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athletics WEEKLY

THE WORLD'S NO. 1 ATHLETICS MAGAZINE

60 1945-2005

Silver lady

Radcliffe bids for glory in London's 25th race



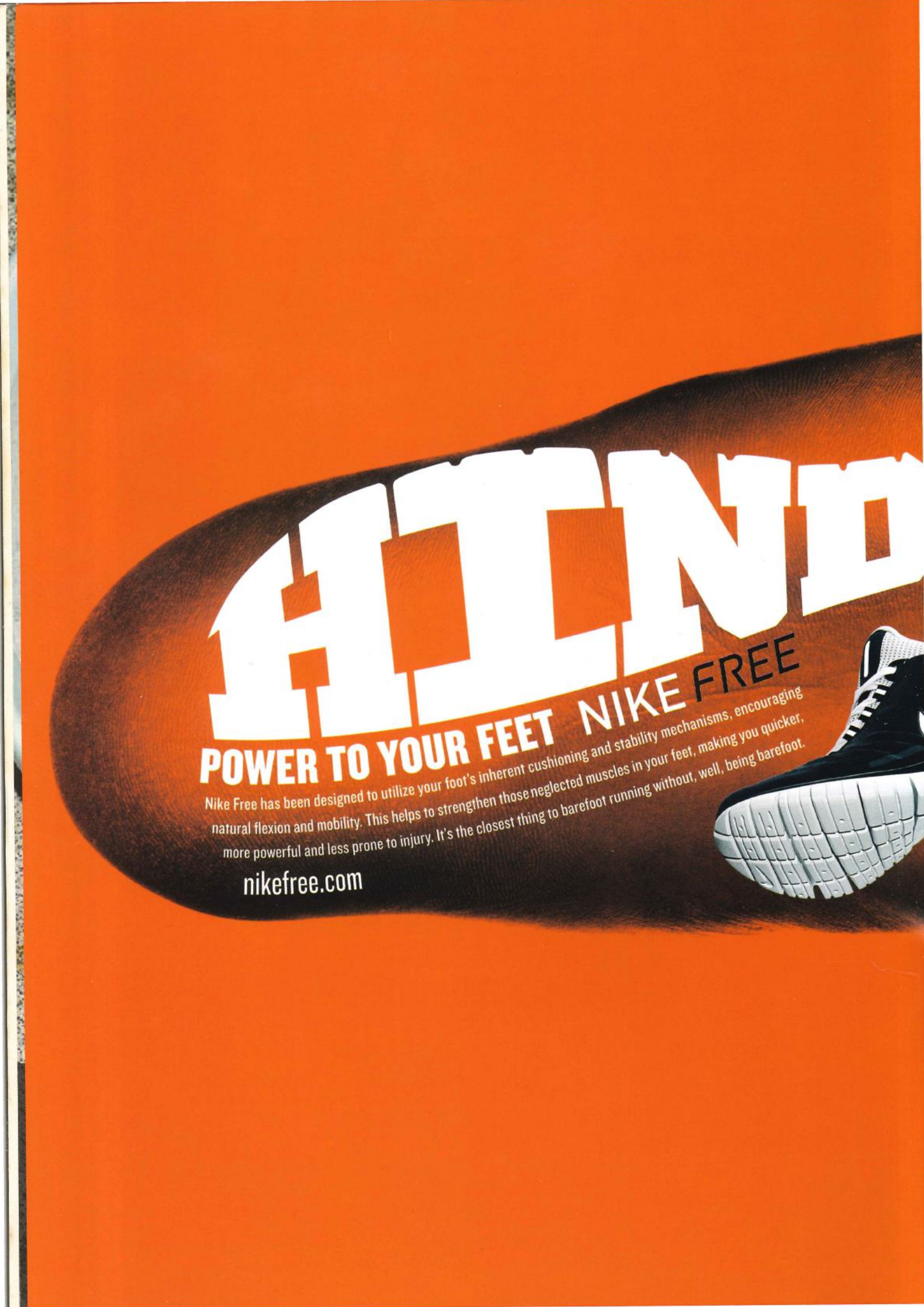
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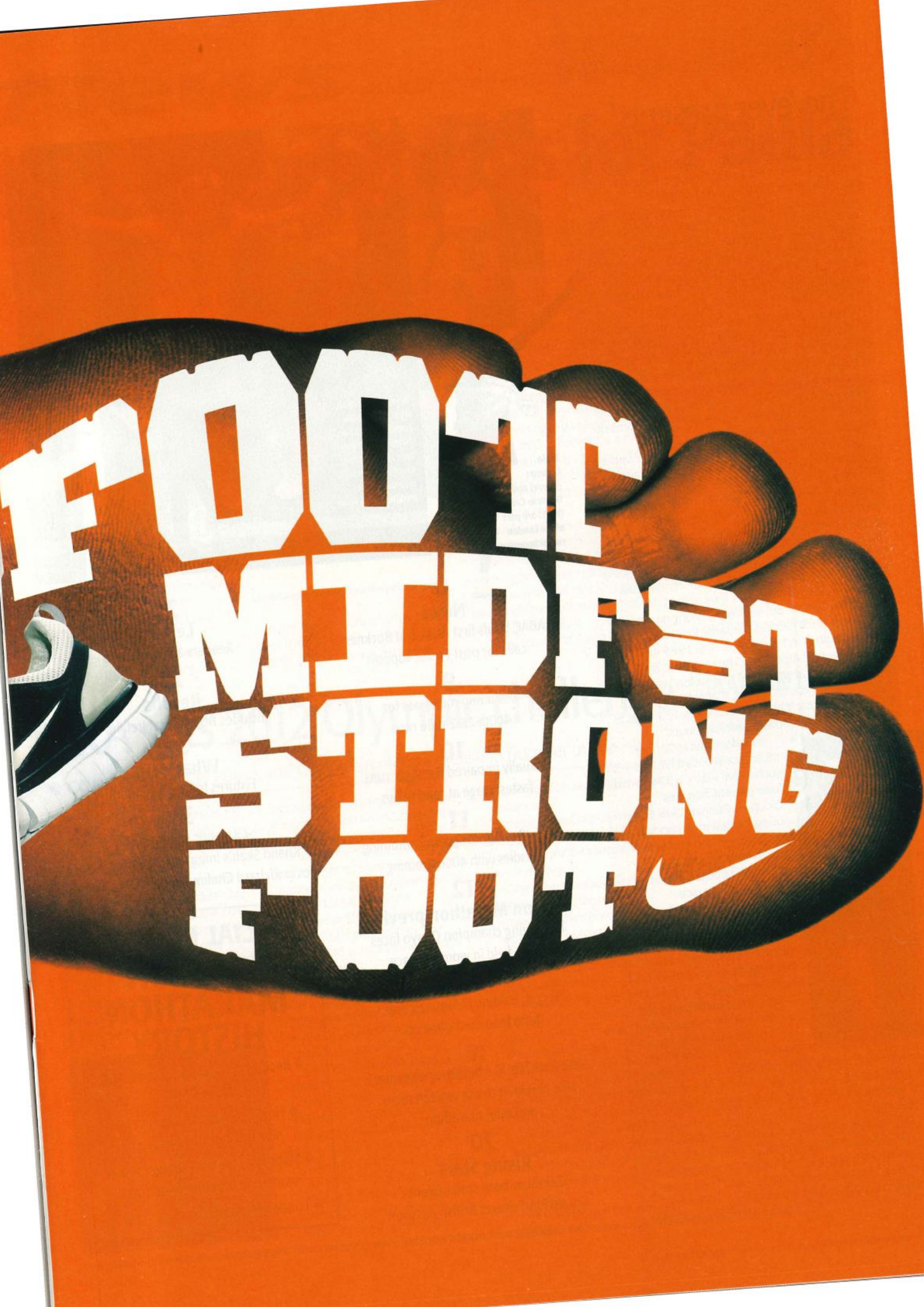
INSIDE:

52-page Marathon special

Historical review of every year – winners, losers and how it began

Every run, every jump, every throw, every week ...


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The 'ever presents'

THE London Marathon celebrates its 25th birthday on Sunday. A silver anniversary is a significant milestone and 1981 seems like a long time ago. Especially if you have started and finished every single race.

Such athletes proudly refer to themselves as the 'ever presents'. There are 29 in total, ranging from the oldest, 80-year-old Reginald Burbridge, to the youngest, 46-year-old Chris Finill. They are sporting streakers of the fully-clothed kind and for almost a quarter of a century they have finished the most famous 26.2-mile race in Britain on every occasion.

Over the years they have endured injuries and illness, accidents and ailments. Yet their number is dwindling and one day, in the words of Sean Connery in the film *Highlander*, there will be only one.

It could be David Fereday from Barnet & District (pictured below). Time is not on his side, as he is now aged 67. But his durability and determination sums up the spirit of the ever presents.

Last year, for example, he was admitted to a cardiac unit four days before the race with a severely raised and irregular heart beat, but still made the start line in Greenwich. In his first race in 1981 he amazed his osteopath by finishing in 3:12:52 despite a bad back. In 1982 he pulled his Achilles tendon 10 days before the race after sprinting to escape a dog that attacked him at the start of a training run. But nothing was going to stop what was already becoming an annual ritual.

In 1985 he clocked his best time of 2:44:10. It placed him 1047th. But such is the changing nature of British endurance running, the same time would have put him 250th in last year's race. "The 1985 run is probably my best experience," he says, "that and passing Seb Coe at around 20 miles a few years ago!" In total, he also reckons he's hit The Wall in 11 of his 24 races and adds: "I hope to keep on for four years to do the job after I am 70 and beat four hours."



If he does quit at 70, then others could outlast him. Others such as Jeff Aston, a 57-year-old 'ever present' from Les Croupiers Running Club. But being the 'last man standing' is not the be-all and end-all for this remarkable group of marathon fanatics.

"It would be a nice achievement," says Aston. "I think we would all like to be the last one but we don't want any of the others to drop out because we know what it would be like for them."

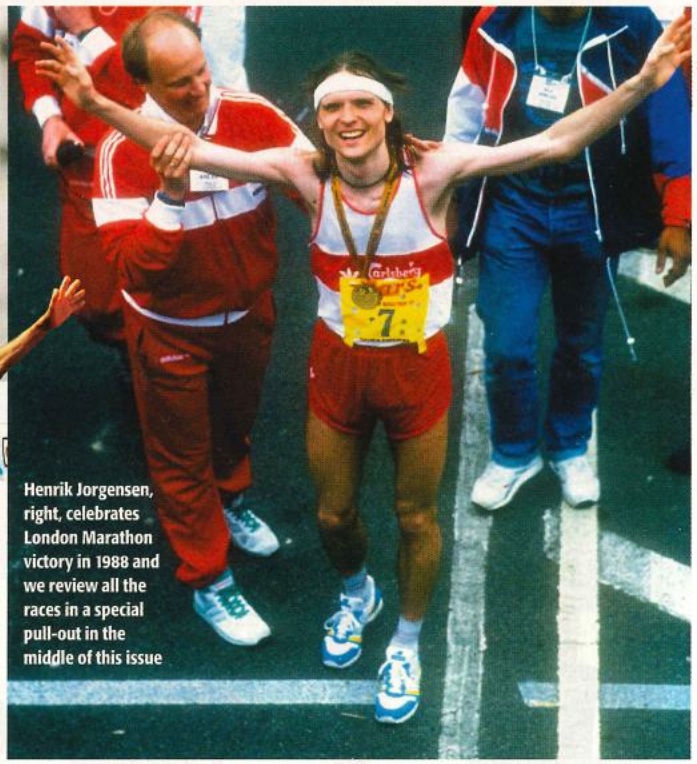
Such a fate befell long-time *Athletics Weekly* correspondent Alastair Aitken when he was involved in an accident three days before the race in the year 2000. A motorbike hit him in the back and broke nine ribs and his collarbone, but nothing hurt more than the prospect of seeing his streak end.

Still, being an ever present, nothing was going to stop him from at least watching the race. "I was in bed in hospital listening to the helicopters circling around the route," he says. "But I struggled out of bed to see Pinto and Loroupe winning their races on television."

Jason Henderson, Editor



Tegla Loroupe (above) and Dionicio Ceron (No.1) are part of the London roll of honour



Pic: Keith Mayhew

Henrik Jorgensen, right, celebrates London Marathon victory in 1988 and we review all the races in a special pull-out in the middle of this issue

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SPECIAL PULL-OUT

LONDON MARATHON HISTORY

- Race by race review of every year since 1981
- How it all began – we speak to race director Dave Bedford
- Statistics – the best London marks, world and UK all-time rankings
- London Marathon book competition

Cover: Paula Radcliffe, the world marathon record-holder who goes for her London Marathon hat-trick on Sunday (Mark Shearman)

McColgan plumps for Paula

LONDON MARATHON: Scottish distance legend predicts Radcliffe to win but watch out for Kenyan challenge

LIZ McCOLGAN, the former London Marathon winner, believes Paula Radcliffe will win Sunday's 25th anniversary race but warns Margaret Okayo could pose a big threat, *writes Steve Landells*.

McColgan, who won the race in 1996, says Radcliffe, the world-marathon record-holder, will be the woman to beat but the diminutive Okayo, of Kenya, who won last year's race, should not be underestimated.

"There is no reason why Paula can't run as fast as before," said McColgan in reference to her astounding world record of 2:15:25, which was set in London in 2003.

"The contenders are stronger than before (when Radcliffe has previously raced London) but I still put Paula favourite to win."

McColgan does not believe Radcliffe's chances of winning London are diminished by her defeat over 10km at the Crescent City Classic in New Orleans last month.



Liz McColgan: 'hoping for a competitive race'

In Radcliffe's final preparation before London, Isabella Ochichi, of Kenya, beat the Briton by 18 seconds with Radcliffe recording 30:45.

But McColgan added: "Her performance in New Orleans doesn't sway me at all. She still ran 30:45 and this still shows she has the same speed and strength as before."

However, the 41-year-old Scot who is expecting to give birth any day to her fifth child, is hoping for a much more competitive race than in 2002 and 2003 when Radcliffe simply destroyed the opposition and won by massive margins.

"I would hope it is a more competitive race," added McColgan. "There is nothing worse than watching one person go out there and run a time trial race. The last couple of times nobody has been able to go with Paula."

The woman McColgan believes could be a major threat to the Bedford athlete is Okayo, the joint sixth-fastest marathoner of all-time and the defending London Marathon champion.

She added: "Okayo has steadily been improving in the marathon, she has the experience over the distance and has ran quite a few different courses. She has been on the way up and prepares herself quite well."

Meanwhile, Liz Yelling, the international marathon team-mate and Radcliffe's best friend, dropped a hint the world record-holder could be set for a special performance on Sunday.

Yelling, who is also competing in the race, said: "It has been her (Radcliffe's) smoothest preparation going into a marathon, even (smoother) than before she broke the world record."

♦ BIG time performer, p.16-17

UKA sets 2012 Olympic challenge

CONGRESS: Hyde Peters and Collins target big increase in number of finalists

UK ATHLETICS' new performance team has set the ambitious goal of getting British athletes into 50 per cent of finals at the 2012 Olympics, *writes Jason Henderson*.

If achieved, this would be a significant improvement on recent Games. Britain had athletes in 28 per cent of finals at the 2004 Athens Olympics and in 39 per cent of finals at Sydney 2000. A finalist is classed as someone reaching the top eight of an event.

The target was announced by Zara Hyde Peters at the Congress Weekend at the NEC, Birmingham, last Sunday. Hyde Peters was appointed earlier this winter as UKA's director of athlete development and works closely with another key UKA appointment, new performance director Dave Collins.



Dave Collins: performance director aiming high

Describing the plan as a "challenge", she said: "We want to be consistently good, to be regarded as the leading European nation and one of the top five in the world.

"To have an athlete in 50 per cent of finals at the 2012 Olympics would be a great challenge. And as a sport this represents a huge stretch goal."

Dave Moorcroft, UKA's chief executive, added: "Rather than a pre-occupation with medals, if we try to get athletes in more finals we have no doubt it will result in more medals."

Key to the plan, though, is whether London wins the right to stage the 2012 Games. The decision made by the International Olympic Committee on July 6 in Singapore will determine how much money the British government spends on developing sport in the next seven years.

With this vital decision creeping closer, the Congress Weekend saw one of the London 2012 committee members, Chris Baillieu, outline the bid team's vision and the ex-rower explained how the 2012 Olympic Stadium would be used for athletics after the Games.

In addition, the Congress Weekend featured separate clubs' and officials' conferences, plus the inaugural UKA Awards dinner (see page 8).

Other speakers included football referee Keith Hackett, who showed how technological advances were being used to help officials in his sport.

Ian Lole, from British Triathlon, explained how a membership scheme successfully operates within his sport.

The weekend was upbeat, with stirring speeches and much opportunity for athletes, coaches, officials and teachers to discuss various issues. But while the strengths of the sport were emphasised, a story from UKA president Lynn Davies left delegates in no doubt that athletics Spring 2005 report is 'doing well, but could do better'.

Davies said: "I teach athletics at UWIC but am often showing 18-year-olds how to do triple jump or throw the javelin for the first time in their lives. Is this a national dilemma? I think it is."

♦ NEXT WEEK: how UKA plan to get athletes in 50 per cent of Olympic finals

IAAF rule changes

THE IAAF Council has recommended to their full congress a new change to the false start rule – and this time athletes will be given no second chance.

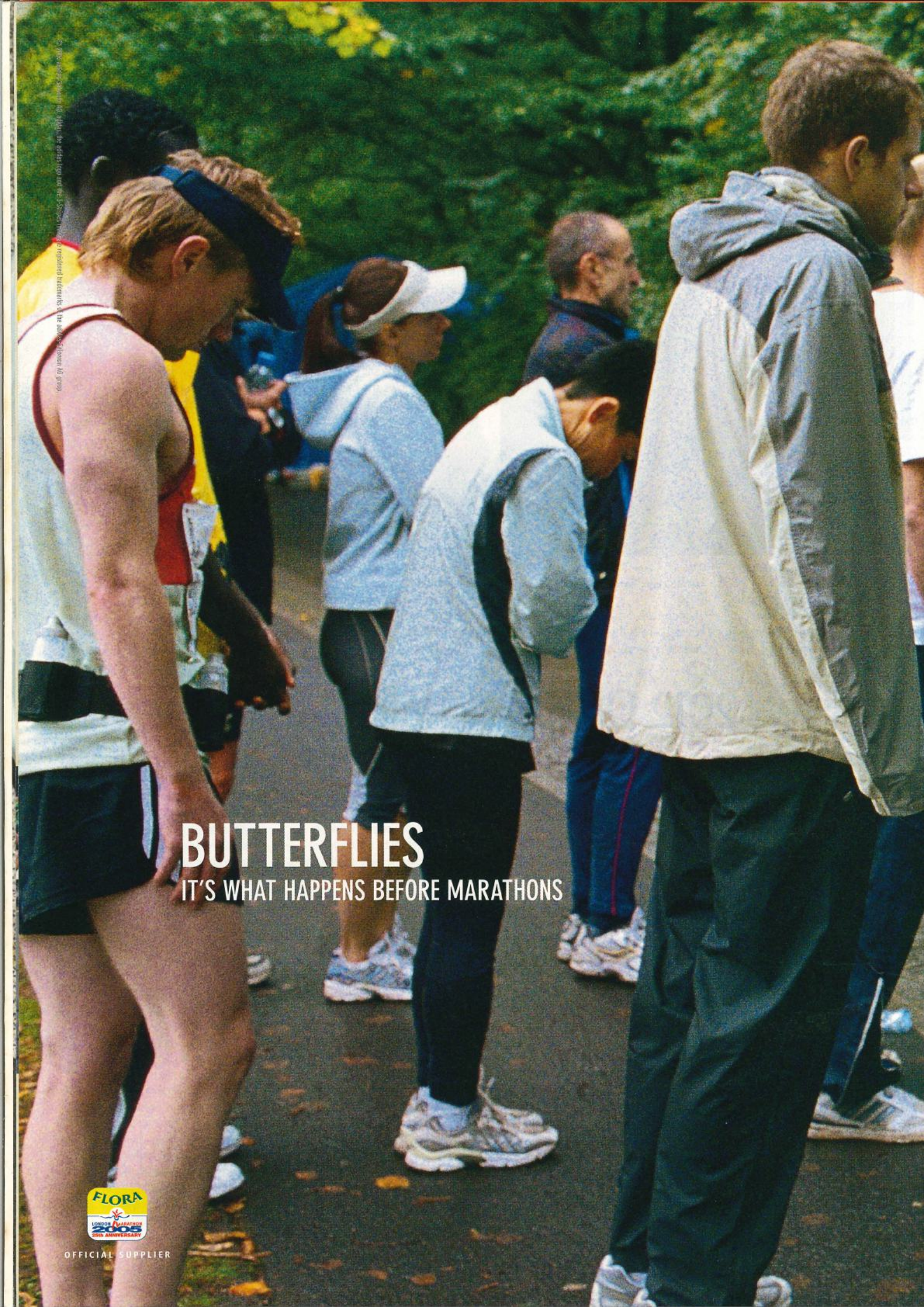
At present, each athlete is permitted to make one false start, but any athlete subsequently committing a false start is disqualified. Under the new proposal, any athlete making a false start will be immediately disqualified.

"The opinion of a majority of Council members was that this rule change would prevent gamesmanship, by penalising those athletes who deliberately false start to unsettle their rivals," said IAAF General Secretary Istvan Gyulai in the final session of their Council in Doha. "But this is just a recommendation, and Congress will take a decision in Helsinki (in August)."

Earlier at the Council, the IAAF sanctioned a rule change which they hope will slow up the increasing trend of athletes country-hopping.

In recent years many athletes have switched from Kenya to Middle-Eastern nations, including, ironically, Qatar.

The Council changed rule 5.2d, so the period of ineligibility of an athlete who has competed from one country to another would only begin when an athlete received citizenship.


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Briefs

Oxford officials request

OFFICIALS are needed for both days of the Oxfordshire County Championships, on May 14-15, at Tilsley Park, Abingdon. The County is particularly short of timekeepers, but a track referee and a starter are also required for Sunday 15 May. Qualified officials able to assist on either day are invited to phone Alan Vincent on 01295-720809 or e-mail alan.carole@freeuk.com.

Corby meeting correction

THE correct email contact for Corby AC's Golden Series Open Meeting on April 24 should be cknibb@ukonline.co.uk and not as stated in last week's issue. For further queries also please call 01858-469296.

Let the bidding begin

AN online auction has been launched on eBay by Brunel University for an Athens Olympic flag signed by a host of athletics legends including world 200m and 400m record-holder Michael Johnson, multiple Olympic champion Carl Lewis and British Olympic legends Lord Sebastian Coe, Denise Lewis and Sally Gunnell.

Proceeds from the auction, which runs until April 20, the day of the official opening of Brunel University's indoor athletics track, will be given to the Borough Road Scholarship Fund.

London Inter-Club Challenge

THE THIRD fixture of the London Inter-Club Challenge on Saturday July 2 is to be hosted at New River Stadium, by Enfield & Haringey, and not at Battersea Park as stated in last week's Track and Field Guide.

Midland rankings

THE MIDLAND track and rankings for 2004 are available from Lyn Orbell, 50 Firs Farm Drive, Hodge Hill, Birmingham B36 8DB. Cost is £1 per age group/sex (not U13).

Please send a SAE with appropriate postage and cheque made payable to MCAA.

Southwestathletics.com

SONIA ELLIS, the regional development officer for the South West of England, has created a new website to act as a complete news resource for athletes, coaches and officials in the region.

The site – www.southwestathletics.com – went live last weekend and provides information for people in Avon, Cornwall, Devon, Dorset, Gloucestershire, Somerset and Wiltshire.

Race walking team

THE RACE Walking Association has finalised their England team to represent them against Ireland at the Leamington Grand Prix, which is also their National YAG Championships, on Saturday April 16.

Under-17 men: Simon Hambridge/Lewis Hayden (Nun), Jack Tomlin (Dart). **Under-15 boys:** Mark O'Kane/Matthew Halliday (Cov), Mark Pratt (Sheff). **Under-13 boys:** Michael Silvester/Hamish Hall (AFD), Chris Ball (Stey).

Under-17 women: Fiona McGorum (Leic WC), Sarah Foster (Dart), Claire Yeoman (Nun). **Under-15 girls:** Chelsea O'Rawe-Hobbs (B&B),Lauren Gimson (Leic WC), Katheryn Granger (Sheff). **Under-13 girls:** Lauren Wheelan/Fay Latham (Manx H), Danya Sarayreh (Sheff).

ABAC states its position

POLITICS: Rebel clubs body voices concerns and appoints chairman at its first AGM

THE inaugural AGM of the Association of British Athletics Clubs (ABAC) saw Jack Walters appointed as chairman and the main goal in its constitution stated as "the promotion and development of club athletics in the UK", *writes Jason Henderson*.

Walters, who is the chairman of Luton AC and has chaired the British Athletics League for 18 years, said: "ABAC wishes to support the sport as a unified voice for the clubs to talk to governing bodies. We need to preserve the democratic control of the sport by the clubs. We think this is currently under threat."

A total of 135 clubs supported the establishment of ABAC, which took place at Coventry on the same day as the UKA-organised clubs' and officials' conferences last Saturday. The origins for ABAC came earlier this winter when a group of 10 clubs decided to act on their frustration with what they felt was lack of progress following the Foster Review.

In a statement, ABAC said it intended to "be active in seeking to bring public pressure upon parts of our sport that need to reform. The meeting discussed the recent road shows regarding the Foster review and a general view was that questions to the panel were not answered satisfactorily."

It continued: "A discussion on the registration scheme revealed widespread hostility to this, described by some as a tax on athletes.

"Dismay was expressed at the need for experienced coaches to accumulate credits by additional coach education in order to renew their coaching license. It was felt that this would lead to the loss of many coaches to the sport.

"Many attendees also felt the case for winding up the AAA of England had not been made and this would be one of the first matters receiving the attention of ABAC members."

The joining fee for clubs to ABAC was set at a flat £25 for the first year, with future subscription fees relating more to club size.

Buckner makes plea to critics

JACK BUCKNER, the man in charge of turning the ideas in the Foster Review into reality, has issued a plea to critics of the on-going modernisation process. "There is no perfect plan, but this is the best we have so please let us implement it."

Speaking at the UK Athletics Congress on Sunday, Buckner's words were passionate. "It is impossible to have a plan that will please everybody in such a diverse sport," he said. "But if we get it 80 per cent right, then that will be as good as we are going to get and we must be allowed to implement it with excellence. What this sport spectacularly fails at is that these plans get nit-picked to death."

Buckner says the Foster Project Board has a key meeting at the start of May when the timetable of change will be decided, culminating in the birth of England Athletics in April 2006.

At times he sounded exasperated. "Please, please, please can we avoid squabbling. If you broadly support this plan, can you get behind us and let us implement it?"

David Moorcroft, UKA's chief executive, added bluntly: "It's our last chance to get as close to perfection as possible."

Milton Keynes dominate club awards

MILTON KEYNES AC celebrates its newly-found recognition this week after being named track and field club of the year by UK Athletics.

And it wasn't just group success for the Bedfordshire club, because their head sprint coach Mike Leonard claimed performance coach of the year at the same event – the inaugural UKA Awards dinner last Saturday at the NEC in Birmingham.

Leonard, who coaches junior international sprinters Craig Pickering and Joey Duck, was put forward by club chairman Mick Bromilow, who paid tribute to Leonard's heavy involvement in squad days, meetings and mentoring work with coaches from other sports across the county.

But the down to earth coach said the award was only half the reason he was smiling on Saturday night. "It's nice to be recognised as a coach, but it still has a lot to do with how your athletes get on," he said. "When Mick rang to tell me that I had won the award it certainly lifted me. It had been a good day with one of my athletes – Joey Duck – running a world youth games qualifying time of 24.1 also on the Saturday."

Bromilow said he was gobsmacked at the club's award and added: "I've always been tremendously in favour of an awards scheme that helps recognise the volunteers in the sport and this is great for the club."



Mick Bromilow from Milton Keynes receives an award from UKA chief executive David Moorcroft

The dinner was supported by the Foundation for Sport and the Arts (FSA) and saw clubs, officials, volunteers, coaches and partnerships recognised for their contribution to the sport over the last 12 months.

Milton Keynes had the strongest club presence in the country throughout the awards process, receiving seven out of 19 regional awards for the south of England area. As well as club and performance coach titles, there were also the regional nominees for emerging coach of the year, off track official of the year, developmental coach of the year, young volunteer of the year and off track club of the year.

All regional winners went forward to last Saturday's national final. The full list of winners from the evening's events is:

Club Awards: Track and Field – Milton Keynes AC, Off track – Crowborough Runners, Junior – West Cheshire AC, Club Innovation – Holmfirth Harriers.
Officials: Services to officiating – Roz Randle, Beds AC, Newcomer – Gavin Berry of Basingstoke and Mid Hants, Off track official – Ted Butcher EAA.
Volunteers: Club officer – Dave Varney – Newquay & Par AC, Club volunteer – John Driscoll, West Cheshire AC, Emerging Talent – Kevin Skinner of Exeter Harriers, Strategic leader – Peter Masters Lewes AC, Young Volunteer – Claire Brennan Havering Mayesbrook, Volunteer Coordinator – John Innes Victoria Park AAC.
Partnerships: Facility – Brian Cotterill Bedford International stadium, Athletics Partnership – Somerset Active Sports.
Coaches: Performance – Mike Leonard – Milton Keynes AC, Development – Brian Burgin of Halifax Harriers, Emerging – Zoe McKinnon of Horsham Blue Star Harriers, Services to the development – Bill Whistlecroft of Yeovil Olympiads.

Edwards is king of the road

MARATHON : Endurance master to mark landmark feat in the capital's big race

RECORD breaker Steve Edwards plans to rack up a breathtaking 400th marathon of his career on the streets of London on Sunday, *writes Steve Landells*.

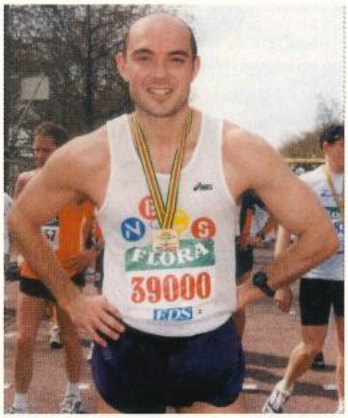
The Coventry-born IT manager, who only started seriously running marathons in 1988, quickly became addicted to the lure of running the 26.2-mile distance.

He has now completed marathons in more than 21 countries and made the Guinness Book of Records after achieving the staggering feat of completing 87 marathons in a 12-month period from March 1991 to March 1992.

Edwards, 42, has never been an elite athlete but competes for the sheer thrill and challenge of running marathons, anyplace, anywhere.

"Believe it or not," Edwards explains, "my first ever road race was a marathon, even before a 5-miler or a 10km. I was 19 and fancied doing the Coventry Marathon in the early 1980s. I did 3:38 in my first marathon and I did it (the Coventry Marathon) for the next few years of the race but my times started to drift. It was only really in 1988 I started to run marathons seriously because I wanted to raise some money for Great Ormond Street."

Edwards was hooked. He ran 20 marathons that year and after meeting members of the 100 Hundred Marathon Club, he quickly set the century of marathons as his



Steve Edwards: poised to run 400th marathon

next target. He is now of the verge of completing his fourth century and proudly, Edwards, who now lives in Moreton-in-Marsh in Gloucestershire, has completed every marathon he has started.

"I don't ever want a DNF next to my name," he adds, "I remember once racing the 80km Swiss Alpine Marathon and twisting my ankle with about 10 miles to go. It was only when I finished I realised I'd fractured a bone."

He has ran in marathons in New Zealand and the Outer Hebrides and his favourites are the big city marathons of Stockholm, New York and London.

So he feels it is quite fitting marathon number 400 is in London in the 25th anniversary race and hopes a sub-three hour marathon is not beyond him thanks to working more on his speed.

"I run between four and five times a week but never more than seven or eight miles," says Edwards. "I hate going for long distance training runs. I can't get into 20 mile training runs on a weekend. I like to make two sessions a week of quality stuff, whether that be a fartlek or shorter sprints over 200-300m. I was aware as my marathon times were drifting toward 3:30 I was losing the speed in my legs. So I decided to re-evaluate my training and wake up the fast-twitch fibres in my legs."

Edwards also has no intention to retire at 400 marathons and has set himself the goal of reaching the 500 target at the 2012 London Marathon – a year in which he also celebrates his 50th birthday and, hopefully, London will stage the Olympic Games.

♦ Edwards' marathon stats

- 68 of his 399 marathons have been abroad in 21 different countries
- HE has completed 22 marathons in sub-three hours, 155 have been sub 3:15 finishes and 330 have been sub 3:30. His PB of 2:51 was set in Stockholm in June 1991
- HIS best back to back marathon finishing times were 2:56 and 3:01 in January 1992
- HIS most intensive period of marathon races was eight marathons in 10 days in December 1991 and four marathons in three days in October 1989

Irish promise warm welcome for Brits

THE Irish Milers Club are offering British athletes opportunities to travel to Ireland for some exciting racing this summer. The IMC fixture list has just been announced and there are a number of Saturday dates which will make travel to Ireland a great deal easier.

The first two dates are in Dublin, at a new track in Ringsend. These are Saturday 30 April and Saturday 14 May. The next races are a men's 1500m and a women's 800m at the Irish Schools' Championships in Tullamore on Saturday 4 June.

This is the biggest athletics meet in Ireland and the races are run in a great atmosphere. The IMC also have a men's 800m at the Cork City Sports on Saturday 2 July. This is an EAA permit meet and it offers a great opportunity for developing athletes to run at an international meeting.

All British Milers' Club members can enter IMC races free of charge and the IMC will offer assistance with travel for athletes who meet certain time criteria.

Details of all races are published on www.irishmilersclub.com

Q&A WITH ...

Andy Turner



THIS week the Great Britain Olympic sprint hurdler goes on the spot with *Athletics Weekly*

First athletics memory?
IT'S my school sports day – I got the school triple jump and high jump records.

Other sports played?
I USED to play football for Notts County. We played at Wembley twice in an under-11 competition. We beat Cardiff in the semi-final but lost to Liverpool in the final. It was a fun day and we got to meet Bobby Moore. I wasn't a fan of rugby – I got asked to do an England trial but I turned it down.

Other sports watched?
FOOTBALL – I follow my team Nottm Forest. I remember the first game my dad took me to watch – it was Nottm Forest against QPR. I loved it. I don't watch golf or tennis. I'll watch rugby, just not play it.

Career highlight?
RUNNING at the Olympics – it was annoying getting injured before Athens but the experience of it was great.

Career lowlight?
GETTING injured before the Olympics. I ran a PB early in the season and then the injury kept me out for two months.

Best mate in the sport?
CHRIS LAMBERT – he lives near me and comes to my house a lot.

Sporting hero?
COLIN JACKSON – he's done it all.

Hobbies?
LOOKING after my four-month-old daughter takes up most of my time. I enjoy relaxing with my friends.

Favourite food?
IT would have to be steak and chips.

Ideal dinner party guests?
LIZ HURLEY a few years ago – she's an oldie but a beauty. I'd have Paul Gascoigne as well because he'd be good to chat to. I'd be able to chat to Paul and look at Liz.

Favourite session?
STARTS over three hurdles .

Least favourite session?
500, 400, 300, 200, 100 – it's a killer.

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It's no big deal for Katherine!

RISING STARS: Visually impaired teenager proves her disability is no bar to success at national road relay champs

KATHERINE DEAL caused a sensation at the Nike AAA Road Relays by recording the fastest leg in the under-13 girls' race, despite having a genetic condition which severely restricts her sight, *writes Steve Landells*.

The 13-year-old Shaftesbury Barnet Harrier, who can see at 6m what people with full sight can see at 60m, recorded the time of 14:10 around Sutton Park without a guide-runner and kept on course by focusing her eyes on the lead motorbike.

Incredibly, Katherine only went into the race without a guide-runner because it was assumed she would be able to follow other quicker athletes. However, such was the pace set by the St Albans athlete she found herself at the front and bravely ignored the possible dangers of going off course in a determined desire to give the team 100 per cent.

"I thought I would be able to follow the other runners because I wasn't even in the top 40 in terms of times," explained Katherine. "I just had to follow the motorbike. If I hadn't I would have probably gone off on some random route or I would have had to run behind one of the girls."

Katherine started running two years ago after impressing at a schools' cross country race and shortly after joining Shaftesbury Barnet, linking up with veteran coach George Harrison, where she has made rapid progress.

Last summer she won gold medals at 60m, 300m and 600m at the Blind World Youth


Katherine Deal: fastest under-13 stage

Championships in Prague but her performance in Birmingham suggests she can also make her mark in non-disability athletics.

"It's really fun, quite challenging," added Katherine. "I'm not sure what I can achieve in the sport," before pausing to add, "I'd like to go the Olympics."

Katherine, the Hertfordshire Schools' champion, missed the Inter-Counties and National Cross Country Championships with a virus but performed encouragingly to finish 49th in the English Schools' Cross Country Championships in Norwich.

But even then her performance at Sutton Park came as a great shock, so where did it come from?

"I'd improved a lot (over the winter) but then got ill," she added. "I suppose I started getting back to where I was before the illness."

Katherine, who inherited the genetic condition dominant optic atrophy from her mother, goes to a mainstream secondary school and she not only has great physical attributes. Intellectually, she is also advanced and plans to take her GCSE in French two years' early but it is running prowess which is causing real excitement.

She trains with Harrison's group, which also includes British junior distance internationals Stephen Murphy and Victoria Webster.

Webster also acts as a running-guide for Katherine and she said: "Katherine has been in the group about two years and has fitted in fabulously, she is such a chirpy athlete. In training she has trees, branches and logs to avoid, I don't know how she gets through a session. She was told it might be a good idea to run with a guide for the cross country and George asked me to do it. To be honest, it is a real honour. I try and talk her through the race, tell her which way to turn, although you to remember to look down at branch level."

But the biggest praise for Katherine's achievements comes from Harrison, her 72-year-old coach who is currently recuperating after suffering a heart attack five weeks ago.

"She (Katherine) is the most incredible kid I've ever had," added Harrison. "We train at Abbey Orchard in St Albans and she is so brave the way she weaves through the trees. Sometimes I forget and say to her "run up to that tree" before I realise she can't see it and I have to take her up to it. We train her sensibly (she runs three times a week) and she is a sensible lady. There is no reason why she can't go on to achieve what some of the others in the group have done and make the junior team for the world cross. She has only been running a couple of years.

"When I was in hospital recovering from my heart attack she (Katherine) sent me a song she had sang – *The Wind Beneath My Wings*. I don't know whether you know the song? But it says the words 'you're my hero, I'm one step behind you.' I was in floods of tears."

♦ GEORGE HARRISON, who has coached many top athletes including former European 5000m silver medallist Gary Staines, is in good spirits despite his recent heart attack and is awaiting a heart bypass operation.


Vicky Webster acts as a guide for Katherine Deal

AW stand at marathon expo

ATHLETICS WEEKLY is sharing a stand with JM Sportscare at the Flora London Marathon Exhibition this week.

JM Sportscare specialise in sports injury products that can aid all levels of athletes before, during and after your event. Their products range from cold therapy treatments to ease pain instantly to heat therapy treatments for deep muscle warming and creams specially designed to help ease chaffing.

They also have an innovative product called KoldBlue, which is a cooling compression bandage designed to help reduce swelling and speed up the recovery time of tissue damage.

AW and JM Sportscare can be found at stand 021, entry is free and the exhibition runs from April 13-16 from 10am to 8pm (Wed-Fri) and 9am-5pm (Saturday).

The exhibition is at the ExCeL Centre, 1 Western Gateway, Royal Victoria Dock, London E16 1XL. The nearest Tube is Custom House on the Docklands Light Railway.

♦ FOR more details about JM Sportscare, call 01484-687136 or log on to the website www.jmsportscare.com

Wilson set to call it quits

WILSON KIPKETER, the world 800m record-holder, is set to retire after the 2006 European Championships in Gothenburg, Sweden.

Kipketer, 32, was born in Kenya but in 1995 was cleared to compete for Denmark, although not yet a citizen, and later that year won the first of three successive world 800m titles, ironically in Gothenburg.

However, controversially he was denied the chance to go for Olympic gold in 1996, when he would have been a clear favourite to win, after his entry was blocked by the Kenyan Federation.

In 1997 Kipketer twice broke the world indoor record at the IAAF World Indoor Championships in Paris and later that year he tied Seb Coe's world outdoor 800m record of 1:41.73 in Stockholm.

After retaining his world title he became outright world record-holder for the distance with 1:41.24 in Zurich and later clocked 1:41.11 in Cologne, which is still the world record.

He became European champion in Munich in 2002 but missed out on an Olympic gold medal. Denied clearance to compete at the 1996 Games in Atlanta, he won the Olympic silver in 2000 and a bronze medal in Athens last year.

Christine's balancing act

In her latest training diary, Britain's Olympic 400 metres semi-finalist CHRISTINE OHURUOGU writes about the mounting pressure as she faces one of the toughest months in her training and academic life

"APRIL is going to be a really hectic and tough month for me. I'm studying for a degree in linguistics and have my final exams and assessments in May. I'm also training hard because I want to make the team for the World Championships in August.

At the moment my life is centred around training and studying. I spend all day at the library and if I'm not there I'm at the track or in the gym.

In my spare time I sleep. I feel guilty if I'm not working, so if I do have a spare moment I make myself do some work to keep on top of things.

It's been hard juggling training and study and although it's not stressful at the moment, I know it will get a lot harder towards the end of the month.

I'm hoping for an upper second class degree but if I can graduate with first class honours that would be fantastic. My grades have been good but it all depends on how it goes in the next couple of weeks. Eventually I'd like to go into teaching but I don't know how far down the line that will be. It depends on how my athletics career progresses.



Christine Ohuruogu: battling on two fronts

After I've finished university I will be stepping up the training to hopefully gain selection for Helsinki – there won't be much celebration time for me. My friends are going to New York but I won't be going because I will miss too much training – and I can't afford to do that. I'm disappointed to miss the trip but it would have put me too far behind.

I've got to get my priorities right and athletics and studying come first. When the exams are over next month I will be able to increase the intensity of the training. It will be easier just to focus on the training and not have to juggle sessions around studying.

After the Olympics I was struggling with a back injury which is now a lot better and I can train fully. I'm pleased with my progress and things seem to be coming together well. I have regular sports massage to keep on top of the problem and the pain has eased a lot. I never found out the exact cause of the injury – it would have involved having lots of scans and I wanted to avoid that. If it was still a problem I would have stopped training but thankfully it seems to be okay. I'm not sure when I will be opening my season. I don't want to set a date just yet. I want to see how I perform in training and then decide. The main thing is to get through the next month and then plan my races for the summer."

Reebok Manchester Parks Grand Prix Series

MANCHESTER CITY COUNCIL

Summer 2005 under UKA rules

Manchester Leisure Sport

Dates	Events	Organiser
Saturday 30th April	Heaton Park 5k (3k junior race)	Salford Harriers
Monday 30th May	Wythenshawe Park 5 Mile (3k junior race)	Sale Harriers Manchester
Sunday 10th July	Platt Fields Park 10k (3k junior race)	Manchester Harriers
Sunday 14th August	Debdale Park 7k (3k junior race)	Belle Vue Racers
Sunday 18th September	Boggart Hole Clough 10K (3k junior race)	Salford Harriers

Entry fees: £15 (seniors) and £7.50 (juniors race) for the series. Cheques/postal order (no cash) made payable to **Manchester Athletics Development Group**. Entries close on 23rd April, **no late entries accepted.**
Entries to: Brenda Bradshaw, 12 Heaton Drive, Hollins Village, Bury, BL9 8BQ. Tel: 0161 796 6310
Download entry form from **http://www.manchester.gov.uk/leisure/events**

Age groups are as at 31/08/05 for the whole series for all athletes other than Vets. Vets age groups are as of the age on the date of the first event (30th April) 2005). Please check with the event organiser if you require clarification.

Series Eligibility: entries for the series close on **23rd April 2005**. Runners will not be considered for the series if they enter the individual races after the closing date.

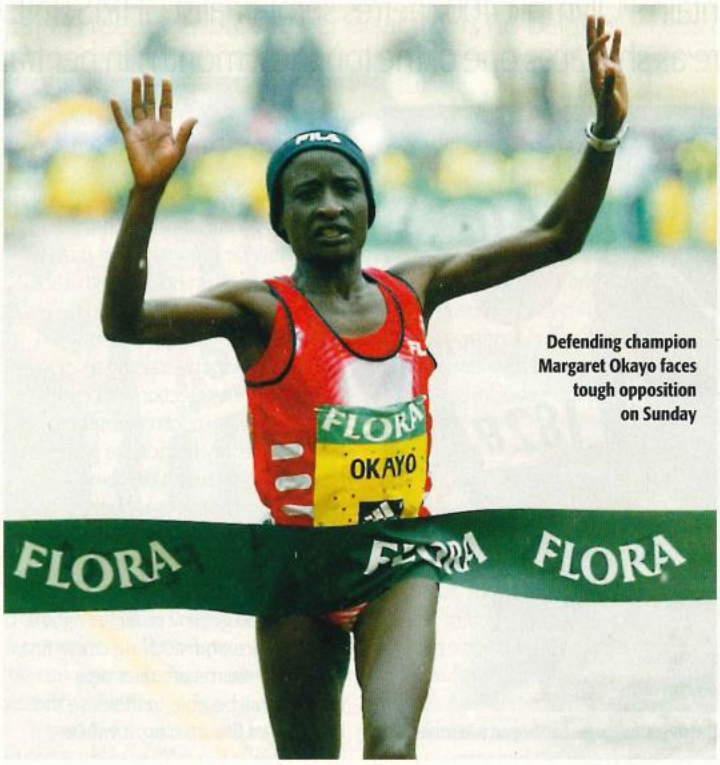
Reebok

MEN SPORT

Who's who in the women's race

Paula Radcliffe will be the belle of the ball in London but she may not have things all her own way. She faces a world-class field which includes Kenya's Susan Chepkemei, the woman who pushed the Briton all the way in the New York Marathon in November. STEVE LANDELLS takes a look at Radcliffe's rivals

Pictures: Mark Shearman



Defending champion Margaret Okayo faces tough opposition on Sunday

♦ **Main contenders with bib numbers**

Joyce Chepchumba (KEN): PB: 2:23:22. The winner in 1997 and 1999. Sixth in the Lisbon Half-marathon this year. Her best days may be in the past but she showed she can still mix it with the leading distance runners when she finished seventh in the world cross country short race.

Susan Chepkemei (KEN): PB: 2:23:12. Had an epic battle with Radcliffe in New York, where she lost out in the final few metres by four seconds. The second quickest half-marathoner in history with 65:44 in 2001 in Lisbon, where she again won in March.

Benita Johnson (AUS): PB: 2:38:03. A disappointing debut in New York last autumn followed wins in the world cross country championships and BUPA Great North Run that year. Seventh in defence of her world cross title last month shows she can challenge the leaders with greater experience this time in London.

Tegla Loroupe (KEN): PB: 2:20:43. Former world record-holder with 2:20:43 from Berlin in 1999. Eleventh in New York last year but two low-key half-marathons in 2005 in slow times.

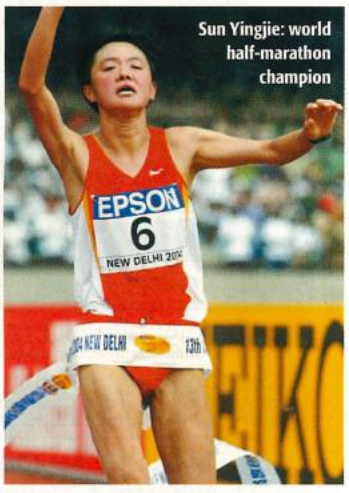
Margaret Okayo (KEN): PB: 2:20:43. The 27-year-old defending champion is the equal sixth fastest in history with 2:20:43 from her win in Berlin 2002. With two previous victories in New York and one in Boston, she has pedigree in the big city marathons.

Sonia O'Sullivan (IRL): PB: 2:32:06. The 35-year-old Sydney Olympic 5000m silver medallist may appear past her best but can never be written off. Fourth in last year's world half-marathon championships, her last race was in the Bupa Great Ireland Run last Saturday where she was second.

Lyudmila Petrova (RUS): PB: 2:22:33. Good record in London with third, fifth and second respectively in the past three years. Eighth at the Olympics last year showed her consistency.

Paula Radcliffe (GBR): PB: 2:15:25. The quickest in history by nearly three and a half minutes with her time here on the second of her two wins in 2003. The 31-year-old also won here in 2002 with 2:18:56. Olympic DNF removed her invincibility but New York win in November restored confidence. In her only race since, she was second in 30:45, 18 seconds behind Isabella Ochichi.

Sun Yingjie (CHN): PB: 2:19:33. The world half-marathon champion is the quickest in the race after Radcliffe with a time she achieved in Beijing in 2003. Sixth in the Olympic 10,000m final but she ran only 2:29 for sixth in her last marathon in November.



Sun Yingjie: world half-marathon champion

Chepkemei is ready for revenge

SUSAN CHEPKEMEI has added more speed work to her training in an effort to overcome Paula Radcliffe in London.

Kenyan Chepkemei, 29, was outpaced in the final few hundred metres of an epic New York Marathon by Radcliffe in November and her coach Theo Joosten has subsequently tweaked her training programme.

"We have looked back on the video of the race to see what the strong points were in her running and where we could improve things," said Joosten.

"With Susan we changed her rhythm a little bit, changed the programme a little bit and done a little more speed work.

"During the long runs we have done more pick-up runs over 100m stretches."

Joosten said Chepkemei's preparation for the Flora London Marathon has been unaffected by her row with Athletics Kenya in which she was thrown off the team for the World Cross Country Championships in St Galmier and initially suspended until the end of 2005 for failing to attend a training camp.

Athletics Kenya reversed the ban after she made an official apology and explained she had a contract to fulfil with the organisers of the World's Best 10km in Puerto Rico.

"I think it is just a story and no big issue," added Joosten who prefers to dwell on her 68:47 victory in the Lisbon Half-marathon

"Of course Susan will be looking to run a PB in London (it currently stands at 2:23:12)," added Joosten. "I expect a big battle between Susan and Paula."

But are there any other rivals Chepkemei fears?

"I spoke to her last week and all she talked about was Paula," he added. "Her goal is to win. She has a load of confidence. She ran very well in New York."

