 32:42; 9 K Watson (SinA) 32:55; 10 M Smith (Scun) 32:58; 11 A Van Kints (Chelt) 32:59; 12 M Pyatt (Ryst, M35) 32:59; 13 J Richardson (Linc W) 33:24; 14 M Craig (Sheff RC) 33:29; 15 A Baker (Linc W) 34:38; 16 L Ball (Linc W, M50) 34:06; 17 M Troop (Linc W) 34:10; 18 R Morris (Scun) 34:11; 19 I Cox (Barr R) 34:15; 20 P Mackie (E&E, M35) 34:25; 21 W Lathwell (Linc W, M35) 34:33; 22 P Nind (Linc & D) 34:53; 23 C Wells (Barns, M40) 34:37; 24 S Fell (Stam S, M40) 34:37; 25 T Corlett (Linc W) 34:39; 26 A Reynolds (Caist) 34:54; 27 J Green (Linc W) 34:59; 28 O Blanchard 35:00
M45: 1 S Barkes (Linc W) 35:34. **M50:** 2 J Morris (Stam S) 35:30; 3 D Houlton (GAC) 37:28. **M60:** 1 K Newman (Donc) 37:23; 2 M Page (Donc) 37:44. **M65:** 1 P Bussey (Donc) 42:39. **M70:** 1 V Shirley (N Vets) 43:01. **U20:** 1 T Hubbard (Newk) 35:28
Women: 1 C Martin (Tel, W40) 35:13; 2 S Lowery (Sheff RC) 35:50; 3 A Donnelly (Linc W) 36:22; 4 R Ward (Linc W) 37:51; 5 L Thomas (Ips J) 38:17; 6 N Teece (Stilt, W35) 39:06; 7 R Robinson (Mil K) 39:41; 8 S Wallis 39:53; 9 A Owens (Newk, U17) 39:54
W40: 2 K Storrar (Barns) 40:06; 3 C Hayes-gill 40:33. **W45:** 1 J Diffey (Linc W) 42:33. **W50:** 1 J Roberts 42:06. **W55:** 1 A Hillier (Barr R) 46:17. **W60:** 1 A Martin 47:34. **W65:** 1 J Ashby (Ryst) 51:44; 2 M Morris (Linc W) 52:00

Overall (10km): 1 M Conway 25:00; 2 B Crossley (Leeds & Br) 25:01; 3 J Carter (Clee) 29:02

BROOKS PADDOCK-WOOD HALF-MARATHON

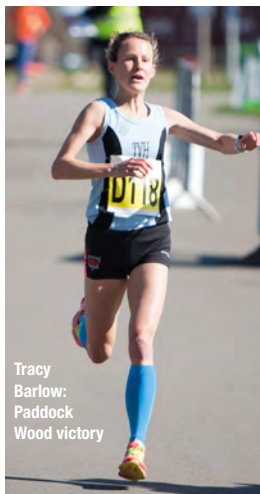
TRACY BARLOW gained a near ten-minute victory in near perfect conditions.

The course, while predominantly flat, has a number of short sharp climbs over railway bridges and the 2:32 marathoner was a few minutes down on her Barcelona time of the previous month.

She was followed in by three-time winner Clare Elms and the W50 was comfortably first veteran despite drastically slowing on the second half and she led Dulwich to an easy team victory.

Hastings winner Sarah Gruber completed the top three.

The men's race was more competitive as Daniel Gaffney won by 12 seconds



HAZEL DUNLOP

from Neil Boniface with James Bowler, top M40 Chris Greenwood and 2016 winner Ben Shearer also inside 1:10.

Overall: 1 D Gaffney (S Lon) 68:36; 2 N Boniface (Horsh J, M40) 68:48; 3 J Bowler (Kent, M35) 69:11; 4 C Greenwood (Kent, M40) 69:53; 5 B Shearer (Camb H, M40) 69:58; 6 L Avery (Kent, M35) 70:00; 7 T Menges (M&M, U20) 70:06; 8 T Collins (M&M) 70:18; 9 J Rendall (Ton, M35) 70:51; 10 B Tyler (M&M) 71:02; 11 J Polini (VP&TH) 71:36; 12 P Dickens (Camb H, M35) 71:40; 13 S Fitzpatrick (Herne H) 72:16; 14 L Worsley (Folk) 72:22; 15 T Bowen (Dulw) 72:55; 16 L Davis (Clap C) 72:58; 17 P Lighting (Kent, M35) 72:58; 18 M Sharp (HW, M35) 73:11; 19 G King (Win) 73:22; 20 A Jackson (Sitt) 73:36; 21 A Inglis (Camb H, M35) 73:38; 22 N Jovanovic (Camb H, M40) 73:54; 23 S Hodges (Camb H, M35) 73:57; 24 R Vilardell (Petts, M35) 73:57; 25 P Piper (W4H, M35) 74:02; 26 A Silvester (Arena, M35) 74:07; 27 J Caldwell (Ben) 74:07; 28 T Barlow (TVH, W) 74:07; 29 D Emery (Guern) 74:08; 30 T Alexander (Kent, M35) 74:09; 31 J Dicks (Arena) 74:29; 32 A Money (Orp) 74:30; 33 J MacDonald (Camb H, M35) 74:32; 34 S Beane (Kent, M40) 74:33; 35 S Buckle (St Alb S, M35) 74:34; 36 A Locke (Dulw) 74:43; 37 B Reynolds (Clap C) 74:45; 38 D Jones (VP&TH) 74:52; 39 P Mills (SoC) 74:59
M40: 6 R Laing (Kent) 75:42; 7 A Bond (Dulw) 76:19; 8 S Agnew 78:00. **M45:** 1 S Davies (Dulw) 75:44; 2 D Vaughan (Arena) 77:46; 3 J Ratcliffe (Herne H) 78:17; 4 D Henderson (M&M) 78:22; 5 D Gillett (S Lon) 79:26. **M50:** 1 R Adams 75:08; 2 J Ashworth-Beaumont (Serp) 77:11; 3 K Kildzia (SoC) 77:47; 4 S Mills (Uck) 77:58; 5 C Poulton (Camb H) 79:00; 6 D Weekes (Folk) 79:46; 7 T Tuohy (Dulw) 79:50; 8 A Howey (Tun W) 80:50; 9 F Webb (Swanley) 81:51; 10 M Whyte (Phoe) 82:08; 11 S Crocker (Mid Sx T) 82:45. **M55:** 1 J Foss (S Lon) 80:01; 2 C Phelan (S Lon) 80:23; 3 K Murray (Serp) 81:19; 4 I Stokes (Cant) 85:14; 5 T Taylor (UKRunChat) 86:31. **M60:** 1 J Graham (S'oaks) 86:09; 2 S Williams (Dulw) 89:29; 3 R Hyland 89:33. **M70:** 1 D Winch (Than) 89:47
Women: 1 Barlow 74:07; 2 C Elms (Dulw, W50) 83:41; 3 S Gruber (Inv EK, W40) 84:22; 4 K Carter (Wimb W, W40) 85:46; 5 R Thomas (VP&TH, W35) 85:58; 6 C Bates (M'stone) 86:05
W40: 3 P Clements (Tun W) 89:39; 4 V Buck (Kent) 90:04; 5 S Bendeira (Strag) 91:34. **W45:** 1 C Howard (B'cay) 88:08; 2 F Russell (Morn) 90:53; 3 N Bourne (VP&TH) 92:44; 4 G Schaar (Petts) 93:09; 5 J Phillips (Orp) 93:32. **W50:** 2 M Lennon (Dulw) 95:10. **W55:** 1 L Hayes (W'hurst) 99:43; 2 C Marsh (Plum) 1:41:23; 3 J Wiley (7oaks Tri) 1:42:06. **W65:** 1 R Tabor (Dulw) 1:42:23; 2 J Davies (E&E) 1:44:30. **W70:** 1 S Garner (Ling) 1:57:47

BHF BOURNEMOUTH BAY HALF-MARATHON, Bournemouth
Overall: 1 C Palmer (M40) 73:13; 2 C Palmer 74:44; 3 T Foster 75:52
M45: 1 R Swindlehurst (Poole) 77:49
Women: 1 V Ingham 89:43; 2 B Hollowbread (W35) 92:42; 3 V Dibdin (W35) 92:43
W55: 1 H Khoshnevis 1:42:18
Overall (10km): 1 A Leggett 35:56; 2 A Goulding (B'mth, M40) 36:00; 3 C Gillett (Surrey U) 36:04
M60: 1 H Murray 39:20
Women: 1 R Gardiner 39:39; 2 R Davies 41:10; 3 D Leggett (W35) 41:37
W55: 1 M Palfrey 44:43; 2 J Jackson 46:01

BTR LIVERPOOL 10, Liverpool

Overall: 1 M Dunham (S'port W, M35) 54:18; 2 P Wathan (Eryri) 55:55; 3 C Adams (N Der, M40) 56:47
M50: 1 A Lawlor (Knows) 61:30
Women: 1 S Carroll (Salf) 67:04; 2 G Morgans (Eryri) 67:45; 3 L Wilson (Penny L) 68:03

CARDIFF BAY 10km, Cardiff

DEWI GRIFFITHS continued his good winter form with a near one-minute victory over Matt Clowes, winning in a time of 29:08.

