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Athletics Weekly

Take that!

Great Britain tops the medals table at European Championships

Golden moments for the best of British in Budapest



August 26 1998 £1.50

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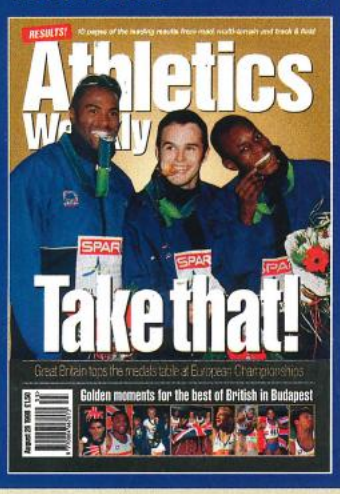
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RESULTS!

Athletics Weekly

Take that!

Great Britain tops the medals table at European Championships

Golden moments for the best of British in Budapest

ON THE COVER
200m 1-2-3: Doug Walker (centre), Doug Turner (left) and Julian Golding.
Inset: The rest of Great Britain's gold medal winners in Budapest
Pictures: Mark Shearman

Champa

The champagne corks popped as Britain topped the overall medals table and the men's points table for the first time ever at European Championships

Reports: Trevor Frecknall (men) Jason Henderson (women)
Pictures: Mark Shearman

100 metres

JUST as Linford Christie predicted in *AW* in 1992, Darren Campbell is proving to be his successor. Moreover, Campbell is becoming pretty good at keeping his promises to his mentor.

After romping to a PB of 10.11 seconds in winning his semi-final despite the distractions of 40,000 Hungarians only interested in the hammer, Campbell jogged straight off the track and told coach Christie: "I'm gonna break your record in the final!"

Sure enough, his gold medal winning run in 10.04 seconds was four-hundredths faster than Christie's legal championship best of 10.08 in Helsinki four years ago and hoists him to equal fourth on the UK all-time list alongside Moscow Olympic champion Allan Wells.

There's time: Campbell, who's 24, has begun his golden collection two years earlier than the British legend. He's also got the winning habit at least one championship earlier than World Junior record-holder Dwain Chambers expected him to.

The 20-year-old Chambers was so confident of victory, he stormed off the track and swept past journalists in the mixed zone almost as briskly as he had chased Campbell down the straight. With fierce competition like that, Campbell knows there's no easing up now!

Not that he treated this series with any attitude other than ultra-professionalism. Having won in every round – accelerating from 10.40 in round one through 10.26 to that astounding 10.11 semi – Campbell totally dominated the final, though he didn't think he had a particularly good start in lane three and the reaction times proved him right: he was last away.

Between Campbell and Chambers, the aggressive Greek Haralambros Papadias reacted swiftest to the gun, as one would expect of the reigning World Indoor 60m champion. But he was overhauled by the two-pronged British assault within 20m and, when Campbell raised his head at around 40m, he was in a clear lead. Chambers' strength ensured a British 1-2 for the first time in the 17 editions of these championships, and such is the positive attitude among the young Lions, Marlon Devonish was dreadfully disappointed not to make it a 1-2-3.

Having lowered his PB by a hundredth in the semi-finals, Devonish had a great start but in the final was pushed back to fifth behind Papadias and the controversial Italian, Stefano Tilli, who lost bronze by about the width of a straw boater – which was fitting in view of the fact he was DQ'd after the second round for knocking a steward's hat off, then reinstated after offering a fullsome apology.

WHAT THEY SAID

BRUSHING off his CBP, Campbell said: "I knew I was going to win it. I said to Linford after the semi-final I would break his championship record. He thought I was joking, but I knew – and now I have to thank Linford.

"But the most important thing was to win the title. I knew if I was in contention at 60, I would win it. I made the mistake at the AAAs: I caught the other guys but didn't keep running and Linford told me off for that."

Any disappointment? "Only that

'It's the most fantastic feeling to be associated with such wonderful people not only on but also off the track. They are vibrant, they are exciting, they are happy, they are successful. And we are all so proud of them'

Mary Peters, president of BAF in administration and head of the GB delegation in Budapest

agne Britannia



March past: Steve Smith leads the British team at the opening ceremony



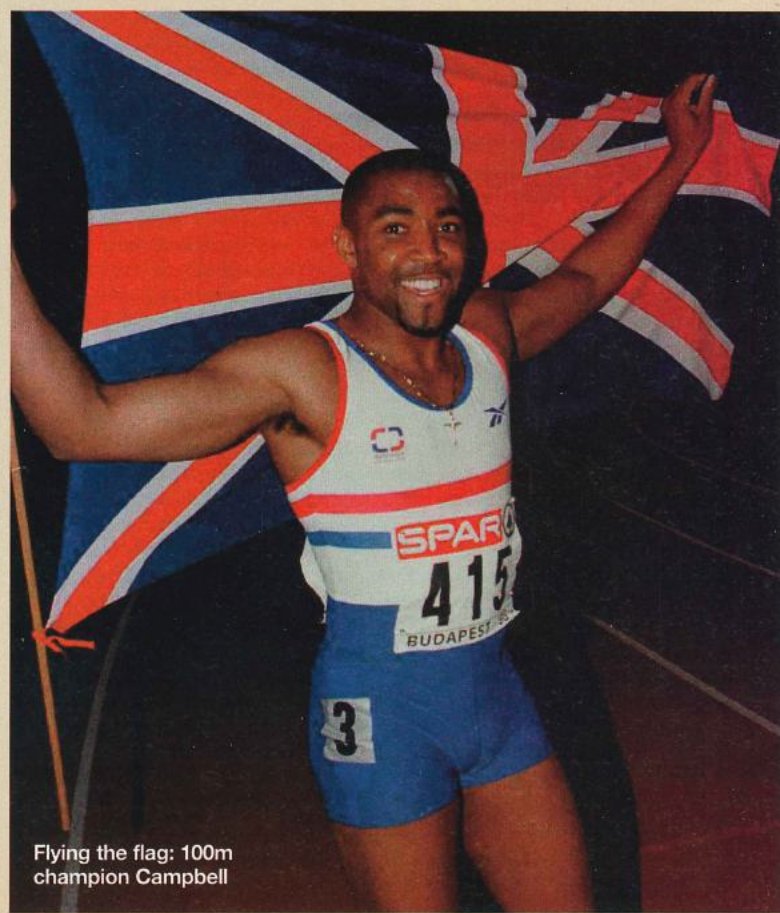
Darren Campbell: crowned Christie's successor

Our athletes were brilliant – Moorcroft

"THIS is probably the best week and the best year for British athletics," said David Moorcroft, chief executive of UK Athletics '98 only ten short months after travelling to Budapest in a vain bid to persuade the IAAF to save the British Athletic Federation.

Because of meetings about the future government of the sport, he did not arrive at the Championships until Friday – but saw enough of the medals burst to say: "Our real wealth is the athletes and, of course, their coaches. If there is a little bit we can do to make the difference, that will be brilliant – as they have been brilliant this week.

"Everywhere you look in Budapest, there is so much hope for the future of British athletics."



Flying the flag: 100m champion Campbell

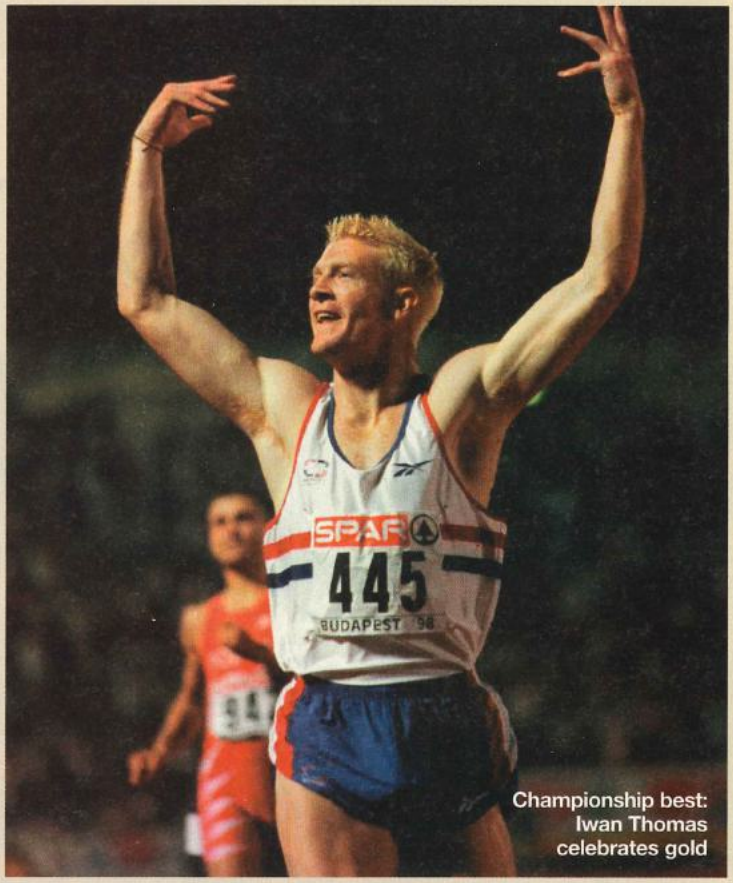
MEDALS TABLE

	G	S	B
GREAT BRITAIN	9	4	3
Germany	8	7	8
Russia	6	9	7
Poland	3	4	1
Romania	3	2	2
Ukraine	3	2	1
Italy	2	4	3
Portugal	2	3	1
Spain	2	1	4
France	2	1	1
Ireland	2	0	1
Hungary	1	1	0
Bulgaria	1	0	3
Greece	1	0	2
Estonia	1	0	0

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Russia	199
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Italy	118
Poland	105
Spain	101
France	74
Romania	73
Ukraine	63
Hungary	53
Portugal	48
Finland	45
Greece	42
Bulgaria	41
Belarus	41
Czech Republic	38
Ireland	30
Sweden	21
Switzerland	19
Norway	19

Men's points	
GREAT BRITAIN	133
Germany	126
Spain	83
Italy	78
Russia	72
Poland	72
France	38
Hungary	33
Finland	26
Portugal	20
Greece	18
Czech Repuplic	17

Women's points	
Germany	132
Russia	127
Romania	66
Ukraine	49
Italy	40
France	36
Poland	33
Bulgaria	29
Portugal	28
Belarus	28
GREAT BRITAIN	25
Greece	24



Championship best: Iwan Thomas celebrates gold

Dwain didn't come on the lap of honour. In the call-up room, we knew it was going to be 1-2."

Back at the team hotel some hours after the race, Chambers said: "I felt I started very well but they all seemed to get away from me. I reacted much better in the heats. My reaction time in the final was good but I didn't exit very well.

"Then again, I have to realise I have been a very good junior but this is my first year as a senior. I've run the second-fastest time of my life. I always knew it was going to be between the three of us in the final.

"Pressure plays a major part and it would be down to who managed to hold their nerve. I failed to do that but Darren ran the best race."

Devonish, the Coventry Godiva Harrier who made a great impact in the Nivea for Men Sprint Challenge this summer, said: "I tried too hard. I reacted well but I didn't drive as well as I would have liked to. I tried to pick up near the end but by then it was all over.

"I've done a PB, and this is only my second major championships. I was happy with all my races except for the final."

CHAMPION PROFILE

DARREN CAMPBELL, born in Manchester on October 13 1997, currently lives in Cardiff to train with Linford Christie's Welsh Warriors – World Junior 100m and 200m champion Christian Malcolm, 400m relay Olympic and Worlds medallist Jamie Baulch and 400m hurdler Paul Gray.

He'd love to go back home ... but has too many memories of too many friends and acquaintances who couldn't escape from Moss Side and its drugs culture.

He says: "Obviously I knew too many people who were involved in the wrong things and a lot of them died along the way.

"Manchester will always have a soft spot for me but I knew I was going to have to get out because of the violence. A lot of guys have no way out and that's one of the big problems.

"But I've been running since I was seven and I always had athletics. There were other guys who were quicker than me but who didn't have parental support.

"I hope one day I can go back and encourage the kids and show them there is another way. Many see sport as a way of getting out of the slums and ghettoes but there is really only football for that, and there are so many good players.

"I love Manchester and I'm looking forward to the Commonwealth Games there in 2002."

In the meantime, two sages on the end of phone lines hold the keys to his future successes. One is his mum Marva. The other is Christie's coach Ron Roddan.

Of Marva, the new European champion says: "She's the only one who can keep me on the right lines."

And she put him on course for success in Budapest with a few choice phrases down the line when he called before the BUPA AAA Championships in Birmingham.

"I was lacking confidence," explains Campbell. "She's great, the way she can talk me up."

She was so successful, her boy won the AAAs title easing up ... for which he received a stern rebuke from coach Christie.

"I didn't run through the line," says Campbell. "But it's all about self-belief and after the AAAs I actually believed I could go out with the big boys and challenge them."

He did run through the line in Budapest – and got a three-line whipping from Roddan, who's accustomed to sitting at home, watching the action on his TV, then passing instructions to Christie. So it was natural that Christie should phone and ask what he thought to Campbell's run.

"Ron says there were three things wrong with the race," says Campbell. "I know my start needs to improve. And I have to get a lot stronger if I'm to take on the likes of Ato (Bolden) and Maurice (Greene). But I honestly believe my last 60 is one of the strongest in the world."

So when will he begin to challenge Christie's European record of 9.87 seconds? "When I get a bit stronger – hopefully," says the man who seems to have success on the line.

200

NEVER before has Britain had three representatives in a European 200m final. Never before has any single nation filled all three places on the medals rostrum in any of the sprints – 100m, 200m or 400m. Not until three Union flags fluttered in the dark night sky of Budapest on Saturday – 24 hours after the daring deed was done.

And Merlene Ottey was not the only expert surprised the Scotsman, Welshman and Englishman swept all before them in the midst of Britain's six-medal hour on Friday night.

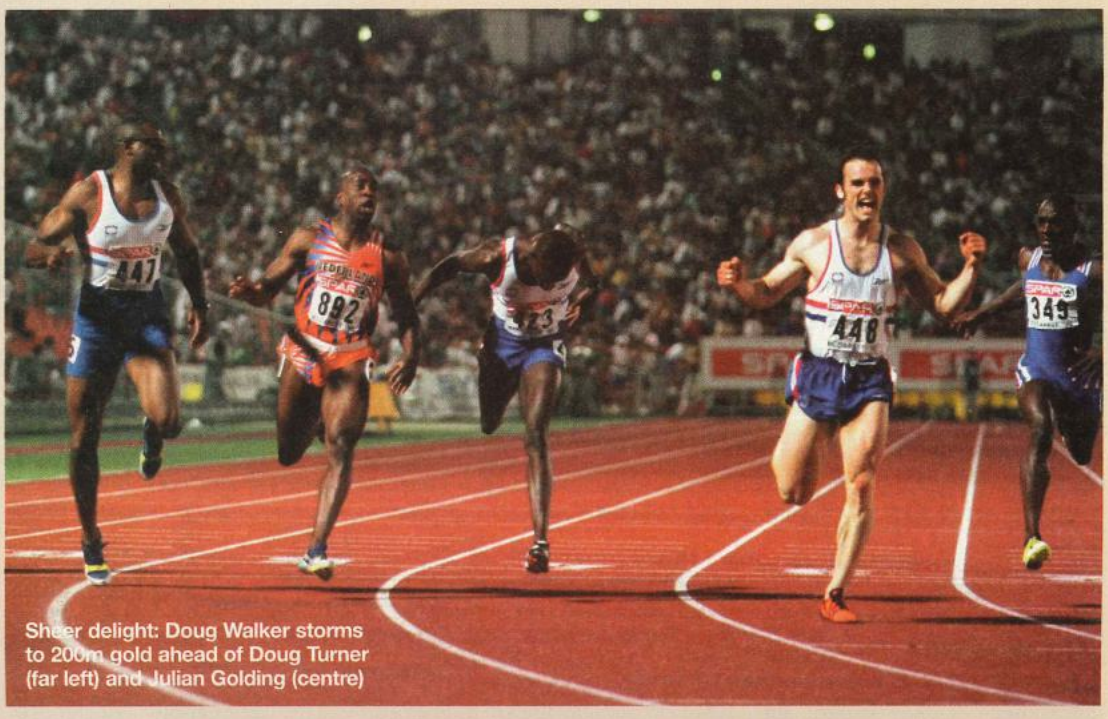
The most bemedalled woman in world sprinting history – in Budapest as a VIP – believed ex-Bermudan Troy Douglas, now a Dutchman, could beat the Brit Pack. It's not often she's wrong. And she was so close in her assessment, Douglas protested so vociferously and colourfully about not getting third that he was disqualified from fourth for using obscene language.

But that was a sad sideshow to the main performance – a class act led throughout by former Scottish rugby player Doug Walker.

Try as they might, nobody got close to the 25-year-old, even though his right kneecap was so susceptible to moving around painfully, he had to wear a tight bandage as a kind of corset, and was in agony warming up.

"I'm all right when I'm in my spikes and on my toes, though," he said after he carried the burden of favourite magnificently, controlling the final completely from the third lane, even though Welshman Doug Turner blasted from the blocks with such power,

'Absolutely wicked! Wherever you look, all you can see are British flags. It's one of the most amazing experiences of my life'
Iwan Thomas, double gold medallist


Sheer delight: Doug Walker storms to 200m gold ahead of Doug Turner (far left) and Julian Golding (centre)

he led round the bend.

Into the straight, Walker smoothed to the title, Turner was never threatened for silver – and to complete British joy, Julian Golding found a Colin Jackson-type dip to snatch the bronze from Douglas and the reigning champion Geir Moen after the judges had studied the photo.

Douglas' appeal was understandable. His powerful finish seemed to have erased a two-metre deficit and carried him beyond Golding, who showed great awareness to almost dive over the line.

It was a wonderful collective display of mature aggression by all three Britons, who had looked peerless in the early rounds and carried their composure through the pressure of the final. Walker's judgment bordered on slide rule precision, Golding's easy flowing style was in direct comparison to Turner's power – though their destination was the same: an unforgettable final.

CHAMPION PROFILE

DOUG WALKER, born in Inverness on July 28 1973, is so laid back, he took an awful lot of persuading to take his athletics talent seriously.

After playing rugby for Scotland Schools, he stuck with the oval ball game and was in his national U21 squad before injury persuaded him to switch.

As a sprinter he reached the 200m semi-finals at the 1994 Commonwealth Games and the 1997 World Championships, where he was also third leg member of the 4x100m squad that won bronze medals.

On his way to Budapest, he beat American Andre Cason over 100m at Leeds and ran a European 300m record of 31.56 seconds at Gateshead.

WHAT THEY SAID

WALKER: "I got what I came to Budapest for. I didn't think about a British 1-2-3 because I just focused on myself. But I knew the British lads were going to be my main rivals."

TURNER, who missed most of June with a rotated pelvis: "First I want to thank doctors Malcolm Brown and Mike Davies, my Chinese therapist John Sales and osteopath John Mullins – plus, of course, coach Jock Anderson who got me just right for this week. I ran a just-over-average bend, got off there and didn't see anybody, used my stride and focused on the line. To come back with a medal ... well, I've got a tear in my eye."

GOLDING: Doug had all the pressure as the favourite. He deserves the gold medal. Bronze isn't the medal I wanted. All I could do was run fast, and it wasn't fast enough on the night. But it's brilliant for British athletics to have a 1-2-3 – some consolation!"

400

MINUTES after the 200m hat-trick, the expected British 1-2-3 dissolved in the final frantic 40 metres – but Iwan Thomas proved himself to be the braveheart for the big occasion.

"Tonight was all in the mind," said the 24-year-old AAAs champion and UK record-holder after clocking 44.52 seconds to take five hundredths off the championship best set by Roger Black in Stuttgart 12 years ago.

Mark Richardson, the pre-race favourite had to settle for third after blasting away from the blocks, opening a two-metre advantage on his great rival at halfway, then tying up so badly he was also caught by one of the two Polish revelations, Robert Mackowiak, in the last 20 metres and had to settle for third.

Coming into the final straight, third place had been occupied by the Brit who eliminated Black at the AAA Championships, Solomon Wariso in lane eight. Not only did he slip back to sixth by the line, he was also disqualified – and lost an appeal when the judges spotted he'd stepped inside the line at the 1500m start area and on the curve into the finishing straight.

But the final was all about the tall powerful Thomas, legs pounding, arms pumping high, chest proud – and mind totally set. "Whoever wanted it most and believed in himself could win," he said. "And I wanted it so bad."

Over-shadowed by Black's brilliant silver medal behind Michael Johnson in the Atlanta Olympics and by Richardson finishing first Briton in last year's World Championships, the UK record-holder closed his eyes and muttered to himself as he went to his blocks.

He revealed afterwards: "I was saying, 'Come on, believe in yourself!' And I did."

CHAMPION PROFILE

IWAN THOMAS, born on January 5 1974 at Huntingdon the son of an RAF officer, is so determined to succeed, he settled on the South Coast so he could be coached by Mike Smith, the one-lap guru who plotted the successes of Roger Black and Kriss Akabusi among many others.

After giving up BMX riding disappointed he was "only" fourth in Europe aged 14, he tried cross country and shorter sprinting before concentrating on the 400m for the 1994 Commonwealth Games, which he exited in the semi-finals.

Disappointed with fifth in the 1996 Olympic final, he helped Britain win the relay silver. Even more disappointed with sixth in the 1997 Worlds final (he led at 300m after passing 200m in 21.00 seconds), he again helped the team take silver behind the Americans in the relay.

Now he is well on the road to succeeding Black as Britain's No.1. He took his UK record down to 44.36 seconds in winning last year's Worlds Trial. Now he has lowered his European CBP to 45.52 seconds.

But to emphasise he wants to be known as a big-occasion success, he is not consumed by pursuing the European record of 44.33 seconds, which was run by East Germany's Thomas Schoenlebe 11 years ago in Rome.

"It doesn't bother me," Thomas insists. "If the European record goes to Mark the next time he runs, I won't be disappointed. When it goes, it will go."

Medals? They're more exciting. "I couldn't sleep after I won the final. I went to my room at 1am. But I was up again at 5am, knocking on team-mates' doors, looking for someone to talk to."

RICHO RE-THINK

SHATTERED to be beaten – never mind having to settle for third – Mark Richardson is to "re-evaluate my season and refocus on the Commonwealth Games."

He was committed to racing in Lausanne last night, but then planned a break and discussions with coach Mike Whittingham about how to rebuild his season after his shattering disappointment in Budapest.

"I ran my worst race this season," he said. "I didn't realise I was going that fast at the start. I was so consumed with wanting to win, I didn't relax. I'm going to take a break and hopefully have a good contest in Kuala Lumpur."

And if he broke the European record? "It would be a consolation. But the main thing is to refocus."

■ Solomon Wariso declined to discuss his disqualification, but said: "That was only my eighth race over 400. I went hard for it.

And I shall be back!"

■ Max Jones, PAS director and chairman of selectors, played down the failure to get a GB 1-2-3 in the event in which it has been taken for granted: "The Poles are running well – they had three national records in the semis and final. They proved at the Goodwill Games they are very competent over 400. I don't think the statistics told the full story going into these championsips."

■ 800

THE king is ill – long live 20-year-old German Nils Schumann for believing he could snatch the crown.

When world record-holder Wilson Kipketer took off through 200m in 23.90 seconds and 400m in 49.92, only the student Schumann had the nerve to go with him.

Through 600 (1:17.11), the rest made their moves ... all too late. As last winter's malaria caught up with Denmark's most valuable import from Kenya, Switzerland's Andre Bucher could not find a way through off the last bend and had to settle for a national record and a silver medal, four metres behind the brave German.

Even more frustratingly, Ireland's James McElroy – 10m off the pace in fifth down the backstraight for the second time – found a storming finish but finished half-a-metre away from the bronze medal, snatched by Czech record-holder Lukas Vydra.

McElroy – from Larne, the same Northern Ireland parish that gave former GB No.1 Gary Lough to athletics – is a fine advertisement for Irish opportunism ... and for the British Milers' Club series in which he cut his teeth this summer.

And the ailing King Kipketer? He trailed in last, unnoticed by a fabulous crowd feasting on drama, and appealed that he had been unfairly barged by the German. The jury rejected his complaint.

Britain's lone representative, Andy Hart, was "gutted" to go out in round one, fourth in his heat in 1:47.90. "I don't want to go home and face my family and all the other people who've helped me," said the Coventry Godiva Harrier. "If someone can tell me why I ran rubbish I would love to know."

Similar disappointment befell Germany's Nico Motchebon in the semi-finals. The 28-year-old who was fifth at the 1996 Olympics and fourth at last year's Worlds was only fifith in Kipketer's heat in 1:48.19.

And Italy's 1993 World Championships silver medallist Giuseppe D'Urso completed his misery by trailing in seventh, after dropping out of his 1500m heat.

CHAMPION PROFILE

NILS SCHUMANN has had a fabulous 12 months, winning European Indoor and Junior titles as a 19-year-old – and now adding the senior crown in his first clash with the big boys.

We should have known. He ended Motchebon's five-year reign as German indoor champion and outkicked Vebjorn Rodal to win his Euro Indoor title.

After that, the world record-holder was easy meat. Yet when it was all over, he cried in the arms of his mother and father as he said: "To beat a world champion and world record-holder is incredible. I just cannot describe my feelings. All I hoped for was to run well."

■ 1500

THREE Britons in a European Championships 1500m final for the first time since 1986 (when Steve Cram won, Seb Coe was second and John Gladwin fifth) couldn't stop an Iberian sweep of the medals.

Reyes Estevez, the 22-year-old Spaniard who beat Noureddine Morceli for the bronze medal at last year's World Championships, outsprinted his idol, 1992 Olympic champion Fermin Cacho, who had to settle for third behind Rui Silva, Portugal's reigning European Indoor champion who made most of the pace (such as it was).

All of which left the Brits in fourth, fifth and sixth – burdened with "ifs" ...

If only Silva's pace had been quicker than 2:04.71 at 800m and 2:47.89 at the bell, the sting might have been drawn out of Estevez. As Matt Yates said after taking sixth: "I can't believe we threw it away. I just need a little bit of self-belief. I didn't get going until the last 200."

If only Anthony Whiteman had a sharper finish, he'd surely have overhauled Cacho. "My plan was to follow the Spaniards," he said. "I'm pleased to do so well in a high calibre field."

If only John Mayock hadn't been shunted into lane four on the back straight of the last lap. "If I'd been in Anthony's position, I'm sure I'd have got a medal," said the European Indoor 3000m champion. "I got in a good position, then a bad position and it was difficult to get round them."

While there was British dismay rewards in our blue riband event have again gone south, the Spaniards had looked ominous in round one, which shrank from three heats to two because of the unexpectedly low entry.

CHAMPION PROFILE

REYES ESTEVEZ, born in Barcelona on August 2 1976, has hardly looked back since placing eighth in the junior race at the 1994 World Cross Country Championships.

Having won the 1993 European Junior 1500m and finishing fourth in the 1994 World Juniors, he retained his Euro Junior title in 1995 before exploding on to the senior scene by reaching the 1996 Olympic semis then snatching the bronze medal at the 1997 Worlds behind Cacho, whom he idolises.

He said of his Budapest triumph: "When we started the last 100 metres and Fermin was far behind me, I knew I had won it. This is the greatest moment in my life – all the more so because I was able to beat a legend, my compatriot Fermin."

■ 5000

BRAVE as British champion Karl Keska was, Ireland's Mark Carroll was the major hero of this battle with the Spanish Armada – which had a little help from a latter-day Napoleon.

The 26-year-old Cork-born American university student was never far off the pace, which dropped 1992 Olympic champion Dieter Baumann so dramatically on the last lap, Germany's new 10,000m silver-medallist struggled in 13th.

The first charge was a 62-second lap with three to go. The surprise enforcer was 25-year-old Slovakian Miroslav Vanko, whose ultimate reward was a PB in eighth place. His burst had the effect of stringing out the pack as he went through 4km in 11 minutes 10.98 seconds. Among those who dropped off the pace was Rod Finch, whose international excursions have been limited since he became the 3000m bronze medallist at the 1994 European Indoors.

But as Carroll took up the challenge, British hearts – full of three successive gold medals in sprint events immediately before this race – swelled afresh to the sight of 26-year-old Keska puffing along in third place.

It didn't last but at least he was able to say after finishing ninth: "I gave it a go. Training in America has maybe given me a different perspective. The guys over there believe attacking is better than running defensively."

It's obviously the same in Spain and France. While the three Spaniards provided a fan, forcing any would-be attacker out into lane two, Frenchman Mustapha Essaid gave Carroll a huge shunt in an attempt to pass on the inside.

The assault happened after they'd reached the bell in 12:43.27, Carroll and the three Spaniards leading, Baumann suddenly falling from fifth. Though Alberto Garcia suffered as badly as Keska on the run-in, 28-year-old Isaac Viciosa gave a glimpse of the finishing speed that made him European 3000m record-holder by claiming his biggest title yet.

And the Spaniard he succeeded at the head of the 3000m lists, Manuel Pancorbo, 32, used all his strength and experience to restrict Carroll to bronze.

CHAMPION PROFILE

ISAAC VICIOSO, born on Boxing Day 1969 in the Madrid suburb of Palencia, is proof pride comes after a fall.

He tumbled out of last year's World Championships 1500m literally and decided to move up in distance. The results: a European 3000m record of 7:29.34 in Oslo last month and now his first major gold, in Budapest. Previously at 1500m, he was fourth in the 1992 European Indoors, went out in the heats of the 1993 World Champs, was second in the 1994 Europeans, 12th in the 1995 Worlds and went out in the semis at the Atlanta Olympics.

■ 10,000

NEVER mind all those rumours about EPO. It's EPI that spurred Antonio Pinto to a relentless victory over the twin German threat of Dieter Baumann and Stephane Franke ... plus Jon Brown, the Briton who dearly wanted to "prove it's possible to win a European medal without being on EPO."

EPI? It stands for Extraordinary Portuguese Inspirations. One of them was among the coaches, proudly watching their little man run away from the rest with a second 5000m of 13:35.07 after the first half of the race had been covered in 14:13.57.

Rosa Mota, winner of (among many other things) the first three European Championship marathons, was in Budapest primarily to look after the former European cross country champion, Paulo Guerra, who struggled home 14th.

But she had time to praise Pinto: "He has so much talent because he is so dedicated to his training. He wants to emulate those who inspire him."

Such as? The little lady smiles modestly and invites an answer from Pinto's coach, Alfredo Pinheiro. He points to Mota – then she translates the rest of his answer: "He is inspired by those in his school ... the Castros and the rest. He is very dedicated to his training. He does everything he is told. That is why he is so good."

Good? He was devastating as night fell and the temperature stuck at 32°C in the Nepstadion.

He took the lead with 5400m to go and from there, only one man was going to win. Through 6km in

17:02.49, Brown was on his shoulder. One 62-second lap later, Brown was fourth in the echelon, behind Pinto, Franke and Baumann.

They stayed in that order for lap after lap, the only change being the widening of the gap between Pinto and the rest as he powered away – particularly in the last 2200m, by which time Brown was already 15m down.

First to snap, suddenly, was Baumann. Barely 200m later, Franke was also drained of the energy to maintain Pinto's pace.

Another kilometre on, Pinto was almost 100m up on Franke in second with Baumann another five metres down and, 30m adrift of the 1992 Olympic 5000m champion, Brown towing Spain's Bruno Toledo on a forlorn chase. Almost another 100m back, Britain's other brave, Keith Cullen, was battling for a place in the first 10 with another man who would have preferred the temperature 20 degrees lower and the tartan track to be muddied, Carsten 'The Moose' Jorgensen, Denmark's reigning European cross country champion.

Jorgensen won that title in the Portuguese park where Pinto trains with his inspirations. That apart, they were in different worlds in Budapest.

Pinto powered on. Baumann paused as he picked off Franke to have a word of encouragement ... "only 800 to go." Enough to end Brown's hopes of closing the 30m gap and snatch bronze.

"I'm fairly satisfied," said Brown, who would love to see blood testing introduced by the dope testers. "I lost it mentally when I got detached. I then got my head around it and felt quite strong over the last couple of kilometres. I thought I ran pretty respectably.

"I'm sure there's a big difference between third and fourth – as I'm sure I'll find out in the next 12 months," he added in a reference to possible funding and invitations to races.

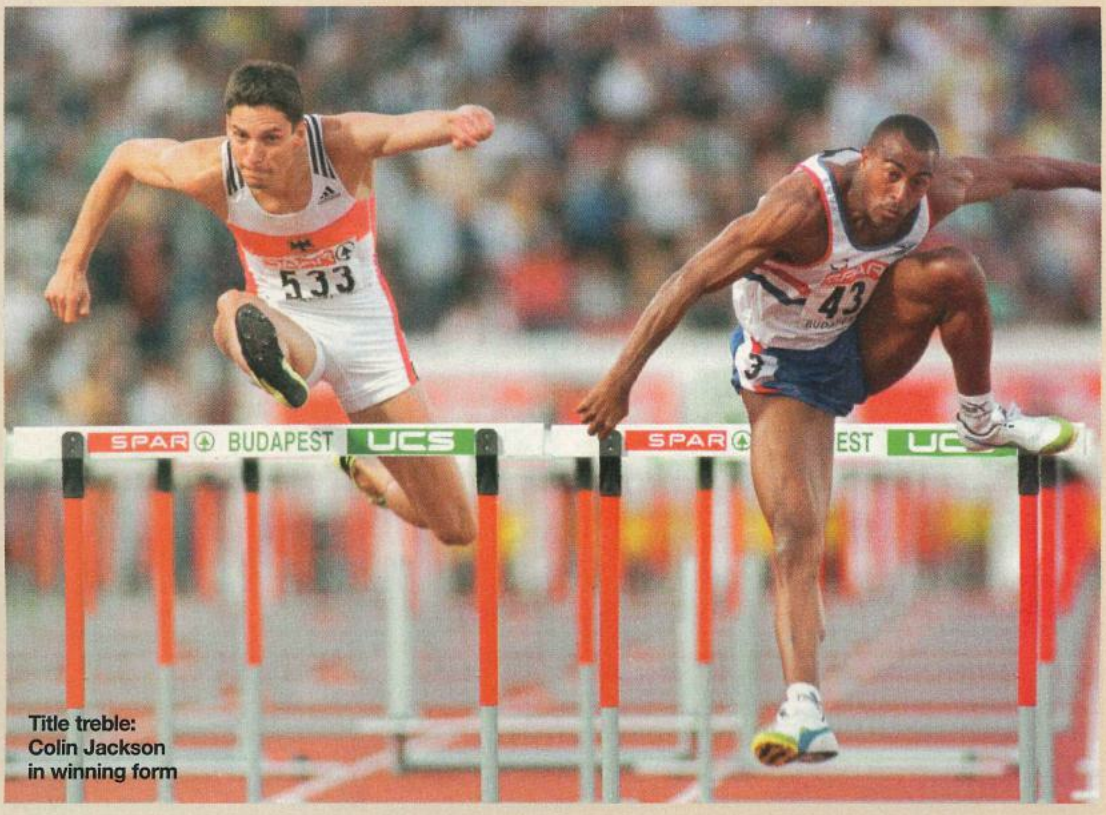
"Fourth's the worst possible place to finish," said PAS endurance director Norman Brook, who had praise for both Britons.

"Considering Jon has run the London Marathon and has had to recover from that – and has had a few injury problems – to get to this level of performance shows what a quality athlete he is."

Brook described Cullen's effort – 28:34.23 for 11th as "a very solid performance. I think he just lacked that wee bit of strength at the end which stopped him being in the first eight."

Cullen put that down to missing two months' training because of a groin strain after his run into 10th place in the European Challenge 10,000m in the springtime.

"I'm drained," he said. "Absolutely drained. I was shocked to realise we went through 5km in 14:18. It felt quicker than that in the heat."



Title treble: Colin Jackson in winning form

CHAMPION PROFILE

ANTONIO PINTO, born on March 22 1966 in Amarante, Portugal, took up athletics at the age of 20 after converting from cycling.

He made his name as a marathon runner, clocking 2:12:39 on his debut in Carpi in 1991 and winning London the following year in 2:10:02.

He failed to finish the 1992 Olympics in Barcelona and was a disappointed ninth at the 1994 Europeans in 2:13:24. Back on the big city scene, he won Berlin later that year in 2:08:31, was third in London the following spring (only a week after racing the World Cross Country Championships at the behest of his paymasters in the Portuguese Federation) and clocked four successive 2:09 marathons.

But the major championships jitters hit him again in 1996, when he was only 14th at the Atlanta Olympics in 2:16:41.

London provided him with the perfect pick-me-up the following spring: his win in a course record 2:07:55 earned him $105,000.

Now the man who was 13th in the 1988 Olympics 10,000m and 19th in the 1995 World 10,000m has finally got a grip on a track title. All he craves now is the recognition that used to go with it ... which is why he is travelling to the Ericsson Golden League meeting in Brussels on Friday night intent on breaking the European 5000m record of 12:54.70 run by Dieter Baumann in Zurich last summer.

Marathon

RICHARD NERURKAR's brave, possibly last, bid for a major title went down the drain in a fierce storm as Italians filled the first three places, Spaniards the next three ... and yet another Italian pushed the British No.1 down to eighth, his lowest placing in eight marathons.

The weather was typically British: cool and windy at the start, dramatically wet in the middle, steamy toward the end. And Nerurkar's response to the challenge of adding another gold to his 1993 World Cup triumph was typically gallant.

The 34-year-old London-based Bingley Harrier made the move at 28km that turned the procession into a race, reasoning afterwards: "My race plan was to make a long run for home rather than leave it. Even though you are taking a big gamble when you have a group of 15 or 16, winning races is all about taking gambles.

"You never know if you are going to win a race unless you get to the front and have a go."

He strode out on one of the stretches alongside the River Danube on a multi lap course that frequently had the racers tacking, yachting fashion, to avoid the worst of the wind.

But Italians Stefan Baldini, the eventual winner, Danilo Goffi and Vincenzo Modica plus Spaniards Jose Rey and Alejandro Gomez – who ran the fastest-ever debut marathon of 2:07:54 in Rotterdam last year – not only went with him, within a couple of kilometres they dropped him.

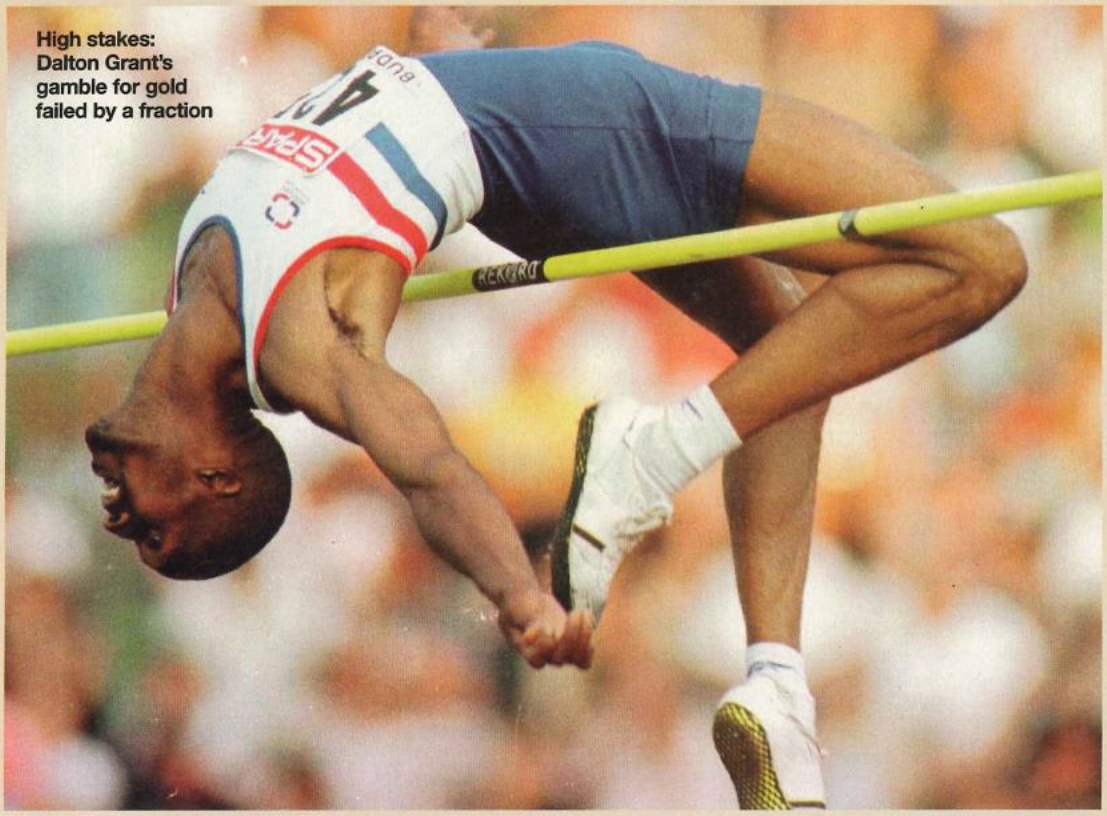
By 40km, Baldini and Goffi – the Italian 10,000m champion who was 64th in the 1993 World Half-marathon and improved to fourth in last year's World Championships marathon – were 20 seconds up on Modica, the national cross country champion.

Though Spain filled the next three places, Antonio Pena having passed Nerurkar, there was no chance of them repeating the 1994 European success of Martin Fiz.

Baldini waited until the stadium was in sight before easing to a 10-second winning margin over 25-year-old Goffi. Modica was third in splendid isolation, 24 seconds ahead of the best of the Spaniards,



Paul Gray: Welsh record No.3



High stakes: Dalton Grant's gamble for gold failed by a fraction

30-year-old Rey.

Nerurkar's sadness was completed on the lap-and-a-half of the track. With 300m to go, the fourth Italian, 24-year-old Giovanni Rugiero strode past to snatch sixth.

"I am very disappointed about not being good enough to have won," said Nerurkar. "I thought I might have been good enough to be European champion but it was not to be."

Behind him came two more shattered Britons – Dave Buzza, the Cornishman whose preparations were hampered by an Achilles problem, was "very disappointed with a miserable old run" into 28th place in 2:19:28, five-and-a-half minutes slower than the springtime run in Boston that earned him selection.

Mark Hudspith, the Commonwealth Games bronze medallist, missed two of his first three drinks – he retraced his steps for his third one – and was passed by Buzza in the last mile. "I hoped for a top 10 place because I found the early pace comfortable," said the Morpeth Harrier. "But when I 'went' I dropped back pretty quickly."

CHAMPION PROFILE

STEFANO BALDINI, born on May 25 1971 in Castelnovo di Sotto, the eighth of a family of 10 boys, was an anonymous 20th in the 10,000m at the 1994 Europeans but took to the roads to win the World Half-marathon in 1996.

At the marathon, he was sixth on his debut at the distance in Venice in 1995, did not finish New York in 1996, was second in London in 1997 (2:07:57) and third in New York last autumn.

Baldini, who works part-time for the building company that sponsors him, said of his first major title: "For the last month, my coach and I have believed this gold was going to be mine. At 37km, I knew I could win.

"But I was very surprised there was no strong Spanish challenge."

110H

COLIN JACKSON ran a championship best 13.02 seconds in the semi-final and final to complete his European Championships hat-trick – and plans to use it as a platform from which to launch a fresh assault on the Americans' domination of the world scene.

The 31-year-old world record-holder hurdled carefully but perfectly, explaining: "It's a championship – you have to err on the right side of caution."

In direct contrast, the UK's eternal No.2 Tony Jarrett hit the first hurdle so hard in the final, only his strength allowed him to stay on his feet. He did well to finish sixth in the circumstances.

It completed a miserable night for his technical adviser, Ludmila Olijars. Her 19-year-old son Stanislva was disqualified in the semi-finals.

"I was watching the other guys in the warm-up," said Jackson, "and they were really nervous and anxious. I shut myself off – I didn't want to be part of that. I stayed away and concentrated."

The rivals were wound up so well, 24-year-old Falk Balzer – formerly the German national 50m freestyle swimming champion – ran a PB 13.12 to take second, delighted he had beaten his country's long-time No.1 Florian Schwarthoff, who has been struggling with injuries this year.

Dutchman Robin Korving, also 24, clocked a national record 13.20 to take third ahead of Schwarthoff, who was runner-up to Jackson in 1994.

Britain's third string, Andy Tulloch, went through the first round as second-fastest loser but was seventh in his semi in 13.79 – creditable bearing in mind he had only one race in seven weeks while he battled injury.

CHAMPION PROFILE

COLIN JACKSON, born on February 18 1967 in Cardiff, had his next target even before he'd taken off the spikes in which he won his third successive European title.

"He can take his brain out of gear now and stop being scared of the Americans," said his coach Malcolm Arnold.

And why not? The pair are back working together again at Bath University – the significance of which was underlined when Jackson finally made it through the media scrum to shake his mentor's hand and say: "Thank you, sir."

As if to prove this is the start of Jackson's second success circle, his first started in the Hungarian capital in 1989 when he was runner-up to American legend Roger Kingdom in the World Indoor Championships.

The world record-holder in-doors and out, Jackson won world silvers indoors and out last year to signal he was about to mount a challenge for the superiority he had shown by winning the 1993 world title in a world record 12.91 seconds.

Proving a hurdler's life is all ups and downs, though, this summer started with a clatter – a dnf in Doha. "That knocked him harder than maybe anyone realised," said Arnold.

But since then he has won 15 of 18 races. The result that matters most, though, is fourth in the Goodwill Games, which is why he has a score to settle against the Americans – starting with Lausanne last night, then Brussels and Berlin.

Seeking to explain his recent problems, he said: "I thought I needed to do something to beat them. Now Malcolm and I have decided to forget that – just do it.

"It was important I had to come back here and show people I'm still around and alive and ready to do battle for the World Championships and Olympic Games in the next two years."

400H

ELEVEN months after being reported killed in a road accident, 26-year-old Pavel Januszewski became the most surprised champion in Budapest.

The balding Pole, whose end was erroneously reported in a car accident just before Christmas, ghosted up on the inside of the favourite, Russian Rusian Mashchenko, who contributed to his downfall by stumbling off the last hurdle.

"I didn't see the Polish guy," moaned Mashchenko. "I just felt something was going terribly wrong."

Januszewski, who ran back-to-back national records in the semis and final, said: "I'm so shocked! I missed so much training after injuring a thigh in May, I came to Budapest just to fight for a place in the final. Everything else I achieved would be a bonus – and what a bonus!"

He was helped when world champion Stephane Diagana fell in his semi-final, but showed much more appetite for the battle than his rivals in the final.

Of the Britons, Paul Gray stormed to his third Welsh record of the summer in the first round before going out in the semis.

CHAMPION PROFILE

PAVEL JANUSZEWSKI, born in Warsaw on January 2 1972, suffered such bad head injuries in a motor accident last September, word swept through Poland's athletics community that he had died.

But he made such an amazing recovery he has improved from 48.94 seconds last summer to 48.17 in the Budapest final –

having run 48.90 in his semi.

No wonder he said: "I would like to thank my coach, Janus Iskra. I owe him so much for my great victory."

He's new to the hurdles after not making it at the flat 400m. He was in the Polish squad that was second in the 4x400m at the 1991 European Junior Championships, reached the Europeans semi-finals in 1994, went out in the heats at the 1996 Olympics and in the semis of the 1997 worlds.

Then came the accident that changed his life – and left his team-mate, walker Tomasz Lipiec, describing his Budapest triumph as "an absolute miracle."

3000m Steeplechase

CHASE? It was more follow the leader as 25-year-old German Damian Kallabis sliced 11.5 seconds of his previous best in turning the formbook upside down.

He took off with four-and-a-half laps remaining, built a 20m lead by 2km, stumbled dramatically off the water jump on the last lap but gathered his strength to stride to a 10m victory over defending champion Alessandro Lambruschini and European No.1 Jim Svenoy.

CHAMPION PROFILE

DAMIAN KALLABIS, born June 10 1973 in the Polish quarter of Cologne, is coached by Stephane Franke, who took the 10,000m bronze on the first night in Budapest.

But he refused to look at the medal, insisting all along he would end the week with one of his own. He said: "My coach has been telling me for eight months that I would win it. Last week I started believing him. He told me just to go out and run the pace I wanted to run. He said, 'If they go with you, they will go with you. But if they don't you will win.'

"I slipped in the water on the last lap because I tried to jump like the Kenyans, but it didn't work. Even then I knew I was going to win – I had 10 metres advantage."

His success far outweighed his pedigree. He has a PB of 8:24.62 and this is the first year he has won the German title.

High jump

DALTON GRANT will soon be able to launch his own exclusive brand of Trivial Pursuit. Questions about his quirks will keep athletics pundits puzzling long after the Christmas turkey is devoured.

Who holds the world record for entering a high jump competition at the most daring height? DG – twice: 2.31m at the 1991 World Champs; 2.32m at last year's Worlds.

Who qualified for these Europeans 12 hours after the selectors put him in the team? DG – at a meeting nobody knew he was travelling to in Germany.



Painful exit: Nick Buckfield's Euro campaign ends in agony

Who now holds the world recordsfor most jumps at a major championships? DG – 23 in these qualifiers and final.

Who proudly holds the silver medal when many at home felt he shouldn't even have been on the 'plane? DG – by clearing 2.34m at the second attempt.

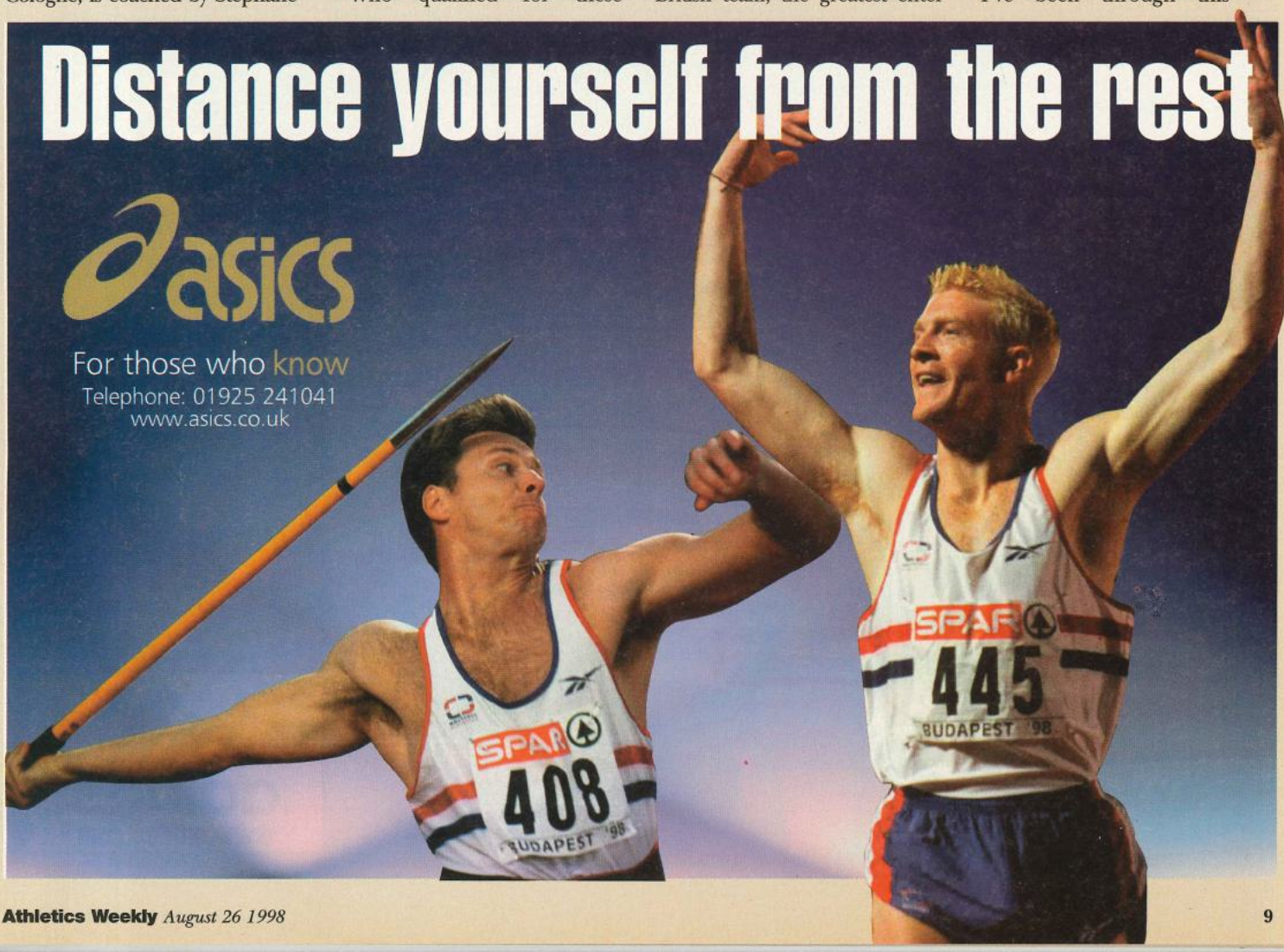
But who passed at 2.36m (his outdoor PB since 1991) though it would have won gold and went instead for a British record 2.38m? DG – the greatest enigma in the British team, the greatest entertainer in the Nep last Friday night.

Why? "I thought I would have to jump 2.38 to beat Artur."

Artur is Partyka, who lived up to his favourite's tag by clinching gold with first time clearances to 2.34m.

But the crowd was only interested in Grant, 32 years old and still as zany as a teenager, always wanting to extend the boundaries: "I jumped 2.27m earlier this season then went down with 'flu and my performances suffered in the same way – they went down.

"As I've been getting better, my confidence has risen. And after all I've been through this



summer, of course I'm pleased with silver."

Champion Partyka took time out from his celebrations to say: "I would like to congratulate Dalton. He was the surprise package in the competition. What a great competitor he is!"