Championships selection is at stake

THIS year's World Championships also includes the World Marathon Cup team competition so there are two applicable standards. The qualifying standards of 2:12:30/2:32:00 apply only if fewer than three attain the team qualifying times, which are 2:15:00/2:37:00. The qualifying period was from September 1 2003 and ends this Sunday – only Jon Brown, Paula Radcliffe and Liz Yelling have attained the time. Automatic selection for first British athlete in each of men's and women's race with the appropriate qualifying time.

Commonwealth Games

England	2:17:00	2:40:00	October 15, 2005
Wales	2:18:16	2:46:00	September, 2005
Scotland	2:17:00	2:40:00	September 30, 2005

Yelling ready to get risky this time

LIZ YELLING is prepared to take her "first marathon risk" in an effort to dip below the 2:30 barrier in London.

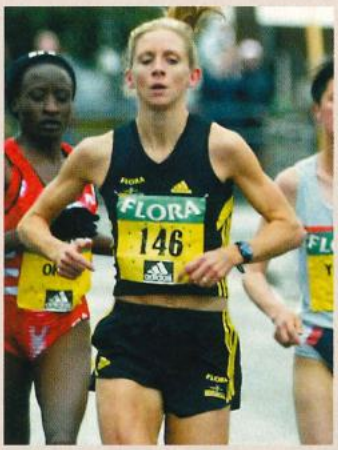
The Bedford and County athlete is highly fancied to finish the second British athlete behind her best friend, Paula Radcliffe, but she believes in her two previous marathon outings – in Berlin (2:30:58) and at the Athens Olympics (2:40:13) – she has yet to take a real gamble.

"There is an awful lot to learn about the marathon and I don't think I've yet taken a risk in it," she said. "I've yet to see what it is like to really hurt in the first half of a marathon."

Yelling is planning to go through halfway in around 73:50 a time which she hopes will enable her to run a sub 2:30 time and also set up a twin championship aim.

"I would like to run in Helsinki at the World Championships in August and then in the Commonwealth Games (held in Melbourne next March). I want them to be my next two marathons after London."

London presents a double incentive for athletes wishing to compete in those



championships (bottom of page 12).

Yelling, 30, said after the Olympic Games she felt a "big anti-climax" and took a long trip Down Under to New Zealand and Australia with her husband, Martin, combining training between 70-90 miles per-week and sightseeing. But she returned to "serious" training after Christmas, fully rejuvenated and in February went altitude training in Colorado for six weeks, alongside a number of British internationals, including Kathy Butler, Susan Partridge and Matt Smith.

She returned to compete at the world cross country championships, where she performed below expectations to finish 37th – but she was undeterred by her display in St Galmier.

"I came down with a cold a couple of days before (the world cross) and I felt very flat on the day," added Yelling. "Also I came down from altitude a week before the race which was maybe a mistake."

She also feels she has learned what's right for her in terms of marathon training although she is not likely to copy Radcliffe, the world marathon record-holder and her good pal.

"She (Radcliffe) did (give me a lot of advice) for my first one, but I'm now establishing my own routine which suits me best. I did some of the carbo-loading and took on board the energy drinks and energy bars (which Radcliffe does prior to a marathon) before Berlin but I suffered horrific stomach problems. Before Athens I just ate porridge on the morning, four hours before I was supposed to race."

♦ The British contenders and PBs

111	Paula Radcliffe	2:15:25
113	Liz Yelling	2:30:58
119	Jenny Clague (Liverpool)	2:49:10
120	Birhan Dagne (Belgrave)	2:34:45
121	Hayley Haining (Kilbarchan)	–
122	Sue Harrison (Leamington)	2:37:00
123	Lucy Hassell (Bristol)	2:44:06
124	Jo Kelsey (Winchester)	–
125	Michelle Lee (Milton Keynes)	2:35:51
127	Michaela McCallum (Winchester)	2:38:28
128	Sharon Morris (Bedford and County)	–
129	Mara Yamauchi (Harrow)	2:39:16
130	Susan Partridge (City of Glasgow)	2:41:44
131	Debbie Mason (Tipton)	2:35:40
132	Amy Stiles (Bristol)	2:44:11

♦ Timetable

9.00am Elite/championship women's race
9.15am Wheelchair race
9.45am Elite men's race/mass start



Johnson eyes second best

NIC BIDEAU, coach to Australia's former world cross country champion Benita Johnson, says his protégé is hopefully set for a much better second marathon experience than her first.

Johnson, 25, was sick on the eve of her marathon debut in New York last November and struggled to 2:38 but Bideau is adamant that was not a true reflection of her ability over the 26.2-mile distance.

Bideau said: "We still don't know her marathon capacity but it is a lot better than 2:38. Hopefully in London we will see an athlete very similar to the one we saw which won the Great North Run last year."

Johnson picked up an injury in the countdown to the Olympic Games and finished 24th in the 10,000m final in Athens but she bounced back to win the Great North in September



Benita Johnson struggled on her marathon debut

But Bideau explained of the preparation for New York: "We tried to cram in high volume mileage and probably over did it. She got a little bit run down and got sick."

Johnson finished seventh in the defence of her world cross country title in St Galmier, France, last month but Bideau was not downhearted and he insisted: "She ran well, just the six ahead of her ran better. I don't think she was in any worse shape than last year (when she won)."

But what can the Australian achieve on the streets of London?

"Since she started back training after the New York marathon she has got better and better and some of the sessions she has done in the last three weeks have been the best of her life," said Bideau. But he warned: "Paula Radcliffe has run 2:15 and Benita Johnson 2:38. She (Johnson) has to concentrate on getting the event right. If she is still up there in the last seven or eight kilometres she can worry about being competitive and winning the race. She has got high potential in the event, we will decide how much partly after London."

However, Bideau said Johnson has no immediate plans to run another marathon and is focusing on the track for the World Championships and Commonwealth Games.

Girls look to follow Tracey's lead

NATIONAL marathon coach Bud Baldaro believes half-a-dozen British women could break the 2:35 barrier in London.

The race has attracted a large crop of British women, any one of whom could emerge as the next Tracey Morris. Morris, of course, was the contact lens operative who smashed more than an hour from her personal best to run into the Olympic marathon team at last year's London Marathon, although she is missing from this year's event because of injury.

While such a dramatic improvement is unlikely for any of the elite British women, there is a pack that could be set for a major advance.

Mara Yamauchi, who surprisingly finished the lead Brit at the World Cross Country Championships, is fancied to run well.

But who does Baldaro think we should watch out for?

"Obviously Mara will be one to watch and so will Debbie Mason (nee Robinson, who ran a 73:02 half-marathon in Liverpool)," he said.

"I'll be surprised if Amy Stiles doesn't make a big breakthrough and Sue Harrison is running well after her 2:37 marathon in Kosice. It will also be interesting to see how Sharon Morris gets on in her marathon debut."

Baldaro is excited by the prospect of Hayley Haining, the Scottish athlete who finished 13th in the 1998 world cross country championships. She took a break from the sport and is now back refreshed and ran an encouraging 73:31 for a half-marathon in York.

Baldaro said also look out for Haining's Scottish team-mate Susan Partridge, Winchester's Jo Kelsey, Belgrave's Birhan Dagne and Jenny Clague, the fastest runner at the Northern road relays.

"The performance of the women reflects the wider-aspects of the sport," explained Baldaro. "I'm fairly confident half-a-dozen girls will run under 2:35."

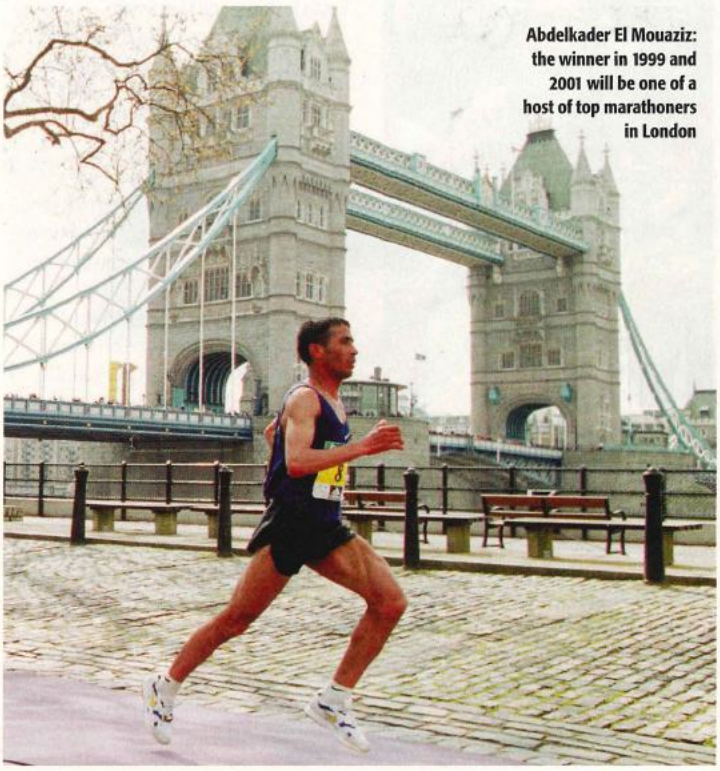


Mara Yamauchi: lead Briton at world cross

Greatest marathon field ever

PAUL HALFORD looks ahead to the men's race, which contains a line-up described as the best quality in history

Pictures: Mark Shearman



Abdelkader El Mouaziz: the winner in 1999 and 2001 will be one of a host of top marathoners in London

THE director of the Flora London Marathon's biggest rival has admitted the men's field for the 25th edition on Sunday is the best ever assembled.

Defending champion Evans Rutto heads a line-up which also includes world record-holder Paul Tergat and Olympic champion Stefano Baldini.

Mary Wittenberg, the new director of the New York City Marathon, said of the field: "It's the best field ever. It's a stellar field – the kind we'd like to put together and it's lived up to the expectations that we would have of London in its 25th year. As a fan of the sport I can't wait to see it."

Rutto will start as favourite having been undefeated in his three marathons so far. His victory in London last year was in the fastest ever debut time of 2:05:50 in 2003. The Kenyan defended his Chicago title and there became one of only two men to have run three sub-2:06:20 marathons.

The other is his compatriot Tergat, who ran a staggering 2:04:55 in Berlin in 2003.

However, unless the pace is very fast, they will both have to watch out for Baldini, who proved to be a great racer at the Athens Olympics.

The line-up also includes Kenya's Sammy Korir, the second fastest marathoner in history at 2:04:56, former winner and European record-holder, Portugal's Antonio Pinto, New York winner Hendrick Ramaala, of South Africa, and Kenyan 2:06:16 man Daniel Njenga.

Jon Brown, who has finished fourth at the last two Olympics, leads British hopes. The Canadian-based runner hopes to become the first British male winner since 1993.

Altogether, six athletes have run below 2:07.

Despite recent withdrawals, it ensures a great race and the course record of 2:05:38 of Khalid Khannouchi from 2002 is under threat.

The withdrawals of double Olympic 10,000m champion Haile Gebrselassie and 2000 Olympic marathon champion Gezahegne Abera were announced last week. Also out is the American former world record-holder Khannouchi.

So who does Wittenberg think will triumph in both races? "In London you've got to root for Paula, although it would nice to see another epic battle like we had in New York. On the men's side, Rutto will be strong but Paul Tergat is my emotional favourite."

Tergat seems hungrier than ever

WORLD record-holder Paul Tergat will be hungrier for victory on Sunday than on his previous London Marathons, according to his agent.

Federico Rosa said the Kenyan was devastated to finish only 10th in the Athens Olympics and his desire to make up for it will show in his performance.

"I think now he is more hungry because of what happened at the Olympics," said Rosa, whose father, Dr Gabriele Rosa, coaches Tergat.

Tergat's camp are still at a loss to explain Tergat's inability to finish any higher than 10th in Athens.

"We don't know why, maybe the pace was too slow or it was the heat but it was just a bad day in the career of Paul Tergat," said Rosa.

However, Tergat goes into the race clearly back on form, having won the Lisbon Half-marathon last month in 59:10, the second quickest time ever.

Rosa said Tergat was in shape to break the course record of 2:05:38 set by Khalid Khannouchi in 2002.

"I think he can break the course record but he's not going there to set a fast time. There are the other competitors to think about."

Tergat himself said the standard of pacemaking would have a huge impact on the finishing time.

"If the pacemakers will not be able to push the race, people will sit down and watch each other," he said. "And when you lose the pace on the first five kilometres it is almost impossible to make up what you have lost. But if the pacemakers are going to do a good job, I am sure everybody will follow them. So the possibility of running fast is very high."

Aside from his five world cross country titles, Tergat's phenomenal ability has rarely been matched by his success in competition. Defeated twice by only Haile Gebrselassie in 10,000m Olympic finals, his bad luck continued into his marathon career.

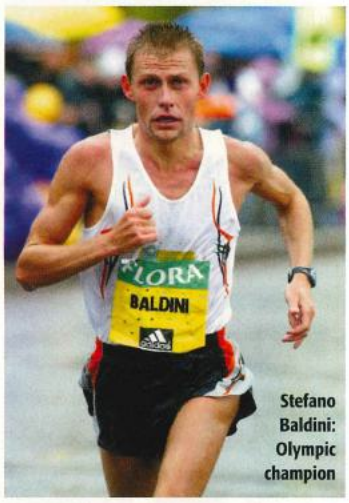
He finished second in London in 2001 and 2002 and will be chasing his first win in the world's leading marathon.

♦ Main contenders with bib numbers

3 Stefano Baldini (ITA): PB: 2:07:29. The 34-year-old's record here would make him a major contender even were it not for his Olympic marathon win in Athens last year. Has placed in the top five times in the top seven years, winning in 1998. Most recently, finished eighth in the Lisbon Half-marathon behind Tergat.

11 Jon Brown (GBR): PB: 2:09:44. Not as quick as the world's leading marathoners but proved himself capable of matching the best in the world by finishing fourth in the last two Olympic marathons. The 33-year-old was 15th last year when running just to obtain an Olympic qualifying time. This year has won a half-marathon in British Columbia in March in 63:57.

9 Abdelkader El Mouaziz (MAR): PB: 2:06:46
The winner in 1999 and 2001 was seventh in last year's race. More recently finished second in half-marathon in Alicante in 64:15 in February. Now aged 36.



Stefano Baldini: Olympic champion

6 Jaouad Gharib (MAR): PB: 2:07:02. World champion in 2003 and was third in this race last year. Was a disappointing 11th at the Olympics Games but finished sixth in Lisbon in March.

8 Sammy Korir (KEN): PB: 2:04:56. Was supposed to be a pacemaker when he finished second behind Paul Tergat's world record in Berlin in 2003. The 23-year-old was runner-up in London last year.

How good Evans became great

TWO years ago Evans Rutto was a world-class but not phenomenal track athlete with a career going nowhere. On Sunday the Kenyan will line up favourite to triumph in the race he won 12 months ago and will be looking for his fourth win in four marathons so far.

In his three previous races at the distance, the other two of which were in Chicago, he has ran 2:05:50, 2:06:19 and 2:06:16 respectively.

Such a magnificent start to a marathon career – the best ever – could hardly have been predicted given Rutto's personal bests at 5000m and 10,000m. They are 13:02 and 27:21 respectively, not shabby but not troubling the world records either.

German coach Dieter Hogan linked up with him two years ago and he and Rutto decided on a change of direction.

Hogan, who was responsible for the success of three-time Berlin Marathon winner Utta Pippig, said: "Evans' career was on a low. He wasn't going well on the track or on cross country anymore. We had to decide what to do.

"So I had this idea to try a new marathon programme and I put it to him and he said he would do it."

But what has made Rutto so good at the marathon? "He was fast on the track but he never really pushed it," said Hogan. "He probably would have run faster if he'd taken it more seriously.

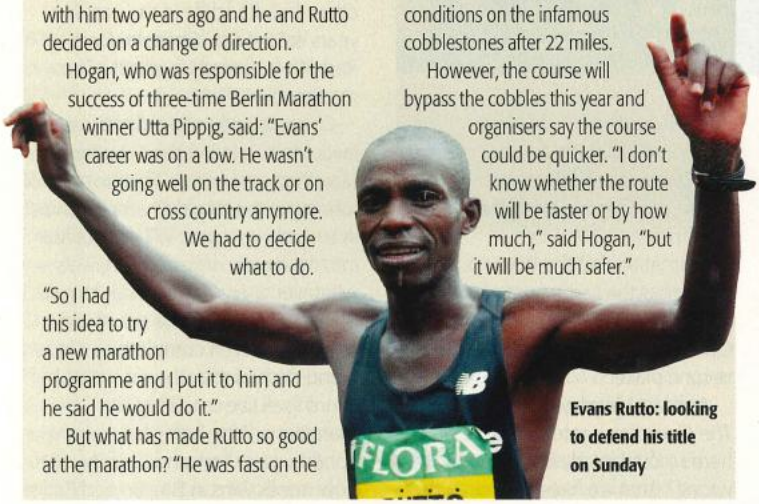
"He used to switch between track and road races. If you do not have a clear focus, you cannot be the best at one particular thing.

"He brought a lot of natural strength to the whole marathon business and his running technique was ideal for longer distances."

Rutto, who hasn't competed since October, will aim to reach half-way in 63:00 and his coach said: "If he does, the chances are good for a fast time."

Rutto would have got closer to Khalid Khannouchi's course record of 2:05:38 last year had he not slipped in damp conditions on the infamous cobblestones after 22 miles.

However, the course will bypass the cobbles this year and organisers say the course could be quicker. "I don't know whether the route will be faster or by how much," said Hogan, "but it will be much safer."



Evans Rutto: looking to defend his title on Sunday

Brown in 2:07 shape, says coach

JON BROWN'S coach believes the Olympic fourth-placer is capable of running between 2:07 and 2:09 on Sunday as he bids to become the first British men's winner since 1993.

George Gandy thinks that Brown could eclipse his previous best of 2:09:44.

The Canadian-based runner did not recover well from the Great North Run, where he finished sixth, suffered a cold in December and January and sustained a knee injury, according to Gandy.

But he said Brown had had four solid weeks of altitude training and described his win in 63:57 in British Columbia as "encouraging".

The Loughborough University coach said: "Jon's preparations for London have not been perfect. He felt fine quickly after the Olympic Marathon, but running the Great North Run was probably not too good an idea as he struggled thereafter with pulse rates much higher than normal, even on 'comfortable pace' runs.

"He then caught the 'cold of colds' in early December and did not throw this off until mid-January. A period of good training followed, including four weeks in Boulder where he made a lot of progress.

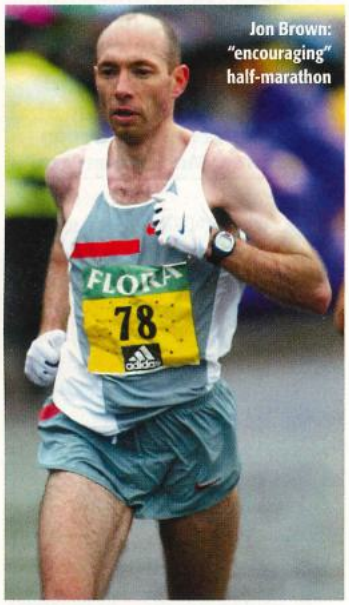
"However, back in Victoria, he incurred a problem from over-stretching his knee which forced him to miss a few days of training.

"Nevertheless his sub-64 mins half marathon in Canada was encouraging, as this was only ever intended to be at 'marathon effort' and was further constrained by having to nurse his troublesome leg in the last few miles."

Gandy said Brown's 2:12:26 in Athens Olympics and his 2:11:17 for fourth at the Athens Games four years earlier, were "probably worth about 2:06 in favourable conditions".

Gandy admitted he thought Brown was probably not in the same shape.

However, he said: "I think he may be probably capable of between 2:07 and 2:09 in this year's London Marathon, depending on how things go over the next few days and on the day itself."



Jon Brown: "encouraging" half-marathon

12 Daniel Njenga (KEN): PB: 2:06:16. The former steeplechaser makes his London debut having had considerable success in Chicago. He has been second there twice and third on another occasion. Won half-marathon in Yamaguchi, Japan, in 61:31 last month.

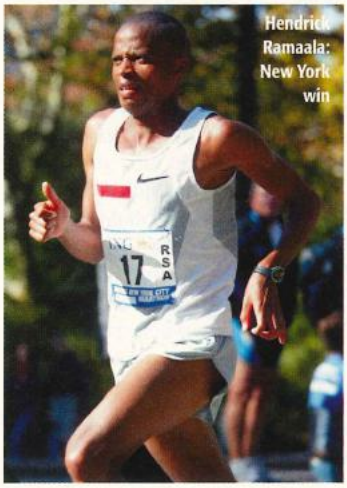
17 Hendrick Ramaala (RSA): PB: 2:08:58. Regularly disappointing in major championships and big city races, he had his biggest career win at the New York Marathon last autumn.

1 Evans Rutto (KEN): PB: 2:05:50. The 27-year-old has had the best ever start to a marathon career, winning all three of his races at the distance with times of 2:05:50, 2:06:19 and 2:06:16 respectively.

7 Antonio Pinto (POR): PB: 2:06:36. At 39, he is past his best but has a great record in London, winning in 1992, 1997 and 2000.

2 Paul Tergat (KEN): PB: 2:04:55 (WR). The world record-holder from Berlin 2003 is hoping to get his marathon career back on track after it derailed when he finished 10th at the Olympics. As he returns to the scene of his only two other marathons, he looks on form for his first win after two second places. His 59:10 half-marathon in Lisbon in March was only four seconds slower than his best ever.

Other contenders (with PBs and bib numbers): 16 Frederick Cherono (KEN) 2:08:38; 20 Luke Kibet (KEN) 2:11:12; 19 Martin Lel (KEN) 2:10:02; 15 Joseph Ngolepus (KEN) 2:07:57; 13 Antonio Pena (ESP) 2:07:34; 14 Toshinari Suwa (JPN) 2:07:55



Hendrick Ramaala: New York win

Brits aiming for selection

OTHER than Jon Brown, Britain have no hopes of podium places but a plethora of athletes will be aiming to boost their selection chances for the World Championships and Commonwealth Games.

Tipton's Matt Smith will be keen to improve on his disappointing run, timed at 2:21:53 in last year's race as he makes his third attempt at the distance.

The Tipton Harrier was an encouraging seventh in the BUPA Great North Run, coming home one place behind Brown with 64:08 – making him Britain's No.2 at the distance in 2004.

Smith then won the Silverstone Half-marathon earlier this year in 65:23.

A candidate to make a breakthrough is Salford's Andrew Jones, who was second in the Flora Liverpool Half-marathon with 64:49. He also won the Trafford 10km recently in 29:28.

Dave Mitchinson, who was fifth and top Briton in the Bath Half-marathon, could be on course to beat his 2:18:58 achieved in last year's race.

The Newham & Essex Beagle ran 64:22 in Bath and also posted a useful 48:26 10-miler.

Huw Lobb fourth Briton in London last year, with 2:15:49, is another who could make an impact.

The Bedford & County athlete was the first British finisher at the Hastings Half-marathon but his quickest at the distance this year – 65:08 – came in Italy.

Scotland's Glen Stewart is also showing form, having clocked 49:24 for 10 miles this year and 66:03 for the half-marathon.

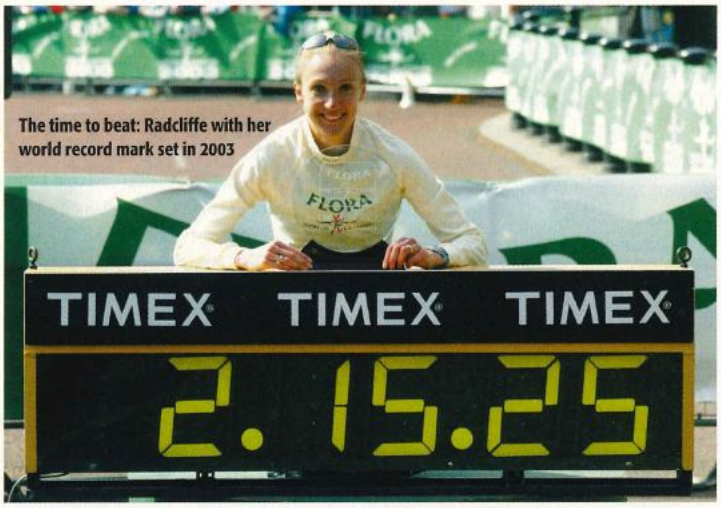
Sale's Gareth Raven ran the quickest stage at the Northern Relays earlier this month and his 1:44 20-miler earlier this year suggests a useful time here.

Other leading contenders for top Brit are Michael Green, Tipton's Matt Shaw, Medway & Maidstone's Michael Coleman and Thames, Hare & Hounds' John McFarlane.

The BIG race performer

Paula Radcliffe has suffered a number of defeats in the past 18 months, but Athens aside most of her losses have been in low-key events and she usually gets it right on the big occasion

Words: Jason Henderson
Pictures: Mark Shearman



The time to beat: Radcliffe with her world record mark set in 2003

PAULA RADCLIFFE is a victim of her own success. Superwoman performances at events such as the Flora London Marathon in 2002 and 2003 have led to huge expectation every time she runs. Anything but victory is treated as failure. Unless she improves or comes close to world records, eyebrows are raised.

All of which is incredibly unfair. Her recent defeat in the Crescent City Classic led to surprise and criticism from some quarters, for example. But deep in heavy marathon training, she was hardly going to be at her sharpest and her conqueror was the bronze medallist from the previous weekend's World Cross Country Championships, Isabella Ochichi, of Kenya.

No one can expect to win all the time. Not even the greatest athletes in the world. Lance Armstrong, the six-times winner of the Tour de France, is considered invincible in July when he rides in the world's biggest bike race. Yet he placed 140th in a time trial event at the Paris-Nice road race last month and such modest early-season form is not unusual.

Then there's John Ngugi. The Kenyan won the world cross country title five times and captured Olympic 5000m gold in 1988. But he was frequently found languishing back in the field in races that did not matter. In 1987 he finished a lowly 76th in the Kenyan Cross Country Championships but a few weeks later won the world title in Warsaw.

Similarly, Radcliffe has proved she can produce the goods in important races and do not be surprised to see her at – or close to – her best on Sunday.

The table below charts Radcliffe's recent race record. As you can see, since November 2003, she has won four races, lost three and dropped out of two.

But Athens aside, she has won the races that matter most.

Since her defeat to Ochichi over 10km last month, newspapers such as the *Daily Telegraph* have led a chorus of concern. After the Crescent City Classic, their athletics correspondent Tom Knight wrote: "There was a time when Paula Radcliffe's victory in races was guaranteed. Not any more. First came that Olympic debacle in Athens where she failed to finish the marathon and 10,000m. Confirmation that the Briton no longer has the same aura of invincibility came on Saturday in New Orleans, where she was beaten into second place."

And last Monday, John Rawling in *The Guardian* wrote: "Or is it – and here I would dearly love to be proved wrong – that we have now seen the best years of Radcliffe and, at 31, the psychological scarring of Athens may mean that she can never be the same athlete again."

Rawling added: "She has been an outstanding runner and will blaze with desire to prove her critics wrong. But the best days may well have gone and you can bet the London Marathon race director Dave Bedford will not be so quick to part with appearance money in 2006 if Radcliffe is defeated in Sunday's race."

But the statistical team of Rob Whittingham and Peter Matthews wrote about the Crescent City Classic loss on their website, britishathletics.info: "Paula, who never likes to lose, explained that she has yet not tapered down her marathon training and the result should be viewed in this way. It is easy to forget, because of what happened in Athens, just how good Paula Radcliffe is."

They went on to list the fact Radcliffe owns seven of the 10 quickest 10km road marks by British athletes, including the top two. And that the best time by a British athlete other than Radcliffe in the past five years is 32:13 by Charlotte Dale. Radcliffe's seventh quickest 10km road mark is 30:51.

Consequently, she will start hot favourite to win her third London Marathon on Sunday. The prospect of running at the World Championships in Helsinki in August will still put fear into the hearts of her African rivals – whatever event she chooses to run.

Further ahead, there are strong chances she can complete a unique grand slam of marathon victories by winning all five major big city marathons. After being triumphant in London, New York and Chicago, she now needs wins in Boston and Berlin to lay claim to the title of the world's all-time No.1 woman marathoner.

If anyone needs reminding what she can do over 26.2 miles, they should recall her performance in London in April 2003. Taking a massive one minute and 53 seconds off the world record, en route to her 2:15:25 performance, she clocked world bests of 96:36 for 30km (compared to the previous best of 99:02) and 20 miles in 1:43:33. Halfway was reached in a blistering 68:02, with her second half even quicker – 67:23. Her first 10km had been an incredible 32:01, a time most good club standard British men would struggle to get near.

Fast solo races aside, the New York Marathon last November showed she can battle her way to victory too against tough opposition. On that occasion she out-strengthed Kenyan Susan Chepkemei, producing possibly the most exciting finish to a women's marathon in history.

Whether the pace is fast or slow, whether she has company or not, as long as Radcliffe is involved Sunday's race, it is sure to be a thriller. Set your alarm and don't miss a second.

Date	Event	Position	Time	Beaten by
November 24, 2003	Chiba Ekiden Road Relay	3rd	30:42	Berhane Adere (ETH) and Lucy Wangui (KEN)
	Radcliffe was later found to have magnesium deficiency			
December 14, 2003	European Cross Country Championships	1st		
February 29 2004	World's Best 10km, San Juan	2nd	30:45	Lornah Kiplagat (KEN)
March 2004	Withdraws from World Cross Country Championships and undergoes operation for hernia			
June 20, 2004	European Cup 5000m	1st	14:29.11 (C'wealth rec)	
June 27, 2004	Gateshead 10,000m	1st	30:17.15 (very windy)	
August 22, 2004	Olympic marathon	DNF		
August 27, 2004	Olympic 10,000m	DNF		
November 7, 2004	New York Marathon	1st	2:23:10	
March 26, 2005	Crescent City Classic 10km	2nd	30:45	Isabella Ochichi (KEN)

♦ Note, in the period prior to the above, Radcliffe had withdrawn from the 2003 World Championships in Paris due to injury but during the autumn won the BUPA Great North Run, World Half-marathon title and set a world best for 5km on the roads.

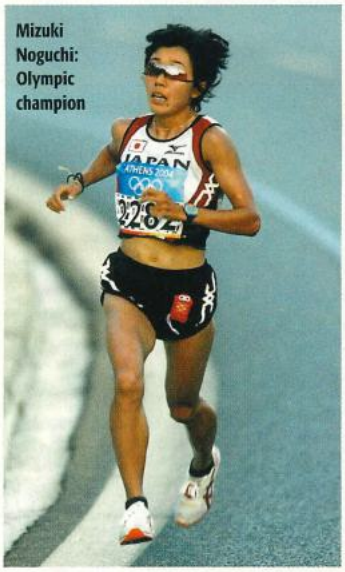
Question time

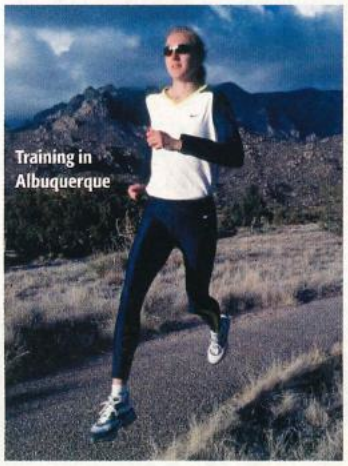
PAULA RADCLIFFE was due to speak at a Flora London Marathon press conference on Tuesday this week, but she took a few moments out of her pre-race training schedule last week to answer some of *Athletics Weekly's* questions

AW: How has your training gone since the Crescent City Classic on March 26?
PR: Training since the Crescent City Classic has gone well. After this race I spent two weeks in Ireland finishing off my preparation before easing down properly for London.

AW: You've trained in several places in the build up to London. Which is your favourite training venue? And what makes it so special?
PR: In the build up to London I trained in Albuquerque and Flagstaff. We have used Albuquerque for many years, but after going to Flagstaff last October, decided that we would try and divide the time between the two places. Unfortunately, the weather in Flagstaff was too undependable so we returned to Albuquerque after one week. Even though I have been to Albuquerque many times, I still really enjoy what it has to offer and we are lucky that we have friends there and this year quite a few other athletes were in town.

AW: How badly would you like to meet – and beat – the Olympic marathon champion Mizuki Noguchi?
PR: I would definitely like to race against Noguchi, but I enjoy racing


Mizuki Noguchi: Olympic champion


Training in Albuquerque

anybody. I am not looking for some kind of revenge, what happened in Athens happened and nothing can be done about that. I respect her as an athlete and would enjoy racing her like I have done many times before.

AW: Do you believe the women's marathon will be dominated by Japanese/Chinese runners in the near future?
PR: No, I don't believe athletes from Japan and China will completely dominate the event.

AW: There is a theory that elite athletes only have a certain number of top marathons 'in their legs'. Do you agree? And if so, do you intend to limit the number of 26.2-milers you run between now and Beijing?
PR: I think that everybody is different, they also prepare differently and recover differently. I intend to do what I want to do and more importantly what is right for me.

AW: Finally, your father has a tough job helping to re-organise English Athletics. What's your opinion on the size of his task?
PR: I think that they have quite a big task but he has been really encouraged by the support and enthusiasm from athletes and clubs around the country

AW: Paula, best of luck on Sunday.
PR: Thank you.

Julia set for her big day

VETERAN medals from the Flora London Marathon are hugely prestigious and British veterans will be seeking to make the top three in their five-year groups in the Mall this Sunday, *writes Martin Duff.*

Athletics Weekly's 20-mile rankings for the pre-London racing season give a good indication of likely veteran medallists and, in 2004, correctly predicted the breakthrough made by Tracey Morris. Sadly the Valley Strider has succumbed to injury this year, which could have left the way open for Michaela McCallum, who was top W35 in 2003 and who proved her fitness on Guernsey recently by running a 77:28 half-marathon. McCallum could yet act as pacemaker, though.

Russia's Lyudmila Petrova (second overall) and Alina Ivanova finished well ahead of Morris last year, with Jo Lodge and McCallum also under 2:40. But the 20-mile lists point to a breakthrough marathon by Newcastle's Julia Myatt, who ran 2:05:12 at Stafford last month and who could take the W40 medal in London and improve upon her 2:46:48 best.

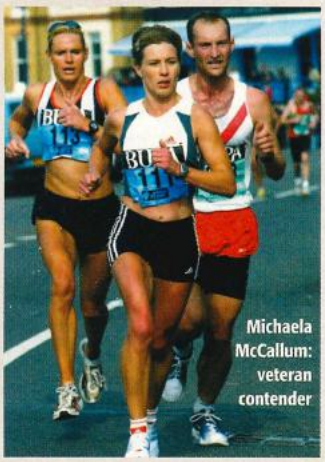
Mark Hargreaves annexed the men's $1000 veterans' prize money in 2003 with 2:26:42 and he improved to 2:24:59 to retain his top veteran spot last year. But the Bournemouth runner may be challenged by Steve Watson. The Buxton runner was credited with 1:49:33 at Stafford last month and easily tops the 20-mile rankings.

Andy Clements, Ian Van Lokven and Steve Payne are evenly matched in the M45 group. While the M50 section will again see Brian Vaughan, who won last time from Godfrey Rhimes, toeing the line at Blackheath. And Phil Embleton, who was fast in Berlin last autumn, will also go well. Colin Steptoe was third M50 in 2004 but this time will challenge in the M55 age group, where he will be up against 20-mile leader Steve Hollier and last year's winner Alastair Kean, a London regular. Martin Ford ran 2:11:13 in the Gloucester 20 and added the British Masters' M60 cross-country title six days later.

One of the few ever-presents in the London Marathon since its inception in 1981 is Pat Dobbs. Now living in Ireland, the Thurrock Harrier still makes his annual trip to the capital and was unfortunate to just lose out on the M65 medal last year. The 2004 M70 winner Mick Ward again starts, but ultra man Geoff Oliver was faster over 20-miles in the warm-up races.

Chris Naylor, 50, was in control in the Brighton half-marathon and Ann Roden's British best of 2:54:21 is not an impossible task for the Arena 80 runner.

Ros Tabor set an over-55 UK best in Cardiff last year of 3:09:37, but she will face tough opposition from 2004 W55 winner, Sue Cariss. Carol Spong could unseat Sue Lambert in the W60 category.


Michaela McCallum: veteran contender

Stanford aims for win No.4

NON STANFORD will be hoping to win a fourth London Mini Marathon victory this Sunday to go some way to making up for a season hampered with a series of illnesses.

Since returning from Kelly Holmes' training camp in South Africa last autumn, the Swansea Harrier has suffered from a series of viruses.

A fit Stanford would surely have been in the junior team at the World Cross Country Championships last month. Instead, the 16-year-old was in her first serious race back since illness, winning the Welsh Schools' title.

"I thought I had glandular fever but it turned out it was just a series of viruses," said Stanford. "It led to all my muscles cramping up and getting very tight. It's been one thing after another and it's prevented me from racing and training as I would have liked.

"It's been really hard. I came back from South Africa and I was all ready to put it into play but I haven't been able to. So I'm just looking to the summer to show that I'm in good shape."

When running the fastest under-17 stage at the Nike AAA Young Athletes' Road Relays, the UK under-17 3000m record-holder demonstrated what she was capable of, even when not fully fit.

Stanford will be competing in the oldest age group of the Adidas London Mini-Marathon, which takes place over the last 2.65 miles of the marathon course.

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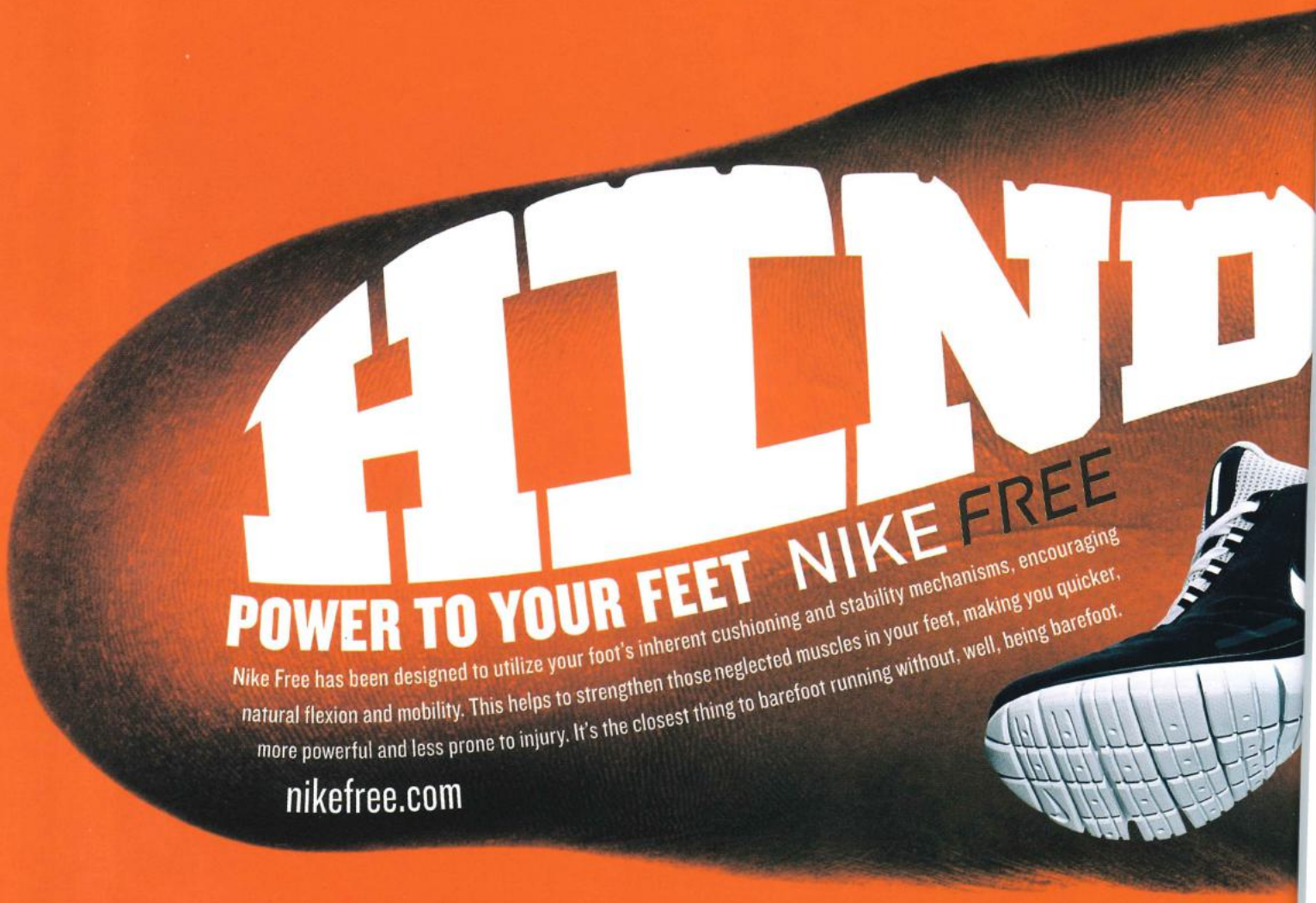
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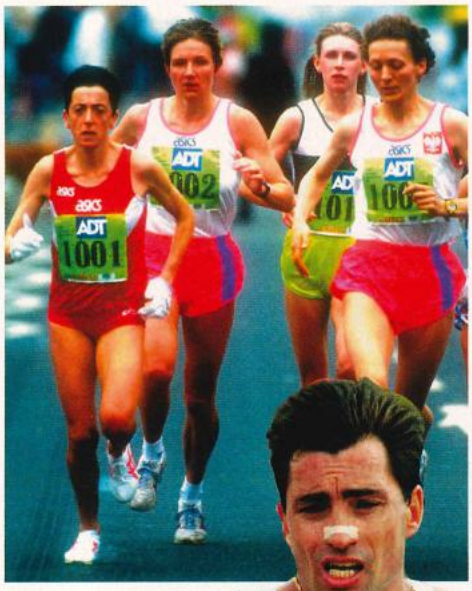
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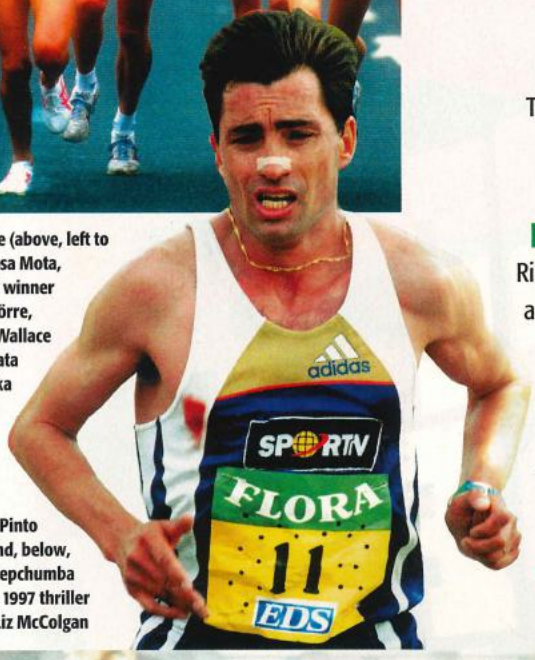
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1992 race (above, left to right) Rosa Mota, eventual winner Katrin Dörre, Andrea Wallace and Renata Kokowska



Antonio Pinto (right) and, below, Joyce Chepchumba wins the 1997 thriller against Liz McColgan

Welcome to our special Flora London Marathon celebration edition

Edited by Tony Ward Pictures: Mark Shearman

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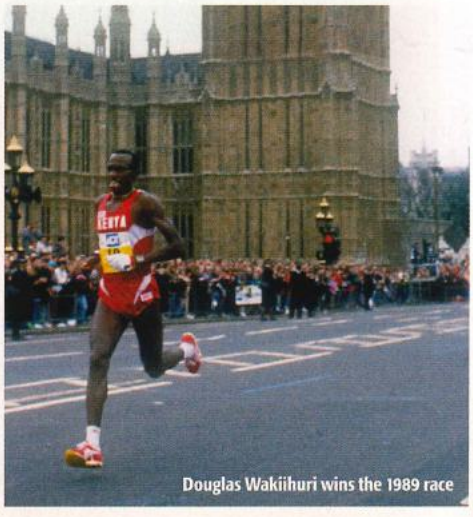
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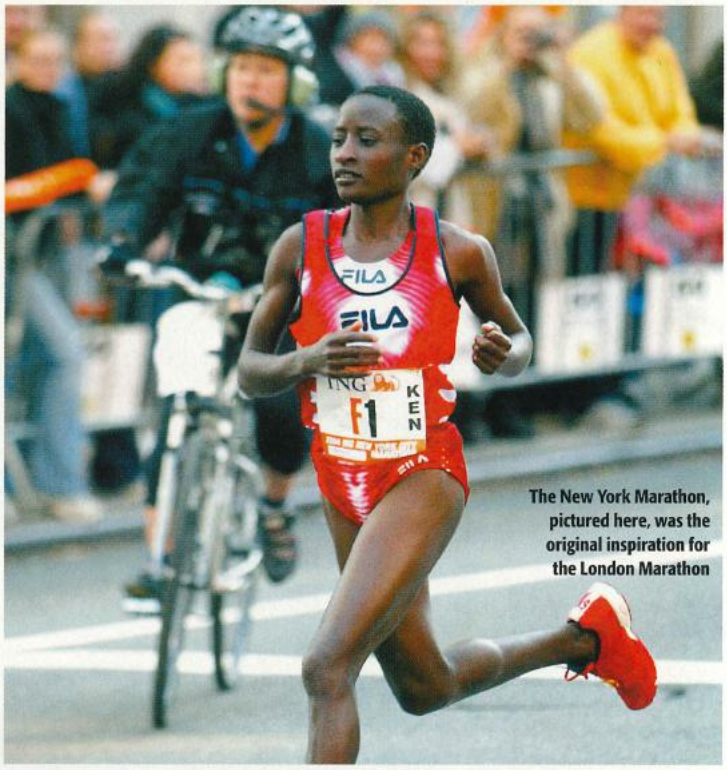


Douglas Wakiihuri wins the 1989 race

Rite of Spring

An ambitious idea has ballooned into one of the biggest sporting events on the calendar

Words: Tony Ward Pictures: Mark Shearman



The New York Marathon, pictured here, was the original inspiration for the London Marathon

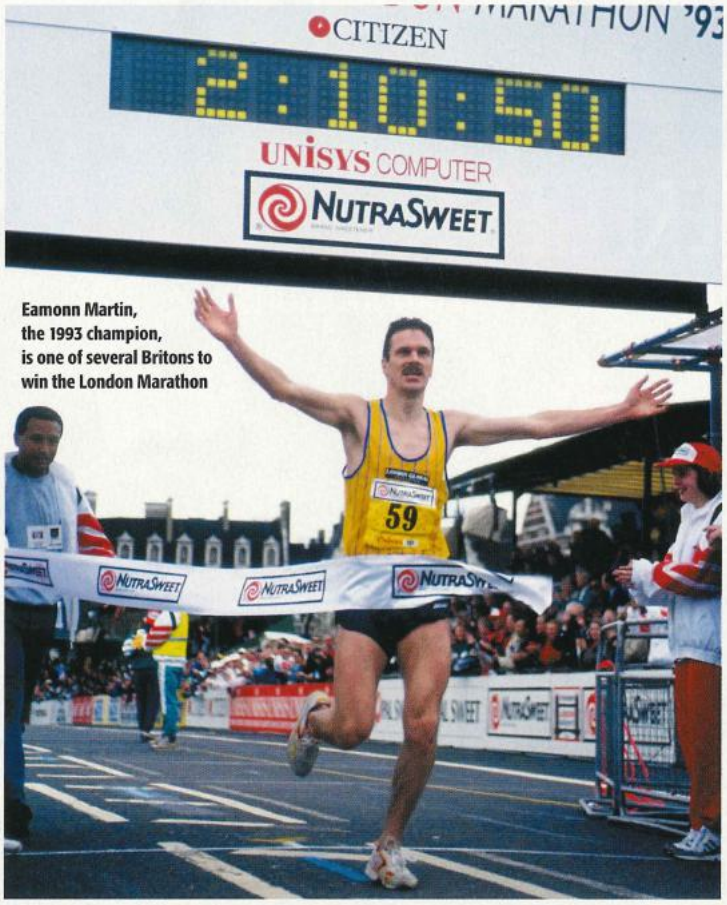
IT HAS become a rite of spring this gathering of thousands in Greenwich just after dawn on a Sunday morning in April. This year 90,000 knocked on the marathon door, less than half were let in. For the uninitiated the task they have set themselves is to achieve the greatest physical feat of their lives. To do it many will dress as fairies, as policemen, as bears, as pantomime horses all to add to the festive atmosphere. Or is it to pretend that it is someone else undertaking such madness? Either way the Flora London Marathon is indeed a massive street party.

It all began, 26 years ago, in a friendly pub, the Dysart Arms, near Richmond in Surrey. It was the local of Christopher Brasher, one-time pacemaker of the four-minute mile, Olympic gold medallist, television producer, journalist and lover of mountains and open spaces. It was also the headquarters of a running club, Ranelagh Harriers. On a particular evening, after a club run, Brasher listened to tales of a race in New York, organised by a Romanian Jewish émigré, Fred Lebow, that took in the five city boroughs and amazingly, because in those days marathon running was an elitist runner's prerogative, attracted thousands of runners. Brasher and his fellow Olympic steeplechase medallist, John Disley, decided to investigate.

They went, they ran and were conquered by the sheer joie de vivre of it all. They came back and Brasher was determined to stage such an event in London. He wrote about it in the *Observer*, he argued and cajoled, he used his connections. Meetings were held, critics won over and finally, at a meeting at the Observer offices, after vintage claret smoothed sceptical minds, a deal was done. London would virtually shut down on a Sunday the following March.

It is difficult to think of any other person who could have achieved such a feat and it is also difficult to imagine a better combination to organise it than Brasher and Disley, the one flamboyant, extrovertal, visionary, not suffering fools gladly; the other quiet, methodical, experienced and capable of smoothing the feathers often ruffled by his ever-impatient colleague.

The route, with the odd adjustment, is pretty well as Disley conceived it a quarter of a century ago. It uses the Thames as a kind of handrail and takes in many London landmarks. It's mainly a flat, fast course. If you're aiming at a world record or at breaking three, four or five hours, then it is the race for you. At the elite end it has grown and grown in stature and this year the field in the men's race is the greatest ever assembled.