Overall (10km): 1 D Griffiths (Swan) 29:08; 2 M Clowes (Card) 30:06; 3 D Nash (Card) 30:57; 4 C Jones (Card, M35) 31:04; 5 J Hunt (Card) 31:14; 6 J Rodgers (N Som) 31:24; 7 O Jones (B&W, M35) 31:24; 8 A Teweldebrhan (Newp) 31:41; 9 L Evans (B&W) 31:54; 10 G Griffiths (Tip, U20) 32:10; 11 O Williams (Les C) 32:11; 12 P Matthews (Swan, M35) 32:14; 13 A Bull (A'dare) 32:18; 14 P Graham (P'prid R) 32:26; 15 J Thiel (Card, M35) 33:03; 16 J Redman (Card) 33:35; 17 B Butler-Madden (Pen, M35) 33:37; 18 S Austins (M35) 33:50; 19 M Hurford (Les C, M40) 34:36; 20 A Pritchard 34:38; 21 M Evans (A'dare) 34:40; 22 D Nichols (Les C, M35) 34:46; 23 M Grantham (MickMorris, U20) 34:51; 24 C Evans (Card, W) 34:59
M45: 1 S Bartlett (P'prid R) 35:52. **M55:** 1 R Bullen (Les C) 37:55; 2 V Nazareth (Les C) 38:01. **M65:** 1 S Johnston (Les C) 41:32
Women: 1 Evans 34:59; 2 E Clayton (Leeds C) 35:27; 3 E Stepto (E Corn, W45) 36:19; 4 H Sharpe (B&W, W35) 36:48; 5 C Hughes (Card) 37:09; 6 A Mair (Les C, W55) 37:46; 7 L Marland (Card) 37:54; 8 K Dicks (GWR) 38:08; 9 A Taylor (Spirit of Monmouth) 38:37
W45: 2 S Leech (Carm) 41:15; 3 S Evans (Here C) 42:34. **W50:** 1 S Watson (Les C) 42:06. **W65:** 1 V Gush 48:56

CROYDON HALF-MARATHON

Overall: 1 C Wright (Nene V) 72:19; 2 N Smith (Anst, M40) 76:15; 3 S MacDougall (Fulham) 79:13
M65: 1 K Fancett (Beck) 97:24
Women: 1 C Penlington (B&B, W40) 87:08; 2 S Grant (Serp) 88:07; 3 S Gill 89:22

OAKLEY 20, Bedfordshire

Overall: 1 E Hind (L Buz) 1:52:20; 2 D Olefir (New J) 1:55:50; 3 P Mizon (Redway) 2:02:30
M40: G Pepaj (Redway) 2:02:44. **M50:** 1 G Spelman (W'b'oro) 2:08:36; 2 I Thomas (Cher) 2:10:08; 3 P McGuinness (Harp) 2:13:54. **M55:** A McDonough (Woott RR) 2:17:49. **M60:** B White (FVS) 2:20:19
Women: 1 Z Smith (Rut) 2:16:04; 2 A Ward (St Alb, W40) 2:21:16; 3 C Lathwell (Stops, W40) 2:25:34
W40: 3 N Bowerman (Ampt) 2:28:05. **W45:** W Walsh (St Alb) 2:20:40. **W50:** 1 J Brazier (Leigh FR) 2:40:23; 2 F Malin (Mil K) 2:41:15; 3 C Findlay (Dac & T) 2:43:15. **W55:** 1 C King (Ely) 2:40:34; 2 V Singleton-Lawley (Bed H) 2:49:25; 3 K Birkenhead 2:51:24; 4 F Lasman (BRJ) 2:53:36. **W60:** C Trundle (H'hill) 2:40:33. **W65:** A Newton (BRJ) 2:54:32

TAUNTON MARATHON, Taunton

Overall: 1 J Tipper (Kent, M35) 2:35:13; 2 S Osborne 2:37:36; 3 D Robinson (BRAT, M35) 2:39:22; 4 T Muddiman (Kent, M35) 2:42:31; 5 D Tomlin (Chelt, M40) 2:46:15; 6 T Chapman (B'mth) 2:48:12
M40: 2 J Gilling (Taun) 2:53:16. **M45:** 1 S Willis 2:56:06
Women: 1 M Menon (Ilfracombe, W35)

2:55:08; 2 P Richards (Weston, W40) 3:14:11; 3 D Roy (E Corn, W50) 3:27:43
W55: 1 J Avery (Pontardawe) 3:46:19
Overall (HM): 1 J Cole (Tav, M35) 71:37; 2 B Patton (Bide) 73:29; 3 C McMillan (Weston) 73:44
M40: 1 K Summers (Weston) 75:04; 2 M Clark (S Molt) 75:51. **M45:** 1 J Hayes (Bitt) 79:36. **M55:** 1 M Pearse (Taunton RC) 85:42; 2 S Calrow (W&B) 86:06. **M70:** 1 E Snelling (Weston) 1:43:08
Women: 1 S Stone (Tiv, W40) 80:21; 2 H Taunton (Taun) 81:47; 3 C Wellington (BRAT, W40) 82:45; 4 K Drew (Taun, U20) 85:20
W40: 3 N Wagstaff (Chard) 90:06. **W65:** 1 S Taylor (Mt B) 1:59:50

TOM SCOTT MEMORIAL 10 (Inc SCOTTISH CHAMPIONSHIPS), Motherwell

Overall: 1 W Ghebresilassie (Shett) 49:40; 2 D Hawkins (Leeds C) 49:57; 3 C Ruddy (I'clyde) 50:52; 4 K Wilson (Moray) 51:39; 5 M Crawley (Dur) 51:58; 6 N Renault (Edin) 52:18; 7 R Gilroy (Cambus, M40) 52:21; 8 K Campbell (Law) 52:56; 9 P Sorrie (Shett, M35) 53:00; 10 K Wilson (Cambus, M45) 53:35; 11 D Rae (Fife) 53:38; 12 G Baillie (E Kilb, M35) 54:08; 13 G Yates (Bella H) 54:13; 14 M Pollard (Belg, M35) 54:17; 15 J Bell (I'clyde) 54:17; 16 M Haskett 54:18; 17 J Lenehan (Edin) 54:25; 18 C Reilly (Cambus) 54:26; 19 G Bryson (Edin, U20) 54:30; 20 C Reid (Edin) 54:50; 21 M D'Agrosa (Gala) 54:53; 22 C Walsh (Bella H, M45) 55:18; 23 D Muir (Lath, M35) 55:24; 24 D Henderson (I'clyde, M35) 55:27; 25 P Tucker (Kilb) 55:28; 26 A Bonner (Giff N) 55:55; 27 S Milton (Metro) 55:56; 28 D Lindsay (Gars, M40) 56:11; 29 D Hall (Cors) 56:20; 30 J Mc Morrow (Law) 56:32; 31 G Hogarth (K'il'k) 56:34; 32 J Lawson (P'bello, M40) 56:55
M40: 4 B Douglas (Cambus) 57:03; 5 S Prentice 57:07; 6 M Lang (Loth) 57:28; 7 P Kieran (C'gie) 57:47; 8 A Cameron (Moth) 58:00. **M45:** 3 G Glendinning (Bella RR) 57:08; 4 C Casey (Kirk O) 59:17. **M50:** 1 S Mackenzie (Cambus) 57:04; 2 M McLoone (G'nock) 58:53; 3 C Upson (Cambus) 60:07; 4 G Scullion (Bella RR) 60:15; 5 R McCulloch (Kilb) 61:12; 6 R Morrison 61:37. **M55:** 1 W Jarvie (P'bello) 60:48; 2 A Walkinshaw (Cambus) 61:18; 3 K McCaig (Dumf) 62:51; 4 J Hynd (C'gie) 64:03. **M60:** 1 W Goldie (Dumb) 64:59; 2 A Law (VPCG) 65:19; 3 B McLinden (Moth) 65:22; 4 G McGrattan (G'nock) 66:11; 5 P O'Brien (Gars) 66:30. **M65:** 1 A McLinden (Ham H) 63:59. **M70:** 1 R Young (C'dale) 71:46; 2 P Kelly (Law) 74:36
TEAM: 1 I'clyde 32; 2 Cambus 35; 3 Edin 42
Women: 1 K White (Sale, W35) 58:20; 2 N Gauld (W35) 58:46; 3 J Smylie (Giff N, W35) 62:47; 4 H Rees (Fife) 63:21; 5 S Mcmanus (WestEnd RR) 63:36; 6 L Currie (Dumb, W45) 63:36; 7 M McCutcheon (Giff N, W50) 64:38; 8 K Hallside (W35) 64:53; 9 L Ross (Bella RR, W40) 64:58; 10 C Black (Shet, W40) 65:24; 11 C Manley (Shett) 65:41; 12 C Kelly (Dumb) 66:34; 13 B O'Neill (Cambus, W45) 66:48
W40: 3 Y Thandrayan (P'bello) 67:27; 4 J Reid (Cambus) 67:29; 5 S MacLulich (Edin) 68:01. **W45:** 3 C Wharton (Bella RR) 69:13; 4 C MacVarish (Loth) 71:49. **W50:** 2 A Macfarlane (Dumf) 74:07. **W55:** 1 P McCrossan (C'dale) 67:37. **W60:** 1 E Christie (Cambus) 68:15; 2 M Fleming 78:10; 3 P Hands (Moth) 79:40
TEAM: 1 Cambus 48; 2 Bella R 50; 3 Garsc 54
Overall (6km): 1 J Farkas 18:37; 2 R MacDonald (Law) 19:52; 3 A Clark (Giff N) 20:01

Women: 1 J Knowles (SPS, W35) 22:32; 2 H McGrath (Law, W50) 23:57; 3 R Donnelly (Law, U15) 26:18