Brendan Reilly, who only qualified for the championships on deadline day, reached the final but had to settle for ninth, sticking at 2.24m. His second attempt at 2.30m was so close – his heels clipped the bar after his body sailed over – that he opted to gamble at 2.32m with his final attempt. It did not pay off.

"Ninth sounds bad, doesn't it? But you have to reach for the heights," said the Belgrave Harrier.

CHAMPION PROFILE

ARTUR PARTYKA, born on July 25 1969 at Stalowa Wola, has won seven medals at Olympic and world level. But this is his biggest gold yet.

Since he won the European and World Junior titles back to back in 1987 and 1988, his consistency has been of the highest order: equal third at the 1992 Olympics, second at the 1993 and 1997 worlds, equal second at the 1994 Europeans, third at the 1995 Worlds, second at the 1996 Olympics.

No wonder he greeted the Budapest breakthrough as "a great competition – but it would be as it's my first big-time gold."

Pole vault

FORMER Olympic champion Maksim Tarasov needed just two successful clearances to become the seventh successive winner from the Soviet Union/Russia.

Then he launched an attack on the problems which led British medal hope Nick Buckfield to hospital rather than a place on the medals rostrum. Buckfield was on crutches but remarkably upbeat 48 hours after a fearsome fall left him screaming in agony.

The UK record-holder, over the knee injury that kept him out of the BUPA AAA Championships, sailed over his opening height of 5.30m in the qualifying round before disaster struck on his first attempt at 5.45m.

He crashed down into the slot in which the pole is planted, his right hip hit the stanchion, and his adductor muscles cramped.

He was stretchered away but, after two days of treatment from the team's medical staff, said: "The outlook's a bit cloudy but the sun will shine soon. I think I shall be ready for the World Cup. I've made a 200 per cent improvement in the last 24 hours."

Tarasov said: "The runway is in the wrong position in this stadium. It should not be across the top of the stadium because this always causes problems with the wind in bowl-type stadiums."

CHAMPION PROFILE

MAKSIM TARASOV, born on December 2 1970 in Yaroslavi, first vaulted at the age of nine (2.70m) and won the 1992 Olympic title but was not allowed to defend it in Atlanta. He no-heighted at the Russian trials, so was not picked.

He was second in the 1995 and 1997 World Championships, but this win was something of a home victory: he has lived in Budapest with his wife and two children since 1992.

Long jump

NATHAN MORGAN sat in the stands, resting his bad back as well as he could in an orange plastic plank of a seat, and watched 22-year-old Russian Kiril Sosunov win his first major senior title.

The 20-year-old from Leicester, who arrived in Budapest ready to break Lynn Davies' 30-year-old UK record of 8.23m to win a medal, inflamed a disc in his back in qualifying and was reduced to the status of spectator for the final.

Watching a low key competition in which only Sosunov beat Davies' mark, Morgan, the reigning European Junior champion who has reeled off PBs to 8.11m this season, said: "I've had the problem before – the disc and muscles lock in my back. On the second jump of the qualifiers, I came to the board and heard a crunch in my back. I knew I didn't have much else to offer."

That effort of 7.62m was his best of the qualifiers, though he added: "In the third round I attacked as hard as I could but I just wasn't good enough on the day."

He flew back home on Saturday for a scan to determine the extent of the problems – musing on where he might have finished in a final that yielded the silver to an 8.21m PB by 23-year-old Romanian Bogdan Tarus and bronze to a modest 8.06m by the newly-crowned World Junior champion Petko Dachev, 19, from Bulgaria.

CHAMPION PROFILE

KIRIL SOSUNOV was born on November 11 1975 in Ryazan, Russia. He dedicated his gold medal to his wife Olga and son Oleg, and was elated that "after getting so many silver and bronze medals at different competitions I have finally been able to climb to the top of the podium."

Though he won the World Student Games title in 1995, this was the 22-year-old's trail of frustration in senior majors: three no jumps in the 1995 Worlds, seventh



in 1996 European Indoors, second 1997 World Indoors, second 1997 European U23s, and third 1997 Worlds.

Triple jump

IT couldn't have happened to a nicer chap. Jonathan Edwards closed the entire championships with a CBP of 17.99 metres in the final round ... and ensured Britain would finish at the top of the medals table.

The vicar's son who used to refuse to compete on Sundays was a man of his word to his fellow worshippers in the north-east of England, too.

His opening leap of 17.84 metres (with a slightly illegal wind) was never approached by any of his rivals, and he revealed: "I told the people in church, 'I'm jumping at 5.15pm and I'll win on the first jump so you can go to church knowing I've won.'"

The competition took so long, they were probably back to see his fabulous finale, which took him 54cm clear of his nearest rival, defending champ Denis Kapustin.

Edwards survived an injury scare as the rain lashed down in the qualifiers. On his first attempt, his step phase landed on the long jump take-off board, which gave way. He could have damaged his Achilles, or even broken his leg, but merely staggered through the pit – and qualified instantly the judges gave him his first attempt again.

CHAMPION PROFILE

JONATHAN EDWARDS, born on May 10 1966 in London, is beginning to lose the haunted look of a world record-holder who was forced into second place at the Atlanta Olympics (his 17.88m was the longest-ever losing mark) and the Athens World Championships, when his build-up had been hampered by a bruised heel.

The smile is back now – and no wonder. This is his record this season: 1st Stange indoors, 1st Tampere indoors, 1st Birmingham indoors, 1st European Indoor Champs, 2nd Maebashi indoors, 1st Pietersburg, 1st Leeds, 1st Tallin, 1st Helsinki, 1st European Cup Final, 1st Oslo (18.01m), 1st Rome, 1st Gateshead, 1st Goodwill Games, 1st AAA Champs, 1st Sheffield GP, 1st Stockholm, three no-jumps Monaco, 1st Zurich, 1st European Championships. You know the rest.

Shot put

NEVER mind the longest put in Europe so far this year. The world's biggest bandage was the bigger talking point after Aleksandr Bagach won, as he did at last year's IAAF World Championships in Athens.

'It was a wonderful feeling to see so many Union Jacks being paraded around the stadium – and waved from the stands
Jonathan Edwards, triple jump gold

The Ukrainian's rivals were so interested in his appendages, they asked the European AA technical delegates, Al Guy and Jorge Salcedo, to judge on whether they were legal. Yugoslav Dragan Peric, who finished fourth, insisted Bagach had hidden weights in his socks "to help his rotation."

The judges did not "consider them in conflict with present IAAF rules" but are to refer the matter to the IAAF Technical Committee for consideration.

Controversy is no stranger to Bagach. He was disqualified after finishing first in Athens, forfeiting his gold medal and $60,000 prize. And he served a two-year ban after failing a drugs test at the 1989 European Cup Final, an indiscretion that cost the Soviet Union its place in the '89 World Cup.

There was no doubting his superiority in Budapest from the moment he reached 20.99m in round three. Closing with 20.98, 21.10 and 21.17, he registered the three longest throws of the competition – and overhauled Finn Arsi Harju at the head of the year's European rankings.

While Harju was seventh with 19.54m – 1.50m down on his year's best at Oulo a fortnight earlier – Bagach's closest rival was Germany's Oliver-Sven Buder, who was always in second place ... just as he was in Athens until the testers re-wrote the result.

Now the question is: Can IAAF lightning strike Bagach down twice?

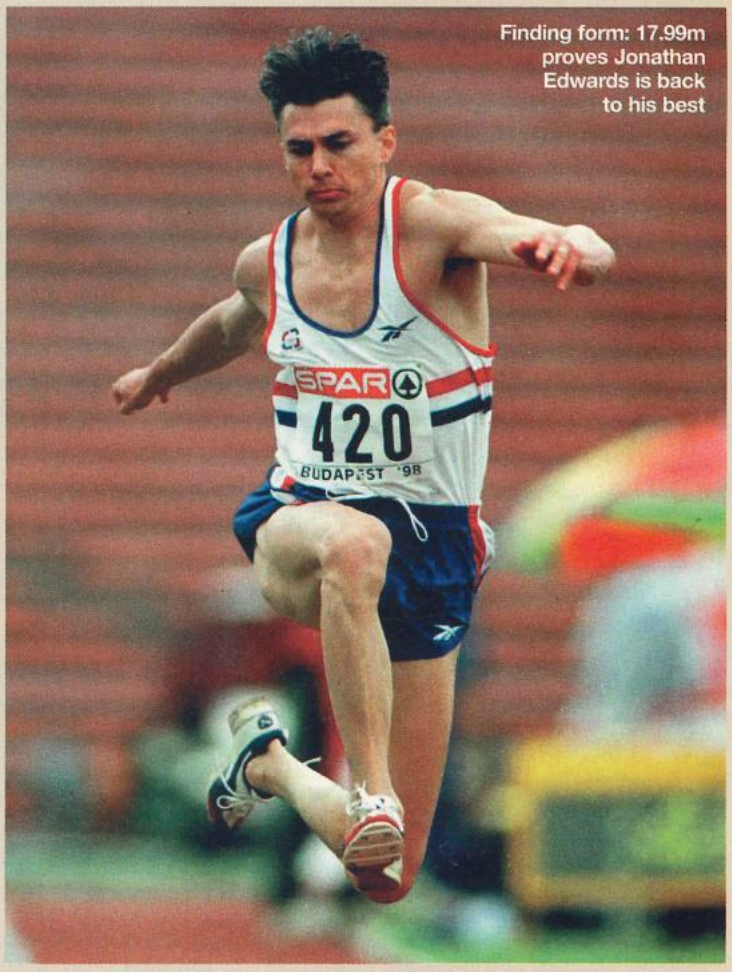
The question for the Brits is: What happens to our big hopes on the big occasion?

Perhaps we should have feared the worst when Shaun Pickering and Mark Proctor were both drawn 13th in the qualifying groups. They mustered only one valid put between them and both went out.

Proctor, the AAAs champion who has been over 19 metres in 13 competitions (there's that number again!) this year had a full set of no marks – culminating when he fell out of the circle with an effort close to the automatic qualifying mark of 19.80m.

Complaining the surface of the circle made spinning difficult, Proctor also cited the weather, explaining the shot slewed off the sweat in his neck on one of his efforts.

Pickering said: "I've been throwing 19.50m all year but to be honest I wasn't too confident about this because of my injury problems. I did 18.77 at the Welsh Games with a really bad back, and now I've got a hip problem that causes me to fall off. My first throw was reasonable but the second slipped out of my neck because I was sweating so much."



Finding form: 17.99m proves Jonathan Edwards is back to his best

CHAMPION PROFILE

ALEKSANDR BAGACH, born on November 21 1966 in Matusov, is a legend in the Ukraine.

After the country emerged from the break-up of the Soviet Union, he was its first major medallist when he won the European Indoor title in 1997.

As a Soviet athlete, he won the 1992 European Indoor gold, took the 1993 World Indoor bronze, was promoted to third at the 1993 World Championships when American Mike Stulce was disqualified for a doping offence, finished second at the 1994 European Championships (to his compatriot Aleksandr Klimenko), was third at the 1996 Olympics and second in last year's World Indoors.

Discus

GERMAN Lars Riedel took just one throw to claim his first European title – a ridiculous abberation in such a distinguished career. His first attempt in the final went to 67.07m.

It was 10.53m less than the PB he registered last year but good enough to beat a field in which world record-holder Jurgen Schult was second with a fourth round 66.69m effort.

Britain's sole finalist, Robert Weir, didn't have a happy return to Budapest, where he threw his PB of 64.60m last year. He couldn't improve on his second effort of 61.92m and finished eighth, as in last year's World Championships.

The giant Birchfield Harrier also had problems in Saturday's qualifying round, which took place in driving rain. After a modest 58.92m in round one – "the circle was very, very slippery," he said – the judges started the clock for his second attempt while he was still waiting for his preferred discus to return from the infield. "I only had 10 seconds left on the clock," he said after keeping his nerve to reach 61.36m.

UK record-holder Perris Wilkins, ranked fourth in Europe, slipped out in the qualifiers. His best attempt of 53.16m was 13.48m down on the record he set in the Midland League in June.

Glen Smith, who famously defeated Weir to qualify for Budapest, also went out – seventh in his group with 58.97m, 3.47m down on his PB.

CHAMPION PROFILE

LARS RIEDEL, born on July 28 1967 in Zwickau in the then East Germany, is not quite Superman

'It's fantastic for British athletics. It's like turning the clock back to '89 and all that followed. It's absolutely awesome'
Steve Backley, javelin gold



Command performance: Steve Backley dominated his rivals from the opening throw

despite standing 1.99m tall, winning four world titles (in 1991, '93, '95 and '97) and triumphing at the Atlanta Olympics by the biggest-ever winning margin, 2.80 metres after starting the final with two fouls.

One of the reasons he's never won the European title before is that he had to withdraw from the competition in 1994 with a bad back. And he said after his Sunday best: "It was not perfect technically. Deep in my heart I was not sure I would win gold until the final throw because 67m is not huge.

"And, no, I'm not going to party tonight. I'll have to spend a lot of time with my physio..." Then Not Superman laughed.

Hammer

HUNGARIANS have lived through 20 traumatic years since they last tasted a victory in European Championships (and then only courtesy of a dope test on a Russian). The long wait was ended with all the impact of a double decker bus gate-crashing the party.

Not only did Tibor Gecsek win the event which is so deeply embedded in Hungarian hearts that a hammer thrower was used as the image to promote the whole of these championships. But to the utter delight of the totally patriotic and irreverent crowd, his countryman Balasz Kiss took the silver medal.

The fact that Kiss now leads Gecsek 7-1 in this summer's head-to-heads allowed Englishmen of a certain age to sort of gatecrash the party: England's footballers lost seven goals to Ference Puskas and company in this same stadium in ... was it really 44 years ago?

Kiss, the 26-year-old Olympic champion who was mugged twice in his first year at the University of Southern California, led by two centimetres in the first round – 80.96m to 80.94 – but once Gecsek went out to 81.66 in round three, the favourite must have felt his pocket being picked again.

And sure enough, in the fifth round Gecsek found a PB of 82.87m – his previous best of 81.68m had come a decade earlier – to clinch his first major title.

To say the crowd went wild is to claim England were unlucky in 1954. The 50,000 or so had thrilled to every nuance of this competition ... much to the annoyance of the sprinters who struggled to hear the gun, never mind the starter's orders, above the bells, whistles and cheers for the chuckers.

Gecsek, mindful of the historic importance, summed it up emotionally: "To win gold in front of the home crowd with a personal best ... all these things make this evening the most memorable of my life."

Kiss said: "I have thrown better than the winning throw but this 1-2 for Hungary is a really great feeling."

And without realising what was about to happen in the men's 100m that was delayed for six minutes while the hammer crowd quietened, he added: "Everyone should try it once!"

To complete the hammer surprises, world champion Heinz Weis was beaten for bronze by his German No.2 Karsten Kobs, 26, who said: "I can't believe it ... this is definitely the luckiest day of my life."

CHAMPION PROFILE

TIBOR GECSEK was born September 22, 1964, in Szentgotthard, Hungary. Until his victory last Wednesday night, the highlight of a chequered career was victory in the 1992 World Cup.

The lowlight came in 1995 when he was banned for a doping offence. Returning last year when the IAAF decided to halve four-year bans, he began with throws of 77 metres, reaching 80.37m in April of this year.

In between he was seventh in the 1987 Worlds, sixth in the 1988 Olympics when he reached his PB of 81.68m, second in the 1990 Europeans, fourth in the 1991 Worlds and 1992 Olympics, third in the 1993 Worlds and fifth in the 1994 Europeans.

Javelin

STEVE BACKLEY completed a hat-trick of European titles in the grand manner.

Having thrown a championship best 87.45m in the qualifiers, he launched the final with a massive salvo – 89.72m.

Game, set ... and match came when his training mate, Mick Hill, earned the silver medal, Yorkshire's biggest terrier's first tangible reward from four European Championships.

If Backley hadn't demoralised the opposition – and the Finns in particular – in the qualifying round, he did with his first throw of the final.

The expected challenge from the season's European No.1, Aki Parviainen, foundered at 82.30m for ninth place.

Hill, over whiplash injuries suffered in a car accident at the end of last season, added three metres (all but a couple of centimetres) to his season's best in round five to take silver with 86.92m after finishing eighth in 1986, fourth in 1990 and sixth in 1994.

"It's been a long time coming," he said. "And I honestly thought I could win it in the last round, but I tailed it slightly and it still went 85.72,

"But silver's fantastic after the way I scraped through the qualifying. I discovered when I re-measured my run-up I'd been a yard out.

"But my last three throws were great. When the fourth went 85.77m, there was no way I was going to finish fourth again. So the next one really got it."

To complete British joy, the third man, Mark Roberson, rose as high as fifth in the penultimate round with 84.15m, finally having to settle for sixth.

CHAMPION PROFILE

STEVE BACKLEY, born on February 12 1969 in Sidcup, Kent, has built his fabulous career on one rule: "Be strong on the first throw – and put the others under pressure."

It's worked well for 11 years through victories in the 1987 European Juniors, 1989 and 1991 World Student Games, 1990 and '94 European Champs and Commonwealth Games ... and he was also second in the 1996 Olympics and the World Champs of 1995 and 1997.

It never worked better, though, than on two days in Budapest.

Decathlon

CHEERED on by his own 'army' of 70 fans who had travelled by coach from Estonia, 28-year-old Erki Nool won his biggest title yet – his country's first gold medal since 1938.

A 70.65m javelin throw took him conclusively ahead of world silver medallist Eduard Hamalainen, whose response of 55.34m was 6.50m down on his PB.

It proved a dramatic turn to a competition in which only 35 points covered the first four at the end of the first day: Hamalainen 4484, Icelandic champion Jon Arnar Magnusson 4473, Nool 4470 and 23-year-old Czech Roman Sebrle 4449.

But in the end none of them got near the CBP of Britain's Daly Thompson, who reached 8811 in Stuttgart 12 years ago.

CHAMPION PROFILE
ERKI NOOL, born in Voru on May 25 1970, took his triumph modestly: "I know I'm the most popular citizen of my country. But no matter how many girls come to the airport to greet me, I will be faithful to my fiancee, Kadri, who is pregnant."

There's been an expectancy that Nool would succeed in a 'major' since he won Gotzis in 1995. He was fourth at the 1995 Worlds, sixth in the 1996 Olympics and 1997 Worlds, but has been in great form this summer, winning in both Gotzis and the European Cup, and scoring a PB 8672 for fourth at the Goodwill Games.

20km walk

THE future maybe started here for what many believe to be the crankiest old discipline in the calendar with a 22-year-old, chased aggressively by a 21-year-old, finally succumbing to a 26-year-old in a breathtaking finish.

Russian Ilya Markov, the world junior champion of 1990, fairly flew through the tunnel back on to the track to dramatically overhaul the long-time leader, Aigars Fadeyevs, and become the first champion of the week.

Markov, winner of the Goodwill Games 10km last month, was towed along for so long through the closing stages by 22-year-old Fadeyevs that the 15-second winning margin he forged during the final 700 metres was enormously flattering.

CHAMPION PROFILE
ILYA MARKOV, born on June 19 1972 in Asbest, Russia, took golden revenge for suffering a DQ in last year's World Championships.

The 1996 Olympic silver medallist first sprang to notice by winning the world junior 10km title in 1990 followed by the European juniors' 10km in 1991.

His rapid promotion to near the top of the senior tree in Atlanta has been consolidated since his Athens disappointment. In addition to winning the Goodwill Games 20km, he also scored a big win in Barcelona this year.

He said of his Budapest win: "It was a tough race. It was hot out there. And Fadejevs was great. Somehow I managed to overtake him in the last few hundred metres and never looked back."

50km walk

POLISH ironman Robert Korzeniowski completed a full set of titles by powering away in the last 15km – and was greeted at the finish by a band of 50 fanatical supporters who finally erased his sad memory of the 1997 World Championships in Athens.

In Greece, his one regret when he won the world title was: "There was nobody in the stadium to greet me when I finished." This time, his long and lonely charge to the line ended in bedlam with his fans trying to invade the track, not the most rational of moves with javelins flying around.

The 30-year-old had received two warnings by 30km but steamed away from fellow pacesetters Santiago Perez, Russian champion Andrey Plotnikov and his compatriot Tomasz Lipiec.

Korzeniowski led by eight seconds at 40km, and stretched it to 38 seconds at the finish, ahead of Finland's former world champion Valentin Kononen, who clocked a season's best 3:44:29.

CHAMPION PROFILE
ROBERT KORZENIOWSKI, born in Krakow on July 30 1968, beamed in Budapest: "Now finally I am a complete athlete."

First in the 1996 Olympics, first in the 1997 World Championships, he has now added his first European title, having finished fifth and fourth in 1990 and 1994 respectively.

"I can go on holiday and relax now," he added. "But not for long – I have to prepare for Sydney." Via Seville, presumably.



Wounded winner: Denise Lewis's gold medal put a troubled year behind her

4x100

BRITAIN's homework earned another gold star on 'Super Saturday'.

It mattered not that the final time was five-hundredths slower than the semi-final clocking ... except to individual silver medallist Dwain Chambers and Marlon Devonish, who were dropped for the medal-winning run.

The only blip came when Allyn Condon false started in the final. Away cautiously second time, he sent individual 100m champion Darren Campbell powering down the back straight and, by the time individual 200m champion Doug Walker and his sore knee had rounded the top bend, Julian Golding knew there would be no need for another dramatic dip at the line. More than a third of a second behind, France and Germany ran season's bests for the minor medals.

Then Condon revealed the homework – started by coach Richard Simmons before they won bronze medals at last year's World Championships and continued since he moved to the British Olympic Association by Graham Knight and Steve Perks.

"The squad that ran here has been together three times during the summer," said the Sale Harrier, who placed fifth in the AAAs 200m but is a different man with a baton to carry for Britain.

"Apart from us six, there's another five who could come in and do the job – that's how strong we are at the moment. It's great!"

4x400

IT was much closer in the end than anyone believed possible at the start of the championships – but the banker gold medal was finally brought home by arguably the saddest man in the British team.

Mark Richardson, stunned to be beaten into third place in the individual race, faced deja vu all over again on the final leg. His rival: Robert Mackowiak, the Pole who had beaten him for individual silver in the closing strides.

And the relay leg was an action replay of the individual duel. Richardson went off faster, doubling his two-metre lead midway down the back straight. Mackowiak came back strongly off the crown of the bend – so strongly that with 40m to go, the unthinkable seemed a possibility. Until Richardson found reserves of resilience that eked a two-metre victory.

It crowned a controlled performance by the quartet. Mark Hylton led off with 45.4 seconds, negating the stagger on the Spaniards two lanes outside him.

Jamie Baulch (44.6) was inches ahead of his Polish rival, Tomas Czubak. Individual champion Iwan Thomas (44.27) built that two metres led over Piotr Haczek, which proved crucial as Richardson stormed home in 44.39 seconds.

WOMEN

100

THE woman with the bronze-coloured hair produced a golden run to win in a European record of 10.73 seconds. Christine Arron of France flashed past the fast-starting Irina Privalova in the final 40 metres to go third on the all-time list.

After the race questions involved two subjects: Arron's hair

and Marion Jones. Firstly to the hair and a correction. It is not bronze, nor golden, but 'blonde middle copper' – the colour she asked for when she visited her hairdresser.

"Some people say my strength is in my hair, like Samson," she says. "But that is not true. I owe my good results to my coach and a lot of hard work."

Then, to Jones – the seemingly invincible world No.1 – who some observers believe Arron may challenge in Berlin soon. Indeed the rate at which the 24-year-old Arron has improved has left many Frenchmen and women dreaming that the European record-holder may one day threaten Florence Griffith Joyner's world record of 10.49 seconds – a time Arron refers to as 'a fictional world record' (a reference to the decade-old record's suspicious wind reading).

After dragging three other women under the 11-second barrier in the Budapest final, Arron said: "After the semi I thought I had a good shot of the gold if I got a good start. Halfway through I saw Privalova from the corner of my eye and accelerated between 60 and 80 metres."

In the heats Britain's Joice Maduaka took five hundredths of a second off her PB with 11.35 seconds. The 24-year-old was running in her first major outdoor championship.

In her semi she endured three false starts and a thousand distractions due to the din of the stadium crowd, before going out in seventh place with 11.49.

CHAMPION PROFILE

Christine Arron was born on September 13, 1973, in Abymes, Guadaloupe. In Budapest many were saying she had come from nowhere, but Arron is swift to squash that theory.

She broke French under-15 records for 80 and 150 metres – the latter still stands – and went to the 1992 World Junior Championships where she was part of the French sprint relay team that finished fifth.

Frustrated by a variety of injuries, Arron moved up to 400 metres in an attempt to stay injury free, then back down to 200, and eventually 100, over the past two years.

In 1997 she smashed arch-rival Marie-Jose Perec's French indoor 200m record with 23.13. Later that year she won the 200m at the European Cup and Mediterranean Games. She then came fourth at the World Championships in Athens over 200m. Over 100m she improved her five-year-old PB by almost half a second.

Some breakthrough. But as she insists, she has been an athlete for 11 years. And her run in Budapest is merely part of a fast rising upward trajectory.

■ 200

KATHARINE MERRY described Zhanna Pintusevich as being "on a mission" following her fourth place in the 100 metres final. Well, it proved mission impossible as she strained to a silver medal behind flying Russian Irina Privalova.

After having her European record taken away from her in the 100m final by Christine Arron, Privalova (who led that race for 60m) had something to prove.

"This is amazing," said Privalova, after winning the 200m. "It was hard to recover after the 100m and run the 200m the next day, but I managed it. To come back from injury and an operation, this is a dream come true."

Pintusevich won two silvers at the 1994 Europeans, but has the taste of gold now after winning the World 200m title in Athens last year.

"It was a crazy race, the craziest of my life so far," she said. "Up to 120m I was feeling wonderful, I thought I had gold in my pocket. And then at the beginning of the final stretch I felt a sharp pain in my right hamstring. It was then that Privalova pulled away."

Katharine Merry was bitterly disappointed to go out in her semi after finishing second in her heat in 23.23, while Sarah Wilhelmy had mixed fortunes.

The youngest member of the British team at 18, Wilhelmy came seventh in her heat, almost a second outside her best. But who cares? It was great experience and the same day she learned she'd earned two grade As and a B for her A-level efforts.

"If she takes a year off now to train," Merry joked, "I'm moving up to 400s. She's an amazing talent."

CHAMPION PROFILE

IRINA PRIVALOVA was born near Moscow on November 22, 1968. She came to Budapest as European 100m record-holder and left it as 200m champion.

Privalova did not waste any time in life. She was was a figure skater at three, a speed skater at 10, was married at 18, had a child at 19 and was divorced at 20. Her son, Alexei, is now 10.

Privalova won the 100m and 200m at the 1994 Europeans. In Budapest she was returning from a serious hamstring injury sustained during the 1997 World Indoor 60m final.

She has 10 World Championship sprint medals including three golds. A bronze medallist in the 1992 Olympic 100m, she also won silver in the 4x100m in Barcelona. She has a 400m PB of 49.89 from 1993, and put her strength to use in 1994 when she won the 100m, 400m and came second in the 200m at the World Cup.

This year she won the European Cup 100m, but could place only sixth in the Monaco and Zurich Golden League meetings over 100m behind Marion Jones.

■ 400

GRIT BREUER felt that if she could beat the 50-second barrier then she would become European champion. As good as her word a time of 49.93 was enough to beat the two other PB-running medallists, plus British finalists Allison Curbishley and Donna Fraser.

Breuer could not have had a better pre-Budapest warm-up race than at Zurich on August 12 when she ruined Christy Opara's Golden League jackpot dream by ending her unbeaten run.

Helena Fuchsova, of the Czech Republic, and Olga Kotlyarova, of Russia, both ran PBs to fill the remaining places on the podium. But this was a one-horse race dominated by a 26-year-old former East German who was suspended in 1992 for three years for a drugs offence.

Curbishley and Fraser trudged off the track after finishing fifth and sixth, disappointed not to have broken 51 seconds at least.

"There was nothing there today," said Curbishley. "I felt great all day and convinced myself it was mine. But 51.05 wasn't really what I came here for."

Fraser has been improving gradually all season. With the guidance of coach Ayo Falola she hopes to capture her 50.87 1997 form by the time she gets to Kuala Lumpur. "It's taking its time," she said. "Hopefully it'll click soon."

Looking ahead, Curbishley



Flying squad: Campbell, Condon, Golding and Walker

reflected: "Fifth in Europe. I've got to be happy with that ..." But as her voice trailed off it was obvious she (and Fraser) weren't.

CHAMPION PROFILE

GRIT BREUER was born in Robel on February 16, 1972. The former East German won the European title in 1990 while still a junior but was banned for tampering with a urine sample in 1992.

She was cleared by the Deutscher Leichtathletik Verband because the rules of the German federation did not cover drug tests taken in South Africa, where she was tested. She subsequently tested positive for Clenbuterol but has been free to compete since serving a three-year ban.

Breuer won three golds (400/4x100/4x400) at the World Junior Championships in 1988. She has won the European Cup in 1989, 1996 and 1997. Her 1990 European gold over 400m was backed up by a 4x400m gold at the same championships. And she is a wonderful relay runner – running a 48.63 split in Atlanta 1996 and 48.69 in Athens 1997.

She won the European Indoor title last winter and prior to Budapest placed: second in the German Champs, third in Oslo, second in Rome, second in Stuttgart, third in Monaco and first in Zurich. Her PB of 49.42 was set in 1991 when she was 19.

■ 800

RUSSIAN Yelena Afanasyeva dominated the race from gun to tape to win in 1:58.50.

Speeding through 200m in 26.73, the 33-year-old stamped her authority on the race immediately. At the bell (57.42) she still led from Natalya Dukhnova, but forged a vital gap down the back straight to go through 600m in 1:28.6.

It was not a vicious pace, but it was enough to win, as the long-legged Malin Ewerlof of Sweden and Stephanie Graf of Germany came through to snatch silver and bronze.

Britain's Diane Modahl finished fourth in her first round heat with 2:00.52. "I couldn't have had a better build-up," said Modahl, who then headed to the warm-up track as she couldn't bear to watch the remaining heats to see if she had qualified.

She did qualify, but went out in the semi, running a similarly brave tactical race – always on the shoulder of the leader. Fifth with 2:00.08 was not good enough, but would have won her a medal in the final. It was a case of what might have been.

CHAMPION PROFILE

YELENA AFANASYEVA was born in Kulebyaki on March 1, 1967. She is best known for splitting Maria Mutola and Ana Quirot at the World Championships in Athens last year.

Afanasyeva equalled her 1988 PB of 1:57.77 in 1996 and broke it in 1997 with 1:56.61. Her 1998 best is 1:56.63.

She won bronze at the European Indoors in 1992 and silver at the World Indoors in 1995. She was third in the World Cup in 1992, but has twice won the European Cup (1995 and 97).

Her fifth place in the Olympics in 1996 was followed by her silver in Athens. She was also part of the Russian team that broke the world indoor 4x800m record in 1994. A topsy-turvy '98 season has brought six wins – including a victory over world No.1 Mutola.

■ 1500

DOUBLE Olympic champion Svetlana Masterkova won her first European title after the rest of the field played into her hands with a slow tactical race.

Anita Weyermann led through 800m in 2:23.56, with Masterkova content to hover on her shoulder. World champion Carla Sacramento of Portugal took it up with 600m to go and she led at the bell from Masterkova.

Sacramento held her pole position into the straight before Masterkova struck, seemingly cutting in on the Portuguese athlete. With a 57.28 last lap the Russian powered way to win easily.

"It was a purely tactical race," said Masterkova. "The only thing that mattered for me was to win the gold medal."

Sacramento complained of Masterkova's elbowing, saying: "This is not the first time she has done it, which is not very nice."

CHAMPION PROFILE

SVETLANA MASTERKOVA was born in Achinsk, Siberia, on January 1, 1968. She won the 800m and 1500m at the 1996 Olympics and is the world record-holder for the mile and 1000m.

Masterkova was injured in 1997 and put on lots of weight, but she has returned this year with wins in Linz, Oslo, Rome, the Goodwill Games, Sheffield and Zurich. She suffered her first ever 1500/mile defeat in Monaco by Gabriela Szabo recently, but beat her four days later in Zurich.

■ 5000

SONIA O'SULLIVAN won the 'impossible double' when she followed her 10,000 metres win earlier in these championships by sweeping to victory in the 5000 metres.

After her up and down season she had been written off by many and admitted after the race that even she didn't think she had much chance of pulling it off.



Fast foursome: Baulch, Thomas, Richardson and Hylton get their teeth into gold

The 28-year-old, who won both races at the recent World Cross Country Championships in Marrakesh, said: "I really cannot believe it. I was in shock when I crossed the line and didn't think about the double at all until I had it wrapped up."

So take your vote, O'Sullivan, Christine Arron or Denise Lewis for woman athlete of the championships?

O'Sullivan's main threat in this race was the fast finishing Gabriela Szabo – the reigning world 5000m champion who beat Budapest 1500m champion Svetlana Masterkova over 1500m recently. Szabo played right into O'Sullivan's hands by leading the whole way at a pace that was never going to drop the Irish runner.

Through 3000m in 9:15.15, Szabo had five for company: O'Sullivan, Marta Dominguez of Spain, Annemari Sandell of Finland, Kristina Fonseca-Wollheim of Germany and Olivera Jevtic, who set a Yugoslavian 10,000m record earlier in the week.

"The race was set up for me perfectly," said O'Sullivan. "I wasn't thinking of the pace, or the double, just counting down the laps. It was easy until the last 200m when it was touch and go. I didn't know what was going to happen ... she (Szabo) didn't know what was going to happen."

What did happen was an action replay of the 10,000m, with O'Sullivan leaving it a little later – until the home straight. And when she punched the air it was doubly satisfying.

But it wasn't as easy as it looked: "If she (Szabo) came after me I had no idea. Halfway down the straight my legs were shaking. I didn't know if she was going to come and dip past me," said O'Sullivan.

Not content with the double, maybe the treble is next on the cards: O'Sullivan is rumoured to be thinking about running a marathon in the next 12 months.

■ 10,000

PAULA RADCLIFFE's dream of a year turned into a nightmare in the Nepstadion as the British women's team captain could place only fifth in a race won by Sonia O'Sullivan of Ireland.

O'Sullivan has been in such unpredictable form this summer no one believed she could emulate her double win at the World Cross Country Championships last winter with a 5000m/10,000m double here.

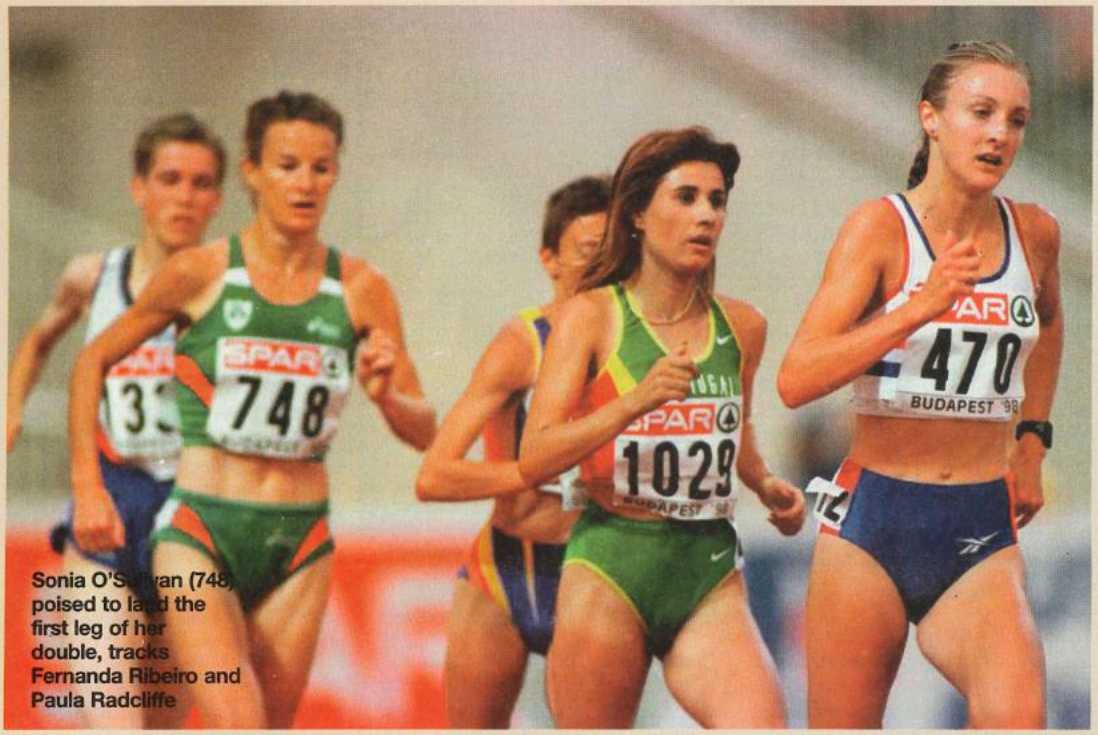
But with Radcliffe lacking the zip she has shown over the past six months, it came down to a sprint finish. And inevitably, there could only be one winner.

Radcliffe has had such a marvellous year – a World Cross silver, followed by a British 10,000m track record, followed by a world road best for five miles. Then, this summer, a European Cup 5000m win, a 1500m PB and a conclusive win over O'Sullivan in Sheffield over 3000m.

Going through 3km in 9:54.83, it soon became clear something special would be needed to drop O'Sullivan and Fernanda Ribeiro – Radcliffe's conqueror in the British record run back in April.

"Paula ... Paula!" the British supporters cried. But where her mind wanted to run 69-second laps, her legs could only muster 72-74s. Five kilometres were passed in 16:08.35, only good enough to whittle the leaders down to Radcliffe, Ribeiro, Lidia Simon, O'Sullivan, Olivera Jevtic and Julia Vaquero.

Eight kilometres went by in 25:29.38 – unknown territory for O'Sullivan and time when Rad-



Sonia O'Sullivan (748) poised to lead the first leg of her double, tracks Fernanda Ribeiro and Paula Radcliffe

cliffe really did have to motor. Sadly it stayed bunched until the final lap when firstly Ribeiro (at 300m) and then O'Sullivan, on the final bend, engulfed the exhausted Briton.

With a 63-second last lap and a stunning 28.1 final 200m O'Sullivan soared away from 150m out. Punching the air as she crossed the line, O'Sullivan felt she had proved a point to those who had written her off.

WHAT THEY SAID

Paula Radcliffe: "I can't explain what happened. I was in my best shape, but the race was too slow and when I tried to inject pace it wasn't there.

"I was aiming to run 69-second laps, but ran 72s. I know it was not fast enough but my legs just would not go faster. It felt hard even when I wasn't leading.

"Sonia runs her races like that and the others didn't help me. But this is a championship race and you don't expect them to."

Sonia O'Sullivan: "There were definitely times in the race when it got a little bit tough but everything fell into place at the end. When I got to halfway I thought, 'Right I cannot lose from here as this is my territory now.'

"It got hard, it got easy, it kept going back and forth. I've been to 8km in cross country races but I've never been past that before.

"I never thought about winning until I was in the last 1000m as you can get distracted. And I thought if it comes down to a 100m race I am going to win."

Rosa Mota, Portugal's distance running legend: "Sonia deserves success after what happened to her in the Olympics. Fernanda (Ribeiro) was in good shape as she ran a 4:06 1500m recently. While Paula did a lot of work. No wonder she is tired!"

CHAMPION PROFILE

SONIA O'SULLIVAN was born in Cobh, Ireland, on November 28, 1969. She won both women's world cross country titles earlier this year (4/8km); is the world 2000m record-holder; and Irish record-holder from 800m up to 5000m.

Coached by Alan Storey, who interrupted her post-race interviews with a congratulatory phone call, her PBs include: 1500m 3:58.85; 3000m 8:21.64 (8:28.82 in 1998); and 5000m 14:41.40.

After winning the World Student Games 1500m in 1991, she placed fourth in the Olympic 3000m in 1992 (after leading into the straight) and second in the World Championships 1500 in 1993 (also fourth in 3000m).

In 1994 she became the last woman to win a European 3000m title and won the World Championships 5000m the following year. At the 1996 Olympics she failed to finish the 5000m and was knocked out of the 1500m heats, after struggling with a stomach problem. Similarly disappointing at the '97 World Championships.

She lives in London where she trains with Kenyan men. Australian marathoner Steve Moneghetti says he struggles to stay with her during training runs.

Looking at O'Sullivan's summer track form in 1998 it is little surprise she was not considered the favourite in Budapest: third in St Denis (5000); second in Bratislava (1500); won in Cork (2M world best); fourth in Oslo (1500); second in Nice (3000); ninth in Rome (1500); won Irish Champs (5000); second in Sheffield (3000); seventh in Zurich (1500).

Marathon

MANUELA MACHADO drummed home the fact the European Championship women's marathon title belongs to Portugal and no-one else after winning in a lifetime best 2:27:10.

It was also a championship best, beating her 2:29:54 winning time from four years ago, and the three winning marks of Portuguese team-mate Rosa Mota, winner in 1982, '86 (2:28:38) and '90.

A large group went through 5km in 18:04 and was approaching 10km when Madina Biktagirova of Russia surged into the lead. In a bizarre manoeuvre she noticed she had just passed a drinks station, stopped, turned and went back for her bottle.

Biktagirova, who was disqualified from the Barcelona Olympic marathon (after finishing fourth) and banned for three months for taking a stimulant, broke away with Machado just before the two-hour mark.

A 16:10 5km split was enough to do the damage and Machado drew away from Biktagirova to cruise to a 51-second win. Biktagirova held on for second while Maura Viceconte beat fellow-Italian Franca Fiacconi for bronze.

CHAMPION PROFILE

MANUELA MACHADO was born in Viana do Castelo on August 9, 1963. Portugal have now won this title every year since the inaugural race in 1982.

Machado won the 1995 World title, plus World silvers in 1993 and 1997. She has twice been second in the Olympic marathon.

Tenth in 1990 at the Europeans, she broke clear before halfway in Helsinki four years ago. She was second in London in 1995 and sixth in 1997. She has twice come third in the Great North Run.

WHAT THEY SAID

Manuela Machado: "The race was very, very easy for me. I never doubted I would win."

100H

SVETLA DIMITROVA retained her title and ran the quickest time by a European athlete this year. The Bulgarian scorched to 12.56 clocking to beat Brigita Bukovec and Irina Korotya.

Dimitrova was modest in victory too. "It was easier this time than when I won in 1994," she explained. "What can I say? A perfect race in a perfect setting."

Bukovec, second with 12.65, was not as happy. "I really wanted to win," she said. "Maybe next time.

In third with 12.85, Korotya was ... 'flattered!' "You say I am the bronze medallist," she said, evidently overcome by the occasion. "Oh, I am flattered. I thought I came fourth. I threw myself forward thinking I might catch fourth place," the Russian laughed. "It seems I threw myself pretty hard!"

CHAMPION PROFILE

SVETLA DIMITROVA was born in Botevgrad on January 27, 1970. The defending European champion also won the 1988 World Junior heptathlon title.

She served a two-year drug ban in 1989 after setting a world junior heptathlon record. She gave up the multi-events after injury restricted her high jumping. She is married to her coach Ilian Pishtikova and her son, Christian, was born in December 1995.

400H

LIKE Christine Arron in the 100 metres, Ionela Tirlea of Romania chose this championships to come of age, fulfilling the promise she showed when she became World Junior champion in 1994.

Tirlea was slightly behind Tatyana Tereshchuk of the Ukraine coming into the home straight, but powered away to win in 53.37 seconds – breaking her Romanian record for the fourth time this year.

An injury to Tirlea's Achilles at the European Cup last year, left Tereshchuk free to monopolise the top 10 times by a European in 1997.

Now injury-free, the 22-year-old was too strong for Tereshchuk, this year's European Cup winner.

"I am the happiest person in the whole world," said Tirlea. "My problem in the race was that I could not run the curve." When she learns to hurdle round the bend Sally Gunnell's European record of 52.74 seconds could be under threat.

Natasha Danvers, the 20-year-old who returned from university in the United States to make the GB team, admitted she found the step up in pace a little too hot. Danvers finished sixth in her heat in 57.19 and said: "I thought I had the hang of it, but I have a long way to go yet."

CHAMPION PROFILE

IONELA TIRLEA has flirted with the 400m in the past. But in Budapest she showed she has at last fallen in love with the 400m hurdles.

But will the marriage last? After missing most of last year with an Achilles injury, Tirlea opened her 1998 campaign with some startling 400m flat results. At the European Indoors she took more than a second off her PB to win silver.

The Romanian record-holder for 100m (11.35), 200m (22.65), 400m (50.32) and 400m hurdles (all run in 1998), she won the World Junior title in 1994 and European Junior titles in 1993 and 1995. She also came seventh in the 1995 World Championships and 1996 Olympics. That's over hurdles, but in 1992 she won bronze at the World Juniors over 400m.

High jump

MONICA DINESCU was born on April Fool's day, but she proved no idiot by soaring to victory with a 1.97m clearance.

The 25-year-old Romanian record-holder won the outdoor title to go with the indoor one she won in Valencia back in March.

She has only been beaten twice this year in 20 competitions. In second place was Polish champion Donata Jancewicz, who broke here PB by two centimetres with 1.95m.

Third was Alina Astafei, a four-time Romanian champion who moved to Germany in 1993.

CHAMPION PROFILE

MONICA DINESCU was born in Sighetul Marmatiei, Romania, on April 1, 1973. Her maiden name was Iagar and her previous championships record includes fifth in the 1995 European Indoors, ninth in the 1997 World Indoors, 13th in the 1997 World outdoors, second in the World Students and gold at the 1998 European Indoors.

Worryingly, like several champions in Budapest, she served a short drugs ban – in 1996.

Pole vault

ANZHELA BALAKHNOVA showed the style and grace expected of a former rhythmic gymnast to become the first woman European pole vault champion.

The Ukrainian struck gold on countback from German duo Nicole Reiger-Humbert and Yvonne Buschbaum. It was enough to merit a perfect 10 from her fans in the crowd. But Balakhnova wasn't so germerous with her scoring.

"I am not really satisfied," she said. "To win gold is a fabulous feeling, but I missed my PB by nine centimetres. I reached as little as 4.31 metres, while I wanted to clear 4.45 to 4.50."

If Balakhnova felt she underachieved, she should have been in Janine Whitlock's spikes. The British record-holder was distraught after exiting in the qualifying round, although her spirits had brightened by the end of the week – helped no doubt by Britain's gold-fest.

Clearing just 4.10 (compared to her best of 4.31), she said: "It was one of those things. It was nothing to do with injuries. I was getting height but no penetration."

Birchfield's Emma Hornby also went out in the qualifiers, failing to clear 3.60m. But it was vital experience for the 24-year-old who has improved by 31cm in 1998.

Her only overseas competition prior to Budapest was in Arles in May. But she now looks forward to Kuala Lumpur as the fifth ranked athlete in the Commonwealth. Whitlock is number two behind Emma George.

CHAMPION PROFILE

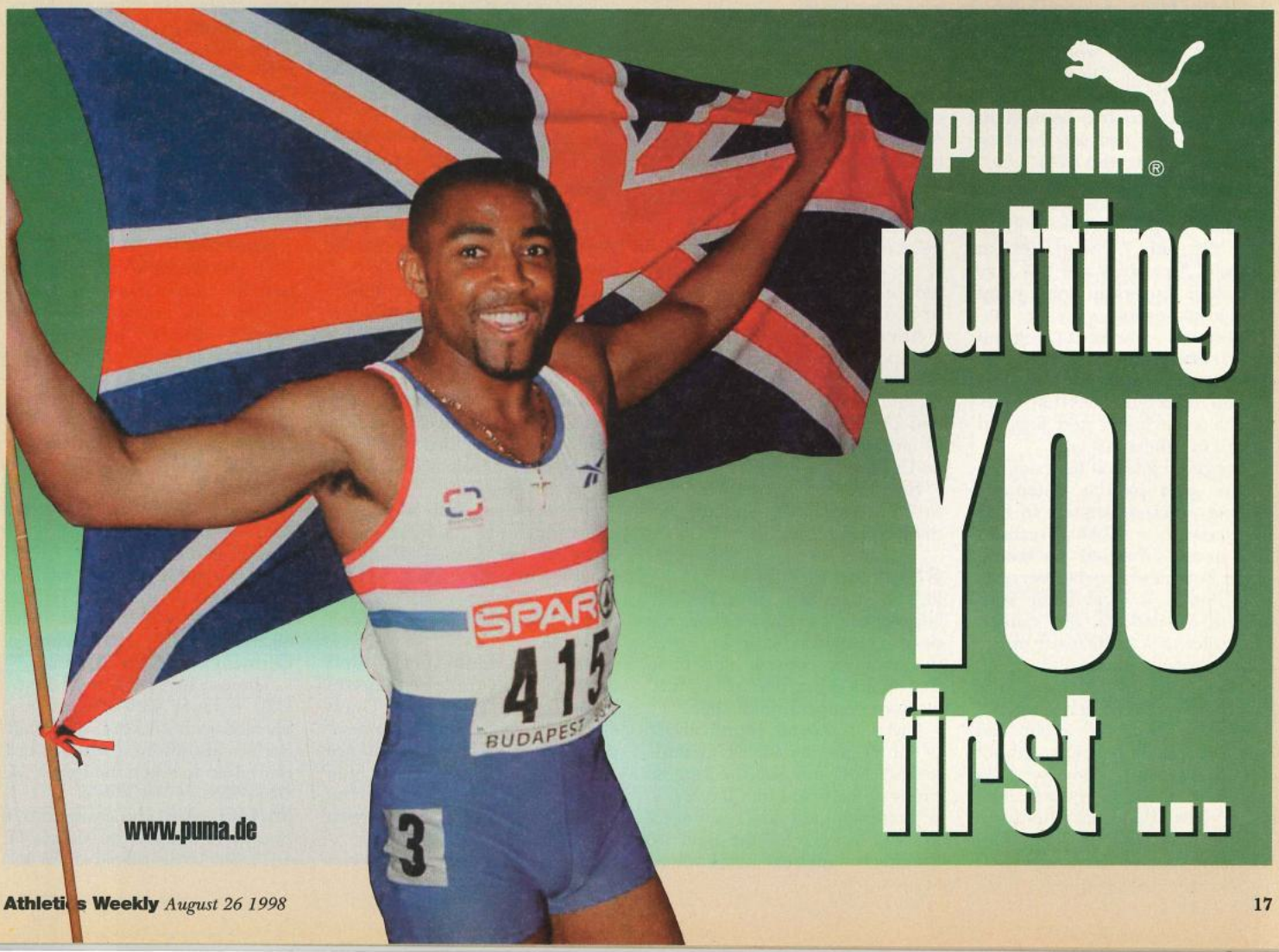
ANZHELA BALAKHNOVA was born on December 18, 1972. She became the third Ukrainian gold medallist of the week when she won in Budapest.

The former rhythmic gymnast from Kiev has a best of 4.40 metres, but vaulted 4.45 at an exhibition last year. She also set a short-lived world indoor record of 4.45 when she won the European Indoor title last winter.

In 1997 she won the European Cup and set three European records. The current European record-holder Daniela Bartova (4.51), like Whitlock, failed to qualify for the Budapest final.

Long Jump

FORMER East German Heike Drechsler beat former Briton Fiona May to win her fourth European long jump title on the trot and fifth European gold in all.



Drechsler registered only two marks – her second and third efforts both being 7.16 metres. That was enough to beat May, the former Derby Lady who now competes for Italy, who set a national record of 7.11m in second.

Drechsler has long jumped over 400 times but, following operations on both Achilles tendons in 1997, has only recently returned to her best and her clash with May was being billed as one of the head-to-heads of the championships.

"It was difficult to come back after a long time away, but apparently I can still jump okay," smiled Drechsler. "The wind was not too bad, I managed to cope with it."

May has blossomed from an exceptional British junior into an Italian superstar since moving to Florence to be with husband Gianni Iapichino. The Italians call her La Pantera Nera – the black panther.

She purred: "Life will go on. I will go to the Grand Prix final and try to make a comeback. Hopefully I can win something." The 1995 World champion will no doubt have her day again.

CHAMPION PROFILE

HEIKE DRECHSLER was born in Gera on December 16, 1964. She is is the former world record-holder for 200m and long jump.

The multi-talented Drechsler is also the former world junior record-holder for the heptathlon (scoring 5812 aged 16). In 1994 she returned to the heptathlon after 13 years and set the best score of the year with 6741.

She has competed in all six world championships and became the first woman to jump over 25ft with 7.63w in 1992 at altitude. Amazingly she has now won four European long jump titles in succession.

Budapest marked a great return after three bad years. She placed only ninth in the 1995 Worlds, missed the 1996 Olympics with a knee injury and finished fourth in Athens last year.

The only cloud on her triumph is her part in the systematic doping which took place in East Germany prior to 1990. Drechsler has never admitted to taking drugs but was ordered to pay costs after losing a legal battle with Brigitte Berendonk, who named Drechsler as a participant in the East German system.

After initially denying the accusation, Drechsler changed her story, saying that if she had taken drugs then it was without her knowledge. Between 1984 and 1988 she jumped over 7.40m every year. Whatever the truth about her part in the East German system, her longevity is unmatched – being a world champion at 18 and now European champion at 33.

Triple jump

IF Ashia Hansen been fit in time to compete in Budpest the contest may have been billed as our world indoor record-holder versus the world champion Sarka Kasparkova. Instead, if Hansen were to have struck gold, she would have to have hopped, stepped and jumped past a flying Greek called Olga Vasdeki.

Kasparkova led the first round with 14.53m. But Vasdeki was soon into her stride with a leap of 14.55m in the third round.