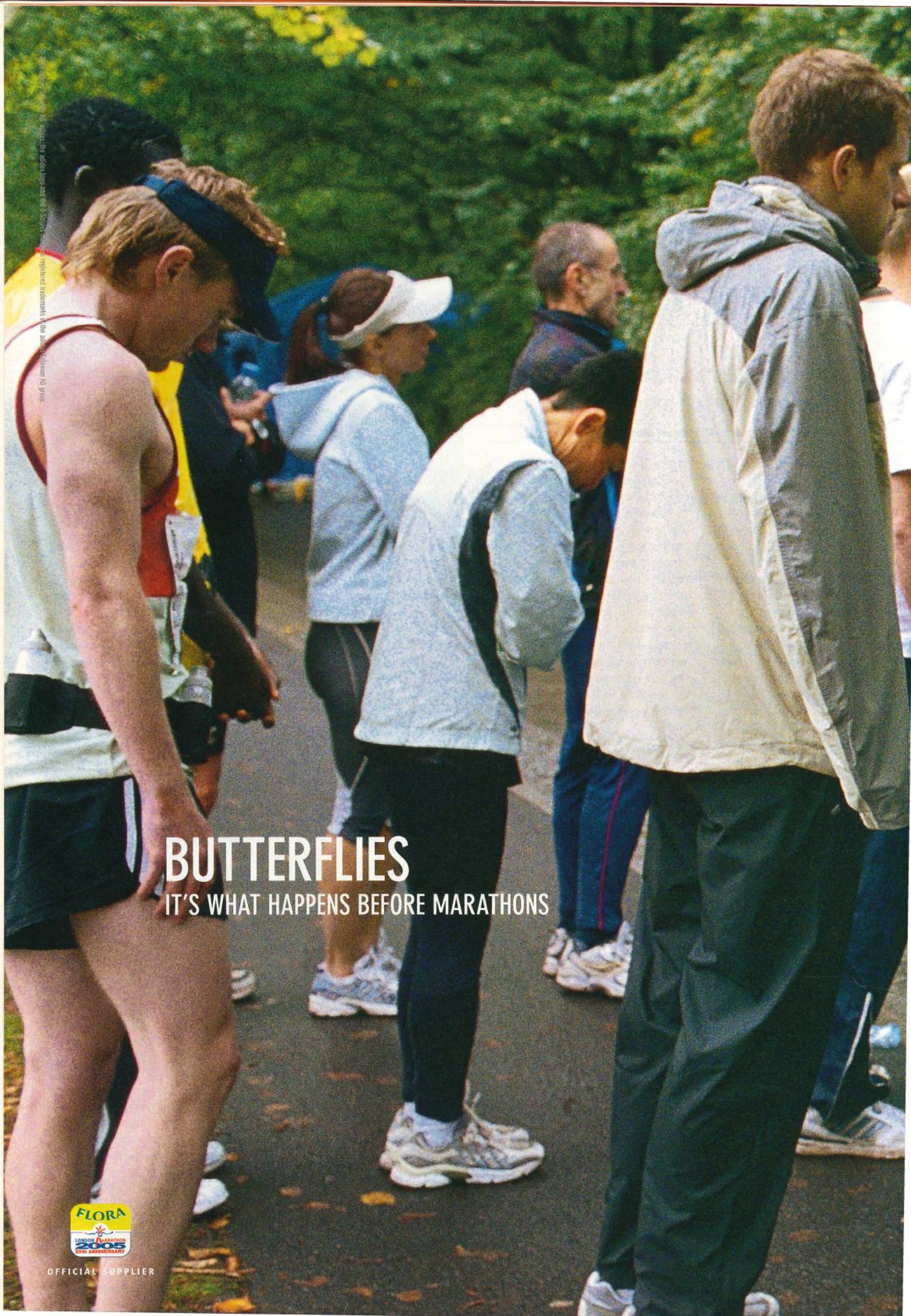
Eamonn Martin, the 1993 champion, is one of several Britons to win the London Marathon

Marathon running has been changed completely by the Flora London Marathon and the other great city races – Chicago, New York, Rotterdam, Berlin, and the oldest of them all, Boston. Before them it was considered, even by the athletics cognoscenti, something of a stoical, hair-shirt affair. Small fields of skeletal-like men would assemble and set off to run for 2¼ hours or so; on the sidewalks passers by, going about their business, would stare in bemusement. In Britain the marathon to win was the famous Polytechnic, run from Windsor to Chiswick. In the year of the inaugural London the Polytechnic winner was Bernie Plain in 2:24:07. By 1983, thanks to the London influence, 102 British men bettered 2:20 and 230 ran 2:25 or faster, an amazing turn around that regretfully has not been sustained.

Although the achievements of a Tergat or a Radcliffe may amaze us it is the annual spectacle of 30,000 or more runners setting out from Greenwich with a collective, burning ambition that raises the emotions. And we must not forget the crowds assembled on the sidewalks.

Last year I joined them at Canary Wharf. It was raining and cold. But the cacophony of sound was astounding and people were not just supporting, as the rain poured down their cheeks, friends or relatives, they were supporting everybody, hour after hour.

That sound, that cheering, that urging on, that begins in Greenwich and rises to a crescendo on the Mall, is what Brasher and Disley created; it is their fanfare for the common man.


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Fufilling the Dream

RICHARD LEWIS charts the history of the London Marathon – and the role of one of its founders, the remarkable Chris Brasher

Pictures: Mark Shearman

JUST past midnight on March 29 1981, a Luton club owner was challenged to a £250 bet that he would not be fit enough to run the London Marathon.

He thought about the wager, consumed a few more pints, ordered a prawn curry and the deal was done. Fourteen hours later, David Bedford crossed the finishing line on Constitution Hill and did not get out of bed for two days.

"But I won the money!" he recalled.

His story is one in more than half a million; the number of people who in the last 23 years (and 24 races) have done exactly what Bedford did on that famous Sunday afternoon. They made it across the line. Never mind the time, just salute the achievement.

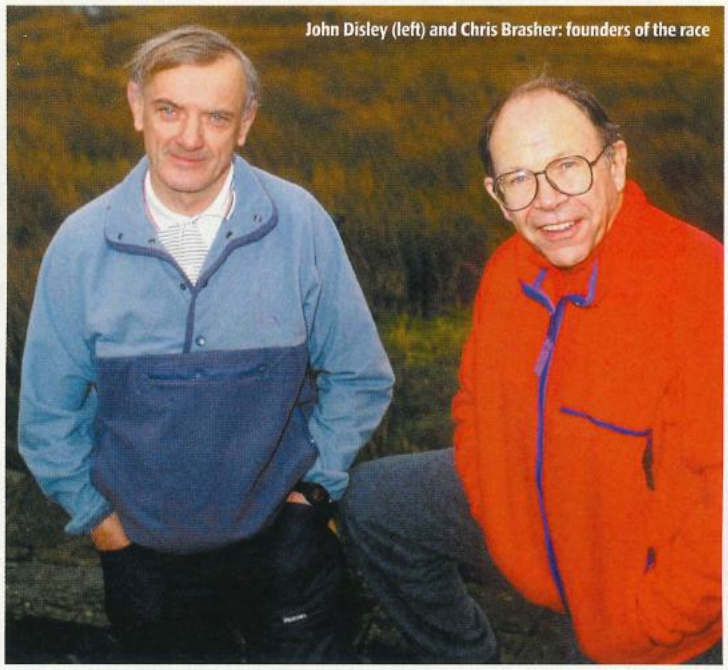
This week, another 40,000 or so will conjure their own tales when the Flora London celebrates its 25th anniversary race.

But unlike on the final stretches of that first race, do not expect to see Bedford too much, unless it is like 2001 when he jumped from the crowd to halt two protestors trying to stop winner Derartu Tulu.

He might be the race director but this is the weekend he rarely puts on a public face, because he controls events behind the scenes with the athletes he has paid vast amounts to bring in.

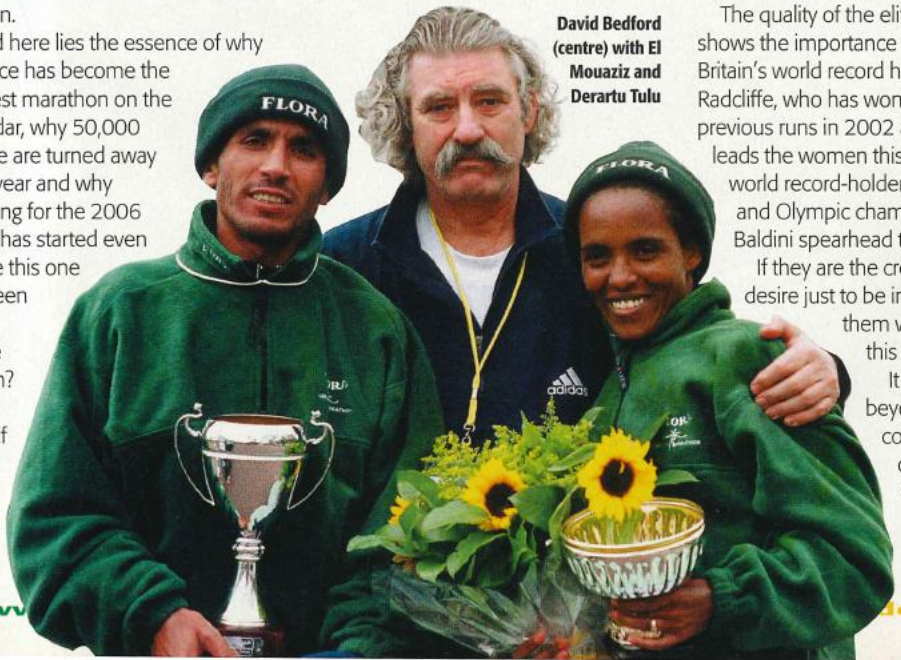
And here lies the essence of why this race has become the greatest marathon on the calendar, why 50,000 people are turned away each year and why planning for the 2006 event has started even before this one has been run.

The reason? Never mind if you are a world champion or not, everyone is treated the same.



John Disley (left) and Chris Brasher: founders of the race

"We have the elite at the head of the field," said Bedford, the former world 10,000 metres record-holder. "But it does not mean that six hours after they have finished and you are still running, you are forgotten. For example, we ensure the water stations will be there and we have ordered 50,000 bottles of water.



David Bedford (centre) with El Mouaziz and Derartu Tulu

We do our best to give everyone a special day, every contingency is considered and nothing is left to chance."

Take 2002: when Lloyd Scott walked the course wearing a deep-sea diver's costume. He started on the Sunday and finished on the Friday evening, at a special finish erected in The Mall to honour one of the race's most remarkable achievements.

The quality of the elite field alone shows the importance of London. Britain's world record holder Paula Radcliffe, who has won on her two previous runs in 2002 and 2003, leads the women this year while world record-holder Paul Tergat and Olympic champion Stefano Baldini spearhead the men.

If they are the cream, it is the desire just to be in the bowl with them which makes this race what it is. It was all beyond the comprehension of the man who invented it, the late Chris Brasher.

He had the idea for a London marathon while he was running the New York event in 1979, but never could he have expected his baby to have boomed, let alone turn 25 with such a reputation. It is the sadness of this celebratory occasion that he is not here to enjoy it.

Brasher died in 2003, a few weeks before the marathon itself. A minute's silence prior to that race was honoured in exemplary fashion for a man who was one of the most inspiring you could have met.

It was fascinating to interview him – and I did so on two memorable occasions – and he made you feel so warm and welcome.

And he would always say how surprised he was that London had become what it is now. In one interview, he told me: "If someone had predicted then (1981), that this race would be as big as it is now, I would have told them they were in cloud cuckoo land. It was a challenge to put it on but the size of it now is just extraordinary."

His memories were endless, the stories repeatedly told, but the facts speak for themselves. In 1981, there were 7,000 starters and this year close to 100,000 wanted to run. No other marathon in the world attracts such figures.

But never could Brasher or Bedford, who first worked on the marathon in 1986, have expected it to become the single biggest fund-raising day of the year in Britain. This week, more than £30 million should be raised for charity.

A success beyond the dreams of Brasher, the remarkable man who provided an essence of colour and character wherever he went with his enduring zest for life.

Brasher, who won Olympic steeplechase gold at the 1956 Games in Melbourne, two years after helping pace Roger Bannister to break the four-minute mile, could not have planned the first London finish better himself when American Dick Beardsley and Inge Simonsen, from

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Norway, ran through the line holding hands.

He had founded the race with John Disley but few knew what it took just to get that race on – it even meant breaking a military tradition.

"I remember we had the finish arranged for Constitution Hill when we were told that every day the Horseguards would parade across it, something they have done for the last 500 years," said Brasher.

"We contacted the General who was asked about it and he replied that the only reason they did it every day was because no-one had asked them to change it!"

Brasher ran the London marathon two-and-a-half-times – "like any chef, you must taste what you cook" – but the memory which stood out was the year he was looking for his daughter Kate who was in the race.

"I went to the finishing line and could not see her when I was expecting her to come through," he said. "People were struggling all over the place to finish when suddenly they saw me, somehow changed course and came across ... just to say 'thank you'."

The reason the marathon has grown like it has is because where else can the general sportsman compete in the same event as the champion is in?

As Brasher added: "Sure, you can play golf at St Andrews but not on the same day as The Open alongside star names with the same weather conditions. But here, the club runner, the fun runner, will line up in the same races as the Olympic champion and world record-holders and say they were there. What can beat that?"

London has created some remarkable stories among those elite, producing seven British male winners, starting with Hugh Jones, who led all the way in 1982, to the last in 1993, the Dagenham-Ford car worker Eamonn Martin, and five women, Joyce Smith in the first year through to Liz McColgan in the sweltering heat of 1996 and of course the remarkable Radcliffe, whose time of 2:18:56 in 2002 was the fastest debut and whose run in the 2003 broke the world record when she clocked her amazing world record 2:15:25.

In 1985, Norway's Ingrid Kristiansen won in 2:21:06 to break the world record and her time stood for almost 13 years but rarely in any marathon in any part of the world has there been a finish like 1997 when Scottish star McColgan led into The Mall.

The race was hers but every moment Kenya's Joyce Chepchumba was closing, eventually going past her to win on the line by one second. Blink, she has just beaten you.



It was fitting that Dick Beardsley (left) and Inge Simonsen decided to end the first ever London Marathon in this way

'The reason the marathon has grown like it has is because where else can the general sportsman compete in the same event as the champion is in?'

Brasher wanted to establish a marathon that was different, in effect a "people's marathon". It is just that, with a superb route around the capital that spectators line from the start in Greenwich through the Docklands and East End, and back, now past the Tower of London to Buckingham Palace and the finish in The Mall.

It was Brasher's race. He was the force that drove it to where it is now and Bedford paid tribute to him.

"He was on the lead vehicle every single year," Bedford said, "and we always found a role for him. But there is no question that had Chris not been the kind of person that he was, then there would not have been a Flora Marathon.

"I remember Chris first from his days as a journalist, when I was runner. But the fact he was so incredibly driven and focused is the reason why we here at the London marathon now employ 20 people full-time. I have not met any one who is quite as driven as Chris was.

"I don't know what he was like before the 1956 Olympic Games but I would like to have been a fly on the wall at his appeal after he was disqualified in the steeplechase. There was an appeal and the result was amended and he won the gold medal. You would have seen Chris at his driven best. What I learnt from Chris was that just because someone says 'no' that is not the end of the debate. Chris was always able to find ways around people who said 'no' and life is full of them.

"It is the sort of character that was needed to get the marathon up and running in the first place, to convince the authorities that it could be done. Chris had a wonderful knack of cajoling people when necessary.

"I always remember him as a journalist during my athletics career and one particular example came at the Olympic Games in Munich in 1972 where I was up before an IOC hearing to answer questions about whether I was a professional athlete or not. I was cleared and when I came out, Chris delivered the probing question: 'Did they ask you about whether you were paid to run in Stockholm last week?'

"He was incredibly incisive and not a journalist who followed the trend of other journalists. He was always looking for his own angle; that at times made him a brilliant journalist, while on other occasions, a very frustrating one.

"In 1981, slightly the worse for wear, I was bet £250 that I could not do the marathon the next day. So, just after midnight, I rang Chris and said that I want to run and could he give me a number.

"He replied: 'Don't be stupid, I do not have time to sort you out a number, but if you decide to run, no one is going to stop you, so why don't you just come down.'

"I did – and I won the bet. But if I got a similar call from someone about entering the marathon, they would get far less help than he gave me.

"In 2002, when Khalid Khannouchi broke the men's world record and Paula Radcliffe won on her debut at the distance, he wrote a note to me to say that he had just witnessed the most incredible marathon he had ever seen. He thanked me for my work and felt that the marathon was in safe hands. It was great to receive something like that from him.

"Yes, the marathon has been able to develop on a sound footing but one of his legacies will be the ways the charities have benefited from the creation of this race.

"Apart from his own tenacity, the other thing which John Disley and he did when the marathon was set up was that they did not establish it as a private business.

"It could have been but it wasn't, it was set up as a charitable trust. The trust supports recreation in London and the fact that it has allowed us to interact with other charities has been the key strength of the marathon. It means we are not 'got at' by central government or local authorities."

Since 1981, it is estimated that over £200m has been raised for charity by runners in the race and the London Marathon also has its own Charitable Trust which has distributed more than £12m.

Bedford added: "All of it is only possible because of the way the marathon was born in the first place."

Brasher is missed. But his race is flourishing and there can be no greater tribute than that.

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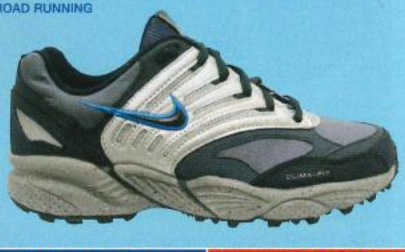
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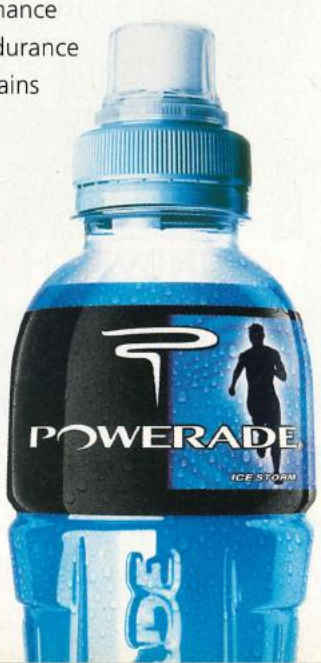
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Good Luck to all London Marathon Runners on Sunday 17th April

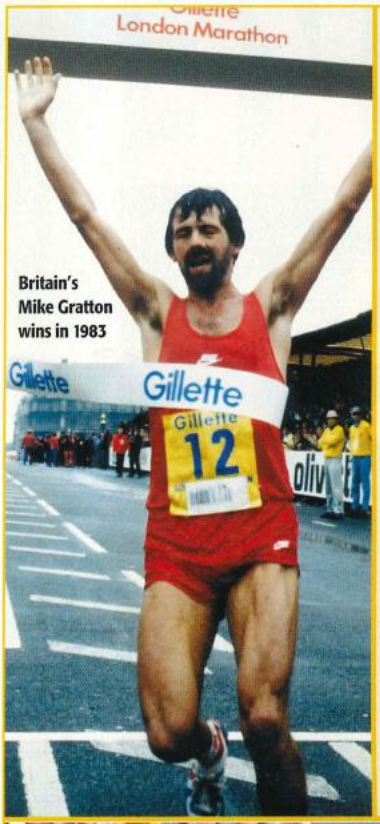
Marie Curie Cancer Care provides high quality nursing, totally free, to give terminally ill people the choice of dying at home supported by their families.

Marie Curie Cancer Care

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Year by Year Placings

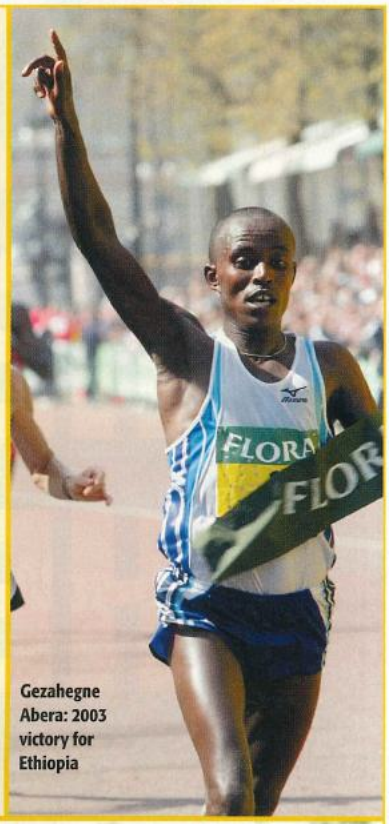
Men's winners at the London Marathon in the past quarter of a century have come from nations as far apart as Japan, Mexico, Norway and Morocco



Britain's Mike Gratton wins in 1983

Men

	NAME	COUNTRY	YEAR	TIME
1	Inge Simonsen	NOR	1981	2:11:48
	Dick Beardsley	USA	1981	2:11:48
2	Hugh Jones	GBR	1982	2:09:24
3	Mike Gratton	GBR	1983	2:09:43
4	Charlie Spedding	GBR	1984	2:09:57
5	Steve Jones	GBR	1985	2:08:16
6	Toshihiko Seko	JPN	1986	2:10:02
7	Hiromi Taniguchi	JPN	1987	2:09:50
8	Henrik Jorgensen	DEN	1988	2:10:20
9	Douglas Wakiihuri	KEN	1989	2:09:03
10	Allister Hutton	GBR	1990	2:10:10
11	Yakov Tolstikov	RUS	1991	2:09:17
12	Antonio Pinto	POR	1992	2:10:02
13	Eamonn Martin	GBR	1993	2:10:50
14	Dionicio Ceron	MEX	1994	2:08:53
15	Dionicio Ceron	MEX	1995	2:08:30
16	Dionicio Ceron	MEX	1996	2:10:00
17	Antonio Pinto	POR	1997	2:07:55
18	Abel Anton	ESP	1998	2:07:57
19	Abdelkader El Mouaziz	MAR	1999	2:07:57
20	Antonio Pinto	POR	2000	2:06:36
21	Abdelkader El Mouaziz	MAR	2001	2:07:11
22	Khalid Khannouchi	USA	2002	2:05:38
23	Gezahegne Abera	ETH	2003	2:07:56
24	Evans Rutto	KEN	2004	2:06:18



Gezahegne Abera: 2003 victory for Ethiopia



Toshihiko Seko (top right, No.1) won in 1986



Dionicio Ceron: enjoyed a superb hat-trick of wins from 1994-96

Guide Dogs



IF DAVE CAN DO IT, YOU CAN TOO

EVER RUN WITH YOUR EYES CLOSED?

This is Dave. He's blind. This September he'll be running his 4th BUPA Great North Run for The Guide Dogs for the Blind Association. Why not join him!

DAVE KNOWS THE IMPORTANCE OF TRAINING. When you're blind, just walking down the road can take a lot of courage. Running a half marathon takes true dedication — and intensive training.

CARLA KNOWS A BIT ABOUT TRAINING TOO. Dave's guide dog, Carla, was given two years of world class training by Guide Dogs. After all, she's doing one of the most responsible jobs in the world – acting as a second pair of eyes so that, today, Dave can lead a full and independent life.

COMMITMENT. Run with Guide Dogs … and we'll make sure you reach your peak performance. We'll give you a total support package, with expert advice on training and nutrition, plus great ideas for raising loads of cash.

THE CHALLENGE STARTS NOW. It costs £10 a day to support a partnership like Dave and Carla. Run with us, and every step you take will bring greater freedom and independence to a blind or partially-sighted person.



DON'T STOP THERE It's not just about BUPA Great North Run. We have places for runners at the New York Marathon, The BUPA Great South Run and many others.

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or visit www.run4guidedogs.org.uk

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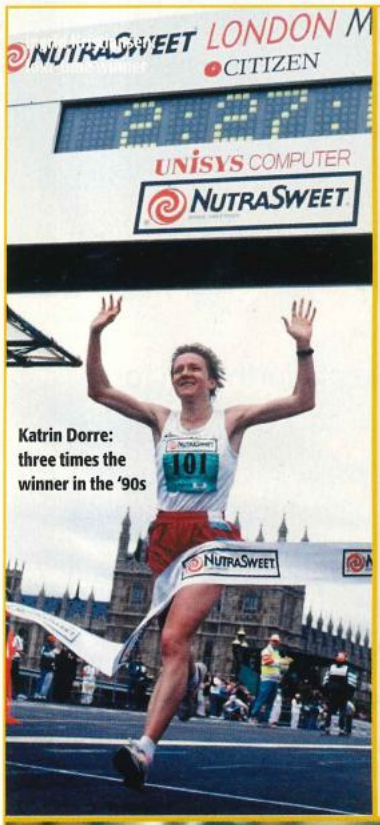
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Year by Year Placings

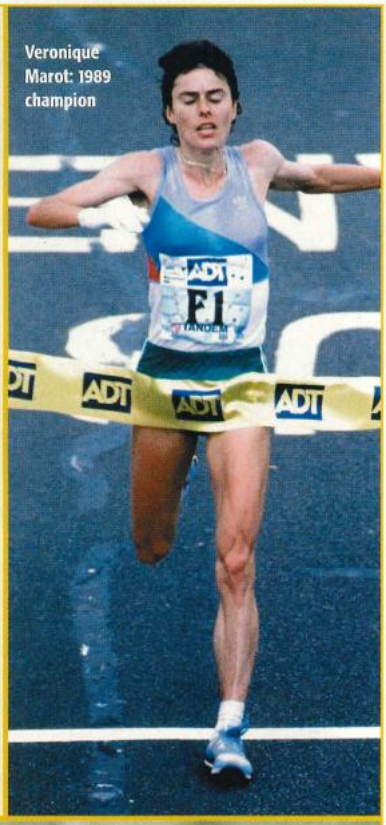
Four British women – Joyce Smith, Veronique Marot, Liz McColgan and Paula Radcliffe – are among the list of former winners in the London Marathon



Katrin Dorre: three times the winner in the '90s

♦ **Women**

	NAME	COUNTRY	YEAR	TIME
1	Joyce Smith	GBR	1981	2:29:57
2	Joyce Smith	GBR	1982	2:29:43
3	Grete Waitz	NOR	1983	2:25:29
4	Ingrid Kristiansen	NOR	1984	2:24:26
5	Ingrid Kristiansen	NOR	1985	2:21:06
6	Grete Waitz	NOR	1986	2:24:54
7	Ingrid Kristiansen	NOR	1987	2:22:48
8	Ingrid Kristiansen	NOR	1988	2:25:41
9	Veronique Marot	GBR	1989	2:25:56
10	Wanda Panfil	POL	1990	2:26:31
11	Rosa Mota	POR	1991	2:26:14
12	Katrin Dorre	GER	1992	2:29:39
13	Katrin Dorre	GER	1993	2:27:09
14	Katrin Dorre	GER	1994	2:32:34
15	Malgorzata Sobanska	POL	1995	2:27:43
15	Liz McColgan	GBR	1996	2:27:54
17	Joyce Chepchumba	KEN	1997	2:26:51
18	Catherina McKiernan	IRL	1998	2:26:26
19	Joyce Chepchumba	KEN	1999	2:23:22
20	Tegla Loroupe	KEN	2000	2:24:33
21	Derartu Tulu	ETH	2001	2:23:57
22	Paula Radcliffe	GBR	2002	2:18:56
23	Paula Radcliffe	GBR	2003	2:15:25
24	Margaret Okayo	KEN	2004	2:22:35



Veronique Marot: 1989 champion



Grete Waitz won in 1983 and 1986



Derartu Tulu (111): first home in 2001



Yorkshire **10k** Run

10k Run (10am) and
2k Open Fun Run (9.30am)

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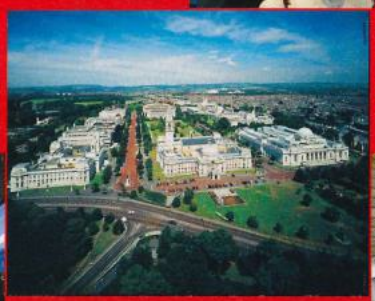


GreatWelshRun

5 Mile Run (11am) and
2k Open Fun Run (10.30am)







Monday **2 May** 2005
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TOP 20

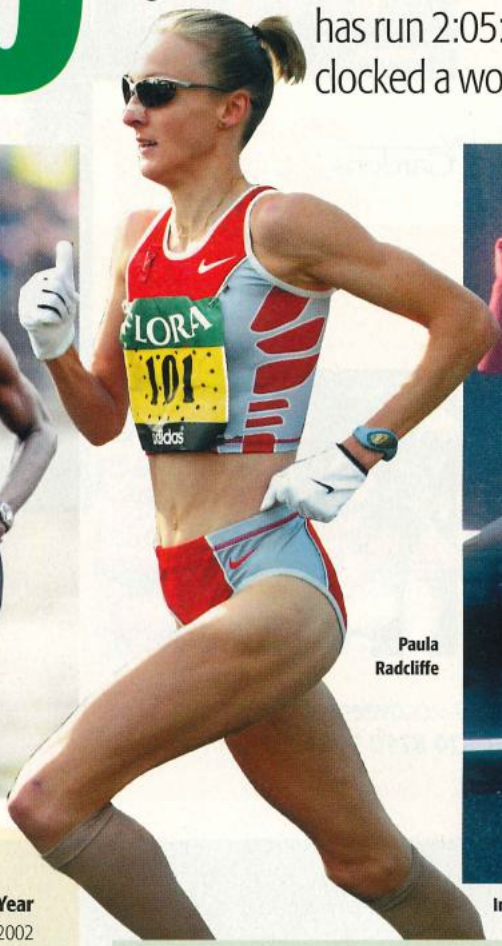
The London Marathon route is not traditionally regarded as a fast course, but Khalid Khannouchi has run 2:05:38 and Paula Radcliffe clocked a world record 2:15:25



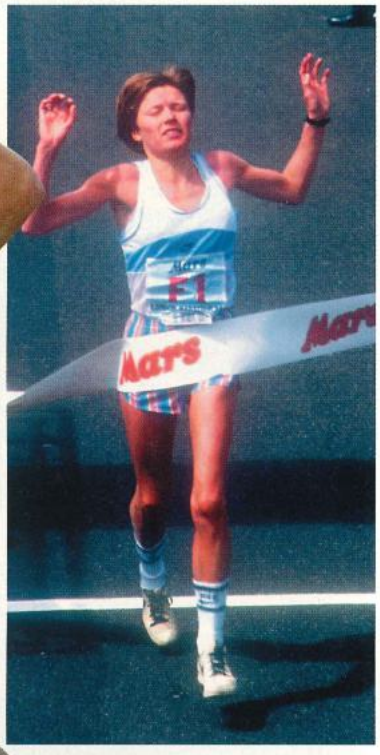
Khalid Khannouchi



Evans Rutto



Paula Radcliffe



Ingrid Kristiansen

♦ FLORA LONDON MARATHON: 20 FASTEST EVER MEN

Name	Country	Time	Position	Year
Khalid Khannouchi	USA	2:05:38	1	2002
Paul Tergat	Kenya	2:05:48	2	2002
Evans Rutto	Kenya	2:06:18	1	2004
Haile Gebreselassie	Ethiopia	2:06:35	3	2002
Antonio Pinto	Portugal	2:06:36	1	2000
Sammy Korir	Kenya	2:06:48	2	2004
Abdelkader El Mouaziz	Morocco	2:06:52	4	2002
Jaouad Gharib	Morocco	2:07:02	3	2004
Ian Syster	South Africa	2:07:06	5	2002
Abdelkader El Mouaziz	Morocco	2:07:11	1	2001
Stefano Baldini	Italy	2:07:29	6	2002
Abdelkader El Mouaziz	Morocco	2:07:33	2	2000
Antonio Pinto	Portugal	2:07:55	1	1997
Gezahegne Abera	Ethiopia	2:07:56	1	2003
Stefano Baldini	Italy	2:07:56	2	2003
Stefano Baldini	Italy	2:07:57	2	1997
Abel Anton	Spain	2:07:57	1	1998
Joseph Ngolepus	Kenya	2:07:57	3	2003
Abdelkader El Mouaziz	Morocco	2:07:57	1	1999
Paul Tergat	Kenya	2:07:59	4	2003
Samson Ramadhani	Tanzania	2:08:01	5	2003
Abdelkader El Mouaziz	Morocco	2:08:03	6	2003
Josiah Thugwane	South Africa	2:08:06	3	1997
Abdelkader El Mouaziz	Morocco	2:08:07	2	1998
Erick Kimaiyo	Kenya	2:08:08	4	1997
Lee Bong Ju	Korea	2:08:10	7	2003
Antonio Pinto	Portugal	2:08:13	3	1998
Paul Tergat	Kenya	2:08:15	2	2001
Steve Jones	UK	2:08:16	1	1985
Dionicio Ceron	Mexico	2:08:30	1	1995
Steve Moneghetti	Australia	2:08:33	2	1995
Julio Rey	Spain	2:08:33	4	1998

♦ FLORA LONDON MARATHON: 20 FASTEST-EVER WOMEN

Name	Country	Time	Position	Year
Paula Radcliffe	UK	2:15:25	1	2003
Paula Radcliffe	UK	2:18:56	1	2002
Catherine Ndereba	Kenya	2:19:55	2	2003
Ingrid Kristiansen	Norway	2:21:06	1	1985
Deena Kastor	USA	2:21:16	3	2003
Svetlana Zakharova	Russia	2:22:31	2	2002
Lyudmila Petrova	Russia	2:22:33	3	2002
Margaret Okayo	Kenya	2:22:35	1	2004
Reiko Tosa	Japan	2:22:46	4	2002
Ingrid Kristiansen	Norway	2:22:48	1	1987
Susan Chepkemei	Kenya	2:23:12	4	2003
Lyudmila Petrova	Russia	2:23:14	5	2003
Susan Chepkemei	Kenya	2:23:19	5	2002
Joyce Chepchumba	Kenya	2:23:22	1	1999
Constantina Tomescu	Romania	2:23:43	6	2003
Derartu Tulu	Ethiopia	2:23:57	1	2001
Jelena Prokopevka	Latvia	2:24:01	7	2003
Svetlana Zakharova	Russia	2:24:04	2	2001
Adriana Fernandez	Mexico	2:24:06	2	1999
Joyce Chepchumba	Kenya	2:24:12	3	2001
Lidia Simon	Romania	2:24:15	4	2001
Elfenesh Alemu	Ethiopia	2:24:29	5	2001
Tegla Loroupe	Kenya	2:24:33	1	2000
Lidia Simon	Romania	2:24:46	2	2000
Grete Waitz	Norway	2:24:54	1	1986
Nuta Olaru	Romania	2:25:18	6	2001
Mihaela Botezan	Romania	2:25:32	9	2003
Alina Ivanova	Russia	2:25:34	7	2001



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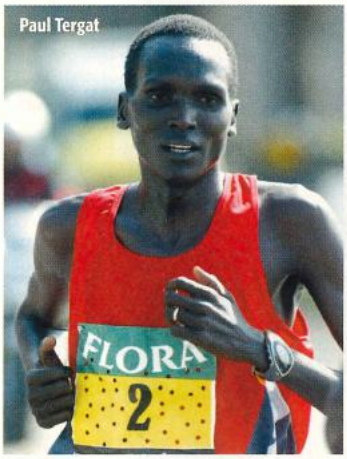


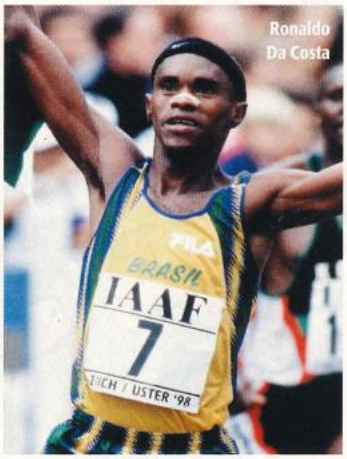
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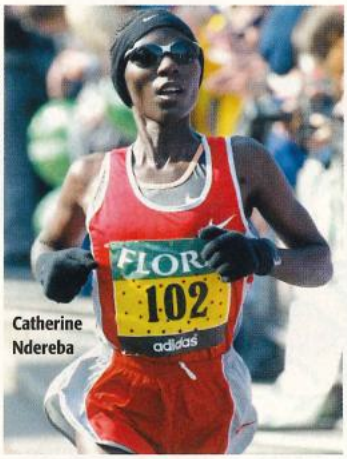
Humane transport for feet.

TOP 10

Many of the fastest marathon marks in history have been set on the cobbles of London, including the women's world record of 2:15:25


Paul Tergat


Ronaldo Da Costa


Catherine Ndereba

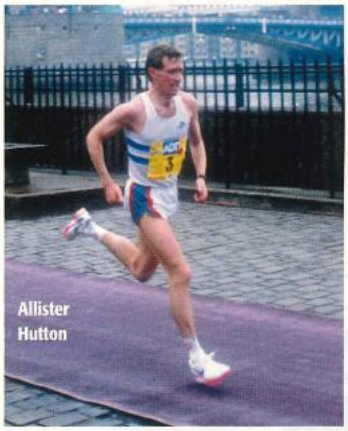

Tegla Loroupe

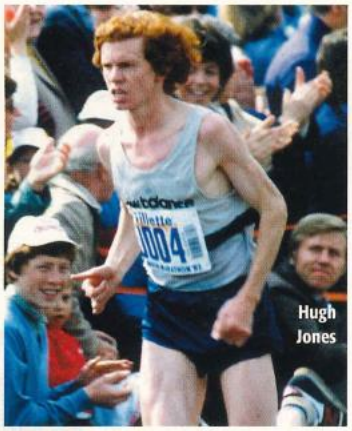
♦ ALL-TIME WORLD TOP TEN – MEN

1	2:04:55	Paul Tergat	KEN	2003	Berlin
2	2:04:56	Sammy Korir	KEN	2003	Berlin
3	2:05:38	Khalid Khannouchi	MAR/USA	2002	London
4	2:05:50	Evans Rutto	KEN	2003	Chicago
5	2:06:05	Ronaldo da Costa	BRA	1998	Berlin
6	2:06:14	Felix Limo	KEN	2004	Rotterdam
7	2:06:15	Titus Munji	KEN	2003	Berlin
8	2:06:16	Moses Tanui	KEN	1999	Chicago
9	2:06:16	Daniel Njenga	KEN	2002	Chicago
10	2:06:16	Toshinari Takaoka	JPN	2002	Chicago

♦ ALL-TIME WORLD TOP TEN – WOMEN

1	2:15:25	Paula Radcliffe	GBR	2003	London
2	2:18:47	Catherine Ndereba	KEN	2001	Chicago
3	2:19:39	Sun Yingyie	CHN	2003	Beijing
4	2:19:41	Yoko Shibui	JPN	2004	Berlin
5	2:19:46	Naoko Takahashi	JPN	2001	Berlin
6	2:20:43	Tegla Loroupe	KEN	1999	Berlin
6	2:20:43	Margaret Okayo	KEN	2002	Boston
8	2:21:06	Ingrid Kristiansen	NOR	1985	London
9	2:21:16	Deena Drossin	USA	2003	London
10	2:21:18	Mizuki Noguchi	JPN	2003	Osaka


Allister Hutton

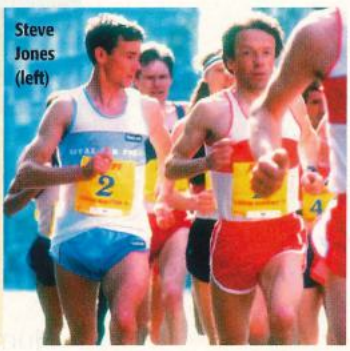

Hugh Jones


Liz McColgan


Joyce Smith

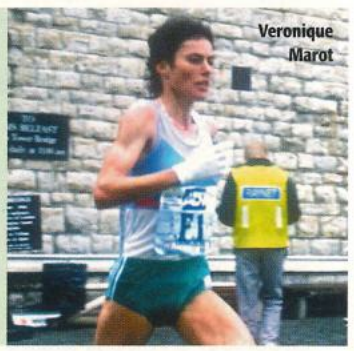
♦ ALL-TIME UK TOP TEN – MEN

1	2:07:13	Steve Jones	1985
2	2:08:33	Charlie Spedding	1985
3	2:08:36	Richard Nerurkar	1997
4	2:08:52	Paul Evans	1996
5	2:09:08	Geoff Smith	1983
6	2:09:12	Ian Thompson	1974
7	2:09:16	Allister Hutton	1985
8	2:09:17	Mark Steinle	2002
9	2:09:24	Hugh Jones	1982
10	2:09:28	Ron Hill	1970

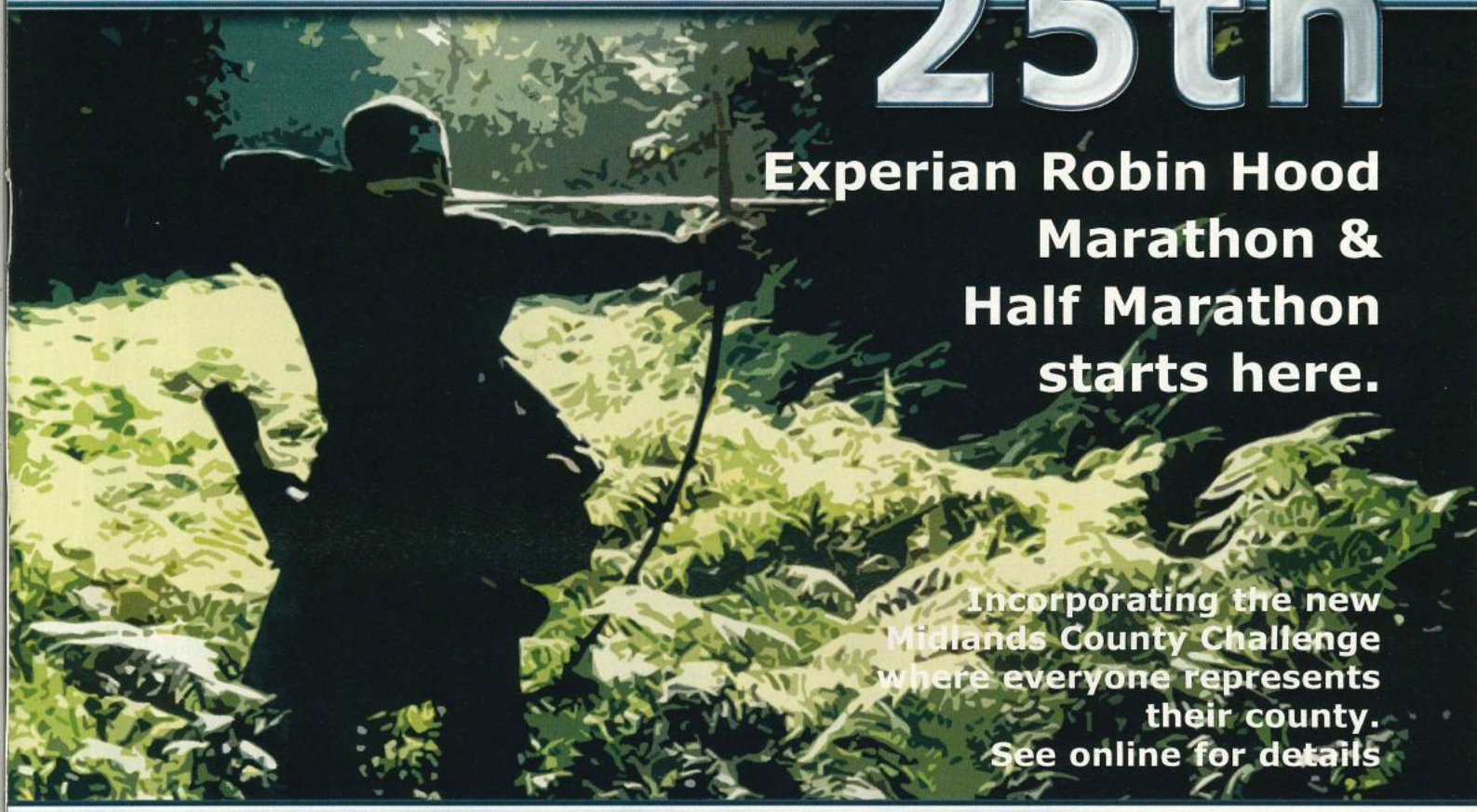

Steve Jones (left)

♦ ALL-TIME UK TOP TEN – WOMEN

1	2:15:25	Paula Radcliffe	2003
2	2:25:26	Veronique Marot	1989
3	2:26:51	Priscilla Welch	1987
4	2:26:52	Liz McColgan	1997
5	2:28:06	Sarah Rowell	1985
6	2:28:38	Sally-Ann Hales	1985
7	2:28:42	Marian Sutton	1999
8	2:29:29	Sally Eastall	1991
9	2:29:43	Joyce Smith	1982
10	2:29:47	Paula Fudge	1988


Veronique Marot

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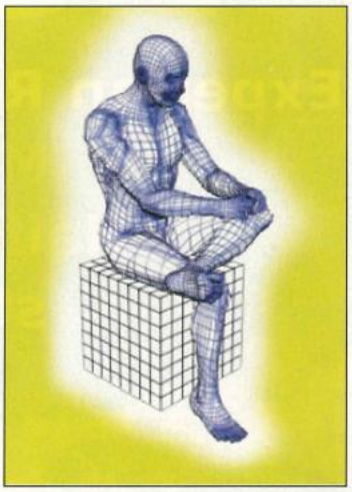
Running with an injury or overtraining? Often it is best to go back to basics

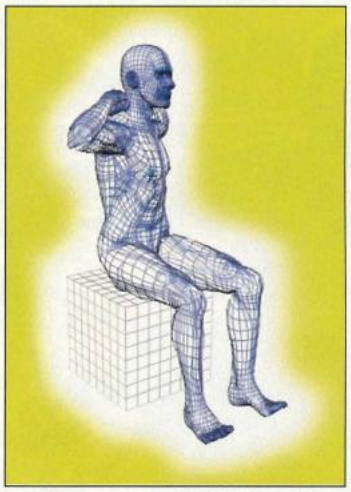
INJURIES can affect us all regardless of age, sex or ability. But can we manage or limit the number of times we get injured? We can by going back to basics.

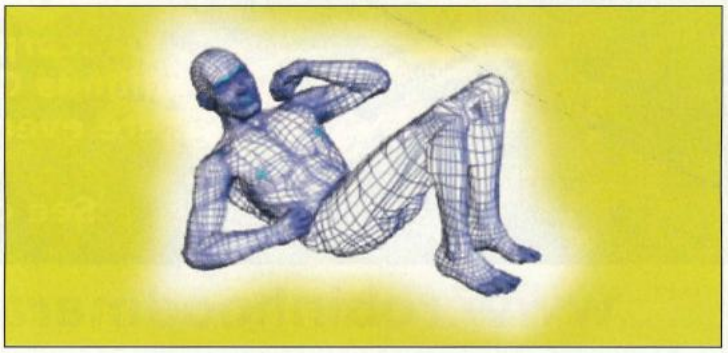
But we are not talking about fitness levels and stretching. Instead we mean back to your biomechanics.

By assessing, on a regular basis, your biomechanics you can help eliminate and prevent a number of injuries and problems that athletes suffer from. The body compensating for weak links can cause restriction that in turn causes pain and injury.

Calf and hamstring injuries are commonly caused by a tight sciatic nerve. The muscles provide a protective spasm to the nerve during locomotion and if stretched or loaded sufficiently the muscles can spasm enough to cause themselves to tear – or cramp up – which can feel like a tear. By mobilising the nerve it releases the tension in the muscles and reduces the likelihood of this event.







'A tight sciatic nerve can affect your quadriceps output by as much as 15 per cent. The effect of biomechanics for the professional athlete and the novice for injury prevention or performance is a must have tool'

♦ Tight calves

TIGHT calves can cause over pronation. The dorsi-flexion (moving the ankle upwards) is not available from the ankle joint due to the tight calves, so it has to come from the sub talar joint. It comes as part of the pronation mechanism though and so increases the amount of pronation as well. This causes shin related injuries as well as knee and Achilles problems.

Remember that tight calves are often from a tight sciatic nerve, so by mobilising the nerve, we can help with preventing and normalise these injuries.

The effects our biomechanics have on our body and the vicious circle of injury and pain it can cause is shown again when discussing your hips and pelvis which are so important to our running but generally overlooked until the athlete is in severe pain or in fact injured.

♦ Rotated pelvis

A ROTATED pelvis can go unnoticed for many years until the compensations start to cause problems. Typically a leg length discrepancy (LLD) can result from a rotated pelvis and the leg must compensate for this. It'll either flatten the foot (pronate it), bend the knee more, or drop the hip more. Pronation will increase the load on the leg (see 'Tight Calves' section), bending the knee will increase pronation (see 'Tight Calves' section), and dropping the hip will increase the spasm in the glutes/ piriformis! So by reducing the spasm in the piriformis 'prophylactically', in other words preventatively, (and also if necessary), then we are helping to reduce all of the above.

♦ Assess yourself

AS a result of one of the largest studies in biomechanics by Galileo Health and distributed by HumanLab Sports we can all benefit from assessing our biomechanics, in the comfort of our home. You do not need to be a clinician as they have developed a CD ROM software program that helps you asses yourself with the software prescribing the exercises needed to remove the problems and in turn prevent or normalise the body from developing them in the future.

As part of the program is injury prevention the CD takes you through a series of core stability work educating you on how to engage your core and to engage it while doing peripheral movements, so it becomes second nature to you when running.

It finishes off with the final section on the trunk and torso exercises.

♦ Benefits of biomechanics

SOME athletes out there might not feel the need to help prevent a problem they don't feel they have. So let's look briefly at some of the other benefits biomechanics has on your performance. A tight sciatic nerve or tight piriformis (hip) can effect your stride length, your knee drive and your power out put.

A tight sciatic nerve can affect your quadriceps output by as much as 15 per cent. The effect of biomechanics for the professional athlete and the novice for injury prevention or performance is a must have tool. It will help you prevent injuries, enjoy your running and help with your performance.

The program used in helping address any issues you may have now or in the future is worth having. But it doesn't stop there.

It can be used as a training guide to indicate that you may be over-training or that a new technique or training plan is causing you problems.

♦ GO AND take a look at the website www.humanlabsports.com and see what you think. The CD-ROM is priced at only £23.99



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The 24 Races

TONY WARD trawls the archive to revive memories of all the years of great marathon running

Pictures: Mark Shearman


Vintage action: Hugh Jones (0004) in the 1982 London Marathon – he went on to win in 2:09:24

♦ Men

1981



ON A WARM, humid and eventually damp March day there was an unexpected sight just after dawn in Greenwich as thousands of runners gathered, bleary eyed around the heath. There were 7,000 of them, the first of half a million or so who were to make this 26.2-mile journey up to and across the river and beyond for the next 25 years.