VITALITY LIVERPOOL HALF-MARATHON, Liverpool

Overall: 1 D Gezimu (Liv H) 65:52; 2 A Davies (Stock H) 67:15; 3 B Johnson (S'port W) 68:27; 4 W Onek (Barlick) 72:10; 5 M Hornsby (Dur, M35) 72:51; 6 D Fitzpatrick (Tallaght AC) 74:16; 7 W Simmons (Ilkley) 74:25; 8 P Coon (Ellen, M35) 74:26; 9 S Sayer (Menai) 74:29; 10 F Fauset (Dark Pk, M40) 74:42; 11 J Murphy (Salt) 74:44
M40: 2 W Kerr (Salt) 75:13; 3 M Penn (Kesw) 75:25. **M45:** 1 D Watson (Holm) 75:41; 2 M Garrett (Manx) 75:48; 3 P Sankey (Liv H) 77:11; 4 C Yorke (N Wal RR) 78:44; 5 A Whittingham (Wilm) 78:46; 6 D Edwards 78:53; 7 A Ashton (Liv H) 79:27; 8 S Beadman 79:34. **M50:** 1 R Downs (Wilm) 75:09; 2 S Rahid (Liv PS) 79:20; 3 P Rogers (Stock H) 80:05. **M55:** 1 D Gill (Warr) 84:50; 2 K Scovell (Arrow Park Amblers) 86:26. **M65:** 1 V Ohanlon (Tallaght Ac) 95:18; 2 R Maciejkowicz (Horv) 96:23
Women: 1 M Nolan (Gate, W35) 79:38; 2 D McVey (Wilm, W40) 79:40; 3 E Morris (Manx) 82:55; 4 T Johnson (Dews, W55) 82:58; 5 J Clague (Liv H, W40) 85:05; 6 J Watt (Vale R) 85:32; 7 K Shimmim (Manx) 86:09; 8 R Boyd (Salt) 86:18; 9 C Triggs (W35) 86:56
W40: 3 F Lynch (Radc) 89:36; 4 J Peck (N Vets) 90:25; 5 S Green 91:52. **W45:** 1 C Murphy (Liv H) 91:24. **W55:** 2 K Tempest 1:40:56; 3 S Spong (Hav 90) 1:41:12; 4 L Rees 1:41:32. **W65:** 1 R Rogers (W Ches) 1:51:24; 2 P Vernazza 1:51:51. **W70:** 1 S Nicholls (Burns) 2:09:03

APRIL 1

VICTORIA PARK OPEN 5, London Victoria Park

JACK PARSLOW carried out a pre-race plan to win for the first time over five miles. *Steve Roe reports.*

It was, said the member of Dacorum and Tring, to put in a surge at around the three-mile mark if he was near the front at that point.

When he did up the pace it was decisive and Parslow went well clear of American Bill Klimczak and Ahmed Abdule, the latter a promising 17-year-old running for Ilford.

Katy Hedgethorpe was meanwhile hoping to win an easy win in the women's race having never previously run the distance.

Overall: 1 J Parslow (A D&L) 25:15; 2 B Klimczak 25:33; 3 C Abdule (Ilif, U20) 25:38; 4 J Stockings (W&G&L) 26:12; 5 T Heslop (VP&TH) 26:30; 6 S Barnes (Serp) 26:36; 7 J Johnson (High, M35) 26:48; 8 W Gardner (Oxf C) 26:50; 9 D Connell (Hunts, M40) 26:51; 10 D Bradley (Ton) 26:57; 11 J Mohamed (NEB) 26:57
M40: 2 J Cordwell (VP&TH) 27:18; 3 B Mustone (VP&TH) 27:59. **M55:** 1 T Pamphilon (W&G&L) 29:43
Women: 1 K Hedgethorpe (C&C) 29:10; 2 M Lloyd (Oxf C) 30:24; 3 H Weir (VP&TH, W35) 30:32; 4 S Swinhoe (Lon Hth, W45) 30:58; 5 J Belyavin (B&W, W35) 31:09

ALDER HEY HALEWOOD 5km SERIES, Liverpool

Overall: 1 C Field (Liv H) 15:12; 2 J Spill (Oxf U, U20) 15:55; 3 A Sawyer (Col H) 16:31
M40: 1 M Wynne (Liv PS) 16:45
Women: 1 J Houghton (Kirkby Milers) 20:41; 2 J Grant (Liv H, U11) 21:45; 3 S Matthews 25:14

Ruth Moran: enjoying a clear win at Baidon



DAVID WOODHEAD

MULTI-TERRAIN

APRIL 2

BAILDON BOUNDARY WAY HALF MARATHON, Baidon
Overall: 1 A Burns (Vall, M35) 80:22; 2 M Malyon (Bail, M35) 80:32; 3 C Miller (H'gate) 81:34
M50: 1 R Pattinson (Horsf) 84:42
Women: 1 R Moran (Horsf) 95:07; 2 D Edmondson-Booker (Idle, W40) 96:17; 3 J McCarthy (Ilkley, W40) 96:31

CENTURION GRAND PRIX 5, Solihull
Overall: 1 C Colle (Poissons Tri) 27:13; 2 S Dunsby (BRAT) 27:23; 3 J Abbis (St Alb S) 27:48
M45: 1 P Chritchlow (Beau L) 30:30
Women: 1 E Fowler (Nun, W35) 32:17; 2 T Woolley (Centu, W50) 34:09; 3 K Davies (N'brook, W35) 36:44

COMBE GIBBET TO OVERTON 16, Overton
Overall: 1 S Holloway (Salis) 89:55; 2 A Hamilton (BMH, M40) 93:29; 3 B Neale (Tav) 99:00
M40: 2 L Tolhurst (Over) 1:42:15. **M45:** 1 S Holmes (Over) 1:40:07. **M50:** 1 R Bentley (Wx R) 1:48:00
Women: 1 T Neale (Burn J, W40) 1:56:24; 2 H Bliss (Over) 1:58:33; 3 J McCabe (IOW RRC, W35) 2:07:42
W45: 1 J Humphries (Alton) 2:09:20.
W50: 1 S Sleath (Roms) 2:08:55. **W55:** 1 F Ross Russell (Salis) 2:15:19

FOUNTAINS 10km, Ripon
Overall: 1 B Pease (Ripon) 34:37; 2 M Ellis (Quak, M40) 38:25; 3 C Casey (H'gate) 38:51
Women: 1 S Barlow (Dar) 40:51; 2 D Riddler (R&Z) 43:19; 3 J Hutchinson (Dar) 43:44
W50: 1 S Gill (H'gate) 44:14

GRANTHAM CUP 10km, Lincolnshire
Overall: 1 S Mitchell (Notts) 35:54; 2 A Holland (Notfash) 38:16; 3 J Ocborough (M40) 39:39
Women: 1 A Jaques 45:31; 2 J Stone (M'thorpe, W45) 48:55; 3 A Prow (Holme P, W35) 49:08

HOLE PARK 10km, Benenden
Overall: 1 M Britton 40:34; 2 W Leaney (M40) 45:56; 3 M Stark 46:44
Women: 1 G O'Connor (Tri Lon, W50) 54:07; 2 E De La Mothe 61:14; 3 C Mackinnon (W40) 61:52
Overall (5km): 1 Y Christodoulou (Cant) 21:16; 2 C Costiff (Tri Lon, W50) 25:40; 3 F Lile (U20) 27:47
Women: 1 Costiff 25:40; 2 M

Christodoulou (Cant) 28:05; 3 J Barry (Fit 2 Run, W40) 29:21

EXE TO AXE COASTAL RUN, Sidmouth, Devon
Overall (hilly 20M): 1 J Dolezal 2:51:33; 2 M Robinson 2:51:34; 3 P Devine-Wright 2:52:41
Women: 1 J Allison 3:19:47; 2 C Hansford 3:27:46; 3 E Wood (Axe V, W55) 3:36:32

HUNDRED ACRES HALF-MARATHON, Wickham
Overall: 1 J Manning (Denm) 90:28; 2 G Armstrong (Denm) 93:29; 3 S Squires (Gosp) 96:22
Women: 1 L Dixon (Soton Tri) 2:04:05; 2 S Fernandes 2:05:17; 3 S Whitehead 2:08:02

LEAMINGTON REGENCY 10km, Leamington Spa
Overall: 1 P Roddy (Kenil) 32:31; 2 D Clarke (Cov) 32:50; 3 A Peacock (B&R) 33:27; 4 T Foulerton (Spa, M40) 35:03; 5 L Fagge (Leam, U20) 35:07
M50: 1 P Bryan (Kenil) 38:23; 2 D Leadley (Kenil) 38:28. **M60:** 1 R Kindersley (Strat) 40:11
Women: 1 K Wiberley (Spa) 39:38; 2 E Ilman (Kenil) 41:29; 3 J Jeeves (Leam, W45) 41:39
W45: 2 S Bromwich 46:01. **W55:** 1 S Fearn 46:07

LILLESALL MONUMENTAL 10km, Lilleshall
Overall: 1 M Hall (Shrews) 36:52; 2 M Costello (Tel) 37:19; 3 C Evans (Tel, M40) 37:28
Women: 1 J Gears (Osw, W40) 46:06; 2 M Fox (W40) 46:37; 3 K Morgans 47:06

PEAK DISTRICT SERIES 15.1km, Darley Dale
Overall: 1 A Harding 60:07; 2 A Tarry (N Der, M40) 64:00; 3 S Oles (M40) 64:42
Women: 1 H Longden (T'ley) 73:09; 2 K Hastings 74:43; 3 I Sinfield (W40) 76:52
Overall (5km): 1 D Ridings (M50) 21:14; 2 D Locke 23:35; 3 S Krizmanics 24:28
Women: 1 S Martin-Smith (Derw R) 24:49; 2 R Lineker (Ripley) 26:40; 3 H Keating (W40) 27:10

RUNTHROUGH WIMBLEDON COMMON HALF MARATHON, Wimbledon
Overall: 1 M Price (Renegade Tri) 80:31; 2 S Stanton 83:17; 3 J Clarke (Farn) 83:19
Women: 1 C Moss 89:00; 2 R Flynn 91:37; 3 N Pannekoek (Serp) 93:59
Overall (5km): 1 C Halsey (FVS) 34:34;

2 M Woodman (Staff H) 36:50; 3 G Allen 37:22
Women: 1 K Murphy (Barn, W40) 39:33; 2 K Caris-harris (St Alb S, W40) 46:18; 3 L Kennedy (W50) 47:00