Despite efforts of 14.49m and 14.52m by Kasparkova in the third and sixth rounds, together with a 14.50m jump from Tereza Marinova of Bulgaria – which was good enough for bronze – Vasdeki held on in a tight competition.

Kasparkova described her silver medal as 'still nice', but complained of the Nepstadion's triple jump set-up. "The advertising panels were so close to the competition area. I felt like we were shut out of the field and were in a completely different environment. It was like I was watching a soccer game from the side. I don't understand why they have done this!?"

Britain's Connie Henry flew the flag after Hansen and Michelle Griffith pulled out of the British team. The 26-year-old AAA champion, coached by Frank Attoh, finished 11th with 13.77m in the rounds – only 18cm off her best.

CHAMPION PROFILE

OLGA VASDEKI was born in Volos on September 26, 1973. She is the Greek record-holder both indoors and out – owning a best of 14.62 from 1997.

After placing third in the European Indoors and fifth in the Olympics in 1996, she won the Mediterranean Games in 1997 and placed fourth in the World Championships in Athens behind Sarka Kasparkova.

Her brother Spyros Vasdekis won a bronze in the long jump at the European Indoors in 1996.

Shot put

FOUR years ago Vita Pavlysh became the Ukraine's first European champion with her first throw of the contest. This time she retained her title in her first outdoor competition of 1998.

Pavlysh's second round effort of 21.69 metres was a championship best and also the longest throw in the world for 10 years.

"You might ask how I managed to beat the rest of the field by roughly two metres," said Pavlysh, referring to rival medallists Irina Korzhanenko and Yanina Korolchik. "The answer is I am just so strong!

"I missed my unofficial personal best by just four centimetres, but that performance was set in my home town of Harkov in a practice session."

Pavlysh still beat her official best by 96cm. While Korzhanenko, of Russia, and Korolchik, of Belarus, were gushing in their praise.

"For young shot putters like us, today's performance was outstanding," said silver medallist Korzhanenko. "It would have been impossible for myself or Yanina to manage a 21m put. Pavlysh is just so far ahead."

CHAMPION PROFILE

VITA PAVLYSH was born in Khariv on January 1, 1969, and was the defending European champion going into Budapest.

The reigning World Indoor champion, her only competition of 1998 prior to Budapest was at the European Indoor Championships where she won silver.

At the World Indoors in 1997, Pavlysh ended Astrid Kumbernuss's 53-contest winning streak. Pavlysh is the only woman to have beaten Germany's Olympic and world champion in the past three years.

After placing sixth at the 1987 European Juniors, Pavlysh finished eighth in the 1992 Olympics, won the European title in 1994 and then came 11th at the 1995 Worlds.

Her fourth place in the 1996 Olympics was followed by her World Indoor win at the start of 1997. She also won the silver medal behind Kumbernuss at the World Championships in Athens last year.

Kumbernuss has been absent this summer to start a family, but hopes to be back for 1999.

Discus

GERMANY's Franka Dietzsch won a thrilling discus competition with a last ditch throw of 67.49 metres after Nicoleta Grasu had led from round one.

Grasu belted out a 65.94m effort which was good enough to withstand five rounds of assault. Finally, in the sixth round however, she was overhauled by both Dietzsch and Natalya Sadova of Russia.

Dietzsch, whose first round throw was only three centimetres behind Grasu's, believed Grasu already had gold around her neck going into the last round. But not only did Dietzsch pass the unfortunate Romanian, but Sadova's last throw of 66.94 won her silver.

"To win on my last throw is very satisfying," said the 30-year-old winner. "I was worried in the last round and thought all was lost. But then there was no pressure on me and suddenly everything clicked and my technique was near perfect."

Ilke Wyludda, the 1990 and 1994 European champion, finished sixth with 63.46m. The legendary German thrower won the 1996 Olympic final by over three metres.

"Ilke has had about 10 operations this year," said Dietzsch. "But she will return to great form next year I am sure."

Shelley Drew could get nowhere near her English record of 60.82m, after throwing a disappointing 53.13m to finish an unlucky 13th in her qualifying group. But the Max Jones-coached 24-year-old will no doubt return in fine fettle for the Commonwealth Games.

CHAMPION PROFILE

FRANKA DIETZSCH was born in Wolgst on January 21, 1968. After winning silver at the World Juniors in 1986 she placed fourth in the World Students in 1989.

Ninth in the last Europeans behind team-mate Ilke Wyludda, she came seventh in the following year's World Championships. She was then fourth in the 1996 Olympic final and second in last year's European Cup on home turf in Munich.

She beat Britain's Shelley Drew at Sheffield's recent British Grand Prix. But the Briton, who did not make the Budapest final, must take heart from the fact Dietzsch also failed to qualify for the 1991 and 1997 World Championship finals.

Hammer

THE official world record-holder beat the unofficial world record-holder, while Lorraine Shaw and Lyn Sprules became the only British women to reach a field event final in Budapest.

Mihaela Melinte of Romania threw a world record of 73.14 metres in Poiana Brasov on July 16 this year. That mark was ratified, unlike the 73.80m thrown by Russia's Olga Kuzenkova in Togliatti two months earlier.

In Budapest Melinte won by almost two metres with 71.17m. Kuzenkova was second with 69.28m and Kirsten Munchow of Germany third with 65.61m.

The two Britons were 11th and 12th – Shaw with 58.19m and Sprules with 57.68m. Although Sprules also threw a season's best of 61.11m to reach the final.

CHAMPION PROFILE

MIHAELA MELINTE was born in Bacau, Romania, on March 27, 1975. She is the official senior and



Bronze surprise: Donna Fraser, Katherine Merry, Vicky Jamison and Alison Curbuishley

junior world record-holder and has a best of 73.14 metres set this year.

She has been beaten only once, by Olga Kuzenkova at the 1997 European Cup and won her first Romanian title aged just 17.

Her mother Ileana was a shot putter and her two sisters excelled in the javelin and heptathlon. Melinte won the Goodwill Games recently and has an 11 out of 11 record this year – throwing over 70m in eight competitions.

Javelin

A TITANIC battle between Tanja Damaske and defending champion Trine Hattestad did not materialise after Damaske's mighty first round throw of 69.10 metres.

Damaske, of Germany, went into the contest with the biggest throw of the year – 70.10 – but Hattestad, Norway's world champion, was the athlete in form, having beaten Damaske in Zurich the previous week.

In Zurich Damaske was second, and in Monaco, four days before that, she was only fifth in a competition also won by Hattestad.

"When I released the javelin for the first time I knew it went far, but I did not know how far it went exactly," said the champion. "Then I saw 69.10 on the scoreboard which made me very happy.

"I did not know it would be enough for gold, especially when I fouled in the next round. I was afraid of Hattestad all the way to the end, but luckily this time she didn't beat me."

Hattestad's best effort was 63.16, while Tatyana Shikolenko, of Russia, and Mikaela Ingberg, of Finland, also took advantage of the Norwegian's off day.

A medal was especially sweet for Ingberg. After ankle surgery last December she has suffered from Achilles and knee problems this summer.

Fatima Whitbread Norman, the 1986 champion, was guest of honour at the medals cermony. It was a shame she had no Britons to congratulate on the podium.

CHAMPION PROFILE

Tanja Damaske was born in Berlin on November 11, 1971. With the furthest throw in 1998 and a series of great championship performances behind her, the victory was no surprise.

The former East German was World Junior champion in 1990 and three years later won bronze at the World Student Games. At the 1994 European Championships she placed sixth, a position she equalled the following year at the World Championships.

Third in the European Cup in 1996 and 1997, she won that competition this year – being Germany's only woman winner in St Petersburg that weekend.

Last year at the World Championships in Athens she won bronze behind winner Hattestad.

Damske doesn't just rely on her power and technique. Being a psychology student she is not short of mental strength either.

Heptathlon

DENISE LEWIS produced the only gold medal of the championships by a British woman in the event she labelled 'the survival of the unfittest'.

Lewis, the Commonwealth record-holder, has been struggling with an ankle injury since May. But thanks to her physiotherapist Sarah Connor, who she calls the 'terminator woman', and her coach of 15 years, Darrell Bunn, not to mention her body's remarkable knack of healing itself after injury, she was ready just in time to give the British women something to cheer about.

Did she plan to celebrate with the others? "I think I'll get my head down and get ready for the Commonwealths," said the total professional.

Denise's days of glory ... event by event:

Day one

100m hurdles: Lewis' ankle injury meant she was unable to do much speedwork. This, andt he 200m, would be her weakest events. But as long as she was 'strong right across the board', she never doubted her ability to pull it off.

A 13.59 clocking put her just behind Sabine Braun's 13.52. But it soon became apparent that, as Lewis expected, Urszula Wlodarczyk (13.42) and Natalya Sazanovich (13.40) would prove greater threats. "Very disappointing," Lewis said of her opener.

High jump: A 1.83 leap was another solid performance by Lewis. It was one centimetre more than the 1.82 she jumped at the

Heroes for Johannesburg

MANY of the Budapest successes are in the Great Britain and Northern Ireland men's team for the IAAF World Cup in Johannesburg on September 11-13. The team, announced on Monday, is:
100: Darren Campbell. **200:** Doug Walker. **400:** Iwan Thomas. **800:** Andy Hart. **1500:** John Mayock. **3000:** Anthony Whiteman. **5000:** Keith Cullen. **110H:** Colin Jackson. **400H:** Paul Gray. **3000SC:** Christian Stephenson. **HJ:** Dalton Grant. **PV:** Nick Buckfield. **LJ:** Steve Phillips. **TJ:** Jonathan Edwards. **SP:** Mark Proctor. **DT:** Robert Weir. **HT:** Mike Jones. **JT:** Steve Backley. **4x100:** Campbell, Dwain Chambers, Allyn Condon, Marlon Devonish, Julian Golding, Doug Walker. **4x400:** Sean Baldock, Jamie Baulch, Mark Hylton, Mark Richardson, Thomas, Solomon Wariso.
Travelling res: Matt Yates.

AAAs – the meeting that convinced her she was over her injury and on the road to glory.

A 1.80m clearance at the Welsh Games, her last competition before Budapest, also helped her confidence. All her main rivals in Budapest managed 1.80m.

Shot put: A PB of 15.27m put Lewis in pole position. She was now 34 points ahead of her own British and Commonwealth record going into the 200 metres.

"Denise would not have come here unless she was in a position to do well," said Bunn.

200 metres: "I missed a lot of speedwork and it showed in the hurdles and 200," Lewis said. "I felt a bit dead after 150m. And this was well below what I am capable of. But I always said I didn't have to be 100 per cent for these championships."

Lewis struggled with 24.75 seconds. Sazanovich ran a swift 23.62 to maintain the pressure on the Briton.

Day two

Long jump: A long jump of 6.59 further confirmed Lewis' superiority over a field that 'wasn't as strong as it could be'. It was close to her best and better than all her rivals.

Wlodarczyk jumped 6.28, Sazanovich 6.50 and a floundering Braun 6.20m.

Javelin: A 50.16-metre throw left the final event a formality. Those final days prior to the championships spent tuning her technique in the south of France paid off in the Nepstadion.

"If the competition is as intense at the Commonwealth Games," Lewis said later, "then that will allow me to perform even better."

800 metres: Lewis could afford to finish 8.6 seconds behind Sazanovich, her Belarussian threat. But strolled round (well ... almost) to finish over two seconds ahead of her in 2:20.38. Wlodarczyk ran 2:11.75 to pull past Sazanovich for silver.

Lewis's cushion of victory was a cool 99 points. "It's the first time ever she's not had to work hard in an 800," said Bunn, "as she had a buffer."

TOTAL SCORE: 6559: If she hadn't got injured Bunn estimated Lewis' total points tally would have been around 6850.

CHAMPION PROFILE

DENISE LEWIS was born in Birmingham on August 27, 1972. (Happy birthday Denise).

She is the Commonwealth record-holder with 6736 points, Olympic bronze and World silver medallist.

In 1991 she came fifth in the European Juniors and progressed by over 250 points to win the Commonwealth title in Victoria in 1994 (also eighth in the long jump).

Lewis won the 1995 European Cup, placed seventh in the 1995 Worlds and eighth in the 1996 European Indoors (LJ).

Coached by Darrell Bunn, the Birchfield Harrier has PBs of: 13.18 (100H), 1.84 (HJ), 15.27 (SP), 24.10 (200), 6.67 (LJ), 56.50 (JT) and 2:16.70 (800).

She set UK and Commonwealth records at Gotzis – a meeting she missed this year due to an injury sustained at the Staffordshire Championships in May.

WHAT THEY SAID

Denise Lewis: "I'm delighted ... overwhelmed. It's been a very difficult year. A lot of rest and the Commowealth Games are my immediate plans and strictly no parties to celebrate just yet."

Ursula Wlodarczyk: "I thought I had the bronze medal when I crossed the line – my first in a major championship. But I miscalulated the score with my coach and when I saw my name on the scoreboard with the silver medal I became even happier."

British roll of honour

GOLD

100: Darren Campbell
200: Doug Walker
400: Iwan Thomas
110H: Colin Jackson
TJ: Jonathan Edwards
JT: Steve Backley
4x100: Allyn Condon, Darren Campbell, Doug Walker, Julian Golding
4x400: Mark Hylton, Jamie Baulch, Iwan Thomas, Mark Richardson
Hept: Denise Lewis

SILVER

100: Dwain Chambers
200: Doug Turner
HJ: Dalton Grant
JT: Mick Hill

BRONZE

200: Julian Golding
400: Mark Richardson
4x400W: Donna Fraser, Vicky Jamison, Katharine Merry, Allison Curbishley

10km Walk

ANNARITA SIDOTI won the 600th European gold medal since the championships began in 1934.

The tiny Italian led almost all the way from her team-mate Erica Alfredi to win in 42 minutes 49 seconds. As she came into the stadium and produced a final 100m of about 24 seconds, she showed she might not be as fast as Arron, but is just as effective.

Alfredi had a tussle with Portugal's Susana Feitor in the closing stages but finished stronger to give Italy a one-two. Biggest cheer however when to fourth placed Maria Urbanik-Rosza of, you guessed it, Hungary.

"We have written another golden page in Italian athletics history," said Sidoti.

In 18th was Britain's Lisa Kehler with 45:42. The 31-year-old, who was 10th four years ago, predicted she would gain revenge on Irish rival Gillian O'Sullivan in Budapest. O'Sullivan beat Kehler in the Trial (over 5km) at Birmingham in July.

CHAMPION PROFILE

ANNARITA SIDOTI was born in Gioiosa Marea on July 25, 1969. Her Budapest triumph follows her win at the World Championships last year. Then she was drafted in as a reserve to replace Rossello Giordano, but won the 10km track title in 42:55.49.

Sidoti won the European 10km title in 1990 and silver in 1994. She was ninth in the World Championships in 1991 and 1993 and 13th in 1995.

She won the European Indoor title (3000) in 1994 and a bronze in 1990. In the Olympics she was seventh (10km) in 1992 and 11th in 1996. Sidoti also won the World Students in 1995, also over 10km.

At under five feet tall she is probably the shortest of all Budapest champions.

4x100m relay

Magnifique Christine! Was it our imagination or did Christine Arron's hair turn more golden as the week went by? For the French woman lit up the penultimate night with the most electrifying burst of the championships.

Taking the baton in third place behind Andrea Philipp and the clear leader Irina Privalova, Arron brought gasps from the crowd as she tore down the home straight, engulfing Privalova – the winner of the previous day's 200m. The hapless Privalva was so overwhelmed she was also passed by Philipp for silver.

At least a little credit should go to Arron's team-mates Katia Benth, Frederique Bangue, Sylviane Felix. The team may not rival their country's football heroes when the end of year sporting awards are handed out. But athlete of the year? Can France have anyone better?

Arron's race against Marion Jones in Berlin on September 2 will be eagerly anticipated.

CHAMPION PROFILE

FRENCH women have never won the European 4x100m title, while their male counterparts have won at the previous two championships and five times in total.

Seven of the last eight women's titles have gone to German athletes, so the quartet of Katia Benth, Frederique Bangue, Sylviane Felix and Christine Arron made history.

Benth, 22, won silver over 200m in last year's World Students; Bangue, 21, was the 1995 European Junior champion over 100m and won silver over 60m at the recent European Indoors; Felix, 20, was the 1996 World Junior 200m champion; Arron, 24, is the non-British athlete of these championships.

4x400

WINNING the bronze medal was the easy bit. The hard bit was picking the team, they said.

That's what the delirious British women told AW after they had captured bronze behind the runaway German and Russian outfits.

"We talked all the possibilities through as we had six to choose from," said Allison Curbishley, the anchorwoman. "It came down to who was best on each leg."

Britain couldn't have had anyone better than Donna Fraser on the first leg. Out in lane eight Fraser said this was a blessing in disguise, allowing her to concentrate on her own race.

With a 52.3 she handed to Vicki Jamison, the 21-year-old who was fifth in this year's European Cup 400m hurdles. Jamison set off steadily but soon found her stride, bringing the team up into third with a 50.4 clocking.

Katharine Merry was next. "I had to run third, it was the only one I could be trusted with as I have no experience of this at all."

You'd never have guessed it as Merry 'wound it up and wound it up' to hand over to Curbishley with a staggering 50.4 leg.

The pressure was on and Curbishley hung on with a 50.6 split. In the lead Grit Breuer was showing her incredible ability, making up 15 metres to pass Olga Kotlyarova for a German win.

It was the second medal by the British women who were keen to stress a team of six – don't forget Michelle Thomas and Natasha Danvers in the heats – deserved the credit.

"Now we have a squad of six we can start playing around like the boys," said Curbishley.

WHAT THEY SAID:

Donna Fraser, leg one: "It's a shock really. I had lane one which helped me. I just got out there and went for it."

Vicki Jamison, leg two: "It's so good to have won a medal. But there were six girls in this team, not just four."

Katharine Merry, leg three: "All the girls will tell you I was c****ing myself. But I went out steady and wound it up. It was a great team run."

Allison Curbishley, anchor leg: "I went from hell to heaven out there after the 400 individual. We knew we had a medal chance today."



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Results

Men

100

Rd1 (Aug 18, first four in each heat plus eight fastest) Ht1 (-0.6): 1 M Nowak (POL) 10.34; 2 S Tilli (ITA) 10.37; 3 A Marcoullides (CYP) 10.37; 4 E Saeterstoel (NOR) 10.45; 5 D Santos (ESP) 10.48; 6 T Kafri (ISR) 10.65; 7 I Krsek (CZE) 10.78; 8 R Rusidze (GEO) 10.95. **Ht2 (-0.8):** 1 MARLON DEVONISH 10.38; 2 S Cali (FRA) 10.57; 3 F Scuderi (ITA) 10.59; 4 R Nemeth (HUN) 10.61; 5 H Kivela (FIN) 10.63; 6 M Stor (SLO) 10.88; 7 M Bonello (MLT) 10.92; G Skender (CYP) dnf. **Ht3 (0.2):** 1 G Moen (NOR) 10.38; 2 N Guims (FRA) 10.47; 3 T Ridanpaa (FIN) 10.47; 4 U Acman (SLO) 10.48; 5 M Barbosa (POR) 10.54; 6 Y Zisimides (CYP) 10.58; 7 F Feo (ESP) 10.81. **Ht4 (-0.3):** 1 DARREN CAMPBELL 10.40; 2 M Krzywanski (POL) 10.51; 3 A Genovelis (GRE) 10.52; 4 A Dovgal (UKR) 10.58; 5 J Haapsalo (FIN) 10.58; 6 L Bohman (CZE) 10.69; 7 D Spur (SLO) 10.74; 8 D Tilburg (NED) 1077. **Ht5 (0.6):** 1 C Papadias (GRE) 10.27; 2 DWAIN CHAMBERS 10.28; 3 A Porkhomovskiy (RUS) 10.35; 4 M Gyulai (HUN) 10.37; 5 R Pilarczyk (POL) 10.41; 6 A Amici (ITA) 10.45; 7 M Brinarsky (SVK) 10.73; 8 M Frick (LIE) 11.04. **Rd2 (Aug 18, first four in each heat) Ht1 (-0.3):** 1 DEVONISH 10.28; 2 Moen 10.40; 3 Porkhomovskiy 10.42; 4 Pavlakakis 10.45; 5 Dovgal 10.57; 6 Barbosa 10.57; 7 Acman 10.60; Cali dns. **Ht2 (-0.1):** 1 CAMPBELL 10.26; 2 Krzywanski 10.36; 3 Gyulai 10.39; 4 Dolle 10.41; 5 Ertzgard 10.48; 6 Amici 10.49; 7 Krantz 10.57; 8 Oguz 10.58. **Ht3 (-0.2):** 1 CHAMBERS 10.26; 2 Nowak 10.29; 3 Ridanpaa 10.51; 4 Guims 10.51; 5 Nemeth 10.56; 6 Scuderi 10.59; 7 Genovelis 10.62; 8 Zisimides 10.68. **Ht4 (-0.3):** 1 Papadias 10.31; 2 Pilarczyk 10.34; 3 Tilli 10.35; 4 Dobos 10.39 ; 5 Marcoullides 10.41; 6 Santos 10.41; 7 Saeterstoel 10.46; 8 Haapasalo 10.56. **SEMI-FINALS (Aug 19, first four in each heat) Ht1 (0.3):** 1 CHAMBERS 10.15; 2 DEVONISH 10.21; 3 Krzywanski (POL) 10.27; 4 Porkhomovskiy 10.30; 5 Pilarczyk 10.35; 6 Gyulai 10.39; 7 Dolle 10.39; 8 Pavlakakis 10.43. **Ht2 (0.5):** 1 CAMPBELL 10.11; 2 Papadias 10.21; 3 Tilli 10.27; 4 Nowak 10.30; 5 Moen 10.35; 6 Guims 10.50; 7 Ridanpaa 10.52; 8 Dobos 29.10

FINAL (Aug 19, 0.3): 1 CAMPBELL 10.04 (CBP); 2 CHAMBERS 10.10; 3 Papadias 10.17; 4 Tilli 10.20; 5 DEVONISH 10.24; 6 Porkhomovskiy 10.29; 7 Krzywanski 10.29; 8 Nowak 10.36

100m facts

REACTION TIMES IN FINAL

Campbell	0.162
Chambers	0.139
Papadias	0.122
Tilli	0.147
Devonish	0.129
Porkhomovskiy	0.123
Krzywanski	0.132
Nowak	0.131

Medal men

BRITISH medal successes in the men's 100m in European Championships:

1946: 1 Jack Archer 10.6
1954: 3 George Ellis 10.7
1958: 3 Peter Radford 10.4
1986: 1 Linford Christie 10.15
1990: 1 Linford Christie 10.00w ... 3 John Regis 10.07w
1994: 1 Linford Christie 10.14
1998: 1 Darren Campbell 10.04; 2 Dwain Chambers 10.10

200

Rd1 (Aug 20, first three in each heat plus four fastest) Ht1 (-1.2): 1 JULIAN GOLDING 20.39; 2 T Douglas (NOR) 20.55 (NR); 3 C Cheval (FRA) 20.59; 4 G Panagiotopoulos (GRE) 21.05; 5 D Bittner (GER) 21.09; 6 M Morkes (CZE) 21.14; 7 P Balcerzak (POL) 21.22; 8 M Plesnicar (SLO) 21.35. **Ht2 (-0.9):** 1 P Katsantonis (CYP) 20.76; 2 A Attene (ITA) 20.95; 3 E Wijmeersch (BEL) 21.02; 4 M Milde (GER) 21.08; 5 T Kafri (ISR) 21.09; 6 H Kivela (FIN) 21.14; 7 M Brinarsky (SLO) 21.32; 8 K Widmer (SUI) 21.37. **Ht3 (-0.8):** 1 DOUG TURNER 20.63; 2 A Marcoullides (CYP) 20.74; 3 G Ryan (IRL) 20.76; 4 P Van Balkom (NED) 20.88; 5 R Oguz (TUR) 21.10; 6 P Sarris (GRE) 21.24; 7 M Bonello (MAL) 21.65; M Urbas (POL) dnf. Ht4 (-0.6): 1 R Nordin (FRA) 20.52; 2 G Moen (NOR) 20.64; 3 DOUG WALKER 20.67; 4 T Eriksson (SWE) 20.85; 5 P Yankov (BUL) 20.89; 6 J Navarro (ESP) 21.22; 7 P Brizzel (IRL) 21.25. **SEMI-FINALS (Aug 21, first four in each heat) Ht1 (-0.2):** 1 GOLDING 20.61; 2 Douglas 20.65; 3 Katsantonis 20.80; 4 Cheval 20.87; 5 Eriksson 21.00; 6 Attene 21.04; 7 Panagiotopoulos 21.15; Wijmeersch dq. Ht2 (-1.8): 1 WALKER 20.74; 2 TURNER 20.89; 3 Nordin 21.00; 4 Moen 21.01; 5 Van Balkom 21.04; 6 Yankov 21.08; 7 Marcoullides 21.14; 8 Ryan 21.28. **FINAL (Aug 21, -1.0):** 1 WALKER 20.53; 2 TURNER 20.64; 3 GOLDING 20.72; 4 Moen 20.78; 5 Nordin 20.83; 6 Cheval 20.91; 7 Katsantonis 21.24. DQ Douglas

200m facts

Finest furlongers

BRITISH medallists in 'the metric furlong' at European Championships:

1938: 3 Alan Pennington 21.6
1950: 1 Brian Shenton 21.5
1954: 3 George Ellis 21.2
1958: 2 David Segal 21.3
1982: 2 Cameron Sharp 20.47
1990: 1 John Regis 20.11 ... 3 Linford Christie 20.33
1998: 1 Doug Walker; 2 Doug Turner; 3 Julian Golding

400

Rd1 (Aug 19, first three in each heat plus four fastest) Ht1: T Czubak (POL) 45.96; 2 D Golovastov (RUS) 46.16; 3 J Poderbradsky (CZE) 46.16; 4 SOLOMON WARISO 46.27; 5 M Lopuchovsky (SLO) 46.49; 6 F Mango (FRA) 46.88; 7 E Vallet (ITA) 47.03; 8 E Farrell (IRL) 47.56. **Ht2:** 1 D Canal (ESP) 45.20; 2 IWAN THOMAS 45.44; 3 M Foucan (FRA) 45.59; 4 A Saber (ITA) 45.64; 5 S Dimotsios (GRE) 46.49; 6 B Horvat (SLO) 47.17; 7 J Stejfa (CZE) 47.63; M Vdovin (RUS) dnf. **Ht3:** 1 R Mackowiak (POL) 46.17; 2 M Vaccari (ITA) 46.60; 3 I Zharov (RUS) 46.73; 4 S Letzelter (GER) 46.73; 5 S Balosak (SLO) 46.87; 6 E Demosthenous (GRE) 47.15; 7 A Tverdostup (UKR) 47.28; 8 J Lannefors (SWE) 47.72. **Ht4:** 1 MARK RICHARDSON 46.05; 2 P Haczek (POL) 46.26; 3 P-M Hilaire (FRA) 46.27; 4 A Andres (ESP) 46.27; 5 K Kenteris (GRE) 46.39; 6 M Sestak (SLO) 46.57; 7 P Nyilasi (HUN) 47.16. **SEMI-FINAL (Aug 20, first four in each heat) Ht1:** 1 Czubak 45.22 (NR); 2 RICHARDSON 45.41; 3 Haczek 45.68; 4 Saber 45.78; 5 Golovastov 45.93; 6 Poderbradsky 46.01; 7 Hilaire 46.26; 8 Andres 46.59. **Ht2:** 1 THOMAS 44.82; 2 Mackowiak 45.08 (NR); 3 Canal 45.29; 4 WARISO 45.59; 5 Kenteris 45.74; 6 Vaccari 45.86; 7 Zharov 45.92; 8 Foucan 46.52. **FINAL (Aug 21):** 1 THOMAS 44.52 (CBP); 2 Mackowiak 45.04 (NR); 3 RICHARDSON 45.14; 4 Czubak 45.43; 5 Haczek 45.46; 6 Saber 45.67; 7 Canal 45.93. dq WARISO

REACTION TIMES

Thomas	0.144
Mackowiak	0.173
Richardson	0.158
Czubak	0.219
Haczek	0.189
Saber	0.132
Canal	0.161
Wariso	0.149

800

Rd1 (Aug 21, first two in each heat plus six fastest) Ht1: 1 B Koranyi (HUN) 1:47.32; 2 A Longo (ITA) 1:47.32; 3 N Motchebon (GER) 1:47.40; 4 ANDY HART 1:47.90; 5 D Ponte (POR) 1:48.65; 6 U Uusorg (EST) 1:49.42; 7 V Martinez Julia (AND) 1:50.54. **Ht2:** 1 J McElroy (IRL) 1:46.81; 2 G D'Urso (ITA) 1:46.82; 3 R Parra (ESP) 1:46.91; 4 V Lacis (LAT) 1:47.58; 5 S Kozhevnikov (RUS) 1:47.71; 6 B Tolgyesi (HUN) 1:48.29; 7 V Stojanov (MAC) 1:49.00 (NR). **Ht3:** 1 N Kahan (BEL) 1:47.02; 2 A Bucher (SUI) 1:47.50; 3 W Kirwa (FIN) 1:47.10; 4 I Komar (BLR) 1:47.14; 5 W Kaldowski (POL) 1:47.17; 6 D Matthews (IRL) 1:47.39. **Ht4:** 1 N Schumann (GER) 1:46.12; 2 W Kipketer (DEN) 1:46.19; 3 G-J Liefers (NED) 1:47.57; 4 P Stroubakos (GRE) 1:47.70; 5 A Trutko (BLR) 1:48.19; 6 P Czapiewski (POL) 1:49.24; 7 R Dirshe (SWE) 1:49.76. **Ht5:** 1 L Vydra (CZE) 1:48.20; 2 J Nolan (IRL) 1:48.36; 3 G Mazzoni (ITA) 1:48.74; 4 M Arpasi (HUN) 1:49.41; 5 T Bourrouag (GER) 1:49.56; 6 J Redolat (ESP) 1:49.86; 7 D Divad (FRA) 1:50.87. **SEMI-FINALS (Aug 22, first four in each heat) Ht1:** 1 N Schumann (GER) 1:47.28; 2 L Vydra (CZE) 1:47.62; 3 J McElroy (IRL) 1:47.66; 4 A Longo (ITA) 1:47.67; 5 W Kaldowski (POL) 1:48.10; 6 W Kirwa (FIN) 1:48.19; 7 N Kahan (BEL) 1:48.39; 8 D Matthews (IRL) 1:49.65. **Split:** 53.65. **Ht2:** 1 A Bucher (SUI) 1:47.68; 2 B Koranyi (HUN) 1:47.70; 3 W Kipketer (DEN) 1:47.79; 4 I Komar (BLR) 1:48.14; 5 N Motchebon (GER) 1:48.19; 6 J Nolan (IRL) 1:48.50; 7 G D'Urso (ITA) 1:48.95; 8 R Parra (ESP) 1:49.26. **Split:** 54.21. **FINAL (Aug 23):** 1 Schumann 1:44.89; 2 Bucher 1:45.04 (NR); 3 Vydra 1:45.23; 4 McElroy 1:45.46; 5 Koranyi 1:45.78 (NR); 6 Kaldowski 1:46.60; 7 Longo 1:46.66; 8 Kipketer 1:50.13.

Split: 49.92

1500

Rd1 (Aug 18, first four in each heat plus four fastest) Ht1: 1 R Estevez (ESP) 3:41.53; 2 JOHN MAYOCK 3:41.69; 3 ANTHONY WHITEMAN 3:41.71; 4 R Silva (POR) 3:41.87; 5 G-J Liefers (NED) 3:42.21; 6 A Zadorozhniy (RUS) 3:42.71; 7 P Philipp (SUI) 3:43.50; 8 P Stroubakos (GRE) 3:44.01; 9 N Bosch (FRA) 3:46.00; 10 D Heinz (GER) 3:46.31; 11 D Radomirovic (YUG) 3:46.86; 12 W Edler-Muhr (AUT) 3:47.62. **Splits:** 1:00.56, 2:04.93, 3:01.69. **Ht2:** 1 F Cacho (ESP) 3:38.52; 2 A Diaz (ESP) 3:38.65; 3 MATTHEW YATES 3:38.97; 4 B Zorko (CRO) 3:39.31; 5 V Shabunin (RUS) 3:39.45; 6 R Stenzel (GER) 3:39.57; 7 N Bruton (IRL) 3:39.58; 8 A Chekhemani (FRA) 3:39.73; 9 L Feiteira (POR) 3:45.00; 10 A Vasile (ROM) 3:46.95; 11 B Tolgyesi (HUN) 3:47.01; G D'Urso (ITA) dnf. **Splits:** not available. **FINAL (Aug 20):** 1 Estevez 3:41.31; 2 Silva 3:41.84; 3 Cacho 3:42.13; 4 WHITEMAN 3:42.27; 5 MAYOCK 3:42.58; 6 YATES 3:42.63; 7 Stenzel 3:42.75; 8 Chekhemani 3:42.92; 9 Shabunin 3:42.98; 10 Zorko 3:43.95; 11 Diaz 3:46.99; 12 Bruton 3:47.48. **Splits:** 1:01.40, 2:04.71, 3:01.65

THESE WERE THE DAYS

BRITISH finalists in European 1500m finals:

1938: 1 Sydney Wooderson 3:53.6 ... 7 James Alford 4:03.0
1946: 6 Douglas Wilson 3:53.2
1950: 3 Bill Nankeville 3:48.0 ... 5 Len Eyre 3:51.0
1954: 1 Roger Bannister 3:43.8
1958: 1 Brian Hewson 3:41.9
1962: 8 Mike Berisford 3:45.2
1966: 4 Alan Simpson 3:43.8
1969: 1 John Whetton 3:39.4
1971: 3 Brendan Foster 3:39.2 ... 4 John Kirkbride 3:39.5
1978: 1 Steve Ovett 3:35.59 ... 3 David Moorcroft 3:36.70 ... 8 John Robson 3:39.60
1982: 1 Steve Cram 3:36.49
1986: 1 Steve Cram 3:41.09 ... 2 Seb Coe 3:41.67 ... 5 John Gladwin 3:42.57
1990: 4 Peter Elliott 3:39.07 ... 5 Steve Cram 3:39.08
1998: 4 Anthony Whiteman 3:42.27 ... 5 John Mayock 3:42.58 ... 6 Matt Yates 3:42.63

5000 (Aug 22)

1 I Viciosa (ESP) 13:37.46; 2 M Pancorbo (ESP) 13:38.03; 3 M Carroll (IRL) 13:38.03; 4 M Essaid (FRA) 13:39.85; 5 A Behar (FRA) 13:40.26; 6 S Vasala (FIN) 13:40.68; 7 D Elhimer (FRA) 13:41.36; 8 M Vanko (SVK) 13:41.92; 9 KARL KESKA 13:42.58; 10 A Garcia (ESP) 13:45.58; 11 S Zanon (ITA) 13:46.88; 12 K Claesson (SWE) 13:49.55; 13 D Baumann (GER) 13:50.91; 14 M Sazak (TUR) 13:51.70; 15 S Lebed (UKR) 13:55.52; 16 E Henriques (POR) 13:59.50; 17 ROD FINCH 14:09.87; 18 C Papapetrou (CYP) 14:36.39. Splits: 2:48.25, 5:3.30, 8:24.43, 11:10.98

10,000 (Aug 18)

1 A Pinto (POR) 27:48.62; 2 D Baumann (GER) 27:56.75; 3 S FRanke (GER) 27:59.90; 4 JON BROWN 28:02.33; 5 B Toledo (ESP) 28:15.17; 6 E Molina (ESP) 28:19.54; 7 R Berradi (ITA) 28:22.31; 8 K Maase (NED) 28:26.37; 9 C Jorgensen (DEN) 28:31.44; 10 R Stefko (SVK) 28:31.59; 11 KEITH CULLEN 28:34.34; 12 S Zanon (ITA) 28:43.23; 13 M Sazak (TUR) 28:48.66; 14 P Guerra (POR) 28:52.66; 15 M Thomas (FRA) 29:01.96; 16 Z Kaldy (HUN) 29:09.63; 17 S Schweickhardt (SUI) 29:18.42; 18 C Nyberg (SWE) 29:28.88; 19 V Rothlin (SUI) 29:37.53. J Pesava (CZE)/J Rey (ESP) dnf. Splits: 2:47.79, 5:38.52, 8:32.73, 11:25.06, 14:13.57, 17:02.49, 19:41.99, 22:22.86, 25:04.54

Marathon (Aug 22)

1 S Baldini (ITA) 2:12:01; 2 D Goffi (ITA) 2:12:11; 3 V Modica (ITA) 2:12:53; 4 J Rey (ESP) 2:13:17; 5 A Gomez (ESP) 2:13:23; 6 A Pena (ESP) 2:13:53; 7 G Rugiero (ITA) 2:13:59; 8 RICHARD NERURKAR 2:14:02; 9 J Lopes (POR) 2:14:19; 10 A Salvador (POR) 2:14:28; 11 H Bagy (FRA) 2:14:48; 12 A Serrano (ESP) 2:14:58; 13 M Mazipov (RUS) 2:15:12; 14 H Hanninen (FIN) 2:15:13; 15 P Catarino (POR) 2:15:27; 16 H Cristostomo (POR) 2:15:38; 17 B Thysell (SWE) 2:15:43; 18 O Strikhakov (RUS) 2:15:51; 19 M Fietz (GER) 2:15:53; 20 O Andriani (ITA) 2:16:28; 21 N Pollias (FRE) 2:16:36; 22 P Blanchard (FRA) 2:16:38; 23 J Monciaux (FRA) 2:17:11; 24 S Freigang (GER) 2:17:24; 25 A Szalkai (SWE) 2:17:40; 26 J Silva (POR) 2:17:35; 27 G Rezessy (HUN) 2:17:58; 28 DAVE BUZZA 2:19:28; 29 P Loskutov (EST) 2:19:38; 30 MARK HUDSPITH 2:19:58; 31 M Lajtos (HUN) 2:21:22; 32 E Tukhbatulin (RUS) 2:21:38; 33 Z Holba (HUN) 2:22:01; 34 S Kaledin (RUS) 2:22:55; 35 B Itsweire (FRA) 2:23:01; 36 A Shalagin (RUS) 2:23:05; 37 F Sagi (HUN) 2:26:53; 38 V Vlas (MOL) 2:27:28; 39 P Jager (HUN) 2:29:49; 40 J Szeman (HUN) 2:33:51; G Leone (ITA), S Andriopoulos (GRE), D Chauvelier (FRA), J Garcia (ESP), D Garcia (ESP), P Remond (FRA) dnf

EUROPEAN CUP TEAM: 1 Italy 8:51:01; 2 Spain 8:55:31; 3 Portugal 8:59:52; 4 France 9:11:28; 5 Russia 9:15:36; 6 Hungary 9:27:14

SPLITS AND BRITS

Km	Leader(s)	Nerurkar	Buzza	Hudspith
5	16:15	16:19	16:33	16:28
10	32:12	32:24	32:24	32:24
20	1:03:32	1:03:44	1:04:38	1:03:46
25	1:19:20	1:19:20	1:21:25	1:19:20
30	1:34:49	1:34:51	1:37:53	1:36:00
35	1:50:33	1:50:57	1:55:20	1:53:19
40	2:05:39	2:07:07	2:12:26	2:11:27
end	2:12:01	2:14:02	2:19:28	2:19:58

110H

Rd1 (Aug 21, first three in each heat plus four fastest) Ht1: M Fenner (GER) 13.52; 2 J Nsenga (BEL) 13.55; 3 G Peders (LAT) 13.66; 4 V Clarico (FRA) 13.68; 5 M Rossi (ITA) 13.83; 6 K Mehlich (POL) 13.89; 7 S Khodanovich (BLR) 14.36; 8 Z Miljus (CRO) 14.48. **Ht2:** 1 F Balzer (GER) 13.47; 2 A Kohutek (POL) 13.58; 3 S Thibault (FRA) 13.65; 4 ANDY TULLOCH 13.81; 5 P Coghlan (IRL) 14.00; 6 I Bitzi (SUI) 14.01; 7 D Siatounis (GRE) 14.38. **Ht3 (-1.5):** 1 COLIN JACKSON 13.31; 2 F Schwarthoff (GER) 13.64; 3 D Philibert (FRA) 13.78; 4 E Lichtenegger (AUT) 13.96; 5 I Kazanov (LAT) 14.04; 6 G Gundersen (NOR) 14.17; 7 Z Videnko (BUL) 14.44. **Ht4 (0.0):** 1 TONY JARRETT 13.51; 2 R Korving (NED) 13.61; 3 S Olijars (LAT) 13.62; 4 S Pieters (BEL) 13.85; 5 R Monachon (SUI) 13.98; 6 B Kovacs (HUN) 14.22; 7 H Montesinos (ESP) 14.30; 8 R Mehlich (POL) 14.44. **SEMI-FINALS (Aug 22, first four in each heat) Ht1 (1.9):** 1 JACKSON 13.02 (CBP); 2 Schwarthoff 13.19; 3 Nsenga 13.25; 4 Fenner 13.29; 5 Philibert 13.43; 6 Clarico 13.53; 7 Rossi 13.62; Olijars dq. **Ht2 (-2.0):** 1 Balzer 13.24; 2 Korving 13.31; 3 JARRETT 13.33; 4 Kohutek 13.47; 5 Pieters 13.69; 6 Peders 13.78; 7 TULLOCH 13.79; 8 Thibault 13.86. **FINAL (Aug 22, 1.5):** 1 JACKSON 13.02 (eq CBP); 2 Balzer 13.12; 3 Korving 13.20 (eqNR); 4 Schwarthoff 13.23; 5 Kohutek 13.29; 6 JARRETT 13.32; 7 Fenner 13.38; 8 Nsenga 13.54

REACTION TIMES

Jackson	0.115
Balzer	0.130
Korving	0.128
Schwarthoff	0.126
Kohutek	0.128
Jarrett	0.118
Fenner	0.137
Nsenga	0.151

400H

Rd1 (Aug 18, first three in each heat plus four fastest) Ht1: 1 S Diagana (FRA) 49.28; 2 V Zadoinov (MOL) 49.58; 3 V Shiryayev (RUS) 49.96; 4 M Reis (POR) 50.39; 5 S Pesa (YUG) 50.44; 6 ANTHONY BORSUMATO 50.91; E Tebelis (LAT) dnf. **Ht2:** 1 P Januszewski (POL) 49.47; 2 J Coco (FRA) 49.57; 3 F Mori (ITA) 49.63; 4 B Gorban (RUS) 50.04; 5 M Kocuvan (SLO) 50.54; 6 P Pulkkinen (FIN) 50.59; 7 CHRIS RAWLINSON 51.11. **Ht3:** 1 C Silva (POR) 49.00; 2 J Muzik (CZE) 49.15; 3 PAUL GRAY 49.16 (Welsh rec); 4 T Goller (GER) 49.22; 5 D Kafka (FRA) 49.74; 6 D Juricic (CRO) 49.88; 7 T McGurk (IRL) 49.92. **Ht4:** 1 R Mashchenko (RUS) 50.30; 2 T Bedi (HUN) 50.57; 3 L Ottoz (ITA) 50.58; 4 I Monreal (ESP) 50.94; 5 S Kolb (GER) 50.97; 6 B Gruman (POL) 51.06; 7 R Holubek (SVK) 51.36. **SEMI-FINALS (Aug 19, first three in each heat plus two fastest) Ht1:** 1 Mashchenko 48.64; 2 Silva 48.98; 3 Ottoz 49.06; 4 Muzik 49.39; 5 Goller 49.69; 6 GRAY 50.34; 7 Bedi 57.77; Kafka dnf. **Ht2:** 1 Januszewski 48.90 (NR); 2 Zadoinov 49.26; 3 Mori 49.34; 4 Shiryayev 49.56; 5 Coco 49.72; 6 Juricic 50.39 (NR); 7 McGurk 51.12; Diagana dnf. **FINAL (Aug 20):** 1 Januszewski 48.17 (NR); 2 Mashchenko 48.25; 3 Mori 48.71; 4 Silva 49.02; 5 Zadoinov 49.10; 6 Ottoz 49.15; 7 Muzik 50.51; 8 Shiryayev 50.94

3000SC

SEMI-FINALS (Aug 20, first four in each heat plus four fastest) Ht1: 1 L Di Pardo (ITA) 8:26.52; 2 M Ostendarp (GER) 8:26.92; 3 J Svenoy (NOR) 8:26.92; 4 A Lambruschini (ITA) 8:27.05; 5 E Martin (ESP) 8:27.35; 6 G Giannelis (GRE) 8:28.81; 7 V Le Dauphin (FRA) 8:29.08; 8 J Junqueira (POR) 8:32.02; 9 M Laros (NED) 8:38.89; 10 J Zakrzewski (POL) 8:40.94; 11 M Bartoszak (POL) 8:45.70; 12 K Tomskiy (RUS) 8:49.53; G Weidlinger (AUT dnf. **Splits:** 2:49.18, 5:39.73. **Ht2:** 1 L Martin (ESP) 8:27.31; 2 R Moran (ESP) 8:27.46; 3 D Kallabis (GER) 8:27.54; 4 R Wojcik (POL) 8:27.79; 5 A Green (GER) 8:27.98; 6 B Tahri (FRA) 8:28.30; 7 A Carosi (ITA) 8:28.77; 8 M Buchleitner (AUT) 8:31.54; 9 M Belabbes (FRA) 8:33.64; 10 V Almeida (POR) 8:35.05; 11 P Papoulias (GRE) 8:45.01; 12 Y Mushinskiy (MOL) 8:47.27; 13 V-V Sainio (FIN) 8:52.23; 14 S Stasi (CYP) 8:52.65. **Splits:** 2:53.58, 5:45.80. **FINAL (Aug 23):** 1 Kallabis 8:13.10; 2 Lambruschini 8:16.70; 3 Svenoy 8:18.97; 4 L Martin 8:20.54; 5 Di Pardo 8:20.96; 6 Moran 8:24.06; 7 E Martin 8:26.60; 8 Wojcik 8:27.74; 9 Ostendaap 8:31.72; 10 Tahri 8:41.45; 11 Green 9:03.17; Carosi dnf

HJ

Qualifying (Aug 19, 2.27 or first 12) Gp A: 1eq D Topic (YUG) 2.24 (2.15o, 2.20o, 2.24o)/T Janku (CZE) 2.24 (2.10o, 2.15o, 2.20o, 2.24o)/S Strand (SWE) 2.24 (2.20o, 2.24o)/A Partyka (POL) 2.24 (2.15o, 2.24o)/M Buss (GER) 2.24 (2.15o, 2.20o, 2.24o); 6 D Kokotis (GRE) 2.24 (2.15o, 2.20o, 2.24xo); 7 DALTON GRANT 2.24 (2.10xo, 2.15xxo, 2.20xxo, 2.24xxo); 8 E Krehmic (BOS) 2.20 (2.15o, 2.20o, 2.24xxx); 9 R Kaju (EST) 2.20 (2.15xo, 2.20xo, 2.24xxx); 10eq A Krysin (RUS) 2.20 (2.15o, 2.20xxo, 2.24xxx)/W Pennings (NED) 2.20 (2.15o, 2.20xxo, 2.24xxx); 12 I Margalit (ISR) 2.15 (2.10xo, 2.15o, 2.20xxx). **Gp B:** 1eq S Hoen (NOR) 2.24 (2.15o, 2.20o, 2.24o)/S Holm (SWE) 2.24 (2.15o, 2.20o, 2.24o); 3 S Klyugin (RUS) 2.24 (2.15o, 2.20xo, 2.24o); 4 C Rhoden (GER) 2.24 (2.15o, 2.20xo, 2.24xo); 5 BRENDAN REILLY 2.24 (2.20xo, 2.24xxo); 6 O Frosen (FIN) 2.20 (2.10xxo, 2.15xo, 2.20xxo, 2.24xxx); 7 G Moroz (BLR) 2.15 (2.10xo, 2.15o, 2.20xxx); 8 K Liapis (GRE) 2.15 (2.10o, 2.15xo, 2.20xxx); 9 I Perez (ESP) 2.15 (2.10xo, 2.15xxo, 2.20xxx); 10 I Bayraktar (TUR) 2.10 (2.10o, 2.15xxx); K Matusevitch (ISR)/J Janku (CZE) nm (2.15xxx). **FINAL (Aug 21):** 1 Partyka 2.34 (2.15o, 2.24o, 2.30o, 2.34o, 2.36xxx); 2 GRANT 2.34 (2.15xo, 2.20o, 2.27x-, 2.30xo, 2.32x-, 2.34x-, 2.38xxx); 3 Klyugin 2.32 (2.20o, 2.24o, 2.27o, 2.30o, 2.32o, 2.34xx-, 2.36x); 4 Buss 2.32 (2.20o, 2.24o, 2.27xo, 2.30o, 2.32xo, 2.34xxx); 5 Kokotis 2.30 (2.20o, 2.27o, 2.30o, 2.32xxx); 6 Hoen 2.30 (2.20xo, 2.24xo, 2.27o, 2.30xxo, 2.32x-, 2.34xx); 7 Holm 2.27 (2.20o, 2.24xo, 2.27o, 2.30x-, 2.32xx); 8 Strand 2.27 (2.20o, 2.27xxo, 2.30xx-, 2.32x); 9eq REILLY 2.24 (2.24o, 2.30xx-, 2.32x)/D Topic (YUG) 2.24 (2.15o, 2.24o, 2.30xxx); 11 Rhoden 2.24 (2.15o, 2.20xo, 2.24o, 2.27xxx); 12 T Janku (CZE) 2.24 (2.15o, 2.20o, 2.24xo, 2.27xxx)

PV

Qualifying (Aug 19, 5.75m or first 12) GpA: 1 J Galfione (FRA) 5.60 (5.45xo, 5.60xo); 2eq V Shuteyev (UKR) 5.60 (5.30xo, 5.45xo, 5.60xxo)/T Lobinger (GER) 5.60 (5.45xxo, 5.60xxo); 4 C Tamminga (NED) 5.45 (5.30o, 5.45xo, 5.60xxx); 5 K Kusiak (POL) 5.45 (5.30xo, 5.45xo, 5.60xxx); 6eq P Stenlund (SWE) 5.45 (5.30o, 5.45xxo, 5.60xxx)/T Barthel (NOR) 5.45 (5.30o, 5.45xxo, 5.60xxx); 8 V Rantanen (FIN) 5.30 (5.30o, 5.45xxx); 9eq M Voss (DEN) 5.30 (5.30xo, 5.45xxx)/Y Smiryagin (RUS) 5.30 (5.30xo, 5.45xxx); 11 P Buciarski (DEN) 5.30 (5.30xxo, 5.45xxx); N Fernandes (POR) nm (5.30xxx); R Mesnil (FRA) nm (5.45xxx). **GpB:** 1eq D Ecker (GER) 5.60 (5.45o, 5.60o)/ M Tarasov (RUS) 5.60 (5.60o); 3 L Looije (NED) 5.60 (5.30xxo, 5.45o, 5.60o); 4 A Tiwontschik (GER) 5.60 (5.45o, 5.60xo); 5 K Lachheb (FRA) 5.60 (5.30xo, 5.45o, 5.60o); 6 P Kristiansson (SWE) 5.45 (5.30o, 5.45o, 5.60xxx); 7 H Vaaraniemi (FIN) 5.45 (5.30xo, 5.45o, 5.60xxx); 8eq J Rovan (SLO) 5.45 (5.30o, 5.45xo, 5.60xxx)/P Burlachenko (RUS) 5.45 (5.45xo, 5.60xxx); 10eq NICK BUCKFIELD 5.30 (5.30o, 5.45x ret)/M Eriksson (SWE) 5.30 (5.30o, 5.45xxx); D Krasnov (ISR) nm (5.45xxx). **FINAL (Aug 22):** 1 Tarasov 5.18 (5.70o, 5.81o, 6.01xxx); 2 Lobinger 5.81 (5.50o, 5.60xo, 5.70o, 5.76xx-, 5.81o, 5.86); 3 Galfione 5.76 (5.60o, 5.76o, 5.86xxx); 4 Ecker 5.76 (5.50xo, 5.70o, 5.76xo, 5.81x-, 5.86xx); 5 Lachheb 5.60 (5.40xxo, 5.60o, 5.70xxx); 6 Tiwontschik 5.50 (5.50o, 5.70xxx); 7 Burlachenko 5.50 (5.40xxo, 5.50o, 5.60xxx); 8 Vaaraniemi 5.50 (5.40xo, 5.50xo, 5.60xxx); 9 Rovan 5.50 (5.40xo, 5.50xxo, 5.60xxx); 10 Looije(5.40 (5.40o, 5.60xxx); 11 Tamminga 5.40 (5.40xo, 5.60xxx); Kristiansson nm (5.40xxx); Shutyev nm (5.40xxx)