The sceptics were amazed: 7,000 people running a marathon? Double that number had applied. What was going on? What was going on was that the "running bug" that had gripped America for the previous half a decade or so had come to Britain.

Crowds waited expectantly on Constitution Hill, the finish point in that inaugural year and just over two hours after they had started two men approached the finish line together. One was a Norwegian, Inge Simonsen, the other was Dick Beardsley from the USA. They had been together since the 16 mile mark.

In the end the two men decided to cross the line holding hands and were, much to the chagrin of the race referee, Squire Yarrow, declared joint winners. Third came the British runner Trevor Wright. The joint winners broke 2:12 for the first time and Wright set his second fastest time. One thing that was learnt so early on in the history of the race was that the course was fast.

Mel Watman, the editor of *AW* at the time, reported on the race by running it. He wrote: "As I recovered my tracksuit, having completed my second marathon, the phrase that cropped up all round was 'the crowds were great'."

Beardsley agreed: "For a first time marathon they knew what they were doing. They really helped a lot."

Beardsley had a chequered life afterwards. In 1989 he awoke one morning and went to milk the cows on his farm and became entangled with a rotating shaft on his tractor that crashed him round and round. He suffered multiple injuries. There followed a series of car and running accidents, which meant that he slowly became addicted to painkillers, resorting to falsifying doctor's prescriptions.

He was finally caught out but escaped prison. He recovered and in 2003 ran 2:45:58, at the age of 48, in Toronto.

♦ Result

1= Inge Simonsen (NOR) and Dick Beardsley (USA)	2:11:48
3rd Trevor Wright (GBR)	2:12:53
First Vet: Bill Venus	2:22:59

1982



THE second race (in rather too warm weather) brought a British winner in Hugh Jones. He didn't quite lead from start to finish but he was certainly in command all the way. As a race therefore it was a disappointment but as a boost to the event it was enormous. "I knew from the gun," Jones said, "that I was going to win."

He was urged on by enormous crowds and was ahead by almost three minutes at the end. Running his ninth marathon and registering his fourth win his time (2:09:24) was a new UK all-comers' and only 12 seconds outside Ian Thompson's nine-year-old British record.

At the time he was a student living in Budapest where he returned almost immediately after the race. Norway again placed in the top three with Oyvind Dahl.

In third was another British runner Mike Gratton.

"I felt pretty good until about 16 miles, when I went round the Isle of Dogs," Jones said. "Then the pace began to tell and I really had to concentrate hard."

Jones is now secretary of AIMS (Association of International Marathons).

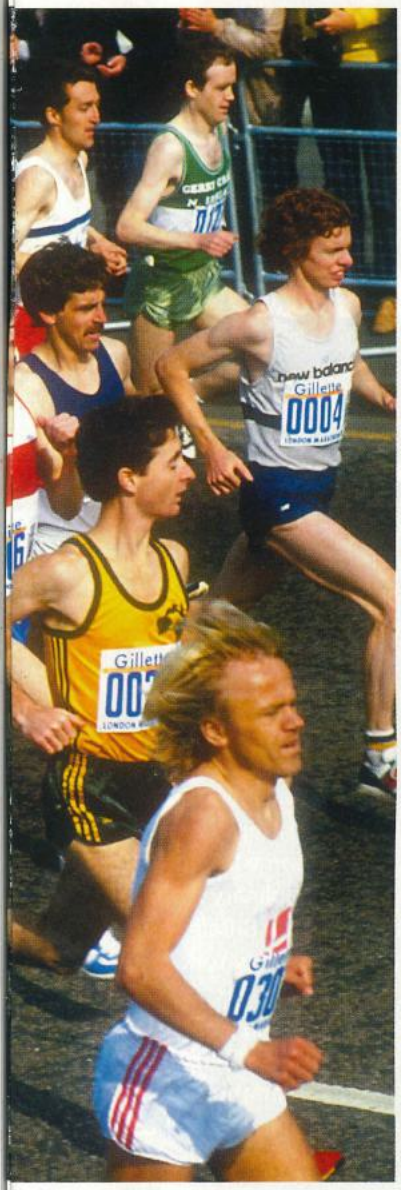
♦ Result

1st Hugh Jones (GBR)	2:09:24
2nd Oyvind Dahl (NOR)	2:12:21
3rd Mike Gratton (GBR)	2:12:30
First Vet: Michael Palmer	2:19:40

1983



THE London marathon was growing in stature and popularity. By its third year it was the world's largest marathon with around 18,000 starting. As Mel Watman reported much of the race was run at world record pace. Prominent in the early stages was the former Belgian track star Emiel Puttemans and it was he who led at the halfway point just beyond Tower Bridge (64:10). With 10 miles to go the leading pack was down to seven. Slowly the runners peeled off as the pace began to tell. With five miles to go there were just two runners, both British, in contention, Gerry Helme and Mike Gratton. On the cobbles by the Tower it was the latter who took control and went away to win in 2:09:43 to become the fifth fastest Briton of all-time. Twenty-two years on he is still the twelfth fastest. Helme



finished second with a personal best, Henrik Jorgensen of Denmark was third.

"Gerry Helme nearly broke me at 22 miles," Gratton said, "but as he went on to the cobbles I could see him tense. I felt relaxed on the cobbles and made my effort there."

Wheelchair races were introduced for the first time.

♦ Result

1st Mike Gratton (GBR)	2:09:43
2nd Gerry Helme (GBR)	2:10:12
3rd Henrik Jorgensen (DEN)	2:10:47
Wheelchair Race:	
Gordon Perry	3:20:07

1984



THE cup of joy for British marathoning runneth over as Gateshead Harrier, Charlie Spedding, literally sped to victory to give the race its third successive 'home' victory. Not only that but British runners filled the first three places.

Again the early pace was hot and at one time it was thought that Alberto Salazar's world best of 2:08:13 might be under threat. It was being set by a formidable Tanzanian duo, Juma Ikangaa and Zacharia Barie. They led at the halfway point but a steady wind began to take its toll. At this stage the British runners were running what *AW's* Mel Watman called "far more restrained races."

A mile into the second half the Tanzanian's lead had dwindled to almost nothing. Working together Spedding and clubmate Kevin Forster were coming through the leaders and by 16 miles had caught the two leaders. Ikangaa began surging but to no avail. At 20 miles Spedding began pulling away and by the time he reached the finish on Westminster Bridge he had a 500 metre lead.

The infamous cobbles nearly affected Spedding. "I felt fairly comfortable right until the cobbled section around 22 miles," he said, "but there I lost all my rhythm and it was a struggle from then on... the wind was a little bit troublesome at times."

Spedding went on, that year, to greater glory by winning a bronze medal at the Los Angeles Olympics. As to the race itself there was a scare as Margaret Thatcher was about to apply the scalpel to the Great London Council. Its leader, Ken Livingstone, gave assurances as to its future but Brasher was not so sure. "The race is now in the Prime Minister's hands," he said. "We need County Hall for just two days. Without those facilities we would not be able to stage the race. It's as simple as that. It would be a terrible shame if the greatest marathon in the world was to die."



Charlie Spedding, winner in 1984, was among the British victors in the early days of the event

♦ Result

1st Charlie Spedding (GBR)	2:09:57
2nd Kevin Forster (GBR)	2:11:41
3rd Dennis Fowles (GBR)	2:12:12
First Vet: Bill Venus	2:20:19
Wheelchair Race:	
1st Kevin Breen (IRL)	2:38:40

1985



A FOURTH consecutive British winner and a second (and last) British clean sweep of the plinth places were the feature of this fifth running of the race.

It was billed as a battle between the giants of British marathon running. The Welshman, Steve Jones, had a set a new world and UK best in Chicago the previous year (2:08:05); Spedding had won the previous London marathon and won Olympic bronze.

For the first time there was a pacemaker in the race but the organisers kept it quiet so there was much unnecessary excitement when the "unknown" (Chris Woodhouse) led at the halfway mark in 64:43. Mel Watman was critical in *AW*.

"It's regrettable," he wrote, "that we spectators were misled into believing a rank outsider was trying to shake up the stars, when in fact it was all pre-arranged." The hare led at the halfway point (64:43) and then dropped out. Shortly after this the leading pack was down to five runners, three of who were British for Scotsman Allister Hutton had joined Spedding and Jones.

Jones launched his bid at 20 miles and for a while it was cat and mouse with Spedding. He was, however, suffering from stomach cramps. In the end though Jones won by around 100 metres. With Hutton in third it was a memorable day for Britain, tempered slightly by the fact that the day before the Olympic champion Carlos Lopes had beaten Jones' record with an astonishing (at the time) 2:07:11 in Rotterdam.

"It all went as I'd planned," Jones said of his London victory, "except for the stomach cramps. I thought that it would be down to basic speed over the second half of the race and that's what happened."

The fastest celebrity was Tory MP Matthew Parris (now a political journalist) who clocked 2:32:57. He finished in 393rd. In 2003 it would have ranked him 70th in the country.

♦ Result

1st Steve Jones (GBR)	2:08:16
2nd Charlie Spedding (GBR)	2:08:33
3rd Allister Hutton (GBR)	2:09:16
First Vet: Dr Gunter Kopp	2:18:04
Wheelchair Race:	
1st Chris Hallam (GBR)	2:19:55

1986



AGAIN the race was the biggest in marathon history. There were 19,261 starters and 18,175 finished. A total of 2317 finished inside three hours.

The winner was Japan's Toshihiko Seko who but for the vicious wind might have broken Lopes's world best set the year before. Seko took up the running as early as 10km into the race, running alongside the designated pacemaker.

Seko was an experienced runner, having won six classic marathons prior to London (Fukuoka, four times plus Boston and Tokyo). His coach, Kiyoshi Nakamura had died the year before and he dedicated his win to him.

Seko and the pacemaker were ahead by about 80 metres at the halfway point, just past Tower Bridge. Hugh Jones was sticking with the leader and Allister Hutton was fourth. As they went into the Isle of Dogs the pace slackened thanks to the wind but a 4:47 for the 20th mile by Seko sealed the race in his favour.

In Japanese style Seko said: "I am full of happiness and joy." His aim had been 2:07 but the wind put paid to that. Jones, running his first marathon in Britain since his 1982 win, acknowledged that the Japanese wasn't in any danger. "I was more concerned with Allister and the others behind me," he said.

♦ Result

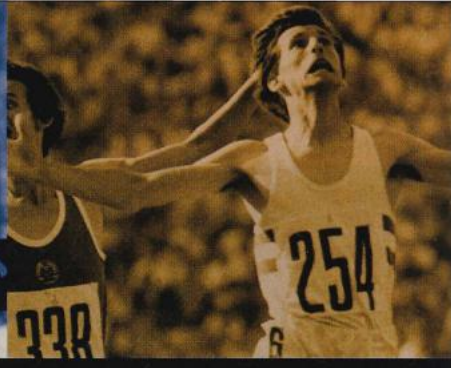
1st Toshihiko Seko (JPN)	2:10:02
2nd Hugh Jones (GBR)	2:11:42
3rd Allister Hutton (GBR)	2:12:36
First Vet: Kjell-Erik Stahl (SWE)	2:16:00
Wheelchair race:	
1st Gerry O'Rourke (IRL)	2:26:38



Toshihiko Seko winning in 1986







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- Who set a road relay lap record wearing a bat cape?
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1987



JAPAN won again but with a different runner. This time it was Hiromi Taniguchi who triumphed in what Mel Watman called "the most competitive marathon yet". A large leading group stayed together until the closing miles and even then only 23 seconds separated second to eighth place.

Much of the early leading was undertaken by Hugh Jones who took them to the halfway point in 64:27. There were two "leading" groups about 20 seconds apart. At 22 miles, by the Tower, two runners, Taniguchi and the Moroccan, Nechadi El Mostafa, pulled away from five others. Taniguchi then began to build up a lead and by the Mall (on the way to Westminster Bridge) had the race won. At this point Jones got back into contact with El Mostafa and these two had a battle for second place right to the line. The Moroccan snatched it by two seconds.

♦ **Result**

1st Hiromi Taniguchi (JPN)	2:09:50
2nd Nechadi El Mostafa (MAR)	2:10:09
3rd Hugh Jones (GBR)	2:10:11
First Vet: B Natvig (NOR)	2:21:33
Wheelchair Race:	
1st Chris Hallam	2:08:34

1988



DENMARK provided the Nordic countries with their first ever winner of the London marathon in the person of Henrik Jorgensen who won the race at his fourth attempt. The early pace was set by a man from another continent, Brazil's Jose Da Silva. Despite a best time of 2:16 for the distance, Da Silva set a blistering pace and was, at one time, up on Steve Jones' record schedule. At 10 miles he was a minute ahead of the field. He led at the halfway point and with the large chasing pack refusing to take the bait, the chances of a major surprise seemed imminent.

The first to give chase was Kevin Forster from Gateshead who led a small pack and slowly they whittled away at the Brazilian's lead and by St Katherines dock Jorgensen, Forster, Hugh Jones and Kazuyoshi Kudo were on his heels. After taking a drink at this point, Jorgensen seemed inspired and he pulled away from the leading pack (Da Silva was now a spent force) and was never headed.

He won by 32 seconds from Forster who was seven seconds ahead of Kudo. Hugh Jones was fourth. Despite fading badly over the closing stages, Da Silva set a personal best of 2:13:42.

It was a memorable year in another sense. Kent Art Printers sold *Athletics Weekly* to EMAP. The old A5 format went and Mel Watman filed his last London Marathon report for the magazine.

♦ **Result**

1st Henrik Jorgensen (DEN)	2:10:20
2nd Kevin Forster (GBR)	2:10:52
3rd Kazuyoshi Kudo (JPN)	2:10:59
First Vet: Alasdair Kean (GBR)	2:23:49
V65 – H Currie	2:55:41
Wheelchair Race	
1st Ted Vince (CAN)	2:01:37

1989



DOUGLAS WAKIIHURI is from Nairobi in Kenya but lives in Japan where he had been tutored, until his death, by Kiyoshi Nakamura, who had coached previous London winner, Toshihiko Seko. The Kenyan (who had won the World title in Rome the year before) had become more Japanese than the Japanese. "I prefer the Japanese way," Wakiihuri said, "and I think more Japanese than Kenyan."

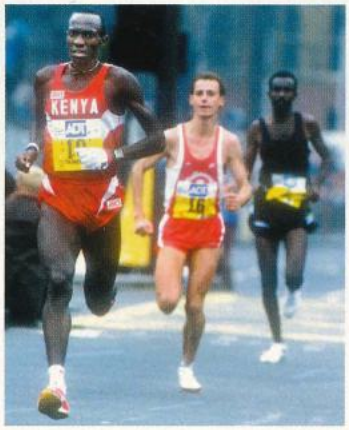
He led only once in the race and that was over Westminster Bridge to the finish. For the rest of the 26 miles he had been content to shadow whoever was leading. That varied.

Nick Rose was the allotted pacemaker who was instructed to set a world-record pace to the halfway mark. The problem was nobody wanted to go with him. Halfway was reached in an unexciting 64:42.

Into the Isle of Dogs, Britain's Tony Milovsorov went into the lead but after a few more miles dropped back into the leading pack. Then it was the Tanzanian Suleiman Nyambui who pushed ahead, next it was a Portugese, Manuel Mattias. At 20 miles it was the Australian Steve Moneghetti who took up the running. Always there or thereabouts was Wakiihuri. Next man to make a bid for glory was Ahmed Salah from Djibouti.

By the Mall the race was down to three – Moneghetti, Salah and Wakiihuri. It was the Kenyan who stormed away on Westminster Bridge to take the honours with the second fastest ever winning time in the race.

"At 41km I knew I could outsprint Salah," said a confident Wakiihuri after the race. "I was thinking the race had been tough as I crossed the line and about who was behind me."



Douglas Wakiihuri outpaces Steve Moneghetti on his way to victory in the 1989 London race

♦ **Result**

1st Douglas Wakiihuri (KEN)	2:09:03
2nd Stephen Moneghetti (AUS)	2:09:06
3rd Ahmed Salah (DJI)	2:09:09
First Vet: Stan Curran (GBR)	2:21:15
V65 H Currie (GBR)	2:52:55
Wheelchair Race	
1st Dave Holding (GBR)	1:59:31

1990

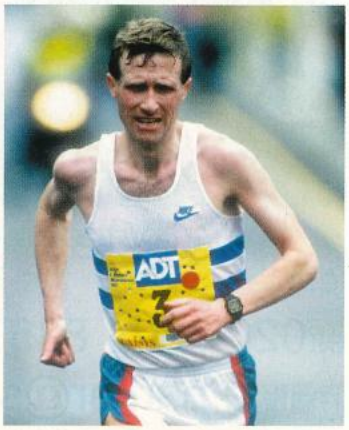


SCOTSMAN Allister Hutton scored Britain's fifth win in the race on a cold and rainy morning. He won by half a minute from the Italian Salvatore Bettiol with the Spaniard, Juan Romera, a further eight seconds behind.

Nick Rose was again chosen as the pacemaker followed by a large pack of around 20 runners. Interestingly, Hutton moved alongside Rose at six miles and had a short conversation. "He said he thought we should be going faster," Rose said. "So we did."

A gap soon appeared with a leading trio of Rose, Bill Reifsnyder (another pacemaker) and Hutton. No one followed them. "The guys seemed content to let someone go off and wait for them to come back," Hutton said. "I know that because I've done the same myself. I took a chance."

By the halfway point (64:18) the gap to the main group was over a minute and Hutton was on his own.



Allister Hutton: won by half a minute to register another British victory in 1990



Hiromi Taniguchi: won the 1987 race representing Japan in 2:09:50, with Britain's Hugh Jones third

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For many the second half of the race was a disaster when hopeful after hopeful dropped out.

Bettiol made a late charge to no avail and Hutton strode on to Westminster Bridge in control. He had led for the whole second half of the race.

"I felt as well prepared as I've ever been," he said. "When I got away I just wanted to put ground between myself and the rest because I realised the bigger the gap the more I had to fall back on."

♦ Result

1st Allister Hutton (GBR)	2:10:10
2nd Salvatore Bettiol (ITA)	2:10:40
3rd Juan Romera (ESP)	2:10:48
First Vet: Stan Curran (GBR)	2:20:37
Wheelchair Race:	
1st Hakan Ericsson (SWE)	1:57:12

1991



OLYMPIC champion Gelindo Bordin came but did not conquer (he pulled out at 21 miles with hamstring trouble). This virtually gave the race to the Russian, Yakov Tolstikov, who ran solo for the final 11 miles.

It was the first time that the World Marathon Cup was featured with a city marathon. Sixty teams entered.

A large group were bunched together over the early miles and the halfway was reached in 64:29. It was obvious at this point that Bordin was in some trouble and the Pole, Jan Huruk, made the mistake of not going with Tolstikov but of staying with the Italian.

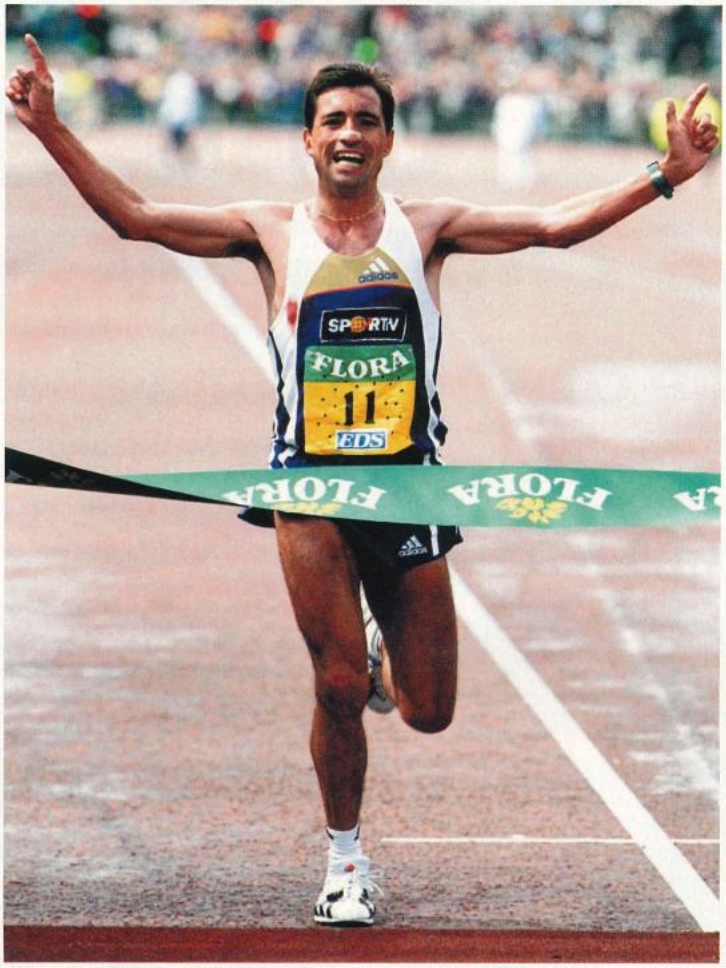
"I made my move just after 14 miles," Tolstikov said, "because I looked around and nobody seemed to want to take it up. It was very cold and difficult running out there on my own for so long."

The cold should not have affected him. He was a PE instructor from Siberia.

Britain won the World Marathon Cup (those were the days my friends) with fine performances from Dave Long (4th – 2:10:30); Steve Brace (7th – 2:11:45) and Hugh Jones (20th – 2:12:46).

♦ Result

1st Yakov Tolstikov (RUS)	2:09:17
2nd Manuel Matias (POR)	2:10:21
3rd Jan Huruk (POL)	2:10:21
World Cup	
1st Great Britain	6:35:01
First Vet: J Campbell (NZL)	2:17:22
Wheelchair Race:	
1st Farid Amarouch (FRA)	1:52:52



Antonio Pinto of Portugal took the men's title in 1992, 1997 and (pictured above) in 2000

1992



THE wind played havoc with the expectations of world record runs but despite this the race was tense and exciting with only eight seconds separating the first four at the finish.

Two brothers from Tanzania were allocated the pacemaking role. These were Robert and Thomas Naali. They set about the task, as this magazine observed, "in exuberant style" and covered the first four miles at a pace two minutes under world record schedule. The pack went with them. By six miles Robert Naali had dropped out but his brother continued to tow the leaders along to the halfway point (64:51).

Last year's third placer Jan Huruk led the pack. Naali didn't drop out but continued into the Isle of Dogs. It was the Portugese Antonio Pinto who now took charge chased by Huruk and Britain's Paul Evans. By 24 miles Naali was back disputing the leadership and by the time the runners reached The Mall the race was between Pinto, Huruk and Naali together with Thabisco Moghali of Lesotho. Pinto held on, Huruk pipped the alleged pacemaker Naali for second. Negere of Ethiopia came fourth and Paul Evans (2:10:36) led the British home.

"The race went as I expected," Pinto said. "It was just a pity that the wind was so strong. I felt I was going to win around 30km but I didn't want to pull away from the others because of the wind."

♦ Result

1st Antonio Pinto (POR)	2:10:02
2nd Jan Huruk (POL)	2:10:07
3rd Thomas Naali (TAN)	2:10:08
First Vet: John Wheway (GBR)	2:18:47
Wheelchair Race:	
1st Daniel Wesley (CAN)	1:51:42

1993



IT was Britain's last big hurrah in the men's event. Track star Eamonn Martin made a sensational marathon debut winning in 2:10:49. The Essex running man had become a father the Thursday before the race. He had chosen London deliberately for his inaugural marathon. He felt in good shape and he reasoned that if he ran a really good race it would be wasted in a low-key event. He was right.

His plan was, as Trevor Frecknall reported in these pages, "to go with the pace." The designated pacemaker was well-known marathoner, Mike O'Reilly, and he led the field to 11 miles. Salvatore Garcia from Mexico then picked up the pace, taking the pack to halfway in 64:05. Salvatore Bettiol (Italy) took them on through to 16 miles in 1:17:50 and then there were four.

Next to go was a young Korean Seung-Do Baek and into third place came a Pole, Grzegorz Gajdus, but now a battle for victory was on between Martin and another Mexican, Isidro Rico.

Martin knew he had the speed to beat Rico and he left it until the last possible moment, the up-slope on to Westminster Bridge, when there were just 250 yards to go. Martin literally sprinted and opened up a gap of 30 yards in a 100. It was over.

To answer those who said he was "too old" Martin agreed with them. "Yes, I am," he said. "There are always people who break the rules. I saw Jimmy Connors playing top class tennis at 40 ... Everybody ages differently. You talk about running at an age rather than with a spirit. I run with a bit of spirit you know."

Everyone seemed to have forgotten Carlos Lopes of Portugal who, at 37 had won Olympic gold in Los Angeles in 1984.

♦ Result

1st Eamonn Martin (GBR)	2:10:50
2nd Isidoro Rico (MEX)	2:10:53
3rd Grzegorz Gajdus (POL)	2:11:07
First Vet: Dave Hill (GBR)	2:24:18
V70 M Batens (BEL)	3:08:36
Wheelchair Race:	
1st George Van damme (BEL)	1:44:10



Britain's Eamonn Martin (left) is poised to sprint past Isidoro Rico of Mexico in 1993



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1994



THE wind took its toll again. "Without the wind," said Mexico's Dionicio Ceron, "I may have run 2:08 or a little bit faster." As it was he clocked 2:08:53 and won by 24 seconds to notch up his fourth successive marathon victory.

All the top names showed towards the front over the opening miles. Last year's winner Eamonn Martin was being paced by old track rival Gary Staines. He and the other pacemaker Dos Santos were due to drop out at halfway.

There were no 'casualties' up to that point, reached in 64:41. Just after 15 miles Steve Brace moved to the front followed by Martin but there were still around 20 runners in the group just behind. Approaching 18 miles Ethiopian Abebe Mekonnen attacked and according to Bob Frank in *AW* "left the British challenge, Martin, Brace and Flint, unable to cover the break."

But three others did, Ceron, Negere and Bekele; the battle for the big prize was on. Others, though, caught up and one of them was the 1990 runner-up Bettiol who went to the front. Ceron hit back and went into the lead at the Tower. Mekonnen gave chase. Ceron struck again with two sub-5 minute miles and the race was over. Another Mexican German Silva came in third.

"I sat in with the leaders," Ceron said, "and I just wanted to run at a fast enough pace to win the race. I worked very hard in the last 5km but it was very difficult – they were the hardest conditions I have faced."



Dionicio Ceron (3) of Mexico wins in 1994

♦ Result

1st Dionicio Ceron (MEX)	2:08:53
2nd Abebe Mekonnen (ETH)	2:09:17
3rd German Silva (MEX)	2:09:18
First Vet: Nick Rose (GBR)	2:21:10
M65 R Peart (GBR)	2:56:55
Wheelchair Race:	
1st David Holding (GB)	1:46:06

1995



DIONICIO CERON became the first (and to date only) man to successfully defend his title. This time he didn't hit the front until the final mile. The race was, however, an epic battle in two senses. Firstly, there was Antonio Pinto's brilliant but in the end flawed attempt to win the race from the front by running a sub-world record pace and secondly there was an extraordinary sprint tussle at the end between Ceron and Steve Moneghetti.



Dionicio Ceron holds aloft the winner's trophy in 1995

By 12 miles Pinto and pacemaker Gary Staines opened up a gap on the leading pack around 12 miles and they reached halfway point in the fastest time to date in the London race, 63.21.

Pinto continued to forge ahead throwing in a 4:40 fifteenth mile and being just eight seconds down on world record schedule at 30km. At this point Ceron and Moneghetti began to chase down Pinto breaking up the chasing group.

At the Tower the Portuguese was 62 seconds head and then in what seemed to Moneghetti no time at all he was just 31 seconds ahead. The leader was definitely tiring. They finally overhauled Pinto and then began the battle for the title.

The Australian and the Mexican battled it to the line on Westminster Bridge with Ceron winning by just three seconds.

"I wasn't worried that Pinto had got away," Ceron said, "because the pace was too fast and it was windy. I felt very strong in the last four miles but it was only in the last 600 metres that I knew I was going to win."

Pinto came in third clocking a time just 17 seconds off his personal best.



Eventual winner Dionicio Ceron of Mexico (1) sits behind Britain's Paul Evans in the 1996 race

♦ Result

1st Dionicio Ceron (MEX)	2:08:30
2nd Steve Moneghetti (AUS)	2:08:33
3rd Antonio Pinto (POR)	2:08:48
First Vet: Nick Rose (GBR)	2:22:32
M65 A Barker	2:56:39
Wheelchair Race:	
1st Heinz Frei (SWI)	1:39:14

1996



NO runner, apart from Dionicio Ceron, had won London three times in succession. The race, on a particularly warm day, had soon settled into a pattern behind a designated pacemaker. The time at halfway was another sub-64 performance (63:54). Into the second half, the race was led by Vincent Rousseau of Belgium with a pack of eight following. He was accompanied by a young Kenyan Jackson Kabiga. Kabiga at one stage went into an attack around the 17th mile and opened up an eight-second lead before he was pulled back.

Ceron was always in contention and when he moved up a gear the race was virtually over. Rousseau was second and Britain's Paul Evans beat Kabiga for third place.

"All the time I didn't feel confident," he said, "but I thought if I could stay with the group until 23 miles I had a good chance."

So it proved.

♦ Result

1st Dionicio Ceron (MEX)	2:10:00
2nd Vincent Rousseau (BEL)	2:10:26
3rd Paul Evans (GB)	2:10:40
First Vet: Mick McGeogh (GBR)	2:31:26
Wheelchair Race:	
1st David Holding (GBR)	1:43:48

1997



THE race came alive in 1997 when the first four men home beat Steve Jones's 12-year-old course record. Never again would the winning time be above 2:08.

The winner was Antonio Pinto, taking his second London title. He won by just two seconds from the Italian Stefano Baldini, 2:07:55 to 2:07:57. In third was the Olympic champion, South Africa's Josiah Thugwane (2:08:06).

The pacemakers were ahead of world record schedule at 10 miles and they reached halfway in a fast 63:28. At 15 miles Britain's Richard Nerurkar found himself in the lead surrounded by formidable company. The first to make a break was Baldini and only Thugwane and Kimaiyo went with him.

Baldini, running in only his third marathon, looked to have the race won but Pinto was closing fast. As they came to the finish Thugwane was dropped and Pinto moved on to Baldini's shoulder. Pinto made for the finish and held the Italian off by just two seconds. It was the closest finish

since the inaugural race.

"I don't know where I got the energy from to catch the leaders," Pinto said, "but the more the race went on the more I thought I could win it."

♦ Result

1st Antonio Pinto (POR)	2:07:55
2nd Stefano Baldini (ITA)	2:07:57
3rd Josiah Thugwane (RSA)	2:08:06
First Vet: M Rojas (ESP)	2:17:31
Wheelchair Race:	
1st David Holding (GBR)	1:42:15

1998



THERE were early casualties as a world record pace was set over the opening miles. It even proved too hot for the perennial British man for the job, Gary Staines. The pace was not maintained and by the halfway mark (63:52) Pinto was leading Britain's Jon Brown.

Everyone was expecting the battle to boil down to a contest between the previous year's world champion, Abel Anton and the previous year's winner, Antonio Pinto. There was an unexpected guest at the party however, Moroccan Abelkader El Mouaziz, and it was he who, at 21 miles, shot into the lead and had 50 metres on Anton. A 4:48 at mile 23 kept the Moroccan on course-record pace but the Iberians were coming and it was the experienced Anton who shot into the lead on Birdcage Walk. Mouaziz was tired (especially after Anton had swept past) but held on to second from Pinto who was denied a third win.

"In the end it was a question of confidence," Anton said, "of saying 'I can do it, I will do it' because we waited a little bit longer than normal before chasing the athlete from Morocco."



Spain's Abel Anton (right) on his way to victory in 1998 ahead of Antonio Pinto of Portugal

♦ Result

1st Abel Anton (ESP)	2:07:57
2nd Abdelkader El Mouaziz (MAR)	2:08:07
3rd Antonio Pinto (POR)	2:08:13
First Vet: Tony Duffy (GBR)	2:25:41
Wheelchair Race:	
1st Heinz Frei (SWI)	1:35:18

1999



ABDELKADER EL MOUAZIZ went one better than the previous year and won the race from the two men with whom he had battled the year before, Antonio Pinto and Abel Anton. It is the only time in the history of the race that the same three men have battled for the first three places.

After six miles, eight men led the field but three miles later there was a huge gap of 300 metres as the main favourites seemed content to let the pacing group increase their advantage. As Bob Frank reported: "Many of the favourites weren't even aware El Mouaziz had worked his way to the front."

At 11 miles the lead was up to 72 seconds and growing over the next mile to over a minute. El Mouaziz had pacemaker Luis Jesus to help him way past the halfway mark and at 15 miles the Moroccan finally hit the front. A mile later the gap was over two minutes and still the main pack failed to move.

When El Mouaziz reached 19 miles the following (chasing would be the wrong word) pack finally stirred itself but the gap was enormous. Pinto began an earnest chase at 23 miles but it was all too late. Last year's runner-up became this year's winner. Pinto stormed home second, cursing himself and the rest of the pack, Abel Anton was third just pipping Britain's Jon Brown.

♦ Result

1st Abdelkader El Mouaziz (MAR)	2:07:56
2nd Antonio Pinto (POR)	2:08:59
3rd Abel Anton (ESP)	2:09:40
First Vet: Eamonn Martin (GBR)	2:17:22
Wheelchair Race:	
1st Heinz Frei (SWI)	1:35:27

2000



THE roles were reversed when Pinto and El Mouaziz battled it out for the third year in succession. This time, however, the winemaker from Porto was totally dominant. The story of the race can be simply told: first half, 63:52, second half 62:43.

The early pace was erratic when the world's best jostled for position. But both El Mouaziz and Pinto were prominent.

The pacemakers did their job well and Pinto and Thys continued to push ahead. The Moroccan Khannouchi joined them by the 15th mile. At 17 miles Pinto began to force the pace with a 4:47 mile and seven runners went with him. He forced again at 19 miles and this time opened a gap that widened as further miles went by.

In the end he was a convincing winner, setting a course record, a European record with 2:06:36. It was his third London win, equalling the feat achieved by the Mexican Ceron. Pinto had run London six times and never been out of the top three, an extraordinary record.

"I am very proud to break the European record held by my countryman Carlos Lopes," El Mouaziz said.

♦ Result

1st Antonio Pinto (POR)	2:06:36
2nd Abdelkader El Mouaziz (MAR)	2:07:33
3rd Khalid Khannouchi (MAR)	2:08:36
First Vet: Mark Croasdale (GBR)	2:16:03
Wheelchair Race:	
Kevin Papworth (GBR)	1:41:50



Battle of the big guns: Haile Gebrselassie (right), Khalid Khannouchi (centre) and Paul Tergat slug it out in the 2002 race

2001



THE man from Morocco, El Mouaziz, won again. He's run in four London marathons and made the podium four times. In this year in winning by over a minute from Paul Tergat, he set his fastest time. In 2000 El Mouaziz won New York but as this magazine reported about the Moroccan runner "it always seems to be considered a surprise when he wins."

Of the three finishers, Tergat was the marathon greenhorn and when the crunch came in the race around 21 miles he hesitated to chase El Mouaziz and waited to see how Antonio Pinto would respond. It was a big mistake. The first half of the race was run in 63:51.

Annoyed with the pacemaker's efforts, El Mouaziz went into the lead before the halfway mark. Pinto covered the move as did Tergat and three others. The Moroccan seemed to be holding himself back and at the 21st mile he put in a telling surge. It was all over. With a series of 4:43, 4:42 and 4:46 between miles 20 and 23, El Mouaziz pulled away and there was nothing Tergat could do about it.



Antonio Pinto made the podium again in third place; seven London marathons, seven times on the podium, amazing.

♦ Result

1st Abdelkader El Mouaziz (MAR)	2:07:11
2nd Paul Tergat (KEN)	2:08:15
3rd Antonio Pinto (POR)	2:09:36
First Vet: Ieuan Ellis (GBR)	2:27:52
Wheelchair Race:	
1st Dennis Lemeunier (FRA)	1:42:37

2002



THE finest marathon in history was how *AW* described the men's race and it will indeed be a hard act to follow. Paul Tergat and Haile Gebrselassie had to give second and third best to the naturalised American Khalid Khannouchi, who had to set a world record to beat them. It was Tergat's second London and the great Gebre's debut race. The hype beforehand was enormous.

The early pace was ferocious and the pacemakers took the leaders to halfway in 62:47. The race then started in earnest. At 17 miles there was an impressive pack; El Mouaziz made a brief strike for home but he was soon reeled back; by 20 miles the eventual top trio had broken away and the real battle was on. It was cat and mouse to 24 miles when Khannouchi struck and only Tergat could respond. But slowly the American gained the edge and in the end won by 10 seconds in 2:05:38.

The first six men home beat 2:08. Antonio Pinto finished seventh, his worst ever position in eight London outings. Mark Steinle finished eighth and clocked 2:09:17.

"My win here does not make me the greatest," Khannouchi said. "It is very difficult to call someone the greatest, there is not just one."

♦ Result

1st Khalid Khannouchi (USA) (world record)	2:05:38
2nd Paul Tergat (KEN)	2:05:48
3rd Haile Gebreselassie (ETH)	2:06:35
First Vet: Dave Robertson (GBR)	2:27:11
Wheelchair Race:	
1st David Weir (GBR)	1:39:44

2003



THOUGH it lacked the sensational qualities of the women's race (Paula Radcliffe the fastest Briton overall) with just one second separating the first three home it was a race to savour. Indeed five men came up the Mall, any one of whom could have been the winner. The first eight men were under 2:09.

In the end it was Ethiopia's Gezahegne Abera who triumphed over the next Olympic champion (though, of course we didn't know that at the time) Stefano Baldini and the relatively unknown Kenyan Joseph Ngolepus.

How did the race evolve into this sensational finish? Well, there was no committed front runner to take up the challenge once the pacemakers had completed their business at the halfway mark (reached in 63:20). There were 20 in the lead pack at this point.

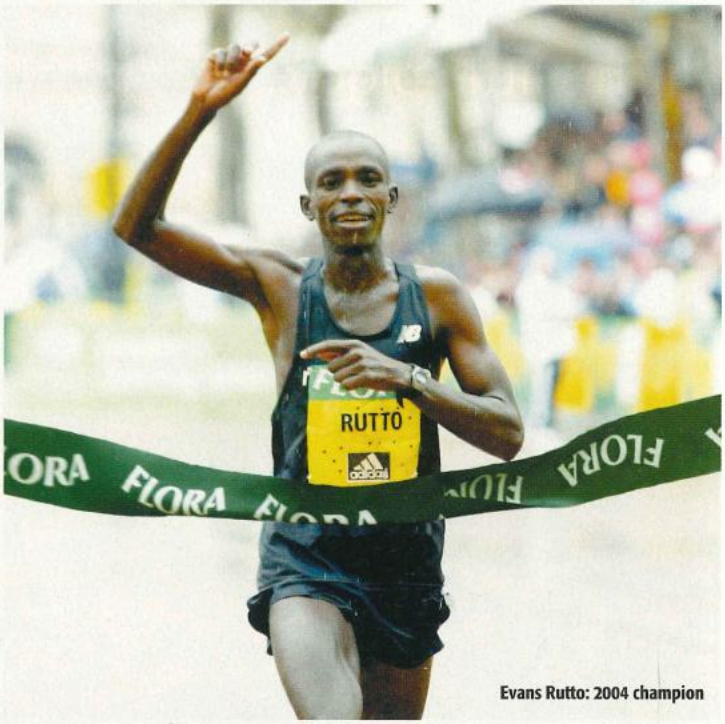
At 15 miles El Mouaziz, twice a winner, tried to stretch the pack out; it didn't work. At 18 miles Bong-Ju Lee tried; he was reined in. The pack ran on. The first bid for glory came from Baldini with two kilometres to go and that's how we ended up with the closest finish in marathon history.

"I was always confident of my sprint finish," Abera said, "it is my style of running ... the wind from 20 to 25 kilometres was bad, it was causing me problems."

Ah, that old wind. It's almost becoming a friend.

♦ Result

1st Gezahegne Abera (ETH)	2:07:55
2nd Stefano Baldini (ITA)	2:07:55
3rd Joseph Ngolepus (KEN)	2:07:56
First Vet: Mark Hargreaves (GBR)	2:26:42
Wheelchair Race:	
Joel Jeannot (FRA) (course record)	1:32:02



Evans Rutto: 2004 champion

2004



IT was the first time that the first three men tripped and fell and, surprisingly to most, it was the first time since 1985 that a Kenyan had won the men's race.

Seventeen men were together as the halfway point was reached in a speedy 62:38.

But just under three miles later the lead group was down to three, Evans Rutto, John Yuda (his training partner) and Sammy Korir. Yuda fell off the pace so it was down to the two Kenyans.

At 22 miles, rounding a bend and entering a tunnel, Rutto tripped over a railing and slid across the tarmac, bringing down Korir in the process.

Shaken but seemingly stirred, they quickly resumed battle until Rutto pulled away to win by 30 seconds.

Into third came Jaouad Gharib who had also fallen at the same spot as the two leaders.

Perhaps the rain had something to do with it.

"It was an accident," said Rutto speaking of his fall, "just one of those things that happens but I tried to ignore the pain and carry on."

It was the third fastest run in London's history.

♦ Result

1st Evans Rutto (KEN	2:06:19
2nd Sammy Korir (KEN)	2:06:49
3rd Jaouad Gharib (MAR)	2:07:12
First Vet: Mark Hargreaves (GBR)	2:24:59
Wheelchair Race:	
1st Saul Mendoza (MEX)	1:36:56

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Joyce Smith (in purple) on her way to victory in 1982

The 24 Races

TONY WARD describes the top placed women over the last 24 years

Pictures: Mark Shearman

♦ Women

1981

THERE were only 300 women running in the inaugural race. Fittingly the first winner was someone who Mel Watman called "the first lady of British athletics" Joyce Smith. Here she was, seemingly in the twilight of an illustrious track and cross-country career, tackling her seventh marathon at the age of 43. Not only that but she had won five of the previous races, two at Tokyo.

On this damp and gloomy March day she excelled herself by becoming the first British woman to dip under 2:30 and in the process became only the third woman in history to do so.

"I got a bit carried away," said Joyce, almost by way of an apology. It was her fifth UK marathon record and only eight of the men over 40 finished ahead of her (she finished 139th overall.)

The runners up seemed more interested in Smith's performance than their own because the first question that the two Gillians (Drake), second and (Adams) third, was : "What time did Joyce do?" Drake set a personal best of 2:38:57.

♦ Result

1st Joyce Smith (GBR)	2:29:57
2nd Gillian Drake (NZL)	2:37:12
3rd Gillian Adams (GBR)	2:40:44
First Vet: Joyce Smith (GBR)	2:29:56

1982

"I HAVE," wrote *AW* editor Mel Watman, "run out of superlatives in attempting to chronicle Joyce Smith's career." It was another resounding triumph for the Londoner as she beat her own best by 14 seconds, with a new UK record of 2:29:43. Not only that but she decisively defeated the previously unbeaten Lorraine Moller by over a mile.

Smith was on record schedule throughout. She reached the halfway mark in 73:39, over two minutes ahead of Moller. That lead increased to over six minutes by the finish.

"I'm a little disappointed with the time," Joyce confessed. "I would have liked 2:27 ... my legs were very tight all the way home from Tower Bridge ... there's still a faster time inside me."

There wasn't but her run, 23 years on, places here ninth on the UK all-time list. In third place came Judith Hines.

♦ Result

1st Joyce Smith (GBR)	2:29:43
2nd Lorraine Moller (NZL)	2:36:15
3rd Judith Hines (NZL)	2:41:49
First Vet: Joyce Smith (GBR)	2:29:56

1983

WHEN 29-year-old Grete Waitz came to London she had already won four New York marathons. Like Joyce Smith she had formidable running credentials from track and cross-country running. Later this year she was to become the first ever World champion in Helsinki.

At halfway the Norwegian led with 72:25 and she continued to power away towards the world record which might have been hers if she had not been slightly misdirected on Westminster Bridge. In the end she equalled the record set by Allison Roe of 2:25:29. The next day, in Boston, Joan Benoit ran 2:22:43.

Second in the race came Mary O'Connor who ran 2:28:20 to beat her personal best by 16:33, an astonishing performance.

"I knew if I could run as fast as I could for the last kilometre," Waitz said, "I could do it. I had some problems during the race and I do not consider it was a good racing day for me."

♦ Result

1st Grete Waitz (NOR)	2:25:29
2nd Mary O'Connor (NZL)	2:28:20
3rd Glynis Penny (GBR)	2:36:21
First Vet: Patricia Welch (GBR)	2:39:29
Wheelchair Race:	
Denise Smith (GBR) (back start)	4:29:03

1984

GRETE WAITZ'S 1983 victory was the start of a string of six successive Norwegian successes. In this year it was the turn of Ingrid Kristiansen in the inaugural elite race.

Kristiansen reached 5km in 16:54, on schedule for a world best. At 15km Kristiansen was a minute ahead of two British rivals, Pricilla Welch and Sarah Rowell.

Kristiansen reached halfway in 70:52 with Welch and Rowell together over three minutes adrift. The race was over.

Kristiansen finished in 2:24:26, a European best and the second fastest ever behind Benoit. Once again a strongish wind played a part in the proceedings. Welch, at 39 the leading Veteran, finished second and Rowell third. Both would be picked with Joyce Smith for the Los Angeles Olympics. Back in the pack Leslie Watson ran her 100th marathon, another extraordinary feat.

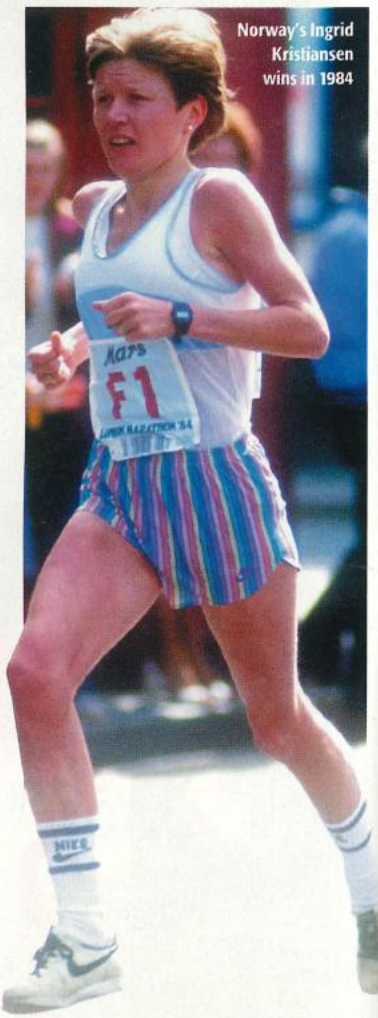
♦ Result

1st Ingrid Kristiansen (NOR)	2:24:26
2nd Pricilla Welch (GBR)	2:30:06
3rd Sarah Rowell (GBR)	2:31:28
First Vet: Patricia Welch (GBR)	2:30:06
Wheelchair Race:	
Kay McShane (IRL)	3:10:04

1985

THIS London race was the defining moment of Ingrid Kristiansen's brilliant career. She set a world record that was to stand for 13 years. It was not so much the time but the way in which she accomplished it.

The Norwegian led almost from the gun with an opening 5km in 15:25. She hit the halfway in 70:09.


Norway's Ingrid Kristiansen wins in 1984

At this juncture she had a lead of a minute and a half. By 20 miles she was six minutes ahead of two British runners, Sally-Ann Hales and Sarah Rowell. On and on Kristiansen went to clock 2:21:06 and beat the previous world best by 1 min 37 sec. It was, by any standard, an amazing performance.

Behind, two British athletes had a tight battle. Sally-Ann Hales looked to be springing a major surprise when she stayed ahead of Olympian Sarah Rowell and it was only at 24-miles that Rowell finally forged ahead. She set a new British record (2:28:06). Hales took 11-minutes off her personal best. In fourth came marathon debutante Ann Ford with 2:31:19. Women's marathon running was buzzing.

"I hoped to run fast today," Kristiansen said, "because I wasn't satisfied after the Olympics and I ran fast from the start. I planned to come to halfway in 1:09 something but I was a bit late."

♦ **Result**

1st Ingrid Kristiansen (NOR)	2:21:06
2nd Sarah Rowell (GBR)	2:28:06
3rd Sally-Ann Hales (GBR)	2:28:38
Wheelchair Race:	
Kay McShane (IRL)	2:47:12

1986

WITH poor weather conditions (adverse wind) over the latter part of the race Grete Waitz's run in London was one of her finest. She beat her personal best with 2:24:54 and finished around six minutes ahead of the runner up, Mary O'Connor.

Waitz reached halfway in 72:04 and just like Kristiansen the year before, she was way out in front of her opposition.

Meanwhile O'Connor was establishing herself in second place and at the end Ann Ford had to dig in to fight off fast finishing Frenchwoman, Sylvie Bornet. There were good runs from Paula Fudge (2:32:25) and Julia Gates (2:36:31).

"I had to take six weeks off running at Christmas," Waitz said, "through a knee injury. Before the marathon I had trained for about nine weeks, so I'm very happy with the result ... The weather was okay but the wind bothered me on some parts of the course."

♦ **Result**

1st Grete Waitz (NOR)	2:24:54
2nd Mary O'Connor (NZL)	2:30:52
3rd Ann Ford (GBR)	2:31:40
First Vet: Glynis Penny	2:38:47
Wheelchair Race:	
Kay McShane (IRL)	3:02:40



Blue is the colour: Poland's Wanda Panfil strides to victory in style on the London streets in 1990

1987

INGRID KRISTIANSEN had a comfortable (four minutes) win and ran her second fastest ever time and the fourth fastest ever (2:22:48). Everything was going to plan when she hit the halfway in 69:27 which, as Bryan Smith reported "was the fastest women's half marathon seen in Britain." Then after 20 miles things began to go awry.

"My mind and body were okay," Kristiansen said, "just one leg wasn't quite with me in the race." She was referring to an injured calf muscle that she noticed as early as 5km into the race. After 20 miles her steady 5-minutes miling began to slow and eventually slipped to six minutes. She crossed the line looking tired and perhaps slightly disappointed. She was, though, 69th in the whole race.

Priscilla Welch was not disappointed. The 42-year-old also set a British record and world veteran's record with 2:26:51. She had been looking for "a 2:26" and achieved it. In third came Veronique Marot in 2:30:15.