TREE HOUSE 10km, Cholsey, Oxfordshire
Overall: 1 C Lucas (Read RR) 35:31; 2 S Garrigues (Abing) 36:59; 3 B Kirsopp (M55) 38:17
M55: 2 A Stanton 39:28
Women: 1 C Percival 40:54; 2 A Gatland 43:13; 3 T Monks (S'hurst, W35) 43:29

WOKINGHAM 10km & 5km, Berkshire
Overall (10km): 1 S Millett (WSEH) 33:52; 2 M Weeks 37:08; 3 O Stevenson (B'water) 37:39
Women: 1 A Gascoyne (Read, W35) 40:19; 2 K Hathaway (W40) 43:21; 3 A Wronski 43:19
Overall (5km): 1 A Sittum-Jones 18:47
Women: F Sharpley (Thame) 20:18

APRIL 1

FIRST SATURDAY OF THE MONTH 5km, Norton Common, Letchworth, Hertfordshire
Overall: 1 E Price (NHRR) 17:06; 2 J Auld (NHRR) 17:38; 3 S McKeown (NHRR, M45) 19:12
Women: 1 S Court (free Tri) 20:16; 2 J Harbon (NHRR) 20:35; 3 F Williams (W45) 21:38

FOWLMEAD 50, Deal
Overall: 1 R Holmes 7:44:50; 2 I Brazier (L Bad) 8:31:51; 3 P Adams 8:31:51
Women: 1 A Hammett (100MC, W40) 8:49:42; 2 L Tidbury 9:26:02; 3 S Osborne-clamp 9:40:01

GLASGOW TO EDINBURGH 55, Glasgow
Overall: 1 J Traynor (PH Racing) 7:08:38; 2 J Arens (UMass) 7:25:57; 3 G Hoy 7:39:43
Women: 1 C Finch (Dund RR) 7:42:39; 2 I Cairns (Tyne Br) 8:12:40; 3 S Young (Loth) 8:14:16

RUN RICHMOND PARK 10km, Surrey
Overall: 1 L Domingues 37:09; 2 T Tweddle 37:19; 3 M Sandison (S'burn, W) 37:42
Women: 1 Sandison 37:42; 2 M Knight 47:59; 3 E Bardwell 48:07

TEMPLE NEWSAM 20, Leeds
Overall: 1 I Maudsley (St Th) 2:35:59; 2 N Diamond 2:38:10; 3 L Magdalenoka-keen (Chapel A, W) 2:47:34
Women: 1 Magdalenoka-Keen 2:47:34; 2 S Cullen (St Th) 3:03:06; 3 A Grindrod 3:13:01
Overall (HM): 1 A Frazer 88:30; 2 A Dean (Dews) 92:38; 3 P Ebrey 1:41:35
Women: 1 C Chapman 1:44:44; 2 J Thomson (Harrogate TC) 1:48:07; 3 J Liu (St Th) 1:48:14
Overall (Mar): 1 T Forrest (Cairng) 3:17:24; 2 M Sprot (Hallam, M35) 3:20:19; 3 K Collier 3:47:07
Women: 1 P Downing (Mab) 3:50:40; 2 S Hardcastle 4:24:27; 3 B Taylor Jones (100MC) 4:34:10

MARCH 29

COLIN AND BRENDA ROBINSON'S COWM 5km, Whitworth
Overall: 1 G Lewis (E Ches, U20) 16:24; 2 W Smith (Andem, M40) 16:39; 3 S Hall (Traw) 17:03
M45: 1 N Gaskell (Traw) 17:10; 2 D Bennett (Rock) 17:27

Women: 1 K Welsby (Roch) 19:23; 2 E Wood (Ross) 20:01; 3 D Beard (Alt, W35) 21:26
W55: A Blomfield (Roch) 21:47. **W60:** J Needham (Roch) 22:41. **W75:** M Wilkinson (Clay) 30:16

MARCH 26

ARLINGTON COURT 10km, N Devon
Overall: 1 P Cpooke (S Moulton) 36:43; 2 D Hampton (S Decv) 37:48; 3 K Shapland (Bide) 37:56
Women: 1 M Menon (Ilfra, W35) 40:45; 2 J Dixon (Bide, W45) 43:49; 3 H Wright (K&C) 45:25

FELL

APRIL 2

EXE TO AXE, Exmouth
Overall (20M/4000ft): 1 M Robinson (Exm) 2:53:15; 2 R Roberts (Eryri) 3:00:37; 3 G Willis (Tiv) 3:07:58; 4 V Morris (THH) 3:08:46; 5 M Evans 3:11:57; 6 M Boatright 3:16:18
M50: R Everson (SWRR) 3:20:15. **M60:** C Kelsey (Wells) 3:47:40
Women: 1 A Bartlett (Mercia, W40) 3:21:33; 2 C Prosser (Wells, W40) 3:33:51; 3 L Swanton 3:35:53; 4 L Commander (SWRR) 3:46:21
W50: J Angilley (C'wall) 3:57:19. **W60:** E Wood (Axe) 4:05:30

LAD'S LEAP, Woodhead
Overall (5.9M/1700ft): 1 A Swift (Calder V) 46:10; 2 H Holmes (P&B) 46:59; 3 S Franklin (Totley) 47:39; 4 I Mills (Penn) 50:12; 5 Lake (Esk, M40) 50:45
M50: M Messenger (Macc) 53:11. **M65:** T Taylor (Ross) 60:41. **M70:** M Cochrane (Dark Pk) nt
Women: 1 R Walwyn (Dark Pk) 60:46; 2 S Shaw (P'stone FPR) 62:13; 3 L Batt (Dark Pk, W50) 61:02
W65: A Brentnall (Penn) nt

MUNCASTER LUCK, Muncaster
Overall (15km/620m): 1 D Fishwick (Chorley, M40) 1:57:28; 2 D Waters 2:00:13; 3 R Butler (Kesw) 2:01:26
M50: P Tayler (B Combe) 2:03:18
Women: 1 W Dodds (Clay, W60) 2:24:08; 2 L Buck (C'land F, W50) 2:37:30; 3 L Westnedge 2:45:15

APRIL 1

PENDLE, Burnley
Overall (4.5M/1500ft): 1 C Arthur (Bow) 33:06; 2 T Martyn 33:59; 3 G Prestley (Salf) 34:27; 4 C Davidson (Ross) 34:29; 5 C Holdsworth (Clay) 34:41
M50: M Harmer (Bing) 34:51. **M60:** G Schofield (Horw) 42:35. **M70:** N Bush (Ilkley) 51:34
U20: M Wainwright (Dark Pk) 38:08
Women: 1 L Powell-Smith (Ribb) 39:25; 2 H Glover (Ribb) 39:27; 3 E Greenwood (B'burn, U20) 41:41
W40: K Hall (Wharf) 42:16. **W50:** N Murphy (Ross) 46:52. **W60:** L Lord (Clay) 56:26
U17 (4.4km/245m): 1 M Knowles (L&M) 23:20; 2 L Hargreaves-Madhas (Wharf) 24:44; 3 J E Teare (B'burn) 24:51
U17 women: I Hartley (Traw) 34:00
U15 (3.98km/199m): 1 J McKay (Clay) 18:47; 2 J Villiers (Barl) 19:36; 3 R Ashton (L&M) 19:44
U15 girls: 1 E Charnley (B'burn) 22:40; 2 E Dorrington-Levy (Clay) 22:42; 3 S Stanworth (Traw) 23:04
U13 (2.58km/112m): 1 D Thompson (B'burn) 15:15; 2 T Swarbrick (L&M) 15:21; 3 R Smedley (Clay) 16:32
U13 girls (all Traw): 1 H Crook (Traw)

18:06; 2 A Whiteside (Traw) 18:46; 3 A Stratton (Traw) 19:08

NEW DUNGEON GHYLL, Great Langdale
Overall (3.5M/2100ft): 1 C Bell (Kesw) 37:12; 2 J Jardine (Holm H) 37:59; 3 R Jebb (Bing, M40) 39:30; 4 C Edis (Kesw) 40:12
M50: C Smith (Kesw) 45:00. **M60:** W Bell (Howg) 55:34. **M70:** D Tait (Dark Pk) 60:36
Women: 1 C Spurden (Kesw) 48:39; 2 H Moulton (Sheff) 56:22; 3 W Dodds (Clay, W60) 56:31

MARCH 28

PETE HARTLEY MEMORIAL LIVER HILL RACE, Rawtenstall
Overall (7km/260m): 1 K Steinegger (Amble) 34:47; 2 J Raho (Holc) 36:02; 3 B Forrest (Ross) 36:10; 4 S Chew (Barl) 36:14; 5 P Coates (Clay, M40) 36:48
M45: D Fishwick (Chorley) 39:49. **M50:** G Goodwn (Acc RR) 41:16. **M55:** I Whigham (Clay) 44:15. **M65:** A Corbisley (Ross) 46:07
Women (all Ross): 1 E Wood 42:11; 2 L Dickinson 42:13; 3 C Wilson 49:27
W45: D Tibbs (Ross) 49:27. **W50:** C Fryer (Calder V) 52:10
U15 (5km/600ft, all Ross): 1 J Hopley 16:52; 2 R Heneghan 17:49; 3 L Gregg (G) 18:03
U15 girls: 1 Gregg 18:03; 2 H Pegg 19:27; 3 L Pick 20:32
U17 (3km/600ft): 1 J Villiers (Barl) 13:39; 2 D Thompson (Clay) 13:42; 3 J Duffy (Calder V) 13:49
U13 girls: 1 E Dorrington (Clay) 15:56; 2 N Edmondson (Ross) 16:37; 3 E Taylor (Ross) 16:55