LJ

Qualifying (Aug 18, 8.00m or 12 first) GpA: 1 K Sosunov (RUS) 8.14 (7.84/0.0, 7.80/-0.6, 8.14/-0.2); 2 K Prah (GER) 7.95 (x, 7.95/-0.1, 7.68/-0.2); 3 P Camossi (ITA) 7.90 (7.90/-, 7.32/-1.0, 7.61/-0.3); 4 P Dachev (BUL) 7.83 (7.45/-0.5, 7.83/-1.6, x); 5 K Koukodimos (GRE) 7.82 (7.80/0.1, 7.76/-0.8, 7.82/-0.5); 6 T Bardauskas (LIT) 7.74 (7.64/-, x, 7.74/-0.9); 7 O Lukashevich (UKR) 7.72 (x, 7.72/-1.0, x); 8 A Musikhin (RUS) 7.69 (x, 7.41/-0.6, 7.69/-0.5); 9 T Heide (GER) 7.68 (7.68/-1.2, 7.56/-0.7, 7.53/-0.4); 10 M Loria (FRA) 7.68 (7.16/-1.8, x, 7.68/-0.1); 11 NATHAN MORGAN 7.67 (x, 7.67/0.2, 7.62/-0.3); 12 B Tudor (ROM) 7.66 (7.59/0.0, x, 7.66/0.1); 13 D Jahic (YUG) 7.63 (7.10/0.8, 7.63/-0.8, x); 14 M Lobel (AUT) 7.62 (7.62/-0.5, 7.55/-0.5, 7.62/-0.2); 15 P Haggstrom (SWE) 7.59 (7.59/0.6, 7.41/-0.5, x); 16 S Ergotic (CRO) 7.57 (7.37/-1.1, 7.41/-0.9, 7.57/0.1); 17 R Fernandez (ESP) 7.56 (7.56/-2.3, x, 7.52/-0.2); 18 O Karki (FIN) 7.47 (7.47/0.9, x, x); 19 C Castelbranco (POR) 6.68 (x, 6.68/-0.9, x). **GpB:** 1 G Cankar (SLO) 8.07 (8.07/-0.5, -, -); 2 S Bianchi (ITA) 7.91 (7.91/-1.0, 7.80/0.5, x); 3 E Bangue (FRA) 7.88 (7.82/0.8, 7.88/-1.1, x); 4 K Klouchi (FRA) 7.86 (7.75/-0.4, 7.72/-0.1, 7.86/0.8); 5 M Sunneborn (SWE) 7.84 (7.51/-0.3, 7.81/-0.1, 7.84/0.1); 6 B Tarus (ROM) 7.81 (x, 7.50/-1.2, 7.81/-0.4); 7 Y Lamela (ESP) 7.77 (7.77/-1.5, 7.49/-0.9, 7.56/-0.4); 8 A Glavatskiy (BLR) 7.76 (7.74/0.2, 7.67/-0.1, 7.76/0.7); 9 S Tarasenko (RUS) 7.76 (7.76/-0.4, 7.52/0.7, 7.42/0.3); 10 R Shchurenko (UKR) 7.75 (7.71/0.3, 7.75/0.1, 7.72/0.3); 11 M Kovar (CZE) 7.74 (7.69/-2.1, 7.40/-0.2, 7.74/-0.4); 12 K Krause (GER) 7.74 (7.56/-0.3, x, 7.74/0.3); 13 D Chatzopoulos (GRE) 7.72 (7.72/-0.1, 7.53/-0.3, x); 14 G Marciniszyn (POL) 7.56 (7.56/-0.5, 7.37/-0.3, 7.55/-0.5); 15 STEVE PHILLIPS 7.51 (x, 7.46/-0.3, 7.51/0.2); 16 R Emmiyan (ARM) 7.43 (x, 7.36/-0.3, 7.43/0.1); 17 G Georgiev (BUL) 7.30 (7.16/-0.3, 7.30/-0.4, x); 18 D Flindras (GRE) 7.29 (7.11/0.9, 7.29/0.4, 7.26/-0.1). **FINAL (Aug 19):** 1 Sosunov 8.28 (8.14/0.8, 8.12/0.8, 8.28/2.0, 7.98/1.0, 8.03/0.9, 7.79/0.1); 2 Tarus 8.21 (7.96/0.8, 7.85/0.3, 8.21/1.6, 8.14/0.8, 8.13/0.9, 8.04/0.3); 3 Dachev 8.06 (8.06/0.7, x, x, 7.95/1.9, x, 5.32); 4 Bianchi 8.02 (7.67/0.8, 7.92/1.6, x, x, 7.97/1.0, 8.02/0.7); 5 Sunneborn 8.01 (7.75/1.5, 7.72/1.2, 8.01/1.1, 7.73/1.5, 7.88/0.9, 7.83/0.4); 6 Cankar 8.00 (7.83/0.9, 7.64/1.8, 8.00/1.5, 7.90/1.6, 7.90/1.1, x); 7 Camossi 7.98 (7.71/1.0, 7.66/1.2, 7.82/0.7, x, 7.98/0.7, x); 8 Lamela 7.93 (7.92/1.2, x, 7.89/1.2, 7.68/0.8, 7.93/0.7, x); 9 Bangue 7.79 (x, 7.79/1.0, x); 10 Koukodimos 7.77 (7.77/0.7, x, x); 11 Prah 7.76 (x, x, 7.76/1.8); 12 Klouchi 7.61 (x, 7.61/-0.1, x)

TJ

Qualifying (Aug 22, 16.95 or first 12) GpA: 1 A Glavatskiy (BLR) 17.10 (x, x, 17.10/-1.0); 2 JONATHAN EDWARDS 16.96 (16.97/0.1, -, -); 3 V Sokov (RUS) 16.82 (x, 16.56/0.5, 16.82/-1.6); 4 Z Djurdjevic (YUG) 16.69 (x, 16.68/-0.1, 16.69/-0.8); 5 Z Czingler (HUN) 16.69 (16.69/-0.7, x, x); 6 H Verzi (GER) 16.54 (16.23/-0.8, 16.34/1.1, 16.54/-1.2); 7 J Mertiluoto (FIN) 16.50 (16.50/0.0, 16.13/-0.8, x); 8 R Chapado (ESP) 16.49 (16.22/-0.9, 16.49/0.4,

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16.31/0.9); 9 A Raigys (LIT) 16.29 (x, 16.23/0.0, 16.39/-0.9); 10 Y Osipenko (UKR) 16.34 (16.28/0.9. 16.12/-0.1, 16.34/-0.2); 11 A Tayari (ISR) 16.26 (16.15/-0.8, x, 16.26/-0.1); 12 I Gavrilenko (RUS) 16.12 (16.12/-1.2, 15.85/-0.4, x); 13 C Meletoglou (GRE) 16.10 (x, x, 16.10/-0.5); 14 C Boros (ROM) 15.91 (15.33/-1.6, 15.91/-0.1, 15.59/-2.25); 15 N Raev (BUL) 15.54 (x, 15.54/-0.4, x); E Perez (ESP) nm (x, x, x). **GpB:** 1 C Friedek (GER) 17.10 (17.10/0.9, -, -); 2 R Nachum (ISR) 16.87 (16.87/-0.2, 16.48/-1.6, x); 3 D Kapustin (RUS) 16.79 (16.29/-0.4, 16.79/-0.9, -); 4 R Dimitrov (BUL) 16.78 (16.78/0.7, 16.69/-0.9, 16.73/-0.9); 5 K Hanstveit (NOR) 16.55 (1.655/0.2, 16.11/0.4, x); 6 A Martirosyan (ARM) 16.33 (16.33/-1.2, 16.33/-0.6, x); 7 JULIAN GOLLEY 16.32 (16.18/0.9, 16.32/-0.3, 16.29/0.4); 8 P Camossi (ITA) 16.24 (16.06/-1.4, 16.01/-0.8, 16.24/-0.2); 9 C Fofana (FRA) 16.16 (x, 16.16/0.9, x); 10 ONACHIE ACHIKE 16.13 (16.13/-1.2, x, 15.86/-0.7); 11 K Kuntos (CZE) 16.13 (16.13/-0.2, x, x); 12 V Kolpakov (UKR) x, 15.69/0.7, x); 13 S Lenis (GRE) 15.42 (x, x, 15.42/-1.1); 14 A Topolovcan (SLO) 14.65 (14.65/-1.7, x, x); G Georgiev (BUL) nm (x, x, -); Y Lamela (ESP) nm (dnf). **FINAL (Aug 23):** 1 EDWARDS 17.99 (CR) (17.84/2.1, 17.53/0.9, -, -, -, 17.99/0.5); 2 Kapustin 17.45 (17.13/1.5, 17.22/1.7, 17.45/1.4, -, 16.90/1.5, x); 3 Dimitrov 17.26w (17.26/2.1, x, x, x, x, x); 4 Glavatskiy 17.22 (16.56/1.1, 17.22/1.5, 16.93/-0.7, x, 16.77/-0.3, x); 5 Sokov 17.16w (x, 17.16/2.4, 16.48/0.6, 16.77/-0.7, x, 16.15/1.2); 6 Friedek 17.04 (x, 16.94/1.6, 16.92/1.0, x, 17.04/-0.3, 16.98/1.3); 7 Czingler 17.03 (16.45/1.9, 16.20/0.6, 17.03/0.5, x, 16.75/0.4, x); 8 Nachum 16.99 (16.99/0.8, x, 16.74/0.3, x, 16.62/0.4, x); 9 Meriluoto 16.84 (16.73/1.7, 16.84/1.3, 15.58/-0.5); 10 Djurdjevic 16.83w (16.83/2.7, 16.66/1.9, 16.48/0.2); 11 Verzi 16.67 (x, 16.62/1.3, 16.67/0.2); 12 Hanstveit 16.58 (16.43/1.5, 16.53/1.1, 16.58/0.1)

SP

Qualifying (Aug 18, 19.80m or first 12) GpA: 1 O-S Buder (GER) 20.33 (19.64, 20.33, -); 2 Y Belonog (UKR) 19.76 (19.58, 19.66, 19.76); 3 A Harju (FIN) 19.76 (19.17, 19.76, 19.37); 4 P Dal Soglio (ITA) 19.75 (19.06, 19.75, x); 5 G Guset (ROM) 19.32 (19.32, x, 18.82); 6 T Aaltonen (FIN) 19.28 (18.97, 19.16, 19.28); 7 F Alves (POR) 19.20 (NR) (19.20, 18.82, x); 8 O Duck (GER) 19.12 (19.12, 18.91, 18.57); 9 P Pankuch (SVK) 18.95 (18.20, 18.26, 18.95); 10 H Wennberg (SWE) 18.48 (x, 18.48, x); 11 P Gudmundsson (ISL) 17.89 (17.89, 17.53, 17.68); S Vial (FRA)/MARK PROCTOR/V Bulat (BLR) nm. **GpB:** 1 A Bagach (UKR) 20.47 (20.47, -, -); 2 D Peric (YUG) 20.44 (20.44, -, -); 3 M Halvari (FIN) 19.76 (19.56, 19.66, 19.76); 4 M Martinez (ESP) 19.54 (19.54, x, x); 5 M Mertens (GER) 19.28 (19.22, 18.96, 19.28); 6 V Virastyuk (UKR) 19.15 (x, 19.15, 18.76); 7 A Pinter (HUN) 18.94 (18.94, 18.56, 17.44); 8 A Mikhnevich (BLR) 18.88 (18.88, 18.87, 18.81); 9 C Fantini (ITA) 18.64 (18.64, x, 18.64); 10 M Konopka (SVK) 18.63 (18.63, 18.04, 17.74); 11 S Kletza (LIT) 18.57 (18.23, x, 18.57); 12 M Haborak (SVK) 18.10 (18.10, x, 17.72); 13 SHAUN PICKERING 17.80 (x, x, 17.80); S Tallheim (SWE) nm. **FINAL (Aug 18):** 1 Bagach 21.17 (20.02, 20.26, 20.99, 20.98, 21.10, 21.17); 2 Buder 20.98 (20.47, 20.59, 20.55, 20.44, 20.98, 20.82); 3 Belonog 20.92 (20.05, 20.35, 20.41, x, 20.45, 20.92); 4 Peric 20.65 (20.28, 20.46, x, 20.37, x, 20.65); 5 Dal Soglio 20.50 (19.91, 20.50, x, x, 19.55, x); 6 Halvari 20.33 (19.61, 20.29, 20.33, 19.64, 20.14, 19.94); 7 Martinez 20.02 (20.02, 19.21, 19.35, 18.50, 19.23, x); 8 Mertens 19.67 (19.45, 19.25, 19.67, 19.21, 19.37, 19.38); 9 Harju 19.54 (19.54, 19.53, x); 10 Guset 18.87 (18.68, 18.87, 18.73); 11 Alves 18.84 (18.84, x, 18.54); 12 Aaltonen 18.59 (18.03, 18.27, 18.59)

DT

Qualifying (Aug 22, 63.00 or first 12) GpA: 1 J Schult (GER) 63.63 (63.63, -, -); 2 V Dubrovschik (BLR) 63.12 (63.12, -, -); 3 A Seelig (GER) 61.96 (60.02, 61.96, 58.51); 4 R Ubartas (LIT) 61.81 (81.81, x, x); 5 ROBERT WEIR 61.36 (58.92, 61.36, x); 6 V Alekna (LIT) 60.81 (60.81, 58.19, 60.57); 7 L Malina (CZE) 60.69 (60.69, x, x); 8 N Sweeney (IRL) 60.36 (x, x, 60.36); 9 O Jenssen (NOR) 57.78 (x, x, 57.78); 10 T Tompuri (FIN) 57.52 (56.70, 57.52, 56.81); 11 O Benczenleitner (HUN) 56.54 (x, 56.54, 54.77); 12 J Pons (FRA) 55.80 (54.09, x, 55.80); 13 K Pettersson (SWE) 54.02 (x, x, 54.02); 14 E Olgundeniz (TUR) 53.23 (52.57, x, 53.23); D Schevchenko (RUS) nm (x, dnf). **GpB:** 1 R Fazekas (HUN) 64.07 (64.07, -, -); 2 L Riedel (GER) 62.03 (62.03, -, -); 3 D Fortuna (ITA) 61.80 (55.58, 61.80, x); 4 V Kidyas (LIT) 61.05 (59.56, 61.05, x); 5 L Cherevko (BLR) 60.59 (60.59, x, x); 6 V Sidorov (UKR) 60.34 (60.15, 60.34, x); 7 GLEN SMITH 58.97 (58.97, 55.50, 55.53); 8 I Primc (SLO) 58.90 (58.90, x, 56.32); 9 A Krawczyk (POL) 58.09 (x, 51.25, 58.09); 10 M Borrman (SWE) 58.06 (58.06, 54.54, x); 11 A Tammert (EST) 57.62 (55.95, 57.62, x); 12 Z Kovago (HUN) 56.89 (54.30, 55.46, 56.89); 13 H Uurainen (FIN) 56.78 (x, x, 56.78); 14 J-C Retel (FRA) 55.44 (x, x, 55.44); 15 D Mustapic (CRO) 54.73 (52.29, 54.64, 54.73); 16 PERRIS WILKINS 53.16 (x, 53.16, 50.36). **FINAL (Aug 23):** 1 Riedel 67.07 (67.07, 66.79, 66.27, 66.16, 66.01, x); 2 Schult 66.69 (65.81, x, x, 66.69, x, 66.53); 3 Alekna 66.46 (66.18, 63.93, x, 66.46, x, x); 4 Fazekas 65.13 (62.79, x, 62.97, 65.13, 64.14, x); 5 Fortuna 64.26 (61.94, 62.86, 63.19, 62.37, 64.26); 6 Dubrovshchik 63.96 (62.82, 56.10, 61.30, 63.96, x, 60.10); 7 Seelig 63.15 (61.98, x, x, 62.65, x, 63.15); 8 WEIR 61.92 (61.74, 61.92, x, 61.84, x, 59.44); 9 Ubartas 61.66 (56.78, 61.66, 60.74); 10 Malina 60.58 (58.88, 60.49, 60.58); 11 Kidykas 60.21 (59.29, 60.21, x); 12 Cherevko 59.13 (59.13, 54.86, 59.13)

HT

Qualifying (Aug 18, 77.00m or first 12) GpA: 1 A Annus (HUN) 79.52 (76.29, 79.52, -); 2 C Polychroniou (GRE) 77.99 (77.99, -, -); 3 H Weis (GER) 77.46 (77.46, -, -); 4 I Astapkovich (BLR) 77.43 (77.43, -, -); 5 S Ziolkowski (POL) 76.66 (x, 76.66, 75.49); 6 V Piskunov (UKR) 76.24 (74.43, x, 76.24); 7 V Sidorenko (RUS) 75.60 (75.07, 75.60, x); 8 A Skvaruk (UKR) 75.56 (72.07, 75.56, 74.89); 9 L Paoluzzi (ITA) 75.00 (x, x, 75.00); 10 E Sgrulletti (ITA) 74.91 (x, x, 74.91); 11 S Kirmasov (RUS) 74.50 (x, 74.50, x); 12 G Dupray (FRA) 73.92 (73.92, 73.21, 71.39); 13 A Haklits (CRO) 73.41 (71.18, x, 73.41); 14 P Sedlacek (CZE) 72.68 (72.68, x, 71.76); 15 V Costa (POR) 72.28 (72.28, 69.79, 68.21); 16 I Tikhon (BLR) 71.50 (x, x, 71.50); 17 P McGrath (IRL) 66.25 (65.71, 66.13, 66.25); M Wahlman (FIN) nm. **GpB:** 1 T Gecsek (HUN) 79.44 (79.44, -, -); 2 I Konovalov (RUS) 78.09 (78.09, -, -); 3 B Kiss (HUN) 78.06 (x, 78.06, -); 4 K Kobs (GER) 76.57 (x, 76.57, -); 5 O Krykun (UKR) 75.90 (75.54, 74.26, 75.90); 6 C Epalle (FRA) 75.75 (71.41, 74.24, 75.90); 7 N Vizzoni (ITA) 74.65 (74.65, x, 72.86); 8 V Maska (CZE) 74.12 (74.12, x, x); 9 H Klose (GER) 74.05 (x, 74.05, x); 10 D Chaussinand (FRA) 73.30 (x, 72.40, 73.30); 11 O Karjalainen (FIN) 73.13 (73.13, 70.99, 71.99); 12 J Bielecki (DEN) 72.48 (70.61, 71.77, 72.48); 13 A Papadimitriou (GRE) 72.47 (x, 69.57, 72.47); 14 M Palyszko (POL) 72.03 (68.80, x, 72.03); 15 N Avlasevich (BLR) 69.11 (67.36, 69.11, x); 16 P Karlsson (SWE) 67.20 (67.20, x, x); 17 D Collaku (ALB) 64.88 (64.88, 64.08, 64.12); 18 R Linscheid (IRL) 63.75 (63.75, x, x). **FINAL (Aug 19):** 1 Gecsek 82.87 (80.94, x, 81.66, x, 82.87, 82.25); 2 Kiss 81.26 (80.96, 80.71, x, 78.87, 80.38, 81.26); 3 Kobs 80.13 (x, 77.83, 75.22, x, 80.13, x); 4 Weis 80.04 (76.89, 80.04, 78.79, x, 77.28, 77.15); 5 Ziolkowski 78.16 (x, x, 77.37, x, x, 78.16); 6 Polychroniou 77.97 (NR) (x, 77.97, x, 74.95, 77.43, x); 7 Astapokovich 77.81 (x, x, 77.81, x, x, 76.93); 8 Annus 77.29 (75.77, 76.19, x, 77.29, 76.43, 76.09); 9 Knolovalov 76.11 (76.11, 75.66, 75.32); 10 Krykun 74.34 (74.34, 73.41, x); 11 Piskunov 75.10 (x, 74.30, 75.10); 12 Epalle 74.00 (70.33, 74.00, 73.82)

JT

Qualifying (Aug 21, 82.50m or first 12) GpA: 1 P Blank (GER) 83.41 (75.96, 75.45, 83.41); 2 S Makarov (RUS) 80.98 (80.98, x, -); 3 A Parviainen (FIN) 80.65 (x, 80.65, x); 4 G Hogler (AUT) 80.47; 5 D Trafas (POL) 79.86; 6 MARK ROBERSON 79.63 (74.46, 79.63, x); 7 C Sonego (ITA) 77.74; 8 P Fagernes (NOR) 77.54; 9 G Horvath (HUN) 75.66; 10 V Lusis (LAT) 75.14 (x, x, 75.14); 11 D Angelovski (MAC) 71.78 (NR); G Siakinuu-Schmidt (FRA) 69.95 (69.95, x, 65.53). **GpB:** 1 STEVE BACKLEY 87.45 (CBP) (87.45, -, -); 2 J Laukkanen (FIN) 83.71 (83.71, -, -); 3 R Hecht (GER) 83.32 (76.21, 83.32, -); 4 P Boden (SWE) 81.01 (79.02, 81.01, -); 5 M Narhi (FIN) 80.94 (72.32, x, 80.94); 6 MICK HILL 80.14 (x, x, 80.14); 7 V Sasimovich (BLR) 79.14 (79.14, 79.06, 76.66); 8 A Linden (GER) 78.98 (78.98, x, x); 9 D Polymerou (GRE) 77.49 (77.49, x, x); 10 A Jurksas (LIT) 77.37 (NR) (75.40, 74.73, 77.37); 11 E Rags (LAT) 74.27 (74.27, x, x); 12 Y Rybin (RUS) 72.86 (72.86, x, x); 13 T McHugh (IRL) 72.82 (72.82, 72.71, 72.76). **FINAL (Aug 23):** 1 BACKLEY 89.72 (CR) (89.72, x, 83.03, 85.69, 84.87, 84.17); 2 HILL 86.92 (83.80, 79.07, 83.41, 85.77, 86.92, 85.72); 3 Hecht 86.63 (85.68, 83.51, 86.63, -, ab); 4 Makarov 86.45 (86.45, 80.47, 80.86, -, -, 79.83); 5 Laukkanen 84.78 (84.78, x, x, x, x, 79.83); 6 ROBERSON 84.15 (80.41, 79.38, 83.64, 84.15, 77.42, x); 7 Blank 83.66 (83.66, 78.65, x, 77.20, 76.87, x); 8 Narhi 82.59 (82.59, x, 79.33, 80.77, x, x); 9 Parviainen 82.30 (x, 82.30, 81.84); 10 Hogler 81.75 (81.44, 81.75, 73.72); 11 Trafas 79.77 (79.53, 74.79, 79.77); 12 Boden 79.73, x, x)

Decathlon (Aug 19/20)

1 E Nool (EST) 8667 (10.58, 7.80/0.6, 14.40, 1.97, 46.67, 14.68, 40.79, 5.40, 70.65, 4:38.00); 2 E Hamalainen (FIN) 8587 (10.87, 7.44/-0.4, 16.04, 2.06, 46.95, 13.96, 47.85, 5.00, 55.34, 4:33.98); 3 L Lobodin (RUS) 8571 (10.66, 7.42/-0.2, 15.67, 2.03, 48.65, 13.97, 46.55, 5.20, 56.55, 4:30.27); 4 J A Magnusson (ISL) 8552 (10.60, 7.39/0.2, 16.03, 1.97, 46.49, 14.12, 39.34, 5.10, 63.99, 4:32.23); 5 T Dvorak (CZE) 8506 (10.77, 7.61/1.3, 15.87, 1.97, 48.11, 14.07, 46.38, 4.70, 65.12, 4:34.62); 6 R Sebrle (CZE) 8477 (10.73, 7.60/1.2, 14.90, 2.09, 48.28, 14.27, 42.57, 4.90, 62.82, 4:35.21); 7 D Szabo (HUN) 8392 (10.85, 7.58/1.6, 13.72, 2.03, 48.13, 14.39, 42.80, 5.00, 59.62, 4:20.42); 8 M Maczey (GER) 8174 (11.16, 7.29, 13.77, 2.06, 49.82, 14.41, 42.46, 4.90, 63.27, 4:26.82); 9eq Z Kurtosi (HUN) 8140 (11.19, 7.26/-1.1, 14.90, 2.03, 49.07, 14.39, 46.38, 4.70, 58.05, 4:33.14)/K Isekenmeier (GER) 8140 (11.03, 7.42/1.4, 15.22, 1.79, 48.29, 14.50, 51.28, 4.60, 61.65, 4:37.95); 11 J Rosendaal (NED) 8135 (11.19, 7.02, 14.05, 2.06, 50.43, 14.53, 42.70, 4.90, 63.89, 4:20.29); 12 P Huber (SUI) 8081 (10.94, 7.12/-0.5, 14.42, 1.85, 47.87, 14.74, 44.66, 4.90, 58.57, 4:23.27); 13 A Yurkov (UKR) 8030 (10.90, 7.47/0.8, 14.53, 2.03, 49.55, 15.09, 47.56, 4.90, 51.88, 4:46.88); 14 S Schmid (GER) 8011 (10.92, 7.26/1.4, 14.73, 1.91, 48.45, 14.79, 41.09, 4.60, 68.22, 4:43.21); 15 H Dagard (SWE) 7930 (10.81, 6.88/-0.2, 14.36, 1.94, 47.97, 14.75, 42.07, 4.80, 63.64, 4:52.58); 16 A Zsivotzky (HUN) 7876 (11.27, 6.56/0.6, 14.17, 2.18, 49.62, 15.59, 42.22, 4.50, 62.90, 4:23.54); 17 R Schlafli (SUI) 7778 (11.10, 6.94/0.4, 14.96, 1.94, 48.11, 14.95, 35.49, 4.40, 64.85, 4:32.44); 18 W Boulineau (FRA) 7672 (11.04, 7.20/0.7, 13.07, 2.03, 49.55, 15.04, 41.33, 4.40, 57.85, 445.49); 19 G Blouin (FRA) 7549 (11.21, 7.04/-0.1, 11.46, 2.06, 49.77, 15.01, 39.54, 4.80, 53.43, 4:42.94); 20 J Penas (ESP) 7236 (11.18, 7.05/0.7, 15.31, 2.06, 50.41, 15.12, 45.17, 4.60, 59.58, dnf); J Benet (ESP) (11.17, 7.12/-0.2, 13.54, 1.91, 51.45, 15.06, 42.63, dns); S Levicq (FRA) (11.21, 6.86/0.3, 14.77, 1.94, 51.45, 15.06, 42.63, dns); S Chmara (POL) (11.19, 7.65/1.8, 15.48, 2.09, 47.76, 14.84, dns); G Anreou (CYP) (10.93, 6.80/-0.5, 13.03, 1.94, dns); P Korkizoglou (GRE) (10.77, 7.03/0.4, 13.54, 1.97, dns); A Penalver (ESP) (11.18, 7.02/0.6, 16.18, no ht)

20kmW (Aug 18)

1 I Markov (RUS) 1:21:10; 2 A Fadejevs (LAT) 1:21:35; 3 F Fernandez (ESP) 1:21:39; 4 A Erm (GER) 1:21:53; 5 S Urbanik (HUN) 1:22:12; 6 I Trotskiy (BLR) 1:22:46; 7 D Langlois (FRA) 1:23:02; 8 Y Shmalyuk (RUS) 1:23:32; 9 V Massana (ESP) 1:23:46; 10 G De Benedictis (ITA) 1:25:06; 11 M Didoni (ITA) 1:25:54 12 M Gandellini (ITA) 1:25:57; 13 J Urbano (POR) 1:26:04; 14 C Jorgensen (DEN) 1:26:28; 15 I Kollar (SVK) 1:26:43; 16 A Gillet (FRA) 1:27:07; 17 R Valicek (SVK) 1:27:25; 18 G Dudas (HUN) 1:27:51; 19 F Ciumacenko (MOL) 1:27:56; 20 J Vieira (POR) 1:29:38; 21 J Malysa (CZE) 1:30:16; 22 S Kastanis (GRE) 1:30:19; 23 A Hohne (GER) 1:32:28; 24 E Kalina (SVK) 1:35:55; 25 M Casey (IRL) 1:38:58. M Shchennikov (RUS), P O'Callaghan (IRL), B Bengtsson (SWE), J Staaf (SWE) dnf. A Meleshkevich (BLR), A Makarov (BLR), D Plaza (ESP), B Fladt (SWE) dq. **Splits:** 20:45, 41:11, 1:01:29

50kmW (Aug 21)

1 R Korzeniowski (POL) 3:43:51; 2 V Kononen (FIN) 3:44:29; 3 A Plotnikov (RUS) 3:45:53; 4 M Odiozola (ESP) 3:47:24; 5 T Lipiec (POL) 3:48:05; 6 S Perez (ESP) 3:48:17; 7 A Di Mezza (ITA) 3:48:49; 8 C Trautmann (GER) 3:49:46; 9 R Piller (FRA) 3:51:03; 10 S Caudron (FRA) 3:54:43; 11 R Ihly (GER) 3:55:31; 12 P Tichy (SVK) 3:55:37; 13 S Malik (SVK) 3:57:35; 14 S Kastanis (GRE) 3:58:28; 15 A Lindman (FIN) 3:58:45; 16 N Matyukhin (RUS) 3:59:23; 17 J Magalhaes (POR) 3:59:46; 18 M Holusa (CZE) 4:01:38; 19 T Nymark (NOR) 4:02:33; 20 B Bengtsson (SWE) 4:02:33; 21 P Korcok (SVK) 4:04:17; 22 E Lczky (HUN) 4:04:54; 23 J Sorensen (DEN) 4:05:25; 24 Z Czukor (HUN) 4:09:02; 25 K Jensen (DEN) 4:15:49. **DNF:** D Zugus (LIT), A Mistretta (ITA), M Liepins (LAT), A Misyula (BLR), S Stosik (POL), G Perricelli (ITA), A Rakovic (YUG), J Staaf (SWE), P Charriere (SUI). **DQ:** O Ishutkin (RUS), T Toutain (FRA), J Garcia (ESP), V Ginko (BLR), A Noack (GER), V Gordey (BLR), P Ferrari (SWE), G Lengyel (HUN). **Splits:** 46:13, 1:31:31, 2:15:55, 2:58:56

4x100

Rd1 (Aug 22, first three in each heat plus two fastest) Ht1: 1 GREAT BRITAIN & NORTHERN IRELAND 38.47 (ALLYN CONDON, DARREN CAMPBELL, MARLON DEVONISH, DWAIN CHAMBERS); 2 Poland 39.16 (M Krzywanksi, M Nowak, P Balcerzak, R Philarczyk); 3 France 39.21 (R Nordin, F Krantz, C Cheval, N Guims); 4 Netherlands 39.29 (NR) (M Ungerer, P Snoek, Van Balkom, D Tilburg); 5 Norway 39.77 (Saeterstoel, Mellin-Olsen, J Ertzgard, G Moen); Finland dq; Spain dnf. **Ht2:** 1 Germany 39.25 (P Schneider, J Crews, M Milde, M Blume); 2 Greece 39.27 (A Amici, A Attene, S Floris, S Tilli); 4 Sweden 39.44 (P Lovgren, M Ghansah, T Eriksson, P Karlsson); 5 Czech Republic 39.76 (M Morkes, L Bohman, T Drimal, I Krsek); 6 Slovenia 39.86 (D Spur, M Plesnicar, B Horvat, U Acman); 7 Cyprus 40.96 (Demosthenous, Marcoullides, Katsantonis, Y Zisimides); Hungary dq. **FINAL (Aug 22):** 1 GREAT BRITAIN & NORTHERN IRELAND 38.52 (ALLYN CONDON, DARREN CAMPBELL, DOUG WALKER, JULIAN GOLDING); 2 France 38.87 (T Lubin, F Krantz, C Cheval, N Guims); 3 Poland 38.98 (M Krzywanski, M Nowak, P Balcerzak, R Pilarczyk); 4 Greece 39.07 (A Genovelis, Alexopoulos, Pabagiotopou, C Papadias); 5 Germany 39.09 (P Schneider, J Crews, M Milde, M Blume); 6 Sweden 39.32 (P Lovgren, M Ghanash, T Eriksson, P Karlsson); 7 Netherlands 39.79 (M Ungerer, P Snoek, Van Bolkom, D Tilburg); 8 Italy 39.85 (F Scuderi, A Colombo, A Attene, S Floris)

REACTION TIMES

Condon	0.136
Lubin	0.130
Krzywanski	0.143
Genovelis	0.129
Schneider	0.131
Lovgren	0.120
Ungerer	0.133
Scuderi	0.112

4x400

Rd1 (Aug 22, first three in each heat plus two fastest) Ht1: 1 Poland 3:03.59 (Dlugosielski, J Bocian, Rysiukiewicz, P Haczek); 2 Switzerland 3:05.11 (L Clerc, K Widmer, A Rohr, M Rusterholz); 3 France 3:06.09 (P Hilaire, F Mango, M Raquil, M Foucan); 4 Slovenia 3:07.78 (M Sestak, M Kocuvan, D Zlatnar, B Horvat); Russia/Hungary dnf. **Ht2:** 1 GREAT BRITAIN & NORTHERN IRELAND 3:02.37 (MARK HYLTON 45.7, SEAN BALDOCK 45.5, SOLOMON WARISO 46.1, JAMIE BAULCH 45.05); 2 Italy 3:04.64 (W Pirovano, M Vaccari, A Nuti, A Saber); 3 Germany 3:04.84 (S Letzelter, Ehrnsperger, T Gollier, Dautzenberg); 4 Spain 3:05.63 (J Trull, A Andres, A Martinez, D Canal); 5 Czech Rep 3:05.88 (Poderbradsky, J Stejfa, K Blaha, J Muzik); 6 Greece 3:06.48 (S Dimotsis, P Sarris, P Iakovakis, K Kenteris). **FINAL (Aug 23):** 1 GREAT BRITAIN & NORTHERN IRELAND 2:58.68 (HYLTON 45.4, BAULCH 44.6, THOMAS 44.27, RICHARDSON 44.39); 2 Poland 2:58.00 (Rysiukiewicz, Czubak, Haczek, Mackowiak); 3 Spain 3:02.47 (Andres, Trull, Martinez, Canal); 4 Italy 3:02.48 (Pirovano, Vaccari, Nuti, Saber); 5 Switzerland 3:02.91 (NR) (Clerc, Widmer, Rohr, Rusterholz); 6 Germany 3:03.19 (Letzelter, Ehrnsperger, Goller, Dautzenberg); 7 Czech Rep 3:04.37 (Poderbradsky, Stejfa, Blaha, Muzik); 8 France dq (3:02.38) (Hilaire, Foucan, Mango, Diagana)

WOMEN

100

Rd1 (Aug 18, first three in each heat plus four fastest) Ht1 (-0.8): 1 Z Pintusevich (UKR) 11.06; 2 O Ekk (RUS) 11.39; 3 F Bangüe (FRA) 11.39; 4 L Jardim (POR) 11.47; 5 B Rockmeier (GER) 11.50; 6 A Gurcan (TUR) 11.68; 7 E Barati (HUN) 11.92; 8 T Shandize (GEO) 12.04. **Ht2 (-0.9):** 1 I Privalova (RUS) 11.22; 2 P Pendareva (BUL) 11.24; 3 O Sidibe (FRA) 11.49; 4 K Gevaert (BEL) 11.53; 5 M Nyberg-Birknes (NOR) 11.67; 6 I Puka (UKR) 11.74; 7 A Visockaite (LIT) 11.85; 8 V Djapic (YUG) 11.95. **Ht3 (-0.8):** 1 C Arron (FRA) 11.12; 2 N Safronnikova (BLR) 11.55; 3 A Kravchenko (UKR) 11.59; 4 N Ignatova (RUS) 11.73; 5 P Vostatkova (CZE) 11.80; 6 S Lichtenhagen (GER) 11.85; 7 J Manninen (FIN) 11.94. **Ht4:** 1 E Thanou (GRE) 11.04 (NR); 2 M Paschke (GER) 11.17; 3 N Ivanova (BUL) 11.25; 4 JOICE MADUAKA 11.35; 5 S Kyllonen (FIN) 11.42; 6 S Prokofjev (SLO) 11.65; 7 R Markt (CRO) 11.85. **SEMI-FINAL (Aug 19, first four in each heat) Ht1 (1.3):** 1 Arron 10.81; 2 Pintusevich 11.00; 3 Pendareva 11.16; 4 Bangue 11.20; 5 Ekk 11.21; 6 Kyllonen 11.45; 7 MADUAKA 11.49; 8 Rockmeier 11.50. Ht2 (0.9): 1 Thanou 10.92 (NR); 2 Privalova 11.02; 3 Paschke 11.16; 4 Kravchenko 11.23; 5 Ivanova 11.23; 6 Safronnikova 11.32; 7 Sidibe 11.33; 8 Jardim 11.49. **FINAL (Aug 19, 2.0):** 1 Arron 10.73 (Eur rec); 2 Privalova 10.83; 3 Thanou 10.87 (NR); 4 Pintusevich 10.92; 5 Paschke 11.07; 6 Pendareva 11.12; 7 Kravchenko 11.16; 8 Bangue 11.27

REACTION TIMES IN FINAL

Arron	0.156
Privalova	0.146
Thanou	0.124
Pintusevich	-
Paschke	0.141
Pendareva	0.156
Kravchenko	0.127
Bangue	0.153

200

Rd1 (Aug 20, first three and four fastest) Ht1 (-2.4): 1 N Voronova (RUS) 23.32; 2 S Mulrain (GER) 23.53; 3 E Suchovska (CZE) 23.56; 4 D Combe (FRA) 23.82; 5 M Levorato (ITA) 24.01; 6 J Manninen (FIN) 24.10; 7 SARAH WILHELMY 24.11; 8 T Shanidze (GEO) 24.11. **Ht2 (-1.7):** 1 Pintusevich 23.02; 2 KATHARINE MERRY 23.23; 3 L Jardim (POR) 23.24; 4 G Rockmeier (GER) 23.29; 5 M Gachevska (BUL) 23.50; 6 N Sologub (BLR) 23.54; 7 H Benesova (CZE) 24.04; 8 R Markt (CRO) 24.77. **Ht3 (-1.3):** 1 N Safronnikova (BLR) 23.29; 2 Privalova 23.34; 3 Paschke 23.43; 4 K Leszczynska (POL) 23.59; 5 K Benth (FRA) 23.69; 6 P Vostatkova (CZE) 23.98; 7 V Djapic (YUG) 24.33; 8 E Szabo (HUN) 24.39. **Ht4 (-0.8):** 1 N Ivanova (BUL) 22.91; 2 S Goncharenko (RUS) 23.06; 3 E Koffa (GRE) 23.24; 4 K Gevaert (BEL) 23.27; 5 A Bikar (SLO) 23.32; 6 F Dia (FRA) 23.43; 7 T Lukiyanenko (UKR) 23.51; 8 S Kyllonen (FIN) 23.70. **SEMI-FINALS (Aug 21) Ht1 (-1.5):** 1 Voronova 23.09; 2 Ivanova 23.26; 3 Mulrain 23.39; 4 Suchovska 23.43; 5 Goncharenko 23.44; 6 Jardim 23.47; 7 Dia 23.66; 8 Gevaert 23.74. **Ht2 (-1.1):** 1 Pintusevich 22.92; 2 Privalova 23.02; 3 Paschke 23.14; 4 Rockmeier 23.36; 5 MERRY 23.38; 6 Bikar 23.42; 7 Safronnikova 23.60; 8 Koffa 23.68. **FINAL (Aug 21, -0.7):** 1 Privalova 22.62; 2 Pintusevich 22.74; 3 Paschke 22.78; 4 Voronova 22.80; 5 Ivanova 23.02; 6 Mulrain 23.04; 7 Rockmeier 23.08; 8 Suchovska 23.18

REACTION TIMES

Privalova	0.149
Pintusevich	0.167
Paschke	0.153
Voronova	0.137
Ivanova	0.168
Mulrain	0.150
Rockmeier	0.165
Suchovska	0.164

400

Rd1 (Aug 19, first three in each heat and four fastest) Ht1: 1 U Rohlander (GER) 52.37; 2 I Rosikhina (RUS) 52.97; 3 F Ficher (FRA) 53.05; 4 M Florea (ROM) 53.22; 5 C Tavares (POR) 53.32; 6 V De Angeli (ITA) 53.42; D Kojic (BOS) dnf. **Ht2:** 1 G Breuer (GER) 51.60; 2 P Spuri (ITA) 51.82; 3 J Burianova (CZE) 52.62; 4 O Ruicu (ROM) 52.66; 5 Y Kulikova (RUS) 52.83; 6 A Kozak (BLR) 53.30; 7 K Perica (CRO) 53.93. **Ht3:** 1 O Kotlyarova (RUS) 51.62; 2 DONNA FRASER 52.20; 3 A Bori (HUN) 52.69; 4 L Jekabsone (LAT) 52.84; 5 A Ripanu (ROM) 53.35; 6 F Carbone (ITA) 53.72; D Kiriakou (CYP) dnf. **Ht4:** 1 H Fuchsova (CZE) 51.61; 2 ALLISON CURBISHLEY 52.05; 3 K Shinkins (IRL) 52.13; 4 O Rurak (UKR) 52.49; 5 C Panagou (GRE) 52.89; 6 B Petrahn (HUN) 53.43. **SEMI-FINALS (Aug 20, first four in each heat) Ht1:** 1 Breuer 50.79; 2 CURBISHLEY 51.43; 3 Spuri 51.74; 4 Rurak 52.36; 5 Shinkins 52.40; 6 Burianova 52.41; 7 Jekabsone 52.76; 8 Rosikhina 53.62. **Ht2:** 1 Fuchsova 50.87; 2 Rohlander 51.04; 3 Kotlyarova 51.08; 4 FRASER 52.05; 5 Ficher 52.95; 6 Bori 53.11; 7 Ruicu 53.17; 8 Kulikova 53.25. **FINAL (Aug 21):** 1 Breuer 49.93; 2 Fuchsova 50.21; 3 Kotlyarova 50.38; 4 Rohlander 50.48; 5 CURBISHLEY 51.05; 6 FRASER 51.54; 7 Rurak 51.92; 8 Spuri 51.94

800

Rd1 (Aug 18, first three in each heat plus the four fastest) Ht1: 1 V Szekely (ROM) 1:59.98; 2 M Ewerlof (SWE) 2:00.17; 3 A Deren (POL) 2:00.31; 4 DIANE MODAHL 2:00.52; 5 S Stals (BEL) 2:02.34; 6 B Muhlbacher (AUT) 2:04.02; 7 V Fouquet (FRA) 2:04.20; 8 N Fernandez (ESP) 2:04.89. **Split:** 58.81. **Ht2:** 1 Y Afanasyeva (RUS) 1:59.98; 2 V Dorsile (FRA) 2:00.31; 3 N Dukhnova (BLR) 2:00.33; 4 I Krakoviak (LIT) 2:01.04; 5 P Strashilova (BUL) 2:01.42; 6 A A Menendez (ESP) 2:01.63; 7 I Lishchinska (UKR) 2:02.78; 8 C Gesell (GER) 2:03.20. **Ht3:** 1 S Graf (GER) 2:00.25; 2 N Tsyganova (RUS) 2:00.89; 3 L Formanova (CZE) 2:01.13; 4 M Akraka (SWE) 2:01.32; 5 P Barreiro (ESP) 2:01.60; 6 Y Buzhenko (UKR) 2:02.36; 7 J Varga (HUN) 2:03.05; 8 E Buhaianu (ROM) 2:04.01. **Ht4:** 1 L Mikhailova (RUS) 2:02.03; 2 H Meissner (GER) 2:02.20; 3 T Kirilova (BUL) 2:02.37; 4 A Bragger (SWI) 2:02.50; 5 P Djate-Taillard (FRA) 2:02.60; 6 E Kovacs (ROM) 2:02.85; 7 M Lundgren (SWE) 2:03.05; S Jongmans (NED) dns. **SEMI-FINALS (Aug 19, first three in each heat and two fastest) Ht1:** 1 Mikailova 1:59.33; 2 Graf 1:59.50; 3 Kirilova 1:59.77; 4 Dukhnova 1:59.95; 5 MODAHL 2:00.08; 6 Formanova 2:00.88; 7 Akraka 2:01.13; 8 Tsyganoa 2:01.96. **Split:** 57.69. **Ht2:** 1 Afanasyeva 1:59.22; 2 Ewerlof 1:59.44 (NR); 3 Szekely 1:59.71; 4 Meissner 1:59.92; 5 Dorsile 2:00.26; 6 Strashilova 2:01.54; 7 Deren 2:02.22; 8 Krakoviak 2:06.29. **Split:** 57.07. **FINAL (Aug 20):** 1 Afanasyeva 1:58.50; 2 Ewerlof 1:59.61; 3 Graf 2:00.11; 4 Szekely 2:00.56; 5 Kirilova 2:00.66; 6 Meissner 2:01.36; 7 Dukhnova 2:02.14; Mikhailova dnf. **Split:** 57.42

1500

Rd1 (Aug 21, first four in each heat and four fastest) Ht1: E Buhaianu (ROM) 4:08.11; 2 C Sacramento (POR) 4:08.33; 3 A Weyermann (SWI) 4:08.34; 4 L Chojecka (POL) 4:08.54; 5 J Varga (HUN) 4:08.83; 6 M Zuniga (ESP) 4:08.93; 7 O Komyagina (RUS) 4:09.81; 8 L Zaituc (GER) 4:10.08; 9 P Taillard-Djate (FRA) 4:17.29; M Ewerlof (SWE) dns. **Ht2:** 1 S Masterkova (RUS) 4:08.62; 2 V Szekely (ROM) 4:08.88; 3 A Jakubczak (POL) 4:09.36; 4 A Suldesova (CZE) 4:09.54; 5 S Delahunty (IRL) 4:09.62; 6 O Gorodnycheva (UKR) 4:10.21; 7 O Nelyubova (RUS) 4:11.79; 8 B Tusai (HUN) 4:12.11; 9 F Quentin (FRA) 4:17.00. **FINAL (Aug 23):** 1 Masterkova 4:11.91; 2 Sacramento 4:12.62; 3 Weyermann 4:13.06; 4 Jakubczak 4:13.33; 5 Szekely 4:14.66; 6 Chojecka 4:15.00; 7 Suldesova 4:15.04; 8 Zuniga 4:15.10; 9 Delahunty 4:15.38; 10 Buhaianu 4:15.48; 11 Komyagina 4:15.73; 12 Varga 4:18.25. Splits: 69.56, 2:23.56, 3:30.26

5000

(Aug 23): 1 S O'Sullivan (IRL) 15:06.50; 2 G Szabo (ROM) 15:08.31; 3 M Dominguez (ESP) 15:10.54; 4 O Jevtic (YUG) 15:16.61; 5 A Sandell (FIN) 15:20.78; 6 B Bitzner-Ducret (FRA) 15:38.61; 7 V Vaughan (IRL) 15:39.99; 8 T Recio (ESP) 15:40.54; 9 K Fonseca-Wollheim (GER) 15:42.07; 10 A Javos (HUN) 15:53.18; 11 O Yegorova (RUS) 15:54.82; 12 D Vibjerg (DEN) 15:57.56; 13 E Urrutia (ESP) 16:02.81; 14 U English (IRL) 16:03.64; 15 D Gruca (POL) 16:05.68; 16 J Celenova (LAT) 16:21.75; 17 Y

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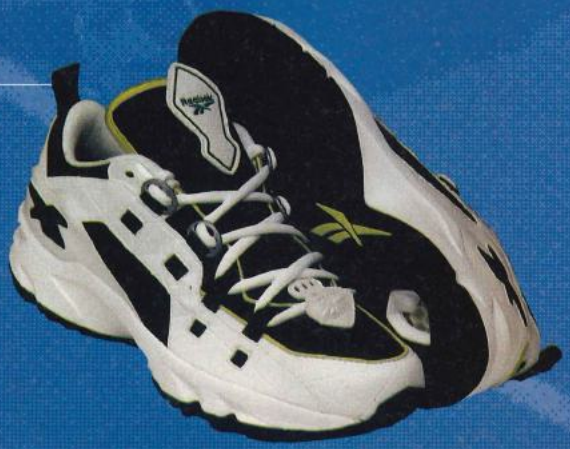


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RUNNING

EUROPEAN CHAMPIONSHIPS, BUDAPEST, AUGUST 18-23

Results

Kopytova (RUS) 16:26.41; E Doczi (HUN), J Llado (FRA), S Baygulova (RUS), H Javornik (SLO) dnf. **Splits:** 3:03.97, 6:08.57, 9:15.15, 12:19.44

10,000

FINAL (Aug 19): 1 S O'Sullivan (IRL) 31:29.33; 2 F Ribeiro (POR) 31:32.42; 3 L Simon (ROM) 31:32.64; 4 O Jevtic (YUG) 31:34.26 (NR); 5 PAULA RADCLIFFE 31:36.51; 6 J Vaquero (ESP) 31:46.47; 7 A Sandell (FIN) 32:22.50; 8 I Mikitenko (GER) 32:30.67; 9 L Larrago (ESP) 32:37.10; 10 L Biktasheva (RUS) 32:37.64; 11 M Guida (ITA) 32:39.16; 12 A Kalovics (HUN) 33:09.87; 13 H Hovdenak (NOR) 33:11.88; 14 H Javornik (SLO) 33:16.40; L Vasilevskaya (RUS), A Zhilyayeva (RUS), M Abel (ESP) dnf. Splits: 3:18.42, 6:36.64, 9:54.83, 13:01.24, 16:08.35, 19:15.82, 22:24.42, 25:29.38, 28:36.16

Marathon (Aug 23)

1 M Machado (POR) 2:27:10 (CBP); 2 M Biktagirova (RUS) 2:28:01; 3 M Viceconte (ITA) 2:28:31; 4 F Fiacconi (ITA) 2:28:59; 5 M Renders (BEL) 2:29:43; 6 R Rios (ESP) 2:29:53; 7 L Morgunova (RUS) 2:30:07; 8 Y Razdrogina (RUS) 2:30:09; 9 L Petrova (RUS) 2:30:26; 10 C Dreher (GER) 2:31:10; 11 R Paradowska (POL) 2:32:18; 12 S Oberem (GER) 2:32:36; 13 M Polyzou (GRE) 2:33:40; 14 J Folding-Nagy (HUN) 2:34:00; 15 S Renz (GER) 2:34:05; 16 C Mallo (FRA) 2:45:19; 17 C Dita (ROM) 2:34:35; 18 I Timofeyeva (RUS) 2:34:44; 19 G Borghini (ITA) 2:35:25; 20 M L Munoz (ESP) 2:35:53; 21 N Galushko (BLR) 2:36:26; 22 N Leveque (FRA) 2:36:52; 23 A Buia (ROM) 2:36:55; 24 F Zanusso (ITA) 2:37:19; 25 M Veith (GER) 2:37:32; 26 A Barbu (ROM) 2:37:58; 27 A Mazouka (BLR) 2:38:01; 28 Y Vinitskaya (BLR) 2:38:08; 29 G Kornatsevich (BLR) 2:38:50; 30 P Vignati (ITA) 2:38:56; 31 J Colomb-Janin (FRA) 2:39:20; 32 S Souma (GRE) 2:39:51; 33 E Mura (FRA) 2:41:31; 34 N Olaru (ROM) 2:42:44; 35 M Le Gallo (FRA) 2:43:47; 36 E Csomor (HUN) 2:48:37; 37 A Kiss (HUN) 2:49:23; 38 I Kovacs (HUN) 2:49:23; 39 K Pratsi (CYP) 2:59:24; 40 E Feher (HUN) 2:59:50. **Splits:** 18:04; 35:47; 53:31; 1:11:24; 1:28:55; 1:46:44; 2:02:55; 2:19:49

100H

Rd1 (Aug 23, first two in each heat and two fastest) Ht1 (0.5): 1 S Dimitrova (BUL) 12.62; 2 N Ramalalanirina (FRA) 13.03; 3 H Blassneck (GER) 13.07; 4 J Baumann (SWI) 13.16; 5 A Leszczynska-Lazor (POL) 13.25; 6 S Turpin (POR) 13.58; 7 J Halkoaho (FIN) 13.69. **Ht2 (-1.4):** 1 I Korotya (RUS) 13.09; 2 P Girard (FRA) 13.18; 3 C Sonn (GER) 13.29; 4 N Bodrova (UKR) 13.47; 5 S Smith (IRL) 13.51; 6 A Trumpe (LAT) 13.65. Ht3 (0.0): 1 B Bukovec (SLO) 12.94; 2 L Ferga (FRA) 13.34; 3 O Krasovska (UKR) 13.43; 4 T Reshetnikova (RUS) 13.48; 5 A Novotna (CZE) 13.51; 6 M Mardomingo (ESP) 13.66. **FINAL (Aug 23, 1.5):** 1 Dimitrova 12.56; 2 Bukovec 12.65; 3 Korotya 12.85; 4 Ramalalanirina 12.87; 5 Girard 12.89; 6 Blassneck 13.02; 7 Baumann 13.15; 8 Ferga 13.22

400H

Rd1 (Aug 19, first two in each heat and two fastest) Ht1: 1 S Reiger (GER) 54.50; 2 T Tereshchuk (UKR) 54.65; 3 E Goossens (NED) 54.85; 4 P Soderstrom (FIN) 56.23; 5 T Kurochkina (BLR) 57.05; 6 M Macus (SLO) 57.28; 7 Y Nosova (RUS) 58.26; 8 O Doczi (HUN) 58.76. **Ht2:** 1 I Tirlea (ROM) 54.89; 2 G Arnardottir (ISL) 55.21; 3 U Urbansky (GER) 55.63; 4 Y Bakhvalova (RUS) 55.69; 5 F Svensson (SWE) 56.55; 6 A Mercken (BEL) 57.39; 7 L Rocco (ITA) 57.51; 8 R Ronholt (DEN) 58.55. **Ht3:** 1 S Smith (IRL) 55.65; 2 A Knoroz (RUS) 55.68; 3 J Szekeres (HUN) 55.86; 4 G Schmidt 56.40; 5 M Nederstatter (ITA) 56.74; 6 NATASHA DANVERS 57.19; 7 M Bjone (NOR) 58.13; 8 F Delaune (FRA) 59.01. **FINAL (Aug 21):** 1 Tirlea 53.37 (NR); 2 Tereshchuk 54.07; 3 Rieger 54.45; 4 Arnadottir 54.59 (NR); 5 Goossens 54.62 (NR); 6 Urbansky 55.38; 7 Knoroz 55.47; 8 Smith 55.61