♦ **Result**

1st Ingrid Kristiansen (NOR)	2:22:48
2nd Priscilla Welch (GBR)	2:26:51
3rd: Véronique Marot (GBR)	2:30:15
First Vet: Priscilla Welch (GBR)	2:26:51
Wheelchair Race:	
1st Karen Davidson (GBR)	2:45:30

1988

INGRID KRISTIANSEN became the only athlete to win the London Marathon four times but it was her slowest winning time. Racing the world cross-country championships in New Zealand just prior to London and with all the travelling involved put paid to her dream of a sub-2:20 performance.

She showed no signs of any fatigue early in the race though she admitted to it "being very hard to push myself to a fast time".

She reached halfway in 69:45 and on a faster schedule than in her world record run. She was still ahead at 15 miles but then it all began to fall apart as her mile splits slowed.

"I'm sorry," she said afterwards. "I think perhaps I had too hard a schedule this season."

The big surprise in second place was Ann Ford. She set a personal best of 2:30:38 which earnt her Olympic selection which she declined because of family commitments. In third was Evy Palm, of Sweden, who, at 46, set the remarkable time of 2:31:35.

♦ **Result**

1st Ingrid Kristiansen (NOR)	2:25:41
2nd Ann Ford (GBR)	2:30:38
3rd Evy Palm (SWE)	2:31:35
First Vet: Ann Ford (GBR)	2:30:38
Wheelchair Race:	
Karen Davidson (GBR)	2:41:45

1989

UP until now only three women had won the coveted London title – Smith, Waitz and Kristiansen but a new name would be added to the roll of honour and it would be British.



Veronique Marot: takes 1989 race in UK record of 2:25:56

French-born Véronique Marot had taken British citizenship and was in the form of her life. She had planned to reach halfway in 73 minutes, a pace that she and her coach believed would put her at the forefront of the race. Things didn't quite work out like that.

It was Aurora Cunha who took up the running in the early stages. Unbeaten at the marathon, she set off on world record schedule almost to 12 miles. She reached halfway in 70:52 and 15 miles in 1:21:36 but Marot, who had held to a steady schedule as planned, was now but a minute behind. Marot continued to pick off her opponents, first going past Dorte Rasmussen and then Wanda Panfil, then Cunha.

At 25 miles Marot realised that she could set a British record and despite a few stitch pains, she did, winning in 2:25:56. Panfil set a new Polish record (2:27:05). Cunha held on for third

"It is unbelievable," Marot said. "I have never felt so good before. I am now a 2:25 woman and at the moment that is hard to believe."

♦ **Result**

1st Veronique Marot (GBR)	2:25:56
2nd Wanda Panfil (POL)	2:27:05
3rd Aurora Cunha (POR)	2:28:11
First Vet: R Smekhnova (RUS)	2:30:15
Wheelchair Race:	
Jose Cidhockyi (GBR)	3:03:54

1990

ONE may have thought that the golden age of women's marathon running had come and gone. Wanda Panfil won London in a Polish record of 2:26:31 but it was the slowest winning time since 1982.

By the time she reached Westminster Bridge Panfil had run herself out. She had been paced by the East German, Klaus Goldammer, and reached halfway in 72:49. Panfil was ahead at 35 km, just before St Katherine's Dock, but behind her an intense battle was taking place. Along the Embankment the Russian Bogacheva faded and Francie Larrieu-Smith began to close on fellow countrywoman Lisa Weidenbach.

At the finish Panfil was spent and vomited as she crossed the line but the day was hers.

♦ **Result**

1st Wanda Panfil (POL)	2:26:31
2nd F Larrieu-Smith (USA)	2:28:01
3rd Lisa Weidenbach (USA)	2:28:15
First Vet: F Larrieu-Smith (USA)	2:28:01
Wheelchair Race:	
1st Connie Hansen (DEN)	2:10:25

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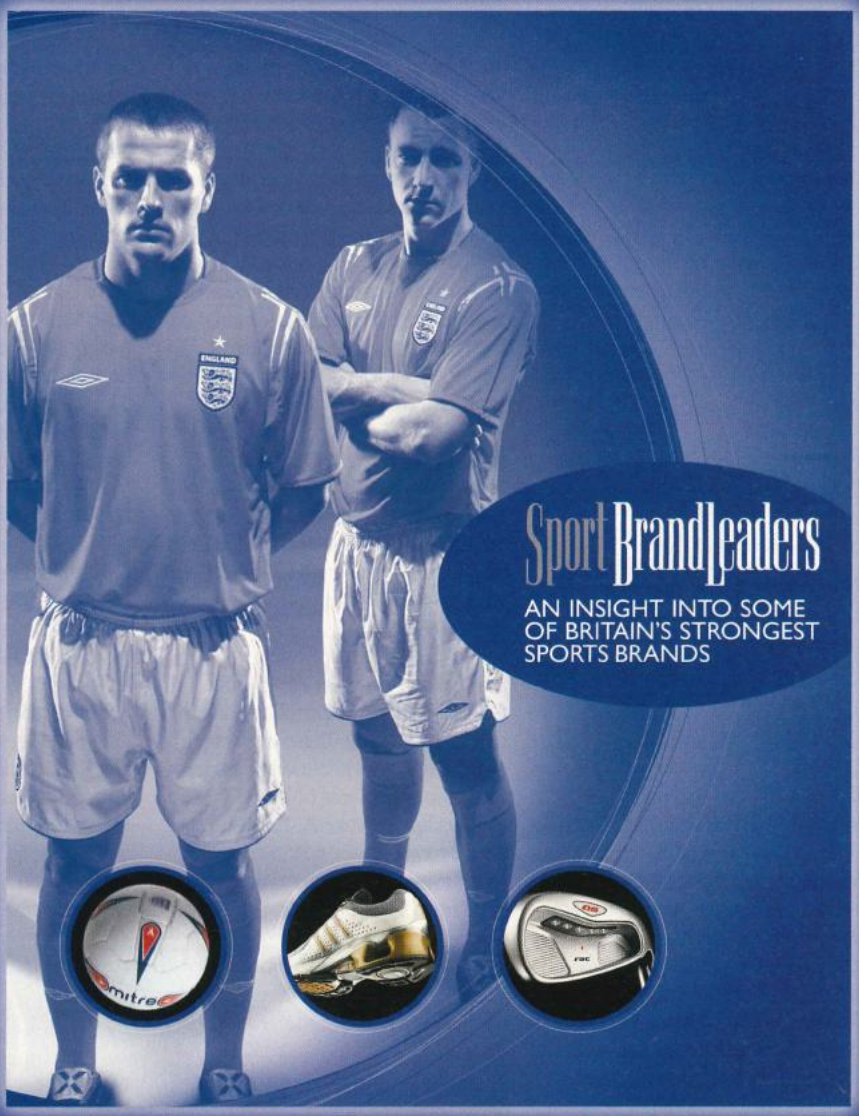
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1991

IT was Olympic and European champion Rosa Mota's 14th win in nineteen outings at the marathon distance. No doubt about it she was the consummate marathoner.

At about seven miles, Mota made her first move to reduce the size of the leading pack but Larrieu-Smith soon pulled them back to the leader. She tried again at Tower Bridge, putting in miles of 5:27 and 5:33, testing the following group. Mota reached halfway in 73:20.

At Canary Wharf (15 miles) Mota put in the fastest mile of the race, 5:15, and by St Katherine's Dock her advantage over Larrieu-Smith was a minute. She cruised to Westminster Bridge to win by 1:21 from Larrieu Smith. Valentina Yegorova was third.

♦ **Result**

1st Rosa Mota (POR)	2:26:14
2nd Francie Larrieu-Smith (USA)	2:27:35
3rd Valentina Yegoreva (RUS)	2:28:18
First Vet: F Larrieu-Smith (USA)	2:27:35
Wheelchair Race:	
1st Connie Hansen (DEN)	2:04:40

1992

GERMANY'S Katrin Dörre was to equal the record of Dionicio Ceron and win three London's in succession. In this first race it was the favourite Rosa Mota who took up the early running, accompanied by the Pole Renata Kokowska, Katrin Dorre, Andrea Wallace (the surprising UK package), Tani Ruckle, of Australia, and the Mexican Alma Lopez.

The first victim was Mota who pulled up with stomach pains at 10 miles. Then at mile 11 the American Nan Doak-Davis upped the pace, held it for six miles when Kokowaska took up the running. The surprise was Wallace still in contention. The question was how could she, with just one marathon behind her, cope with the highly experienced Dörre who had run 19 marathons and won 12.

Wallace said that she felt so good at 20 miles that she could have burst out laughing – but then she hit the wall three miles later.

Meanwhile Dörre and Kokowska were battling it out to the line. At the end of The Mall the German delivered a coup de grâce by running a five-minute mile. The Pole could not respond.

♦ **Result**

1st Katrin Dörre (GER)	2:29:39
2nd Renata Kokowska (POL)	2:29:59
3rd Andrea Wallace (GBR)	2:31:33
First Vet: C Kennedy (IRL)	2:40:47
Wheelchair Race:	
1st Tanni Grey (GBR)	2:22:23

1993

THE battle was supposed to be between Liz McColgan and Lisa Ondieki but it was Katrin Dörre who spoilt the party. The early stages were dominated by the Scotswoman and the Australian. Ondieki led the opening 10 kilometres, then McColgan took over but the pace slowed and so Ondieki went to the front again and surged. That surge opened a 10-second gap on McColgan and 55 seconds on Dörre who was running her own race and letting them get on with it.

McColgan caught Ondieki at 16 miles and they ran together but the pace they had set had been uneven and at mile 17, it was obvious they were both suffering. And at that moment Dorre was fast catching them. The pace had slowed to 5:45, which suited the German fine.

Dörre overtook the pair at 18 miles and never looked back. Ondieki tracked her until the finish was in sight and then Dörre kicked and it was all over. McColgan retained third spot.

♦ **Result**

1st Katrin Dörre (GER)	2:27:09
2nd Lisa Ondieki (AUS)	2:27:27
3rd Liz McColgan (GBR)	2:29:37
First Vet: Lorraine Moller (NZL)	2:32:56
Wheelchair Race:	
Rose Hill (GBR)	2:03:05

1994

CONDITIONS were not conducive to marathon running. There was a chill north-easterly wind blowing hard and the temperature was only 6°C as the runners left Greenwich. The pace early on was slow – 6:05 for the first mile and even then there was only eight runners in the leading group.

The pace continued to slow as no one seemed to want to take up the running. Halfway was reached in a funereal 76:20.

The battle was clearly between Ondieki and Dörre. The 17th mile was 6:11 and the 20th an absurd 6:16. With four miles to go, Dörre struck and went away with every stride leaving Ondieki in her wake. The German won easily by putting in 5:24 and 5:23 over the last two miles. Ondieki had no response.

As Dörre completed her hat-trick, so Ceron began his.

♦ **Result**

1st Katrin Dörre (GER)	2:32:34
2nd Lisa Ondieki (AUS)	2:33:17
3rd Janete Mayal (BRA)	2:34:21
First Vet: Sally Ellis (GBR)	2:37:06
Wheelchair Race:	
Tanni Grey (GBR)	2:08:26

1995

SURPRISE winner of this race was Malgorzata Sobanska. She was an outsider because Katrin Dörre was back in town looking for a record fourth win to emulate Kristiansen; there was European champion Machado and there was Liz McColgan.

An American Kim Jones led at halfway and kept the lead until 15 miles when a pack of four closed on her. Except that the pack did not include McColgan and Dörre was suffering.

Shortly afterwards the race was down to three – Sobanska, Machado and Ritva Lemettinen. The latter gave way to Sobanska with 2km to run and Machado had to let go with less than a kilometre to Westminster Bridge.

It was Sobanska's first marathon win out of five run.



Katrin Dörre and Dionicio Ceron in 1994

♦ **Result**

1st M Sobanska (POL)	2:27:43
2nd M Machado (POR)	2:27:53
3rd Ritva Lemettinen (FIN)	2:28:00
First Vet: R Kokowska (POL)	2:30:35
Wheelchair Race:	
Rose Hill (GBR)	2:17:02

1996

AT HER third attempt Liz McColgan conquered London with as convincing a win as you could wish for. She did it by playing a waiting game, at one time trailing the leaders by two minutes. It was a wise decision on an unseasonably warm day (17.5°C).

It was a Norwegian, Anita Haakenstad, who decided to ignore the conditions and set about trying for a fast time for Olympic selection. She led from the gun and reached halfway in 73:31 (a PBfor the half marathon). McColgan was exactly two minutes behind. Haakenstad began to wither at 17 miles, McColgan hauled back a minute in three miles. Finally she went past the Norwegian who then fell back badly to finish fifth. McColgan's winning margin was two minutes and 15 seconds over Joyce Chepchumba, the first woman African runner to place in the event. In third was Sobanska, last year's winner.

♦ **Result**

1st Liz McColgan (GBR)	2:27:54
2nd J Chepchumba (KEN)	2:30:09
3rd M Sobanska (POL)	2:30:17
First Vet: R Kokowska (POL)	2:32:46
Wheelchair Race:	
Tanni Grey (GBR)	2:00:10

1997

THIS race saw the closest ever finish to the women's race, with Joyce Chepchumba beating Liz McColgan by just one second.

It was the culmination of a fascinating race on an unseasonable, dry day. The pacemaker, Lornah Kiplagat, took the leaders through halfway in 73:30. The first to test the leading packs will was Sonja Krolik from Germany who built up a steady lead over the next few miles until at 18 miles she was 50 seconds ahead. But then the chasing pack began doing just that and by Lower Thames Street she had lost the lead to Chepchumba and Lidia Simon. McColgan was now third but looked doomed to that spot. Cheered on by a huge crowd along the Embankment, she first of all took Simon and then, as she paused at a drink station, Chepchumba.

Victory seemed assured but Chepchumba fought back and so the

two were locked together as they entered The Mall. The sprint was on and Chepchumba won it. Africa had arrived in the women's race.

♦ Result

1st Joyce Chepchumba (KEN)	2:26:51
2nd Liz McColgan (GBR)	2:26:52
3rd Lidia Simon (ROM)	2:27:11
First Vet: R Burangulova (RUS)	2:28:07
Wheelchair Race:	
Monica Wetterstrom (SWE)	1:49:09

1998

STRONG winds meant that the big names ignored the pacemakers after the first mile and only two runners went with them, Kimaiyo and Yanrong. After three miles Lidia Simon began to chase the leaders. Sobanska then left the main group to chase Simon.

The confused pacemaking left athletes scattered as they approached the halfway mark. But there was no mistaking the leader, Adriana Fernandez, of Mexico. Simon was second but still 15 seconds off the leader.

McKiernan was now chasing the leaders and by 21 miles she had caught a tiring Simon and then Fernandez to go into the lead. Chepchumba and McColgan were by now battling it out for the secondary placings. McKiernan won in 2:26:26 with McColgan second and Chepchumba third.

♦ Result

1st C McKiernan (IRL)	2:26:26
2nd Liz McColgan (GBR)	2:26:52
3rd J Chepchumba (KEN)	2:27:22
First Vet: Debbie Percival (GBR)	2:39:54
Wheelchair Race:	
1st Tanni Grey (GBR)	2:02:01

1999

CONFUSION over when is a record not a record suited Joyce Chepchumba very nicely in this year's race. It all began when the organisers announced that they would only recognise, for bonus purposes, records set in women-only races, thus nullifying not only Tegla Loroupe's 1998 world best set in Rotterdam but also Ingrid Kristiansen's record set…in London.

Chepchumba set a new world best for a women only race with 2:23:22 and thus, by some estimates, collected $330,000 for her morning's work. As to the race, Chepchumba stayed with the pack and finally reeled in Adriana Fernandez. From the cobbles at the Tower, the Kenyan strode away to win by 46 seconds. Fernandez was second and Machado third.



Margaret Okayo and Evans Rutto with race director David Bedford after their 2004 London victories

♦ Result

1st Joyce Chepchumba (KEN)	2:23:22
2nd Adriana Fernández (MEX)	2:24:08
3rd Manuela Machado (POR)	2:25:11
First Vet: M Machado (POR)	2:25:11
Wheelchair Race:	
1st M Wetterstrom (SWE)	1:57:38

2000

IF you can't beat 'em, join 'em. Tegla Loroupe accepted an invitation to come to a race that had declined to recognise her record and promptly won. The first thing she did at a post-race press conference was to apologise for not running any faster, citing a hip injury flaring up as the cause. Her winning time, however, was the fourth fastest ever. Lidia Simon (second) said "We were scared of each other" and Joyce Chepchumba said "I didn't follow the pacemakers, I was following the people in the race."

It was all about tactics and as Trevor Frecknall reported: "You had the impression that [the winning margin] could have been whatever Loroupe wanted it to be." She won by 13 seconds from Simon with Chepchumba a further 11 seconds back.

♦ Result

1st Tegla Loroupe (KEN)	2:24:33
2nd Lidia Simon (ROM)	2:24:46
3rd Joyce Chepchumba (KEN)	2:24:57
First Vet: M Machado (POR)	2:26:41
Wheelchair Race:	
1st Sarah Piercy (GBR)	2:23:30

2001

IT WAS fitting that the first Ethiopian to win the women's race should be Derartu Tulu. In her prime, this fine athlete has dominated track and cross-country. On the track she has shattered the dreams of many, including Paula Radcliffe.

There was early drama as defending champion Tegla Loroupe pulled up with tight hamstrings. She recommenced running after losing a minute on the leaders and her efforts were almost as intriguing as those of the winner.

Tulu produced her killer surge by Big Ben and it was all over. She won by seven seconds from Svetlana Zakharova with Chepchumba another eight seconds behind. Loroupe finished eighth.

♦ Result

1st Derartu Tulu (ETH)	2:23:57
2nd Svetlana Zakharova (RUS)	2:24:04
3rd Joyce Chepchumba (KEN)	2:24:12
First Vet: M Biktagirova (RUS)	2:27:13
Wheelchair Race:	
1st Tanni Grey-Thompson (GBR)	2:13:55

2002

THE story of this race is very simple. Paula Radcliffe, in her debut marathon, broke away at six miles, reached halfway in 71:05 and went on to set a world record for a women-only race of 2:18:56. "I thought I was right to go into the race and not be scared of it," she said. "If I blew up, I blew up."

It was a brilliant run on a perfect spring morning and as usual, as Radcliffe said "the crowds were sensational."

In her wake with a personal best was last year's runner up Zakharova. Just two seconds behind her was another Russian, Lyudmila Petrova.

♦ Result

1st Paula Radcliffe (GBR)	2:18:56
2nd Svetlana Zakharova (RUS)	2:22:31
3rd Lyudmila Petrova (RUS)	2:22:33
First Vet: (W40) Z Semenova (RUS)	2:27:45
Wheelchair Race:	
1st Tanni Grey-Thompson (GBR)	2:22:51

2003

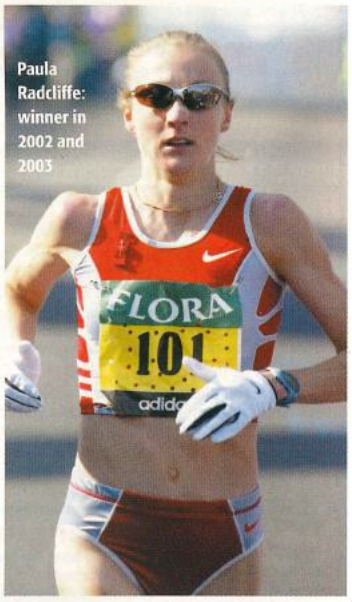
IF LAST year's race was sensational what can you say about 2003? Once again Paula Radcliffe took the race by the scruff of the neck and destroyed the world record. She rattled through the early miles and reached halfway in a sensational 68:02 .Then she ran a 67:23 second half to clock 2:15:25. Then she went off to an ice bath.

"The experience I gained from my first two marathons," she said, "told me it is better to run a quicker second half of the race."

Second was Catherine Ndereba followed by Deena Drossin in an American record.

♦ Result

1st Paula Radcliffe (GBR)	2:15:25
2nd Catherine Ndereba (KEN)	2:19:55
3rd Deena Drossin (USA)	2:21:16
First Vet: (W40) Z Semenova (RUS)	2:32:37
Wheelchair Race:	
Francesca Porcellato (ITA)	2:04:21



Paula Radcliffe: winner in 2002 and 2003

2004

A COLD and rainy day didn't help the runners and Margaret Okayo didn't like the conditions. It didn't stop her, however, setting the fourth fastest winning time ever to win the race by three minutes. She led for the first 10 miles, then gave way to Constantina Dita-Tomescu and then re-asserted herself at 19 miles.

Much interest surrounded the arrival on the international scene of the one-time fun runner, 36-year-old Tracey Morris, who finished tenth and qualified for the Olympics.

Okayo said that her aim was to run fast "but I couldn't because of the weather. I was running my own race and didn't pay attention to what Constantina was running."

♦ Result

1st Margaret Okayo (KEN)	2:22:35
2nd Lyudmila Petrova (RUS)	2:26:02
3rd C Dita-Tomescu (ROM)	2:26:52
First Vet: L Petrova (RUS)	2:26:02
Wheelchair Race:	
1st Francesca Porcellato (ITA)	2:04:59



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In the wake of Dorando

TONY WARD says author John Bryant has followed his sub-four book with a history of the London Marathon

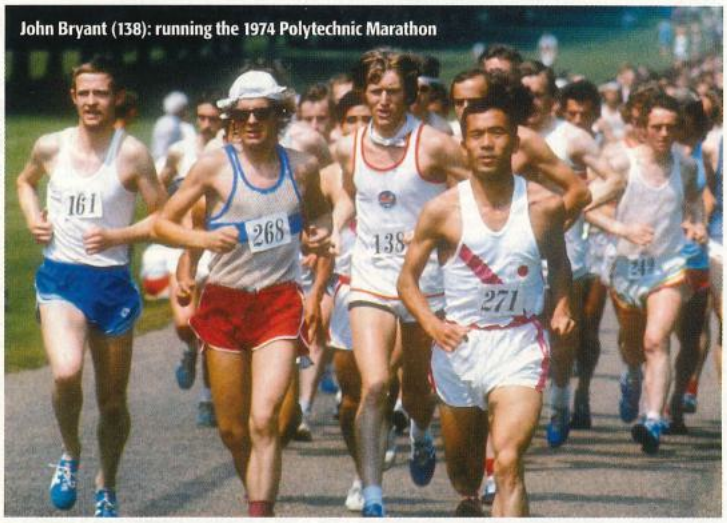
The London Marathon: The History of the Greatest Race on Earth; John Bryant; Hutchinson, 2005. *£14.99*

JOHN BRYANT'S brilliant book on the lead-up and fulfilment of the four-minute mile, *3:59.4*, was always going to be a hard act to follow and this history of the London Marathon doesn't match up to the enthralling historical tale that culminated in Bannister's epic run.

Nevertheless the history of the London Marathon is a fascinating one and Bryant does it justice. It is an enjoyable read, especially if you've run in the race. All the race characters are there, those who dreamed it up, those who organise it and, most importantly, those who take part in it – from world champions and record holders to the great grandmothers and fathers and fancy dress joggers who bring up the rear.

Bryant tells a very good tale, bringing to life the organisational characters involved from the ebullient Brasher to the present director, David Bedford, putting competitive fields together that are the envy of the world. Both real, public characters in their own right.

London is what London is and for most it is not the Tergat's, Ceron's, Khannouchi's, Chepchumba's or Dörre's (but it is the Radcliffe); no, the race is about the other half a million who have pounded the streets of the capital and 'hit the wall' thousands of times, raising millions for charity. It is about Michael Watson, the brain damaged boxer, whose tale



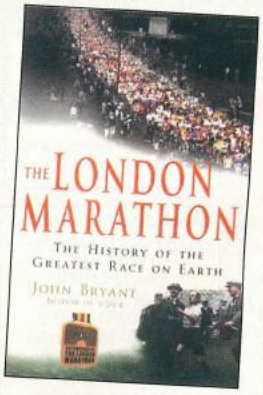
John Bryant (138): running the 1974 Polytechnic Marathon

Bryant tells so well, struggling round the route and taking days over it. It is about Jane Tomlinson, with terminal cancer, showing indomitable spirit. It has become, of course, an institution.

As Bryant shows, the London Marathon will endure because it is not just a marathon race. If it was just that it may well have already run its course (if you'll excuse me). What Brasher and John Disley dreamed up was a challenge which one in 600 of the population now want to take part in each year. That's a phenomenal statistic. If the great marathoners of the past could somehow return to us for a day on April 17, men like Stan Ferris, Ernie Harper, Tom Richards who won Olympic medals between and just after the Great Wars, they would be stupefied and totally bewildered.

The book, rightly, does not follow the marathon race by race (except in the useful Appendix) but rather character by character, story by story, which brings the race alive. It is known as The People's Marathon and rightly so and it has become the envy of the marathoning world.

There's a bit of history in there too. Almost a hundred years ago an Italian Dorando Pietri, ran, in the 1908 Olympics, from Windsor to the White City in west London. He arrived exhausted at the famous old stadium and had to be assisted over the line. He was disqualified, received a large cup from Queen Alexander and became more famous than the winner American, John Hayes. Would the sympathetic Queen have been so generous however had she known what Bryant reveals.



In 1956 the family of Jack Andrews, the Clerk of the Course in 1908, revealed that he had written his own account of the affair but his notes had never been published. Andrews claimed that at least two people had seen Dorando Pietri taking drugs – strychnine and atropine – during the race.

Four years later, veteran athlete Joe Binks said that Dorando had stopped at several refreshment stalls along the route and 'gargled with chianti.' Just outside the stadium, and three minutes ahead of anybody else, Dorando, it was said, shared a bottle of wine with his coach.

Binks noted: "Dorando was already suffering from heat exhaustion and the effects of the wine knocked him bow-legged."

With 90 pubs en route in Sunday's London Marathon the temptations and dangers still exist 97 years on.

If I have a small carp it is that the book is repetitious at times. Facts and figures are often repeated. I really didn't need reminding what a character had or had not achieved. Otherwise it's a good bedtime read, ideal for the night before the marathon (or any marathon) when thoughts must remain strictly on the morrows task in hand.

WIN copies of the London Marathon book

Question: The 25th edition of the London Marathon marks the event's:
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The London Marathon – The History of the Greatest Race on Earth, by John Bryant, is the official, fully authorised story of the Flora London Marathon.

The book is available from publishers Hutchinson and priced £14.99. But *Athletics Weekly* has 10 copies of the book to give away to readers who can answer the following question:

Which anniversary does the 25th edition of the London Marathon mark?

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NEXT WEEK ...

COVERAGE OF THE BIG RACE

Reports, photographs and results from the 25th edition of the London Marathon



Dick Beardsley and Inge Simonsen on their way to finishing joint first in the inaugural London Marathon in 1981

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Statistics: Ian Hodge
Retail distribution: Seymour Distribution, 86 Newman Street, London W1P 3LD.
Tel: 020-7396 8043
Subscription queries: Tel: 01778-392018
Printed by: Warners (Midlands) plc, The Maltings, Bourne, Lincs PE10 9PH
Directors: Matthew Fraser Moat, Ruth Harland, Bob Llewellyn, Jon Ridgeon

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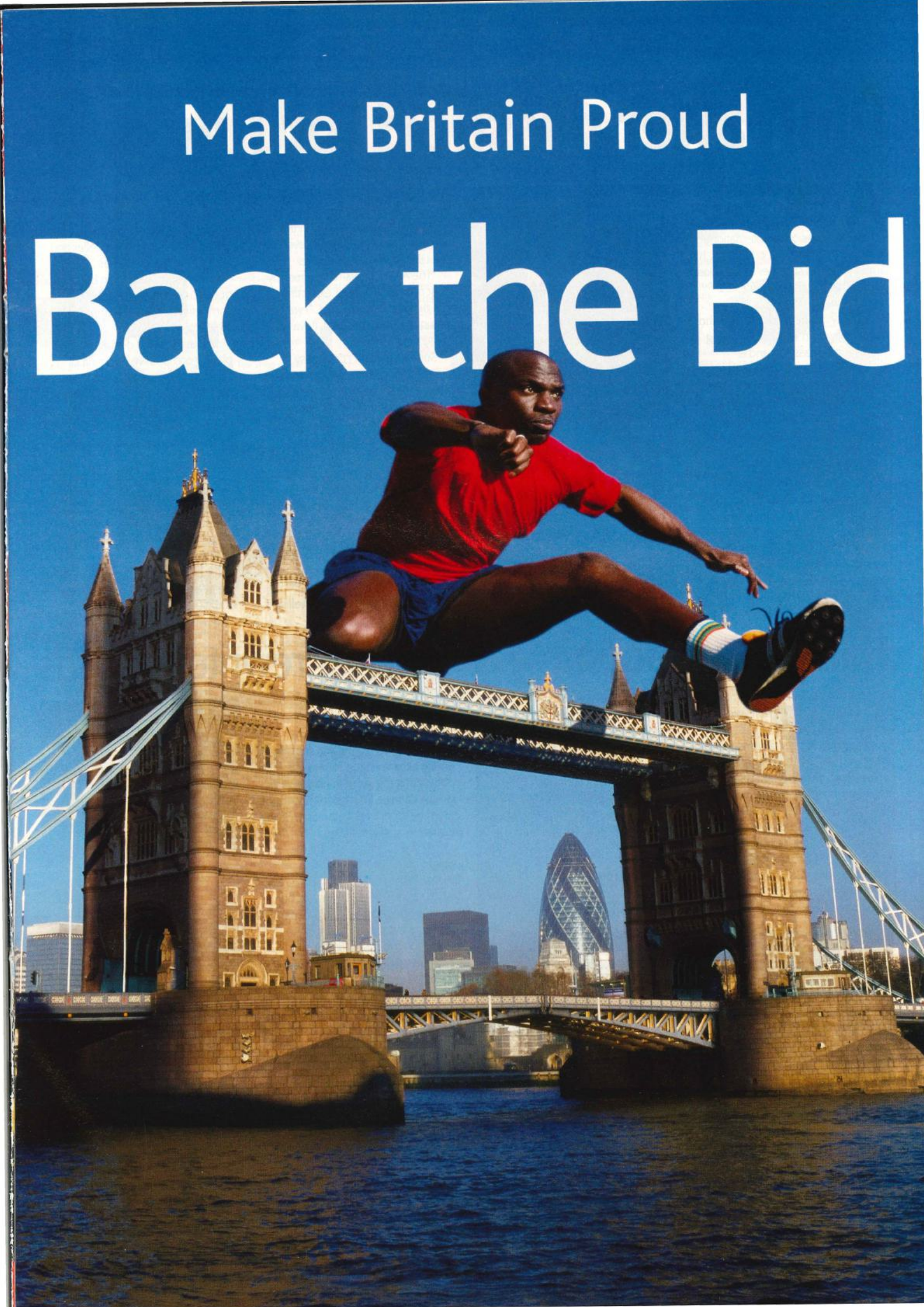
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Phiri after passport for July date

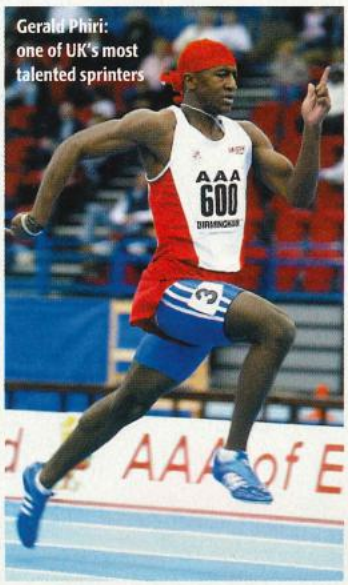
AFTER making his mark in the senior ranks, 16-year-old Gerald Phiri is hoping to achieve success on an international level but may miss out on fulfilling his ambition at this summer's IAAF World Youth Championships, *writes Liz Champion*.

The City of Sheffield sprinter, who is originally from Zambia, is waiting for his British passport and is concerned his application will not go through in time for him to compete in Marrakech, Morocco, in July.

Gerald moved with his family to the UK in 2000, living in Wales before moving to Sheffield in 2002.

"I've got the qualifying time for the World Youth Championships but I don't know if I'll be able to compete," says Gerald. "UK Athletics is trying to sort out my passport application.

"I need to have been here for five years before I can compete for Great Britain – I'll have been here for five years just after the World Youth Championships so I might just miss out."



Gerald Phiri: one of UK's most talented sprinters

Gerald established himself as one of the UK's most promising young sprinters after his performance at the AAA indoor championships in February. He ran a personal best in every round, clocking 6.70 in the 60m final to place himself seventh in the UK senior men's rankings.

"The AAA indoors have been my best moment. I wasn't expecting to run that fast," says Gerald. "I was nervous and that helped. It was a good experience."

Success has not come easy to Gerald and, despite struggling with a painful back injury for four years, was determined to fulfil his potential on the track.

"I've had a stress fracture in my back for four years. It's frustrating – sometimes I can't get out of bed. I've been having treatment at the EIS in Sheffield and that has helped. Last season the injury limited me and I was disappointed," says Gerald.

Determined to make up for it this year, Gerald has hopes of running sub-21 seconds for the 200m.

"Training has been going well so it should happen. I strive for consistency and that is important."

As well as athletics, Gerald is also a talented swimmer, footballer and badminton player. He has represented his county in badminton but decided to abandon the competitive side to focus on his athletics.

"It wasn't a hard decision to stop playing competitive badminton because I take my athletics seriously," he adds. "I play badminton for fun now. I used to play football for Sheffield Wednesday academy but I finished last season because I didn't want to risk injury."

Coached by Lewis Samuel, Gerald is hopeful of being able to compete on the world stage and if he misses the chance in Marrakech is confident he will be able to shine in other championships.

"I want to be the best I can – that is the goal for every athlete. I'm very ambitious," he says.

Hammer school success

THE West London Hammer School has become the first club in London to achieve Clubmark status after Sport England and sports national governing bodies identified it as being safe, effective and child friendly.

The school, which was set up in 1977 by Alan Bertram, coach of Lorraine Shaw and Mick Jones, is now led by Jamie Bath at Perivale athletics track and offers a wide range of opportunities for young athletes. Clubmark is the charter mark given to clubs achieving a certain standard in athletics and acknowledges its status.

The club welcomes all ages and abilities and as well as athletics activities, also runs workshops on nutrition, self-analysis and young officials' awards.

Athletes and coaches from the club work in partnership with Ealing Council's Active Ealing team to promote, support and encourage more people to become involved through volunteering on schemes such as Norwich Union star:track, after-school clubs, open days, sportshall athletics and the mini-marathon.

Jamie said: "It has been a real team effort by all club members. We hope other London clubs follow our lead."


Left to right: Mel Flash, Claire Phillips, Jamie Bath, Skye McGuigan, Katie Harrison, Ben Flash

Wheeler rewrites records

FOR 13-year-old Michael Wheeler, his size is definitely an advantage when it comes to throwing the shot.

Weighing 18 stones and standing 6ft 3in tall, the Herne Hill Harrier is dominating the event in his age group, setting a UK under-13 record when he competed in the Sportshall regional final last month.

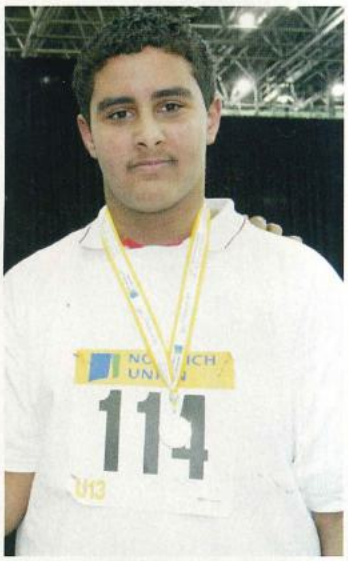
"My size helps me absorb the weight of the shot better," says Michael. "I'm aware that if you eat too much you will get out of shape but my weight doesn't bother me at the moment. It's not fat – it's solid. It helps with my throwing.

"Sportshall was a good atmosphere – I was under pressure in the first two rounds after I had two no throws. Then in the third round I threw 15.18m to beat the record by 10cm."

The Mike Winch-coached athlete is determined to succeed at this summer's English Schools' Championships where he is hoping to set an under-15 record.

"My major aim this year is the English Schools'. I'm confident I could win but there are rivals. I can't have them beat me – I don't like to lose.

"I'm looking to beat the UK under-15 record of 18.70m," he adds.


Michael Wheeler: the 13-year-old was one of the stars at the recent sportshall final at the NIA

Human Kinetics book competition winners

Winners of the Human Kinetics *Strength & Power For Young Athletes* book competition were: Miss E Meakins, Welwyn, Herts; Neil Brocklesby, Bromsgrove, Worcesters; Sam Petty, Barnstaple, Devon; David Williams, Chaddesley Corbett, Worcester; Kevin Andison, Scotland.

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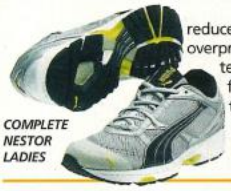
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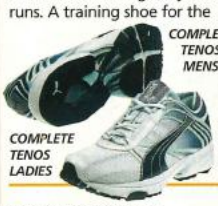


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British coverage not bad

A RECENT edition of *AW* commented that John Mayock has often not got the recognition he deserves. It is true up to a point. However, having just returned from a holiday to Australia, I read the comment with interest.

I was in Australia at the time of the world cross country championships. You might imagine – especially in a country renowned for its enthusiasm for sport – that there would be considerable interest in the fortunes of Benita Johnson and Craig Mottram – especially the former as defending champion. But the newspaper coverage – if there was any at all – was trivial and I could not find any TV coverage of the races, live or otherwise.

The contrast with swimming was stark. Around the same time, national swimming trials were held and for this we got several hours' live coverage every night for a week on one of the main TV channels. If profile is what you're after in Australia, better to be a nationally-ranked swimmer than a world-ranked runner.

So John doesn't do too badly compared to his Australian peers – although I would be the first to agree that he richly deserves all the recognition that does come his way!
Hugh Shields, Thames Hare & Hounds

LETTER OF THE WEEK

The letter of the week wins two superb Coolmax Endurance T-shirts courtesy of InSport. The lightweight fabric wicks moisture away from the skin, perfect for training. Sizes range from S-XXL – so don't forget to specify your size when writing to *Your Say*. Please allow at least six weeks for delivery. If after this time you have not yet received your prize, contact *Athletics Weekly*. (InSport may offer an alternative but similar product dependent on stock.)



Winning or losing not important

I HAVE been running since I was aged four and in the ensuing 35 years I can honestly say I have never viewed stepping out of the front door in my running gear as anything other than a pure joy and a pleasure.

I have had mixed results on the way and on many occasions others have questioned my motives for running and suggested I should quit before becoming permanently injured. It has always been a source of frustration for me that friends and work colleagues alike cannot grasp the fact that running is not a chore which I endure.

I have just gone past 50,000 miles and my devotion to my sport was rewarded last weekend in Dublin when I won the UK 100km title and gained the qualifying time for the European/World Championships – a far cry from when I used to finish in the last few as an under-15 and under-17.

This isn't why I run though. If I had the choice of a couple more years of relative international success followed by injury or to be able to jog injury free for the remainder of my life, I would take the latter option every time. I run because it gives me a feeling of such well-being – any success is just an added bonus.
Dominic Croft, Woodstock Harriers

Advice for chip users

HAVING recently carried out an evaluation of chip timing for a leading UK triathlon organiser, I would like to add my observations to those made in the article on the subject (*AW*, March 30).

The type of chip featured in your article, attached to the ankle, is robust and withstands the rigours of transition from one discipline to another. I consider it ideal for triathlon but I do not believe it is the best system for cross country. The big drawback with this system is that the chips are expensive and have to be redeemed. Even with a well-drilled team you need an army of people if delays are to be avoided while the chip is removed. This type of chip is read by a ground mat which my research indicates does not like being punctured with 15mm spikes. In addition some athletes do not like the Velcro attachment and pay £5 extra to have a Neoprene strap fitted instead.

I consider the best system for cross country to be the chip in the number system being used by an increasing number of road races. It's not expensive, as your article implies, costing about £1. Being cheap gives it the advantage of being disposable. Correctly administered it can also be more easily issued before an event. Being attached to the number there is no discrepancy as to which part of the athlete crosses the line first.

I would also like to say a word in the defence of photo finish also criticised in your article. These systems have benefited from the enhancement of wireless technology to the point where cabling problems have been eradicated and provide near perfect capture and read of finishes.

Cross country is crying out for modernisation, there is as yet no de-facto standard for electronic results. Race organisers now have the opportunity to select the system most suitable for their type of event.
Don Anderson, Belgrave Harriers

Two-hour marathon

THROUGH the many letters that have been appearing on the subject of the sub-two-hour marathon, there does seem to be some consensus about what capabilities the athlete who achieves this feat will have over shorter distances.

Frank Horwill and RM Jones both agree the athlete will need to be able to run 10km in 26 minutes or a little under and I would suggest this is broadly in line with my earlier estimate of a necessary half-marathon PB of 57:30 to 58:00 mins. However, while I can foresee the 10km world record reaching that level in 10 years, it does not follow that the athlete who does it will be able to achieve a marathon time of a 4.6 multiple of that 10km time, which is what is needed in order to convert that 26-minute 10km speed into a two-hour marathon.

At the moment statistically, the only sub-2:08 men who have achieved this 10km/marathon multiple are true marathon specialists who almost by definition tend to have 10km PBs in the 27 to 28-minute range, which is of course well short of where the current highest world standards lie.

If this is the pattern, we may need to be at a stage where the world record is well under 25:30 before we have enough men around 26 minutes to be confident that one of them will be able to achieve the 4.6 10km/marathon multiple needed for sub-two hours. As a result, I'm still sticking to my earlier 25 to 30-year prediction.

Having looked at male marathoners in this argument, it is worth noting that not only is Paula Radcliffe right at the forefront of 10km running (possibly the true world record-holder – whoops don't want to stir up the whole Chinese debate again!) but she has achieved a marathon an amazing 4.5 times her 10km PB.

Not surprisingly her 2:15:25 is rated the greatest of all the women's running records. If the first man under 26 minutes for 10km is a 'Radcliffe' then a two-hour marathon in 10 years is possible.
Paul Mottram, Medbourne, Leics

Come on Deano

MAY I just say I really enjoyed reading the feature on Dean Macey (*AW*, April 6). We all know the decathlon is the toughest of events and his body has taken a brutal pounding but his suggestion he plans to carry on no longer than the Beijing Olympics, when he will be 31, is such a shame. Macey has always been a favourite of mine and I recall the streets of Edmonton awash with GB athletics supporters chanting "Deano" in respect of the Canvey Islander's heroics after he won bronze at the 2001 World Championships. Let's hope he can stay injury-free to produce his best in the remaining few years of his career.
Danny Powell, Northampton

Results

Our comprehensive results service

Overseas

CHINA

Chengdu, April 9/10: Women: LJ: 1 Zhong Mei (CHN) 6.47/0. HT: Gu Yuan (CHN) 69.12

FRANCE

KENYA'S Salim Kipsang and Russia's Lydia Grigoryeva took big chunks out of their personal bests to secure victories in the Paris Marathon, *Paul Halford reports*.

Kipsang, the 1998 world junior 10,000m silver medallist, won in 2:08:04 after making a break in the last two miles from eventual runner-up Paul Biwott of Kenya. Gashaw Melese of Ethiopia was third. Grigoryeva, after spending much of the race behind the first three, clocked 2:27:03. Kenya's Florence Barsosio was second, one place ahead of Ethiopia's Asha Gigi.

Perfect marathon conditions greeted the more than 35,000 runners for the start in the Champs Elysees.

After the leaders passed 10km in 30:12 and 15km in 45:28, a group of about 15 athletes were separated from the rest at the front until well beyond half-way, which was passed in 64:09. The leaders passed 25km in 75:02 and 30km in 90:37, by which time the lead group of mainly Kenyans had been whittled down to eight.

By 35km, passed in 1:45:47, six Kenyans were away from the rest – Kipsang, former Boston Marathon winner Rodgers Rop, David Kirui, Daniel Cheribo, Peter Chebet and Paul Biwott.

Six soon became three - Chebet, who was fourth in the Chicago Marathon in 2003, Kipsang and Biwott.

Chebet was then dropped, giving Biwott the chance to improve on his third place of last year.

However, Kipsang was strong enough for third first marathon victory in his three attempts thus far. Melese came through strongly to take third.

"I don't have much experience but I felt really good this morning," said Kipsang after smashing his personal best, which had been 2:12:44. "Little by little, I felt that my legs were responding pretty well to the effort and that I could do even better."

Kipsang described France as "his special country", recalling his world junior silver medal in the country's Alpine city of Annecy and his seventh place in the world championships 10,000m in Paris in 2003.

Kipsang, a 27:32 10,000m runner, said he had felt Paris gave him better opportunities for a faster times than either Rotterdam, taking place the same day, or this coming weekend's London.

"There are plenty of runners in this race running about the same level, 2:07 or 2:08 and we can push either on," said the 25-year-old.

Kipsang was unclear about his future plans, saying: "Maybe I will try for the World Championships. But in Kenya it is very difficult to make the team."

Grigoryeva's victory was very different in style. It was Ethiopia's Asha Gigi, Kenya's Florence Barsosio and Italy's Rosaria Console who set much of the pace. Benefitting from a combined elite start for both men and women, the leaders went through 10km in 34:41, 20km in 70:06 and 30km in 1:44:40.

Grigoryeva, who was 12th in last year's New York City Marathon and has placed ninth and eighth respectively in the last two Olympic 10,000m finals, came back to the leaders and, after reaching 35km in 2:02:11, pulled away in the final 2km to revise her career best from 2:32:40.

Its picturesque course, which starts against the back drop of the Arc de Triomphe and passes the Eiffel Tower, and the fact it takes place so close to the London Marathon account for it being one of the world's most popular for British runners, with more than 2843 among the entrants.

PARIS MARATHON, April 10: Men: 1 S Kipsang (KEN) 2:08:04; 2 P Biwott (KEN) 2:08:15; 3 G Melese (ETH) 2:09:24; 4 P Chebet (KEN) 2:10:10; 5 D Cheribo (KEN) 2:10:13; 6 P Tambwe (KEN) 2:10:25; 7 R Rop (KEN) 2:10:31; 8 E Lahssini (FRA) 2:11:06; 9 A Tolosa (ETH) 2:11:41; 10 G Tola (ETH) 2:12:38. Women: 1 L Grigoryeva (RUS) 2:27:01; 2 F Barsosio (KEN) 2:27:18; 3 A Gigi (ETH) 2:27:38; 4 R Console (ITA) 2:28:04; 5 C Raux (FRA) 2:28:48; 6 I Permitina (RUS) 2:29:44; 7 I Timofeyeva (RUS) 2:30:11; 8 E Fetizon (FRA) 2:34:42; 9 C Oliveras (FRA) 2:36:02; 10 L Aman (ETH) 2:36:41

IRELAND

AUSTRALIA'S Craig Mottram and American Amy Rudolph took victory in the Great BUPA Ireland Run with Chris Davies and Charlotte Dale the best of the Brits.

Mottram, who won for the third year in succession, ran 28:35 and was eight seconds off his own course record.

However, Mottram, who was eighth in the Olympic 5000m final last year, was surprised to find the typically fast-starting Davies so close to him at halfway.

"I was surprised he was with me at five kilometres and I didn't know who he was," said Mottram.

Davies clocked 29:07 – the fastest by a British athlete this year – to show he is returning to form after injury.

Mark Miles was third, while Jon Mayock, the former 1500m runner moving up to marathon of the year, was next in a respectable time.

Rudolph prevailed after a tight finish with local favourite Sonia O'Sullivan from 600m before the line. The American 8km bronze medallist finished two seconds clear in 32:16.

Nevertheless, O'Sullivan was happy with her time of 32:21 as she comes to the end of her preparation for this weekend's Flora London Marathon.

"Not many marathon runners at this stage of their preparations will have produced a time as fast as that," she said. "I probably hit the front a little earlier than I should have done and really, I wanted to wait nearer to the finish.

"But I could feel the pair of them breathing on my neck, so I went. It really was a competitive race and I'm pleased it went so close to the wire.

"I'm happy with the result and there's no aches or pains, so I've finished the race in a healthy condition."

It was Dale, 21, who did most to push along the pace in the early stages and she was rewarded with a time of 33:15.

Though this was a minute outside the personal best she achieved earlier this year, she comfortably beat European cross country champion Hayley Yelling, who was sixth.

BUPA GREAT IRELAND RUN, Phoenix Park, Dublin, April 9: 10km: Men:1 C Mottram (AUS) 28:34; 2 C Davies (Tel) 29:06; 3 M Miles (Belg) 29:23; 4 J Mayock (Barns) 29:25; 5 R Ribas (POR) 29:29; 6 M O'Dowd (Swin) 29:30; 7 M Carroll (IRL) 29:53; 8 A Sitovskiy (UKR) 30:16; 9 I Babarika (UKR) 30:16; 10 NICK JONES 30:19; 11 NEIL TATTERSALL 30:47 ... 18 CHARLOTTE DALE (W) 33:14; 19 P Farrell (Carrick) 33:21; 20 M McCambridge (IRL, W) 33:22 ... 24 MARK WARMBY 34:03; 25 HAYLEY YELLING (W) 34:05; 26 O Meltsayeva (UKR) 34:07
M40: 2 ERIC BARKER 36:46
Women
1 A Rudolph (USA) 32:15; 2 S O'Sullivan (IRL) 32:18; 3 J Byrne (IRL) 32:21; 4 DALE 33:14 ... 6 YELLING 34:05; 7 Curley 34:30; 8 LUCY HASELL 35:18; 9 ANNIE EMERSON 35:22; 10 LYN WILSON 35:39 ... 13 TONI McINTOSH 36:35 ... 23 RACHAEL BECK 40:08
W50: 1 JANE MORLEY 45:13

ITALY

STRAMILANO HALF-MARATHON, Milan, April 10: Men: 1 WK Kiprotich (KEN) 60:11; 2 J Yuda (TAN) 60:25; 3 L Kiprotich (KEN) 60:30; 4 F Joseph (TAN) 61:00: 5 R Kipchumba (KEN) 61:39; 6 S Busendich (KEN) 62:23; 7 S Hissou (MOR) 62:39. Women: 1 A Kalovics (HUN) 71:57; 2 V Sicari (ITA) 72:39; 3 I Jozzia (ITA) 73:43.