MARCH 27

TRUNCE SERIES, Oxspring
Overall (4.25M/550ft): 1 C Henderson 23:35; 2 P Haworth 23:36; 3 S Hinchliffe (P'stone DFR) 24:06; 4 J Crownshaw (Dark Pk) 24:56; 5 J Thompson (K'stone) 25:14; 6 B Moody (Barns H) 25:17
Women: 1 A Spencer 26:34; 2 Ellie Crownshaw 26:34; 3 S Shaw (P'stone FPR) 29:04; 4 J Branford 29:20
W40: Z Willoughby (Vall H) 30:51. **W50:** L Shepherd (Smiley) 38:56. **W60:** B Hague (P'stone FPR) 43:51
U16 men (2M/250ft approx): 1 W Burton (Hallam) 13:26; 2 G Dufeu-Long (Denb DT) 13:55; 3 E Roberts-Cutts 14:04
U16 women: 1 Eve Crownshaw (Hallam) 14:27; 2 M Yates (Holm) 15:43; 3 E Patton (Sheff TC) 16:00

MARCH 25

LLANTYSILLO, Llangollen
Overall (6.2M/2100ft): 1 M Palmer (M50) 58:21; 2 J O'Hara (Hels) 59:25; 3 A Roberts (Eryri, W40) 60:45; 4 S Jones (Eryri, M60) 60:57
Women: 1 Roberts 60:45; 2 K Beecher (Les C) 65:31; 3 L Baynham-Hughes (Hels, W40) 71:17
W50: E Collins (Denbigh) 75:05

ALEX BRETT CIOCH MHOR, Dingwall
Overall (13km/690m): 1 D Wilby (HHR) 69:11; 2 R Paterson (Forres) 69:30; 3 M O'Donnell (I'nness) 71:15; 4 A Macrae (I'nness, M40) 71:57
Women: 1 K Rogan (Forres) 84:54; 2 L Allan (HHR) 91:11; 3 H Cameron (Forres, W40) 95:18



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**AN ICONIC DISTANCE
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SUNDAY 23 APRIL 2017

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THE WORLD'S FAVOURITE RUN

ERRA 12 AND 6-STAGE ROAD RELAYS, SUTTON PARK, BIRMINGHAM, APRIL 8

SUTTON PARK SET FOR RELAYS CLASH

MIDLANDS VENUE HOSTS
ERRA NATIONAL CHAMPS

HIGHGATE's men and Aldershot's women defend their titles at a national road relay champs which falls slightly earlier in the calendar this year, *writes Martin Duff.*

The races will be held over the same 5.38-mile (8.96km) and 3.165-mile (5.14km) legs as 2016, with the men running alternate long and short and the women having long legs on stages one and four and short for the others.

Despite being headed by Tonbridge and Serpentine in the Southern road relays this year, Highgate are bullish about their chances in Sutton Park.

"As defending champions, I can confirm Highgate Harriers aim to be physically, psychologically and emotionally stronger for Sutton Park on April 8," said Highgate team manager Ben Pochee.

Southern fourth-placer Aldershot were second here last year and will also be stronger than in their area race, while former Southern winners Kent

will have Alex Yee and John Gilbert to come into their team.

Tonbridge's long-term project to create a good senior men's team has borne fruit over the last couple of years but they may find things a bit tough, as their area championship was held over shorter laps than those in Sutton Park.

Bristol & West were third last year and, in their Midlands win, were seven minutes faster than in 2016. Northern winners Sale will also challenge, in addition to Liverpool, Salford and Leeds.

Swansea will carry the colours for Wales and include Dewi Griffiths in their line-up, while the Scottish challenge includes Central AC.

Last year's women's race

saw Aldershot regain the title from Swansea after slumping to third in their area race.

They were again third in the Southern relays this year but expect to be stronger in Sutton Park and make it eight wins in succession – nine in all – with a team that could include Steph Twell, Emily Hosker Thornhill, Emelia Gorecka and Louise Small.

Winchester narrowly won the Southern women's title from Thames Valley and included two former Aldershot runners in their line-up: India Lee and Vicky Gill, along with former Midland cross-country winner Hayley Munn, while they have also included Louise Damen in their entry list.

Birchfield comprehensively took the Midland women's race, although like several teams they could be missing some athletes who are abroad training.

Northern winners Rotherham had new signing Sophie Cowper quickest overall at the area event on the long leg and they narrowly headed Leeds, who had Emma Clayton fastest on the short lap. Last year Leeds, headed by Susan Partridge's fastest short lap, were a distant second to Aldershot nationally.

The men's 12-stage starts at 12 noon with the women's four-stage at 12:20pm.

■ **For our Brighton Marathon preview, please see p14 of *Running Monthly***



Highgate Harriers: seeking another relays victory

MARK SHEARMAN

McCORMACK DEFENDS GREAT IRELAND RUN TITLE

FIONNUALA McCORMACK will take on Gemma Steel in the Great Ireland Run on Sunday.

McCormack, the two-time European cross country champion, won last year's event in Dublin by just over a minute but could face more pressure this year from Steel.

The British challenger won the Great Ireland Run

in 2015 and is also a former European cross country champion herself.

Other competitors include Irish Olympian Kerry O'Flaherty and last year's Bristol half-marathon winner Jenny Spink, while the men's field features Ireland's Mark Christie and Mick Clohissey plus English runners Alex Teuten and Alex Beattie.

CROSS-COUNTRY

Saturday April 15

GUERNSEY KEITH FALLA MEMORIAL EASTER 4.75

L'Ancrese Common. 11am.
guernseyathletics.org.gg

Sunday April 16

GUERNSEY EASTER RELAY (4xMILE)

L'Ancrese (TBC). 10.30am.
guernseyathletics.org.gg

Saturday April 22

SSAA PRIMARY SCHOOL CHAMPIONSHIPS

Kirkcaldy High School.
ssaa.co.uk

INDOOR

Friday April 14

CHELMSFORD POLE VAULT FESTIVAL

Chelmsford. 10am.
chelmsford.gov.uk/athletics

MULTI-TERRAIN

Saturday April 8

CASTLEWARD CHALLENGE 10km/

HALF-MARATHON

Castle Ward Estate, Castleward. 10am.
bom2runevents.com

CHOCATHLON 9km

Old Goods Yard, Marsden, West Yorkshire.
1PM.

teamoa.co.uk/chocathlon.html

COMPTON DOWNLAND CHALLENGE 20

Downs School, Manor Crescent,
Compton, Berkshire. 10am.

comptonharriers.org.uk

CRICKHOWELL 25/31.5 ULTRA

Youth & Community Centre, Crickhowell,
Powys. 8am.

challengewalks.org.uk

GLOW IN THE PARK ETON DORNEY 5km

Eton College Dorney Lake, Windsor,
Eton. 8pm.

glowinthepark.co.uk

ORIGINAL DORSET MAVERICK

9km/14km/22km

Purbeck Valley Farm, near Corfe, Dorset.
10am.

maverick-race.com

PENKRIDGE 10km

Rodbaston Campus, South Staffs College,
Penkridge, Staffordshire. 9am.

mashrunning.co.uk/events/

penkridge10k.html

SOUTH DOWNS WAY 50

Hillbarn Recreation Ground, Worthing,
West Sussex. 9am.

centurionrunning.com

THE ONER 80

Portland, Dorset. Noon.

brutalevents.co.uk

Sunday April 9

BHF NUNEATON AND BEDWORTH RUN

FOR YOUR HEART 5km

Pingles Stadium, Nuneaton,
Warwickshire. 9.30am.

bhf.org.uk

BOURNE RUN IN THE WOOD 10km

Bourne Woods, Edenham Road, Bourne,
Lincolnshire. 11am.

bournerun.btck.co.uk

CHEDWORTH ROMAN TRAIL 10

Village Hall, Chedworth, Gloucestershire.
10.30am.

cirencester-ac.org.uk

FULLERS THAMES TOWPATH 10

Hartington Road, Chiswick, London. 9am.

west4harriers.com

GOUDHURST 5km/10km

Risebridge HHealth & Sports Club,
Goudhurst, Kent. 10.30am.

nice-work.org.uk

GRAND UNION CANAL SPRING HALF-

MARATHON

Cowley Recreation Ground, Uxbridge.
10am.

purplepatchrunning.com

HARDMOORS 26.2 WHITEHORSE

10km/HALF-MARATHON/

MARATHON

Sutton Bank Visitor Centre, Thirsk, North
Yorkshire. 9am.

hardmoors110.org.uk

HONITON HIPPO 7

Primary School, Clapper Lane, Honiton,
Devon. 10.30am.

honitonrc.com

JOHN RAY MARATHON

Rayne, Essex.

midessexcasuals.org.uk

OLD DOWN COUNTRY PARK

5km/10km

Old Down Country Park, Tockington,
Bristol. 10am.

aspirerunningevents.co.uk

RADCLIFFE 10km

Cams Lane Primary School, Radcliffe,
Manchester. 11am.

radcliffeac.org.uk

RIVINGTON 10

Bowling Green, Rivington, Lancashire.
10am.

madbullevents.com

RUN IN THE FOREST 5

Conkers, Swadlincote, Derbyshire.
10.30am.

sdrr.co.uk

SECOND SUNDAY 5

Richardson Evans Memorial Fields,
Roehampton Vale, London. 9.30am.

secondsunday5.com

UP HILL DOWN DALE RHUG

10km/20km

Rhug Estate, Corwen, Denbighshire. 9am.

uphilldowndale.com

YORK RESOLUTION 5km/10km

York, North Yorkshire. 11am.

stroke.org.uk

Tuesday April 11

BOOTH DECORATORS' SUMMER

LEAGUE 5

Teversal. 7.15pm.

Wednesday April 12

CURLEYS 5km SERIES

Curleys Dining Rooms, Horwich,
Lancashire. 7pm.

madbullevents.com

MIKE MCGEE MEMORIAL 5km

Cock & Magpie, Whitworth, Lancashire.
7pm.