HJ

Qualifying (Aug 20, 1.93 or first 12) GpA: 1 V Styopina (UKR) 1.93 (1.78o, 1.83o, 1.87o, 1.90o, 1.93o); 2 Y Gulyayeva (RUS) 1.93 (1.78o, 1.83o, 1.87o, 1.90o, 1.93o); 3 V Fyodorova (RUS) 1.93 (1.78o, 1.83xxo, 1.87o, 1.90o, 1.93xo); 4 D Jancewicz (POL) 1.93 (1.83o, 1.90xo, 1.93xxo); 5 A Astafei (GER) 1.90 (1.78, 1.83o, 1.87o, 1.90o, 1.93xxx); 6 V Veneva 1.90 (1.78o, 1.83o, 1.87o, 1.90o, 1.93x-); 7 P Zinck (DEN) 1.90 (1.78o, 1.83o, 1.87o, 1.90xo, 1.93xxx); 8 K Bergoqvist (SWE) 1.90 (1.78o, 1.83o, 1.87xo, 1.90xxo, 1.93xxx); 9 T Shevchik (BLR) 1.90 (1.83o, 1.87xxo, 1.90xxo, 1.93xxx); 10 O Bolshova (MOL) 1.87 (1.78o, 1.83xo, 1.87o, 1.90xxx); 11 D Gyorffy (HUN) 1.87 (1.78o, 1.83o, 1.87xxo, 1.90xxx); 12 M Gollner (AUT) 1.87 (1.83xo, 1.87xxo, 1.90xxx); 13 F Bradamante (ITA) 1.78o, 1.83o, 1.87xxx). GpB: 1 S Kirchmann (AUT) 1.93 (1.83o, 1.87o, 1.90xo, 1.93o); 2eq V Lyakhova (RUS) 1.93 (1.78o, 1.83o, 1.87o, 1.90xo, 1.93xxo); 2eq M Dinescu (ROM) 1.93 (1.78o, 1.83o, 1.87xo, 1.90o, 1.93xxo); 4 Z Kovacikova (CZE) 1.90 (1.78o, 1.83o, 1.87o, 1.90o, 1.93xxx); 5 N Bakogianni (GRE) 1.90 (1.78o, 1.83o, 1.87xo, 1.90o, 1.93xxx); 6 I Mikhalchenko (UKR) 1.78o, 1.83o, 1.87o, 1.90xxo, 1.93xxx); 7 K Kalcheva (BUL) 1.87 (1.78o, 1.83xxo, 1.87o, 1.90xxx); 8 N Ziliskiene (LIT) 1.87 (1.78o, 1.83o, 1.87xo, 1.90xxx); 9eq D Rath (GER) 1.83 (1.83o, 1.87xxx); 9eq C Arslan (TUR) 1.83 (1.78o, 1.83o, 1.87xxx); 11eq T Gulevich (BLR) 1.83 (1.78o, 1.83xo, 1.87xxx); 11eq I Gliznuts (MOL) 1.83 (1.78o, 1.83xo, 1.87xxx); 13 M Storm-Hansen (NOR) 1.78 (1.78xo, 1.83xxx). **FINAL (Aug 23):** 1 M Dinescu (ROM) 1.97 (1.80o, 1.85o, 1.89o, 1.92o, 1.95o, 1.97xo, 2.03xxx); 2 D Jancewicz (POL) 1.95 (1.85o, 1.92xo, 1.95o, 1.97xxx); 3 A Astafei (GER) 1.95 (1.80o, 1.85o, 1.89o, 1.92xxo, 1.95o, 1.97xxx); 4 S Kirchmann (AUT) 1.92 (1.85o, 1.89xxo, 1.92o, 1.95xxx); 5 V Veneva (BUL) 1.92 (1.85o, 1.92xo, 1.95xxx); 6 Y Gulyayeva (RUS) 1.92 (1.80o, 1.85o, 1.89xxo, 1.92xo, 1.95xxx); 7 V Styopina (UKR) 1.92 (1.80o, 1.85xo, 1.89o, 1.92xxo, 1.95xxx); 8 P Zinck (DEN) 1.89 (1.80o, 1.85o, 1.89o, 1.92xxx); 9 N Bakogianni (GRE) 1.89 (1.80o, 1.85o, 1.89xxo, 1.92xxx); 10 V Fyodorova (RUS) 1.85 (1.80o, 1.85o, 1.89xxx); 11 Z Kovacikova (CZE) 1.85 (1.80xo, 1.85o, 1.89xxx); 12 V Lyakhova (RUS) 1.85 (1.80xo, 1.85xo, 1.89xxx)

PV

Qualifying (Aug 18, 4.15 or the first 12) GpA: 1 Z Szabo (HUN) 4.15 (4.10o, 4.15o); 2 M Pyrek (POL) 4.15 (NR) (3.60o, 3.80o, 4.00o, 4.10xxo, 4.15xxo); 3 N Ryshich (GER) 4.10 (4.00xo, 4.10o); 4eq M De Wilt (NED) 4.10 (eq NR) (3.80o, 4.00xxo, 4.10xo, 4.15xxx); 4eq F Dolcini (ITA) 4.10 (3.60o, 3.80o, 4.00xxo, 4.10xo, 4.15xxx); 6 M Sanchez (ESP) 4.00 (3.60o, 3.80o, 4.00o, 4.10xxx); 7 C Ammel (FRA) 4.00 (3.60o, 3.80xxo, 4.00o, 4.10xxx); 8 D Auer (AUT) 4.00 (3.40o, 3.60xxo, 3.80o, 4.00xo, 4.10xxx); 9eq D Bartova (CZE) 4.00 (4.00xxo, 4.15xxx); 9eq M Rasmussen (DEN) 4.00 (3.60o, 3.80o, 4.00xxo, 4.10xxx); 11 T Elisdottir (ISL) 3.80 (3.80o, 4.00xxx); 12 G Tsiligiri (GRE) 3.80 (3.60xo, 3.80xo, 4.00xxx); 13 T Melink (SLO) 3.40 (3.40xo, 3.60xxx); Y Belyakova (RUS), EMMA HORNBY nm. **GpB:** 1 D Cervantes (ESP) 4.15 (NR) (3.80o, 4.00o, 4.10xo, 4.15o); 2 A Balakhonova 4.15 (UKR) (4.00o, 4.15xo); 3 V Flosadottir (ISL) 4.15 (3.80o, 4.00o, 4.10o, 4.15xxo); 4 N Reiger-Humbert (GER) 4.15 (4.00xo, 4.10o, 4.15xxo); 5 Y Buschbaum (GER) 4.10 (3.80o, 4.00o, 4.10o, 4.15xxx); 6eq P Hamackova (CZE) 4.00 (3.60o, 3.80o, 4.00o, 4.15xxx); 6eq S Abramova (RUS) 4.00 (4.00o, 4.10xx-); 6eq E Szemerdi (HUN) 4.00 (3.80o, 4.00o, 4.10xxx); 6eq G Mihalcea (ROM) 4.00 (4.00, 4.10xx-); 10eq T Saari (FIN) 4.00 (3.60o, 3.80o, 4.00xo, 4.10xxx); 10eq JANINE WHITLOCK 4.00 (3.80o, 4.00xo, 4.10xxx); 12 A Weilgus (POL) 4.00 (3.40xo, 3.60o, 3.80xo, 4.00xxo, 4.10xxx); 13 T Kostem (TUR) 3.80 (3.60o, 3.80xo, 4.00xxx); A Homo nm. **FINAL (Aug 21):** 1 Balakhonova 4.31 (CBP) (4.15o, 4.25xo, 4.31xo, 4.37xxx); 2 Rieger-Humbert 4.31 (eqCBP) (4.05o, 4.15xo, 4.25o, 4.31xxo, 4.37xxx); 3 Buschbaum 4.31 (eqCBP) (3.95xxo, 4.05o, 4.15xo, 4.25xxo, 4.31xxo, 4.37xxx); 4eq Mihalcea 4.15 (4.05o, 4.15o, 4.25xxx)/De Wilt 4.15 (3.95o, 4.05o, 4.15o, 4.25xxx)/Ryshich 4.15 (4.05o, 4.15o, 4.25xxx); 7 Pyrek 4.15 (eqNR) (3.95o, 4.05xo, 4.15o, 4.25xxx); 8 Szabo 4.15 (4.15xo, 4.25xxx); 9 Flosadottir 4.15 (4.05xxo, 4.15xo, 4.25xxx); 10 Sanchez 4.05 (3.95o, 4.05o, 4.15xxx); 11 Cervantes 4.05 (3.95xo, 4.05o, 4.15xxx); 12eq Szemeredi 3.95 (3.95o, 4.15xxx); 12eq Hamackova 3.95 (3.95o, 4.05xxx); Abramova dns

LJ

Qualifying (Aug 21, 6.65 or first 12) GpA: 1 H Drechsler (GER) 6.79/1.1 (6.64/1.9, 6.56/1.6, 6.79); 2 J Halkoaho (FIN) 6.79/0.2 (6.49/0.5, 6.51/1.5, 6.74); 3 E Johansson (SWE) 6.74/2.1 (6.44/1.0, 6.43/3.4, 6.74); 4 L Ferga (FRA) 6.69/0.8 (6.40/1.7, 6.37/1.5, 6.69); 5 M Khristova (BUL) 6.60/1.1 (6.55/0.4, 6.60, x); 6 S Tiedtke (GER) 6.58/0.3 (x, 6.58, x); 7 Z Ajkler (HUN) 6.57/0.7 (6.57, 6.20/3.0, 6.55/1.4); 8 V Gotovska (LAT) 6.47/1.5 (x, 6.47, 6.19/1.2); 9 O Rublyova (RUS) 6.45/0.5 (6.45, x, x); 10 D Brodowska (POL) 6.40/1.3 (6.40, x, x); 11 C Athanassiou (GRE) 6.34/2.5 (x, x, 6.34); 12 A Valant (SLO) 6.19/2.6 (5.98/0.5, 6.19, x). O Vasdeki (GRE) dns. **GpB:** 1 L Galkina (RUS) 6.83/2.2 (x, 6.83, -); 2 F May (ITA) 6.73/-0.4 (6.73, -, -); 3 T Vaszi (HUN) 6.70/1.0 (6.64/0.7, 6.70, -); 4 N Caster (FRA) 6.58/1.7 (6.58, 6.53/1.6, x); 5 S Gautreau (FRA) 6.56/3.1 (5.97/0.9, 6.25/1.2, 6.56); 6 C Johansson (SWE) 6.53/1.7 (x, 6.53, 6.46/1.3); 7 N Perevedentseva (RUS) 6.52/0.7 (6.17/0.0, 6.52, 6.46); 8 O Shekhovtsova (UKR) 6.46/0.5 (6.43/0.2, 6.46, 6.38/1.7); 9 A Karczmarek (POL) 6.38/0.2 (6.38, x, 6.29/1.6); 10 E Miklos (ROM) 6.29/1.3 (x, 6.29, 6.26/2.2); 11 S Schulte (GER) 6.28/0.7 (6.28, 6.27/-0.2, x); 12 H Koivula (FIN) 6.23/0.5 (6.08/1.2, 6.22/2.1, 6.23). I Prandzheva; P Tsiamita dns. **FINAL (Aug 22):** 1 Drechsler 7.16/1.0 (x, 7.16/2.9, 7.16/1.0, x, x, x); 2 May 7.11/0.8 (NR) (6.85/0.6, 6.76/2.1, 7.01/1.2, 7.11, 7.04/0.7, 6.61/2.9); 3 Galkina 7.06/3.1 (x, x, 6.74/0.7, 7.06, 6.82/0.7, x); 4 Vaszi 6.82/2.9 (6.51/1.1, 6.82, 6.53/2.2, x, 6.51/1.0, 6.55/1.3); 5 Johansson 6.75/2.1 (6.54/0.9, 6.57/0.1, 6.75, 6.59/2.0, 6.49/3.0, x); 6 Ajkler 6.64/1.8 (6.43/0.5, 6.64, x, 6.42/0.4, x, 6.39/0.8); 7 Ferga 6.64/0.7 (x, 6.36/0.8, 6.64/0.7, x, 6.36/0.8, 6.40/1.2); 8 Tiedtke 6.62/1.1 (6.43/-0.6, x, 6.62, 5.06/0.9, 6.62/-0.4, x); 9 Caster 6.55/3.4 (6.25/4.0, 6.45/4.6, 6.55); 10 Halkoaho (FIN) 6.54/1.6 (x, 6.31/-0.8, 6.54); 11 Gautreau 6.29/1.4 (6.02/-0.9, 6.29, 6.22/1.1); Khristova nm

TJ

Qualifying (Aug 19, 14.20 or first 12) GpA: 1 O Vasdeki (GRE) 14.59/1.6 (14.59, -, -); 2 S Kasparkova (CZE) 14.59/-1.2 (14.59, -, -); 3 Y Lebedenko (RUS) 14.18/2.0 (x, 14.18, -); 4 A Gavrila (ROM) 14.10/2.8 (14.00/0.9, 13.97/0.5, 14.10); 5 I Prandzheva (BUL) 14.08/1.6 (14.08, 13.97/1.6, 13.98/0.9); 6 B Lise (FRA) 14.06/0.6 (13.85/0.8, x, 14.06); 7 G Sproge (LAT) 14.02/-0.2 (14.02, 13.64/0.4, 13.93/0.9); 8 B Lah (ITA) 13.91/0.8 (13.25/0.6, 13.91, 13.91/0.6); 9 A Valant (SLO) 13.85/1.1 (13.45/0.9, 13.85, 13.66/2.4); 10 V Naeris (EST) 13.85/0.0 (x, 13.62/-0.2, 13.85); 11 CONNIE HENRY 13.77/0.8 (x, 13.77, 13.72/3.0); 12 C Boaje (ROM) 13.72/-0.9 (13.72, 13.34/-0.1, 13.67/0.6); 13 V Bitanji (ALB) 11.44/0.1 (x, x, 11.44). **GpB:** 1 Y Donkina (RUS) 14.45/1.2 (14.45, -, -); 2 T Marinova (BUL) 14.43/0.1 (14.43/0.1, -, -); 3 R Mateescu 14.41/-0.4 (14.16/0.2, 14.41, -); 4 O Govorova (UKR) 14.31/0.8 (14.08/0.0, 14.31, -); 5 N Safronova (BLR) 14.24/1.3 (13.45/-0.5, 14.09/0.1, 14.24); 6 P Tsiamita (GRE) 14.23/1.5 (x, 14.23, -); 7 T Lebedeva (RUS) 14.08/0.0 (13.95/1.3, 13.86/0.6, 14.08); 8 M C Moroni (ITA) 13.89/0.6 (x, 13.64/0.5, 13.89); 9 D Jensen (DEN) 13.78/1.1 (12.82/-0.5, 13.78, 13.37/1.5); 10 H Koivula (FIN) 13.75/2.0 (x, 13.75, x); 11 J Blazevica (LAT) 13.62/0.7 (x, 12.24/1.0, 13.62/0.7); 12 S Borda (FRA) 13.55/0.1 (x, 13.55, 13.28/0.6); 13 I Pazola (POL) 13.52/0.2 (13.48/1.0, 13.52, 13.18/0.4); 14 M Dimitrova (BUL) 13.40/1.3 (13.13/0.3, 13.40/1.3, -). **FINAL (Aug 20):** 1 Vasdeki 14.55/-0.1 (14.25/-0.3, 14.42/-1.1, 14.55, 14.48/-1.6, x, x); 2 Kasparkova 14.53/-1.0 (14.53, 14.26/-1.9, 14.49/-1.0, x, 14.09-1.2, 14.52/-0.3); 3 Marinova 14.50/-1.6 (14.29/-0.7, 14.33/-0.3, x, 14.36/-0.6, x, 14.50); 4 Mateescu 14.46/-0.6 (14.39/-1.5, 14.40/-1.2, 14.46, 14.45/-0.6, x, 13.83/-0.4); 5 Lebedeva 14.25/-0.7 (13.86/-1.4, 14.02/-0.8, 14.18/-1.4, 14.25, x, 14.08/-1.6); 6 Govorova 14.24/-0.5 (14.24, 14.22/-0.9, 14.17/-2.3, 14.23/-0.9, x, 13.99/-1.0); 7 Safronova 14.01/-0.2 (13.97/-0.2, 13.73/-1.7, 13.95/-0.6, 14.01, 13.67/-0.6, 13.90/-0.9); 8 Donkina 13.92/-1.1 (13.92, 13.55/-1.1, 12.63/-1.1, x, x, x); 9 Tsiamita 13.90/-0.5 (x, 13.90, 13.89/-1.1); 10 Lebedenko 13.82/-0.3 (x, 13.55/-1.2, 13.82); 11 Gavrila 13.28/-1.5 (13.17/-0.8, 13.04/0.4, 13.28); Prandzheva dnf

SP

Qualifying (Aug 18, 18.00 in each group or the first 12) GpA: 1 V Pavlysh (UKR) 19.99 (19.99, -, -); 2 S Krivelyova (RUS) 18.55 (17.98, x, 18.55); 3 N Kleinert (GER) 18.38 (18.38, -, -); 4 L Koeman (NED) 18.01; 5 Y Korolchik (BLR) 18.00 (18.00, -, -); 6 Danilczyk-Zabawska (POL) 17.80 (x, 17.80, 17.01); 7 D Curovic (YUG) 17.50 (16.77, 17.50, x); 8 M Rosolen (ITA) 17.08 (16.40, 17.08, 16.60); 9 M Ramos (ESP) 16.41 (16.41, 16.29, 16.39). **GpB:** 1 I Korzhanenko (RUS) 19.18 (19.18, -, -); 2 C De Bruin (NED) 18.36 (18.36, -, -); 3 S Storp (GER) 18.08 (18.08, -, -); 4 K Zakowicz (POL) 18.01 (x, 17.62, 18.01); 5 T Khorkhulyova (BEL) 18.01 (18.01, -, -); 6 K Lundahl (FIN) 17.68 (16.65; 17.68, x); 7 K Sederholm (NOR) 16.83 (16.09, x, 16.83); 8 L Martensson (SWE) 16.79; 9 N Erjavec (SLO) 16.43 (16.43, 16.12, 15.82). **FINAL (Aug 20):** 1 Pavlysh 21.69 (CBP) (20.65, 21.69, 20.46, 20.80, 20.56, 20.91); 2 Korzhanenko 19.71 (19.33, x, 19.71, 19.41, x, 19.49); 3 Korolchik 19.23 (17.55, 18.24, 18.31, 18.15, 18.24, 19.23); 4 Krivelyova 19.08 (18.06, 18.31, 18.06, 18.19, 18.52, 19.08); 5 Zakowicz 18.77 (18.24, x, x, 17.76, 17.89, 18.77); 6 Kleinert 18.48 (x, 17.85, 18.48, 17.85, x, 18.44); 7 De Bruin 18.28 (18.17, 18.03, 18.20, 18.28, x, x); 8 Khorkhulyova 18.17 (18.17, 17.95, 17.46, 18.10, x, x); 9 Storp 18.16 (18.14, 17.98, 18.16); 10 Koeman 17.99 (17.71, 17.82, 17.99); 11 Danilczyk-Zabawska 17.99 (17.71, 17.82, 17.99); 12 Lundahl 17.33 (17.33, x, 17.03)

DT

Qualifying (Aug 19, 63.00 or first 12) GpA: 1 E Zvereva (BLR) 66.55 (60.43, 66.55, -); 2 N Grasu (ROM) 64.25 (64.25, -, -); 3 I Wyludda (GER) 62.97 (62.97, -, -); 4 I Yatchenko (BLR) 61.55 (59.37, 61.34, 61.55); 5 A Kelesidou (GRE) 61.55 (61.55, 61.23, 58.85); 6 S Tsikouna (GRE) 61.46 (57.35, 61.46, 58.82); 7 V Ivanova (RUS) 59.67 (59.67, 59.49, 59.01); 8 A Soderberg (SWE) 59.57 (58.40, 59.57, x); 9 J Goormachtigh (NED) 59.52 (59.52, x, 59.24); 10 E Runne (EST) 58.28 (57.11, x, 58.28); 11 K Zakowicz (POL) 56.99 (56.99, 54.18, 55.30); 12 A Maffeis (ITA) 55.08 (54.77, 55.08, 54.89). **GpB:** 1 F Dietzsch (GER) 65.61 (65.61, -, -); 2 N Sadova (RUS) 62.94 (62.08, 62.94, x); 3 A Mollenbeck (GER) 62.48 (62.48, -, -); 4 E Vogoli (GRE) 62.33 (62.33, -, -); 5 Y Antonova (UKR) 62.17 (60.28, 62.17, x); 6 T Machado (POR) 61.70 (60.08, 61.70, 61.11); 7 M Zbrojewska (POL) 60.70 (57.06, 60.70, 59.66); 8 M Tirneci (ROM) 59.42 (59.42, 54.03, 58.29); 9 Z Silhava (CZE) 58.39 (58.39, x, 57.71); 10 T Kankaanpaa (FIN) 58.22 (53.64, x, 58.22); 11 L Filimonova (BLR) 57.41 (55.37, 57.41, 56.49); 12 R Gustaityte (LIT) 55.37 (55.25, 55.37, 55.35); 13 SHELLEY DREW 53.13 (x, 53.13, 51.01); 14 H Keskin (TUR) 51.55 (51.55, x, x). **FINAL (Aug 21):** 1 Dietzsch 67.49 (65.91, 65.83, 64.84, x, 65.66, 67.49); 2 Sadova 66.94 (63.08, x, 64.81, 62.69, x, 66.94); 3 Grasu 65.94 (65.94, 62.45, 62.75, 62.88, 64.08, 65.70); 4 Zvereva 65.92 (61.78, 64.59, 64.15, 65.92, 63.29, 63.85); 5 Vogoli 63.56 (61.16, x, 59.62, 59.51, 63.56, x); 6 Wyludda 63.46 (61.38, 63.46, 61.59, 61.71, x, 61.72); 7 Kelesidou 62.95 (61.11, x, 55.78, x, x, 62.95); 8 Yatchenko 61.20 (59.97, 61.01, x, 61.20, x, x); 9 Machado 60.90 (60.90, x, 60.59); 10 Mollenbeck 60.78 (60.35, 60.78, x); 11 Antonova 60.26 (55.66, 60.26, x); 12 Tsikouna 57.07 (54.99, x, 57.07)

HT

Qualifying (Aug 21, 61.50 or first 12) GpA: 1 O Kuzenkova (RUS) 64.10 (CBP) (64.10, -, -); 2 K Skolomowska (POL) 62.72(x, 62.72, -); 3 L Gubkina (BLR) 62.46 (62.46, -, -); 4 LYN SPRULES 60.64 (54.13, 60.64, x); 5 M Priemer (GER) 59.15 (57.24, 58.35, 59.15); 6 S Poyry (FIN) 58.61 (53.41, 58.61, 55.02); 7 T Konstantinova (RUS) 58.35 (x, 58.35, x); 8 C Fechtina (ROM) 56.91 (56.91, x, x); 9 J Tudja (HUN) 55.90 (x, 52.03, 55.90); 10 I Sekachova (UKR) 55.37 (55.37, 54.90, x); 11 C Lignot (FRA) 54.68 (x, 52.83, 54.68); 12 D Pedrares (ESP) 54.34 (52.10, 54.34, 51.01); 13 B Sugar 54.29 (x, 54.29, 53.84); 14 M Montebrun (FRA) 54.13 (54.13, x, x); 15 M Tranchina (ITA) 53.87 (x, 53.87, x); 16 N Coffey (IRL) 52.63 (48.67, 52.63, x); 17 S Martins (POR) 50.70 (x, 50.70, x); I Brkljacic nm. **GpB:** 1 M Melinte (ROM) 68.65 (68.65, -, -); 2 K Munchow (GER) 66.81 (66.81, -, -); 3 S Sudak (BLR) 64.12 (61.43, 64.12, -); 4 A Davydova (RUS) 62.69 (62.69, -, -); 5 S Mathes (GER) 62.25 (x, 59.02, 62.25); 6 K Divos (HUN) 61.62 (59.18, 61.62, -); 7 LORRAINE SHAW 61.11 (x, 61.11, 59.58); 8 Pogroszewska (POL) 58.88 (x, 58.88, x); 9 F Ezeh (FRA) 58.72 (56.87, 55.54, 58.72); 10 J Borawska (POL) 57.79 (53.91, 57.79, x); 11 M Strommer (FIN) 57.40 (x, 57.15, 57.40); 12 E Balassini (ITA) 56.42 (55.39, 56.42, x); 13 J Petit (BEL) 53.63 (53.63, 50.31, 51.17); 14 U M Lie (NOR) 53.01 (50.49, x, 53.01); 15 N Kaya (TUR) 51.70 (51.70, x, 50.89); 16 C Wahlin (DEN) 50.62 (47.15, 48.78, 50.62); O Kelleher (IRL) nm. **FINAL (Aug 22):** 1 Melinte 71.17 (CBP) (68.41, 66.19, 69.02, x, 70.63, 71.17); 2 Kuzenkova 69.28 (69.23, 69.28, 63.72, x, x, x); 3 Munchow 65.61 (x, 61.28, x, 61.03, x, 65.61); 4 Mathes 64.05 (56.29, 63.60, x, x, 62.96, 64.05); 5 Divos 63.74 (NR) (63.74, 58.90, x, 60.04, 61.93, x); 6 Gubkina 63.03 (62.15, x, x, x, x, 63.03); 7 Skolimowska 62.68 (x, 61.50, 62.68, x, 59.63, x); 8 Davydova 62.36 (60.47, 60.88, 60.91, 62.36, 61.92, 61.62); 9 Sudak 60.14 (60.14, x, 60.12); 10 Priemer 59.47 (58.07, 59.47, x); 11 SHAW 58.19 (x, 54.55, 58.19); 12 SPRULES 57.68 (57.68, x, 52.98)

JT

Qualifying (Aug 18, 61.00 in each group or first 12) GpA: 1 M Ingberg (FIN) 64.49 (64.49, -, -); 2 T Hattestad (NOR) 62.55 (62.55, -, -); 3 T Shikolenko (RUS) 62.01 (62.01, -, -); 4 N Szabo (HUN) 60.64 (x, 60.64, x); 5 E Rybak (POL) 60.34 (58.38, 60.34, 58.56); 6 R Ramanuskaite (LIT) 60.26 (53.75, 60.26, 56.77); 7 T Uppa (FIN) 58.01 (56.29, 54.89, 58.01); 8 D Barby (GER) 57.12 (57.12, x, x); 9 N Auzeil (FRA) 52.21 (52.21, x, x). NM: A Tas (TUR). **GpB:** 1 S Nerius (GER) 66.04 (60.66, 66.04, x); 2 M Maniani-Tzelili (GRE) 65.14 (60.53, 65.14); 3 F Moldovan-Tilea (ROM) 61.96 (61.96, -, -); 4 H Rantanan (FIN) 60.90 (x, 60.90, x); 5 T Damaske (GER) 60.63 (60.63, x, x); 6 C Coslovich (ITA) 59.85 (x, 57.31, 59.85); 7 N Tomeckova (CZE) 59.65 (59.50, x, 59.65); 8 N Kobrin (UKR) 57.70 (x, 57.10, 57.70); 9 A Preisinger (HUN) 55.92 (54.52, 55.92, 55.19); 10 E Storga (SLO) 53.73 (53.73, x, x). **FINAL (Aug 19):** 1 Damaske 69.10 (69.10, x, 62.24, -, x, 64.51); 2 Shikolenko 66.92 (65.66, 58.33, 64.04, 61.10, 63.93, 66.92); 3 Ingberg 64.92 (58.77, 62.32, 64.92, x, 63.10, x); 4 Hattestad 63.16 (63.16, x, x, x, 61.06, 62.77); 5 Rantanen 62.34 (57.38, 62.34, 61.90, 61.55, -, x); 6 Nerius 62.08 (60.53, x, 62.08, 60.01, x, x); 7 Coslovich 60.73 (60.73, 58.33, x, 55.77, x, x); 8 Szabo 60.56 (58.95, x, 59.05, x, 59.76, 60.56); 9 Tzelili-Maniani 58.65 (58.65, 56.53, 56.13); 10 Moldovan-Tilea 58.30 (58.30, x, x); 11 Ramanauskaite 57.11 (55.53, 55.32, 57.11); 12 Rybak 56.65 (56.65, 53.08, x)

Heptathlon

(Aug 21-22): 1 DENISE LEWIS 6559 (13.59, 1.83, 15.27, 24.75, 6.59/1.4, 50.16, 2:20.38); 2 U Wlodarczyk (POL) 6460 (13.42, 1.80, 14.48, 24.33, 6.28/0.6, 45.29, 2:11.75); 3 N Sazanovich (BLR) 6410 (13.40, 1.80, 14.24, 23.62, 6.50/0.0, 43.96, 2:22.51); 4 R Nazaroviene (LIT) 6394 (13.46, 1.80, 14.25, 24.32, 6.25/-1.0, 45.23, 2:14.21); 5 I Belova (RUS) 6375 (13.59, 1.80, 12.81, 24.16, 6.24/-0.6, 44.37, 2:07.30); 6 S Braun (GER) 6259 (13.52, 1.80, 14.11, 24.69, 6.20/1.3, 47.35, 2:21.96); 7 K Specht (GER) 6239 (13.67, 1.86, 13.11, 24.60, 6.31/-0.8, 41.44, 2:17.43; 8 M Collonville (FRA) 6218 (13.82, 1.83, 12.19, 24.86, 6.13/0.5, 47.28, 2:12.53); 9 N Rashchupkina (RUS) 6122 (14.11, 1.80, 13.29, 23.82, 5.89/0.7, 43.65, 2:15.72); 10 G Bacher (ITA) 6088 (14.08, 1.77, 12.97, 24.56, 5.93/1.0, 43.20, 2:09.65); 11 T Hautala (FIN) 5851 (14.10, 1.74, 12.97, 25.62, 5.95/-1.4, 43.41, 2:17.24); 12 K Nekolna (CZE) 5778 (14.08, 1.68, 12.46, 24.97, 5.92/0.6, 41.59, 2:16.20); 13 E Kiss (HUN) 5762 (14.16, 1.83, 11.39, 25.17, 6.05/0.5, 38.34, 2:21.86); 14 I Clopes (ESP) 5645 (14.31, 1.71, 12.88, 25.65, 5.82/-0.4, 42.45, 2:22.75); 15 S Marrot (FRA) 5616 (13.71, 1.68, 11.56, 24.90, 5.83/1.5, 38.21, 2:21.23); M Kamrowska-Nowak (POL), E Lasota-Raczka (POL), D Koritskaya (RUS), N Teppe (FRA) dnf

10kmW

(Aug 20): 1 A Sidoti (ITA) 42:49; 2 E Alfredi (ITA) 42:54; 3 S Feitor (POR) 42:55; 4 M Urbanik-Rosza (HUN) 42:59; 5 M Vasco (ESP) 43:02; 6 K Radtke (POL) 43:09; 7 N Ryashkina (RUS) 43:37; 8 O Kardapoltseva (BLR) 43:38; 9 K Platzer (NOR) 43:49; 10 N Misyula (BLR) 43:55; 11 E Perrone (ITA) 44:04; 12 C Iovan (ROM) 44:10; 13 T Ragozina (UKR) 44:17; 14 I Ilyes (HUN) 44:52; 15 V Tsybulskaya (BLR) 45:22; 16 C Marcen (ESP) 45:34; 17 N Leksir (FRA) 45:38; 18 LISA KEHLER 45:42; 19 Y Dukure (LAT) 45:51; 20 D Freidenberger (GER) 46:18; 21 S Miusauskaite (LIT) 46:32; 22 O Panfyorova (RUS) 47:20; 23 G O'Sullivan (IRL) 48:24; 24 H Liland (NOR) 48:57; A Liepina (LAT), E Granados (ESP), M Seeger (GER) dnf; V Nacherkina (RUS), N Cimpean (ROM), K Boyde (GER), A Szebenszky (HUN) dq. **Splits:** 21:26 (5km, Sidoti, Alfridi, Misyulya, Radtke, Iovan, Vasco); 22:40 (5km, Kehler)

4x100

Rd1 (Aug 22, first three and two fastest) Ht1: 1 Germany 43.23 (M Paschke, G Rockmeier, B Rockmeier, A Philipp); 2 Russia 43.56 (O Ekk, G Malchugina, N Voronova, I Privalova); 3 Ukraine 43.60 (I Pukha, Lukiyanenko, A Shevchuk, A Kravchenko); 4 Belarus 44.41 (T Barashko, N Molchan, N Sologub, Safronnikova); 5 Hungary 44.76 (P Arva, E Szabo, E Barati, T Vaszi); 6 Portugal 44.87 (C Tavares, N Moura, S Cravid). **Ht2:** 1 France 42.87 (K Benth, F Bangue, S Felix, C Arron); 2 Greece 44.32 (M Tsoni, E Koffa, P Koutrouli, E Thanou); 3 Italy 44.41 (E Appoloni, M Grillo, M Ruggeri, M Levorato); 4 Finland 44.59 (H Hannula, S Kyllonen, J Manninen, H Koivula); 5 Spain 44.64 (C Blay, E Corcoles, A Iglesias, S Martin); Poland dq (Rysiukiewicz, Leszczynska, M Borejza, I Sznajder). **FINAL (Aug 22):** 1 France 42.59 (Benth, Bangue, Felix, C Arron); 2 Germany 42.68 (Paschke, G Rockmeier, B Rockmeier, Philipp); 3 Russia 42.73 (Ekk, Malchugina, Voronova, Privalova); 4 Ukraine 43.58 (Pukha, Lukiyanenko, Shevchuk, Kravchenko); 5 Greece 44.01 (Tsoni, Koffa, Koutrouli, Thanou); 6 Finland 44.10 (Hannula, Kyllonen, Manninen, Koivula); 7 Italy 44.46 (Apollonio, Grillo, Ruggeri, Levorato); 8 Belarus 44.76 (Barashko, Molchan, Sologub, Safronnikova)

4x400

Rd1 (Aug 22, first three in each heat and two fastest) Ht1: 1 Czech Republic 3:29.83 (J Burianova, L Formanova, H Benesova, H Fuchsova); 2 Germany 3:29.84 (A Feller, A Knippel, M Breu, S Reiger); 3 GREAT BRITAIN & NORTHERN IRELAND 3:29.90 (V JAMISON, M THOMAS, N DANVERS, A CURBISHLEY); 4 Hungary 3:30.24 (A Bori, B Petrahn, O Docczi, J Szekeres). **Ht2:** 1 Russia 3:26.21 (Goncharenko, Y Kulikova, Y Balakhvalova, Krushchelyo); 2 Romania 3:28.60 (O Ruicu, A Ripanu, M Florea, I Tirlea); 3 Italy 3:29.14 (Nederstatter, F Carbone, F Piroddi, V De Angeli); 4 France 3:29.67 (F Landre, A Mormand, M Opheltes, F Ficher); 5 Belarus 3:37.55 (N Sologub, N Voronkova, T Kurochkina, A Kozak). **FINAL (Aug 23):** 1 Germany 3:23.03 (A Feller, U Rohlander, S Reiger, G Breuer); 2 Russia 3:23.56 (Krushchelyo, Goncharenko, Bakhvalova, Kotlyarova); 3 GREAT BRITAIN & NORTHERN IRELAND 3:25.03 (FRASER 52.3, JAMISON 52.4, K MERRY 50.4, CURBISHLEY 50.6); 4 Romania 3:27.24 (NR) (O Ruicu, A Ripanu, M Florea, I Tirlea); 5 Czech Republic 3:27.54 (J Burianova, L Formanova, H Benesova, H Fuchsova); 6 France 3:27.61 (F Landre, A Mormand, M Opheltes, V Dorsile); 7 Italy 3:29.31 (P Spuri, F Carbone, F Piroddi, V De Angeli); 8 Hungary 3:31.83 (A Bori, B Petrahn, O Doczi, J Szekeres)

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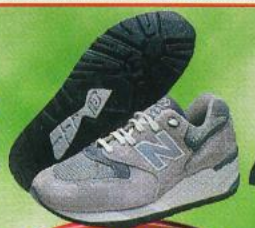
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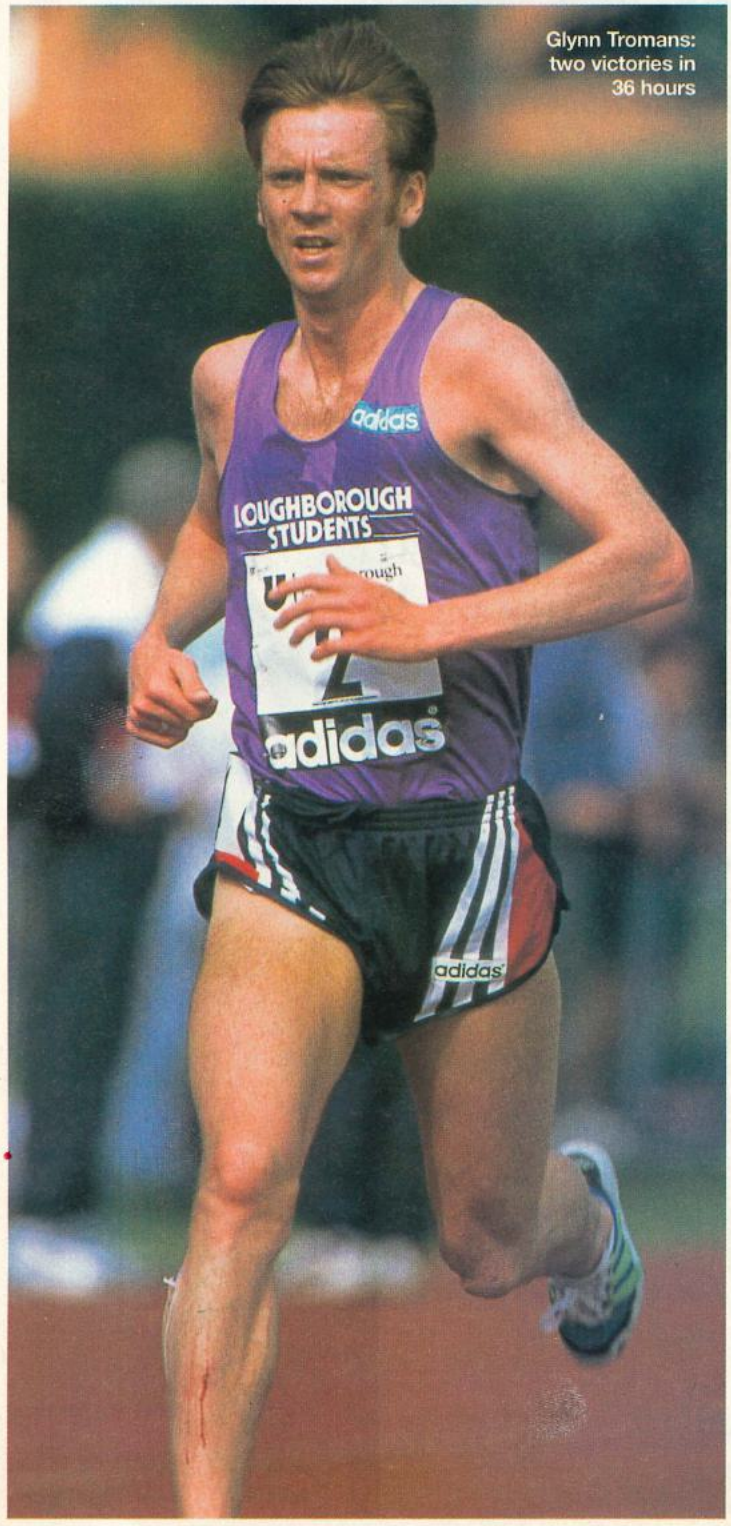


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Tromans completes his double target



Glynn Tromans: two victories in 36 hours

Glynn Tromans went to the top of the UK rankings as he captured the AAA of England 10-mile title

Report: Peter Whitehead and Dave Walsh Pictures: Mark Shearman

GLYNN TROMANS completed a successful weekend's competition at Erewash with a convincing 47-second victory over Benson Masya in the AAA of England 10-mile Championships.

His winning time of 47:25 was the fastest by a British runner this year and with his run at Blisworth 36 hours earlier he now heads both the 1998 UK five and 10-mile lists, has a new PB for 10 miles and the course record for Blisworth. In doing so, he achieved by some margin his aim to convincingly run two successful hard races back-to-back in preparation for an attempt at the Commonwealth 10,000m next month.

Tromans' victory was the first non-African win at Erewash since 1992 when Hallamshire's Carl Thackery decimated an elite Ethiopian squad. Ironically Thackery teams up with Tromans for the Kuala Lumpur event.

A typically high quality Erewash field assembled on a rather damp but cool morning for the ninth staging of the race. From the start co-favourites Tromans, Masya and Skyrac's Peter Whitehead were at the head of the pack. By mile one, completed by Tromans in 4:33, the race mould was set and the Coventry man and Masya had already started to pull out from the main bunch. A chasing group comprising Whitehead, Mark Steinle and Rotherham's Dave Tune established itself over mile two, which was completed by the leaders in 4:36.

It was then toe-to-toe for the two front men, who continued to increase their lead over the next two miles, completed in 4:35 and 4:43 respectively.

With the £250 East Midland Computers prime in sight for the first to five miles, the Coventry star surged and the Kenyan weakened slightly. Tromans sensed his "biggest ever payday" was on offer and continued to apply pressure to break the Kenyan. His pre-race belief was that a short effort would not succeed and Tromans continued to push, making full use of the slight rise at six-and-a-half miles to create a 20-second margin by seven miles. This gave him sufficient cushion to tackle the latter miles with confidence for an extremely popular win in 47:25.

Tromans' PB places him ninth on the all-time Erewash lists which are headed by Joseph Kibor who ran 46:08 last year.

A further six Kenyans, all inside 47 minutes, are also ahead of Tromans on the list with Thackery's 46:36 in 1992 the fastest by a Briton.

Masya stuck to his task and finished 47 seconds adrift but was quoted after the race as being satisfied with his first race following a period at altitude but suffered from blisters from mile three. The chasers, Tune and Steinle, had dropped Whitehead by eight miles and worked hard over the final miles to close the gap on Masya to seven seconds.

The team competition was won comfortably by Morpeth Harriers from London Irish and City of Portsmouth.

A finely judged run from popular local new vet Nicky Lees saw him outsprint race-long leader Mike Hagar to take the Ridgeway Textiles veterans' prize of £100 and at 40 years and one day Lees's training partner Jerry Hall joined the veterans in fine style and took third.

A quality women's field, including former world 10-mile best record-holder Jill Boltz (nee Hunter), combined to produce a race record for sub one-hour finishers.

The competition developed at an early stage between Overton's

Results

Men
1 G Tromans (Cov) 47:25; 2 B Masya (KEN) 48:12; 3 D Tune (Roth) 48:19; 4 M Steinle (B'hth) 48:25; 5 P Whitehead (Sky) 49:02; 6 G Mathews (Salf) 49:18; 7 S Newport (B'hth) 49:29; 8 J Burke (Lon I) 49:46; 9 I Archbold (Morp) 49:50; 10 A Clark (C'field) 50:02; 11 T Wall (Morp) 50:04; 12 A Pesketh (Tip) 50:08; 13 S Hall (Tip) 50:10; 14 M Vaux-Harvey (Stour) 50:11; 15 M Harrop (Bas) 50:13; 16 D Grover (Sun) 50:14; 17 J Jackson (AFD) 50:28; 18 M Jubb (Der) 50:53; 19 S Tobin (Swan) 50:53; 20 W Oxborough (THH) 50:57; 21 E Hyland (Red) 50:58; 22 J Kearney (Lon I) 51:06; 23 S Platts (Morp) 51:12; 24 A Jackson (Stour) 51:21; 25 N Lees (Der, M40, n/s) 51:36; 26 M Hager (Tip, M40) 51:39; 27 A Shepherd (Morp) 52:05; 28 R Adams (Ports) 52:16; 29 D Thomson (Ports) 52:19; 30 J Lawler (D&T) 52:22; 31 J Hall (Swan, M40) 52:38; 32 J McMahon (Bed) 52:41; 33 S Murray (Lon I) 52:49; 34 A Wetherill (Red, M40) 52:54; 35 A Deane (Liv H, M40) 52:56; 36 B Jones (Wrex) 53:05; 37 M Renshaw (SinA) 53:06; 38 S Herring (Bed) 53:11; 39 M Arridge (Tip) 53:18; 40 M Sands (Holb) 53:37; 41 P Collins (B&R) 53:43; 42 P Sibbett (Bed C) 53:45; 43 V Stamp (Ports) 53:45; 44 B Ford (Red, M40) 53:48; 45 D Kesterton (B&R) 53:54; 46 A Cook (Bed C, M40) 54:05; 47 P Dobson (Leeds) 54:19; 48 G Rhimes (Ports, M40) 54:31; 49 A McNeill (Long E) 54:34; 50 J Watson (THH) 54:45; 51 M Barnsdale (Nene V, M40) 54:46; 52 G Reynolds (Ilf) 54:49; 53 D Guess (Charn) 55:05; 54 P Mann (Ivan) 55:07; 55 M Lennon (Lon I) 55:08; 56 J Reeson (Shelt) 55:09; 57 P Stafford (Mans, M40) 55:14; 58 M Andrew (Ilk) 55:18; 59 S Davies (Tip, M40) 55:21; 60 O Lewes (Herne H) 55:24; 61 J Keenan (Morp) 55:38; 62 P Williams (S Lon, M40) 55:42; 63 S Jennings (Notts, M40) 55:46; 64 S Riley (Leam) 55:49; 65 A Chadburn (Mans) 55:50; 66 P Thompson (Nene V, M40) 55:53; 67 D Quinlan (Mans) 55:54; 68 A Wyeth (Park, W) 55:55; 69 M Bradley (Over, W35) 55:59; 70 C Moss (Mans, M40) 56:08; 71 J Renshaw (SinA) 56:13; 72 W Thomas (S Der) 56:13; 73 D Boot (Long E) 56:14; 74 K Brailsford (Der, M40) 56:16; 75 A Mellor (Mans) 56:22; 76 P Redmond (Nene V, M40) 56:26; 77 J Boltz (Blay, W) 56:29; 78 W Oakes (Kenil) 56:30; 79 C Deasy (Stour) 56:31; 80 W Jacques (Sheff) 56:32; 81 M Heathcote (Ton, W) 56:38; 82 H Nash (Newp, W35) 56:39; 83 C Limb (unatt) 56:40; 84 C Herbert (Arena, W) 56:40; 85 A Howden (Leeds, M40) 56:44; 86 M Rose (Shep) 56:49; 87 P Bullock (Bir, M40) 56:52; 88 M Strange (Tip, M40) 56:54; 89 M Walker (Rip) 57:04; 90 B Huntington (Mans, M40) 57:04; 91 I Bull (Ash) 57:05; 92 M Powell (Lanc U) 57:14; 93 M Couldwell (Charn) 57:18; 94 P Bevilacqua (Nene V, M40) 57:23; 95 J Mould (Shep, M40) 57:30; 96 M Bradford (Hunc, M40) 57:40; 97 M Cheseldine (Leeds) 57:40; 98 S Pascoe (Red, M40) 57:44; 99 N Cobb (Red) 57:53; 100 S Knopik (Hatt) 57:59
M50: 1 R Marlow (Dark Pk) 59:33; 2 A Elliott (Bir) 60:18
M60: H Clayton (Bris) 60:01
TEAM: 1 Morpeth Harriers 70; 2 London Irish 118; 3 City of Portsmouth 148; 4 Bedford & County 158
VET TEAM: 1 Tipton Harriers 167; 2 Redhill Road Runners 170; 3 Nene Valley Harriers 191; 4 Mansfield Harriers 209
Women
1 Wyeth 55:55; 2 Bradley (W35) 55:59; 3 Boltz 56:29; 4 Heathcote 56:38; 5 Nash(W35) 56:39; 6 Herbert 56:40; 7 M Ellis (SB) 58:05; 8 C Naylor (SinA) 58:14; 9 J Peters (Traff) 58:40; 10 S Edwards (Linc W, W35) 59:08; 11 A Ford (Red, W45) 59:55; 12 L Williams (Arena, n/s) 60:18; 13 C Greasley (Macc, W35) 60:32; 14 H Robinson (CleS) 60:50; 15 A Murphy (Mus H, W35) 60:50; 16 J Hargreaves (Bord) 60:53; 17 J Hindley (Roth) 61:01; 18 Z Marchant (Bath, W45) 61:16; 19 D Underwood (Cent, W45) 61:57; 20 M Mills (Holme P, W35) 62:02; 21 J Cunningham (Der L, W35) 62:31; 22 L Jones (Arena, W35) 62:36; 23 J Lawrence (K&P) 63:15; 24 L Turner (Birm R) 63:30; 25 E Robinson (Bord, W45) 63:33; 26 D Pycroft (Woott) 63:40; 27 S Newman (Wreake, W35) 63:41; 28 V Butler (Form 1) 64:47; 29 L White (Cov, W45) 65:00; 30 D Nixon (Bord) 65:06; 31 F Garland (Red, W45) 66:22; 32 Y Crawley (Der L, W35) 66:40; 33 J Robson (SinA) 66:56; 34 C Nevin (Penny L, W35) 67:22; 35 M Romero-Sebastia (Lon I) 67:32; 36 M Heaton (Lon I) 67:32; 37 R Scaife (Chesa) 67:41; 38 J Rollins (Holme P) 68:01; 39 L Westlake (Barns, W35) 68:18; 40 J Jackson (Der L, W35) 68:26; 41 P Knowles (RSC, W35) 68:34; 42 P Cranton (Holme P) 68:43; 43 A Southern (unatt) 68:54; 44 P Fenelon (Goole, W45) 70:08; 45 P Glover (Wreake) 70:48; 46 S Shorthouse (Barns) 70:54; 47 R Yates (Kimb) 71:06; 48 B Wood (Bord) 71:14; 49 P Leach (Hallan) 71:25; 50 S Wilson (Bush J, W35) 72:02
W55: V Naylor (SinA) 73:00
TEAM: 1 Border Harriers 71; 2 Sutton Harriers 94; 3 Holme Pierrepont RC 100
VET TEAM: 1 Derby Ladies 93; 2 Redhill Road Runners 114; 3 Holme Pierrepont RC 192


AAA champion: Maria Bradley

Men's splits

1	4:33	
2	4:36	
3	4:35	
4	4:43	
5	4:38	23:06
6	4:49	
7	4:48	
8	4:51	
9	4:57	
10	4:54	47:25

talented vet Maria Bradley, Woking 10 winner Alison Wyeth, and Boltz, with Miranda Heathcote, Hayley Nash and Caroline Herbert in close attendance. The contest for The East Midlands Airport first to five mile prize of £250 saw Bradley out in front in 27:10.

By the eight-mile mark Bradley and Wyeth had worked a slight lead on Boltz with the following group of three still very much in contention.

Despite Bradley's best efforts over the last two miles the pair were still locked together as they made the final turn to the finish. With 100 metres to go the sprint was on and Wyeth, with her strong track background, finally took the Hampshire runner with just metres to go.

Wyeth, who lies second on the UK rankings with her 54:30 at Woking earlier this year, lies only 18th on the all-time Erewash lists but completed a pleasing week's return to racing after winning a 5km earlier in the week.

But there was slight disappointment in that an oversight and a wrong vest made her ineligible for the AAA of England gold medal.

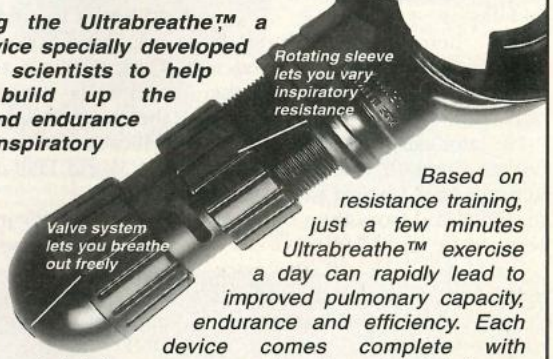
The women's team prize went unexpectedly to a delighted Border squad of Jackie Hargreaves, Eleanor Robinson and Deborah Nixon, from local clubs Sutton Harriers and Holme Pierrepont. Robinson now sets her sights on a slightly longer challenge in the European 24 hours championships in France this weekend.

The female veteran winner was Bradley from Newport's Nash and Lincoln Wellington's Sandra Edwards.

The results from the Mizuno Erewash Classic will, as ever, dramatically change the 10-mile lists for the year with Tromans' time topping the list and other Erewash finishers doubling the number of sub-51 minute performances for men. The women's sub-60 list will expand by over a third when the Erewash performances are added.

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Mexican too hot for Olympic champion

Report: Norrie Williamson

MEXICAN Armando Quintanilla took the honours in this race through the streets of Glasgow, but not without a strong challenge from Olympic marathon gold medallist Josia Thugwane.

A change in weather put both a psychological and physical damper on the field which set off from George Square in a light drizzle and cold conditions.

Russian Leonid Shvetsov headed the elite group of 14 runners, which included Quintanilla, Thugwane, 1996 and 1997 winner Joseph Kibor, Kenyan countryman Simon Lopuyet, and British runners Paul Evans, Mark Flint, Tony O'Brien and David Taylor.

At three miles Lopuyet moved into the driving seat and the pressure gradually increased as they wound their way through Bellahouston Park.

By 10km the bunch had been whittled down to six, including Quintanilla, Thugwane, Evans and Taylor.

Just before the nine-mile marker the Mexican injected a burst of speed to break the bunch.

He later said: "I thought I had broken them all, but about seven minutes later I heard Josia on my shoulder and from then on it was between he and I."

Evans was just off the pace, fighting to close the gap, or pick up any pieces if the leading pair had overstretched.

Only Quintanilla's final sprint as he hurtled down the final yards to the finish at the People's Palace secured him victory and the £2500 prize money and double air ticket to the USA.

Although his winning time of 63:00 was the slowest over the years, like Thugwane he does not like cold conditions and felt the rain and slight wind took its toll. He will end his season with a couple of road races in the USA before commencing a long build-up to a marathon.

With two marathons already under his belt, and high class performances over the shorter events, there is every reason to believe he should be capable of significant improvement on his current best of 2:16.