Vigevano Golden Shoe, April 9: 8km: Men: 1 S Lebid (UKR) 23:19; 2 JK Cheruiyot (KEN) 23:24; 3 D Chelule (KEN) 23:47; 4 R Pertile (ITA) 23:53; 5 AM Ndiwa (KEN) 23:55.

NETHERLANDS

KENYA'S Jimmy Muindi overcame favourite Felix Limo and Lornah Kiplagat won the women's race despite a cold in the 25th edition of the Rotterdam Marathon.

In temperatures of around 11C, Muindi finished in 2:07:49 to take 36 seconds from his personal best.

A group of 15 went through 5km in 14:55, 10km in 29:44 and 15km in 44:36. Though on world record pace, the tempo slowed as rain began to fall and 20km was passed in 59:56 and the half-way marker in 63:20.

Nine athletes went through 25km in 75:19 and the leaders passed 30 kilometres in 90:22.

Muindi, Limo and Jackson Koech were on their own by 35km, which was reached in 1:45:40.

Muindi broke clear in the 38th kilometre and went on to finish 12 seconds in front of Koech.

The winner, who has won the Honolulu Marathon four times, said: "I felt very strong after 30 kilometres and, as I saw that Felix Limo was in trouble, at 35 kilometres, I decided to go."

Kiplagat won by nearly four minutes from Portugal's Ana Dias, while Spain's Isabel Eizmendi was third.

The victory was all the more satisfying for the Kenyan-born runner as she had been too ill to attend a press conference for the race three days earlier.

Kiplagat recovered sufficiently to clock 2:27:36 but was still suffering from the effects of the illness.

"I had the hope of bettering my personal best of 2:22:22 here but that was impossible today," said the former Chicago Marathon runner-up, who was fifth in last year's Olympic 10,000m final. "[The second part of the race was very difficult. My legs were heavy. I felt it already after the first five kilometres. In the warming-up before the race I could not get warm."

ROTTERDAM MARATHON, April 10: Men: 1 J Muindi (KEN) 2:07:49; 2 J Koech (KEN) 2:08:01; 3 F Limo (KEN) 2:09:01; 4 G Shentema (ETH) 2:09:45; 5 C Cheboilboch (KEN) 2:10:13; 6 EC Mutai (KEN) 2:10:27; 7 T Munji (KEN) 2:11:07; 8 Y Songoka (KEN) 2:11:42; 9 JM Martinez (ESP) 2:11:55; 10 W Kiplagat (KEN) 2:12:10 ... 29 EDDIE ERNEST-JONES 2:24:56. Women: 1 L Kiplagat (NED) 2:27:36; 2 A Dias (POR) 2:31:27; 3 I Elzmendi (ESP) 2:33:14; 4 A Thompson (AUS) 2:33:20; 5 K Loonen (NED) 2:33:28 ... 15 IMOGEN THORNBURGH 2:51:19

PORTUGAL

IAAF RACEWALKING CHALLENGE, Rio Maior, April 3 (Additional): 20kmW: Men: 37 DANIEL KING 1:33:10

SOUTH AFRICA

EMILY PIDGEON set a British junior best for 2000m steeplechase.

Meanwhile, her training partner Sarah Hopkinson set a national age-13 best of 65.63 as she competed in the 400m hurdles for the first time.

Potchefstroom, April 6: Men: 400: 1rA RICHARD DAVENPORT 46.80. Women: 2000SC: 2 EMILY PIDGEON (U17) 6:43.13. 400H: 2 SARAH HOPKINSON (U15) 65.63

USA

CREDIT UNION CHERRY BLOSSOM 10, Washington DC, April 3: Men: 1 JK Korir (KEN) 46:55; 2 R Chebii (KEN) 46:58; 3 E Kemeli (KEN) 47:04

Allston, April 9: 400H: STEVEN GREEN 52.36. Women: 3000SC: 3 ELLEN LEGGATE 11:09.5. TJ: GRACE CLEMENTS 12.41

Azusa, April 9: Men: 400H: RHYS WILLIAMS 51.71. Women: 100 (1.9): KIM WALL 11.70. 200 (1.7): 2 WALL 24.23

Los Angeles, April 9: Men: TJ: STUART RICHMOND 15.06/2.0

Los Angeles, April 9: Men: 400: 3 MALACHI DAVIS 47.05

Oxford, April 9: Men: 800: ANDY SHERMAN 1:50.32

Springfield, April 9: Women: 100 (2.9): 5 DANIELLE NORVILLE 11.97. 200 (2.8): 3 NORVILLE 24.15
Talahassee, April 9: Men: 800: TOM LANCASHIRE 1:48.30

TEXAS RELAYS, Austin, April 6/9: Men: 100 r1 (2.5): 1 S Mullings (JAM) 10.06; 2 K Willie (USA) 10.11. r2 (4.2): 1 D Brinton (USA) 10.07; 2 R Edwards (USA) 10.14 ... TYRONE EDGAR DNF. r3 (4.5): 1 W Dix (USA) 9.96; 2 E Wiggins (USA) 10.11. 100H (5.0): r1: 1 J Walker (USA) 13.59; 2 L Yarbrough (USA) 13.70. r2: C Pinnock (JAM) 13.56. LJ: 1 T Quinley (USA) 8.17/1.9. 4x100: 1 HSI 38.48 (J Capel, L Scott, K Conright, M Greene). 4x200: HSI 1:21.41 (J Capel, L Scott, K Conright, M Greene). Dec: T Hardee (USA) 7839. Women: 100 (5.7): 1 T Brice (USA) 11.00; 2 M Hooker (USA) 11.03; 3 A Owens (USA) 11.08; 4 F Ashby (TRI) 11.12. r2 (5.6): 1 K Baptiste (TRI) 11.04; 2 S Fynes (BAH) 11.17. 100H (0.8): 1 A Williams (USA) 12.83; 2 P Lopes (CAN) 12.89. r2 (2.3): 1 N Denby (USA) 12.66; 2 G Powell (USA) 12.70. 400H r1: 1 M Walker (JAM) 55.37. LJ: Hooker 6.64/1.7

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Some statistics and results sourced from www.gbrathletics.com.

Track

April 10

HERCULES WIMBLEDON YOUNG ATHLETES' OPEN
Crystal Palace

MICHAEL WHEELER, the outstanding young shot put prospect, coached by former British No.1 Mike Winch, produced an impressive winning double in this meeting, which was revived after a gap in 2004 to allow the Crystal Palace track to be refurbished, *Tom Pollak reports*.

Wheeler, 13, took the U15 shot and discus with 14.89m and 35.28m.

Chris Haines, last year's English Schools' junior boys 800m champion, also showed good early season form as he dipped under two minutes in winning the U17 800m in 1:59.6.

U17 men
100: S Blackwell (B&B) 11.7. **B:** R Babather (Sutt) 11.7. **200:** 1 D Grant (Kent) 23.3; 2 T Kuria (Woking) 23.4; 3 L Dight (Croy) 23.7; 4 T Goodall (Dartf) 23.9. **B:** 1 S Lebbie (Kent) 23.2; 2 O King (Woking) 23.8. **800:** 1 C Haines (M&M) 1:59.6; 2 P Haines (unatt) 2:01.2; 3 S Kiwanuka (Kent) 2:05.9. **1500:** 1 M Hobson (Bexley) 4:12.6; 2 A Byrne (E&E) 4:19.8. **HJ:** D Spelman (Bas) 1.75. **LJ:** Goodall 6.07. **SP:** L Presnell (Ton) 12.87; 2 L Adekoya (Croy) 12.60; 3 L Lovelock Jemmott (WG&EL) 12.21. **DT:** 1 L Mathurin (WG&EL) 41.31; 2 Presnell 40.05
U15
100: 1 A Tulande (Herne H) 11.9; 2 M Lumm (Bas) 11.9; 3 A Lee (Harlow) 12.1; 4 D Hammond (B&B) 12.5. **B:** 1 D Sagun (Croy) 12.4; 2 P Nargund (HW) 12.5; 3 J Barry-Barton (Ips) 12.5. **C:** S Adebo (Herne H) 12.5. **200:** 1 Lumm 24.2; 2 Tulande 24.5; 3 Lee 24.7. **B:** Nargund 25.3. **C:** Barry-Barton 25.3. **800:** 1 M Hunt (Chelm) 2:08.4; 2 S Cavey (B&B) 2:13.1. **1500:** M Booth (Wyc P) 4:35.2. **SP:** 1 M Wheeler (Herne H) 14.89; 2 E Ntim (Croy) 12.55; 3 A Hookway (Ton) 11.08. **DT:** 1 Wheeler 35.28; 2 Hookway 32.87. **JT:** D Pemberton (WSEH) 44.83
U13
100: D Harvey (R&T) 13.5. **C:** R Talla (Slough J) 13.1. **200:** 1 Talla 27.2; 2 Richards 27.6. **1500:** 1 J Burgess (HW) 4:48.8; 2 P Sesemann (B&B) 4:53.1; 3 A Ross (Inv EK) 4:56.5; 4 C Vine (AFD) 4:58.8. **LJ:** Harvey 4.53
U17 women
100: 1 E Martin (HW) 12.7; 2 K Toulson (Dartf) 12.9. **200:** H Croxford (And) 25.7; 2 M Franka (Herne H) 26.1; 3 Toulson 27.3. **B:** K Ferguson (Croy) 27.3. **800:** 1 H Davis (Herne H) 2:21.1; 2 E Paton (E&E) 2:21.5; 3 S Brotherton (HW) 2:21.8; 4 N Jelley (E&E) 2:25.5. **1500:** 1 A Whitfield (Bas) 4:58.0; 2 K Sefton (Bas) 5:02.1. **HJ:** 1 M Edwards (Dartf) 1.56; 2 J Coe (Dartf) 1.53. **LJ:** Martin 5.27; 2 A Underdown (Padd W) 4.80. **SP:** 1 L Underdown (Padd W) 10.10; 2 B Francis (S Lon) 9.39. **DT:** 1 Underdown 35.02; 2 R Seeley (Dartf) 34.12. **JT:** 1 Francis 32.68; 2 J Quinn (Herne H) 30.38; 3 C Evans (Sutt) 28.98; 4 N Wynter (Herne H) 27.24
U15
100: 1 K Le Geyt (Sutt) 13.3; 2 S Mitchell (S Lon) 13.3.. **800:** 1 D Dignum (Bas) 2:26.9; 2 G McDonald (Herne H) 2:27.0. **1500:** S Cowper (Reig) 5:10.0. **HJ:** 1 C Hillier (Bath) 1.65; 2 K Sealey (Ips) 1.45. **LJ:** C Hutchings (VP&TH) 4.95; 2 A Quelch (Woking) 4.90; 3 H Tolthurst (Ton) 4.70. **DT:** 1 F Dickinson (Sutt) 27.95; 2 O Jemiyo (B&B) 26.60; 3 J Botwright (D&T) 26.56; 4 S McGuire (B&B) 24.78; 5 K Jones (B&B) 22.99
U13
100: J Raikes (B&B) 13.9. **B:** 1 A Richards (HW) 13.6; 2 S Hurlock (B&B) 13.9. **200:** 1 Richards 28.2; 2 Hurlock 28.7; 3 D Anderson (Ox C) 29.2. **B:** Raikes 29.9. **800:** 1 N Twine (Bas) 2:30.4; 2 Anderson 2:30.9; 3 F Foster (S Lon) 2:31.4; 4 H Fay (DMV) 2:31.6; 5 D Critchley (B&B) 2:33.5; 6 A Shepherd-Barrow (Ton) 2:33.9; 7 Field 2:36.0. **LJ:** Richards 4.27

BOURNEMOUTH OPEN
Bournemouth

STEVE SMALL'S long jump and Matt Frampton's hammer were close to their 2004 bests in this King's Park curtain-raiser, *Nigel Harding reports*.

Men
200: S Small (B'mth) 22.4. **HJ:** 1 R Reeks (Poole) 1.95 ... 3 C Hague (Poole, M45) 1.60. **LJ:** Small 7.09. **DT:** N Iliffe (T Soton) 44.85; 2 S Armstrong (B'mth, M40) 37.94. **HT:** 1 M Frampton (B'mth) 52.85; 2 P Farley (IoW) 47.78; 3 C Frames (unatt, M50) 32.78
U20
800: K Welch (B'mth) 1:59.9. **LJ:** J Warsop (B'mth) 6.46. **JT:** 1 A Brown (B'mth) 51.81; 2 D Brunsden (B'mth) 51.73; 3 A Harris (W'borne) 49.38
U17
LJ: B Pickup (B'mth) 6.24. **DT:** M Elkins (Poole) 35.97
U15
HJ: M Sloane (B'mth) 1.67
U13
HJ: A Cox (B'mth) 1.45. **LJ:** A Carpenter (Poole) 4.54. **DT/JT:** A Elkins (Poole) 23.95/30.81
Women
HT: 1 R Alexander (W'borne, W55) 35.10; 2 Y Miles (B'mth, W60) 20.21
U20
HJ: G Eastman (B'mth) 1.60. **LJ:** C Walker (B'mth) 5.03
U17
200/LJ: S Shone (Wey SP) 26.5/5.47. **300:** 1 H Jeanes (Dor) 41.6; 2 H Stammas (B'mth) 43.4. **JT:** L Carr (unatt) 35.65
U15
75H: 1 T Markham (New FJ) 12.5; 2 A Kay (B'mth) 12.5. **HJ:** Kay 1.55. **JT:** J Tewkesbury (Dor) 34.64
U13
100: V Wright (Poole) 14.0

LOTHIAN SPRING TRIALS
Meadowbank, Edinburgh

BILL GENTLEMAN added some 10 metres to the Scottish M65 record when throwing the 5kg hammer 46.68m.

Men
100: D Collard (CoE) 11.24. **200:** 1 D Philip (Lass) 22.78; 2 D Levitin (CoE) 22.98. **400:** Philip 50.67. **HT:** D Little (Bord) 51.70
U17
100: G McKay (CoE) 11.68. **100H:** G Ewing (CoE) 14.77. **HT:** P Holmes (CoE) 48.34. **JT:** G Ewing (CoE) 46.13
U15
100: r1: M Smith (Corst) 11.89. **r2:** 1 C Knowles (Corst) 1.75; 2 S Hood (CoE) 11.95; 3 A Thompson (CoE) 12.21. **200:** 1 Smith 24.42; 2 Knowles 24.61; 3 Thompson 24.78; 4 Hood 24.95. **800:** S Devenney (CoE) 2:12.0. **HJ:** G Boyd (Falk) 1.75
U13
100: r1: G Loudon (Lass) 13.23. r2: S Jarvie (CoE) 13.50. **200:** Jarvie 27.59. **75H:** 1 M Jones (CoE) 13.46; 2 C Goodall (Lass) 13.51. **SP:** D Rowan (CoE) 8.55
M65
HT: W Gentleman (CoE) 46.68 (Scottish rec)
Women
400: 1 A Kennedy (Lass) 59.28; 2 SJ Cheuk (CoE) 61.06; 4 S Hood (CoE) 61.36. **1500:** J Ross (Vic P) 4:29.50. **100H:** A Jackson (ESH) 15.50. **HJ/LJ:** J Nisbet (ESH) 1.65/5.08
U17
100: 1 L Hamilton (CoE) 12.38; 2 C Beattie (CoE) 12.85; 3 A Cameron (Dunb) 12.95. **200:** 1 Hamilton 25.73; 2 Beattie 26.99. **300:** Hamilton 42.90
U15
100: r1: 1 A Rogers (CoE) 13.13; 2 S Warnock (ESH) 13.27. **r2:** H Chrisp (CoE) 12.68. **200:** 1 Chrisp 26.98; 2 S Welsh (CoE) 27.37. **75H:** 1 Warnock 12.69; 2 E Froude (Lass) 12.77. **HJ:** T Marshall (Linl) 1.45
U13
100: R Webb (Lass) 13.91. **800:** 1 S Blair (CoE) 2:32.0; 2 E Dudgeon (ESH) 2:38.0

CARSON'S ALDER VALLEY LEAGUE GIRLS' MATCH
Eton

MATCH: 1 Windsor, Slough, Eton & Hounslow 579; 2 Reading 423.5; 3 Aldershot, Farnham & District 270; 4 Guildford & Godalming 209; 5 Camberley & District 137.5; 6 Newbury 112; 7 Maidenhead 22
U17 women
200: 1 G Sommerfelt (AFD) 26.7; 2 C Pringle (WSEH) 27.2. **300:** 1 C Monye (WSEH) 39.1; 2 A Morgan (G&G) 41.9; 3 A Bond (Read) 42.6; **B:** L Betts-Bucke (WSEH) 42.9. **800:** Bond 2:21.4. **B:** SA Dix (Read) 2:24.7. **80H:** 1 R Reynolds (WSEH) 12.0; 2 J Heckford (WSEH) 12.2; 3 H Abbiss (AFD) 12.2; 4 N Risman (G&G) 13.0. **300H:** 1 V Ward (G&G) 48.2; 2 Abbiss (AFD) 49.7. **PV:** 1 K Glare (Newb) 2.60. **TJ:** 1 Risman 10.10; 2 A Allan (WSEH) 9.79; 3 H Copland (Read) 9.06. **B:** 1 V Kingham (G&G) 9.08; 2 C Jones (WSEH) 9.07. **JT:** 1 D Summers (Read) 33.76; 2 A Peters (WSEH) 27.43. **4x100:** WSEH 51.4
U15
100: 1 L Cave (AFD) 13.3; 2 A Abraham (WSEH) 13.3. **B:** E Thatrah (AFD) 13.4. **200:** 1 Cave (AFD) 26.4; 2 Abraham (WSEH) 26.4; 3 E Trincas (Newb) 28.0. **B:** 1 Thatrah 26.9; 2 H Butt (Newb) 28.0. **800:** C Wilson (WSEH) 2:29.8. **1500:** M Gunn (AFD) 5:08.5. **75H:** 1 F Williams (WSEH) 12.2; 2 S Loy (C'ley) 12.8. **JT:** 1 B Kelly (WSEH) 26.44. **4x100:** WSEH 53.7
U13
75: 1 G Lamothe (Read) 10.5; 2 C Hing (WSEH) 10.7; 3 A Tracey (G&G) 11.3; 4 L Sweetman (AFD) 11.3. **B:** 1 C Risman (G&G) 10.9; 2 L Kush (AFD) 11.2. **150:** 1 Lamothe (Read) 20.7; 2 Hing (WSEH) 21.0; 3 Sweetman (AFD) 22.0; 4 J Collins (G&G) 22.0. **B:** 1 G Taylor (AFD) 21.9; 2 F Sines (WSEH) 22.5. **600:** 1 L Burke (WSEH) 1:49.6; 2 Taylor (AFD) 1:50.1; 3 Tracey (G&G) 1:54.3. **1000:** 1 B Hubbard (AFD) 3:29.9; 2 H Radvan (WSEH) 3:31.9; 3 C Hall (G&G); 4 B Williams (Newb) 3:38.9; **B:** C Arnell (AFD) 3:33.8. **70H:** 1 Nicholson (WSEH) 12.7. **HJ:** Sines (WSEH) 1.35. **LJ:** Hing (WSEH) 4.49. **SP:** 1 J Yoxall (WSEH) 7.20. **JT:** 1 Yoxall (WSEH) 19.49. **4x100:** 1 Reading 57.5

LINCOLNSHIRE LEAGUE
Grantham

Men
100: E Eseonu (Bost) 11.2. **110H:** M Bowler (Bost) 15.6. **TJ:** T Beaumont (Newark) 13.23
M50
JT: S Ladds 48.97
U20
100: D Smith 11.3
U15
100: 1 D Nespoli (Grant) 12.2; 2 S Lawrence 12.2. **HJ:** J Mason 1.60. **HT:** S Band 34.25.
M65
DT/JT: P Arnott 28.44/27.77
Women
LJ: A Fendley (Newark) 5.24. **DT:** L Evans (Grant) 37.12
W35
HJ/JT: J Jagger (Grant) 1.25/28.33
W45
100/200/HJ/LJ/TJ: P Dutton 14.3/30.3/1.25/4.39/8.80
U20
3000: C Foley (Linc W) 10:57.9
U17
80H: R Hall (Grant) 12.7. **SP:** I Retberg (Grant) 9.76. **TJ:** E Moss 10.81

April 9/10

LANCASHIRE SCHOOLS' & COUNTY CHAMPIONSHIPS AND OPEN COMBINED EVENTS
Preston

Men
Dec: F Opara (Sale) 5235
U20
Dec: M Cullen (Sale) 4345 (PV: 3.70)
U17
Oct: 1 J Wright (Sale) 3955 (100H: 14.1); 2 L Wallace (Lancs GS) 3948; 3 A Robinson (Balshaw HS/Prest) 3614 (HJ: 1.78); 4 A Worthington (Arch Temple HS/Prest) 3491; 5 T Topham (L&M) 3395 (HJ: 1.75)
Schools: 1 Wallace; 2 Robinson; 3 Worthington
County: 1 Robinson; 2 Worthington; 3 Topham
Women
Hept: R Wiseman (Prest) 3893 (HJ: 1.55, JT: 33.56)
County: Wiseman
U20
Hept: 1 A Griffiths (Clitheroe GS) 37.09 (SP: 10.35, 200: 27.0); 2 J Hawksley (Sale) 33.62
Schools: Griffiths
U17
Hept: 1 E Markendale (Pend) 4000 (12.7, 1.44, 7.04, 26.0, 5.34. 20.08. 2:31.3); 2 H Donald (Hynd) 3246; 3 K Wilson (Prest) 2930; 4 A Steele (Sale) 2754
Schools, county: 1 Markendale; 2 Donald; 3 Wilson
U15
Pent: 1 D Bamber (B&F) 2749 (12.7, 7.36, 1.48, 4.61, 2:26.5); 2 R Ingham (Prest) 2559 (12.3, 8.46, 1.51, 4.55, 2:54.7); 3 H James (Prest) 2282 (75H: 12.3, HJ: 1.48)
Schools, county: 1 Bamber; 2 Ingham; 3 James
U13
L Hill (B&F) (80:12.0, SP: 8.36); H Lupton (Prest) (80: 11.6); L Mansfield (B&F) (80:11.3)

April 9

GLASGOW COUNCIL OPEN
Scotstoun

Men
150: D Martin (Vic P, U17) 16.7.
3000: 1 K Berry (Corst) 8:36.85; 2 C MacKay (G'nock) 8:49.65. **DT:** C Fleming (Kilb) 37.10
U17
DT: A Mackay (Shett) 39.56
Women
600: N McLeod (Giff N, U15) 1:43.64. **LJ:** L McKenna (Glas SoS, U15) 4.84. **DT:** S Freebairn (Glas, W35) 42.02

WEST YORKSHIRE LEAGUE
Wakefield

U17 men
100: M Cottam (Bing) 11.3. **200:** 1 Cottam 22.6; 2 J Cayenne (Spen) 23.6. **800:** J Harman (Leeds C) 2:03.6. **HJ:** J Heaton (Leeds C) 1.75
U15
1500: J Belcher (Leeds C) 4:30.9
U13
80: H Jefferson (Spen) 11.4. **800:** T Rollins (Leeds C) 2:28.8. **70H:** M Wagner (Leeds C) 12.0. LJ: M Wagner 4.55
Women
200: B Staniland (Leeds C, U20) 26.9. **SP:** 1 B Staniland 10.72; 2 F Thomas (Wake) 10.30. **JT:** Staniland 35.36
U17
300: 1 M Harrison (Wake) 42.1; 2 H Pickle (Bing) 43.9
U15
100: S Carr (Leeds) 13.1. **1500:** 1 H Seddon (Leeds) 5:01.1; 2 A McGivern (Holm) 5:02.9
U13
80: 1 L Holmes (Wake) 11.3; 2 S Greenwood (Spen) 11.4
70H: G Christopher (Leeds Carn) 12.6. **HJ:** 1 L Holmes 1.40; 2 S Greenwood 1.35

CHRIS SMITH WALKS LEAGUE
Kingston upon Hull

Mixed (2km)
1 J Friend (S Huns, U17M) 11:02.2; 2 C Humphrey (Cott, U15G) 12:57.8
OVERALL TEAM: 1 Blaby A ; 2 Ibstock A; 3 Blaby B; 4 HPHS; 5 Blaby C

ALPHA & BETA TROPHY MEETING
Haringey

ALPHA MATCH: 1 Blackheath & Bromley 323.5; 2 Enfield & Haringey 294; 3 Stevenage & North Herts 244; 4 Radley 242; 5 Milton Keynes 235; 6 Havering Mayesbrook 220; 7 Herne Hill H 187.5; 8 Thames Valley H & Tower Hamlets 124
Herne Hill H and Thames Valley Harries relegated to Beta Competition for 2006
Women (Alpha, age groups not provided)
MATCH: 1 E&H 160; 2 Mil K 154; 3 B&B148; 4 Rad 141; 5 SNH 135; 6 Hav M 116; 7 Herne H 112; 8 TV&TH 39
100: 1 J Duck (Mil K, U17) 12.07; 2 T Kafke (Rad) 12.39; 3 T Dorsett (E&H) 12.44; 4 D Smith (SNH) 12.45; 5 C Garnett (HHH) 12.91. **B:** 1 S Solomon (B&B) 12.2; 2 K Ejafor (HHH) 12.6; 3 K Reynolds (Rad) 12.6; 4 Shaleina Mars (E&H) 12.6; 5 N Jowett (Mil K) 12.7. **200 (1.9):** 1 Duck 24.10; 2 R Watson (E&H) 24.83; 3 D Smith 25.14; 4 Kafke 25.64; 5 B Clayton (B&B) 25.66. **B (2.6):** 1 H Folami (Mil K) 25.18; 2 E Kemp (SNH) 25.51; 3 E Smith (E&H) 25.99; 4 V Cole (B&B) 26.34. **400:** 1 E Kemp 58.19; 2 S Singer (B&B) 59.78. **1500:** 1 H Scott (Hav) 4:45.87; 2 B Claydon (B&B) 4:56.62; 3 S Bayley (SNH) 4:58.54. **100H (2.6):** 1 C Garnett 14.73; 2 Reynolds 14.84. **400H:** 1 P Woodland (Rad) 67.1; 2 K Wilson (E&H) 67.4. **HJ:** 1 Reynolds 1.58; 2 R Gibbens (Mil K) 1.55. **LJ:** 1 K Benneworth (B&B) 5.40/2.9; 2 T Nicholas (E&H) 5.24/2.2; 3 K Ejiofor (HHH) 5.21/2.7; 4 H Gamester (Hav) 5.11/1.4. **B:** 1 J Thomas (B&B) 5.07/2.0; 2 Y Bello (E&H) 5.01/1.4. **SP:** 1 E Beales (Mil K) 11.66; 2 S McLellan (SNH) 11.37; 3 M Harrison (Hav) 10.87; 4 S Brown (B&B) 10.53; 5 B Phillips (HHH) 10.17; 6 T St Smith (E&H) 10.09. **B:** N McSweeney (Mil K) 11.31. **DT:** 1 Beales 47.11; 2 St Smith 40.96; 3 E Dee (TVH) 39.30; 4 Harrison 39.13; 5 Brown 37.05. **B:** 1 F Clark (B&B) 34.58; 2 S Deacon (Hav) 31.95. **JT:** 1 J Dodd (HHH) 38.62; 2 Harrison 33.62; 3 Beales 32.70; 4 E Williams (E&H) 30.64. **4x100:** 1 Enfield & Haringey 49.39; 2 Blackheath & Bromley 49.55; 3 Radley 51.34; 4 Stevenage & North Herts 51.86; 5 Milton Keynes 51.88
U15
MATCH: 1 B&B 175.5; 2 E&H 134; 3

SNH 109; 4 Hav M104; 5 Rad 101; 6 TV&TH 85; 7 Mil K 81; 8 Herne H 75.5
100: 1 F Egnan (Mil K) 13.11; 2 S Harrison (B&B) 13.30. **200 (1.2):** 1 K Cosby (B&B) 26.88; 2 B Awokoya (SNH) 27.28. **800:** I Dblang (Hav) 2:27.35. **1500:** J Christie (E&H) 5:04.22. **75H:** 1 N Hill (Hav) 12.1; 2 Cosby 12.7; 3 E Steele (HHH) 12.7; 4 S Gibson (E&H) 12.8. **B (1.1):** I Ivy (B&B) 12.61. **HJ:** J Matthews (B&B) 1.46. **LJ:** 1 Matthews 4.71; 2 D Bakre (E&H) 4.67. **B:** L Forbes-Morris (B&B) 4.61. **SP:** 1 C Rose (E&H) 9.97; 2 Awokoya 9.89; 3 A Morowkeji (TVH) 9.27. **B:** R Williams (SNH) 9.38. **DT:** 1 S McGuire (B&B) 25.84; 2 J Humphries (Hav) 23.83. **B:** 1 O Jemoiyo (B&B) 24.55; 2 C McAuliffe (Hav) 23.08. **JT:** 1 Williams 30.54; 2 Steele 26.27. **4x100:** Blackheath & Bromley 52.73

BETA MATCH: 1 Herts Phoenix 383; 2 Dacorum & Tring 306; 3 Thurrock 255; 4 Victoria Park & Tower Hamlets 224; 5 Loughton 178; 6 Barnet & District 102; 7 Highgate H 51; 8 London Heathside 23
Herts Phoenix and Dacorum & Tring promoted to Alpha Competition for 2006

Women (Beta)
MATCH: 1 Herts P 204; 2 Dac 149; 3 Thurr 141; 4 Loughton 135; 5 VP&TH 135; 6 Barn 79; 7 High 51; 8 Lon H 8
100 (1.2): 1 P Drayton (VP&TH) 12.23; 2 J Ryan (Lough) 12.47; 3 C Andrews (Herts P) 12.76. **B:** C Adams (D&T) 12.9. **200 (2.0):** 1 Ryan 25.01; 2 Adams 26.27; 3 L Rodgers (Thurr) 26.49; 4 Z Delaney (Herts P) 27.00. **B (1.2):** L Gale (D&T) 26.79. **400:** 1 Rodgers 60.41; 2 H Wills (Herts P) 61.33. **B:** C Silva (Herts P) 61.25. **800:** N Silva (Herts P) 2:21.68. **100H (2.0):** 1 Andrews 15.04; 2 Drayton 15.38. **400H:** 1 C Silva 66.88; 2 Gale 68.50. **HJ:** L Howes (Thurr) 1.57. **LJ:** 1 C Jaggard (Herts P) 5.49/1.4; 2 A Ranger (VP&TH) 5.30/4.8; 3 Rodgers 5.23/1.6; 4 A Bennett (D&T) 5.01/5.0. **SP:** 1 P Collis (Herts P) 10.33; 2 S Lawrence (Thurr) 10.10. **DT:** R Hardy (High) 41.65; 2 Lawrence 34.16. **JT:** 1 Collis 42.68; 2 Lawrence 30.81.
4x100: Herts P 51.32
U15
MATCH: 1 Herts P 179; 2 D&T 157; 3 VP&TH 121; 4 Thurr 114; 5 Lought 43; 6 Barn 23; 7 Lon H 15; 8 High 0
200 (2.4): H van Kempen (Herts P) 27.31. **B (2.4):** E Stevens (Herts P) 27.43. **75H (1.5):** 1 S Gaynor (Herts P) 11.76; 2 M Zah (VP&TH) 12.49. **B (3.6):** Van Kempen 11.71. **LJ:** 1 C Hutchings (VP&TH) 4.81/3.1; 2 D Currie (Herts P) 4.75/2.4. **B:** A Corner (Herts P) 4.72/2.5. **SP:** L Davies (Thurr) 9.24. **DT:** J Botwright (D&T) 23.80. **JT:** SA De Dremer (Herts P) 25.81. **4x100:** Herts P 53.04

April 6

WATFORD OPEN GRADED

Mixed
100: B: 1 P McGregor (Thurr, U15) 12.20; 3 F Parker (And, U20W) 12.90. **200: A:** 5 J Browne (Harrow, W55) 31.99. **B:** 1 F Parker (And, **U20W**) 26.76; 4 A Fudge (Ports, W40) 28.61. **C:** 1 P McGregory (Thurr, U15) 25.01. **400: B:** 2 C Leadbetter (ESM, **W**) 61.11; 4 N Ellis (AFD, **W**) 61.70; 5 C Heaney (WSEH, W) 61.95. C: 6 R Watson (Sale, **W**) 59.50. E: 1 A H Howell (Harrow, U20) 50.52; 2 H Mehta (Harrow, U17) 51.24; 3 B Speed (Wat, U20M) 51.50. **800: A:** 1 L Lingley (Chilt, **U15G**) 2:27.72; 5 Knights (Norw, **U13G**) 2:39.10. **B:** 3 J Thake (UEA, W) 2:20.66; 5 B Swords (Oxf C, **U15G**) 2:23.35; 6 K Deal (SB, **U15G**) 2:24.88; 7 G Brown (Harrow, U13) 2:25.74. **C:** 2 P Goodall (Norw, U20M) 2:02.42; 3 F Downs (Chilt, U20M) 2:02.67; 4 M Bennett (Chilt, U17B) 2:03.65; 8 R Jenkin (Hill, M45) 2:10.55. **1500: A:** 2 P Warburton (Hill, U13) 4:58.87; 4 S Harrison (Mans H, U13) 5:00.65; 6 B Myers (Chilt, U13) 5:26.63. **B:** 1 D Bellinger (Ox C, M) 4:06.71; 3 J Beattie (T Soton, U20) 4:13.23; 5 M Booth (Wyc P, U15) 4:28.69; 8 M Hutchison (Hill, W) 4:44.07; 11 E Grant (Hill, W) 4:57.76. **3000:** 1 G Amos (Norw, M40) 8:45.23; 2 M Goose (Norw, U17) 8:59.68; 6 R Mann (Hill, U15) 9:56.73; 7 H Scott (Hav M, U20W) 10:08.70; 8 R Senior (Norw, U20W) 10:10.49; 10 E Clarke (Norw, U20W) 10:28.62; 12 C Rose (Norw, U17W) 10:43.14. **SP:** 1 D Tinkler (P'boro, U17) 16.76; 2 M Tinkler (P'boro, U15) 14.27

April 5

AYRSHIRE H CLUBS ASSOCIATION OPEN

Ayr
U20 women
JT: A Austin (Glas) 37.29
U13
SP: R Hogg (Wigton) 7.83

April 3

PLYMOUTH AC OPEN

Plymouth
Men
100: R Spragg (Launc) 11.3. **LJ:** S Sinden (Corn) 6.55
M40
JT: D Brooking (Ply) 53.85
U17
100/200: M Williamson (Corn) 11.6/23.6. **100H:** J Croft (N Ayc) 15.0. **LJ:** T Elworthy (Exe) 6.02. **DT:** L Sings (Ply) 35.44
U15
80H/HJ: L Hamilton (N&P) 12.4/1.60
U13
70H/LJ: D King (Ply) 14.0/4.54. **PV:** I Vassell (N&P) 2.00
Women
100: 1 K Endacott (Ply) 11.6; 2 K Millar (Ply) 13.0. **200:** L Sings (Ply) 26.2. **400:** 1 L Sings 58.2; 2 L Pauley (N&P) 60.5. **800:** C Steven (N&P, W35) 2:25.8. **JT:** L Bolton (N&P) 35.87
U20
100H/LJ: A Trewin (Exe) 16.2/5.04. **DT:** C Lyne-Ley (Exe) 36.51
U17
100/200: A Robins (N&P) 12.7/26.8. **300:** J Schofield (Torb) 45.0. **1500:** N Carpenter (Ply) 5:05.3. **PV:** Jasmine Hicks (N&P) 2.73. **LJ:** 1 Hicks 4.90; 2 S Douglas (Exe) 4.86
U15
100: 1 C Maxwell (Exe) 13.1; 2 K Rosenstein (Ply) 13.3. **1500:** J Burns (Ply) 4:54.8. **75H/LJ:** C Maxwell (Exe) 11.8/4.75. **HJ:** 1 A Wyatt-Haines (Exe) 1.54; 2 K Parmenter (Newton A) 1.45. **DT:** 1 S Lyne-Ley (Exe) 28.36; 2 K Wickman (N&P) 25.27
U13
100/200/LJ: K Weir (Ply) 13.9/29.14.22. **600:** AM Keast (N&P) 1:49.4

KINGSTON-UPON-HULL OPEN

Hull
Men
SP/DT: Russell (Scar) 14.07/46.67
U17
100/200: P Norfolk (KuH) 11.7/23.1. **400:** R Francis (Hallam) 53.3. **800:** K McDonagh (Scun) 2:04.5. **HJ:** L Jelley (KuH) 1.70. **PV:** 1 N Clarke (Dearn) 3.50; 2 T Wagner (Leeds C) 3.30; 3 J Sleight (Leeds C) 3.00. **SP:** 1 Norfolk 12.35; 2 J Bedford (KuH) 12.19; 3 R Woolley (Mans) 12.18. **HT:** 1 Bedford 61.61; 2 P Smith (Hull A) 53.50
U15
100: 1 L Edwards (Barns) 12.3; 2 R Reeve (Hallam) 12.5. **200:** Edwards 24.8. **PV:** P Hallworth (Dearn) 2.90. **HT:** M Jennings (KuH) 43.20
U13
800: M Stanton (Womb) 2:27.9. **LJ:** M Wagner (Leeds C) 4.62
Women
100: 1 H Jennings (KuH) 12.7; 2 A Shaw (Barns) 13.0. **200:** Shaw 26.7. **400:** N Maddick (KuH) 61.2. **800:** J Maddick (KuH) 2:19.8. **TJ:** 1 B Cain (KuH) 11.00; 2 A Roberts (KuH) 10.06. **DT:** J Wood (Spen) 28.79
U20
HJ: J Lumley (Leeds C) 1.60
U17
100: 1 A Lewis (KuH) 12.6; 2 R Shaw (Barns) 13.2; 3 H Bird (Barns) 13.2. **200:** 1 Lewis 25.7; 2 Bird 26.4. **1500:** K Cheshire (Hull A) 4:58.6. **SP/DT:** R Birch (Barns) 9.55/34.96. **HT:** E Gilbert (Scun) 33.42
U15
100: 1 A Giblin (KuH) 13.2; 2 D Carr (Leeds C) 13.3. **200:** Carr 27.1. **800:** 1 S Simons (Holm) 2:22.4; 2 R Harrison (Louth) 2:25.3. **PV:** E Hilton (Dearn) 2.20
U13
80: 1 L Holmes (Wake) 11.3; 2 E Jackson (KuH) 11.5; 3 F Morton (Hallam) 11.6. **200:** 1 Jackson 28.9; 2 Holmes 29.0; 3 Morton 29.4. **LJ:** D Gilchrist (Clee) 4.21

April 2

SILKSWORTH THROWS

Sunderland
M70
SP/DT/JT: D Field (Sun) 8.58/34.32/31.38
M75
SP/DT/JT: R Laidler (Sun) 7.45/26.64/24.10

March 28

BASILDON EASTER OPEN

Basildon
Men
100: M Russell (Hav) 11.1. **200:** 1 J Thomas (unatt) 22.3; 2 G Frankis (Basil, U20) 23.4. **1500:** J Tydeman (Basil) 4:01.9. **HJ:** G Goodrem (S'end) 1.90
U20
100: Frankis 11.5. **1500:** D Shane (Basil) 4:05.3. **HJ:** S Hemmings (S'end) 1.90
U17
200: r1: C Philips (Basil) 24.0. **1500:** 1 J Shane (Basil) 4:05.1; 2 P Bumstead (Basil) 4:10.7; 3 P Hines (unatt) 4:17.3. **HJ:** D Spelman (Basil) 1.90
U15
100/200: M Lumm (Basil) 12.1/24.2
Women
400: H Bloomfield (C&T) 60.2; 2 L Brown (Basil) 61.0. **800:** H Scott (Hav M) 2:19.0
U20
100: S Brown 13.0. **200:** J Ryan (Lough) 25.5. **800:** K Tydeman (Basil) 2:23.8. **1500:** H Scott (Hav) 4:53.2
U17
200: L North (Chelm) 26.4. **300:** H Moore (Basil) 44.2; 2 L Bouchard (S'end) 44.6. **800:** H Moore (Basil) 2:24.5. **1500:** A Whitfield (Basil) 5:03.7. **HJ:** 1 S Bishop (Basil) 1.53; 2 K Wilson 1.53. **LJ:** K Wilson (Basil) 4.89
U15
1500: D Dignum (Basil) 5:01.9. **LJ:** A Lusty (Chelm) 4.86
U13
200: r1: C Longhurst (S'end) 29.4. **800:** K Nutman (S'end) 2:36.2. **1500:** N Twine (Basil) 5:25.1. **SP:** C Coker (Green) 8.01

March 6

OXFORD v CAMBRIDGE RELAYS

Iffley Road
Men
4x100: Oxford 43.2. **4x200:** 1 Oxf 1:29.2; 2 Cambridge 1:32.5. **4x400:** Oxf 3:22.7. **4x800:** 1 Oxf 7:58.6; 2 Camb 8:06.3
Women
4x100: 1 Camb 51.3; 2 Oxf 51.9. **4x200:** 1 Camb 1:50.0; 2 Oxf 1:51.8. **4x400:** 1 Oxf 4:09.3; 2 Camb 4:12.8. **3x800:** Oxf 7:26.5. **4x200H:** Camb 2:09.5

Road

April 10

HAMPSHIRE RELAYS

Portsmouth
WINCHESTER team coach Nick Anderson was the fastest official runner as he led his squad to a men's and women's double and a series of fastest stage times, *Martin Duff reports*.

Anderson took Winchester into the lead on the second stage after Portsmouth runner Tom Payn "won" the opening stage in 13:23.

Winchester also won the women's relay after being led off by recent signing India Lee, who was fastest U20, while Winchester's Georgina Benson was fastest senior.

Men (6x2.75M)
1 Winchester & District 86:30 (M King 14:05, N Anderson 13:47, A Omar 14:37, I Hardcastle 14:53, M Gregory 14:35, A Greenleaf 14:33); 2 Southampton RC 89:07 (G Bungay 14:57, D Branfoot 13:54, M Campbell 14:10, S Haggerty 15:34, P Davis 15:13, R Coleman 15:19); 3 City of Portsmouth 91:10 (A Budd 14:51, P Hocking 14:33, J Brimecome 15:00, C Scott 15:11, L Rodgers 16:43, P Bleach 14:52); 4 Stubbington Green R 91:56; 5 Soton RC B 94:21; 6 Win B 94:52; 7 Victory 96:52; 8 Havant 97:25; 9 Lordshill RR 1:40:02; 10 Stubb B 1:47:56
Fastest:
Senior: T Payn (Ports B, n/s) 13:23; Anderson 13:47; Branfoot 13:54; Campbell 14:10
U20: A Pritchard (Win) 15:34
M40 (4x2.75M)
1 Portsmouth 60:58 (G Rhimes 15:36, P Davoile 15:01, M Flower 15:16, D Thomson 15:05); 2 Soton RC 61:29 (P Costley 15:20, P Desborough 15:21, J Grainger 15:14, R Thompson 15:34); 3 Win 63:24 (L Wrangle 15:07, S Goodwin 16:07, M Davies 16:08, P Manly 16:02); 4 Stubb 63:32; 5 Soton RC 64:00; 6 Portsmouth Joggers 65:00; 7 Ports B 69:11
Fastest: T Allen (Stubb) 14:51; Davoile 15:01; Thomson 15:05; Wrangle 15:07
Women (4x2.75M)
1 Winchester 67:10 (I Lee 16:25, G Benson 15:56, B Edwards 17:33, J Ross 17:16); 2 Soton RC 69:07 (C Robertson 16:54, K Harwood 16:17, K Rushton 17:58, R Byers 17:58); 3 Havant 71:57 (J Harrop 16:31, C Reynolds 18:26, H Keough 18:44, P Keen 18:16); 4 Soton RC 76:54; 5 Stubb 77:25; 6 Havant B 85:41
Fastest:
Senior: Benson 15:56; Harwood 16:17; Robertson 16:54
U20: Lee 16:25
W35 (4x2.75M)
1 Portsmouth 71:38 (T Burrows 18:25, J Morris 18:54, H Lockyer 17:28; J Oakley 16:51); 2 Alton R 73:53
Fastest: Harrop 16:31; Oakley 16:51; A Rawlings (Alton) 17:01

April 10

WIMBLEDON AUDI 10km

West Wimbledon
PHIL WICKS gave evidence of his impressive improvement with a runaway victory in this race, *Tom Pollak reports*.

Aware the course record stood at 30:04 and eager to improve on his own PB of 31:16, Wicks found himself out on his own from the start and he set a fierce early pace which none of the other 900-plus runners was able and willing to match. Conditions, a mild overcast spring morning and virtually no wind, favoured a fast time.

So, for 21-year-old Wicks, it became a race against the clock and even the testing 1000m climb up Wimbledon Hill half-way round the course didn't really prove a serious obstacle.

"I have done a lot of hill work in training and so I never feel uncomfortable about them," said Wicks. He kept up the momentum and arrived at the finish well clear of his closest challenger in 30:29 to smash his PB set at Victoria Park in March.

"I knew I was in better shape than I had been at Victoria Park and I went off hard from the start," he said. "I was very pleased with my time."

Now, Wicks focuses on helping Belgrave in their bid to regain the AAA National 12-stage title at Sutton Park on April 23 and, the following day, he runs in Sam's Run 10km in Bushy Park, South West London, the race being held in memory of his former Windsor, Slough, Eton & Hounslow club-mate Sam Haughian, on the first anniversary of his fatal car crash in South Africa.

Natasha Buckley, who enjoyed a successful winter in the Surrey Ladies' League where she finished second overall, was a comfortable winner of the women's race.

Men
1 P Wicks (Belg) 30:29; 2 M Burrett (Leeds C) 31:47; 3 P Mainwaring (G&G) 32:30; 4 M Boyle (Herne H, M40) 32:43; 5 B Paviour (Serp) 34:03; 6 E Evans (High) 34:34; 7 R Hydes (unatt) 34:45; 8 E Mayers (SB) 34:51 ... 11 W Gristwood (ESM, M45) 35:27
M40: 2 G Blesson (Kingfisher Tri) 35:38; 3 M Jones (HW) 36:08. **M50:** R Pitt (THH) 35:44. **M55:** 1 S Badgery (HW) 36:17; 2 A Curtin (Datch) 38:30; 3 M Miller (HW) 39:12. **M60:** 1 P Giles (THH) 37:30; 2 R Dickson (THH) 40:54
Women
1 N Buckley (Wimb W) 37:17; 2 A Ridley (SB) 38:14; 3 J Ray (DMV, W40) 38:29; 4 L Kehoe (High) 38:47; 5 K Symons (THH) 39:43; 6 L Waldham (unatt, W40) 40:02; 7 C Du Toit (Wimb W) 40:51 ... 9 M Jones (HW, W45) 41:33 ... 11 R Vaygelt (unatt, W40) 42:09 ...15 M Bagdanowicz (unatt, W40) 43:25 ... 18 J Brittan (unatt, W45) 43:45
TEAM: 1 Hercules Wimbledon 98; 2 Sutton Runners 112; 3 Wimbledon Windmilers 165; 4 Serpentine RC 462; 5 London Heathside 507; 6 Thames Hare & Hounds 608

April 10

FRED WRIGHT MEMORIAL 10km

Whittlesey, Cambridgeshire
Men
1 D Pettit (P'boro) 32:03; 2 M Blunden (RAF) 32:41; 3 S Beard (Nene V) 33:03; 4 A Allen (P'boro) 33:25; 5 I Aunger (Nene V, M40) 33:35; 6 C Clarke (Nene V, M45) 33:42; 7 S Owen (Nene V, M50)



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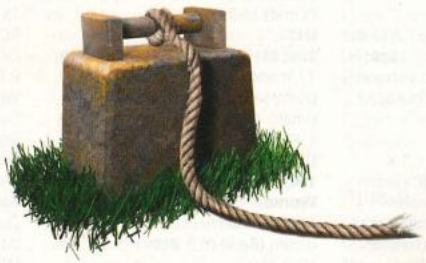
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34:01; 8 M Ward (P'boro) 34:52; 9 A Suter (P'boro) 34:55
M40: 2 M Blackwell (R'side) 36:30.
M45: 2 C Owen (S'well) 37:46.
M50: 2 M Barnsdale (Nene V) 35:15; 3 G Williams (Nene V) 35:45. **M55:** 1 R Church (Nene V) 36:48; 2 R Blake (Gt Yar) 37:42; 3 R Cave (Werr J) 38:39; 4 I Corleys (Bush) 39:28; 5 B Goodenough (Thorney) 39:31; 6 K Brookes (Nene V) 39:52; 7 M Holt (Nene V) 40:11; 8 G Smith (Nene V) 40:56. **M60:** J Thomas (Corby) 40:38
Women
1 R Stone (Werr J) 38:38; 2 A Page (Nene V) 40:36; 3 S Irving (March, W40) 40:57

BUDGET INSURANCE SERVICES WALLSEND 10km
Wallsend, Tyne & Wear
STEVE HEPPLES defeated a good quality field after intending to attack Colin Walker's 12-year-old course record of 29:22.

The prevailing wind on what is, for the main part, an exposed course soon put paid to these ideas and the Redcar-based athlete was content to sit behind long-time leader David Wardle.

Mark Hudspith joined the pair in the early stages, but a lack of fitness due to a recent injury told, and he fell back with two miles remaining.

Hepples passed Wardle in the final kilometre, coming home with nine seconds to spare over his rival.

Hudspith finished in an isolated third place ahead of Mark Hood and Stewie Bell. Paul Merrison was the leading veteran, in 10th position.

Elswick's Judith Nutt won the women's race, crossing the finish line nearly three minutes ahead of Claire McManus, with Alison Dargie finishing third.