Thursday April 13

STEEPLE ASHTON 5km SERIES

St Mary's Recreation Grounds, Steeple
Ashton, Avon. 7pm.

avonvalleyrunners.org.uk

Friday April 14

CROWN TO CROWN 5km

Westley Heights Country Park, Basildon,
Essex. 11am.

pitssearunningclub.org.uk

ENIGMA GOOD FRIDAY HALF-

MARATHON/MARATHON

Premier Inn, Caldecotte, Milton Keynes,
Buckinghamshire. 9am.

enigmarunning.co.uk

EPWORTH EASTER EGG 10km

Epworth, Lincolnshire. 10.45am.

metrestomiles.co.uk

Saturday April 15

HARBOUR WALLBANGER 7km

The Pavilion, Broadstairs, Kent. 10am.

thanetroadrunners.org.uk

ISEL CROSS 5.5

Kirkgate, Cockermouth, Cumbria. 11am.

derwentac.com

ISLE OF MAN EASTER FESTIVAL PEEL

HILL RACE

House of Manannan, Peel. 2pm.

easterfestival.info

LIVERPOOL TO MANCHESTER ULTRA

Liverpool, Merseyside.

gbultras.com

NEWCASTLE WAY MARATHON

Mow Cop, Market Drayton, Shropshire.
gold-events.co.uk/newcastle-way-

marathon

NEWPORT TO RYDE 7

Methodist Church Hall, Newport, Isle of
Wight. 3pm.

rydeharriers.co.uk

Sunday April 16

BRIGHTON CHICKEN RUN 5km

Hove Park, Hove, Sussex. 10.30am.

brightonandhovechick.wix.com

CHASEWATER EASTER EGG

5km/10km

Chasewater Country Park, Burntwood,
Staffordshire. 10.30am.

nice-work.org.uk

DRURIDGE BAY HALF-MARATHON/

MARATHON

Druridge Bay Country Park, Morpeth,
Northumberland. 9.30am.

northeastmarathonclub.co.uk

GUISELEY GALLOP 10km

West Side Retail Park, Guiseley, West
Yorkshire. 10.30am.

skyrac.co.uk

HANHAM HORROR 6

Vicarage Road Playing Field, Hanham,
Bristol. 11am.

bittonroadrunners.co.uk

HELMESLEY 10km

Helmsley, North Yorkshire. 10am.

helmsleysports.org

KYMIN DASH 7.1

Monmouth School Sports Club, Hadnock
Road, Monmouth. 11am.

kymin.spiritofmonmouth.co.uk

Monday April 17

BEACONSFIELD 5

Beaconsfield RFC, Oak Lodge Meadow,
Beaconsfield, Buckinghamshire. 10am.

b5.burnhamjoggers.org.uk

ENIGMA EASTER MONDAY

MARATHON

Premier Inn, Caldecotte, Milton Keynes,
Buckinghamshire. 9am.

enigmarunning.co.uk

GILWERN GRUNT 10

Whistle Inn, Gam-yr-erw, Blaenavon,
Torfaen. 11am.

rogueruns.co.uk

NOTTS AC EASTER 10km

Wollaton Park, Nottingham,
Nottinghamshire. 10am.

run-nottingham.co.uk

SHAPWICK BUNNY HOP 7

Village Hall, Shapwick, Somerset. 10am.

shapwickrunners.co.uk

THE CHEER 5

Cob House, Worcester Road, Wichenford,
Worcestershire. 10.30am.

runcentral.wix.com/the-cheer-5

WEST WIGHT THREE HILLS 8

West Wight Swimming Pool, Freshwater,
Isle of Wight. Noon.

rydeharriers.co.uk



5km and 2km events. For more
info, see greatrunlocal.org

Wythenshawe Park

9am every Sunday

Debdale Park

9am every Sunday

Birchfields Park

11am every Sunday

Salford Quays

6.45pm every Thursday

Burrs Country Park

9.30am every Sunday

Gibside 9.15am every Sunday

Sunderland 9.30am every Sunday

Glasgow Quays

6.30pm every Wednesday

Southwold

9.30am every Sunday

Needham Lake

9.30am every Sunday

Ashford 9.30am every Sunday

Thurrock 9.30am every Sunday

Birmingham Ley Hill

9.30am every Saturday

The Vale Birmingham

10.30am every Sunday

Portsmouth Hilsea Lido

9.30am every Sunday

Bournemouth Turbary Common

9.30am every Sunday

Newham New Beckton Park

9.30am every Sunday

Queen Elizabeth Olympic Park

9.30am every Sunday

ROAD

Thursday April 6

ASSEMBLY LEAGUE 3

Beckenham, Kent. 7.15pm.

BURNHAM ON SEA WINTER 5km

Berrow Road, Burnham on Sea,
Somerset. 7.30pm.

bospool.com

Friday April 7

GRAVESEND FLOODLIT 5km/10km

SERIES

Cyclopark, The Tollgate, Gravesend, Kent.
7.30pm.

nice-work.org.uk

Saturday April 8

BUXTON PAVILION GARDENS 5km

Pavilion Gardens, Buxton, Derbyshire.
9am.

buxtonac.org.uk

SUBMIT YOUR FIXTURE ONLINE AT athleticsweekly.com

NEXT ISSUE

AW IS OUT ON
APRIL 13



MARK SHEARMAN

ROAD ACTION
COVERAGE FROM THE
BRIGHTON MARATHON,
NATIONAL ROAD RELAYS
AND GREAT IRELAND RUN

CROSS RANKINGS
TOP FEMALE DOMESTIC
COMPETITORS DURING
THE PAST WINTER

CLISSOLD PARK SPRING RELAY (4x2.5km)

Clissold Park, Green Lanes, Hackney, London. 10am.

theraceorganiser.com

DOUGIE MAC 5km

Wedgwood Estate, Barlaston, Staffordshire. 9.30am.

fundraising.dmhospice.org.uk/event/Dougie-Mac-5K-2017

ERRA NATIONAL MEN'S 12-STAGE/ WOMEN'S 6-STAGE RELAYS

Sutton Park, Sutton Coldfield

englishroadrunningassociation.co.uk

GORTIN 5km/10km

Gortin Primary School, Gortin. Noon.

KILLEESHIL RUN 10km

Killeeshil Community Centre, Killeeshil. 11am.

RUNTHROUGH BATTERSEA PARK 5km/10km

Battersea Park, London. 9.30am.

runthrough.co.uk

Sunday April 9

ANGUS HALF-MARATHON

Monikie Country Park, Dundee. 10.30am.

eventfull.biz

BELVOIR HALF-MARATHON

Village Hall, Hose, Leicestershire. 10am.

hosevillage.org.uk/bhm.htm

BLYTH VALLEY 10km

Quay Road, Quayside, Blyth, Northumberland. 10am.

blythrunningclub.org.uk

BORDERS LEAGUE

Norton. 11am.

bordersleague.org.uk/fixtures

BRIGHAM 10km

Low Road, Brigham, Cumbria. 11am.

BRIGHTON MARATHON

Preston Park, Brighton, East Sussex. 9.15am.

brightonmarathon.co.uk

BRIGHTON MARATHON 10km

Preston Park, Brighton, East Sussex. 9.15am.

brightonmarathon.co.uk

BRITISH MASTERS OPEN 10km CHAMPIONSHIPS

Watling Street, Gravesend, Kent. 10.30am.

bmaf.info

CITY OF NORWICH HALF-MARATHON

Norfolk Showground, Costessey, Norfolk. 10.30am.

cityofnorwichhalfmarathon.com

CITY OF SALISBURY 10

Five Rivers Leisure Centre, Salisbury, Wiltshire. 10.30am.

salisbury-arc.org

DENBIGHSHIRE 5km/10km

Denbigh Leisure Centre, Clwyd Avenue, Denbigh. 9.30am.

bespokefitnessandevents.co.uk

DERBY 10km

iPRO Stadium, Derby. 9am.

sfevents.org.uk

DEVIZES HALF-MARATHON

The Green, Devizes, Wiltshire. 9.30am.

eventslogicuk.com

FEENY FAST & FURIOUS 10km

Feeny Community Centre, Feeny. 11am.

FLEETWOOD 10km

Marine Hall, The Esplanade, Fleetwood, Lancashire. 10am.

fyldecoastrunning.org

FLITWICK 10km (Inc BEDFORDSHIRE AAA CHAMPIONSHIPS)

Village Hall, Flitwick, Bedfordshire. 10.30am.

flitwick10k.org.uk

FRENCHAY 10km

UWE Glenside Campus, Stapleton, Bristol. 11am.

frenchay10k.co.uk

GLENLIVET 10km

Glenlivet Distillery, Ballindalloch, Moray. 11am.

theglenlivet10k.com

HARTLEPOOL MARINA 5

Historic Quay, Hartlepool, Cleveland. 10.30am.

hartlepoolburnroad.co.uk

HARWICH RUNNERS LITTLE BROMLEY 10km

Little Bromley Church, Little Bromley, Manningtree, Essex. 10.30am.

harwichrunners.co.uk

HORNSEA ONE-THIRD MARATHON (8.74)

Densholme Farm, Great Hatfield, East Yorkshire. 11am.

hornseathirdmarathon.org.uk

JIM DINGWALL ROUND THE HOUSES 10km

Grangemouth Stadium, Grangemouth. 10.30am.

falkirkvics.com/rth.html

LOWESTOFT PROMENADE DASH 5

East Point Pavilion, Lowestoft, Suffolk. 10.30am.

nice-work.org.uk

MARNHULL 12km

St Gregory's Primary School, Marnhull, Dorset. 10.30am.

facebook.com/marnhull12k

NEWCASTLE 10km (Inc STAFFORDSHIRE CHAMPIONSHIPS)

Ashfields Track, Newcastle-under-Lyme, Staffordshire. 10am.

newcastlestaffsac.org.uk

PLUSNET YORKSHIRE HALF-MARATHON

Arundel Gate, Sheffield. 9.30am.

theyorkshiremarathon.com

PUTNEY & FULHAM RIVERSIDE HALF-MARATHON

Barn Elms Sports Centre, Queen Elizabeth Walk, London. 9am.

energizedsports.com

REGENTS PARK HALF-MARATHON

Regents Park, London. 9.30am.

theraceorganiser.com

RISBOROUGH RUN IN THE PARK 5km

Princes Risborough. 9am.

risboroughruninthepark.weebly.com

RONNIE BOWKER FOUNDATION 10km

Cannon Hill Park, Moseley, Birmingham. 10am.

facebook.com/ronniebowkerfoundation

ROTARY CLUB OF PENRYN ENYS 10km

Falmouth, Cornwall. 11am.

rotary-ribi.org/clubs/homepage.php?ClubID=1051

RUNTHROUGH GREENWICH PARK 5km/10km

Greenwich Park, London. 10am.

runthrough.co.uk

SCOTLAND KILOMATHON

6.55km/13.1km

Clark Street, Edinburgh. 9am.

kilomathon.com

SIR JOHN TALBOT'S SCHOOL WHITCHURCH 10km

Sir John Talbot's School, Tilstock Road, Whitchurch, Shropshire. 10am.

sirjohnalbots.co.uk/sjt-10k

ST CLARE HOSPICE 10km

Hastingwood Road, Hastingwood, Essex. 10.30am.

stclarehospice.org.uk/event/st-clare-10k

ST. CATHERINE'S CHALLENGE 5km

Garnier Road, Winchester, Hampshire. 9.30am.