South African Thugwane also heads for the USA where he will run the Columbus Half-marathon and return to Alberquerque for altitude training. The next two weeks will see him finalise his decision to run either the New York or Fukuoka marathon.

It was in last year's Fukuoka Marathon that Thugwane set the South African marathon record of 2:07:28, a performance that contributed to his award as AIMS athlete of the year.

Evans, Taylor, O'Brien and Flint will have to wait until the end of the month to see whether they have done enough to secure selection for the British team to the World Half-marathon Championships.

But a 63:25 in the conditions and on a course that is arguably worth an extra minute suggests Evans is reaching good form after taking some time off following his DNF in the Flora London Marathon.

Russian Firaya Sultanova-Zdanova arrived in Glasgow looking for her third win in three attempts. Although missing 1997, when she gave birth to a son, her 1995 and 1996 wins made her favourite despite the top class competition from the Keynan trio of Lucia Subano, Joyce Chepchumba and Lornah Kiplagat.

Home interest lay with double Chicago Marathon winner Marian Sutton, British 10km champion Birhan Dagne and Kuala Lumpur-bound Angharad Mair.

In a similar format to the men's race the group stayed together for much of the early race before Sultanova, Kiplagat and Chepchumba broke free.

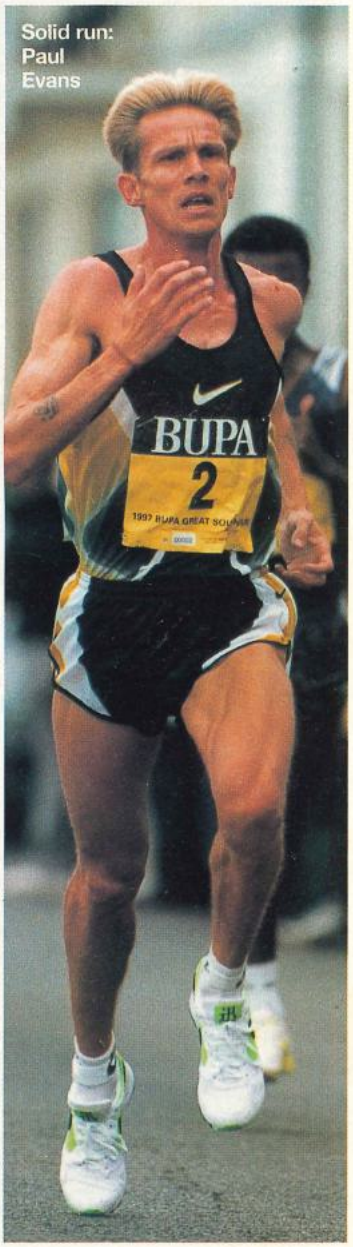
This trio were content to keep together until the gradual climb to 13 miles, at which point Chepchumba drifted backwards.

Shoulder-to-shoulder Sultanova and Kiplagat sped on the gradual 100 yard downhill with Kiplagat moving toward the right-hand finish.

A last minute indication that a left-hand finish was required was suffice to give Sultanova the edge, although both athletes were credited with the same time of 71:39. This gave Sultanova the hat-trick and her fastest winning time.

"We didn't push too hard and were content to stay together for most of the race, as we were concerned about the cold conditions," said Kiplagat, who returns to her German base to concentrate on her build-up to the World Half-marathon Championships.

Ironically, many of the 8300-plus local entries found the conditions more to their liking than the hot weather of 1997.



Solid run: Paul Evans

Results

Men

1 A Quintanilla (MEX) 63:00; 2 J Thugwane (RSA) 63:01; 3 P Evans (Belg) 63:35; 4 L Shvetsov (RUS) 63:45; 5 S Lopuyet (KEN) 64:13; 6 D Taylor (B'hth) 64:14; 7 T O'Brien (Liv H) 64:50; 8 J Kibor (KEN) 64:59; 9 L Guedes 65:30; 10 A Bolkhovitina 66:02; 11 M Flint (Tel) 66:15; 12 T Murray (Spango V) 66:20; 13 A Russell (Law) 67:10; 14 G Croll (Spango V) 68:08; 15 A Robertson (Cambus) 68:38; 16 J Laird (Dumf) 69:07; 17 B Scally (Shett) 69:24; 18 A Adams (C'dale) 69:33; 19 M Amor (Bord) 70:02; 20 M Buchanan (Cam) 70:50; 21 A Pair (Tev) 71:36; 22 M Lee (Bury) 72:56; 23 J Brown (Cambus) 72:15; 24 J McLoughlin (Spring) 72:19; 25 S Barnett (Vic P) 73:02; 26 A Legg (Spring) 73:14; 27 N Cunningham (Pit) 73:19; 28 S MacKinnon (Ult) 73:21; 29 J McConnell (unatt, M40) 73:49; 30 W Richardson 9Irv) 73:57; 31 T Coyle (Scott V, M40) 74:16; 32 D Thom (Cambus) 74:32; 33 J Meek (Anst) 74:46; 34 C Scott (Bella) 74:47; 35 S Schmitz (GER) 74:50; 36 N Grant (S Liv) 74:50; 37 C Ross (Dund, M40) 74:52; 38 A Devlin (unatt) 74:52; 39 A McLinden (Hamil, M45) 74:54; 40 D Scobie (Dumf) 74:55; 41 D Gandie (E Kil) 74:56; 42 J Gore (Storn) 75:07; 43 R Soutar (Spring) 75:09; 44 B Gough (Cambus, M45) 75:13; 45 D White (unatt) 75:16; 46 B Marsland (Dumb) 75:18; 47 P Walsh (Dumb, M40) 75:20; 48 K Hood (Corst) 75:20; 49 I Wallace (Kilb) 75:35; 50 R Young (C'dale, M50) 75:45

Women

1 F Sultanova-Zdanova (RUS, W35) 71:39; 2 L Kiplagat (KEN) 71:39; 3 J Chepchumba (KEN) 71:52; 4 L Subano (KEN) 73:11; 5 M Sutton (W'bury) 73:22; 6 B Dagne (Ex L) 73:31; 7 A Mair (Newp, W35) 74:01; 8 V Yegorova (RUS) 75:41; 9 J Thompson (Bath, W35) 746:59; 10 S Branney (CoG, W40) 78:36; 11 L Cairns (JWK) 79:15; 12 A McPhail (Glas U) 79:59; 13 S Abbiss (Morp, W35) 81:21; 14 J Comford (B&H, W35) 81:47; 15 A Gerrard (Lass, W35) 82:21

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ATHLETES whose moves have been sanctioned by the South of England hardship committee:
Cleared from Apr 1: men – J Shipp (City of Norwich to Great Yarmouth AC); women – L Williams (Eastbourne Rovers to Arena 80 AC).
■ Appeals: J Ellis Smith – appeal allowed, to Belgrave June 1; L Heath – appeal not allowed, December 1 to stand for road and cross country.
■ Foreign athletes: Zachariah Ashkenasy (AUS to Belgrave Harriers with effect from May 13); Charles Higgins (RSA to Belgrave Harriers from May 13); Gwen Kieran (IRL to Bedford & County from May 26); Kathryn Joan Gore (AUS to Essex Ladies from May 27); Garth Bruwer (RSA to Puma TVH from May 28); James McIniry (AUS to Ilford AC from June 14); Heidi Cayzer (AUS to Windsor Slough & Eton from May 17); James Flavin (IRL to Belgrave Harriers from June 18); Graham Jones (NZL to Ilford AC from June 29); Sadal Nadaul (IND to Ilford AC from June 15); Sergio Di Noto, Andrea Meneghin, Mattia Muratore (all ITA to Puma TVH from June 30); Kostos Konstnanatin (BUL to Herne Hill Harriers from July 15).

Road runners back Moorcroft

SUPPORT is growing for the proposed new governing body, UK Athletics, which clubs are being urged to accept as a successor to BAF.

Leaders of many of the country's endurance runners are among the latest to join the 'yes' campaign.

The 2000 members of the Road Runners Club are currently being canvassed for their views, which will be discussed at its next council meeting on September 21. But in a letter to all members, RRC president Stephen Moore gives his support to both the proposals and to the chief executive of UK Athletics '98 David Moorcroft.

Moore writes: "As proposals have unfolded and in an endeavour to clarify a number of issues, the RRC have written to David Moorcroft and a number of council members subsequently met with him and his team to discuss the involvement of road running in the new structure. I have been encouraged by his knowledge of and support for the various disciplines which make up the sport as a whole and in particular road running.

"There is no doubt in my mind that road runners form part of the new structure and will have a say in key issues."

Of the proposals, Moore adds: "Having experienced the demise of BAF and now the extensive consultation programme conducted in an open and professional manner in an endeavour to get it right this time, I see this as an opportunity to take a positive first step along what will undoubtedly be a difficult road. It is one which I will be recommending should be supported by the club."

Fell and hill runners are also being urged to ensure their clubs support the new proposals.

Danny Hughes, secretary of the BAF fell/hill running commission, has circulated clubs with five good reasons to vote 'yes':

"■ Fell/hill will be fully integrated into UK Athletics.

■ We will have a performance director working in PAS and looking after the interests of the elite hill/fell runners

■ We will have a small group of about six people working in the 'competition policy and support' branch of the UK organisation. This group will have a UK responsibility and will cover much of the work done by the outgoing commission in looking after the interests of all aspects of fell/hill running competition in the UK

■ The emphasis for this UK group will be on 'consultation' rather than 'governing' (we like to think this is how we worked in the past anyway!)

■ Having had initial reservations about the idea of 'appointments' to the UK body rather than the more familiar election process, we have been reassured regarding the way in which these appointments will be made. Since this will involve an extensive consultation process within our branch of athletics, and concern itself with finding people to do specific tasks, we are confident such a group will be able to work for the benefit of all aspects of fell/hill running throughout the UK.

Please do not neglect to use your vote whichever way you decide. The whole purpose of these new initiatives is to serve all athletes and the way forward depends on your continued help and involvement."

Shock for sports hall

THE sensational spread of sports hall athletics around the world could be slowed by the uncertainty over the future of the sport as a whole in Britain.

Jo Cadman, the Scottish international 400m hurdler, will end her 'Pied Piper' role in Soweto selecting hundreds of children for a demonstration that will take place on the eve of next month's IAAF World Cup Final in Johannesburg.

She will leave the Sports Hall Athletics Association in mid-September because it can no longer afford a development officer.

"I'm sad about losing Jo," said George Bunner, founder of the association. "We've been a wonderful team. It would have been great if she could have stayed on.

"In fact, I believe everybody at the top of the new structure should be shadowed by a young person capable of learning from our experiences and stepping into our roles when the time comes.

"But we're not that far down the road to modernisation, and there just aren't the funds for Jo to stay on."

Cadman, 30, has been snapped-up to work as athletics development officer in Nottinghamshire.

Belfast counts its profit

THE recent political situation in Northern Ireland has given local tourism a false start this summer – but the organisers of the IAAF World Cross Country Championships are confident the hoteliers will be sprinting toward a giant victory in Belfast next March.

The Local Organising Committee (LOC) have been insisting since sporadic violence broke out afresh in November the championships will go ahead on March 27/28 at Barnett Demesne.

And they remain up-beat through the controversies of the marching season – pointing out hotel bookings for 1700 athletes, coaches, managers and officials will bring in £500,000.

An additional £1 million is expected to pour into the local tourism and hospitality sectors from supporters, enthusiasts and more than 200 journalists.

The cost of running the championships will be around £700,000, much of which will be invested in local businesses such as marquee companies, scaffolding suppliers, designers, printers, telecommunications companies, caterers and transport providers.

Brian Hanna, chairman of the LOC, said: "Apart from the investment in the local economy, media coverage of the championships will put the many positive images of life in Belfast and Northern Ireland on the worldwide stage.

"With television broadcasts into over 100 countries, key messages – such as our beautiful scenery, our great hospitality and our organisational skills – will be relayed into the homes of potential visitors and investors throughout the world.

"Although it is difficult to measure the exact value of this type of promotion it cannot be under-estimated as it will do much to enhance the benefits of life in Northern Ireland. Sports have always had a reputation for crossing divides and I hope our success in hosting these World Championships will act as a catalyst, attracting other world-class events to the province in years to come."

Clubs enter VIP awards

ATHLETICS clubs have submitted the second highest number of entries to a national awards scheme which recognises the importance of volunteers to the success of sport in England.

A total of 27 athletics bodies have entered the 1998 Volunteer Investment Programme (VIP) Recognition Awards, run by the English Sports Council.

Only football has managed more entries than athletics – 40. Nationwide a record 350 entries have been submitted in pursuit of the £39,000 available for winners.

Ten regional judging panels will meet over the next few weeks to assess the entries and the winners will be announced at the Regional Sports Conventions in the autumn. Regional winners will then compete in national finals. The national winners will receive their awards at the annual star-studded Sports Writers' Association of Great Britain dinner in London on December 14.

Scotland registers bid

PRELIMINARY steps have been taken to register Scotland's bid to host the 2003 World Cross Country Championships.

The Scottish Athletic Federation Cross Country and Road Running Commision hope to celebrate the centenary of the first cross country international, held at Hamilton Racecourse in 1903, by staging the championships and will make a formal application soon.

The championships were last held in Scotland in 1978 at Bellahouston Park, Glasgow.

Scotland will also be hosting one of the Reebok Cross Challenge series next winter, with Cumbernauld the venue for the December 19 event.

BUDAPEST BRIEFS

■ COLIN JACKSON breezed into Budapest confident the future is bright for British athletics – on both key fronts.

The 31-year-old hurdler, who has had brushes with officialdom in the past, added his support to David Moorcroft's attempts to create a new UK governing body – and made it clear the new generation of athletes will continue the good work.

Jackson joked at a Puma press conference in Budapest: "The majority of the team have watched me winning medals while they were in junior school."

But he was more serious as he went on: "Seeing me here and still challenging, I think, can give them a lot of encouragement for the future – and that's what we're doing, looking forward.

"I have great faith and confidence in the youngsters who are here and the system that is set up in Great Britain now will help them all the way along."

■ THE absence of air conditioning from Budapest's hotel bedrooms has been a major problem for athletes.

The British squad discovered only the rooms on the top two floors of their hotel had air conditioning so let athletes use them on the nights before they competed.

The Spanish didn't mind the heat in their hotel – but complained the adjoining night club was too noisy. They were re-roomed adjacent to a church.

■ THE Hungarians are so pleased with their efforts last week, they are planning a bid to stage a future World Championships.

IAAF president Primo Nebiolo has invited the Hungarian Prime Minister Viktor Orban to next year's World Championships in Seville so he can "study difficulties involved in organising such an important event."

Budapest's interest will delight all of the mid-European nations which struggle to afford to send full teams further afield than a bus ride from their borders.

They were so determined to make sure everything ran smoothly at the Europeans, which attracted 1494 athletes from 47 countries, one of the bar-setters during the women's high jump final was Tamas Deutsch, who is the country's Minister of Youth and Sports. Somebody pass Tony Banks a jumps pit rake!

■ BUDAPEST came to a standstill on Thursday and the 200m runners at the championships contributed to the Bank Holiday feeling.

Shops, offices and banks closed to celebrate St Istvan's Day, which marks the creation of the Hungarian State 1102 years ago. And the track officials were able to relax earlier than expected after the morning session because there were so few 200m entries, the first rounds for men and women were cancelled.

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Write to: Athletics Weekly, Bretton Court, Bretton, Peterborough PE3 8DZ or fax: 01733-465206. e-mail: nigel.walsh@ecm.emap.com (full address please)

ATHLETICS WEEKLY COMMENT

What a week that was


Nigel Walsh

MEDALS, medals, medals! What a way for British athletics to bounce back from the lows of the '96 Olympics and last year's World Championships where we were unable to win a single gold medal.

After the 'failure' in Atlanta I was interviewed by the Australian Broadcasting Corporation (among others) to explain the demise of British athletics. I doubt they'll be in touch this week wanting an explanation for the table-topping performance of our heores and heroines in red, white and blue.

To all in Budapest who contributed to Britain's finest hour on a European stage, from all of us here at Athletics Weekly, well done, you did us proud!

Record run off the pace?

A RECENT edition of the highly-respected German daily, the *Frankfurter Allgemeine Zeitung*, carried a report of Tegla Loroupe's world record in the one-hour run at Borgholzhausen.

The report contained some interesting details. Loroupe was paced by Susan Chepkemei, who ran a brisk tempo for the first seven laps. Then, Chepkemei started almost running in place while Loroupe took off. When Loroupe had caught up to the position where Chepkemei was vamping – essentially lapping her – the refreshed Chepkemei took off again with the pacemaking.

This happened several times (the exact number not specified in the report) during the first 30 laps (12km), after which Loroupe continued onward solo to her 18.340km record.

IAAF rule 143.2 states: "...no competitor shall give or 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 races by persons not participating in the race, by runners or walkers lapped or about to be lapped or by any kind of technical advice."

Interesting ...

ANDY MILROY
Trowbridge, Wilts

Running costs rise

ALL small running clubs are under pressure from falling membership numbers and increasing affiliation fees. My club now has to pay five affiliation fees. Why?

Since the BAF disaster, members are asking what do we get in return? Nothing.

Should running clubs break away from the governing body and do their own thing? Could coaching and development come from other resources?

The sport is at a crossroads and we must not repeat the past.

PETER ROYCE
Gosport, Hants

A magnificent run

I WAS one a participant in the Worsthorne (Burnley) Magnificent 7. The race was tough but well organised and superbly marshalled. The organiser did a super job!

ANDY O'SULLIVAN
Rochdale Harriers

Roger remembered

WHILE I, like many others, was disgusted with the selectors' early decision to leave Roger Black out of the European Championships, I think we'd all do well not to dwell on his omission.

Although 3/100ths of a second are worth more than 13 years to the selectors, to Roger's fans, it should be the glittering career this man has had that should be foremost in our minds. Like Roger himself, we should think about the medals he has won, and the fun he had competing.

I'm sure I am one of many who would like to wish Roger all the best for his future years.

KATE MONEHEN (AGE 16)
Fulwell, Sunderland

Thankless task

I RECENTLY took part in the SEAA combined events championships at Enfield and after each of the events I thanked the officials, something I have always done.

I was appalled when one of the officials came to me later and said that was only the second time she had been thanked this season. So shame on you athletes. The officials are there for our benefit and without their services, given freely and indeed often at their own expense we would not have any competitions – and they get wet too!

So come on, next time you compete make a point of thanking the officials – it doesn't take long and it's free!

JENNY BROWN
West Malling, Kent

Black will be missed

I AGREE completely with everything said in support of Roger Black in *AW* (August 12). He is one of the most talented and successful athletes Britain has ever seen and the decision not to pick him for the European Championships left me and the majority of athletics fans baffled.

His subsequent retirement is sad, although understandable given the circumstances. In this day and age it is very rare to find a successful athlete who is well-liked and genuinely a nice guy, but in Roger we found all these qualities. His sense of humour was legendary and he was the best ambassador for the sport we are ever likely to have.

Thank you Roger for all you have done for athletics and for all the joy you have given your many fans over the years. You will be sorely missed but I wish you all the best for the future.

CATRIONA DUNN
Motherwell

THE WEEK THAT WAS

30 years ago

AUGUST 24, 1968

■ BOB RICHARDSON ran 49:45 to win the Shaftesbury 10 at Copthall from Gerry North (50:01) and Graham Taylor (50:23).

20 years ago

AUGUST 26, 1978

■ SEBASTIAN COE won the 800m at the Ivo van Damme memorial meeting in Brussels. His 1:44.3 put him ninth on the all-time list.

■ Brian Hooper won the pole vault at Edinburgh's Highland Games. His 5.41m was a UK record.

10 years ago

AUGUST 26, 1988

■ BUTCH REYNOLDS shattered Lee Evans' 20-year-old 400m world record when he ran 43.29sec in Zurich.

LETTER OF THE WEEK



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Leaders left fuming

WATCHING road races on TV in recent times I have become increasingly concerned about the way lead and camera cars and motorbikes provide a rich mixture of pollutants and carcinogens right under (especially) lead runners' noses.

Although lead in petrol is about to be banned altogether, diesel engines put out a lot of carcinogenic particulates and ordinary fuel emissions include carbon monoxide and benzene which are both highly dangerous. This would be bad enough for any ordinary person, but a top athlete must be consuming immense quantities of this air (I haven't actually done any sums, but just the thought is frightening).

I realise vehicles are needed to complement the TV coverage which is the basis of any real money coming into the sport, but it is time the IAAF acted. In Budapest it seemed the 20km walkers were being shepherded by an electric car and, if so, this is a very welcome move in the right direction. I suggest that within one year all internal combustion engines should be banned from attendance/ participation at any sanctioned race. All relevant vehicles should be electric powered only.

ADRIAN GRANT
Freuchie, Fife

Learning experience for British speedsters

FOR a couple of British women speedsters, Natasha Danvers (right) and Joyce Maduaka (far right), Budapest was their first taste of a major senior outdoor championship. They were overawed, but certainly not overwhelmed by the occasion.

Maduaka, 24, ran a PB of 11.35 seconds in her 100m heat but went out in a semi-final won by eventual winner Christine Arron.

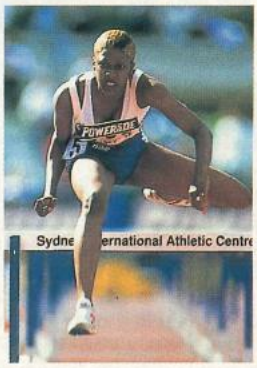
Danvers, just 20, was given a tough outside lane draw in her 400m hurdles heat - and paid the price for a swift start, winding up sixth in 57.19.

Maduaka is challenging for the unofficial title of 'most improved British athlete of 1998'. The Essex Ladies runner made a name for herself during the winter and reached the semi-final of the European Indoors. At the AAA Championships this summer she took over two tenths of a second off her 100m PB to win.

The intense atmosphere of the Nepstadion took her a little by surprise however. "I have never run against anyone like that," she said. "All I've done is see them on TV and think, 'God, they're fast.' I've never been in with sprinters this good before."

And it wasn't just the class on the track that Maduaka found off-putting. "There were so many distractions out there," she said. "There were drums, there was noise and so much going on. And *how* many false starts did we have?"





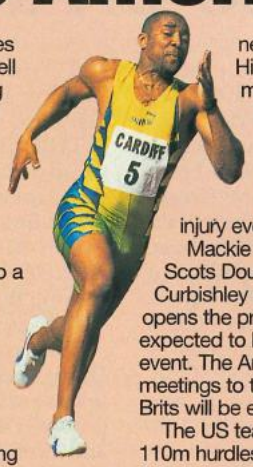
For Danvers it was big step up from the European Junior Championships, where she took silver in 1995. "I thought I had the hang of all this," she said. "But I have a long, long way to go and a lot to learn. That was the kick up the bum I needed."

The kick she needs to succeed at everyone's ultimate goal – the millennium Olympics in Sydney. "When you're a kid the Olympics seems like a fairytale, but it is reality now. I want to be on pace for the Olympics and don't want to go into them having not had competitions like this."

But Maduaka echoed Danvers' optimism, saying: "It's all great experience for the future. All I need to do is get stronger. That's the bottom line of it."

Campbell takes on top Americans

NEW European 100 metres champion Darren Campbell may get his wish of racing the top Americans as Tim Harden, newly crowned US champion, has been named in the their sprint squad for the Spar British Challenge on Sunday in Glasgow.



Campbell, who raced to a 10.04 clocking in Budapest last week, is likely to be joined by European silver medallist and world junior record-holder Dwain Chambers and Marlon Devonish.

Ian Mackie will be hoping to prove he has fully recovered from the recent injury scare, in front of his home crowd when he goes in the sprint relay.

Mackie, who became the first Briton in 10 years to beat Linford Christie over 100m, hopes his run in the relay against a team from America will clear him for the Commonwealth Games 100 metres next month.

His last race over 100 metres was in the Scottish Championships where he ran a windy 10.00 but unfortunately has suffered with the knee injury ever since.

Mackie will be joined by fellow Scots Doug Walker and Allison Curbishley whose 400 metres race opens the programme in what is expected to be a very closely fought event. The Americans have won six meetings to the British five, but the Brits will be eager to even the score.

The US team includes Olympic 110m hurdles champion Allen Johnson, who will resume his head-to-head battle with world record-holder Colin Jackson. Former world record-holder Roger Kingdom is also expected to be in the line-up.

Curbishley faces the first three in the US Championships – Kim Graham, Monique Hennigan and Rochelle Stevens.

■ Ticket hotline is 0141-9594000.

Infection hits Gardner

JASON GARDENER has found out why he's been running below par, *writes Elaine Dunn*.

The 22-year-old has been diagnosed with a serious sinus infection. Coach Dave Lease says: "Since he returned from St Petersburg he's been running a bit flat. Certainly he's not been producing the performances his training has suggested he was capable of.

"He's now been prescribed a course of antibiotics to get rid of the infection and hopefully he will be back running what we know he's capable of.

"It was only after one of his routine visits to the doctor that we realised this thing was dripping poison into his system.

"It was strange because he was lacking the sparkle over the last few weeks or so.

"In about eight days or so when the antibiotics kick in and clear the infection up he will be back to his usual and we will be looking for fireworks."

Lease has also vowed his charge will be visiting his local GP more regularly.

Track Chat



With Jason Henderson

E-mail: jason.henderson@ecm.emap.com

BRIEFS

First Euro gold for Grey

TANNI GREY won Britain's first gold medal of the European Championships in the women's wheelchair 800 metres.

"This is the first European Championships gold of my career, though I have been competing in wheelchair races for 13 years. I raced at the Seoul, Barcelona and Atlanta Paralympic Games.

"I have a bronze from Seoul in the 400m and a gold from Atlanta in the 800m. Today's race was a rather slow one, as we missed the world record by 15 seconds."

Grey, who led all the way, hopes to continue bringing gold medals to our shores until at least Sydney 2000.

Poles killed in crash

THE Polish contingent arrived in Budapest to the news that two of their past Olympic champions, Vladislav Komar (shot put, Munich, 1972) and Tadeus Slusarski (pole vault, Montreal, 1976) had been killed in a car accident as they drove home to Warsaw from an athletic exhibition.

Endurance Initiative

THE final men's 5000m race in the British Athletics Endurance Initiative series will be at Solihull on September 5. All enquiries to Mike Down on 0117-9733407.

Peterborough Open

IN AN attempt to resurrect the popular Peterborough City Games, Peterborough AC are holding an open meeting on Monday with virtually a full programme of events.

Entries at £1 per event should go to John Jeffery, 8 Woodward Close, Stilton, Peterborough PE7 3XU; tel: 01733-241912. Entries will be taken on the day at £1.50 per event, with the first event starting at 11am.

On the Road



With Bob Frank

E-mail: bob.frank@ecm.emap.com

Talbot switches to the roads

LIZ TALBOT switches to the roads this weekend when she makes her half-marathon debut in Liverpool.

After missing out on the two major track championships of the year, the Bedford and County athlete has decided to prove her form on the roads and will also run the BUPA Great South Run at Portsmouth on September 13.

She jokes: "I'll be extremely disappointed if I don't run a PB at Portsmouth – I ran a 10-miler when I was 17 and did 67 minutes!" Talbot should run at least a minute per mile quicker in Portsmouth and on Sunday she'll be hoping to impress Britain's World Half-marathon Championships selectors.

She says: "I'm looking to run 75 minutes and I feel I'm quite fit. I ran a PB for 5000 metres recently but I haven't achieved what I wanted on the track this year because a hamstring injury prevented me doing a lot of speedwork.

"That halted my progress this year because normally I'd like to do some 800s and 1500s but I've been doing the long runs and I feel strong."

Talbot will aim for both European and World Cross Country Championships this winter.

Among those facing Talbot will be Zara Hyde, Bev Jenkins, Maria Bradley, Birhan Dagne, Miranda Heathcote and 2:31 Russian marathoner Lirissa Zousko. Last year's winner Angharad Mair, who has been training in Font Romeu in preparation for the Commonwealth Games marathon, may also return.



Debut: Liz Talbot

Jones returns from altitude



Jones: fast plans

NICK JONES returned from Bolder last Tuesday after his first experience of training at altitude.

The Bud Baldaro-coached athlete joined six of his Tipton team-mates for a three-week spell in the United States as part of his build-up for the New York City Marathon.

Jones made his marathon debut in London this year, clocking 2:20:23, but will be hoping to go quicker in November.

He lines up in Sunday's Liverpool International Half-marathon aiming to break his 65:45 PB set at the BUPA Great North Run last year.

He says: "I've trained a lot more than I did before the Great North Run and I've had a good spell at altitude so I hope to run a PB. I did 86 miles in my first week in Bolder, 100 in the second and 130 in the third, although a lot of that was on my own as the other lads aren't training for a marathon.

"It went well over there and we did some mile reps, sustained runs of 6-7 minutes, and 2-3 minute efforts, so I've come back feeling fit. Now I'm looking forward to racing to see if it all pays off."

Jones, who was considering running last Sunday's Birchwood 10km as a final blow-out before Liverpool, wasn't tempted to run the Pearl Street Mile in Boulder where three of his clubmates competed. Nigel Stirk was third in 4:16, Danny Gibbons was seventh in 4:24 and Nick McCaffrey 19th in 4:41.

World half places on the line

THE chase for World Half-marathon selection hots up with the Liverpool International Half-marathon on Sunday. Britain's selectors meet after the race to pick their team for Zurich on September 27.

Two England teams will take on Wales and a Russian side over a revised course. The British championship is up for grabs with the likes of three times national cross country champion Dave Lewis, 1995 World Championships marathon fourth placer Peter Whitehead and debutant Adrian Passey among the favourites.

Lewis is joined in the England A team by Whitehead, Commonwealth Games-bound Billy Burns, and Paul Freary who lies fifth in the Puma Golden Shoe rankings.

Passey is joined in the other England team by Puma Golden Shoe leader Malcolm Price, Alan Chilton – who made his GB breakthrough after a PB in Liverpool last year – and Steve Green, who won the inter-area half-marathon at Camberley this year.

The Welsh team consists of Shaun Tobin, Martin Rees – fresh from his swift 8:40.5 over 3000m at Neath last Wednesday – Darren Hiscox and Simon Shiels.

Among those chasing the British title but not in the England teams are Colin Moore, Nick Jones, Mark Peters, Ian Cornford, Ian Archbold, Carl Warren and Bashir Hussain.

But they face a strong overseas challenge including defending champion Martin Ojuku of Kenya, 1997 Russian marathon and cross country champion Vladimir Epinov and top Russian marathoner Vladimir Kotov.

■ THE race will also incorporate the British veterans' championships, *writes Martin Duff.*

Leading the challenge will be British M45 10km and 10-mile record-holder Rees, who will be chasing Bill Venus' long standing M45 record of 65:40.

BVAF road race secretary Peter Duhig has pointed out vets' teams will be in 10-year age groups (M40, M50, M60+, W35 and W45+), but regrets there will be no opportunity for older runners to move down an age group to score in a younger team competition. Duhig said the complexity of doing this in a multi-championship race would add unnecessary complications.

If you have any road news, call Bob Frank on 01733-465952

Radcliffe to run Great North Run ... and you can join her



BUPA Great North Run 98
Amaze yourself

AW FREE OFFER!

PAULA RADCLIFFE will make her half-marathon debut when she takes on Liz McColgan in the BUPA Great North Run on October 4.

And although entries have closed with a staggering 40,000 runners, *Athletics Weekly* has 200 free entries to give away. All you have to do is write your name and address on a postcard and send it to the address below and the first 200 picked out of a hat on the closing day – September 2 – will receive a free entry for Britain's biggest half-marathon. Send your entry to: *Athletics Weekly*, BUPA Great North Run Offer (RAW 0898043), Bretton Court, Peterborough, PE3 8DZ.

World cross country silver medallist Radcliffe has already shown her pedigree on the roads this year with a world best for five miles at Balmoral (24:54).

And she'll be determined to give McColgan a hard run on Tyneside, saying: "I thought long and hard before deciding to compete because I have no intention of just making up the numbers. I want to put in a very worthwhile performance. I nearly did the race last year but I had far too heavy a competitive programme. But this year I'll be giving it a go although Liz, being a marathon runner and having won the race a couple of times, will hold the upper hand."

Radcliffe has only raced seriously up to 10,000m although she did run a 10-miler a few years ago, finishing just outside the hour. In training she admits to covering at least 14 miles and her confirmation has delighted former Commonwealth 1500m champion Peter Elliott who negotiated the deal.

He says: "It's a promoter's dream. For British athletics it doesn't fall far short of Mike Tyson taking on Mohammed Ali in the boxing ring. The race should be a corker."

Wearing the coveted race number 40,000 will be Sir Jimmy Saville as race director Nigel Gough says: "It has always been our policy to give the last number to him. Over the years Jimmy's presence has been an inspiration to hundreds of thousands of joggers who thouroughly enjoy his company."

Former Olympic 10,000m bronze medallist Brendan Foster, whose idea 17 years ago saw the first Great North Run take place, said: "We are aboslutely delighted to have achieved our target."

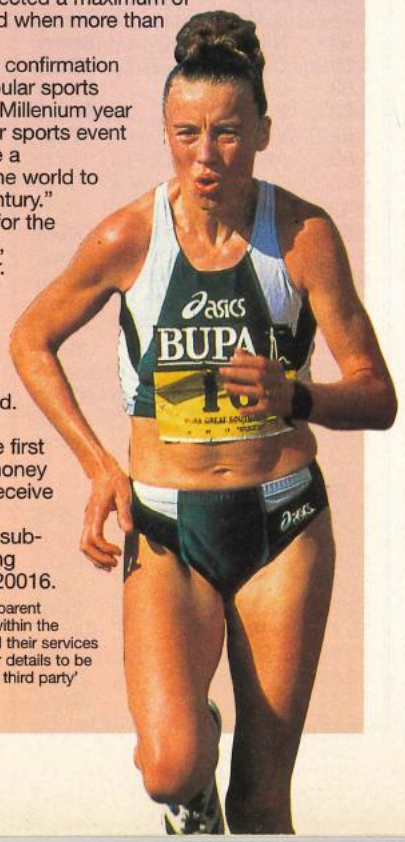
Foster, whose sports marketing agency Nova International organises the meeting, added: "It is another milestone for the Great North Run. When we held the first one in 1981 we expected a maximum of 5000 runners and were flabbergasted when more than 12,000 applied.

"The figures announced today are confirmation the Great North Run is the most popular sports participation event in the country. In Millenium year I want it to become the most popular sports event in the world and our target is to have a representative from every nation in the world to celebrate the beginning of a new century."

Details of the new prize structure for the race have been announced by Elliott, Nova's running promotion's manager.

He said: "In the past there has been an overall prize structure for the first 10 in both men's and women's races. We want to encourage British athletes to compete against the best in the world. To achieve this, prize money in the region of £12,000 will be offered. The first six runners home will receive prize money plus the first 10 British athletes will receive additional cash."

Any sub-66min male athletes and sub-78min women interested in competing should contact Peter Elliott 0191-4020016.



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WE HEAR...

■ **ALISON WYETH** raced last week for the first time since her DNF in the Flora London Marathon.

The Parkside athlete made a winning return, clocking 16:38 over 5km at Southport. And she was sufficiently encouraged to then enter last Sunday's Mizuno Erewash Classic 10 with an eye on the World Half-marathon Championships.

Wyeth lies second on the 1998 UK half-marathon lists with her 70:54 PB in The Hague this year but could hardly walk the day after that race due to a knee injury which eventually forced her to pull out after around three miles in London.

But Wyeth was delighted with her run last Wednesday, saying: "I only expected to run 17:30 but I ran 16:38 which was pleasing. I'm being careful because I'm still getting pain so I'm not training twice a day yet.

"I was thinking about doing an autumn marathon but I've decided against it and will look to London next year and maybe the European Cross Country Championships before that."

■ **SUBVENTIONS** of £400 are on offer to the first Scottish qualified man and woman in two Scottish road championships next month, subject to achieving specified time targets.

The Scottish half-marathon championships take place at Kinross on September 5 with the marathon at Inverclyde on September 13.

As part of the Scottish Athletic Federation's road running and cross country development plan, the subventions will be awarded subject to the winners running 66:00/78:00 (women) or quicker in the half-marathon, or 2:25:00/2:50:00 for the marathon.

The first three Scottish athletes – male and female – at Kinross will be considered for selection for the six-strong team being sent to the BUPA Great North Run on October 4, subject to suitable times being posted.

■ **THE** Alberto Berlin Marathon, which celebrates its 25th anniversary this year, would like to hear from five British winners of the event.

They are trying to track down 1977 winner Norman Wilson, Ian Ray (1981), Jean Lockhead (1982), Karen Goldhawk (1983) and Jimmy Ashworth (1985).

They are requested to contact the Berlin Marathon organisers on 00-49-307510547 or 00-49-307514407 (fax).

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Young Athlete



With Elaine Dunn

E-mail: elaine.dunn@ecm.emap.com



Distance star: Louise Damen



Double tops: Kim Wall heads the 100m and 300m

Girls are tops

THESE are the final rankings for the McDonald's Young Athletes' Girls' League. And like in last week's boys' listings it proved to be a cracking final fixture with virtually every event re-written.

It is worth noting that newly crowned World Junior 100m hurdles champion Julie Pratt from Essex Ladies came through this league, having set the league record for the U15 girls 75m hurdles in 1993. That record is currently shared by Leamington's Sarah McGreavy and Leicester's Helen Worsey.

It is very encouraging for the future of the sport that many of these league leaders became AAA of England champions and finalists at Sheffield last week.

Just like the boys it is good to see a smattering of athetes who have made the Great Britain junior team – Goldie Sayers competed in the World Juniors in France while she was joined by Kim Wall in an international match in Spain in July.

Under 17 women

100

12.00	K Wall	(Bas)
12.3	A Bick	(Card)
12.3	G Ryde	(Cent JGB)
12.3	H McKay	(Loch)
12.4	nine athletes	

200

25.1	H McKay	(Loch)
25.3	C Russell	(O&R)
25.3	D Norville	(Telf)
25.4	J McCarthy	(Warr)
25.4	L Jones	(Torf)
25.5	J Kwayke	(Ex L)
25.5	N Smellie	(Ex L)
25.5	J Watkins	(Telf)
25.5	A Pitters	(Ilf)
25.6	C Barnes	(RSC)

300

38.8	K Wall	(Bas)
39.9	H McKay	(Loch)
40.1	N Sanders	(Wyc P)
40.1	S Singer	(B'hth)
40.3	J McCarthy	(Warr)
40.7	E Childes	(Bas)
41.3	L Munnock	(Falk)
41.5	T Campbell	(Glas)
41.8	H Wood	(SSH)
42.0	R Heath	(Stoke)

800

2:13.8	R Scotcher	(Norw)
2:15.5	S Singer	(B'hth)
2:15.5	E Ward	(Stoke)
2:15.6	J Short	(Bas)
2:16.9	K Reed	(Bris)
2:17.2	S Hasler	(RSC)
2:18.5	S Herbert	(Bris)
2:18.9	L Whittacker	(Sale)
2:19.3	S Stevenson	(Giff)
2:19.5	M Kane	(Stock)

1500

4:44.9	B Parker	(Norw)
4:46.9	K Brennan	(Warr)
4:49.2	N Lewis	(Card)
4:54.4	J Innkier	(SB)
4:50.6	V Counsell	(Bris)
4:50.8	S Cooper	(P'boro)
4:51.9	C Fagan	(Glas)
4:52.3	L Joyce	(SSH)
4:52.5	S Koehne	(SB)
4:52.7	R Heathcote	(RSC)
4:53.8	H Waugh	(Alber)*

3000

9:59.7	L Damen	(B'mth)
10:26.2	J Mockler	(Liv H)
10:30.3	S Yousifian	(Stock)
10:30.5	C Fagan	(Glas)
10:32.5	L Whittacker	(Sale)
10:33.7	L Aaron	(Hull Spr)
10:35.3	S Miles	(Hill)
10:45.4	V Spear	(Ply)
10:52.8	J Keene	(Sale)
10:55.5	L Blackman	(SSH)

80H

11.3	H Worsey	(Leic C)
11.5	H Smith	(Norw)
11.6	Z McKinnon	(Horsh BS)
11.7	K Porter	(B'hth)
11.8	L McLaughlin	(Card)
11.9	J Hearne	(Ilf)
12.0	M Freeth	(Swan)
12.0	D Maylor	(Bir)
12.2	three athletes	

300H

45.2	K Porter	(B'hth)
45.6	N Sanders	(Wyc P)
46.0	S Watts	(Wig D)
46.5	T McDonnell	(Yeov O)
46.7	N Birney	(S'port W)
46.7	L McGuire	(EWM)
46.9	L Giles	(Stoke)
47.1	A Shaw	(Hal)
47.2	S Barry	(Yate)
47.5	two athletes	

High jump

1.74	B Jones	(Wrex)
1.65	N Hulse	(Stoke)
1.65	C Sterry	(Croy)
1.63	L O'Sullivan	(Liv H)
1.63	S Green	(Liv H)
1.61	V Kellway	(Med)
1.60	nine athletes	

Long jump

5.59	A Cutler	(Torf)
5.43	B Jones	(Wrex)
5.40	S Jones	(Swan)
5.38	R Peacock	(B'mth)
5.33	K Wall	(Bas)
5.33	V Hyland	(Sale)
5.27	S Mumuni	(Herne H)
5.26	K Richardson	(Hull Spr)
5.22	K Corbett	(Ilf)
5.21	R Bates	(Stoke)

Shot

11.50	L A Roy	(Pit)
11.14	S Richards	(Bir)
10.97	L Marshall	(Charn)
10.89	J Street	(Tam)
10.75	K Cannon	(Bas)
10.71	R Peace	(Der L)
10.41	E Barrier	(Wirr)
10.39	K Morris	(Dartf)
10.31	B Heil	(Croy)
10.29	S Wray	(Osw O)

Discus

36.47	J Street	(Tam)
34.73	E Sheridan	(Ex L)
34.44	C Moore	(Gate)
34.32	M Owens	(Glas)
33.47	L Proctor	(B'mth)
33.32	J Duff	(Cov)
33.21	B Heil	(Croy)
33.14	K Morris	(Dartf)
32.68	L Marshall	(Charn)
32.66	K Green	(Hallam)

Javelin

44.69	G Sayers	(P'boro)
40.23	M Lonsdale	(Wake)
39.63	F Bowring	(B'mth)
39.35	N Campbell	(Med)
37.80	J Lowe	(Sale)
36.89	C Bennett	(C&S)
36.84	S Finnis	(Ex L)
35.82	L Proctor	(B'mth)
35.41	L Newman	(Horsh BS)
34.32	E Skycek	(Newp)

Under 15 girls

100

12.4	M Parris	(Ilf)
12.5	N Watson	(W&B)
12.6	K Everall	(Yate)
12.6	I Goode	(S Lon)
12.7	K Rutledge	(Seat)
12.8	J Nevis	(Hull Spr)
12.8	K Turner	(WSE)
12.8	C Pierre	(SB)
12.8	L Edgar	(Wig D)
12.9	six athletes	

200

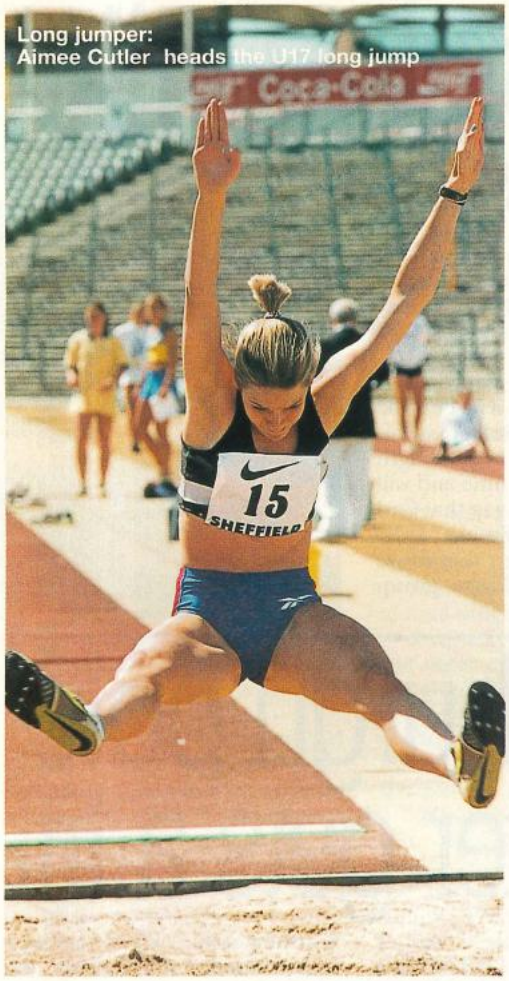
25.0	M Parris	(Ilf)
25.7	C Pierre	(SB)
26.0	L Goode	(S Lon)
26.2	B Wilson	(Gran)
26.2	S Aspen	(Bolt)
26.4	L Edgar	(Wig D)
26.4	L McCarthy	(C&S)
26.4	K Massey	(W&B)
26.5	S Scott	(B'mth)
26.5	K Turner	(WSE)

800

2:16.5	S Pickering	(C&S)
2:18.8	H Mottram	(Bas)
2:20.6	H O'Connor	(St Hel)
2:20.9	M Cutler	(Bir)
2:21.1	K Clarke	(Bord)
2:21.7	C O'Brien	(Liv PS)
2:21.9	K Searle	(Hull Spr)
2:22.4	S Kirby	(Sale)
2:22.6	S Iliffe	(Leic C)
2:23.3	S Aspen	(Bolt)

1500

4:48.6	L Thomas	(Neath)


Long jumper: Aimee Cutler heads the U17 long jump


Concentration: Goldie Sayers


Top 200m sprinter: Heather McKay

4:49.7	L Cater	(Mans)
4:54.7	A Joel	(Bas)
4:55.5	S Pickering	(C&S)
4:57.1	S Flanner	(Spark)
4:57.3	E Woods	(RSC)
4:57.8	E Stevens	(Der L)
4:57.9	V Turner	(Brack)
4:58.7	K Searle	(Hull Spr)
4:59.4	K Clarke	(Bord)

75H

11.3	L Russell	(Fife)
11.5	S Scott	(B'mth)
11.6	S Oldham	(D&S)
11.7	G Ferguson	(NSP)
11.7	M Parris	(Ilf)
11.7	R Mitchell	(Reg H) *
11.8	L Wrath	(Tyne)
11.8	M Harris	(Osw)
11.8	M Canning	(ESM)
11.9	two athletes	

High jump

1.65	S Crawley	(SSH)
1.63	D Ho	(Glas)
1.61	C Barber	(Swin)
1.60	L Carty	(Bas)
1.60	S Higham	(Carl A)
1.55	E McNeil	(Vic P)
1.55	J Wood	(Liv H)
1.55	A Selwyn	(Cov)
1.53	C Shore	(Carm)
1.53	K Wallis	(Yate)

Long jump

5.41	M Parris	(Ilf)
5.37	B McVie	(Ayr S)
5.32	A Bateson	(W Ches)
5.19	D Humphries	(Mans)
5.10	G Ferguson	(NSP)
5.07	H Elwiss	(Prest)
5.03	R Geary	(Yeov O)
5.02	C Garnett	(Herne H)
5.00	R Brenton	(Rad L)
4.98	two athletes	

Shot

11.61	S Moles	(Bas)
10.80	J Marshall	(GEC)
10.65	J Clayton	(B&F)
10.47	K West	(C&S)
10.31	S Perryman	(Read)
10.31	S Stoney	(C&S)
10.26	L Smith	(Kend)
10.24	A Lockley	(E Chesh)
10.20	L Robinson	(Nun)
10.10	L Batey	(M&C)

Discus

32.23	A Lockley	(E Ches)
30.45	L Robinson	(Nun)
30.30	K West	(C&S)
29.20	F Harrison	(C'field)
28.63	L Smith	(Kend)
27.78	T Merrill	(Read)
27.02	S Moles	(Bas)
26.98	K Lambert	(Bas)
25.95	C Hancock	(Soton C)
25.74	S Kiernan	(Horsh BS)

Javelin

38.66	A Siggery	(Carm)
37.53	C Doran	(Carl A)
34.18	L Matthews	(Thurr)
32.78	C Rees	(Neath)
32.35	L Smith	(Kend)
31.56	S Garrard	(S Lon)
31.35	S Ellis	(Havant)
31.31	S Moss	(Soton C)
30.30	S Jenkins	(Liv H)
28.61	B Parfitt	(SSH)

Under 13 girls

75

9.8	A Spencer	(Wig D)
9.9	C Lashley	(WSE)
10.1	S Greensward	(Ex L)
10.1	K Smith	(Wake)
10.2	M Garavand	(Norw)
10.2	L Hawkins-Taylor	(Rad L)
10.3	six athletes	

150

19.2	A Spencer	(Wig D)
19.7	K Smith	(Wake)
19.7	N Bass	(Leam)
19.8	L Park	(CoE)
19.9	C Lashley	(WSE)
20.0	S McGrath	(Yate)
20.0	K Flaherty	(Bas)
20.1	E Derby	(Bir)
20.1	N Spettie	(Card)
20.2	two athletes	

800

2:23.3	K Samman	(B'mth)
2:23.6	M Wright	(CoE)
2:26.3	J Essop	(Mil K)
2:27.1	L Jepson	(Leic C)
2:28.2	F Harding	(Wrex)
2:29.2	E Hunt	(Mil K)
2:23.0	R Deegan	(Sale)
2:32.5	L Clift	(Read)
2:32.5	D Crighton	(Yeov O)
2:33.4	A Lyons	(Liv H)

1200

3:52.9	E Hunt	(Mil K)
3:56.5	M Jessop	(Mil K)
3:59.1	A Lyons	(Liv H)
4:01.8	E Beck	(WSE)
4:02.0	R Keeping	(Soton)
4:02.5	H Hudson	(E Ches)
4:03.9	E Hopkins	(Leic C)
4:04.4	R Deegan	(Sale)
4:04.7	J Hill	(Sale)
4:05.2	J Swann	(E Ches)

70H

11.6	F Makin	(Warr)
11.6	H Fozzard	(Wake)
11.6	K Marshall	(D&S)
11.7	S Greensward	(Ex L)
11.9	L McManus	(Leic C)
11.9	A Conolly	(Telf)
11.9	L Fisher	(C&N)
12.0	seven athletes	

Long jump

4.75	E Derby	(Bir)
4.73	C Gee	(Ex L)
4.60	M Garavand	(Norw)
4.60	L Hazel	(P'boro)
4.59	G Munow	(Liv H)
4.52	S Davies	(Swan)
4.45	A McDonald	(Tam)
4.44	C Lashley	(WSE)
4.43	B Harrmy	(Card)
4.42	two athletes	

Shot

9.35	K Franzke	(Pend)
9.09	L Dryton	(Cov)
9.08	N Allen	(Tip)
8.95	H Hood	(Sale)
8.78	S Day	(Tam)
8.69	A Kaye	(Hal)
8.67	R Bashford	(B&F)
8.62	D Collinson	(Hull Spr)
8.62	D Jones	(Carm)
8.34	S Hunter	(NSP)

Amendments/additions to:
Olive Megit,
5 Woodview Road,
Great Dunmow,
Essex,
CM6 1BU
Tel: 01371-873974

BRIEFS

More sponsorship

FOLLOWING the recent announcement that the British Athletics Fied Events Charitable Trust (BAFECT) will be sponsoring field event medals at the National Junior League finals we are delighted to announce that *Athletics Weekly* will be sponsoring the track medals.

The finals will be held at Cannock on September 13 with the first three finishers in A and B-string events receiving medals.

David wins SML

WELL done to Great Yarmouth 400 metres runner David Creak who won his specialist event at the Southern Men's League division four match at Ware in 50.6.

Changes

Amendments to the AAA of England U17 Champs results

U17 men

800: Ht6 6 Palmer 2:02.56

HJ: 5eq Calvin Hall 1.75 (Bir) not Creighton who was seventh equal

LJ: 13 Lightfoot 6.13

TJ: 2 Malwyn Gordon (name reversed)

HT: 13 Gate 44.04

U15 boys

SP: 1 Saggers 15.64 (CBP) not 15.16

3kmW: 2 Davis 16:04.84; 3 Adams 16:16.59

U17 women

300 ht3: 2 Lynsey Munnoch (Falk) 40.69

1500: ht2: Yousefian 4:49.39 not 4:39.93

5kmW: 1 Sheena O'Keefe

The much travelled banner

HOW MANY of you watched Darren Campbell win the European 100 metres gold medal last week? Lots I hope!

And how many noticed the banner "British Athletes are Great" pinned to the railings in the stadium in Budapest?

I have news for you. This picture below was taken on a relaxing Saturday morning boat trip around Lake Annecy, France prior to the final day of athletics in the World Junior Championships.

And the aforementioned banner will be seen around the stadium in Johannesburg, South Africa during the World Cup final before jetting its way to Malaysia for the Commonwealth Games.



Scot's birthday blitz

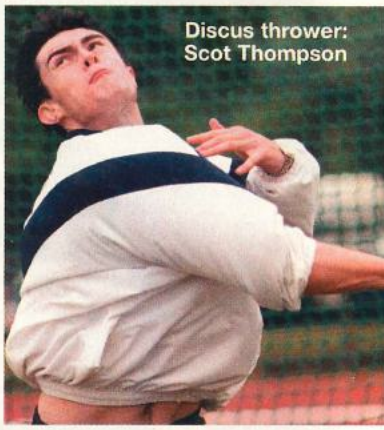
YOUNG Scot Thompson has just enjoyed a terrific week-end of competition.

The 17-year-old recently celebrated his birthday by winning the Celtic Games discus with a record-breaking throw of 54.46 metres before going on to put all of his six efforts in the shot over 17 metres – his final effort being measured at 17.50.

Both of these marks are Scottish best performances by a 16-year-old which just proves his continued form for the season.