Lynne Marr in fourth place, was the first veteran.
Men
1 S Hepples (Loft) 30:19; 2 D Wardle (Lon I) 30:28; 3 M Hudspith (Morp) 31:07; 4 M Hood (Sun) 31:31; 5 S Bell (CleS) 31:35; 6 D Kirkland (unatt) 32:55; 7 J Archer (Low F) 33:10; 8 T Brannon (NSP) 33:57; 9 P Besford (Gate) 33:58; 10 P Merrison (Walls, M45) 34:25; 11 I Bloomfield (CleS, M50) 34:46; 12 S White (Els, M55) 35:13; 13 Jim Bell (Els, M55) 35:27; 14 M Jones (SSh, M40) 35:38; 15 B Jameson (Tyne, M50) 35:48
M45: 2 K Mackey (SSh) 35:54; 3 D Anderson (Walls) 36:06; 4 P Dixon (Els) 36:41; 5 S Marshall (Dur) 36:47; 6 B Allsopp (Walls) 37:19. **M50:** 3 A Jenkins (Morp) 37:12; 4 S Winter (CleS) 38:58. **M55:** 3 J Mowatt (unatt) 40:17. **M60:** 1 K Alnwick (Gate) 41:46; 2 R Wilson (Sun) 42:01
U17 (1.8M)
1 J Martin (Sun) 9:00; 2 T Carter (Walls) 10:13; 3 B Henderson (Morp) 10:37
U15 (1.8M)
1 M Cochrane (Morp) 9:51; 2 D Watt (NSP) 10:11; 3 R Kirkup (Morp) 10:18
U13 (1.8M)
1 N Reed (Sun) 10:11; 2 G Ritchie (J&H) 11:05; 3 J Archer (Sun) 11:23
Women (10km)
1 J Nutt (Els) 38:08; 2 C McManus (NSP) 40:59; 3 A Dargie (Els) 41:03; 4 L Marr (Tyne, W40) 41:38
W60: C Lee (Gosf) 46:24
U17 (1.8M): E Sibley (Walls) 12:27
U15 (1.8M)
1 R Adams (Morp) 10:51 (rec); 2 L Macdonald (Morp) 12:24; 3 E Craik (J&H) 13:03
U13 (1.8M)
1 Z Armstrong (Morp) 11:42; 2 M Simpson (Morp) 12:06; 3 E Winter J&H) 12:07

FLITWICK 10km
Bedfordshire
THERE were course records all round as Simon Tanui and Wilfred Tarragon for the men and Jacqueline Tarrant for the women set new standards, *Martin Duff reports*.

In perfect running conditions a record field was also on hand to see Tanui and Tarragon head to head for the whole race before they crossed the line more or less together in 30:12, with Tanui just being given the nod.

Also in contention in the early stages was another Kenyan, Zacchary Kihara, while Matt Janes and Martin Yelling were the best of the locals in fourth and fifth.

In the women's race 32-year-old Tarrent had nearly a minute to spare over leading veteran Clare Pusey when crossing the line in 37:13.
Men
1 S Tanui (Bir/KEN) 30:12; 2 W Taragon (Bir/KEN) 30:12; 3 Z Kihara (Bir/KEN) 30:43; 4 M Janes (Bed C) 31:40; 5 M Yelling (Bed C) 32:18; 6 J Lawler (Bed C) 32:43; 7 G Suffling (Lut) 33:17; 8 T Berg (unatt) 33:29; 9 T Stanley (Bed C) 33:52; 10 A Sainsbury (Dac) 34:10; 11 A Slack (Herts P) 34:20; 12 S Coombes (L Buzz) 34:30; 13 A Fisher (RAF) 34:45; 14 D Brown (unatt) 35:01; 15 T Watson (unatt) 35:04; 16 L Smyth (Bed C) 35:07; 17 T May (L Buzz) 35:10; 18 I Pheasey (Mil K) 35:18; 19 P Allen (Dac, M40) 35:42; 20 C Maxwell (Bed C) 35:52
M40: 2 M Ovington (Mil K) 36:12.
M45: J Chapman (Stops) 37:49.
M50: 1 P Dellar (Dunst) 37:54; 2 A Moore (tops) 38:32. **M55:** 1 A Daglish (Lut) 37:34; 2 A Webb (M Vets) 38:47; 3 W Quinn (Dunst) 39:12; 4 D Christopher (Stops) 40:17.
M60: 1 J Binks (B'brook) 42:58; 2 B Wallace (Wat J) 43:43. **M65:** P Warren (Rane) 43:30
Women
1 J Tarrent (Barn) 37:13; 2 C Pusey (Burn J, W35) 38:08; 3 K Philp (Gard CR 38:24; 4 A Klein (NHRR) 38:32; 5 A Howe (Lon H) 39:03; 6 T Fearn (St Alb, W35) 39:28; 7 G Duckworth (L Buzz, W45) 39:30; 8 T Muir (Bed C, U17) 39:42; 9 C Busuttil (Lut) 40:08; 10 M Maxwell (Bed C) 40:37; 11 K Worrell (Bigg, W40) 40:51
W40: 2 L Lister (unatt) 43:01. **W45:** 2 L Hogan (Lut) 43:22

BENSON 10km
Oxfordshire
Men
1 D Merckel (unatt) 33:31; 2 R Watts (Dulw R) 34:14; 3 C Taylor (Read RR) 34:38; 4 P Jones (Mil K, M40) 35:18; 5 L Boden (Wit, M40) 35:45; 6 E Dodwell (Read RR, M40) 35:48
M40: 4 J Heitir (Oxf C) 35:53. **M50:** 1 J Exley (Oxf C, M55) 36:18; 2 A Richardson (Chilt) 37:39. **M60:** B Cradden (B'brook) 44:09
Women
1 W King (unatt) 39:16; 2 S Whitworth (Head RR) 39:35; 3 D Moore (Head RR) 39:55; 4 M Lazell (High) 40:05; 5 L Davies (Head RR) 4:31; 6 S Reynolds (Read RR) 40:48; 7 S Paradine (unatt, W35) 40:53; 8 J Elliot (unatt) 41:01
W45: G Hueter (Oxf C) 43:41. **W50:** M Moody (Handy X) 44:07. **W60:** J Jeffrey (Read RR) 46:18

THREE BRIDGES 10km
Lancaster
Men
1 G O'Neill (Salf) 31:54; 2 E Simpson (Prest) 31:57; 3 R Berry (S'port W) 32:33; 4 S Littler (Wesh RR) 32:53; 5 S Smith (Darw) 33:52; 6 N Thompson (Lyth) 33:54; 7 G Collinge (Acc, M45) 34:16; 8 S Monk (B'burn) 34:25; 9 G Dixon (Barr) 34:31; 10 M Brown (Clay, M40) 34:52; 11 J Chadwick (Glax) 34:59
M40: 2 C Breckall (L&M) 35:20; 3 S Robinson (Team Sabar) 36:00. **M45:** 2 P Sandiford (L&M) 37:05; 3 N Holding (W Pen) 37:17. **M50:** 1 T Pritchard (Garstang) 38:12; 2 J Pickup (Clay) 38:48
M55: 1 S Murray (Barr) 38:40; 2 T Lonergan (Ilk) 39:16; 3 M McKenna (Dallam) 39:37; 4 A Appleby (Prest) 39:50; 5 T Isherwood (Clay) 39:51; 6 P Simpson (Liv H) 40:55. **M60:** 1 D Waywell (Wesh RR) 37:01; 2 R Barlow (Ach R) 40:20; 3 H Gott (N Vets) 41:05. **M70:** 1 M Weller (unatt) 48:20
Women
1 L Clarkson (Darw) 39:53; 2 L Wolfenden (Ilk) 40:10; 3 T Mitchell (Clay) 40:23; 4 A Smith (N Fylde) 40:43
W45: 1 A Sweeney (Prest) 41:51; 2 K Wilson (unatt) 42:05; 3 E Gardner (L&M) 42:53; 4 K Hoyer (Wesh RR) 44:06; 5 A Titterington (N Fylde) 44:29; 6 J Pound (Chor) 44:59. **W50:** 1 M Doyle (Liv RC) 44:05; 2 R Calderbank (N Fylde) 44:49

ATLANTIC COLLEGE 10km
St Donats Castle, Llantwit Major
Men
1 J Downes (Lon I) 31:54; 2 J Baker (Les C) 32:12; 3 S Swansea (Swan, M40) 33:07; 4 P Griffiths (Swan) 33:15; 5 D Rees (unatt) 33:47; 6 M Collins (Card) 33:52; 7 R Bullen (Les C, M40) 33:54; 8 P Cook (Les C) 33:58; 9 AN Other 34:09; 10 G Thomas (Les C, M40) 34:33; 11 K Edwards (Les C) 34:34; 12 S Paterson (Peg) 34:37
M40: 4 P Coles (P'pridd R) 35:10; 5 S Smith (Swan) 35:18; 6 C Clement (P&D) 35:58; 7 M McGeoch (Les C) 36:28. **M50:** 1 J Collins (Swan) 35:40; 2 M Tabor (San D) 36:34; 3 M Chandler (P'pridd R) 36:42; 4 P Ross-Davies (Inv EK) 36:53; 5 R Morris (San D) 37:37; 6 K Sullivan (Les C) 38:54
Women
1 L Emyr (Card, W35) 40:01
W45: 1 J Scholey (Les C) 41:11; 2 S Ashton (Chep) 44:23; 3 S Jones (Brackla) 44:29; 4 J Lewis (Les C) 44:33. **W55:** 1 R Tabor (Dulw) 43:23

ESSEX PB 5
Basildon
Men
1 N Thatcher (NEB) 25:55; 2 I Campbell (Ilf, M40) 26:08; 3 G Maley (Hav M) 26:49; 4 M Brand (Hav M) 27:12; 5 R Dewhurst (E&H) 27:24; 6 J Mohamed (NEB) 27:25; 7 J Barker (Thrift G) 27:26; 8 M Baron (Swan, M40) 27:35
M40: 3 T Knightley (Ilf) 28:46; 4 A Abraha (Lon Hth) 29:21; 5 S Williams (Thurr) 29:22. **M50:** 1 M Clarke (Ilf) 30:02; 2 D Sifford (Thurr) 31:08
TEAM: 1 Havering Mayesbrook 19; 2 Ilford 34; 3 Thurrock 68
Women
1 B Dagne (Belg) 28:07 (rec); 2 S Mullins (S'end) 28:45; 3 S Stradling (C&T) 30:07; 4 S Hawkins (Inv EK, W40) 30:28; 5 J Moorekite (Inv EK, W45) 32:16; 6 A Bussey (S'end, W35) 32:23; 7 L Tanner (C&T, W45) 32:50
TEAM: 1 Colchester & Tendring 18; 2 Swanley & District 47; 3 Pitsea RC 87
MIXED TEAM: 1 Swan 606; 2 Witham RC 992; 3 Harvey Snails 1424

DARENT VALLEY 10km
Eynsford
Men
1 J Holmans (Cant H) 34:04; 2 A Green (Dartf RR) 34:13; 3 A Pickett (Dartf) 34:32
M50: D Thornby (M'stone) 38:05.
M60: P Burton (I&I) 42:50
Women
1 A Green (SB, W35) 36:52; 2 G Wheeler (Hails) 38:49; 3 E Harraden (M&M) 39:14
W45: S Spong (Hav 90) 41:56.
W50: S James (Padd W) 43:43

TROWSE SPRING 10km
Trowse Newton, Norfolk
Men
1 G Amos (Norw, M45) 32:39; 2 A Lewis (Norw RR) 33:53; 3 M Auger (unatt) 34:27; 4 R Goose (Norw, M45) 34:29; 5 I Bailey (Norw) 34:30; 6 N Jackson (L'toft, M45) 34:37
M45: 4 K Sherry (Norw RR) 35:04; 5 R Moore (Norw) 35:09. **M50:** 1 P Johnson (Norf G) 36:23. **M55:** 1 T Mulcahy (Bung) 39:52; 2 M Yeomans (Norw RR) 40:48. **M60:** 1 P Oldman (Low) 42:34
TEAM: 1 City of Norwich 19; 2 Norwich RR 50; 3 City of Norwich B 99
Women
1 J Clarke (Norf G, W45) 38:09
W45: 2 D Parfitt (Norf G) 41:22; 3 G Pryke (Ips J) 42:43. **W55:** 1 G Martin (unatt) 46:08; 2 C Betts (Norf G) 48:07; 3 G Woodhouse (Dereham) 48:49. **W60:** C Spong (unatt) 46:46.
TEAM: 1 Norw 10; 2 Norfolk Gazelles 19; 3 Norw RR 29

YORKSHIRE VETERANS' SERIES
Meltham, West Yorkshire
Men (6M)
1 P Stephenson (P&B, M40) 36:48; 2 J Holah (P&B, M40) 37:01; 3 D Maycock (Horsf, M45) 37:26
M60: L Haynes (Bing) 41:03
Women
1 M Hart (Horsf, W45) 46:35; 2 F Strang (Knave, W35) 46:51

April 9

SUSSEX RELAY CHAMPIONSHIPS
Christ's Hospital, Horsham
COMMONWEALTH Games hopefuls Joel Kidger and Andy Robinson dominated the individual timings but neither could stop Brighton taking an exciting men's race finish, *Martin Duff reports*.

Robinson took Horsham Blue Star into the lead on the second two-mile 104 yard loop with 9:28, one second outside the course record.

"Things are going well and I want to get inside the Commonwealth Games standard of 8:40," said 3000m steeplechaser Robinson.

Joe Corbett had led for Chichester on the first leg, with 10:13 and they were back in front on the third stage through James Baker's 10:06, before Brighton assumed the lead on the fifth leg. They only just held on to the lead at the end of that penultimate leg as Kidger was closing fast after starting off fifth.

The Manchester Commonwealth Games 800m runner is looking for a repeat vest next year and closed rapidly on the leaders with the day's second best time of 9:44.

"The (Commonwealth) standard is 1:47.5 and I should be able to do that," added the Crawley runner, who set up the race for a tight finish.

It took a third best time of 9:58 from Matt Bristow to hold off Kevin Holland's 10:03 and prise out a 10-second victory for Brighton.

The south coast club had earlier just lost out to Chichester in the veteran over-40 event, where their Rob Shannon (10:20) and Keith Newton (10:21) were the quickest, but did win the M50 race by more a minute. Julie Briggs ensured Arena 80 won the women's race with the fastest time of 11:16. The holders were led off on the opening stage by Chris Naylor.

The 50-year-old was a close third, behind Louise Hoyte and a guesting Juliette Clark.

Local rivals Phoenix hit the front on the second lap, before Briggs came through to win by more than a minute.

Brighton & Hove City took the over-40 women's race after leading from start to finish. Cathy Ulliott had set them up on the opening leg with 12:50 and that remained the fastest throughout the race.

In the younger age-groups, the best performance came from Sarah Wigmore, who posted the fastest lap of 6:22 as her club won the U15 girls' event by nearly a minute.
Men (6x2M 104yds)
1 Brighton & Hove City 62:46 (B Brett 10:16, J Painter 10:32, P Froud 10:50, D Boyce 11:34, S Awdah 10:36, M Bristow 9:58); 2 Crawley 62:56 (I Barrett 11:05, S Fortnam 10:33, C Johnson 11:06, T Kimber 10:25, J Kidger 9:44, K Holland 10:03); 3 Chichester R 64:31 (J Corbett 10:13, S Gillert 10:15, J Baker 10:06, A Hancock 11:23, D Dorning 11:43, G Wright 10:51); 4 Hastings 65:03 (J Larkin 11:00, S Baker 10:51, E Tambeh 10:51, M Marham 10:21, N Lawler 11:16, L Jules 1:44); 5 Phoenix 65:46 (D Carter 1:41, C Edwards 11:29, J Guilmant 10:44, J Isherwood 10:39, M Mickelthwaite 11:21, D Stepney 10:52); 6 B&H B 67:16; 7 Horsham Blue Star H 68:36; 8 Worthing H 68:47; 9 Eastbourne Rovers 69:41; 10 Horsham Joggers 72:28; 11 Steyning 76:16; 12 Amphibians 2 Triathletes 76:53; 13 Arena 80 77:04; 14 Lewes 77:57; 15 Chich R B 79:25
Fastest: A Robinson (Horsh) 9:28; Kidger 9:44; Bristow 9:58; Holland 10:03; Baker 10:06
M40 (4x2M 104yds)
1 Chich R 43:50 (G Wright 10:27, A Nicholson 11:25, J Garland 11:20, K Toop 10:38); 2 B&H 44:03 (K Newton 10:21, M Halls 11:37, T Ulliot 11:45, R Shannon 10:20); 3 Crawley 45:42 (M Parry 11:09, D Rayner 10:52, D Tibbles 12:02, V Golding 11:39); 4 Hailsham H 45:49 (A Payne 11:43, A Fessey 11:35, G Johnson 11:17, P Eccles 11:14); 5 Horsham J 45:56 (S Wigmore 11:07, G Thayre 11:34, N Edney 12:00, P O'Connell 11:15); 6 Worthing H 46:24 (S Powell 11:36, P Lay 11:28, K Leitch 11:29, J McGrath 11:51); 7 Phoenix 47:57; 8 Lewes 47:59; 9 Chich R B 48:41; 10 Phoenix B 50:07; 11 Steyn 50:11; 12 Arena 80 51:20; 13 Steyn B 52:22; 14 Arena B 57:40; 15 Horsh BS 55:29
Fastest: Shannon 10:20; Newton 10:21; Wright 10:27; Toop 10:38; Rayner 10:52; S Wigmore (Horsh J) 11:07
M50 (3x2M 104yds)
1 B&H 34:49 (B Clark 11:49, B Blackwell 11:34, P Witcomb 11:26); 2 Chich R 35:50 (R Wiggins 11:51; D Worcester 12:28, D Dorning 11:31); 3 Crawley 36:00 (W Hill 12:07, D Beattie 11:59, T Lintern 11:54); 4 Phoenix 36:30 (C Simpson 12:27, B Friend 12:39, B Novis 11:24); 5 Arena 80 37:20 (P Gasson 11:34, M Booty 13:11, M Naylor 12:35); 6 Lewes 37:22 (B Hughes 13:23, R Brown 12:33, B Mullett 11:26); 7 Chich R 38:03; 8 Steyning 38:17; 9 Phoe B 39:09; 10 Arena B 39:19; 11 Lewes B 42:58; 12 Haywards Heath 45:56
Fastest: Novis 11:24; Mullett/Witcomb 11:26; Dorning 11:31; Blackwell/Gasson 11:34
M60 (3x2M 104yds)
1 Hastings 41:32 (R Wild 13:19, K

Camac 14:21, P Standen 13:52); 2 Lewes 42:32 (P Masters 13:40, M Lane 14:23, D Faulkner 14:29); 3 Hay H 43:54 (J Gill 13:41, R Purchase 13:32, D Walker 16:41); 4 B&H 44:17 (M Duff 13:56, B Bartholomew 14:56, R Taylor 15:25); 5 Crawley 46:20 (A Matson 13:36, J Parker 14:09, P Jordan 18:35); 6 Steyning 50:27; 7 Hay H B 50:52

Fastest: T Slade (Chich R) 12:58; Wild 13:19; Purchase 13:32; Matson 13:36; Masters 13:40; Gill 13:41

U15 (3x1M 241yds)

1 Chich R 18:28 (D Cox 5:59, J Leonard 6:21, C Palmer 6:08); 2 Eastbourne 18:53 (J Dennis 6:22, S Rodger 6:14, F Weir 6:17); 3 B&H 19:00 (S Tolhurst 6:14, B Walmsley 6:28, S Denman 6:18); 4 Horsham J 19:27; 5 Chich R B 19:37; 6 Worth 20:52; 7 B&H B 21:03; 8 Worth B 21:40

Fastest: Cox 5:59; B Molton (Chich R B) 6:03; L Valentine-O'Connell (Horsh J)/Palmer 6:08

U13 (3x1M 241yds)

1 Chich R 19:33 (M Cotton 6:08, H Richardson 6:15, C Roe 6:10); 2 Chich R B 19:52 (S Roe 6:31, N Robson 6:34, W Leighton 6:47); 3 B&H 20:20 (J Crellin 6:46, J Steedman 6:41, J McCarthy 6:53); 4 Chich R C 20:30; 5 Lewes 20:34; 6 Eastbourne 20:49; 7 Worthing 20:53; 8 Lewes B 21:08; 9 Worth B 21:34; 10 Hailsham H 22:59; 11 Seaford Striders 23:18; 12 Steyning 23:55

Fastest: Cotton 6:08; C Roe 6:10; Richardson 6:15

Women (3x2m 104yds)

1 Arena 36:11 (C Naylor 12:16, V Boyle 12:39, J Briggs 11:16); 2 Phoenix 37:17 (L Austen 12:33, E Martin 12:03, G Sharp 12:41; 3 Crawley 37:26 (E Goodhall 12:36, F Clark 12:02, K Kidger 12:48); 4 B&H 38:00 (F Ray 12:17, L Burton 13:19, K Moore 12:24); 5 Horsham BS 38:43 (L Hoyte 12:15, H Sissons 13:13, E Lee 13:15); 6 Phoe B 39:06; 7 B&H B 39:18; 8 Steyning 39:48; 9 Worthing 39:55; 10 Lewes 40:52; 11 Arena B 41:04; 12 Crawley B 41:20; 13 Phoenix C 42:52; 14 Chich R U20 43:33; 15 Phoenix E 44:38; 16 B&H C 45:20; 17 Horsh J 46:02; 18 Hastings 50:20

Fastest: Briggs 11:16; F Clark 12:02; Martin 12:03; J Clark (Arena, n/s) 12:09; Hoyte 12:15; Naylor 12:16

W40 (3x2M 104yds)

1 B&H 39:40 (C Ulliott 12:50, A Hester 13:29, J Carder 13:21); 2 Steyning 42:28 (J Lennon 13:23, F Woodyatt 14:15, J Priddis 14:50); 3 Worth 42:59 (D Baker 13:48, L Treadwell 14:00, P Challis 15:11); 4 Phoenix 43:24 (C Webb 13:40, D Pope 14:56, L Halliday 14:48); 5 Arena 43:45 (J Hughes 13:38, J Wright 15:33, L Freed 14:34); 6 Steyning B 47:32; 7 Chich R 49:43; 8 Phoenix B 50:12; 9 Hastings 52:44

Fastest: Ulliott 12:50; Carder 13:21; Lennon 13:23; Hester 13:29; Hughes 13:38

W50 (3x2M 104yds)

1 Phoenix 46:22 (C Austen 15:19, J Edmonds 15:31, C Greenough 15:32); 2 Steyning 57:37

Fastest: Austen 15:19

U15 (3x1M 241yds)

1 Horsham BS 20:09 (K Kaye 6:41, R Gould 7:06, S Wigmore 6:22); 2 Hastings 21:04 (S Kelly 7:03, K Cusker 7:21, L Baker 6:40); 3 Chich R 22:12 (K Veentjer 6:49, Z Donnelly 7:43, S Owen 7:40); 4 Eastbourne 22:50; 5 Seaford 25:39; 6 Worthing 25:42

Fastest: Wigmore 6:22; Baker 6:40; Kaye 6:41

U13 (3x1M 241yds)

1 Lewes 21:44 (J Lewis 7:09, E Weaver 6:51, A Lambert 7:44); 2 Horsham BS 22:06 (A Lee 7:17, S True 7:45, F Turner 7:04); 3 Chich R 22:21 (A Hiles 7:09, K Johnson 7:35, C Kennaugh 7:37); 4 Worthing 23:25; 5 Chich R B 23:40; 6 Chich R D 24:05; 7 Seaford 24:35; 8 B&H 24:46; 9 Worth 25:33

Fastest: Fowlie 6:36; Weaver 6:51; Turner 7:04

HEAVEN & HELL HALF-MARATHON
Perth

THE runners in this new and very scenic half-marathon run over what is probably Scotland's most testing route were not helped by strong winds on the day.

Men

1 L Ottemoler (Edin) 78:15; 2 J Bates (Cambus) 79:39; 3 T Lawrence (C'gie) 80:50

Women

1 E Hamilton (Perth, W40) 96:36; 2 J Dobson (Kinr, W35) 1:40:22; 3 J Henderson (Helens) 1:40:57

COMPASS FM GRIMSBY DASH

THE FIRST Grimsby Dash drew a large crowd to St James Square in the town centre to witness local athlete Laurence Baird just beat the final sound of the 34-second duration of the noon chimes of the church peel and beat the field of another eight top-class sprint talents in "Chariots of Fire" fashion.

Men

1 L Baird (Traff); 2 M Culshaw (Sheff); 3 S Massey (Clee); 4 W Taylor (Grims); 5 A Dalton (Louth); 6 C McDonagh (Scun); 7 J Bedford (KuH); 8 S Walsh (Goole Y); 9 J Moulding (Louth, W)

ANNAN & DISTRICT AC RACE
Annan, Dumfries & Galloway

Men (7.25M, all Annan)

1 R Irving 42:31; 2 D McAulay 44:39; 3 J Robson (M40) 46:25

Women: C Legg (W45) 53:41

April 7

ASSEMBLY LEAGUE
Beckenham

ONE club had a perfect start to the season on a night described as "the worst in 30 years of the league", *Steve Roe reports*.

Ken Pike made that observation; and there are few able to gainsay someone who has watched these races since 1975.

But as he flinched from thunder, lightning and continual rain the Kent AC secretary was at least able to see his runners take the top three places.

Simon Wurr made a break within the last mile. This shook off of team-mate Nurr Jipriil, who himself pulled away from James Connor approaching the final hill.

Men (2.9M)

1 S Wurr (Kent) 14:09; 2 N Jipriil (Kent) 14:14; 3 J Connor (Kent) 14:20; 4 A Greenaway (Serp) 14:23; 5 A Weir (SE) 14:31; 6 P Doyle (SE) 14:51; 7 S Paddock (West Sch) 14:53; 8 P Tucker (Ravens) 14:56; 9 E Stankard (SE) 14:56; 10 J Headley (Kent) 14:59; 11 L Reilly (Kent, M40) 15:02; 12 J Roche (VP&TH) 15:03; 13 R Munn (Kent) 15:05; 14 A Green (Dartf RR) 15:12; 15 S McGrory (Kent) 15:13; 16 M Barlow (Kent) 15:15; 17 C Daniels (SE) 15:17; 18 L Armitage (Kent, M40) 15:30; 19 M Cates (Eton M) 15:43; 20 E Crane (Beck) 15:48

M40: 3 G Stevens (SE) 16:04. **M45:** 1 S Smythe (Dulw) 16:17; 2 B Hutchinson (Kent) 16:18; 3 S Williams (Dulw) 16:22. **M50:** 1 S Kemp (Beck) 17:44; 2 A Murray (Dulw) 17:49; 3 M Morley (Dulw) 18:02. **M60:** 1 L Wright (Camb H) 20:08; 2 P Ould (Camb H) 20:24

TEAM: 1 Kent AC 16; 2 Stock Exchange 37; 3 Eton Manor 132; 4 Dulwich Runners 134; 5 Ravensbourne Runners 148; 6 Cambridge Harriers 152; 7 Beckenham RC 173; 8 Serpentine RC 177

B TEAM: 1 Kent 155; 2 SE 110; 3 Dulw 231

Women

1 A Pickup (Dulw, W35) 17:35; 2 L Anderson (Dartf RR) 18:26; 3 C Hague (Dartf RR) 18:27; 4 A Kefford-Watson (Dartf RR) 18:28; 5 N McKenna (Kent) 18:32

W40: V Metcalf (Serp) 18:55. **W45:** K Hancock (Serp) 19:14

TEAM: 1 Dartf RR 9; 2 Dulw 18; 3 Serp 33; 4 Kent 47; 4 Beck 49; 5 Eton Manor 53

DUMFRIES RC MONTHLY 4

Men (all Dumf)

1 M Scotney 20:48; 2 M Breen 22:06; 3 N Neilson (M45) 24:22

M55: M McPherson 25:06

April 6

WATERSPLASH RACES
Cranford

Men (5km, all BA)

1 B Walters (M50) 17:38; 2 J Taylor 18:41; 3 G Jones 19:19

Women

1 D Taylor 31:43; 2 M Woodhouse 31:43

Men (10km, all BA)

1 G Rushmer (M40) 37:20; 2 G Taylor (M40) 37:49; 3 M Taylor (M40) 38:09

M50: D Foxley 41:35. **M60:** J Coffey 42:06

Women

1 H Jersild 44:17; 2 L MacAskill (W35) 46:05

WOKING 3
Kingfield, Surrey

Men

1 J Joyce (Team S) 17:15; 2 C Whitehead (MVA) 18:30; 3 A Davidson (Liss, M55) 18:34

M55: A Mayger (unatt) 19:10. **M65:** K Spacie (THH) 18:39. **M75:** D Gammage (IoW) 35:30. **M80:** G Cunning (R Sixties) 34:15

Women

1 S Rowland (Rane, W45) 20:36; 2 A Sprigings (unatt, W55) 21:38; 3 L Reid (TVH) 25:10

LOTHIAN FIDDLERS HANDICAP
Livingston, West Lothian

Open (4M, all Loth): M Inglis (U15)

Fastest – women: 1 S Inglis (U15) 27:42; 2 M Inglis 28:52

U17 (1.5M): A McDonald (U15G)

Fastest: R McFadyen 9:15

April 5

POOLE RUNNERS LADIES 5km
Dorset

LOUISE DAMEN, who joined her hometown club from Bournemouth at the end of February, celebrated with victory over a large field of 230 women finishers, *Martin Duff reports*.

The European U23 10,000m bronze medallist was always in charge and went on to win by more than a minute from Natalie Coveney and Amanda Bailey.

Women

1 L Damen (Poole R) 17:26; 2 N Coveney (Poole) 18:33; 3 A Bailey (SB, U20) 18:44; 4 V Ingham (Poole R, U20) 19:05; 5 D Cocking (B'mth) 19:19; 6 L Faulkner (Dors D, W35) 19:21; 7 S Pike (unatt) 19:26; 8 Y Tibble (Poole R, W45) 19:32

W40: D Critchell (Eg H) 19:50. **W45:** 2 H Ambrosen (Poole R) 21:22.

W50: T Lindop (Poole R) 21:10;

W55: 1 S Barrett (SW Vets) 22:34; 2 Y Crane (Poole) 23:26; 3 J Boichot (Wey) 24:13. **W60:** J Jenkin (unatt) 24:45. **W65:** J Royal (Dors D) 23:19

EAST SURREY LEAGUE ROAD RACES
West Ewell

Men (4M)

1 T Weeks (E&E) 23:18; 2 P Sanger (E&E) 23:43; 3 M Maranzano (E&E) 23:54

TEAM: 1 Epsom & Ewell 22; 2 Croydon 41; 3 E&E B 70; 4 Reigate Priory 71; 5 Dorking & Mole Valley 72; 6 Striders of Croydon 94; 7 Hercules Wimbledon 109; 8 E&E C 128; 9 Lingfield RC 128; 10 Reigate Priory 139

Final standings: 1 Croy 31; 2 E&E 35; 3 DMV 33; eq4 Reig & SoC 30; 6 Herne Hill 24; 7 HW 22; 8 Boxhill Racers 19

U17/U15 (2M)

1 T Hines (E&E) 12:16; 2 A Hawkins (E&E) 12:29; 3 D Street (E&E, U15) 12:34

Colin McCauley Memorial Trophy: 1 C Rickett (Croy) 33; 2 C Johnson (Craw) 24; 3 J Bodin (HW, U15) 21; 4 Hawkins 20; 5 Jones 18; 6 G Thatcher (Croy) 15.5

TEAM: 1 E&E 12; 2 HW 11; 3 E&E B 10; 4 Croy 9; 5 HW B 8

Final standings: 1 HW 45; 2 Croy 39; 3 HW B 28; 4 E&E B 24; 5 HW C 17; 6 Crawley 16

U13 (2M): 1 J Young (E&E) 13:20

TEAM: 1 Croy 11; 2 E&E 7; 3 Croy B 15

Final standings: 1 HW 41; 2 Croy 39; 3 E&E 32; 4 DMV 21; 5 SoC 17; 6 Craw 12

CHESTER SPRING 5

Men

1 J Boardman (Liv PS) 24:26; 2 S Henshaw (Dees) 25:08; 3 G Tomlinson (Vale R) 26:12; 4 D Nicholls (Wilm) 26:16; 5 S McKevitt (Liv H) 26:20; 6 M Halman (Wilm) 26:25; 7 M Armstrong (unatt) 26:49; 8 G MacNeil (W Ches, M40) 26:59; 9 T McGaff (Wilm, M50) 27:06; 10 M Weedall (Wrex, M45) 27:10; 11 J Clague (Liv H, W) 27:18; 12 L Brookman (Warr, M45) 27:28; 13 G Matthews (E Ches, M40) 27:34; 14 P Dodsworth (Warr) 27:38; 15 S Parrott (Wilm) 27:42; 16 P Lambert (unatt) 27:52; 17 D Blazier (A'gele) 27:58

M40: 3 J Spencer (Spec) 29:19; 4 P Knowles (Alt) 29:21; 5 B Green (Stour) 29:24; 6 T Stock (Macc) 29:24. **M45:** 3 D Southern (Alt) 28:21; 4 N Bishop (Wilm) 28:39; 5 A Barbat (W'sey) 29:38; 6 C Martin (Spec) 29:42. **M50:** 1 R Murray (Macc) 29:30; 2 I Carson (Wrex) 30:19; 3 R Sergey (Vale R) 30:37; 4 A Garnett (Spec) 31:05; 5 D Roderick (Dees) 31:10; 6 P Maher (Vale R) 31:06. **M55:** 1 M Fairs (Wilm) 30:14; 2 T Hulme (Wilm) 30:20. **M60:** 1 J Morris (Buck) 33:06; 2 E Fogarty (SHS) 33:06; 3 N Pratten (Wirr) 33:34; 4 N Griffiths (Spec) 34:12

Women

1 Clague 27:18; 2 N Bird (Elles P) 28:59; 3 O Renshaw (Vale R) 30:08; 4 A Hartopp (Macc, W35) 30:40; 5 N Le Good (Macc) 31:04; 6 L McDermott (Liv H, W45) 31:28; 7 R Pleeth (Macc) 31:31; 8 S Charnock (SHS) 31:37; 9 N Archer (Vale R, U20) 31:47; 10 K Ayres (Wilm, W45) 31:50; 11 S Gilliver (Wilm, W40) 32:06; 11 M Johnsone (Vale R) 32:33; 12 E Crawshaw (Wirr) 32:52

W40: 2 V Griffiths (Hels) 34:11.

W50: J Howe (Traf) 33:52. **W60:** H Dirksen (Buck) 36:53

INTER-CLUB GRAND PRIX 5
Bispham, Lancashire

Men

1 J Prowse (B&F) 25:35; 2 S Robinson (N Fylde) 26:21; 3 S Littler (Wesh) 26:36; 4 M Eadie (N Fylde) 26:48; 5 J Parker (Prest) 26:52; 6 G Wilson (Prest) 27:07; 7 N Thompson (Lyth) 27:09; 8 B Hall (B&F, M40) 27:20; 9 J Barlow (N Fylde) 27:25; 10 P Johnston (B&F, U20) 27:30; 11 J Winder (Prest) 27:32; 12 A Rowe (Wesh, M45) 27:35; 13 J Houghton (N Fylde, M45) 27:37; 14 G Pendlebury (Wesh, M50) 27:37; 15 A Brindle (Chor) 27:41; 16 T Cunningham (B&F, U20) 27:44; 17 G Davies (N Fylde, M45) 27:49; 18 R Kenny (Prest, M40) 27:53; 19 L Cornwall (Wesh) 27:55; 20 L Endean (N Fylde, M45) 27:57

M40: 3 P Cruse (Wesh) 29:27. **M45:** 5 P Baxendale (Prest) 28:07; 6 M Cronshaw (N Fylde) 29:01; 7 S Clayton (Prest) 29:22; 8 D Buckley (Wesh) 29:38; 9 T Croft (Lyth) 29:40; 10 D Barker (Prest) 29:56; 11 M Bates (Wesh) 29:57. **M50:** 2 P Quibell (Prest) 28:09; 3 J Collier (Wesh) 29:50; 4 G Webster (Lyth) 30:35.

M55: 1 S Moore (Lyth) 28:32; 2 A Hudson (Wesh) 29:49; 3 A Appleby (Prest) 30:47; 4 S Calderbank (N Fylde) 32:21. **M65:** R Bray (B&F) 35:20; 2 J Winters (B&F) 36:04

TEAM: 1 North Fylde 193; 2 Preston H 206; 3 Wesham RR 251

M40 & M45 TEAM: 1 N Fylde 40; 2 Prest 50; 3 Wesh 54

M50+ TEAM: 1 Wesh 10; 2 Lytham St Annes RR 17; 3 N Fylde 35

Women

1 T Slater (Prest) 29:29; 2 P Walsh (Prest, W40) 30:45; 3 G Ellershaw (B&F) 31:12; 4 C Robbins (B&F, W45) 31:34; 5 S Samme (Lyth, W40) 31:52; 6 G Titterington (B&F) 32:30; 7 A Smith (N Fylde) 32:44

W45: 2 A Sweeney (Prest) 33:23; 3 C O'Connor (N Fylde) 33:55; 4 A Titterington (N Fylde) 35:26; 5 K Hoyer (Wesh) 35:48. **W50:** 1 R Calderbank (N Fylde) 35:32

TEAM: 1 Blackpool & Fylde 36; 2 Wesh 72; 3 N Fylde 77

April 3

TAUNTON MARATHON & HALF-MARATHON

Men (Marathon)

1 M Pearse (Taun, M40) 2:46:20; 2 M Mears (Bide) 2:49:44; 3 R Cox (unatt) 2:50:03

M50: T Ryan (Tiv) 3:07:33. **M55:** P Simpson (L'pool) 3:19:44

Women

1 H Foundling-Hawker (Honi, W35) 3:11:11; 2 J Moore (Yeovil TRR, W40) 3:15:57; 3 L Swanni (SWRR) 3:27:31

W50: J Mills (Launc) 3:33:32

Men (Half-marathon)

1 C Zarkadas (Greece) 73:05; 2 P Hockin (Bide, M40) 73:15; 3 K Crenol (Burnham) 73:26

M45: M Smith (unatt) 80:54. **M55:** P Sargent (Newq RR) 89:07

Women

1 C Hewitt (Tiv, W40) 82:32; 2 J Kingdon (Ply H) 85:55

W45: C Aquilina (Arena 80) 92:46

BUNGAY MARATHON
Norfolk

Men

1 A Smalls (Col H) 2:47:11; 2 J Hartopp (unatt) 2:54:49; 3 I Day (Ely) 2:57:09

M50: R Blake (G Yar) 3:04:29. **M60:** A Wilmott (Halst) 3:28:46

Women

1 H Decker (unatt) 3:13:27; 2 J Cobby (N Elth, W35) 3:23:23
W50: S Ashley (S Lon) 3:32:04

BUNGAY HALF-MARATHON
Norfolk
Men
1 P Dobson (S'field) 74:13; 2 G Chandler (S'field) 75:03; 3 P Molyneux (S'field) 76:19; 4 R Sales (Norw, M40) 76:44; 5 C Pitts (Stow, M40) 78:12
M50: G Rayner (S'field) 84:53. **M60:** R Price (St Ed) 95:56
Women
1 T Apps (S'field, W35) 87:22; 2 T Curl (Norw RR, W40) 89:19
W60: C Spong (Gt Yar) 1:40:55

HAROLD WOOD 7km
Harrow Wood, Essex
Men
1 G Maley (Hav M) 23:36; 2 R Warner (Hav M) 23:48; 3 S Brand (unatt) 23:51
M40: 1 T Pecararo (Hav J) 24:10.
M60: G Parrott (Hav M) 30:31
Women
1 J Webster (Hav M) 27:23; 2 A Bussey (S'end) 29:05; 3 S Walker (Springfield St) 31:56
W35: A Shipp (Springfield St) 40:37

BELVOIR HALF-MARATHON
Hose, Leicestershire
Men
1T Hartley (Charn) 71:15; 2 R McNeill (Charn) 73:00; 3 C Southam (Stilt, M40) 73:19
M40: 2 I Smith (Siemens) 78:35; 3 Paramore (Barr) 78:40; 4 M Stiff (Owls) 79:03; 5 D James (Rugby) 79:40; 6 N Brown (Stilt) 79:54. **M50:** A Norman (Nun) 82:06
TEAM: 1 Stilton Striders; 2 Wreake Valley; 3 Redhill Runners
Women
1 H Cawthorne (Red, W35) 85:00; 2 S Baker (Grange Farm, W35) 86:23; 3 L Knights (Sutton-in-Ashfield) 89:46
W45: Disney (Erewash) 93:19. **W55:** L Griffin (Birst) 95:37
TEAM: 1 Barrow Runners; 2 Redhill; 3 West End Runners

JERSEY SPRING 10km RUN
St Ouen, Jersey
Men (Clubs not provided)
1 E Renouard (FRA, M40) 34:27; 2 T Rogers (M40) 34:37; 3 D Ibbotson 35:01
M40: 3 P Raimbault 36:39. **M50:** 1 K White 35:06; 2 B Arthur 40:33; 3 M Lucas 41:13. **M60:** 1 V Gonsalves 47:55; 2 S O'Hare 48:53; 3 B Ayles 52:59
Women
1 S Bruce (W35) 39:51; 2 B Parker (W45) 40:39; 3 C Knight (W35) 41:50
W35: 3 A Brown 42:24. **W45:** 2 S Le Ruez 42:57; 3 M Johnson 46:29.
W55: 1 E Barr 45:59; 2 S McGhee 53:24; 3 J Costard 62:10

BURNLEY 10km
Men
1 A Hargreaves (Clay) 34:37; 2 S Monk (B'burn RR) 35:24; 3 M Nester (B'burn RR, M50) 35:34
M45: 1 G Cunliffe (Clay) 37:09; 2 J Roche (Clay) 37:18. **M55:** G Cumber (Hali) 38:12
Women
1 S Willimott (B'burn) 36:43; 2 A Wainscott (unatt) 45:53

March 30

JOAN RHODES MEMORIAL 5km
Rochdale
Men
1 A Grenfell (Ross) 16:43; 2 J Hare (Hali, U20) 16:48; 3 G Shipley (Vall S, M40) 16:52
M40: 2 M Brown (Clay) 17:24; 3 S McMyler (Salf) 17:31. **M45:** 1 P Taylor (Ross) 17:10; 2 J Chaplin (Chor) 17:41; 3 G Cunliffe (Clay) 17:58.
M55: 1 F Reilly (Stock) 18.17; 2 B Lucas (Ast & Tyl) 18:41
Women
1 A Green (K&C) 18:20; 2 M Lowe Horw 19:25; 3 K Taylor (Ross, W45) 20:50
W45: 2 L Lucas (A&T) 21:10. **W50:** J Howe (Traff) 21.01. **W70:** L Gilchrist (Valley S) 25:31

March 29

INNSPIRED PUBS BRIDGE INN 5km SERIES
Bristol
Men
1 M Cowen (Exe) 15:50; 2 P Belcher (RM) 15:56; 3 W Dashper (Tel) 16:42
M40: 1 D Gunstone (Bath) 17:16; 2 P Newman (Bath) 17:31. **M50:** 1 D Wintle (Gt West) 17:38; 2 B Graham (Bitt) 17:46. **M60:** 1 P Slavin (Bitt) 20:14
Women
1 S Morris (WSEH) 17:02; 2 H Fines (B&W) 18:24; 3 S Urwin-Mann (Bath) 18:58
W45: 1 V Hawkins (Bitt) 20:32; 2 S Aguilar-Stone (Bitt) 21:40. **W55:** 1 C Fereday (Newp) 22:44

March 26

WARWICKSHIRE RELAYS
Sutton Park
Men (4x2.75M)
1 Tipton H 55:35 (L Northall 13:46, M Hager 14:13, P Evans 14:08, N Stirk 13:28); 2 Birchfield H 56:11 (M Turner 14:59, P Moores 13:37, A Swearman 13:28, L Bek 14:07); 3 Tipton B 56:26 (S Murcott 14:00, P Cavanagh 14:12, D Hill 15:05, M Williams 13:09); 4 Coventry Godiva H 56:50; 5 Halesowen 56:59; 6 Solihull & Small Heath 57:02; 7 Tipton H C 57:10; 8 Nuneaton H 58:05; 9 Birmingham Rowheath 58:50; 10 Royal Sutton Coldfield 59:36
Fastest: 1 M Williams (Tip) 13:09; 2 L Carey (Nun) 13:21; 3 G Lee (Nun) 13:27; 4 N Stirk (Tip)/A Swearman (Bir) 13:28; 6 P Moores (Bir) 13:37
Women (3x2.75M)
1 Birchfield H 48:40 (R Sanders 15:52, F Manger 16:52, A Dalkins 15:56); 2 Coventry Godiva H 49:16 (S Hayward 17:11, M Kirkham 17:10, T Brown 14:55); 3 Nuneaton H 51:38 (C Taylor 17:42, AM Bamforth 16:52, G Mills 17:04); 4 Solihull & Small Heath 53:18; 5 Royal Sutton Coldfield 54:12; 6 Nuneaton B 54:25; 7 Rugby & Northampton 54:45; 8 Coventry B 56:57; 9 Nuneaton C 57:02; 10 Northbrook 58:02
Fastest: 1 T Brown (Cov) 14:55; 2 C Adams (Cent) 15:48; 3 R Sanders (Bir) 15:52; 4 A Dalkins (Bir) 15:56; 5 A Dipple (D&S) 16:11; 6 R Rowberry (Bir) 16:29

March 20

WORTHING 20
Men (corrected results)
1 K Kyereme (SB) 1:46:15; 2 S Major (NEB) 1:52:37; 3 P Froud (B&H) 1:58:38; 4 N Baker (Den) 1:58:38
M40: 1 C Phelan (SLH) 2:00:49; 2 M Gedin (Arena80) 2:01:11; 3 P Turrell (Den) 2:03:32; 4 G Johnstone (Hails) 2:03:46; 5 V Dude (Craw) 2:04:49; 6 P Mitchell (SLH) 2:06:15. **M45:** 1 D Thompson (Dart) 2:05:56; 2 M Flower (Ports) 2:06:07. **M50:** 1 W Hill (Craw) 2:10:14; 2 C Clemerson (Heath) 2:11:38; 3 C Kennard (Gosp) 2:13:11. **M55:** D Beattie (Craw) 2:13:15. **M60:** J Gill (Hay H) 2:33:06.
M65: B O'Gorman (B&B) 2:42:45.
M70: J Gordon (THH) 3:05:19
Women
1 U Korenjak (Ryde) 2:20:11; 2 M Pitt (Hay H) 2:22:21; 3 L Jonsson (unatt) 2:23:26
W40: C Kabza (Arena 80) 2:30:08.
W45: 1 S Newton (Serp) 2:28:30; 2 J Carder (B&H) 2:33:11. **W50:** J Radford (Winch) 2:38:16. W55: S Marzaioli (Hast) 2:52:31; 2 G Goldsmith (Brack) 2:53:35. **W60:** A Dyett (Dart) 2:46:54. **W65:** S Brady (Den) 3:41:01. **W70:** H James (Brom V) 4:10:55

Fell

April 10

WIRKSWORTH INCLINE
Derbyshire
Men (4M/600ft)
1 A Ward (Bolsover) 22:20; 2 D Yates (Mat) 24:47; 3 M Stenton (Sheff) 25:21; 4 K Brailsford (Der, M50) 25:52; 5 C McKittrick (Lough, W) 25:56
M70: B Rogers (C'field) 34:44
Women
1 McKittrick 25:56; 2 C Greasley (Alderley) 27:59; 3 L Lilley (Mans) 28:26
U16 men (2M)
1 K Fowler (Bux, U14) 14:45; 2 R Robinson (Scun, U14G) 15:40; 3 L Seddon (Bux, U14) 16:01
U16 women
1 Robinson 15:40; 2 E Bayley (Bux) 17:01; 3 F Gilbert (Mat, U14) 17:40

GISBOROUGH MOORS RACE
North Yorkshire
Men (12.5M/2600ft)
1 C Miller (Harr) 83:17; 2 M Fanning (B'dale F) 83:50; 3 P Lowe (NYM) 84:09; 4 J Blackett (NYM, M40) 84:12; 5 P Addyman (N'and F) 87:27
M50: P Bramham (K&C) 1:43:33.
M60: G Breeze (Skyrac) 1:50:46.
M70: A Menarry (Skyrac) 2:18:05
TEAM: North York Moors 37
Women
1 V Oldham (Norham) 1:44:45; 2 C Pollard (NYM, W45) 1:48:49; 3 A Hall (T&S, W45) 1:50:16; 4 S Haines (Airienteers, W45) 1:53:17
W50: S Haslam (Scar) 1:55:54
TEAM: North York Moors 31

April 9

KNOCKFARREL HILL RACE
Strathpeffer
Men
1 A Wright (Cambus) 38:39; 2 B Marshall (HELP) 39:00; 3 K Greig (Forres, U20) 40:43; 4 A Clark (Moray, U20) 41:27; 5 H Blake (HHR) 42:53; 6 A Smith (D'side, M40) 43:40
M40: 2 S Worsley (I'ness) 44:43; 3 A McLeod (HHR) 45:31. **M50:** 1 R Wilby (HHR) 45:52; 2 R Louvien (HHR) 47:19; 3 G Mitchell (I'ness) 48:51
Women
1 M Johnson (HHR, W40) 52:47; 2 S Blackwood (I'ness) 54:25; 3 S Gunn (I'ness) 56:01; 4 J Cleghorn (HHR, W40) 61:37; 5 K Clarke (HBT) 64:49; 6 A Mckay (unatt) 74:24

FLOWER SCAR RACE
Todmordern, Lancashire
Men (4M/1100ft)
1 K Gray (Calder V) 30:14; 2 S Bolland (Bowl) 30:17; 3 A Wrench (Tod) 30:18; 4 C Smale (Tod, M40) 30:32; 5 S Thompson (Clay) 30:33
M40: 2 G Schofield (Horw) 31:27; 3 I Greenwood (Clay) 31:37. **M50:** 1 K Taylor (Ross) 34:36; 2 J Holt (Clay) 34:40. **M60:** A Stafford (Kend) 46:27
TEAM: 1 Calder Valley FR 34; 2 Todmorden H 38
Women
1 J Smith (Tod, W40) 40:36; 2 K Brierley (Tod, W40) 40:54; 3 H Corbishley (Ross) 42:21; 4 G Dewhurst (Radc) 42:23
W50: L Riddall (Roch) 57:18

MIDDLEFELL RACE
Nether Wasdale, Seascale, Cumbria
Men (6.6M/1700ft)
1 B Thomson (C'land F, M40) 53:49; 2 D Golding (Amble) 54:09; 3 S Birkenshaw (N'land F) 54:22; 4 J Deegan (Amble) 54:56; 5 P Pollitt (C'land F) 56:52
M50: H Jarrett (C'land F) 62:04
Women
1 N Davies (B'dale F, W40) 65:33; 2 J Casey (Barr, W40) 69:09; 3 R Cash (B'dale F) 69:17

LLANGYNHAFAL LOOP
Denbigh, Denbighshire
Men (4.5M/1500ft)
1 D Jones (Eryri) 37:20; 2 I Houston (Wrex) 38:33; 3 DA Rees (Eryri) 38:39; 4 T Higginbottom (Eryri) 38:45; 5 J McQueen (Eryri) 39:16
M40: S Gilliland (Bro D) 40:01. **M50:** S Jones (Eryri) 40:40. **M60:** J Amies (Cong) 43:59. **M70:** J Carson (Eryri) 63:59
Women
1 V Musgrove (Eryri, W40) 48:36; 2 D Urquhart (Buck) 50:05; 3 J Ewells (Buck) 50:23
W50: M Oliver (Eryri) 54:12. **W60:** B Jones (Bro D) 63:23

April 7

BLUE LOUGH HILL & DALE SERIES
Castlewellan Forest, County Down
ALAN McKIBBEN and Kerry Harty, respective winners of this race in 2004 and also of last year's series, started off with wins in the first of this year's 10 weekly events, *Denis Shepherd reports.*

McKibben and twin brother Dave reached the summit after seven minutes in company with Deon McNeilly and junior Eoghan Gill. However, the McKibbens were pushing on relentlessly by the end of the Ridge Walk, the longest climb, with McNeilly now chasing.