WBS.ITHelpDesk@wales.nhs.uk

THREE VILLAGE 10

Community Hall Wetherall, Carlisle, Cumbria. 11am.

sportinaction.co.uk/4-3-village-10

TITANIC QUARTER 10km

Titanic Quarter, Belfast. 2pm.

athleticsni.org

TULIP 10km

Springfields Exhibition Centre, Spalding, Lincolnshire. 10am.

spaldingtri.co.uk/Tulip%2010%20Info.php

VALE OF YORK 10

Rufforth Airfield, Rufforth, West Yorkshire. 9.30am.

evensplits.events

VICTORIA PARK 10km

Grove Road, Bow, London. 9.30am.

theraceorganiser.com

WHITE HORSE HALF-MARATHON

Old Mill Hall, Grove, Oxfordshire. 9.30am.

whitehorseharriers.org/halfmarathon.html

Tuesday April 11

BALLYMENA BELLES 5

Fenaghy Industrial Estate, Galgorm, Co Antrim. 7pm.

ballymenarunners.org

Wednesday April 12

ARMADA ATHLETICS NETWORK 5km SERIES

Saltram Park, Plymouth, Devon. 7pm.

armadaathletics.co.uk

BAY ROAD 5km

Foyle Cycle Path, Derry. 7pm.

derry-spartans.com

CHESTER SPRING 5

Cheshire County Sports Club, Chester. 7pm.

westcheshireac.co.uk

RUNTHROUGH CHASE THE SUN OLYMPIC PARK 5km/10km

Olympic Park, Stratford, London. 7pm.

runthrough.co.uk

SEXARATHON LILLESALL 5

Lillesall National Sports Centre, Newport, Shropshire. 7pm.

teffordathleticclub.co.uk

YEOVILTON SUMMER 5km SERIES

Nuffield Bar, RNAS Yeovilton, Yeovilton, Somerset. 7.15pm.

yeoviltonwnrc.com

Friday April 14

BEVERIDGE PARK 5km SERIES

Beveridge Park, Kirkcaldy, Fife. 10am.

fifeac.org

BRIDLINGTON EASTER 5

Lime Kiln Lane, Bridlington, North Yorkshire. 10am.

nice-work.org.uk

CHIPPENHAM GOOD FRIDAY 10

Stanley Park, Chippenham, Wiltshire. 10.30am.

cadence-events.co.uk

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

GREAT BARROW CHALLENGE MARATHON (DAY 1)

Barrow, Suffolk. 8am.

greatbarrowchallenge.co.uk

INTERTRUST GUERNSEY EASTER 5km

Footes Lane, St Peter Port, Guernsey. 10am.

guernseyathletics.org/gg

ISLE OF MAN EASTER FESTIVAL OF RUNNING 10km

Port Erin, Isle of Man.

easterfestival.info/EFeventsinfo.htm#top

MAIDENHEAD EASTER 10

Maidenhead Office Park, Maidenhead, Berkshire. 9.30am.

maidenheadac.co.uk

NEW MARSKE MERMAID 10km

Mermaid, Redcar Road, Marske by the Sea, Teeside. 10.15am.

nmhraces.net

RUNTHROUGH VICTORIA PARK 5km/10km/HALF-MARATHON

Victoria Park, London. 10am.

runthrough.co.uk

SALFORD 10km

Salford Sports Village, Salford, Manchester. 10am.

salfordharriers.co.uk/salford10km

SUDBURY FUN RUN 5

Kingfisher Leisure Centre, Sudbury, Essex. 9.15am.

sudburyfunrun.co.uk

Saturday April 15

5KOOOL RUN 5km

Tavistock College, Tavistock, Devon. 9.15am.

skoolrun.events

BERAGH 5km/5M

St Marys Park, Beragh. Noon.

beraghredknights.com

BOURNEMOUTH EASTER QUARTER MARATHON

Bournemouth Pier, Bournemouth, Dorset. 11am.

eastcliffrotary.org

GREAT BARROW CHALLENGE MARATHON (DAY 2)

Barrow, Suffolk. 8am.

greatbarrowchallenge.co.uk

HOLYHEAD EASTER DASH 5km

Breakwater Country Park Road, Holyhead, Anglesey. Noon.

secure.onreg.com/onreg2

LLANDUDNO EASTER 5km

Promenade, Llandudno, Conwy. 10.30am.

nice-work.org.uk

THAMES VALLEY HALF-MARATHON

Dorney Lake, Windsor, Berkshire. 12.30pm.

f3events.co.uk

WINDSOR & ETON WINTER RUN SERIES 5km/10km/15km/20km

Dorney Lake, Eton, Berkshire. Noon.

f3events.co.uk



TRACK

Saturday April 8

BEDFORDSHIRE AAA OPEN

Bedford. 10.30am.

CRAWLEY OPEN

Crawley.

crawleyac.org.uk

HAVANT AC CLUB CHAMPIONSHIPS & OPEN

Portsmouth.

havantac.org.uk

LEE VALLEY OPEN

Lee Valley.

visitleeavally.org.uk

NEWQUAY & PAR SPRING WARM UP OPEN

Carn Brea (Par track is being re-surfaced)

newparac.co.uk

NOTTS AC SPRING SPRUCE OPEN MEETING

Nottingham. Until Sunday April 9.

nottssac.co.uk/entry-forms/spring-spruce-2017

PITREAVIE AAC CLUB

CHAMPIONSHIPS

Dunfermline. Until Sunday April 9.

pitreavie-aac.co.uk

READING AC CLUB CHAMPIONSHIPS

Reading.

readingac.com

ROYAL SUTTON COLDFIELD AC CLUB

CHAMPIONSHIPS

Sutton Coldfield.

rscac.co.uk

SCOTTISH ATHLETICS THROWS

GRAND PRIX

Livingston.

scottishathletics.org.uk

STEVENAGE & NORTH HERTS AC

OPEN

Stevenage. 10am.

snhac.org.uk

WINTER WARRIORS THROWING

SERIES

St. Clement.

Sunday April 9

ALAN BERTRAM SPRING MEMORIAL OPEN

Loughborough.

ALDER VALLEY GIRLS' LEAGUE

1: Eton. 2: Portsmouth.

wseh.info/aldervalleygirls

BORDER HARRIERS OPEN

Whitehaven.

borderharriers.co.uk

EXETER KEN TRICKEY OPEN MEETING

Exeter. 10.15am.

exeterharriers.co.uk

HAVERING SPRING WARM UP OPEN

Hornchurch. 12.30pm.

havering-mayesbrook.org

HERCULES WIMBLEDON YOUNG

ATHLETES MEETING

Wimbledon.

herculeswimbledonac.org.uk

HUNTINGDONSHIRE AC CLUB

CHAMPIONSHIPS

St. Ives.

huntsac.org.uk

INVERNESS HARRIERS OPEN

Inverness.

invernessharriers.org.uk

JERSEY SPARTAN GRADED OPEN &

QUADRATHLON

St. Clement.

jerseyspartan.com

JOHN NEWSOME MEMORIAL OPEN

Wakefield. 10am.

wakefield-harriers.co.uk

KINGSTON UPON HULL SPRING OPEN

MEETING

Hull. 10.15am.

kuhac.com

LONDON UNIVERSITIES & COLLEGES SERIES

Newham.

london-athletics.com

MALDWYN HARRIERS OPEN

Maldwyn. Noon.

maldwynharriers.org.uk

MILTON KEYNES OPEN SERIES

Milton Keynes.

mcs.open.ac.uk/mkac

NORTH EAST COUNTIES OPEN

RELAYS & THROWS FEST SERIES

Whitley Bay.

necaa.info

OXFORDSHIRE JUNIOR LEAGUE

Oxford (H).

oxfordcityathleticclub.com/oxon-junior-league

THROW WELL & PROSPER OPEN

Ipswich.