Scot was able to compete in the under-17 age group in the Celtic Games as they use the European system for age groups. in domestic club competition Scot has to compete in the under-20 age group and has personal bests of 15.09 for the shot and 50.73 for the discus.

Standing at 6ft 4ins Scot is certainly going to be a force to be reckoned with next season as this winter he intends to begin weight training for the first time and will be looking to fill the gap that Carl Myerscough and Emeka Udechuku will leave when they move up to the under-23 age group next year.



Discus thrower: Scot Thompson



Climbing high: Matthew Peerless with a new pole presented by RMD Group member Stewart McIntyre

Edinburgh pole vaulter gets a lift

EDINBURGH pole vaulter Matthew Peerless is celebrating a sponsorship deal which has helped him purchase top quality equipment.

And with his first competition with a new pole Matthew, who is the Scottish under-17 pole vault record-holder and competes for Kwikfit Corstorphine AC, recently broke his own record at the Pitreavie Trophy meeting in Dunfermline.

Stewart McIntyre, of the RMD Group who are sponsoring Matthew, said: "When we were approached, it looked like Matthew's sporting career was in danger because funding was not available for him to buy his own equipment. We were delighted to be able to assist one of Scotland's rising stars.

"And our faith in him has been rewarded by him setting a new record.

"We hope he will continue to improve and go on to become a major influence in the field of pole vaulting."

Helen hurdles to the top of rankings

HELEN WORSEY sprint hurdled to the top of the British rankings for an under-17-year-old at the recent AAA of England Championships in Sheffield.

The Leicester Coritanian broke the 12-year-old record in her heat when she ran 11.03. Not quite satisfied with this, for less than two hours later the 15-year-old easily won the final in 11.02 to lower her record further.

"I'm happy with the race, but not the time," she said. "I was hoping to go under 11 seconds."

Helen won the English Schools' title at Exeter in 10.96 but that was with the help of a 2.3 m/sec wind making it null and void for record purposes.

The win at Sheffield last week allowed Helen to retain her three national titles – she is the AAA of England indoor and outdoor champion and English Schools' champion – and has been so for the past three years.

UK U17 80m hurdles top 10

11.02	Helen Worsey	Aug 15 1998
11.07	Amanda Parker	June 7 1986
11.12	Samantha Farquharson	June 7 1986
11.13	Claire St John	June 2 1979
11.16	Ann Girvan	Jul;y 4 1981
11.16	Stephanie Douglas	July 27 1985
11.20	Ann Wilson	Aug 11 1966
11.20	Louise Brunning	July 25 1987
11.23	Rachel Rigby	July 25 1987
11.25	Louise Fraser	July 25 1987



Record-breaker: Helen Worsey broke the British 12-year-old 80 metre hurdles record at Sheffield recently

Jones savours Snowdon win

Fell



With Gareth Webb

E-mail: elaine.dunn@ecm.emap.com

Picture: Peter Hartley

COLIN JONES recently achieved the distinction of becoming the first Welshman to win the NatWest-sponsored International Snowdon Race in its 23-year history.

Jones held off a high-class field to seal a 31-second victory from defending champion Ian Holmes after rounding the 3250ft summit in fourth.

Such is the aura surrounding the event that the ovation from the home crowd at the foot of the mountain was "something that will live with me forever." And although the 1994 Inter-Counties cross country title is probably a higher achievement "to win Snowdon was a fantastic feeling."

He says: "There are two things people ask me down here. One: are you doing Snowdon. And two: are you running the London Marathon.

"For me to become the first Welshman to win Snowdon is something that is difficult to put into words. It's a proud moment – not only for me, but for my parents who've supported me over the years. People have been stopping my dad in the street and shaking his hand, and I know it means so much to him."

Although people in Wales appreciated his undoubted talent before now, Snowdon he says, has raised his profile.

"Perhaps they didn't realise quite how well I could run before this win," Jones says.

They do now.

In the weeks leading up to the race Jones and Eryri team-mate Alan Vaughan had been training religiously on the mountain "working on my climbing and trying to help Alan make the World Trophy team for Reunion."

Although placing 30th at Sestriere in the European Trophy three weeks earlier was a setback Jones was persuaded by Welsh team manager Adrian Woods to run Wales' premier event.

"Snowdon is a course you have to treat with respect," says Jones. "I told myself that no matter what the other runners were doing, I was going to run my own race and not get carried away. My intention was to get to the top without going off too hard and save my legs for the descent.

"Although I was fourth at the turn, I kept telling myself it was a race to the summit and back to the park and not just to the summit. When I came off the top it was between me and John Brooks and I thought 'I'm in with a chance of a top three finish here'.

"On the steep section I caught Mark Croasdale and then it was on my mind that Ian Holmes was going to come down quick.

"At Halfway House I was confident I could win and knew, when we got to the better terrain, if anybody was going to beat me, they were going to have to work very hard."

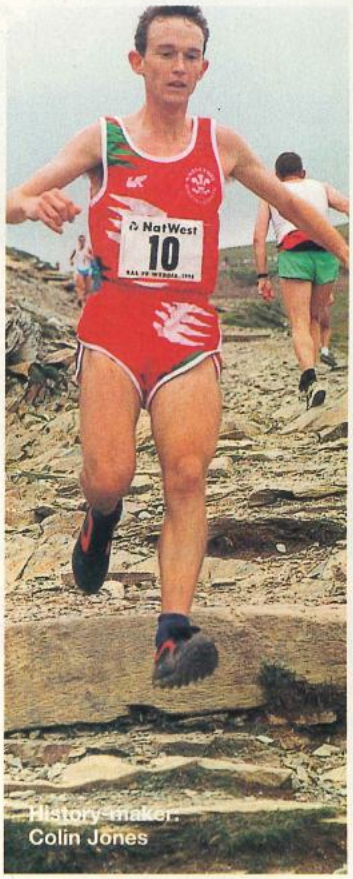
After his Snowdon victory, the Welsh team management will view Jones as a medal prospect and will move heaven and earth to enable him to run in the World Trophy at Reunion.

"It's difficult to say what will happen," says Jones. "I'm going back to America at the end of August and I'll have done the trial by then. Hopefully I can get support from the Sports Council.

"The likelihood is that I will miss out. My first priority is with the university who will probably want me to run cross country. I'd like to do the World Trophy, it would be an excellent trip and I'd like to think I could do well. But I don't think there would be funding available to fly me over from America to Reunion."

The 24-year-old says he will continue to compete on the fells and mountains "as and when" in the future, but adds as he is only in the UK for four months of the year, his first objective when he is at home is to get out and enjoy his running.

And enjoyment probably doesn't get much better than winning at Snowdon.



History-maker: Colin Jones

Mt Kinabalu travel

'BORNEO MEMORIES' are providing 'add-on-tours' to this year's Mt Kinabalu Climbathon, on October 3/4, at Sabah in south-east Malaysia.

This is promised to be at 'moderate cost' and further information is available from ICMR President Danny Hughes on: 019467-25366.

Victory for Cox

MARTIN COX underlined his potential on the mountains by notching up his first major international victory in the four-race Alpine Grand Prix opener at Lenzerheide in Switzerland.

Cox took advantage of the fast terrain to open an early lead on this 10.4km (536m) uphill-only course with only the second-placed Swiss runner Andrea Erni going with him.

Beyond the first mile mark the 28-year-old Salford man was out on his own. And with nobody to press him in the closing stages, Cox missed out on a course record and cash bonus by 10 seconds.

"I didn't know what the record was otherwise I would have gone for it," said Cox. "I wasted a lot of time in the closing stages easing up. I also got stomach cramps near the end which easily cost me 10 seconds.

"It's a shame because it's a good record which has lasted a long time. And the fact that there was quite a bit of money on offer had the record gone."

Unfortunately, an injury sustained in a fall while training in the week leading up to the second Grand Prix race, at Telfes, saw Cox finish in the 80s after being reduced to a walk for much of the race.

And with the Salford man looking to run well in order to secure selection for next month's World Trophy (September 19/20), this was a double blow as Cox is now likely to miss out on Grand Prix honours with all four races counting toward the overall title.

Even so, with Cox keen to gain as much experience as possible on the mountains in this his debut season, this should stand him in good stead next year when he will no doubt return fitter and stronger than ever to a discipline to which he is clearly suited.

■ Lenzerheide Mountain Race – leading results: Men (10.4km, 536m uphill-only; Inc Alpine Grand Prix Series race 1 of 4)

1 MARTIN COX 41:01; 2 A Erni (SUI) 41:53; 3 M Von Kanal (SUI) 42:04; 4 J Blaha (CZH) 42:18; 5 RICHARD FINDLOW 42:28; 6 T Icart (FRA) 42:42; 7 MATTHEW WHITFIELD 42:58; 8 A Carston (GER) 43:10; 9 STEVE HAWKINS 43:14; 10 E Strong (NZL) 43:20; 11 R Petro (CZH) 43:30 ...15 MARK CROASDALE 43:45

Got any vets' or fell news? Ring Elaine Dunn on 01733-465335

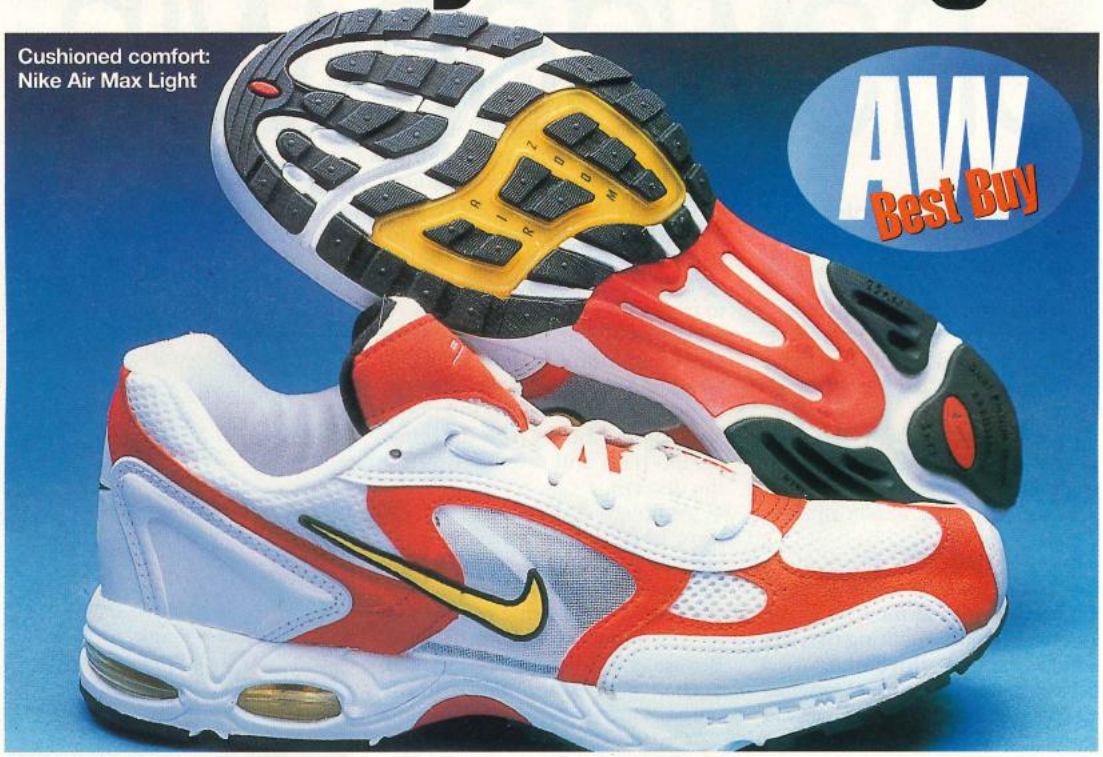
Test Bed



With Allan Haines

E-mail: allan.haines@ecm.emap.com

Let them be light ... and they were light



Cushioned comfort: Nike Air Max Light

Tech spec

NIKE AIR MAX LIGHT

A LIGHTWEIGHT shoe built with cushioning in mind, the Air Max Light uses a dual pressure Air unit in the heel to give cushioning combined with stability. The forefoot has a slimline Zoom Air bag between a Phylon (EVA) midsole and the BRS 1000 carbon rubber outsole.

Stability is improved by a thermo plastic shank, while weight is reduced by using breathable mesh for much of the uppers.

Lacing is a loop system fitted with oval laces.

- **Price:** £84.99
- **Weight:** 285g
- **Sizes:** 5-12 including half sizes, 13,14



The test

TWO runners each ran 200 miles in their test pairs. The brief was to run mainly on roads but to include some multi-surface sessions to try the overall traction.

Tester One weighs 10st 3lbs and is 5' 9" tall. He is light on his feet, lands on his heels and over-pronates. While not unstable enough to need serious stability shoes he does need some control.

Tester Two weighs 11st 11lbs and is 5' 10" tall. He strikes on his heels when running easily but switches to the forefoot at speed. He has a slightly wider than average foot and is a mild over-pronator.

The verdict

"THE feeling of softness the combination of Phylon and Air produced was like running on air," said **Tester One.**

"The broad heel adds stability and I feel this is a shoe for all but real heavyweights or those with biomechanical problems.

"I didn't fancy using this one on the country but to meet the test requirements I gave it a try and found it was stable on all but the roughest surfaces. The traction was good but is at its best on dry roads or grass, where it can find some bite. On wet pavements it was very skid-prone.

"I found the mesh panels in the uppers soft, supple and comfortable, even without socks.

"After 200 miles the only wear is a slight scuffing on the outer side of the heel - that's usual for me.

"Overall a good, if expensive, shoe. If you want a durable, light all-rounder than go for it.

"If I had to pick fault I'd say the tongue is over-padded and too wide at the top, so you need to lace up carefully."

Tester two said: "The fit was comfortable but slightly narrow. My first outing was a 15-mile, all-road affair and the shoes performed perfectly, though it took me several runs before I was able to 'trust' the cushioning provided by the low-profile Air units. Where other shoes achieve cushioning by putting a lot of shoe between your foot and the road, Nike achieve much more with much less.

"These shoes offer excellent cushioning throughout the plant phase of your stride, though again the 'lack' of shoe between you and the road takes some getting used to. The cushioning feels capable of coping with 11st-plus runners, though the low-profile unit in the forefoot didn't convince me of its ability to perform as well as the dual-density Air units in the heel.

"At no stage did they feel anything like an out-and-out motion control shoe which suggests they won't be ideal for heavier runners with motion control problems.

"Flexibility is brilliant – hill running was no problem in these.

"Fabulous traction on all dry surfaces but disappointing in the wet. Even running in a straight line on wet pavements was awkward as toe-off was more a slide-off, a bit like trying to run on ice. Strangely enough, the problem was limited to wet pavements and the shoes performed adequately on grass and dirt tracks.

"The shoes perform as well as anything else you're likely to get at this price, with superior cushioning in a slim-line package. It takes a bit of getting used to if you're used to the bulky cushioning provided by most of Nike's rival manufacturers.

"I did much of my London Marathon training in them but because of the poor wet grip I raced in my other shoes, otherwise this test pair would have added to the firm's tally in the traditional shoe count."

Overall

TESTER ONE

'A versatile shoe of obvious quality'

TESTER TWO

'A very good shoe, I'd give it full marks but for the traction problem'

Drinks to give you drive

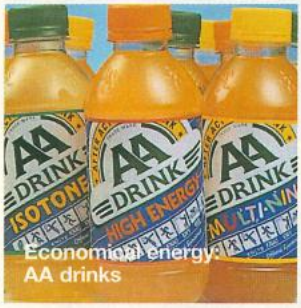
IF your athletics needs a bit of a jump start get the AA out! No, not *the* AA but 'After Active' the very latest sports drinks range to arrive in the UK.

AA drinks are already best-sellers in the Netherlands where they're supplied officially to The Netherlands Federations for tennis, athletics, swimming, volleyball and korfball.

Three types, in 330ml plastic bottles, meet the needs of athletes: High Energy, Isotone and Multi-Nine.

High Energy, as the name suggests, gives you a boost prior to exercise. AA Isotone is an isotonic liquid able to rapidly re-hydrate and replace vital minerals lost during activity. Both these sell at just 65p each.

Third one in the line-up is Multi-Nine. Just one bottle contains half your daily recommended dose of vitamins such as C, E, B1, B12, B6, provitamin A, niacin, biotin and pantothenic acid... all for 70p!



Economical energy: AA drinks

I put all three to the test and found them to be both beneficial and pleasant. They are still and best served cold. I started with the High Energy version and found it to be a tasty orange-flavour that was easy to drink, refreshing and quickly digestable.

The Isotone tastes of a sharpish blend of lemon and lime and contains only natural minerals such as sodium, calcium, potassium, magnesium and phosphorus. There are no colourings or preservatives.

Finally it was the turn of Multi-Nine and this one really is different. The flavour is a pleasing combination of fruits and at this price is an economical way to get those much needed vitamins. It will be great too for youngsters who are not keen on pills.

Watch out for the AA Drinks stand at track meetings and for the distinctive, crushable bottles in sports centres and shops.

■ For more information on stockists or to order contact: Bright Additions on 01279-730418 or fax 01279-730406.

Wash and go for free


Wash & Go: six sets to give-away

NOW don't laugh but I was approached recently by Wash & Go to help promote its excellent range of hair care products.

Why a folically challenged journo' like me should spring to mind was difficult to understand, especially when Steve Backley is already doing such a great job.

However, it turned out Wash & Go didn't require the services of my hair (singular) but rather wanted to offer *AW* readers the chance to try the products for themselves.

Thanks to the company's generosity I have six Wash & Go rucksacks each packed with three 200ml bottles of its shampoos and conditioners. Each prize is worth around £30 and I'll be sending them to the first six readers drawn from the postbag who send their names and addresses to: *Athletics Weekly*, (Wash & Go give-away) RAW0898043 , EMAP Pursuit Publishing Ltd, Bretton Court, Bretton, Peterborough PE3 8DZ. Closing date is September 10.

■ We may share information about you with our parent company, EMAP Plc, and our sister companies within the EMAP Group and also third parties where we feel their services may be of interest to you. If you do not wish your details to be passed on to these third parties, please write 'no third party' after your address

Film winners

WINNERS of the 'Girl with Brains in her Feet' film competition (*AW* June 10) are:

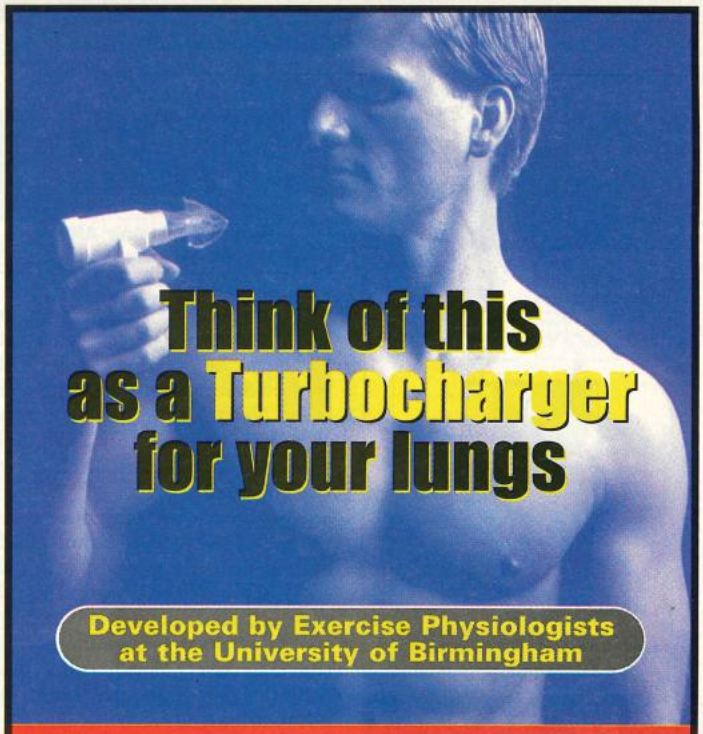
■ **CD Soundtracks:** Ellie Carter, Colchester, Essex; Kristi Andrews, Coggeshall, Essex; Mrs G Meneer, Redruth, Cornwall.

■ **Novels:** Laura Flegg, Winkleigh, N. Devon; Philip Allen, Christchurch, Dorset; Aimee Bartley, Neston, S Wirral

■ **Film posters:** Barbara Hoy, Church Stretton, Shropshire; Brian Rhodes, Mexborough, S. Yorks; Hayley Bowers, Aberdeen.

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Vets' Voice



With Martin Duff

E-mail: elaine.dunn@ecm.emap.com

VETS' SHORTS

■ THERE was an odd occurrance in the M40 javelin at the recent re-run of the Sussex Vets' Championships, originally postponed because of torrential storms. Chris Arnold turned 50 between the two championship dates and would have been in the younger group had the event taken place at its appointed time. Despite him being 50 on August 9, the actual day of competition, he had to throw in the younger M40 group, but the SoEAA champion still won the event with a throw of 46.65 metres. But there was a twist to the tale, for had Arnold competed in the M50 event he would have narrowly lost out to Mike Stone, who threw a county record 46.97m.

■ THERE were three athletes for the women's 3000 metres steeplechase over 2ft 6in barriers in the Sussex Championships won by Horsham's Sue Bassett in 13:37.8.

■ VETERANS AC, the oldest vets'-only club in the world, is to host its track and field championships on Sunday at Kingsmeadow Track, Kingston upon Thames. Meeting Director Bob Belmore says: "Late entries and open vets are not encouraged, but if granted, will not qualify for any awards."

He can be contacted on 01428-654749 and is also interested to hear from any officials who might be available to assist.

■ AN Inter-Area vets' 10km challenge race is being organised by Eastern Vets' AC at Comberton Village College, near Cambridge, on Sunday September 27. This has received a mixed response from veteran area clubs possibly because it clashes with an Inter-Area meeting at Warrington and the previous day's SoEAA vets' relays at Rushmoor. Details can be obtained from Peter Chaplin on 01223-517120.

Brian walks, Una runs

Report: Alastair Aitken
Pictures: Jeremy Hemming

DOUBLE world W55 champion Una Gore turned 60 just before this year's BVAF T&F Championships at Newport, where she won the W60 100 metres in 15.72. She thus joined husband Brian as an over 60 champion.

Una began her athletics career as a walker while Brian, who started out as a runner, is now a top class walker easily winning the 3km & 5km track titles at Newport.

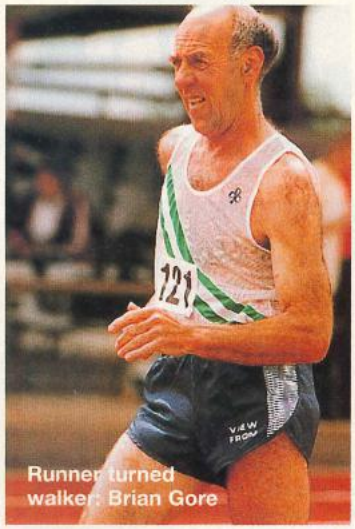
"I have been competing since I was 39," says Una. "I came into athletics through my children competing.

"Brian took Martin and Santha to Trowbridge AC and I thought 'if you can't beat them, join them' and I started as a race walker."

She soon changed to the 100 metres, adding "back home in Barbados as a youngster I used to beat all the boys in sprints."

By the time of the 1979 world vets' championships in Hanover, she was a W40 100 and 200 metres finallist.

Five years later when the European Championships was held in Brighton, Una had progressed to the top of the veteran pile. A W45 sprint double in 13.07 and 27.76 remains one of her most memorable moments, but she cites the two W55 golds in 1995 in Myasaki, Japan as her career highlight.



Runner turned walker: Brian Gore



Walker turned runner: Una Gore

"Japan was wonderful, not because I won, but the tranquility of the place. Everything was so relaxed. The adrenaline was flowing, it was nice and I was fit."

Neither Una nor Brian are able to go to the Europeans in Italy next month, but they will be raring to go in the world event at Gateshead next year.

While Una began veteran athletics as a walker, Brian, a former rugby player, started with marathons.

"He had done about 2:42," says Una. "He took up race walking because he'd broken some bones in his toes and decided he should do something rather than just give up."

British championships have been gathered with regularity but Brian failed to join his wife on the podium in Myasaki as he collected a couple of fourth places.

Brian coaches Una in the sprints "and it works," says Una. "It is not just a husband and wife relationship, but an athlete/coach relationship. The same goes with his race walking and I try to help him the best I can."

Una is not certain she will be able to keep up the intensity of training and racing, saying: "I am not sure if I want to continue to do competitions, but I will continue running, because it is my way of life, keeping well and feeling good."

Mid-season 10-mile rankings

Compiler: Dave Sanderson

M40			
51:25	Mike Girvan (Warr)	Wrexham	Apr 18
51:37	Frank Barton (Cambus)	Leyland	May 10
51:49	Rob Wise (West)	Leyland	May 10
M45			
49:36	Martin Rees (Swan)	Woking	Mar 1 *
50:46	Brian Kirkwood (Miz)	Motherwell	Apr 5
53:32	Charlie McDougal (Cambus)	Leyland	May 10
M50			
55:14	Robert Young (C'dale)	Motherwell	Apr 5
55:24	Martyn Rouse (Inv EK)	Folkestone	Apr 10
55:28	Alan Fisher (T'tree)	Ipswich	May 24
M55			
57:44	Peter Cartwright (Falk)	Motherwell	Apr 5
58:41	Fred Gibbs (Bing)	Leyland	May 10
58:46	Ken Burgess (Alt)	Sale	Aug 2
M60			
57:04	Steve James (S'port W)	Leyland	May 10 *
60:25	Ken Buckle (Chelt)	Ballycotton	Mar 8
61:16	Dennis Hayes (Kesw)	Leyland	May 10
M65			
63:23	Gerry Spink (Bing)	Thirsk	May 31
65:20	Robert McFall (Edin)	Motherwell	Apr 5
67:42	Bob Emmerson (Leam)	Leighton Buzzard	May 3
M70			
66:45	Willie Marshall (M'well)	Leyland	May 10 *
67:29	Bob Peart (NVAC)	Blyth	Mar 29
69:39	Max Jones (Bir)	Thirsk	May 31
M75			
1:17:06	Tom Evans (Bro D)	Wrexham	Apr 18
1:45:33	Les Heald (NVAC)	Leyland	May 10
1:51:22	E Perks (A'ridge)	Plymouth	Mar 8
W35			
55:19	Angharad Mair (Newp)	Brecon	July 26
57:23	Maria Bradley (Over)	Woking	Mar 1
57:46	Danielle Sanderson (Wat)	Harlow	Aug 2
W40			
58:52	Caroline Horne (Craw)	Woking	Mar 1
60:26	Cecilia Greasley (Macc)	Leyland	May 10
60:44	Jane Laws (Mus H)	Woking	Mar 1
W45			
60:51	Paula Fudge (Houns)	Maidenhead	Apr 10
60:57	Ann Ford (Red RR)	Nottingham	Jun 5
61:26	Bronwyn Cardy-Wise (B&R)	Chedworth	Apr 5
W50			
62:54	Eleanor Robinson (Border)	Nottingham	Jun 5
63:14	Carol Wolstenholme (Hallam)	Pocklington	Feb 22
64:33	Felicity Garland (Red RR)	Nottingham	Jun 5
W55			
71:19	Christine Lee (Gosf)	Blyth	Mar 29
72:39	Sue Lambert (Serp)	Kingston	Apr 5
73:18	Anne Bland (NVAC)	Maryport	Feb 22
W60			
72:25	Pam Jones (Ilf)	Harlow	Aug 2
75:35	Mary Anstey (Newq)	Plymouth	Mar 8
77:40	Ursular Duckworth (Bed C)	Harlow	Aug 2
W65			
83:57	Eileen Quinton (Horsh J)	Dorking	Jun 7
90:50	Betty Forster (SB) Hemel	Hempstead	Mar 8
99:22	Madge Bradsell (Stragg)	Kingston	Apr 5
W70			
96:39	Katie Seccombe (Blyth)	Blyth	Mar 29
W80			
2:29:47	Alice Billson (Vets)	Hemel Hempstead	Mar 8
W85			
2:31:16	Jenny Wood-Allen (Dund)	Arbroath	Mar 1 *

* Denotes British age group best

■ Amendments to: Dave Sanderson, 37 Reforne, Easton, Portland, Dorset, DT5 2AW, who would also be interested to hear of any unpublished marks.

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Events

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Sunday, 13th September 1998
11 am start from Club H.Q., Richmond Street, Ashton-under-Lyne
TV monitor display, computerised results by Epsilon computing, fast/flat R.R.C./AAA measured course with km markers.
Drinks at finish
AAA/WCAA permit.
Changing accommodation, showers, bar.
ENTRY FEE: £5.00 – CLUB MEMBERS £6.00 UNATTACHED. Extra on the day £1.00
Payable to: East Cheshire Harriers & Tameside AC with sae to: Martin McGann, 1 Coventry Ave, Ashton-under-Lyne, Lancs, OL6 9RP

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September 27th, 1998 – Sunday 11.00 am ***Special Guest: Iwan Thomas***
Entry Fee £12 (£13 unattached). Drink stations. Showers and changing facilities
Entry forms from Race Director, Clarendon Way Marathon,
4 Bereweeke Way, Winchester, Hampshire SO22 6BJ. Tel: 01962 622465

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FIXTURES

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Events (Tick Box)
Field **4 Trials Only**

☐ 11.00	HT	M	☐ 14.00	LJ	M
☐ 11.00	SP	W	☐ 14.30	SP	M60+
☐ 12.00	PV	M & W	☐ 14.30	JT	M40-59
☐ 12.00	LJ	W	☐ 15.00	TJ	W
☐ 13.00	SP	M40-59	☐ 15.30	DT	M40-59
☐ 13.00	JT	W & M60+	☐ 16.00	TJ	M
☐ 13.00	HJ	M & W	☐ 16.00	DT	W & M60+
☐ 13.30	HT	W			

Track

☐ 13.15	100m	W & M	☐ 15.20	400m	W & M
☐ 14.00	800m	W & M	☐ 15.45	1500m	W & M
☐ 14.30	5000m	W & M	☐ 16.10	200m	W & M
☐ 14.55	Spr Hdl	W & M			

I wish to be entered for the event(s) indicated and confirm that I qualify to compete under Veteran status and within the rules and principles laid down by the B.V.A.F.

Name: .....
Address: .....
Postcode: .....Tel. No .....
Signature .....

Categories (please tick)

M		40-44 ☐	45-49 ☐	50-54 ☐	55-59 ☐	60-64 ☐	65-69 ☐	70+ ☐
F	35-39 ☐	40-44 ☐	45-49 ☐	50-54 ☐	55-59 ☐	60-64 ☐	65-69 ☐	70+ ☐

Entries: Mr D. Bradfield, 36 Blewbury Drive, Tilehurst, Reading, Berkshire RG31 5HL.
Entry Fees: £2 for each event (£3 on day, subject to availability)
Cheques or Postal Orders: Reading Athletic Club
Closing date for postal entries: 23rd September 1998.

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SAF rules apply
Entries limited to 1,500 (first come, first served)

ENTRY FORM

Name..... M ☐ F ☐ Age.....
Address .....
.....
Club.....Fee enclosed.....
Charity.....(cheques payable to Ayrodynamic Tri Club)

I hereby declare that I will be 18 years of age or over on the race day and agree that the organisers will not be held responsible for any injury or illness incurred by me during, or as a result of, this event or for any property lost in the changing facilities.

Signed .....Date .....

All entries to be returned to: Lester Haining, 5 Alderston Avenue, Ayr, KA8 9BD. Tel: 01292 285569

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ATHLETICS ARENA ATHLETICS ARENA

What's on

Preview guide to forthcoming events

BRITISH ATHLETIC LEAGUE GOLD CUP FINAL

Bedford Stadium. Saturday August 29

Club	BEL	BIR	NEB	TVH	SALE	SB	TEAM S	WOOD G
100	D Campbell	M L-Francis	D Walker	M Okotie	O Dako	J Livingston	D Wall	Jos Thomas
200	J Regis	T Box	I Thomas	D Joyce	A Condon	A Hughes	D Wall	Jos Thomas
400	S Baldock	–	P McBurney	K Bentham	N Lowe	C Carson	P Brend	T O'Dell
800	J Lobo	–	A Donaldson	E Williams	E King	J Duprey	J Bridger	J Johnson
1500	M Yates	J Moorhouse	G Lough	N Stoddart	K McKay	D Bullock	–	M Davies
5000	P Evans	D Burrows	P Larkins	N Panchen	P Green	D Bannister	A McLean	J Starling
10,000	K Tadessa	M Clarkson	I Grime	I Johnson	J Davis	N Francis	R Finch	A Merriman
110H	N Owen	–	D Greaves	K Campbell	R Baillie	L Cowan	M Coker	A David
400H	C Rawlinson	P Hibberd	G Jennings	G Telfer	A Borsumato	R McDonald	A Bargh	A Falola
3000SC	L Hurst	–	D Lennon	O Norman	S Stokes	A Colvin	C Palmer	A Morgan-Lee
HJ	B Reilly	–	S Ohrland	S Osuide	I Holliday	C Bent	A Palmer	G Dyball
PV	M Edwards	M Barber	T Richards	P Williamson	M Belsham	N Winter	A Swain	M Buck
LJ	J Flynn	N Morgan	C Davidson	J Munroe	D Ritchie	S Edu	J Leaver	E Merrick
TJ	P Idowu	T Erogbogbo	C M-Cole	R Cameron	J Hilton	L Achike	J Leaver	S Oto
SP	M Simson	–	M Proctor	S Whyte	S Hayward	D Callaway	G Sullitt	K Ansell
DT	N Sweeney	R Weir	M Proctor	S Hayes	J Parkin	N Thompson	S Fricker	P Howard
HT	M Jones	S Peacock	P Head	W Beauchamp	S Pearson	C Welsh	S Sammut	C Howe
JT	S Faben	–	M Roberson	L Houslin	A Gidley	D Parker	S Bennett	P Cooper

BRITISH ATHLETIC LEAGUE JUBILEE TROPHY FINAL

Bedford Stadium, Saturday August 29

Club	BIR	EWM	P'BORO	SALE	SB	TEAM S	TRAFFORD	WSE
100	S Davis	A McGillivary	J White	S Tunaley	S Jacobs	A Coore	J Whitlock	M Richardson
200	K Merry	A McGillivary	R Watson	S Tunaley	C Murphy	M Purkiss	J Whitlock	M Richardson
400	M Thomas	L Vannet	S Smith	S Evans	S Llewllyn	J Parker	K Jones	A Thorne
800	S Damm	H Parkinson	–	F Ashton	L Gallagher	D Gandy	K Brownhill	C Reeves
1500	R Everett	P Thom	C Thomas	K Smithson	W Chagvion	–	K McPherson	A Hill
3000	S Bentley	K Skorupska	M Neal	A Parkinson	A Joiner	–	A Kershaw	J Dering
100H	C Court	J Suddes	J Kelly	K Maddox	S Anderson	K Skechley	K Jones	N Butler
400H	L Hanson	S Dudgeon	A Hollman	K Maddox	–	C Dawkins	J Mahony	C Amede
HJ	D Lewis	G Stewart	J Hollman	R Martin	J Peacock	M Smith	E Johnson	J Walker
PV	E Hornby	A Richards	K Rowe	L Stanton	K Alexander	C Ridgley	D Codd	K Rothman
LJ	D Lewis	C Mercer	J Hollman	M Veldmon	C Henry	A Coore	J Whitlock	J Dear
TJ	K Evans	M Barr	S McGivern	R Atkinson	A Hansen	B Ridgley	K Jones	M Griffith
SP	D Lewis	A Gray	J Kelly	L Shaw	J Dunkley	J Elphick	H Wilding	C Johnson
DT	M Talbot	E Garden	–	L Shaw	T Axten	J Elphick	L Wood	F Champion
HT	M Somenova	F Clark	R Stott	L Shaw	I Duffin	K Hill	J Harding	O Kelleher
JT	C Court	L Jackson	L Gray	S Lowe	J Grimstone	J Elphick	C White	K Morgan

BAL GOLD AND JUBILEE CUP FINALS

Beford, August 29/30, 10.45am

BELGRAVE Harriers are taking no chances in their bid to complete a hat-trick of Cup triumphs and plan to field their strongest possible team.

Headed by Euro sprint winner Darren Campbell will prove a hard team to beat.

Belgrave will be looking for other individual winners in Mick Jones (HT), Matt Simson (SP), Matt Yates (1500m) and Mike Edwards (PV).

Only 1995 winners Newham and Essex Beagles with Doug Walker (100m), Iwan Thomas (200m), Paul McBurney (400m), Mark Proctor (SP and DT) and Damien Greaves (110H) look capable of staying with Belgrave.

Shaftesbury Barnet face a tough fight in their quest to retain the Jubilee Cup. With Windsor, Slough and Eton on a high after their league success and the defending squad fielding a distinctly weaker team to last year's, the contest looks set to be a nail-biter with three times winners Birchfield and Sale, who have never lifted the cup, the other challengers.

Sprinter Marcia Richardson will spearhead a Windsor team aiming for the double and a place in Europe.

But, the destiny of the trophy could be decided in the final event, the 4x400 metres relay.

Sunday sees the Plate Finals for the best non-national league sides in the cup competition.

Local club Bedford will be looking for a hat-trick of wins in the men's contest where the other teams are Babcock Pitreavie, Bristol, Coventry Godiva, Dacorum and Tring, Herne Hill, Medway and Rugby.

Bromley Ladies defend the women's plate against Basingstoke and Mid Hants, Bingley, Epsom and Ewell, Newham and Essex Beagles, Notts, Parkside Harrow and Walton.

Track

Wednesday August 26

NORTHERN IRELAND LEAGUE
Mary Peters Track, Belfast
WATFORD OPEN
Woodside Stadium, Horseshoe Lane, Watford. 7pm. £2/event; £3 for two or more events.
Contact: The Organiser, 314 Watford Road, St Albans, Herts AL2 3DW.
Tel: 01727-864222

Saturday August 29

BRITISH LEAGUE GOLD CUP & JUBILEE TROPHY FINAL
Bedford
CANNOCK & STAFFORD YOUNG ATHLETES OPEN
£1.50 per event.
Contact: Bob Hughes, 3 Clematis Close, Great Bridgeford, Stafford
Tel: 01785-282676
EASTERN REGION HAMMER SCHOOL CHAMPS
Princess Mary Athletics Track Cleckheaton, West Yorkshire, 12.00, all age-groups.
Contact: Mike Swain 01924-825855 or Mike Morley 01924-493340
MID LANCS LEAGUE
Blackpool (Medal meeting)
NORTHERN IRELAND COMBINED EVENTS CHAMPIONSHIPS
Antrim Forum, until August 30
TERRY DAVIES YOUNG ATHLETES' MEMORIAL
Victoria Park, Knutsford Park, Warrington. Noon. £1 per event. Entries on the day.
Contact: N Jones, 46 Dudley Street, Warrington WA2 7BQ
HERNE HILL HARRIERS OPEN
Tooting Bec. 12.30pm. £2/£1.50 U20s per event. Entries on the day.
Contact: Kevin Kelly on 0181-6770337

Sunday August 30

BANK OF SCOTLAND WOMEN'S LEAGUE
Division One: Pitreavie. **Division Two:** Coatbridge. **Division Three:** Grangemouth. **Division Four:** Scotstoun. **Division Five:** Scotstoun
BRITISH LEAGUE GOLD CUP & JUBILEE TROPHY PLATE FINAL
Bedford
HARROW OPEN
Bannister Stadium, Hatch End, Harrow. 1pm. Organised by Parkside Harrow AC. £2 per event/£1 extra event. Entries on the day. Payable to Harrow AC.
Contact: Dennis Orme, 12 Warden Avenue, Harrow, Middlesex HA2 9LW
SOUTH WEST LEAGUE
Division One: Yeovil. **Division Two East:** Bath. **Division Three West:** Exeter
Contact: Division One: Dave Varney 01726-813920. Division Two East: Mark Pauley 01202-387362. Division Two West: Dave Nott 01803-550687
SOUTH YORKSHIRE CHAMPIONSHIPS
Cudworth
SPAR BRITISH CHALLENGE
Scotstoun Stadium, Glasgow
SPENBOROUGH & DISTRICT AC OPEN
Princess Mary Athletics Stadium, Rawfolds, Cleckheaton, West Yorkshire. 11.30am. £1.50 per event/£4 for three events. Payable to Spenborough & District AC. Postal entries closed. No late/on the day entries.
Contact: Mrs H Bell, 8 Vine Street, Cleckheaton, West Yorkshire. BD19 3DN
STARS OF TOMORROW MEETING
Bromsgrove
Information: Richard Underwood 01527-543063
WIRRAL YOUNG ATHLETES' MEDAL MEETING
Bebington, Wirral. 1pm.
Contact: N Waterson, 96 Heygarth Road, Eastham, Wirral L62 8AF or Alan Irving: aci@amtp.liv.ac.uk
VETERANS AC CHAMPIONSHIPS
Kingsmeadow Track. 7pm
Contact: Bob Belmore 01428-654749

Monday August 31

BANK HOLIDAY OPEN
Tamworth
Contact: Dave Warburton 01827-260897
BORDER HARRIERS OPEN
Sheepmount Stadium, Carlisle. Noon. £1.50 entry. £3 on the day. Payable to Border Harriers & AC.
Contact: Mr K Abbott, 7 Edgehill Road, Harraby, Cumbria CA1 3LJ
BRITISH STEEL WALLY McCLEISH MEMORIAL
Quibell Park, Scunthorpe. 10.30am. £1 per event/£2 per relay team. Payable to Scunthorpe & District AC.
Postal entries closed.
Contact: Mrs J Seiles, 30 Scotter Road, Scunthorpe DN15 8DR.
Tel: 01724-850517 (before 9.30pm)
COLCHESTER & TENDRING AC
Colchester Garrison Track. £1.50 per event (£1 for U11s)/£1.25 each for two events or more (£1.25 for U11s). £2.50 (£1.50 for U11s) per event on the day. Payable to Colchester & Tendring AC. Postal entries closed.
Contact: David Payn, 6 Keeble Close, Tiptree, Essex CO5 0NU
CRAWLEY YOUTH GAMES
Crawley Leisure Centre, Haslett Avenue. 11am. £2 per event. Payable to Crawley Athletic Club. Postal entries close August 28. No entries on the day.
Contact: Mr R Hopkins, 110 Hoblands, Haywards Heath, West Sussex RH16 3NB
KENT WOMEN'S LEAGUE
Deangate
TAMWORTH AC
Tamworth
Contact: Dave Warburton 01827-260897
PETERBOROUGH AC OPEN GRADED
Embankment Track, Peterborough, Cambridgeshire. 11am. £1 per event. £1.50 on the day. Payable to Peterborough AC.
Contact: John Jeffery, 8 Woodward Close, Stilton, Peterborough PE7 3XU.

Website: www.divein.co.uk

STAR ATTRACTION INVITATION
Thurrock Stadium, Blackshots Lane, Grays, Essex. 2pm.
Contact: Peter Orpin, Redwit, 24 King Edward Road, Stanford-le-Hope, Essex SS17 OEF

VERLEA OPEN GRADED MEETING
Gosling Sports Park, Welwyn Garden City. 12.30pm. £1.50 per event. £3 on the day. Payable to Verlea AC.
Contact: Ann Griffin, 97 Chelwood Avenue, Hatfield, Herts AL10 0RF

WYCOMBE ATHLETES OF THE FUTURE OPEN
Wycombe Sports Centre. 12.30pm.
Contact: David Patterson, 6 Devonshire Close, Amersham, Bucks HP6 5JG

Tuesday September 1

UP AND RUNNING TRAFFORD OPEN
Longford Park, Stretford. 6.45pm
Contact: Mike Harris, Stretford Stadium, Ryebank Road, Stretford, Manchester. Website: http://ourworld.compuserve.com/homepages/jhscholes

Tuesday September 2

FALKIRK VICTORIA HARRIERS OPEN
Grangemouth Stadium
Contact: 01324-504590

Saturday September 5

COLWYN BAY GAMES
Eirias Park, Colwyn Bay. 10am. £2 per event/£1.75 U17s. No entries on the day. Payable to Colwyn Bay AC.
Contact: Mrs J Wooding, 36 Kinmel Drive, Kinmel Bay, Rhyl LL18 5NU. Or John Parkin 01745-355727

FALKIRK VICTORIA HARRIERS YOUNG ATHLETES' OPEN
Grangemouth Stadium
Contact: 01324-504590

McDONALD'S YOUNG ATHLETES' LEAGUE FINAL
Birmingham

SAF U20/U17 FIELD EVENT CHAMPIONSHIPS
Grangemouth

SCOOTISH VETS v NORTH EAST VETS
Wishaw, ner Glasgow. 12.30pm

SOUTHERN WOMEN'S LEAGUE
Division One: Exeter, Bannister Stadium, Southampton, Basildon, Portsmouth.
Division Two: Cornwall, Horsham, Thurrock, Tooting Bec, Huntingdon.
Division Three: Redruth, Colchester, Colchester, Crystal Palace, Stevenage.
Division Four: Woodford, Woodford, Finsbury Park, Finsbury Park, St Albans.
Division Five: Southampton, Yeovil, Dacorum, Weymouth

Sunday September 6

AVON LEAGUE
Bath University

CHESHIRE LEAGUE
Salford, Colwyn Bay, Deeside

COMPLETE RUNNER WEST YORKSHIRE LEAGUE CHAMPIONSHIPS
Cleckheaton

ISLE OF WIGHT OPEN MEDAL
Fairway Athletics Centre, Sandown. 11.30am. £1.50 per event. Payable to Isle of Wight Athletic Association.
Contact: Ray Scovell tel/fax: 01983-405340

LINCS LEAGUE
Grantham

McDONALD'S YOUNG ATHLETES' LEAGUE FINAL
Birmingham

NORTHERN INTER-CLUB CHAMPIONSHIPS FINAL
Blackpool
Contact: NoEAA, Suite 106, Emco House, 5/7 New York Road, Leeds LS2 7PJ. Tel: 0113-2461835

SOUTH WEST LEAGUE CUP FINAL
Exeter
Contact: Stuart Boichot 01305-813182

SUSSEX UNDER13 LEAGUE FINAL
Crawley

WOKING AC YOUNG ATHLETES' OPEN
Woking Track, Blackmore Crescent, Sheerwater, Woking, Surrey. £1.25 per event. Payable to Woking AC. Entries close August 26. No entries on the day.
Contact: The Organiser, 60 Copthall Way, New Haw, Surrey KT15 3TU. Tel: 01932-341959

Monday September 7

CIVIL SERVICE VETERANS' CHAMPIONSHIPS
Battersea Park Track, 1pm.
Contact: David White, Room UG E7, Dept of Trade & Industry, 1 Victoria Street, London SW1H 0ET. Tel: 0171-2155141

Road

Wednesday August 26

PETERBOROUGH GRAND PRIX SERIES 5km & 3km
Thomas Cook Sports Centre. 7pm 3km. 7.30pm 5km. £1.50/£2.50 unatt/£2.50/£3.50 unatt 5km, entry on night only.
Further details Toni Cooper. Tel: 01780-757432

Thursday August 27

BALLYCOTTON 5
Ballycotton. 7.30pm. £2, payable to Ballycotton Running Promotions. Race four of Nike/Ballycotton Summer Series.
John Walshe, Ballycotton Running Promotions, Ballycotton, Co Cork, Ireland. Tel: 00353-21-646064

MOTA-VATION SUMMER RACE SERIES 4
Oxford Old Boys/Harlequins Rugby Club. 7.15pm. £3/£4 unatt, payable to Kidlington RAC.
Bob Green, 11 Broad Close, Kidlington, Oxon OX5 1BE. Tel: 01865-461175

WROXHAM 5km
Broadland high School, Hoveton. £3/£4 unatt, payable to Norwich Sport Village RRC.
C Jones, 20 Blacksmiths Lane, Havennglad, Norwich NR10 4PZ

Friday August 28

BITTON ROAD RUNNERS SUMMER 7km
Kingswood Rugby Club. Meet 7pm. £2/£3 unatt

NEWSTEAD ABBEY DASH 3
Newstead Abbey. 7pm. £2.50/£3.50 unatt, payable to Redhill Road Runners.
Felicity Garland, 27 Moore Close, Claypole, Newark, Notts NG23 5AU

WEST CHESHIRE 5km
Upton Recreation Centre, Chester. 7.15pm. £2/£3 unatt/£1 extra on day, payable to West Cheshire AC. Postal entries closed.
Alan Morris, 51 Castlefields, Tattenhall, Chester CH3 9RB

Saturday August 29

BARCLAYS BANK KENDAL HALF-MARATHON
Kendal Leisure Centre. 1pm. £4/£5 unatt/£1 extra on the day payable to Kendal AC.
Contact: Pete Bland, 34a Kirkland, Kendal, Cumbria LA9 5AD. Tel: 01539-731012

TWO BRIDGES 35
Rostyth Civil Service Sports Club. From Pittencrieff Park, finishing at sports club. 10am. £8/£9 unatt, payable to Two Bridges Race Fund. Hilly, town, rural.
Jim Henderson, Civil Service Sports Club, Castle Road, Rosyth, Fife KY11 2NU. Tel: 01383-415828

Sunday August 30

BATTLE OF SEDGEMOOR 10km
Langport. 11am. £5/£6 unatt/£3 fun run/£1 extra on day.
Mr Steve Brown, Flat 3, Ousley House, 1/2 The Hill, Langport, Somerset TA10 9PU. Tel: 01458-252736

DARLINGTON 10km & FUN RUN 2km
9.30am fun run. 10.30am main race. £5.50/£6.50 unatt/£2 extra after August 2/£2 adult fun run/£1.50 U15 fun run, payable to Darlington Borough Council.
Janet Cooper, Leisure Services, 11 Houndgate, Darlington, Co Durham DL1 5RF. Tel: 01325-388586

GRIMSBY 10km
Willows Social Club. 10.30am. £4/£5 unatt/£1 extra on day, payable to Wolds Vets.
Postal entries closed.
Fast, flat, town, two laps.
S Green, 48 Albatross Drive, Grimsby DN37 9PE. Tel: 01472-883191

HEADINGTON 5
Oxsrad Sports Centre, Marsh Lane, Oxford. 11am. £4/£5 unatt/£1 extra on day, payable to Headington RoadRunners.
Entries Secretary, Headington RoadRunners, PO Box 905, Oxford OX3 0XX

HARROW HILL 6
10.30am. £5.50/£6.50 unatt, payable to Harrow Hill Race.
Hill Race Entries, 6 Lulworth Drive, Pinner HA5 1NE

LIVERPOOL HALF-MARATHON
Sefton Park. 11am. £8/£9 unatt, payable to Liverpool International Half-marathon.
Postal entires closed.
LIHM, Suite 21, Egerton House, 2 Tower Road, Birkenhead, Wirral, Merseyside L41 1FN

PERTH 10km
Contact Katie Sinnott. Tel: 01738-475288

Monday August 31

ARLINGHAM PASSAGE 4.5
11.30am
D Buckle, Chatter Street Cottages, Longney, Gloucester

ARMTHORPE 10km, 2.5 & U12 MILE
Church Street, Armthorpe, Doncaster. 11.30am. £3.50/£4.50 unatt £1 extra on the day/£2.50/£1.50 U12 mile.
Contact: Mr Hill, 27 Tranmoor Lane, Armthorpe, Doncaster DN3 3DB. Tel: 01302-833584

BALTONSBOROUGH 5.5 &1.75
Baltonsborough Playing fields. Near. Gastonbury. 2.30pm.
£3/50p juniors.
Further information tel: 01458-850918

BARKING PARK 5km
Barking Park, Longbridge Road. 11am. £2. Entries on day.
The Race Organiser, 5 Parsonage Road, West Thurrock, Essex RM20 4AJ

CORNELLY STRIDERS 5km INCORPORATING U17/U15
The Panda Rosa Club, Hall Drive, N. Cornelly, Jct 37 M4, £3/£4 unatt £1 extra on day. Postal entries close August 25th.
Colin Dyne, 34 Ffordd y Goedwig, Pyle, B'end, S. Wales

STAUNTON BEER 10km
Prince of Wales, Prince Crescent. 11am. £3/£4 unatt/£1 extra on day, payable to Gloucester Athletic Club.
Mrs Sue Limbrick, 28 Avebury Close, Tuffley, Gloucester GL4 0TS. Tel: 01452-547264

SOUTHWICK 3
Playing Field. 3pm. £3 adults/£1.50 U14, payable to Sothwick & N Bradley Scout & Guide Band.
R Barber, 17 Hollis Way, Southwick, Trowbridge, Wilts BA14 9PH. Tel: 01225-761466

Tuesday September 1

MIKE POULTON OBSERVER FUN RUN REUNION 5.3
Elephant & Castle Pub, Bury Road, Bamford. 7pm. £4.50/£5.50 unatt/£1 extra on night, payable to Reunion Road Race.
PC 4735 O'Sullivan BEM, Rochdale Police Station, The Holem, Rochdale OL16 1AG

Wednesday September 2

CHORLEY WOOD END NIGHT SERIES 4
Ley Inn, Back Lane, Wood End, Chorley. 7.30pm. £3/£4 unatt/£1 extra on day, payable to South Ribble H & AC. Hilly, town, three laps, new event.
Ron McAndrew, 2 Rowan Croft, Clayton-le-Woods, Chorley PR6 7UX. Tel: 01772-696704

RUNNERS ARE SMILERS 5
Meadows, Edinburgh. 7pm. £1.50/£2.50 unatt, entry on day only.
Run & Become, 56 Dalry Road, Edinburgh. Tel: 0131-3135300

Friday September 4

FMC CARNEGIE HARRIERS FRIDAY EVENING SERIES 2
Pittencrieff Park, Dunfermline
Further information Iain Taylor. Tel: 01383-739566