On the final climb Alan pulled clear of Dave to win by 24 seconds with Richard Rodgers the first veteran in fifth.

Harty had a somewhat easier passage, leading all the way before smashing Sharon McBurney's course record by 84 seconds as she finished 28th of 134 in 38:15, with veteran Anne Sandford exactly three minutes behind in a personal best.
Men (4M/1200ft)
1 A McKibben (Newc) 32:58; 2 D McKibben (Newc) 33:22; 3 Deon McNeilly (Newc) 33:41; 4 G Arnott (Willow) 34:00; 5 R Rodgers (Newc, M40) 34:07
M55: B McKay (Albert) 36:36. **M60:** B Magee (Larne) 44:39
U20: E Gill (N Belf) 34:56
TEAM: 1 Newcastle 6; 2 Albertville 49; 3 Team Purple 58
Women
1 K Harty (Newc) 38:15; 2 A Sandford (Newc, W40) 41:15; 3 C McCourt (Derry) 42:15
W45: R McConville (N Down) 46:45

April 6

JOE BARBER HEROD FARM RACE
Sheffield
Men (3M/1100ft)
1 J Cudahy (Stock H) 24:07; 2 M Fowler (Ches HR, M40) 25:01; 3 R Holt (G'dale, M40) 26:20; 4 A Carruthers (Craw, M40) 26:40; 5 M Richards (Goyt V, M40) 26:43
M50: A Howie (Pennine) 29:14.
M60: A Bourne (Staffs M) 45:49
U18: A Fleet (Sadd) 31:08
TEAM: Glospdale H 26
Women
1 T Sloan (Salf) 29:56; 2 C Kenny (Calder V, W40) 33:30; 3 J Gardner (Dark Pk) 33:34
W50: A Dinsmore (Pennine) 40:44

April 5

BUNNY RUN ONE
Keighley, West Yorkshire
BLUE HAYWOOD, already leading the English U14 championship, started the series with an overall women's win in 21:44, an U16 and U14 record.

Southerner John Heneghan finally got his hands on the "Cuddly Bunny," defeating the second-largest ever Bunny Run field and also won the egg stage in 3:21, while Andy Shaw landed his ninth veteran win in the series.

Jonathan Hare took the U16 prize in sixth place despite losing both his shoes.
Men (3M/300ft)
1 J Heneghan (P&B) 17:32; 2 C Doyle (Traf) 18:19; 3 A Shaw (Holm, M40) 18:46; 4 J Helmsley (P&B) 18:49; 5 D Brame (K&C) 18:58; 6 J Hare (Hali, U16) 19:09; 7 A Greenfell (Ross) 19:22; 8 N Bourke (EPOC) 19:26; 9 S Webster (Bing, U16) 19:42; 10 M Jones (Holm) 19:48
M40: 2 R Howarth (Horw) 20:19; 3 A Horsfall (Tod) 20:35. **M50:** 1 N Pearce (Ilkley) 21:57; 2 N Hindle (unatt) 22:13; 3 J Adair (Holm) 22:18.
M60: 1 M Coles (Skyrac) 24:58; 2 D Weatherhead (Bing) 25:13; 3 D Illingworth (Brad A) 25:33
U14
1 T Sessford (K&C) 21:06; 2 T Crowley (Bing) 21:27; 3 S Tosh (Ross) 21:31
TEAM: 1 Rossendale H 33; 2 Holmfirth H 46
Women
1 B Haywood (Linc W, U14) 21:44; 2 L Griffiths (Holm) 21:56; 3 L Mawer (Bing) 21:59; 4 A McGivern (Holm, U14) 22:17; 5 A Anderson (Pend, U16) 22:21; 6 L Lacon (Holm) 22:32
U16: 2 R McGivern (Holm) 23:29
W40: M Green (Bing) 241. W50: M Jagan (EPOC) 26:40
TEAM: 1 Holm 12; 2 Bingley H 30

April 2

PENDLE RACE
Burnley, Lancashire
Men (4.5M/1500ft)
1 M Horrocks (Wharf, M40) 33:18; 2 C Smale (Tod, M40) 33:35; 3 C Miller (Harr) 34:20; 4 G Schofield (Horw, M40) 34:34; 5 P Thompson (Clay) 34:44
M50: D Schofield (Ross) 38:35.
M60: T Peacock (Clay) 46:57
TEAM: Clayton-le-Moors H 44
Women
1 S Becconsall (Bing, W40) 41:50; 2 D Gowans (Acc RR) 43:27; 3 A Kelly (Clay, W40) 44:31
W50: S McNulty (Radc) 51:51

SNAEFELL RACE
TT Course, Isle of Man
Men (5M/1900ft)
1 P Sheard (Manx F, M50) 43:56; 2 R Jamieson (Northern) 44:18; 3 S Skillicorn (Manx F) 44:59; 4 I Gale (Manx F, M40) 45:45; 5 T Rowley (Manx F, M40) 47:27
M50: 1 D Young (Manx F) 50:19; 2 R Webb (Manx H) 51:09. **M60:** D Corrin (Manx H) 53:23
Women

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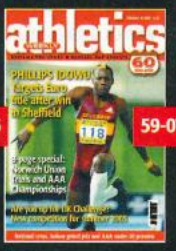
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1 C Partington (Manx H) 52:42; 2 R Hooton (Manx F, W40) 58:22; 3 C Barwell (Western) 61:09

Walks

April 9

ENFIELD 5
Enfield

ESTLE VILJOEN gave Trevor Jones a battle at the front end of the field as she continues her return to form after injury, *Chris Smith reports*.

Chelsea O'Rawe-Hobbs won the junior two miles as she prepares for her England debut against Ireland at next week's RWA Young Athletes Championships.

Mixed (5M)
1 T Jones (Hill, M45) 40:39; 2 E Viljoen (Herc W, W) 40:56; 3 J Hall (Belg, M50); 4 D Sharpe (Ilf, M60) 45:24; 5 P Cassidy (Lough, M65) 45:33; 6 C Lawton (Bel, M55) 45:38; 7 M Hinton (Ilf, M50) 46:12; 8 D Cox (Col, M50) 46:16; 9 A Cox (Hill, M40) 46:19; 10 A Seddon (Enf, M65) 46:38
TEAM: 1 Belgrave 11; 2 Hillingdon 27; 3 Enfield 36
U15 girls (2M): 1 C O'Rawe-Hobbs (B&B) 17:42

April 5

IBSTOCK INDOOR WALK SERIES
Ibstock Sportshall, Ibstock
Men (1km)
1 P Barton (Ibs CC, U15) 5:31.5; 2 A Barton (Ibs CC, U13) 6:03.9; 3 C Smith (Leic WC, M45) 6:57.5

April 3

SARNIA WALKING CLUB ERIC WALDRON TROPHY
Guernsey
Men (2M, All Sarn)
1 J Le Noury (U20) 16:24; 2 R Elliott (M45) 17:07; 3 S Le Noury 18:33
Women: R Druckes (W60) 21:34

Multi-terrain

April 10

COMBE GIBBETT TO OVERTON 16
Hampshire

MATT JONES took advantage of firm underfoot conditions, sunny weather and a following wind to take the race in 96:48, *Martin Duff reports*.

The Thames Hare & Hounds runner eventually headed leading veteran Ian White by nearly two minutes.

Jane Laws was a runaway women's winner, crossing the line in Overton after the trip down from the old hangman's post in 1:50:09. The Barnet 48-year-old won by nearly eight minutes from Belgrave's Erica Fogg.

Men
1 M Jones (THH) 96:48; 2 I White (E'leigh RC, M40) 98:31; 3 S Goulding (Pews, M40) 1:40:59; 4 J Jenkinson (N For 1:41:24; 5 J Sibley (unatt) 1:41:58; 6 K Turner (Barn, M45) 1:42:36; 7 D Vosser (Over, M45) 1:44:43; 8 N O'Dowd (E'leigh RC, M45) 1:44:58
M40: 3 G England (Over) 1:45:09. **M45:** 4 P Carter (Soton RC) 1:46:47. **M50:** 1 B Pentland (Ports J) 1:49:49; 2 I Richardson (Soton RC) 1:50:02. **M55:** K Fancett (TRA) 1:56:34. **M60:** G Patton (Sphinx) 1:48:26. **M65:** P Collins (Brom V) 2:13:40
Women
1 J Laws (Barn, W45) 1:50:09; 2 E Fogg (Belg) 1:57:52; 3 A Dennison (Over, W35) 1:59:41; 4 S Ashley (S Lon, W50) 2:06:33; 5 E Dunham (Andover) 2:07:16; 6 J Choulerton (Head RR) 2:08:51; 7 L Lewis (Hardley, W40) 2:09:06; 8 S Rouse (Hardley) 2:09:54; 9 H Ambrosen (Poole R, W45) 2:10:39
W40: M Needham-Bennett (unatt) 2:10:46. **W45:** 3 F Gay (Win) 2:15:09. **W50:** 2 S Dyson-Laurie (Win) 2:07:07. **W55:** M West (Over) 2:36:42

MARSHFIELD MUDLARK 10km
Nr Chippenham
Men
1 V Griffagnino (unatt) 42:16; 2 D McNally (GWR) 43:48; 3 J Littlechild (Hogweed) 45:32; 4 R Cox (unatt, M40) 46:33; 5 D Clark (unatt) 47:09; 6 S Clifford (CoB) 47:57
M50: 1 N Pollastrone (Chipp) 52:23.
TEAM: Corsham RC
Women
1 J Macquisten (Swindon H, W40) 56:18; 2 J Bradley (CoB) 58:50; 3 L Dow (CoB, W35) 59:59
W50: 1 V Rogers (Corsham RC) 69:35
TEAM: City of Bath

ROYSTON HEATH 10km
Hertfordshire
Men
1 R Coll (New J, M40) 36:16; 2 O Rees (Meridian Sch) 36:19; 3 D Brock (Orion, M40) 36:33; 4 A Houghton (unatt, M40) 36:38; 5 S Howard (Ely, M40) 37:29; 6 M Hughes (unatt, M40) 40:27
M50: A Blackford (Royst) 46:05.
M60: D Peck (New J) 50:23
Women
1 E Berry (unatt) 42:03; 2 S Cadman (St Ed) 42:29

ARUNDEL PARK 10km
West Sussex

TIM WATSON helped Belgrave Harriers to their fifth Southern 12-stage road relays title the previous week.

However, here, after a close battle with Crawley's Louis Jones and Chichester's James Baker, ran out a narrow winner in 33:10.

The race was held on the paths and tracks within the grounds and under the shadow of Arundel Castle and Watson eventually won by about 40 metres.

Men
1 T Watson (Belg) 33:10; 2 L Jones (Craw) 33:20; 3 J Baker (Chich R) 33:36; 4 J Simpson (unatt) 34:13; 5 J Corbett (NEB) 35:42; 6 P Turrell (Liss, M40) 36:12; 7 A Ewing (Stubb, M45) 36:15; 8 P Guest (Ports J), M40) 36:50; 9 J Walker (Steyn) 36:53; 10 L Salazar-Donate (unatt) 38:41
M55: 1 G Burrow (Worth) 42:20; 2 P Western (Havant) 42:55
Women
1 C Offen (unatt, W35) 41:01; 2 A Bathie (WSEH, W35) 42:02; 3 C Blake (unatt) 43:42; 4 J West (unatt) 44:17
W55: S Garner (Ling) 46:17

WILD RACE SERIES
Hamsterley Forest, Co Durham
Men (10km)
1 C Lester-Wilson (Dur U) 39:45; 2 A Minster (Hart) 41:26; 3 G Bishop (Low F) 41:49; 4 A Pearson (unatt) 42:54; 5 D Lydon (Sun S) 43:08
M40: 1 K Galbraith (Hart) 43:31; 2 J Hartley (unatt) 43:42. **M50:** A Storey (Blay) 45:37. **M60:** N Hakeman (Dallam) 58:29
Women
1 T Waller (Hart) 46:46; 2 T Mayne (unatt) 51:27; 3 S Hunter (Cram) 51:51; 4 J Keauley (Swale) 52:52
W40: S Blackburn (Horsf) 53:47

SPEYSIDE WAY 50km
Ballindalloch to Spey Bay
Men
1 C Pryce (Cosmic, M45) 3:45:11; 2 R McRae (Pen) 3:49:23; 3 A Brierley (Fife) 3:56:54; 4 D Walker (W'bury, M50) 3:57:16; 5 R Cunningham (C'gie) 3:57:45; 6 D Aitken (Gars, M45) 3:57:53; 7 G Hendry (P'bello) 3:58:31; 8 M Priestley (Forres, M40) 4:07:35; 9 P Mesteckey (St'earn H) 4:08:31; 10 I Beattie (Cent) 4:10:38
M55: R Woodrow (100K) 4:57:14.
M60: A Kerr (SVHC) 4:44:56
TEAM: 1 Fife; 2 Stratheran H; 3 Carnethy RC
Women
1 C Hunter-Rowe (Dumf, W40) 3:55:45; 2 L Kuz (C'gie, W40) 4:17:32; 3 R Bell (St'ven, W35) 4:26:52; 4 L Mcrae (Pen) 4:29:36; 5 S Grigor (unatt, W35) 4:51:12

GREAT GRIZEDALE TRAIL RACE
Grizedale Forest Park, Cumbria
Men (10M)
1 A Rowe (Wesh, M40) 57:31; 2 G Patten (Amble, M40) 58:25; 3 P Targett (Clay, M40) 58:45; 4 J Gore (unatt, M40) 59:14; 5 R Johnson (Swale) 59:24; 6 P Singleton (Amble) 59:32; 7 A Buttery (Ross) 59:45; 8 J Meyfroidt (Helm H) 60:03; 9 D Raby (Chor) 60:18; 10 A Duffy (B'den RR, M40) 61:15
M40: 6 R Collins (Tees) 61:45. **M50:** 1 A Ward (Swale) 61:57; 2 B Duffy (B'den RR) 63:03; 3 H Matthews (Els) 63:52; 4 D Telford (Alt) 64:34
Women
1 E Johnson (Swale) 66:45; 2 S Charnock (SHS) 66:59; 3 F Taylor (unatt) 69:01; 4 R Oldham (unatt) 70:42; 5 L Lyness (Barr, W50) 72:18

PRIMROSE RUN 10
Devon
Men
1 A Chambers (Exe) 61:07; 2 C Walker (unatt, M45) 63:54; 3 R Waldron (Torb, U20) 66:30; 4 A Haydon (SWRR, M40) 67:01; 5 G Rolston (unatt, M45) 67:09; 6 J Scoins (Tamar) 67:33
Women
1 S Daw (SW Vets, W35) 70:32; 2 E Wood (Axe V, W45) 76:40; 3 C Youngman (Teigb, W35) 78:24

April 6

SPENCERS ARMS DASH
Barnsley, South Yorkshire
Men (3.7M)
1 D Middleton (Barns) 20:40; 2 A Whitworth (Meltham) 21:37; 3 M Lawson (Long) 21:44; 4 G Dean (P'stone FPR) 21:45; 5 P Goodall (Barns) 21:57; 6 S Tibbs (Wake) 22:12; 7 M Law (Barns, M40) 22:15; 8 S Storey (P'stone FPR, M40) 22:43; 9 K Bentley (Spen, M40) 22:46; 10 P Procter (Barns) 23:08
M50: 1 P Goodall (Barns) 21:57; 2 K Williams (Spen) 23:12
Women
1 F Davies (One2One) 23:56; 2 B Coomber (Denb DT, W35) 24:36; 3 D Tibbs (Wake, W35) 27:59

April 5

KINGSHILL KRUNCE
Aberdeen
Men (3.5 Miles/500ft)
1 M Rigby (Cosmic, M40) 22:39; 2 D Whitehead (Cosmic) 23:25; 3 C Pryce (Cosmic, M40) 24:31; 4 B Sheridan (Cosmic) 24:32; 5 J Williamson (unatt) 24:33; 6 K Robertson (Cosmic) 24:56
M40: 3 D McDonald (Cosmic) 25:40. **M50:** 1 M Bryce (TPT) 28:58; 2 A Mouat (Cosmic) 29:42; 3 M Edwards (A'deen) 30:57
Women
1 S Wingrove (Cosmic) 26:17; 2 A Miller (Cosmic) 28:59; 3 E Reid (I'ness) 29:19; 4 E Chellingsworth (Cosmic) 30:48; 5 N Rhind (unatt) 31:39; 6 H Bean (unatt) 31:40
W35: 1 H Mackie (unatt) 34:09; 2 C Mouat (Cosmic) 34:20; 3 A Jessiman (unatt) 35:43

SPRINGBURN CANAL BANK HANDICAP SERIES
Bishopbriggs, Glasgow
Men (3.5M, all Spring unless stated): G Inglis (M60) 26:22
Fastest: 1 D Houston (Cambus) 20:30; 2 J Chambers 22:12; 3 D Reid 22:48
M50: E Dickson 23:20
Women: 1 J Corner 24:2; 2 B Knox (W40) 25:02; 3 A Bruce (W50) 27:10

April 3

CHEDWORTH ROMAN TRAIL
Gloucestershire
Men (10M)
1 V Graffagnino (unatt) 62:47; 2 L Rankin (unatt) 64:22; 3 S Goulding (Pews V, M40) 65:42; 4 A Gore (Chor) 67:34; 5 M Williams (Kenil, M40) 67:47; 6 P Dodd (Chipp, M40) 68:50; 7 T Charles (unatt) 68:54; 8 S Ryall (unatt) 69:02; 9 R Gornall (unatt, M40) 69:06
M50: 1 G Grew (GWR) 74:24; 2 G Le Good (Witney) 77:29. **M60:** 1 N Lane (Bour) 78:39; 2 J Sneddon (Rugby) 83:13
TEAM: 1 Cheltenham; 2 Gloucester; 3 Chippenham
Women
1 H Fines (Bris) 69:44; 2 T Park Chelt) 69:53; 3 H Taylor (Worc) 70:43
W35: 1 C Meheren (Glouc) 81:40; 2 D Catlin (unatt) 82:05. **W45:** 1 L Ferris (unat) 88:38; 2 P Teague (Bour) 89:08. **W55:** 1 R Osborn (New F) 90:41; 2 H O'Shea (Abing) 95:18
TEAM: 1 Chelt; 2 Bourton RR; 3 Headington RR

SAND NATIONAL
Blackpool
Men (3.7M)
1 L Passco (Clay) 18:25; 2 P Muller (Horw, M45) 18:52; 3 D Hamilton (unatt) 19:08; 4 M White (Fitness F) 19:11; 5 G Callaghan (Liv PS, M40) 19:36; 6 T Hesketh (Horw, M55) 20:14; 7 P Connolly (Salf M) 20:27; 8 D Wharton (SHS, M45) 20:31; 9 R Mulindwa (Fitness F) 20:36; 10 R Roberts (N Vets, M40) 20:37
Women
1 L Barrett (Stock H, W40) 23:05; 2 L McIntosh (unatt) 23:14; 3 K Wright (unatt) 25:15; 4 A Lomax (unatt) 25:50; 5 D Kirkman (unatt, W35) 25:53
W45: F Cross (Prest) 28:18. **W55:** M Collantine (Fitness F) 32:51

BAILDON BOUNDARY WAY HALF-MARATHON
Shipley, West Yorkshire
Men
1 W Smith (K&C) 78:56; 2 J Noon (Otl) 81:35; 3 J Holah (P&B, M40) 83:08; 4 D Gregory (Clay, M40) 83:17; 5 S Muldoon (Holm) 83:29; 6 S Wilkinson (K&C, M40) 83:48; 7 R Barrett (Skip, M40) 84:55; 8 A Meskimmon (Dews, M40) 86:05; 9 J Armitage (Puds P) 86:20; 10 N Bedell (Bing, M40) 86:49
M50: J Pickup (Clay) 90:59. **M60:** D Waywell (Wesh) 89:41
TEAM: 1 Keighley & Craven 19; 2 Clayton-le-Moors H 39; 3 Bingley H 50
Women
1 S Harris (Vall) 96:29; 2 R Mackie (Abbey R) 96:54; 3 L Walton (Barns H, W35) 1:42:04; 4 A Bogie (Chapel A) 1:46:19; 5 C Quirk (Skelm B, W45) 1:48:35
W55: B Bullock (Ilkley) 1:59:26
TEAM: 1 Chapel Allerton RR 482; 2 Ilkley H 513; 3 St Bede's 550

BARTON ST DAVID 10km & 5km
Somerset
Men (10km)
1 P Belcher (R Marines) 35:32; 2 P Levick (Wells) 36:45; 3 S Masters (Wells, M40) 37:24; 4 L Lock (unatt, M50) 38:13; 5 R Brown (Dawlish Coasters) 39:27
M60: D Graves (Harts RR) 45:55.
M70: M Parr (Langport R) 55:37
Women
1 L Cummins (Yeov T, W35) 41:47; 2 S Cook (Wells, W35) 48:05; 3 A Bradley (Yeov T) 49:03
W55: S Graves (Harts RR) 68:14
Men (5km)
1 T Lock (unatt, U17) 22:32; 2 S Marsh (Wells, M50) 23:07; 3 C Batten (Wells, U17) 24:12; 4 P Marko (unatt, M40) 27:22; 5 J Goodman (unatt, M50) 28:04
Women
1 E McMillan (B&W, U17) 32:05; 2 S McMillan (unatt) 33:12; 3 D Howells (L'port, W45) 33:53; 4 R McMillan (B&W, U17) 36:28

SCENIC 6
Peopleton, Worcestershire
Men
1 A Train (unatt, M40) 36:33; 2 J Grant (Worc) 38:19; 3 S Hall (Tewk) 38:28; 4 P Childs (Worc) 38:52; 5 J Byng (unatt) 39:47
Women
1 S Armstrong (Amazing F, W35) 44:12; 2 E Hornby (K&S) 44:33; 3 K Wright (SuA, W40) 44:44

MEL'S MILERS CHRIST'S HOSPITAL 10km
Horsham, West Sussex
Men
1 P O'Connell (Horsh J, M40) 35:52; 2 C Pyle (C&C) 36:57; 3 V Goulding (Craw, M40) 37:06; 4 D Holder (unatt) 37:22; 5 J Meadows 37:44; 6 D Barnard 37:48
M60: R Purchase (Hay H) 44:44
Women
1 L Graves (Ling) 40:57; 2 F Faiers (Folk) 43:05; 3 S Hilton (unatt) 43:33; 4 M Powell 44:25; 5 L Elsden 45:17

April 2

SILKSTONE SHUFFLE
Barnsley, South Yorkshire
Men (4.5M)
1 G Dean (P'stone FPR) 26:45; 2 S Bennett (Barns) 26:46; 3 D Cooper (Barns) 29:54; 4 I Charlesworth (P'stone FPR, M40) 30:24; 5 W Barnes (Barns H, W) 30:57
M40: 2 S Dickinson (Barns H) 31:16.
M50: 1 A Knox (Barns H) 31:31; 2 G Hayes (Barns H) 31:48. **M60:** J Hewitt (Barns H) 34:14
Women
1 Barnes 30:57; 2 F Davies (One2One) 31:20; 3 L Walton (Barns H) 32:12
W40: S Charlesworth (P'stone FPR) 37:03. **W50:** M Harrison (Barns H) 37:20

Amendments

WATFORD OPEN GRADED, April 3
Men: 100: G Lewis 11.2 not 11.5

TOM SCOTT 10, Motherwell, April 3
M70: 2 W McBrinn (Shett) 75:14 not 72:15

What's On

Preview guide to forthcoming events worldwide

Road

Sunday April 17

COLIN CUTLER 10km MEMORIAL
King's Park Athletics Centre, Bournemouth. 11am.
Contact: Karl Welch. 01202-420035

FLORA LONDON MARATHON inc UKA CHAMPIONSHIPS
London.
www.london-marathon.co.uk

Wednesday April 20

RONHILL DERBY WINTER MIDWEEK TRAINING RACES 5km & 1M
Shaftesbury Sports Centre, off Cambridge Street, Derby, Derbyshire.
Contact: David Denton. 01773-880338

ST ANDREWS 5km
St Andrews University, Fife KY16 9ND.
Contact: 01337-830306

Saturday April 23

NATIONAL 12-STAGE & SIX STAGE RELAYS
Sutton Park, Sutton Coldfield, West Midlands.

Sunday April 24

CORSHAM ST GEORGE'S 10km
Corsham, Wiltshire. 11am.
Contact: Mr Bleddyn Williams. 01225-811452.

MYERSCOUGH COLLEGE 10km
Myerscough College, Croxteth, Liverpool. 11am.
Contact: Race Secretary, 6 Hazelwood Grove, Halewood, Knowsley L26 7XF

NICOLA'S 5
Canvey Island Infant School, Long Road, Canvey Island, Essex SS8 9ER. 10.30am.
Contact: Steve Kemp. 01268-680461

SCHNEIDER 5
Telford Ice Rink, Town Park, Telford, Shropshire TF3 1QT. 11am.
Contact: Mr J Leonard. 01952-502264

Wednesday April 27

STEVE ROTHWELL MEMORIAL RACE
Edenfield Road, Rochdale, Lancashire. 7.15pm.
Contact: 01706-750620

Friday April 29

SERPENTINE ETONIC/INSPORT 5km
The Bandstand, Hyde Park, London. 12.30pm.
Contact: 0208-4223900

Saturday April 30

BALMORAL TARTAN 10km
Balmoral Castle, Royal Deeside, nr Braemar, Aberdeenshire. 1.30pm.
Contact: 01782-396113

MAJESTIC TRAVEL NORTH WALES 10 CHAMPIONSHIPS inc WREXHAM OPEN 10
Pirelli Sports and Social Club, Wrexham Industrial Estate, Wrexham. 2.30pm.
Contact: 01978-820612

Sunday May 1

BIRD ROCK HALF-MARATHON
Twyn School, Twyn, Gwynedd. Noon.
Contact: Alan Morton. 01654-710019

CROWLE GUNPOWDER PLOT 10km
Crowle, Worcestershire.
www.crowle-online.co.uk/roadrace
Entry: £5.

FITNESS UNLIMITED SHEFFIELD HALF-MARATHON
Sheffield.
www.sheffieldmarathon.com

ROSEMERE CANCER 5km
Moor Park, Preston, Lancashire. Noon.
Contact: 01772-523598

TITCHMARSH 10km
Titchmarsh, Northamptonshire NN12 3DF. 10am.
Contact: dickyroe@aol.com

Monday May 2

EAST MANCHESTER B OF THE BANG 10km
EIS Arena, Sport City, Manchester. 10am.
Contact: Ken Dobson. 07899-941927

REEBOK MANCHESTER MAYDAY 5km
Wythenshawe Park, Wythenshawe Road, Wythenshawe, Manchester. 10.30am.
Contact: 0161-2919549

THORNBOROUGH 10 & 5
Thornborough Village Green, Thornborough, Buckingham, Buckinghamshire. 10am.
Contact: 01280-814434

WATERLOO 15km and FUN RUN
Waterloo, Liverpool. 10.45am.
Contact: Brian Kelly. 0151-2877600.

Tuesday May 3

CRYSTAL PALACE CANTER 5km
Top car park, National Sports Centre, Crystal Palace, London. 12.30pm.
Contact: 0208-6995949

Thursday May 5

GLOUCESTER LLOYDS TSB FITNESS 4
Pilot Inn, Hardwick, Gloucestershire. 7.30pm.
Contact: 01452-721792

Sunday May 8

ELLESMERE OSWESTRY 10
Ellesmere College, Ellesmere, Shropshire. 1pm.
Contact: Doug Morris. 01691-653338

WALTON 10km
Citrus House, Walton Hall Park Sports Centre, Liverpool. 11am.
Contact: 0870-7555175

Tuesday May 10

VETERANS AC RACE
Battersea.
Contact: Jeremy Hemming. 0208-8719989

Wednesday May 11

BUNGAY BLACK DOG RC SUMMER SERIES 10km
Broome Village Hall, Broome, Suffolk. 7.30pm.
Contact: David Cook. 01508-528624

GORDON SMITH MEMORIAL RELAYS
Hadrians Way cycle path, nr Segedunum Museum, Wallsend, Tyne and Wear. 7.15pm.
Contact: Mr J Jamieson. 0191-2240105

HAIGH HALL 5 SERIES
Wigan RUFC, Wingates Road, Leyland Mill Lane, Wigan Lane, Wigan. 7.30pm.
Contact: Paul Carroll. 01257-426166

Saturday May 14

FORRES 10km
Forres Town Hall, Forres, Moray. 2.30pm.
Contact: 7 Forteath Avenue, Elgin IV30 1TQ

Sunday May 15

DEREHAM 10
Neatherd High School, Norwich Road, Dereham, Norfolk.
Contact: Jonathan Knights, 67 Brunswick Close, Toftwood, Dereham Norfolk NR19 1XW

EYE 10km
Eye Junior School, Eyebury Road, Eye, Cambridgeshire. 11am.
Contact: Bryan Dudley. 01733-252016

GOLDEN BALL 5km
Golden Ball Inn, Lancaster Road, Snatchems, Lancashire. 11am.
Contact: Mrs E Gardner. 01524-60537

HALSTEAD MARATHON inc ESSEX CHAMPIONSHIPS
Ramsey School and Sports Centre, Colne Road, Halstead, Essex. 11am.
Contact: 01787-310109

HILLY CLOTHING COMPANY BEVERLEY 10km
Beverley Leisure Centre, Flemingate, Beverley, East Riding of Yorkshire HU17 0LT. 11.15am.
Contact: Brian Richardson. 01482-867233

WATERFRONT BARRY TY HAFAN 5km RUN
Race HQ, Barry Leisure Centre, Dock View Road, Barry. 9.45am.
Contact: 01446-739993

Track

Saturday April 16

DE MONTFORD UNIVERSITY OPEN
Bedford Stadium, Bedford. 11.30am.
Contact: Bedford AC/DMU Open Meeting, 54 Carlisle Road, Bedford MK40 4HU
Entry: £1.

KINNAIRD & SWARD TROPHIES MEETING
Kingsmeadow Stadium, Kingston.
Contact: 01932-789758.

LONDON HEATHSIDE PRE-SEASON INTER-CLUB MATCH/OPEN SPRINTS
Finsbury Park Track, Finsbury.
Contact: 0207-2814006

WOODFORD GREEN OPEN GRADED
Ashton Playing Fields, Wood Green. 1pm.
Contact: www.woodfordgac-essex.org.uk
Entry: £2 per event.

Sunday April 17

CHARNWOOD OPEN WARM-UP
Loughborough University, Loughborough. Noon.
Contact: Ivan Taylor. 01509-829464/07831-363502

EXETER HARRIERS GREAT WEST OPEN
Exeter Arena. 10.30am.
Contact: 01837-871254

LIVERPOOL HARRIERS MELBOURNE OPEN
Wavertree, Liverpool. 12.15pm.
Contact: Mike Dooling. 0151-2898082

SOUTH YORKSHIRE LEAGUE
Cudworth. 11am.

TRAFFORD MEDAL MEETINGS
Longford Park Stadium, Stretford. 1pm.

WAKEFIELD DISTRICT HARRIERS OPEN
Thornes Park, Wakefield. 11am.
Contact: 01924-252299

WALTON OPEN GRADED
Stompond Lane, Walton-on-Thames. 10.30am.
Contact: 01932 - 225351

WESSEX YOUNG ATHLETES' LEAGUE
Poole. 12.30pm.
Contact: Tim Wilding. 02380-848914

Tuesday April 19

WORCESTER AC SPRING WARM-UP OPEN
Nunnery Wood Sports Complex, Worcester. 7pm.
Contact: Andrew Peach. 01905-763054

Wednesday April 20

BIRMINGHAM ROWHEATH AC OPEN SERIES
Birmingham University, Birmingham. 7pm.
Contact: Nick Price. 07967-492186/Gordon Ainsley. 0121-4274502
Entry: £2 per event.

THREE COUNTIES OPEN SERIES
Deeside Stadium, Connah's Quay. 7pm.

WATFORD OPEN GRADED
Woodside Stadium, Watford. 7pm.
Contact: www.watfordathletics.co.uk
Entry: N/A. Extra on day: £2.50

Saturday April 23

SHEFFIELD OPEN
Don Valley Stadium, Sheffield. Noon.
Contact: www.askwiseowl.com/hhs

WELSH THROW SIX (T6) THROWING CIRCLE
Sobell Sports Stadium, Aberdare.
Contact: richardmorgan100@aol.com

Sunday April 24

CARSON'S ALDER VALLEY BOYS' LEAGUE
Thames Valley Athletics Centre, Eton. 12.15pm.
Contact: 01635-521012

EASTERN YOUNG ATHLETES' LEAGUE
Watford, Cambridge, Stevenage, Ilford.

NATIONAL JUNIOR LEAGUE
Southern Premier: Havering. **Northern Premier:** Leeds. **Brent:** Greenford. **Itchen:** Crawley. **Medway:** Hoo. **Severn:** Yate. **Thames:** Wood Green. **Central:** Telford. **Humber:** Mansfield. **Mersey:** Ellesmere Port. **Pennine:** Cleckheaton. **Trent:** Tamworth. **Tyne:** Chester-le-Street.

SCOTTISH LEAGUE
Division 1: Wishaw. **Division 2:** Grangemouth.

SOUTH-WEST LEAGUE
Division 1: Yeovil. **Division 2:** Bournemouth.
Contact: David Kitching. 01305-832797

Tuesday April 26

EXETER HARRIERS EVENING OPEN MEETING
Exeter Arena, 6.30pm
Contact: 01837-871254

Saturday April 30

BRITISH UNIVERSITIES CHAMPIONSHIPS
Scotstoun, Glasgow. Until May 2.

LONDON INTER-CLUB CHALLENGE
Barnet. 1pm.
Contact: catherineeastman@hotmail.com

SOUTHERN WOMEN'S LEAGUE
Division 1: Crawley, Haringey, Kingston, Chelmsford, Abingdon. **Division 2:** Southampton, Greenford, Woodford, Abingdon, Eton. **Division 3 North:** Watford, Ilford. **Division 3 South:** Eastbourne, Kingsmeadow. **Division 3 West:** Basingstoke.

Sunday May 1

JOHN WALTERS MEMORIAL THROWS CHALLENGE
Leckwith Stadium, Cardiff.
Contact: richardmorgan100@aol.com

TIDWORTH INTER-CLUB CUP
Tidworth Oval, Tidworth, Wilts. 1.15pm.
Contact: Nick Bull. 01635-31338

Monday May 2

BIRMINGHAM ROWHEATH AC OPEN SERIES inc BMC races
Birmingham University, Birmingham. 2pm.
Contact: Nick Price. 07967-492186/Gordon Ainsley. 0121-4274502
Entry: £2 per event.

CHELTENHAM & COUNTY OPEN GRADED
Prince of Wales Stadium, Cheltenham.
Contact: Joyce Barrus. 01452-812942/07759 489163

ESSEX CHAMPIONSHIPS
Garrison Arena, Colchester.
Contact: Olive Megit. 01371-873974

Tuesday May 3

AVRIL BOWRING MEMORIAL SERIES

BRITISH EUROSPORT TV guide

BBC1

Saturday April 16
1.05-1.15pm – A preview of the 25th Flora London Marathon.

BBC2

6.05-7.10pm – *London Marathon Heroes.* A look at the stories that have made the London Marathon special over the past 25 years.

BBC1

Sunday April 17
8.45am-12.50pm – Live coverage of the Flora London Marathon, concentrating on the elite race.

BBC2

12.50-2pm – Live coverage of the Flora London Marathon continues from BBC 1.

BBC2

6.30-7.20pm – Highlights of the Flora London Marathon.

Tonbridge. 6.20pm.
Contact: Iain Presnell. 01892-822027

Wednesday May 4

COMPLETE RUNNER WEST YORKSHIRE LEAGUE
Cleckheaton. 6.45pm.
Contact: Grace Hall. 01924-503215
VETERANS AC WEDNESDAY MEETING
Kingston. 7pm.
Contact: 0208-6726042
WATFORD OPEN GRADED
Woodside Stadium, Watford. 7pm.
Contact: www.watfordathletics.co.uk
Entry: NA. Extra on day: £2.50

Saturday May 7

BRITISH ATHLETICS LEAGUE
Division 1: Carshalton. **Division 2:** Cardiff. **Division 3:** Derby. **Division 4:** Abingdon.
MIDLAND MEN'S LEAGUE
Division 1: Yate. **Division 2:** Kettering. **Division 3:** Worcester. **Division 4:** Telford. **Division 5/6:** Banbury.
SOUTHERN MEN'S LEAGUE
Division 1: Exeter, Peterborough, Havering, Ashford, Battersea. **Division 2:** Exeter, St Ives, Hastings, Worthing, Kingston. **Division 3N:** Ipswich, Havering, Peterborough. **Division 3S:** Tooting, Hastings, Bracknell, Ashford. **Division 3W:** Par, Oxford, Bournemouth, Southampton. **Division 4N:** Thurrock, Walthamstow, Battersea. **Division 4S:** Bracknell, Worthing, Tooting, Kingston. **Division 4W:** Bournemouth.

Tuesday May 10

TRAFFORD GRAND PRIX inc BMC GOLD STANDARD (NORTH)
Longford Park Stadium, Stretford.

Wednesday May 11

BMC NORTH-EAST REGIONAL RACES
Monkton Stadium, Jarrow.
ROSENHEIM LEAGUE
East Div: Battersea Park. 7pm. West Div: Kingston. 6.45pm.

Friday May 13

ENGLISH SCHOOLS' CUP REGIONAL ROUND
Various. Until May 15.

Saturday May 14

CAMBRIDGESHIRE CHAMPIONSHIPS
Embankment Track, Peterborough.
DORSET CHAMPIONSHIPS
Kings Park, Bournemouth. Until May 15.
Contact: Roy Sharp. 01202-673441
ESSEX CHAMPIONSHIPS
Mayesbrook Park, Dagenham. Until May 15.
Contact: Olive Megit. 01371-873974
LEICESTERSHIRE & RUTLAND CHAMPIONSHIPS
Pingles Stadium, Nuneaton. Until May 15.
LINCOLNSHIRE CHAMPIONSHIPS
Grantham. Until May 15.
Contact: Nick Wright. 01526-861522
MIDDLESEX CHAMPIONSHIPS
New River Stadium, Wood Green. 10am.
Contact: Roy Stratton. 0208-5242655
WARWICKSHIRE CHAMPIONSHIPS
Pingles Stadium, Nuneaton. Until May 15.
Contact: 0121-7473582
WEST WALES REGIONAL CHAMPIONSHIPS
Neath.

Sunday May 15

EAST WALES REGIONAL CHAMPIONSHIPS
Newport.
PARALYMPIC WORLD CUP
Manchester.
SOUTH WALES REGIONAL CHAMPIONSHIPS
Tba.
WEST OF ENGLAND CHAMPIONSHIPS
Yate.
Contact: Graham Howell. 01454-261458

Cross country

Wednesday May 4

BECKENHAM 3x2.6M RELAYS
Beckenham Cricket Club, Foxgrove Road, Beckenham. Kent BR3 5AS. 7.30pm.
Contact: Jennifer Hamley. 0208-4029158

Multi-terrain

Sunday April 17

DONKEY STEP DERBY RELAY (4x1M)
Marl Pits Sports Centre, Rossendale, Lancashire. 1pm.
Contact: A Gotts. 01706-222607

Saturday April 23

DINAS BRAN HILL RUN
Llangollen Leisure Centre, Llangollen, Denbighshire. 1pm.
Contact: Doug Morris. 01691-653338

Sunday April 24

ARLINGTON COURT CANTER (10km)
Arlington Court, nr Barnstaple, Devon.
Contact: 01271-850469
BLENHEIM 7km
Combe Playing Fields, nr Woodstock, Oxfordshire. 11am.
Contact: Jane Larbalestier. 01865-880449
ROTARY CLUB OF BOURNE 5
Bourne Woods, Bourne, Lincolnshire. 10.45am.
Contact: Ian Lavender, Dawsmere Kennels, 37 Spalding Road, Bourne, Lincolnshire PE10 0AU
SAM'S RUN
Bushy Park, Teddington, London. 10.30am.
Contact: Sam's Run, 17 Price Close, London SW17 7EP.
www.sweatshop.co.uk/samsrun

Sunday May 1

REIGATE YMCA 5
Priory Park, Bell Street, Reigate, Surrey. 11am.
Contact: Kim Roderick. 01737-779979

Sunday May 8

HALESOWEN HILLOCK
Manor Abbey Sports Ground, Manor Way, Halesowen, West Midlands. 10.30am.
Contact: Maurice Endacott. 0121-4754588

Tuesday May 10

THURSASTON CHALLENGE WIRRAL
Wirral, Merseyside. 7.30pm.
Contact: John Keyworth, 53 Grange Cross Lane, West Kirby, Wirral CH48 8BL

Fell

Tuesday April 26

BUNNY RUN FOUR
Guide Inn, 1.5m south-east of Keighley, West Yorkshire.
Contact: Dave Woodhead. 01535-669100
PENTYRCH HILL RACE
Pentyrch Rugby Club, Pentyrch, Cardiff. 7pm.
Contact: John Gough. 02920-891721

Tuesday May 3

BUNNY RUN RELAY
Guide Inn, 1.5m south-east of Keighley, West Yorkshire. 7.15pm.
Contact: Dave Woodhead. 01535-669100

Sunday May 8

BROWN WARDLE HILL RACE & RESERVOIR WALK
Albion Inn, Whitworth Road, Rochdale, Lancashire. 11am.
Contact: Andy O'Sullivan MBE. 01706-750620

Walks

Saturday April 16

ROYAL LEAMINGTON SPA EAA GRAND PRIX OF RACE WALKING
Royal Leamington Spa, Warwickshire.

Tuesday May 10

VETERANS AC WALKS
Battersea.
Contact: Michael Croft. 0208-5907724

Overseas

Saturday April 23

IAAF RACE WALKING CHALLENGE
Kunshan, China.

Saturday April 30

IAAF GRAND PRIX II
Martinique, France.

Sunday May 1

IAAF RACE WALKING CHALLENGE
Sesto San Giovanni, Italy.

Saturday May 7

IAAF JAPAN GRAND PRIX
Osaka, Japan.
IAAF WORLD COMBINED EVENTS CHALLENGE
Desenzano, Italy. Until May 8.

athletics WEEKLY

EVENT LISTINGS

For a free entry into What's On, fill in the form below and either post it to Fixtures, *Athletics Weekly*, 83 Park Road, Peterborough PE1 2TN or fax it to 01733-898441.

Date of event: ...../...../..... (dd/mm/yyyy)
Name of event: .....
Distance: ..... Start time: .....
Type of event:
Road/Track/Cross/Fell/Walks/Multi-terrain/Indoor (please circle)
Venue: .....
Address: .....
.....
County: ..... Postcode: .....
Contact details: Enter here only information we can publish.
Name: .....
Tel No: .....
Address: .....
.....
County: ..... Postcode: .....
Email address: .....
Website: .....
Athletics Weekly contact information: For our purposes and not for publication. Complete if different from above.
Tel No: .....
Email address: .....

Submit your fixture online

For the easiest and cheapest method of letting the sport know about your event, go to **www.athleticsweekly.com** and complete the on-line form.

Road events only

Entry fee: ..... Extra on day: .....
Postal entries close: ...../...../.....
Prizes: .....
.....
.....

While we will publish fixture information for free, we ask in return that you send us results of your event promptly.

Please ensure fixture submissions reach us no later than eight days before publication of the last issue prior to your event.

Olympic pacing farce

athletics WEEKLY
1945-2005
SIXTY CLASSIC MOMENTS
No. 46

Moroccans appear to team up to thwart Kenyan in Barcelona Olympic 10,000m final

ONE of the most controversial moments in Olympic history took place at the Barcelona Games in 1992 when Khalid Skah of Morocco won the 10,000m final ahead of Kenya's Richard Chelimo.

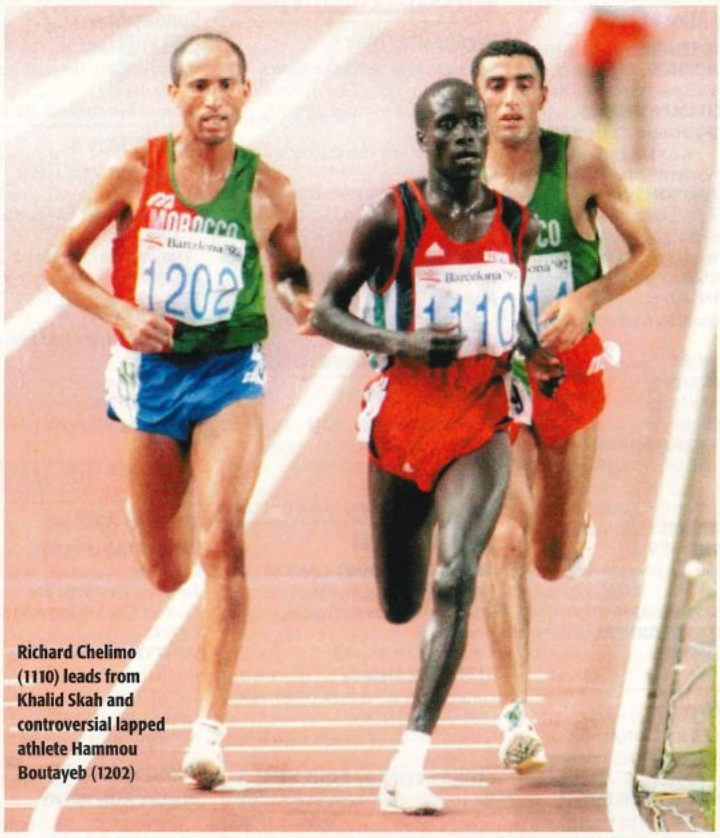
Skah's sprint finish was decisive, but only after the final few laps saw him paced by his lapped fellow countryman, Hammou Boutayeb.

After breaking away from the rest of the field just after the halfway point, Skah and Chelimo had started to lap Skah's fellow countryman, Hammou Boutayeb, towards the end of the 21st lap. But instead of being passed, Boutayeb refused to move out and then, once overtaken, darted back to the front.

Amid huge boos and whistles from the crowd, this was repeated as



An official tries to pull Boutayeb out of the race



Richard Chelimo (1110) leads from Khalid Skah and controversial lapped athlete Hammou Boutayeb (1202)

Boutayeb got in the way of Skah and Chelimo's duel. On the penultimate lap, an IAAF official even tried to grab Boutayeb, without success, although then the damage had been done and the race had been reduced to a farce.

Skah outsprinted Chelimo to win by five metres and the two Moroccans carried their national flag around the Montjuic Stadium. This only caused the booing to get louder.

Skah's triumphant celebration was short-lived, though, for he was disqualified almost immediately. Yet the fragility of the rules was clear when Skah successfully appealed against the decision and was reinstated.

The Moroccans claimed Boutayeb did not help Skah. "Hamou is a runner of distinction and he did not want to be lapped in an Olympic final," said one of Morocco's technical director's Lahcen Samsame.

"I told him to go away," said Skah, "as I had already won the silver."

A furious Kenya, meanwhile, threatened to boycott the rest of the Olympics. Athletics manager Isaiah Kiplagat said it was "an outrageous violation of our sport".

At the centre of the debate was IAAF rule 143 (2). It said: "No competitor shall receive assistance during the progress of an event. Assistance is the conveying, by any means, of advice, information or direct help and includes pacing in persons not participating in the race, by runners or walkers lapped or about to be lapped, or any kind of technical advice."

But Skah wept and said: "This is against Morocco. I won. I did not cheat!"

Not only did Skah successfully get his gold medal back, he argued he was a victim and that Boutayeb had actually got in his way.

He added: "The Kenyans have put a wall against me in other races, but there was nothing between me and Boutayeb."

Twelve months previously Skah had finished third in the 10,000m at the World Championships after being out-manoeuvred by Kenyans who were clearly acting as a team.

Kenyan coach Mike Kosgei said: "In both his world cross country wins, Skah has out-kicked our men. There was no way we were going to make it easy for him."

The only other precedent regarding an Olympic champion being stripped of their title for interference was in 1956 when Chris Brasher of Britain was disqualified in the 3000m steeplechase. He was reinstated three hours later.

But mystery will always surround Skah's race with Chelimo in 1992. The Kenyan said the Moroccans were talking in Arabic during the race. Discussing tactics perhaps? But Skah said: "How could I have the breath to talk to someone after 7000 metres?"

He got the final word, too. "We have the right result. The gold was in my heart. I prayed for this result," he said.

♦ Olympic Games, Barcelona, 10,000m final, August 3, 1992

1	Khalid Skah (MAR)	27:47.60
2	Richard Chelimo (KEN)	27:47.72
3	Addis Abebe (ETH)	28:00.07

Your vote counts

EACH week *Athletics Weekly* is recounting a classic moment of the last 60 years to commemorate the magazine's 60th birthday. We would like to hear from you about your top 10 choices. Throughout the year we will be compiling your votes – and then printing the results in our birthday issue next December, so get thinking. Send your choices to: *AW* Classic Moments, 83 Park Road, Peterborough PE1 2TN

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Reports, photographs and results from the 25th edition of the London Marathon

Includes:

Action from the mini-marathon, the wheelchair races, and winners in the veteran categories



Will your London performance make *AW*'s results pages next week?

athletics WEEKLY

Volume 59-15 **April 13 2005**

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83 Park Road, Peterborough PE1 2TN

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Tel: 020-7396 8043

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Printed by: Warners (Midlands) plc, The Maltings, Bourne, Lincs PE10 9PH

Directors: Matthew Fraser Moat, Ruth Harland, Bob Llewellyn, Jon Ridgeon

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