TIPTON GAMES OPEN

Tipton. 9am.

tiptonharriers.co.uk

WATFORD MINORS OPEN SERIES

Watford.

watfordharriers.org.uk

WESSEX YOUNG ATHLETES' LEAGUE

Southampton, Winchester.

wessexleagueatandf.co.uk

WIGAN HARRIERS SPRING OPEN

Wigan.

wiganharriers.org.uk

WIRRAL AC YOUNG ATHLETES' OPEN

Bebington.

wirralac.co.uk

YATE SPRINTS & HURDLES

CHALLENGE OPEN

Yate.

yateac.co.uk

Tuesday April 11

NORTHERN VETERANS' LEAGUE

Cleckheaton. 7pm.

nvac.co.uk

Wednesday April 12

ASHFORD LEISURE TRUST OPEN

Ashford.

ashfordleisuretrust.co.uk

VETERANS' AC 10km WALK

(Inc SURREY, MIDDLESEX & HERTFORDSHIRE CHAMPIONSHIPS)

Battersea Park. 6.30pm.

vetsac.org.uk

Thursday April 13

FIRMUS ENERGY SUPER 6 SERIES

Belfast. 6.15pm.

laganvalleyac.co.uk

GREAT YARMOUTH WARM-UP OPEN

Great Yarmouth.

gydac.co.uk

INVICTA EAST KENT OPEN SERIES

Canterbury.

invictaeastkentac.org.uk

Friday April 14

HERTS PHOENIX EASTER OPEN

Welwyn.

hertsphoenix.com

Saturday April 15

CUMBRIA LEAGUE

Whitehaven.

LANCASHIRE COUNTY COMBINED

EVENTS CHAMPIONSHIPS (Inc

HYNDBURN AC OPEN)

Hyndburn. Until Sunday April 16.

lancsaa.co.uk

SOUTHERN ATHLETICS LEAGUE

1: Bromley, Dartford, Peterborough,

Woking. 2E: Gillingham, Stevenage,

Thurrock. 2W: Kingston, Oxford,

Tooting, Yeovil. 3N: Braintree, Lee

Valley, Parliament Hill, Watford. 3SE:

Carshalton, Carshalton, Hastings,

Hastings. 3SW: Bournemouth, Bournemouth, Exeter, TBC. *southernathletics.org.uk*

Monday April 17

NORMAN FOWLER MEMORIAL OPEN

Tonbridge.

tonbridgeac.co.uk

READING AC CLUB CHAMPIONSHIPS

Reading.

readingac.com

TRAFFORD AC MEDAL OPEN

Stretford. Noon.

traffordac.co.uk

Tuesday April 18

BARNLEY AC 3000m CHAMPS

Cudworth.

barnsleyac.co.uk

DERBYSHIRE ATHLETICS OPEN

Derby.

NORTH YORKSHIRE & SOUTH

DURHAM LEAGUE

Darlington. 6pm.

new-marske-harriers.co.uk

Wednesday April 19

ABERDEEN AAC OPEN

Aberdeen.

aberdeenaac.co.uk

MANX H & P RUNNING LEAGUE

Douglas.

manxharriers.com

NORTH EASTERN OPEN GRAND PRIX

Gateshead. 7pm.

necaa.info

WATFORD OPEN GRADED MEETING

Watford. 7pm.

watfordharriers.org.uk

WALKS

Saturday April 8

MACCLESFIELD SHIELD 20km

Sutton Macclesfield.

ST.EDMUNDS WALKS

Moreton Hall, Bury St.Edmunds. 1pm.

Sunday April 9

SARNIA WC CHILCOTT CUP 7

Albceq, Guernsey. 9.30am.

sarnia.wordpress.com

Tuesday April 11

SOUTH YORKSHIRE LEAGUE

Millhouses Park, Sheffield. 6.30pm.

Tuesday April 18

VETERANS' AC 5

Battersea Park, London. 7pm.

vetsac.org.uk

OVERSEAS

Sunday April 9

GREAT IRELAND RUN 10km

Phoenix Park, Dublin, Ireland. 10am.

greatrun.org

ROTTERDAM MARATHON

Rotterdam, Netherland.

nnmarathonrotterdam.org

Saturday April 15

IAAF RACE WALKING CHALLENGE

Taichang, China.

Monday April 17

BOSTON MARATHON

Boston MA, USA.

baa.org

Saturday April 22

IAAF WORLD RELAYS

Nassau, Bahamas. Until Sunday April 23.

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WELCOME TO ANOTHER IN AW'S SERIES OF QUIZZES AND COMPETITIONS FOR ATHLETICS TRIVIA LOVERS

TO answer this issue's questions readers need a good, all-round knowledge of the sport as there is no particular theme this week.



2014 Commonwealth Games: Q8

PICTURES: MARK SHEARMAN

1 What is legally required to be 8.5 feet for men and 7.2 feet for women in competition?

2 In May 1935 American running legend Jesse Owens did what in 70 minutes?

3 Who was the last athlete to defeat Ed Moses before the American went on his infamous near decade-long unbeaten 400m hurdles run?

4 Which top division Spanish football team played at the Olympic stadium in Barcelona for 12 years, leaving in 2009?

5 Name the German sprinter who won an Olympic relay medal in the 1980s and then a world-level 400m medal after the turn of the millennium.



Ed Moses: Q3

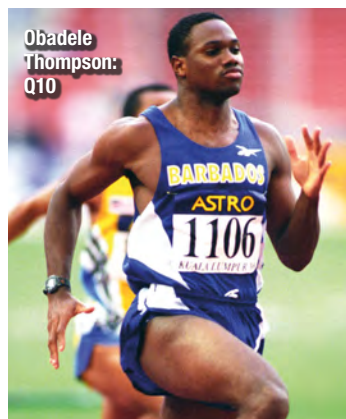
6 Which Olympic champion said this: "Men may steal my chickens; men may steal my sheep. But no man can steal my age."

7 Who holds the male British record for the 25,000m?

8 Which stadium hosted the opening ceremony for the 2014 Commonwealth Games?

9 Can you name the athlete who holds the female world record for the rarely-run 200m straight hurdles?

10 Which disgraced athlete is married to fellow sprinter Obadele Thompson?



Obadele Thompson: Q10

COVER STORIES

Can you name the cross-country runner on this 1980 AW cover (below)? Here's a clue – he's featured elsewhere in this issue.



Quiz answers for March 30:

1 Waregem in Belgium in 1973; 2 Kenya; 3 Ethiopia's Kenenisa Bekele with 27; 4 1992; 5 Six – two in 2001 and the others in 1997, 1998, 1999 and 2002; 6 Six – Chepstow in 1976, Glasgow in 1978, Gateshead in 1983, Durham in 1995, Belfast in 1999 and Edinburgh in 2008; 7 Fifth; 8 Morocco and Tunisia; 9 Tim Hutchings in 1989; 10 Aarhus in Denmark

Cover stories 1: Bekele Debele; Cover stories 2: Ingrid Kristiansen



COVER STORIES

Roger Bannister leads an 880 yards race in 1950 (above) but who is the reigning Olympic 400m champion from Jamaica hot on his heels?

NEXT ISSUE: ANSWERS TO ALL THE QUESTIONS POSED HERE, PLUS MORE PROBLEMS TO TEST YOUR ATHLETICS KNOWLEDGE

IDENTICAL
TRIPLETS
CONTINUE THEIR
RISE IN THE
ENDURANCE
WORLD

TRIO TO RIO READY FOR VIENNA 10km

THE LUIK sisters, Leila, Liina and Lily, last year became the first triplets in history to compete in the Olympics and the Estonian athletes are now heading to the Vienna City Marathon later this month, where they will take part in the 10km on April 22, the day before the main 26.2-mile race.

The triplets are aged 31 but did not start serious running until they were 24. Since then they have steadily improved and their marathon PBs reflect their order of birth on October 14, 1985. Leila's best is 2:37:11, while Liina has clocked 2:39:42 and Lily 2:40:30.



Together they competed at the European Championships in 2014 and 12 months later Liina and Lily took part in the World Championships in Beijing.

Calling themselves "Trio to Rio" they qualified for the Olympic Games in Rio last year. But whereas Lily finished 97th and Leila was 114th, Liina

had to drop out of that race in Brazil and their target is now the Olympic marathon in Tokyo in three years' time.

"It would be our dream, but we know that we have to live in reality," says Leila.

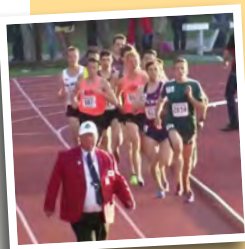
"It is very hard to compete against the Kenyan runners.

"We are not at the same kind of level as they are now, but in two or three years we can do that," she adds.

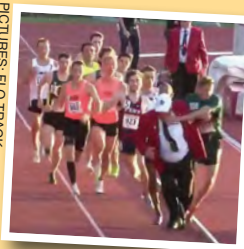
While they may be identical in appearance, their running style does differ.

"If all three of them run together, I can easily tell them apart," says their coach Harry Lemberg.

RIMMER OPENER THWARTED BY OFFICIAL'S LAPSE



PICTURES: FLO TRACK



MICHAEL RIMMER's first race of the season did not quite go to plan when he was stopped in his tracks by a wayward official.

A video of the incident at the Stanford Invitational in California went viral on social media last weekend as the cumbersome track official lurched in front of the runners causing mayhem to the race.

Wearing a red blazer and white cap, the man was wandering down lane two before suddenly veering into the inside lane, right in front of the pack of athletes, possibly after someone shouted at him to 'watch out!'

"Not quite the way I expected my season opener to go," said Rimmer.

BACKWARDS BEST IN WILMSLOW HALF

THE Wilmslow Half-marathon last month saw a Guinness World Record for backwards running from Shantelle Gaston-Hird.

The 21-year-old from Lincolnshire was running for the BulliesOut charity and is an experienced marathoner and ultra-runner. The previous women's best for a half-marathon running backwards was 2:46 but Gaston-Hird ran 2:31:50.

She says: "The idea of running backwards is to show to people that they shouldn't be afraid to stand out from the crowd."

On the record she added it was "to show people that doing something different or being different can be a great thing".



HARRY SHAKESHAF



SHOE-IN FOR VICTORY

SHOT put queen Valerie Adams won a gumboot throwing competition recently at the Hilux New Zealand Rural Games.

The event, which celebrates all things rural, saw Adams beat the title holder, but she fell short of a new record by about a metre.

The event included wood chopping and cow pat tossing. Although, not surprisingly, Adams gave the latter a miss.

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