GLOUCESTER 5km SERIES
Blackbridge Running Track. 7pm first race. £1.50/50p U10.
Mr R Freeman, 16 Belgrave Road, Gloucester

Saturday September 5

LINCS WOLDS 10
Nickersons Arms, Rothwell, Lincs. 11am. £4/£5 unatt/£1 extra on day, payable to Wold Vets. Postal entries close August 31.
S Green, 48 Albatross Drive, Grimsby, NE Lincs DN37 9PE. Tel: 01472-883191

LOCH LEVEN HALF-MARATHON
Contact Graham Hartley, Tel: 01337-810491

OVERTON HARRIERS FESTIVAL OF RUNNING 5
£4.50/£5.50 unatt.
John Hoare, 5 Sapley Lane, Overton, Hants RG25 3LG

Sunday September 6

CARVER WOLVERHAMPTON MARATHON & HALF-MARATHON
Wolverhampton. 9.30am wheelchairs. 10am main race.
Carver Wolverhampton Marathon, Marathon Office, Littles Lane, Wolverhampton WV1 1JY. Tel: 01902-577199

CHESTERFIELD HALF-MARATHON & FUN RUN 2
Chesterfield Town Hall. 10am main race. 10.30am fun run. £5.50/£6.50 unatt/£3 fun run, payable to North Derbyshire Running Club. Postal entries close August 29.
J Chambers ,9 Milton Place, Netherthorpe, Staveley, Chesterfield, Derbyshire S43 3PZ

DUNDEE HAWKS 10km
Caird ParkStadium. 2pm. £2/£3 unatt, payable on day only. Free food to all finishers.
Contact N. Raitt. Tel: 01307-465274

FLINTSHIRE 10km & JUNIOR 3km
Mold Sports Centre. 11am 3km. Noon main race. £5.50/£6.50 unatt/£3 junior 3k, payable to Flintshire 10km.
Neil Dunn, 967 Aston Park Road, Deeside, Flintshire CH5 1UD. Tel: 01244-811718

FRAMLINGHAM 10km
Framlingham Sports Club, Badingham Road. 11am. £4.50/£5.50 unatt/£2 extra on day, payable to Framlingham Flyers.
I Smith, 2 The Mowbrays, Framlingham, Suffolk, IP13 9DL

GARDEN CITY 10
Sir Frederic Osborn School, Welwyn Garden City.11am. £5/£6 unatt/£4 over 60/£5 unatt over 60/£1 extra on day, payable to Garden City Joggers.
The Garden City Ten, 36 Brockswood Lane, Welwyn Garden City, Herts AL8 7BG

GT BARDFIELD 10km
Bardfield Centre. 11am. £4.25/£5 on day, payable to Great Bardfield Town Hall. Postal entries close September 2. Parkland, fast, scenic, one lap.
L Sutton, Carolen Mill Close, Great Bardfield, Braintree, Essex CM7 4RJ. Tel: 01371-810001

MARCH BRAZA MARATHON AND FIVE-STAGE MARATHON RELAY
Braza Sportsfield, Elm Road, March. £3.50/£4.50 unatt/£1 extra on day, payable to Barch Braza Athletic.
Mr A Whibley ,74 Badgney Road, march, Cambs PE15 9AY. Tel: 01354-654877

NEW FOREST MARATHON & HALF-MARATHON
New Forest Marathon, PO BOx 438, New Milton, Hampshire BH25 6LJ

SAM 7
Leatherhead leisure Centre, Guildford Road. 10.30am. £5/£6 unatt, payable to Leatherhead Samaritans.
Race Secretary, 3 Waverley Place, Leatherhead, Surrey KT22 8AS
SLOUGH HALF-MARATHON
Upton Court Park, Upton Court Road.10.15am £8/£9 unatt
Customer Care Department, Slough Borough Council, Town Hall, Bath Road, Slough SL1 3UQ. Tel: 01753-875571
THANET COASTAL MARATHON AND HALF-MARATHON
Hartsdown Park, Margate. 10am. £8/£9 unatt/£10 on day/£6/£76 unatt/£8 on day half-marathon, payable to Thanet Roadrunners.
Thanet Coastal Marathon, c/o 20 Tivoli Park Avenue, Margate, Kent CT9 5TH
WALCOTT 10km
11am. £4/£5 unatt/50p extra on day, payable to Walcott Run Committee. Postal entries close August 26.
Mrs B Shaw, 49 High Street, Walcott, Lincoln LN4 3SW. Tel: 01526-860463

Tuesday September 8

COAST ROAD AUTUMN 5km
Bydales School. Marske. 17pm. £1.50/£2.50 unatt on day only. Fast, flat,town, one lap.
Enquiries Graham Hall, 12 High St West, Redcar, Cleveland, TS10 1SE. tel: 01642-490783
INSURANCE CHAMPIONSHIP 10
Battersea Park. 6pm
Mark Coxhead, 17 abbey Close, Pyrford, Woking, Surrey GU22 8RY

Multi-Terrain

Wednesday August 26

CUERDEN TRAIL 4.2 AND JUNIOR 2.2
Cuerden Valley Park, Chorley. 7pm juniors. 7.30pm seniors. £2/£3 unatt/£1 extra on day. Hilly, scenic, two laps.
Contact: Ron McAndrew, 2 Rowan Croft, Clayton-le-Woods, Chorley PR6 7UX. Tel: 01772-696704

Friday August 28

PATTIESMUIR MIXED TERRAIN 6
Dunfermline High School. 7pm. £4/£5 unatt
Contact Iain Taylor. Tel: 01383-739566

Sunday August 30

BLAISDON JELLY LEG 14
Red Hart Inn, Blaisdon. 10.30am. £4/£5 unatt, entries on day only, 50p discount with Goodrich Fell race number. Hard, hilly, scenic, rural. Last year: 80 finishers, last finisher 2:45:00.
Contact: Martin Green, 16 Park Road, Five Acres, Coleford, Gloucester

Monday August 31

GRIMSTHORPE CASTLE 10km & FUN RUN 3km
Grimsthrope Castle, Bourne. 10.30am fun run. 11am 10km. £5/£6 unatt/£2.50 fun run, payable to Bourne AC. Postal entries closed.
Mr P Honniball, Woodbine Cottage, Fen Road, Dunsby, Bourne, Lincs PE10 0UE. Tel: David Smith 01778-423781

Sunday September 6

DOWNS LINK ULTRA 32
Guilford to Bramter. 9.30am. £6/7 unatt, no entries on the day, payable to: Selsey Runners. Off road disused rail track.
Gilly Sapseid, 48 Hillfield Road, Selsey, W. Sussex PO20 OLF. Tel: 01243-603611
HORSE-LESS BURGHLEY TEAMS OF 4
Burghley House, Stamford. 4pm. £5 per person, payable to The Children's Society. Entries close September 1.
J White, 11 Moray Close, Stamford, Lincs PE9 2YT
SAM SCENIC 3
Leatherhead leisure Centre. 10.30am. £5/£6 unatt, payable to Leatherhead Samaritans.
Race Secretary, 3 Waverley Place, Leatherhead, Surrey KT22 8AS

Walks

Sunday August 30

SARNIA 10
Pleinmont, Gurnesey. 10am
VETS AC 3km CHAMPIONSHIPS
Kings Medaow, Kingston

Tuesday September 2

CIVIL SERVICE 7
Wimbledon

Wednesday September 3

SARNIA 3km & 1.5km
Lucksall, Guernsey. 6.30pm

Saturday September 5

DICK & ZENA SMITH MEMORIAL OPEN 20km
Simister. 2pm

Sunday September 6

LEICESTER MERCURY, YOUNG ATHLETES GRAND PRIX & BVAF CHAMPIONSHIPS
Leicester.11am
SARNIA CHURCH TO CHURCH 19.4
St Peter Port, Guernsey. 12.30pm

Tuesday September 8

STEYNING SUMMER HANDICAP LEAGUE
Steyning. 7.30pm

Fell

Wednesday August 26

ENNNERDALE SHOW
Cumbria. 2pm
Contact Colin Beck. Tel: 01756-792869
REETH SHOW
North Yorkshire. 2.30pm
Contact Colin Beck. Tel: 01756-792869

Saturday August 29

BROUGHTON IN FURNESS
Cumbria. 2pm
Contact Colin Beck. Tel: 01756-792869
GLENCOE
White Corries Chairlift, Glencoe. 2pm
Contact D Bell. Tel: 01360-622803
GOODRICH FELL RACE 6.5
Goodrich Playing Fields. 2.30pm. £2.50/£3.50 unatt/£1.50/£2.50 unatt juniors/50p extra on day.
Martin Green, 16 Park Road, Five Acres, Coleford, Gloucester GL16 7QS
MALHAM SHOW
North Yorkshire. 3pm
Contact Colin Beck. Tel: 01756-792869
MOFFAT BEEF TUB HILL
Corehead Farm, near Moffat 2pm
Contact I Nimmo. Tel: 0131-4474735
OBEN GAMES HILL
Moss Field Park, Oban, Argyll. 3.10pm
Contact D macintyre. Tel: 01852-500649
WEST WITTON FELL
North Yorkshire. 5.30pm
Contact Colin Beck. Tel: 01756-792869

Sunday August 30

HALTON GILL SPORTS
North Yorkshire. 2.30pm
Contact Colin Beck. Tel: 01756-792869

Monday August 31

HEBDEN SPORTS
North Yorkshire. 2.30pm
Contact Colin Beck. Tel: 01756-792869

Wednesday September 2

MUKER
North Yorkshire. 2pm
Contact Colin Beck. Tel: 01756-792869

Saturday September 5

BEN NEVIS HILL
Claggan Park, Fort William. 2pm
Contact G McFarlane. Tel: 01397-704189
BRAEMAR GATHERING
Braemar
Contact W Meston. Tel: 01339-755377
BROAD TOWN HILL 4
Broad Town, Near Wootton Bassett. 2.30pm. £2 entry on day only.
Further information tel: 01793-731536
LOWICK SHOW
Cumbria. 2pm
Contact Colin Beck. Tel: 01756-792869

Sunday September 6

BRADLEY SHOW
North Yorkshire 3.30pm
Contact Colin Beck. Tel: 01756-792869
STRETTON SKYLINE 18
Noon

Tuesday September 8

DERBY TRADER CHEVIN CHALLENGE 3 & JUNIOR RACE
Mildford Social Club, Milford - on A6 south of Belper. 7pm. £2.50/£3 on day, payable to LARA.
LARA, PO Box 33, Belper, Derbyshire DE56 4HZ. Tel: 01773-880338 or 0374-781658

Overseas

Friday August 28

IVO VAN DAMME MEMORIAL (IAAF GP)
Brussels, Belgium

Sunday August 30

IAAF GPII
Rieti, Italy

Saturday September 5

IAAF GRAND PRIX FINAL
Moscow, Russia

Monday September 7

JUMPS INTERNATIONAL
Salgatorjan, Hungary

Newham & Essex Beagles AC presents the

TATE & LYLE SUGARS YOUNG ATHLETES MEETING

Terence McMillan Stadium, Maybury Road, Plaistow, London E13
SUNDAY, 30th AUGUST, 1998
(Under BAF Rules – Excludes under 11's) Medals to first 3 in each event.

	Male					Female				
400mH/300mH	11.20am				U17	11.15am				U17
100m	11.30am	U11	U13	U15	U17	12.00pm	U11	U13	U15	U17
800m	12.30pm	U11	U13	U15	U17	13.00pm	U11	U13	U15	U17
200m	13.30pm		U13	U15	U17	14.00pm		U13	U15	U17
1500m	14.30pm		U13	U15	U17	15.00pm		U13	U15	U17
400m/300m	15.45pm			U15	U17	15.30pm				U17
3000m Walk	16.00pm			U15	U17					
Hammer	11.00am			U15	U17					
Pole Vault	11.00am			U15	U17	11.00am			U15	U17
High Jump	11.00am				U17	11.30am				U17
Triple Jump	11.45am			U15	U17	11.45am				U17
Javelin	11.45am			U15	U17	12.30pm			U15	U17
High Jump	12.15pm		U13	U15		13.00pm		U13	U15	
Shot	12.15pm	U11	U13			12.45pm	U11	U13		
Shot	13.15pm			U15	U17	13.45pm			U15	U17
Long Jump	13.45pm	U11	U13			14.30pm	U11	U13		
Discus	14.30pm			U15	U17	15.15pm			U15	U17
Long Jump	15.15pm			U15	U17	15.45pm			U15	U17

Entries will be restricted to 10 in all the Long Jump events

Entries to D Green, 41 Queenswood House, Eastfield Road, Brentwood, Essex, CM14 4HF. Entries £1 per event (£1.50 on the day) – cheques payable to Newham & Essex Beagles AC. Please include stamped addressed envelope. Tel: 01277 201763.

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Track

August 23

Results

The most comprehensive round-up of the latest athletics action

NATIONAL JUNIOR LEAGUE
Southern Premier
Barnet Copthall

ALTHOUGH only third today Belgrave had enough of a cushion to take the title by a match point from their south London rivals Blackheath who placed second in the match behind clear winners Shaftesbury Barnet, *Pete Mulholland reports.*

It should be a battle royale in the finals on September 13 as Blackheath attempt to defend the National title they won with ease last year.

Such was the standard that no less than nine of the GB team that competed in the World Championships at Annecy were on view including gold medallist David Parker.

Still holding form over a hectic season Parker threw out a winning javelin throw of 66.44 and made use of a rare shot outing to take the B event.

Winner of the A shot was Emeka Udechuku who at Annecy saw gold snatched away with a final throw in his main event the discus an event he dominated today.

Just for good measure among his usual stroll around the field areas Udechuku came away with thirds in the javelin and hammer.

Just out of the medals in Annecy after placing fourth, Ben Warmington high hurdled to victory and was awarded athlete of the match for his efforts.

It proved to be a repeat of the AAAs U20 championships as Richard McDonald defeated Austin Ferns while the latter's team-mate Chris Lambert won both sprints defeating World Championship colleague Chris Carson by 2/10ths in each instance.

Team manager Sue Baker appears to have provided the correct ingredients for her Shaftesbury Barnet side as they took the women's in their first year in the premier division.

Taking full advantage of home territory Shaftesbury Barnet swamped the opposition and now head for the finals on September 13, a fixture for which Baker says: "We have a good chance."

Most prolific scorer for the winners was Julie Dunkley in the field as the World Championship competitor ran out a double first in the shot and discus after placing second to Dartford's Katie Lamb in the hammer.

World Champion from Annecy, Julie Pratt got back among the grass roots to take her speciality, the high hurdles, and proved to be in a class of her own as she left the field trailing.

Jenny Grimstone, although somewhat off her best today when winning the javelin showed the benefit of coaching received by Tessa Sanderson.

U20 men
MATCH: 1 Shaftesbury Barnet 379; 2 Blackheath 322; 3 Belgrave 312; 4 Medway 254; 5 Harrow 245; 6 Aldershot, Farnham & Dist 221; 7 Crawley 195
100: 1 C Lambert (Belg) 11.0; 2 C Carson (SB) 11.2. **B:** J Hilston (Belg) 11.3
200: 1 Lambert 22.1; 2 Carson 22.3. **B:** 1 D Thompson (Belg) 23.0; 2 S Inman (SB) 23.5
400: 1 P Curtis (Med) 48.9; 2 Hilston 50.1; 3 J Currie (AFD) 50.2
800: 1 S Austin (B'hth) 1:54.3; 2 G Thompson (Craw) 1:54.8; 3 G Parsons (SB) 1:55.0
1500: C Moss (B'hth) 3:58.2
3000: M Skinner (B'hth) 8:35.8
2000SC: D Moore (B'hth) 6:20.9
110H: 1 B Warmington (SB) 14.3; 2 M Sillin-Freckleton (B'hth) 14.8
400H: 1 R McDonald (SB) 54.6; 2 A Ferns (Belg) 55.3; 3 T Dalton (Harrow) 55.7
HJ: 1eq C McMaster (SB)/J Jonson (Belg) 1.80
PV: C Linskey (SB) 3.90
LJ: 1 M Awanah (B'hth) 6.72; 2 S Casal (SB) 13.60
TJ: 1 C Ibon (Belg) 13.82; 2 Casal 13.60
SP: 1 E Udechuku (B'hth) 15.38; 2 G Allen (SB) 14.52; 3 L Rosenberg (Harrow) 14.15; 4 T Kitney (Belg) 12.79; 5 D Hatton (Med) 12.79. **B:** D Parker (SB) 13.90
DT: 1 Udechuku 50.41; 2 Allen 43.58; 3 Rosenberg 42.97; 4 Hatton 40.31
HT: 1 Allen 59.87; 2 J Hawkins (Med) 52.54; 3 Udechuku 48.19; 4 Rosenberg 45.72. **B:** T Harrington (SB) 49.45
JT: 1 Parker 66.44; 2 Kitney 54.88; 3 Udechuku 53.86; 4 C Green (Med) 51.73. **B:** Allen 50.55; 2 J Apps (B'hth) 50.07
4x100: 1 Belgrave 43.5; 2 Shaftesbury Barnet 44.1; 3 Blackheath 44.3
4x400: 1 Shaftesbury Barnet 3:22.2; 2 Blackheath 3:24.6; 3 Medway 3:29.8; 4 Aldershot, Farnham & Dist 3:32.2; 5 Harrow 3:32.5; 6 Belgrave 3:35.1
Athlete of the Match: Warmington
Final League placings: 1 Belgrave 25 (1193); 2 Blackheath 24 (1162.5); 3 Medway 24 (1102); 4 Shaftesbury Barnet 23 (1176); 5 Harrow 23 (1097.5); 6 Crawley 10 (919.5); 7 Aldershot, Farnham & District 9 (871.5)
U20 women
MATCH: 1 Shaftesbury Barnet 351; 2 Essex Ladies 274; 3 Medway 244; 4 Basildon 242; 5 Dartford 193; 6 Bromley Ladies 161
100/200: J Kwakye (Ex L) 12.5/26.1
400: S Franklin (Brom L) 61.0
800: L Chaffe (Ex L) 2:16.5
1500: H Dyason (Med) 5:23.2
3000: S Stanmore (SB) 11.47
100H: J Pratt (Ex L) 14.4
400H: K Brooks (SB) 68.9
HJ: V Kellaway (Med) 1.50
PV: E Spain (SB) 2.10
LJ: A Culpepper (Ex L) 4.55
TJ: S Oakes (Med) 10.44
SP/DT: J Dunkley (SB) 14.62/37.59
HT: 1 K Lamb (Dart) 40.68; 2 Dunkley 37.59
JT: J Grimstone (SB) 36.50
4x100: Essex Ladies 48.9
4x400: Basildon 4:11.8
Athlete of the Match: Oakes
Final league positions: 1 Shaftesbury Barnet 31 (1361); 2 Medway 28 (1149); 3 Essex Ladies 23 (970); 4 Basildon 20 (957); 5 Dartford 14 (612); 6 Bromley Ladies 13 (697); 7 Plymouth 7 (351)

Avon Division — Bristol

U20 men
MATCH: 1 Bristol 359; 2 Yate 355; 3 Newport 170; 4 Gloucester 65; 5 Torfaen 41
100/200: H Tosh (Yate) 10.8/22.1
Athlete of the match: Tosh
U20 women
MATCH: 1 Swansea 373; 2 Yate 305; 3 Torfaen 99; 4 Newport 12
TJ: A Diment 9.85
Athlete of the match: Diment

Darenth Division — Woodford

U20 men
MATCH: 1 Woodford Green 383; 2 Brighton & Hove 308; 3 Basildon 286; 4 Dartford 264; 5 Cambridge Harriers 42
100: 1 J Chatt (Dartf) 10.8; 2 S Surety (Bas) 11.0
200: Chatt 22.8
110H: 1 Surety 15.1; 2 S Baptiste (Wood G) 16.0
PV: D Ingram (B&H) 4.20
HJ: 1 Baptiste 1.90; 2 G Dyball (Wood G) 1.90
TJ: S Ojo (Wood G) 13.49
Athlete of the Match: S Surety
Final league positions: 1 Dartford; 2 Brighton & Hove; 3 Woodford Green; 4 Cambridge Harriers; 5 Basildon; 6 Bexley

Itchen Division — Guildford

U20 men
MATCH: 1 Woking 287; 2 Reading 236; 3 Oxford Bicester & Aylesbury 220; 4 Isle of Wight 203; 5 Hillingdon 178; 6 Guildford & Godalming 129; 7 Southampton City 128
100: K Bowman (OBA) 11.7
200: M Riddell (G&G) 22.5
400: A Simpson (Wok) 53.9
800: D Dalmedo (Hill) 2:01.6
1500: R Anderson (Read) 4:16.2
2000SC: D May (Read) 6:42.6
400H: M Henry (IoW) 60.4
110H/LJ: E Coats (G&G) 16.2/6.48
HJ: R Egerton (IoW) 1.80
PV: M Houghton (Wok) 3.40
TJ: M Reid (Read) 12.94
SP/DT/HT: A Frost (IoW) 13.24/32.0/57.76
JT: S Perryman (Read) 49.74
4x100: Guildford & Godalming 47.4
4x400: Woking 3.43.0
Athlete of the Match: Riddell
Final league positions: 1 Reading 30; 2 Woking 25.5; 3 Hillingdon 22; 4 Oxford Bicester & Aylesbury 21; 5 Southampton City 18; 6 Isle of Wight 14.5; 7 Guildford & Godalming 8; 8 Haslemere 3
U20 women
MATCH: 1 Aldershot Farnham & District 326; 2 Havant 275; 3 Southampton City 261; 4 Hillingdon 195; 5 Reading 187; 6 Woking 149; 7 Guildford & Godalming 130; 8 Oxford Bicester & Aylesbury 111
100: J Reid (Hav) 12.7
200/400: A Rouse (AFD) 26.9/64.1
800: H Fairburn (AFD) 2:22.5
1500: M Speller (Hav) 5:07.6
3000: J Christie (Hill) 11:19.4
100H: E Duck (AFD) 16.0
400H: N Pocock (AFD) 67.6
HJ: A Benrose (AFD) 1.65
PV: T Bloomfield (G&G) 3.30
LJ/TJ: K Stretfield (Soton) 4.57/10.59
SP/JT: A Hewett (Hill) 8.82/30.55
DT: A Hill (OBA) 35.19
HT: A Howard (OBA) 30.25
4x100: Southampton City 54.1
4x400: Aldershot Farnham & District 4:22.0
Athlete of the Match: T Bloomfield
Final league positions: 1 Aldershot Farnham & District 30; 2 Havant 25; 3 Hillingdon 23; 4 Woking 19; 5 Reading 19; 6 Southampton City 15; 7 Oxford Bicester & Aylesbury 8; 8 Guildford & Godalming 5

Medway Division — Thurrock

U20 men
MATCH: 1 GEC Avionics 397; 2 Thurrock 348; 3 Ashford 272; 4 Paddock Wood 181; 5 Croydon 123; 6 Invicta East Kent 49
100: L Slue (Croy) 11.6
400: A Colston (GEC) 51.7
HJ: M Rimmer (GEC) 1.70
SP/DT: G Beard (GEC) 14.86/39.12
JT: C Patel (Thurr) 45.11
4x100: GEC Avionics 46.1
4x400: GEC Avionics 3:34.7
Athlete of the Match: Colston
Final league positions: 1 GEC Avionics 30; 2 Paddock Wood 23; 3 Thurrock 21; 4 Ashford 20; 5 Croydon 14; 6 Invicta East Kent 12
U20 women
MATCH: 1 Ashford 272; 2 Thurrock 219; 3 Paddock Wood 111; 4 Invicta East Kent 94; 5 GEC Avionics 77; 6 Croydon 63
TJ: J Attwood (Inv EK) 9.29
SP: 1 J Bradley (Ashf) 11.04; 2 D Harris (Thurr) 11.02
HT: C Burton (Ashf) 31.22
JT: D Mansfield (Thurr) 34.26
Athlete of the Match: J Bradley
Final league positions: 1 Ashford 27.5; 2 Thurrock 25; 3 Paddock Wood 22; 4 GEC Avionics 17.5; 5 Croydon 16; 6 Invicta East Kent 12

Thames Division — Luton

U20 Men
MATCH: 1 1 Luton 313; 2eq Peterborough and City of Norwich 306; 4 Ipswich 248; 5 Puma TVH 225; 6 Braintree 155; 7 Hertford & Ware 107
100: A Rose (Brain) 11.3
200: G Headman (Brain) 22.2
400: 1 Headman 48.8; 2 P Crossley (Lut) 50.1
110H: 1 J McDade (Ips) 14.5; 2 C Roberts (Norw) 14.8; 3 Crossley 15.1
HJ: McDade 2.03
PV: R Smith (P'boro) 3.80
LJ: McDade 6.64
SP: R Morris (H&W) 13.91
DT: 1 Morris 43.92; 2 Kidner 40.33
HT: Kidner 56.23
JT: D Carter (Brain) 57.10. **B:** P Coxhead (Brain) 52.29
4x100: 1 Ipswich 44.8; 2 Braintree 45.0
4x400: Luton 3:32.3
Athlete of the Match: Headman
Final positions: 1 Peterborough 28.5; 3 Luton 24; 3 Ipswich 23; 4 Puma TVH 20; 5 City of Norwich 18.5; 6 Braintree 18; 7 Hertford & Ware 8; 8 St Albans 0
U20 women
MATCH: 1 Peterborough 288; 2 Luton 248; 3 Ipswich 190; 4 Braintree 180; 5 Parkside 175; 6 Puma TVH 153; 7 St Albans 122
100/400H: L Seston (Ips) 12.1/67.7
200: 1 Seston 24.6; 2 J White (P'boro) 25.3
400: R Watson (P'boro) 58.6
PV: H Carney (Lut) 2.20
LJ: E Hughes (Lut) 5.53
TJ: 1 J Sample (St Alb) 10.95; 2 S Fleetham (Brain) 10.60. **B:** L Wood (Brain) 10.41
SP: A Wilson (Ips) 12.39
DT: P Griffiths (Parks) 32.06
Athlete of the Match: Wilson
Final legue ositions: 1 Peterborough 29; 2 Parkside 24; 3 Luton 23; Ipswich 20; 5 Braintree 17; 6 Puma TVH 16; 7 St Albans

Northern Premier Division — Robin Park, Wigan

U20 men
MATCH: 1 Sale 415; 2 Warrington 285; 3 Border 269; 4 Birchfield 258; 5 Telford 228; 6 Middlesbrough & Cleveland 221; 7 Coventry 216; 8 Wigan 170
100: 1 M Lewis (Bir) 10.9; 2 J Stuart (Midd) 11.1. **B:** J Wallace (Bir) 11.1
200: J Stuart (M&C) 22.1. **B:** Wallace 22.6
400: 1 C McMullen (Warr) 49.1; 2 A O'Connor (Wig) 49.8; 3 L Holehouse (Telf) 50.2
800: C Mulvaney (Bord) 1:57.2
1500: R Maycock (Sale) 4:06.1
3000: G Comish (Sale) 8:58.6
2000SC: D Gray (Sale) 6:36.7
110H: J Monds (Wig) 14.8
400H: C McMullen (Warr) 54.9; 2 B Yiend (Bir) 56.8
LJ: McMullen 6.38
TJ: Wallace 14.45
SP: M Rowe (Telf) 11.50
DT: S Taylor (Bord) 39.28
HT: D Little (Bord) 50.50
JT: P Sharp (Bord) 58.80
4x100: Birchfield 44.1
4x400: Wigan
Athlete of the Match: McMullen
U20 women
MATCH: 1 Birchfield 291.5; 2 Sale 285.5; 3 Wigan 271.5; 4 Trafford 234.5; 5 Gateshead 232.5; 6 Telford 174; 7 Border 154.5
100: S Davis (Bir) 11.8. **B:** D Mayler (Bir) 12.3
200: Davis 24.2
400: S Williams (Bir) 56.5. **B:** K Tromans (Bir) 57.9
800: K Brownhill (Traff) 2:14.2
1500: R Everett (Bir) 4:50.4
3000: L McCreesh (Sale) 11:16.1
100H: M Duncalf (Sale) 15.7
400H/LJ: D Codd (Traff) 66.3/4.83
TJ: J Adams (Bir) 11.06
SP: R Richards (Bir) 9.94
DT: E Cank (Telf) 41.11
HT: R Cox (Bir) 38.03
JT: S Lax (Telf) 39.45
4x100: Birchfield 47.6
4x400: Birchfield 3:51.6
Athlete of the Match: S Lax

Tyne Division — Gateshead

MANDALE retained their 100 percent record storming to a fourth consecutive victory in the final event with the Teeside club travelling to Derby on September 20 for the playoffs, *Brian Kirkley reports.*

Ross Linnett made a flying start for Gateshead with a resounding sprint double but the league leaders were back in contention with Mike Charville winning the 400m and 800m B and David Baldwing taking first in the 800m A event. Alan Old turned the 1500m race into a procession bursting clear from the gun and Edwin James also captured maximum points for Gateshead in the 3000m.

Gateshead were dominant on the track and in the field section Ross Thompson was man of the match with his hammer throw of 55.02m. Chris Hughes achieved an impressive 49.20m for Wakefield in the javelin but Chris Tomlinson and Lee Pennington in both triple jumps regained control for Mandale with only the relays remaining. Despite Mike O'Byrne trailing on the first leg of the 4x100m Alex Golding put Mandale into a lead they held through Chris Tomlinson and Paul Campbell. Gateshead cut back the leeway in the concluding 4x400m but Mandale were champions by five points.

Rachael Ogden completed a 400m/800m double for Rowntrees but Wakefield finished on top and worthy champions. Ogden, three times English Schools' champion, eased away from Kerry Dobson in the 400m but set up a commanding lead in the 800m with Dobson again second. Susan Burnside prevailed over Wakefield's Emma Phillips in the closest of finishes to the 100m as Edinburgh Woollen Mill set the early pace and Lyndsey Maguire, 400m hurdles, and Laura Redmond in the discus kept up the momentum for the Scottish club.

However a spate fo victories from Rachel Owen (hammer), Judith Payne (high jump), Michelle Lonsdale athlete of the match with 40.88m in the javelin, Fiona Westwood (longjump), and Jenny Handley (triple jump) placed Wakefield in an unassailable lead. Conclusive wins in the relays extended the lead with a three points advantage over Edinburgh in the final league totals.

U20 men
MATCH: 1 Mandale 391; 2 Gateshead 365; 3 Leeds City 269; 4 Nestle Rowntrees 219; 5 Wakefield & District

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e-mail results to: trevor.frecknall@ecm.emap.com

200; 6 North Shields Poly 100; 7 Houghton & Peterlee 77
100: 1 R Linnett (Gates) 11.2; 2 P Campbell (Mand) 11.3
200: Linnett 22.7
400: M Charville (Mand, U17) 52.2. **B:** A Golding (Mand, U17) 51.4
800: D Baldwin (Mand, U17) 2:05.1
1500: A Old (Gates) 4:02.3
3000: E James (Gates) 9:12.4
2000SC: O Wickham (Gates) 6:49.5
110H: A Best (Rown) 16.1
400H: J Lee (Gates) 57.6
HJ: D Brining (Leeds C) 1.75
PV: M Bunbar (Mand) 2.80
LJ: B Neham (Mand) 6.12
TJ: C Tomlinson (Mand, U17) 13.93
SP: R Thompson (Gates, U17) 11.89
DT: A East (Rown) 31.88
HT: 1 R Thompson (Gates, U17) 55.02; 2 R Taylor (Wake) 49.68; 3 C Snook (Mand) 48.19
JT: C Hugh (Wake, U17) 49.20
4x100: Mandale 44.8
4x400: Gateshead 3:37.4
Final league positions: 1 Mandale Harriers 32; 2 Gateshead 27; 3 Leeds City AC 21.5; 4 Nestle Rowntrees 21; 5 Wakefield & District 17; 6 North Shields Poly 13.5; 7 Houghton & Peterlee 6
U20 women
MATCH: 1 Wakefield 374; 2 Edinburgh Woollen Mill 369; 3 Leeds City 274; 4 Nestle Rowntree 234; 5 North Shields Poly 166
100: S Burnside (EWM) 12.6
200: E Freeman (Wake) 25.4
400: R Ogden (Rown) 61.1. **B:** L Turner (EWM, U17) 59.9
800: Ogden 2:16.3
1500: H Garnham (Rown, U17) 5:16.6
3000: S Harris (Leeds C) 11:03.5
100H: 1 D Freeman (Leeds C) 14.9; 2 G Stewart (EWM) 15.4
400H: L Maguire (EWM, U17) 68.0
HJ: J Payne (Wake) 1.73
PV: C Dunstarn (Wake) 2.40
LJ: F Westwood (Wake) 5.45
TJ: 1 J Handley (Wake, U17) 10.61; 2 L Bryce (EWM) 10.54. **B:** S Jackson (EWM, U17) 10.10
SP/DT: L Redmond (EWM) 9.86/28.16
HT: R Owen (Wake) 36.87. **B:** H Taylor (Wake, U17) 33.08
JT: M Lonsdale (Wake) 40.88
4x100: Wakefield 50.1
4x400: Edinburgh Woollen Mill 4:15.6
Final league positions: 1 Wakefield & District 32; 2 Edinburgh Woollen Mill 28; 3 North Shields Poly 21; 4 Nestle Rowntrees 20; 5 Leeds City 19

Mersey Division Cleckheaton

U20 men
MATCH: 1 Liverpool 400; 2 Wirral 320; 3 Spenborough 252; 4 Blackpool & Fylde 218; 5 Southport Waterloo 201; 6 Oldham & Royton 66
100/200: A Buckley (Wirr) 11.6/22.7
400: I Lowthian (Liv) 48.8
800/1500/2000SC: P Walsh (Liv) 1:58.9/4:26.1/6:49.8
3000: B Cooke (Wirr) 9:20.3
100H/400H: D O'Leary (Liv) 16.7/58.9
HJ: D Graham (Liv) 2.00
PV: G Thomson (Liv) 3.05
LJ: P Upton (Wirr) 6.44
TJ: B Inatimi (Liv) 12.43
SP: 1 C Myerscough (B&F) 18.64; 2 S Scott (Liv) 12.89
DT: 1 C Myerscough 58.46; 2 S Stanford 44.17. **B:** M Discala (Liv) 43.82
HT: L Mackintosh (Liv) 51.39
JT: S Stanford (Liv) 40.03
4x100: Liverpool 44.9
4x400: Liverpool 3:28.1
U20 women
MATCH: 1 Liverpool 334; 2 Wirral 251; 3 Spenborough 232; 4 Southport Waterloo 212; 5 Oldham & Royton 159
100/200: C Russell (O&R) 13.0/26.2
400: J McDougall (S'port W) 60.0
800: S Bullock (Liv) 2:26.8
1500: L Michalson (Liv) 5:06.4
3000: A Green (Spen) 11:07.7
100H: A Mason (S'port W) 18.4
400H: N Birnie (S'port W) 68.7
HJ: N McGovern (Liv) 1.60
PV: J Hyman (Liv) 2.25
LJ: M Crompton (O&R) 4.73
TJ: 1 S Hall (Spen) 10.33; 2 S Batty (Wirr) 10.25; 3 B Lloyd (O&R) 10.24
SP/DT: L Dykes (Liv) 10.08/33.34
HT: V Scott (Liv) 40.89
JT: W Brophy (S'port W) 27.90
4x100: Liverpool 53.0
4x400: Liverpool 4:17.2

Trent Division Stoke

U20 men
MATCH: 1 Stoke 333; 2 Cannock & Stafford 266; 3 Leamington 214; 4 Tamworth 165; 5 Dudley & Stourbridge 139; 6 Banbury 32
100/400: J Christie (Leam) 11.5/50.8
200: S Dworak (D&S) 23.3
800: A Bullock (C&S) 2:00.3
1500/2000SC: R Sinclair (Stoke) 4:28.0/6.52.6
3000: A Williams (Stoke) 9:27.7
110H/HJ: T Salter (C&S) 20.0/1.75
400H: S Potter (Leam) 60.9
LJ: J Nicklin (Stoke) 5.97
TJ: R Wileman (Tam) 11.94
SP: L Woodward (C&S) 15.64
DT: A Brassington (Stoke) 38.56
HT: 1 C Adams (Stoke) 55.10; 2 A Slater (C&S) 49.29
JT: N Clarke (Tam) 45.95
4x100: Stoke 46.8
4x400: Cannock & Stafford 3:48.7
U20 women
MATCH: 1 Cannock & Stafford 295; 2 Dudley & Stourbridge 236; 3 Coventry 219; 4 Tamworth 169; 5 Leamington 160
100/200: R Guthrie (Leam) 12.8/26.3
400: V Pettitt (Cov) 63.3
800: E Crow (D&S) 2:30.9
1500: V Harris (D&S) 5:18.7
3000: L Clarke (C&S) 11:06.6
100H/400H: J Hyslop (Cov) 15.8/68.7
HJ: B Orford (Cov) 1.55
LJ: E Lloyd (C&S) 5.29
SP: J Street (Tam) 10.38
DT: H Coneey (C&S) 33.83
HT: 1 V Williams (C&S) 33.56; 2 D Powell (Tam) 33.42
JT: C Bennett (C&S) 29.19
4x100: Cannock & Stafford 51.8
4x400: Coventry 4:23.5

Don Division Scunthorpe

U20 men
MATCH: 1 Notts 431; 2 Royal Sutton Coldfield 336; 3 Scunthorpe 267; 4 Mansfield 177
100/200/LJ: D Cairns (RSC) 10.9/22.9/6.47
400: A Butler (Notts) 52.3
800: R Denvers (Notts) 2:03.6
1500/3000: B Woodward (Mans) 4:39.9/9:34.9
110H: A Turner (Notts) 16.0
400H/TJ: R Costello (Notts) 63.7/11.45
2000SC: B Ragside (Notts) 6:29.8
HJ: D Espin (Mans) 1.75
PV: D Everitt (Notts) 3.00
SP/DT: D Turner (Mans) 10.55/33.70
HT: A Tucker (Mans) 34.55
JT: M Bond (Notts) 52.13
4x100: 1 Royal Sutton Coldfield 46.3; 2 Notts 46.6; 3 Scunthorpe 49.0
4x400: 1 Notts 3:31.6; 2 Royal Sutton Coldfield 3:41.4; 3 Scunthorpe 3:51.5
Athlete of the match: Andrew Turner (Notts) 16.0

INTER-COUNTIES MEETING Enfield

IT WAS as you were in the men's match in a match hampered by frequent cold bursts Essex repeated their win of last year as 1997 UK Inter-Counties champions Middlesex placed second, *Pete Mulholland reports.*

The current CAU champions Kent could only manage fourth behind Hampshire.

The women's match saw Surrey lock horns once again with Hampshire.

Taking first and second in the UK Inter-Counties with equal points the result today between these two teams was down to the final event to finish, the discus, with Hampshire finally proving victorious to end Surrey's winning run of four consecutive wins for this fixture.

Men
MATCH: 1 Essex 368; 2 Middlesex 345; 3 Hampshire 329; 4 Kent 317; 5 Surrey 244; 6 Oxfordshire 158; 7 Sussex 113; 8 Berkshire 76
100 (-0.7): 1 A Lashore (Kt) 10.7; 2 J Skeete (Ex) 10.9; 3 T O'Dell (Hants) 10.9; 4 U Ogono (Sy) 10.9; 5 R Samuel (Mx) 10.9; 6 G Jones (Berks) 11.1. **B (-0.2):** 1 J Paul (Kt) 10.7; 2 E White (Sy) 10.8
200 (-0.4): 1 White 21.3; 2 Lashore 21.5; 3 O'Dell 21.7; 4 A Gordon (Sx) 22.0; 5 R Johnson (Mx) 22.1; 6 T Stamp (Ex) 22.3. **B (-0.2):** 1 S Adepega (Mx) 22.0; 2 K Farrell (Ex) 22.3
400: 1 G Dearman (Mx) 47.6; 2 C Bennett (Hants) 48.3; 3 C Harris (Sy) 48.9; 4 M Rivers (Kt) 49.0; 5 G Healey (Ex) 50.0. **B:** 1 E Williams (Mx) 48.6; 2 S Ciaravella (Hants) 50.2; 3 M Menlove (Ex) 50.4
800: B Granton (Hants) 1:56.3. **B:** 1 J Guiney (Mx) 1:53.9; 2 C Datema (Hants) 1:56.2
1500: 1 S Barden (Kt) 3:53.6; 2 S Haughian (Mx, U20) 3:55.5. **B:** J Dupuy (Kt) 3:55.4
5000: 1 P Davoren (Sx) 14:41.0; 2 N Francis (Kt) 14:46.0; 3 J Creane (Mx) 14:46.9
3000SC: 1 C Palmer (Hants) 9:33.9; 2 P Lemmon (Mx) 9:39.6; 3 J Lenton (Sx) 9:40.8; 4 A Thomas (Kt) 9:42.4
110H (+1.7): 1 D Malins (Sx) 14.3; 2 M Elliott (Kt)14.6; 3 A David (Sy) 15.3; 4 I Cawley (Hants) 15.4; 5 A Carter (Mx) 16.0; 6 A Hicks (Ox) 16.0. **B (+1.7):** 1 N Cooper (Kt) 14.9; 2 G Telfer (Mx) 15.9; 3 M Coker (Hants) 15.9
400H: 1 A Bargh (Hants) 53.2; 2 A Kinnard (Mx) 54.2; 3 D Paris (Ex) 55.0; 4 A Pamah (Kt) 55.1; 5 Hicks 55.8. **B:** 1 Coker 55.4; 2 S Hudson (Ox) 56.3; 3 S Wilson (Kt) 56.3
HJ: 1 K McKinson (Kt) 2.00; 2 M Ohrland (Ex) 1.95
PV: 1 A Swain (Hants, U20) 4.40; 2 W Jousiffe (Mx) 4.20; 3 K Gray (Kt) 4.00; 4 S Brown (Ex) 4.00; 5 J Webb (Sy) 4.00. **B:** 1 C Mills (Mx) 3.80; 2 A Hardy (Ex) 3.80
LJ: 1 J Munroe (Mx) 7.14; 2 M Bushell (Hants) 7.10; 3 S Wells (Ex, U20) 7.01. **B:** S Nash (Mx) 6.94
TJ: 1 P Idowu (Sy) 15.46; 2 J Peacock (Ex) 13.98; 3 R Cameron (Mx) 13.82; 4 I Rowe (Hants) 13.49
SP: 1 D Callaway (Hants) 15.74; 2 L Newman (Kt) 15.42; 3 A Zaidman (Mx) 14.26; 4 K Ansell (Ex) 13.32. **B:** D Lovett (Hants) 13.06
DT: 1 Newman 60.43; 2 L Marar (Sy) 51.88; 3 S Hayes (Ex) 47.35; 4 R Joseph (Hants) 46.36; 5 V Orzewiecki (Berks) 39.34. **B:** R Earle (Ex) 58.71; 2 C Melhuish (Sy) 46.20; 3 P Derrien (Hants) 42.56. (Guest): P Head (Mx) 69.89
JT: 1 P Cooper (Sx) 62.68; 2 W Smith (Ox) 55.74; 3 L Houslin (Mx) 54.34; 4 R Joseph (Hants) 53.33; 5 P Plater (Sy) 53.24. **B:** D Sketchley (Ex) 59.95
3kmW: 1 J O'Rawe (Ex) 12:43.5; 2 N Wharlow (Kt) 13:43.6; 3 J Hall (Mx) 14:01.7. **B:** 1 A O'Rawe (Ex)12:44.4; 2 A Goudie (Kt) 13:50.9
4x100: 1 Essex 42.2; 2 Middlesex 42.7; 3 Hampshire 43.2
4x400: 1 Middlesex 3:17.0; 2 Hampshire 3:17.2
Women
MATCH: 1 Hampshire 374; 2 Surrey 365; 3 Kent 338; 4 Essex 285; 5 Middlesex 270; 6 Oxfordshire 162; 7 Sussex 90; 8 Berkshire 55
100 (+1.2): M Purkiss (Hants, U20) 11.9. **B (+0.3):** J Johnson (Sy) 12.1
200 (+1.6): 1 V Day (Ex) 24.2; 2 T Joseph (Hants) 24.8; 3 S Williams (Sy) 25.0; 4 L Guthrie (Kt) 25.3. **B (+1.3):** 1 Purkiss 24.6; 2 E Whitter (Sy) 25.1
400: 1 C Amede (Mx) 55.4; 2 E Davies (Hants) 56.3; 3 L Phillips (Berks) 56.8; 4 L Williams (Sy) 57.9; 5 V Pincott (Sx) 58.; 6 S Everson (Kt) 58.1. **B:** 1 C Wise (Hants) 57.1; 2 D Ryan (Mx) 57.7
800: 1 J Fenn (Ex) 2:06.7; 2 J Jones (Hants) 2:08.8; 3 J Mitchell (Sy) 2:09.8; 4 C Perkins (Kt) 2:11.0
1500: 1 D Sullivan (Ex) 4:29.1; 2 K Caffel (Ox) 4:32.1
3000: 1 D James (Hants) 9:42.5; 2 L Webb (Mx) 9:59.9; 3 M Pannett (Kt) 10:02.9. **B:** A Fletcher (Kt, W35) 10:04.8
100H (+0.3): 1 J Kelly (Kt) 14.3; 2 L Buxton (Sx) 14.7; 3 K Reynolds (Ox) 14.9; 4 Wise 15.0; 5 D Bennett (Sy) 15.1; 6 T Duncan (Mx) 15.1. **B (+1.2):** B Liston (Kt) 14.5
400H: 1 T Duncan (Mx, U20) 61.6; 2 C Brown (Ex) 62.2; 3 Buxton 63.9; 4 L Silver (Hants) 64.9. **B:** 1 C Dawkins (Hants, W35) 64.6; 2 C Heaney (Mx) 67.6
HJ: J Hollman (Mx) 1.65
PV: 1 L Webber (Sx) 3.60; 2 C Ridgley (Hants) 3.30; 3 K Rothman (Sy) 3.10; 4 J Hughes (Essex) 2.90; 5 K Alexander (Kt) 2.90; 6 L Lowe (Berks) 2.80. **B:** 1 B Ridgley (Hants, U20) 3.20; 3 K Wnuk (Sy) 2.90
LJ: 1 T Joseph (Hants) 6.19; 2 Bennett 5.79; 3 A Thorpe (Mx) 5.65. **B:** G Holt (Sy) 5.67
TJ: 1 Thorpe 12.42; 2 L Patrick (Sy) 11.44; 3 J Jegede (Ex) 11.03; 4 B Ridgley 10.72; 5 D Flynn (Ox) 10.26. **B:** 1 L Polius (Ex) 10.92; 2 S Wellstead (Sy) 10.82; 3 C Barnes (Hants) 10.21
SP: 1 J Duncan (Ex) 13.50; 2 E Gatrell (Sy) 13.08; 3 J Elphick (Hants) 11.82; 4 Kelly 11.74; 5 C Smithson (Sx, U20) 11.59. **B:** D Callaway (Ex) 13.45
DT: Callaway 51.58
HT: 1 E Augee (Kt) 49.65; 2 M McCutcheon (Ox) 41.82; 3 S Lawrence (Ex) 38.21; 4 N Bradshaw (Hants) 37.58; 5 J Holloway (Sy) 36.18; 6 W Dunsford (Mx) 31.73. **B:** 1 I Duffin (Kt) 48.28; 2 S Hart (Sy) 34.51; 3 R Williamson (Hants) 32.57
JT: 1 K Amos (Ex) 42.29; 2 N Bradshaw (Hants) 41.24; 3 L Cook (Sy) 41.15. **B:** J Bruce (Sy) 36.83
3kmW: A Lewis (Hants) 16:01.7
4x100: 1 Kent 48.7; 2 Surrey 48.9; 3 Hampshire 49.2
4x400: 1 Surrey 3:56.6; 2 Kent 3:56.6; 3 Hampshire 4:02.3

NORTH LONDON OPEN Finsbury Park

Men
100: 1 P Osborne (TVH) 10.6; 2 K Ellis (P'boro) 10.8; 3 M Otubambo (Har) 10.9; 4 E Taiwa (NEB) 11.0; 5 B Hopcroft (Har) 11.1. **B:** M Collins (Houn) 11.1
200: 1 Ellis 22.1; 2 Collins 22.2
BMC 800: 1 T Feasey 1:51.2; 2 J Mills 1:52.2; 3 Andrew Graffin (Ton) 1:52.4; 4 T Johnson 1:53.3; 5 A Renfroe 1:53.7; 6 R Morley 1:54.6; 7 I Craig 1:54.9; 8 R Griffiths 1:55.5; 9 J McLaughlan 1:56.1; 10 B Gilson 1:57.7. **B:** J Latimer 1:55.8

August 22

NORTH EASTERN VETERANS' & BMC MEETING Jarrow

VINCE WILSON acted as pacemaker in the senior 800m, towing the field past the bell in 54.0 before dropping out at 600m where four were left in contention, *Brian Kirkley reports.*

As the quartet surged into the final straight Mike Morris pulled clear of Chris Mulvaney. Craig Houston prevailed from Ivan Hollingsworth with Ken Harker third in the B race.

Morris was the hare in the senior women's 800m taking them to 500m with Beverley Blakeman in pursuit. The Sunderland girl was 50m ahead of Phillipa McCrea with Karen Johns in third. Blakeman's time of 2:06.43, rounded up to 2:06.5, was five hundreths inside her previous best.

In the veterans' throwing events Peter Gordon was over seven metres below his British M45 discus record of 54.20m set in the same circle 10 days earlier with 46.93m but improved in the hammer with an excellent 50.22.

Men (BMC 800m)
1 M Morris (CleS) 1:52.7; 2 C Mulvaney (Bord) 1:54.1; 3 A Brown (Ed S) 1:54.4; 4 C Bannon (Houn) 1:54.9. **B:** 1 C Houston 1:54.8; 2 I Hollingsworth (Walls) 1:56.4; 3 K Harker (Morp) 1:57.1
M40
SP/HT/JT: P Dodsworth (Sund) 8.35/35.18/27.03
M45
SP/JT: J Wild (R&Z) 9.46/32.92
DT: 1 P Gordon (Gates) 46.93; 2 J Wild 28.04
HT: 1 Gordon 50.22; 2 J Wild 27.12
M50
SP: 1 T Hudson (Els) 11.74; 2 J Charlton (Morp) 9.27; 3 G Smith (Hali) 9.16
DT: 1 Hudson 35.53; 2 Smith 31.80; 3 Charlton 24.24
HT: Hudson 36.46
JT: 1 Smith 37.96; 2 Charlton 37.23; 3 Hudson 26.50
M60
DT/JT: H Ryan (NEV) 28.44/26.78
M65
DT/HT/JT: D Field (Sund) 21.85/26.13/35.70
M75
DT/HT/JT: T Henderson (Sund) 21.92/26.38/18.35
Women
800: 1 B Blakeman (Sund) 2:06.5; 2 P McCrea (Gates) 2:14.7; 3 K Johns (Shild) 2:15.3
W35
DT/JT: C Courtney (Blay) 22.13/17.16

NORTHERN IRELAND McDONALD'S YOUNG ATHLETES' LEAGUE FINAL Antrim Forum

ST COLUMBS retained the overall boys' trophy winning all three sections, while Lagan Valley retained the girls' trophy, with the junior section going to Regent House and the intermediate section to Sparta, *Alan Keys reports.*

The athletes of the match awards went to Ryan Power for his sprint double in the U17 boys, to Simon Berry who won the 100 and 400 in the U15 and to James Kirk-Patrick who had a shot and discus double at U13 level.

In the girls events Jenny Oakes took the U17 award after winning the hurdles and 300. Rebecca Mitchell took the U15 award after winning the hurdles and 200 while Lynsey Freel took the minor award for winning the 800.

There were also a number of other excellent performances with Katherine Corrish having a treble at 100, 200 and long jump in the minor girls, Steven Cavanagh who won the minor boys' 100, 200 and high jump and there were also double wins for Steven Waters in the boys 800 and 1500 and Timothy Mendez in the boys 200 and triple jump.

Overall boys match: 1 St Columbs 653; 2 Lagan Valley 466; 3 Annadale Striders 435; 4 North Down 292; 5 East Down 230; 6 Albertville 173; 7 Beechmont 148
U17 men
MATCH: 1 St Columbs 233; 2 East Down 215; 3 Lagan Valley 182; 4 Albertville 87; 5 Annadale Sriders 79; 6 Lisburn 62
U17
100/200: R Power (SC) 11.1/22.8
400/LJ: P Gallagher (Gst) 53.6/5.69
800: C Nabney (LV) 2:05.1
1500: M Black (Gst) 4:13.7
3000: J Budde (ND) 9:36.8. **B:** J Byrne (ED) 9:24.3
100H: S Dobbin (ED) 14.9. **B:** P Shannon (ED) 14.6
HJ: P Moore (SC) 1.70. **B:** J Ferguson (Gst) 1.70
PV: J Kirk (ND) 2.90
SP: S Baker (ED) 11.36
DT: M Thompson (Lisb) 33.28
4x100: St Columbs 47.2
U15
MATCH: 1 St Columbs 237; 2 Annadale 194; 3 Lagan Valley 150; 4 Beechmont 133; 5 East Antrim 96; 6 Albertville 48
100/400: S Berry (LV) 11.8/55.5
200/TJ: T Mendez (Anna) 24.2/11.46
800/1500: S Watters (Gst) 2:10.1/4:30.0
3000: S Hasson (SC) 9:56.6. **B:** P Bradley (SC) 9:59.9
HJ: R Doolan (Anna) 1.60
PV: P Doherty (SC) 2.00
SP: J Grant (Gst) 12.10
JT: M Wilson (Gst) 36.60
4x100: St Columbs 49.4
U13
MATCH: 1 St Columbs 183; 2 North Down 180; 3 Annadale 162; 4 Lagan Valley 134; 5 Olympian 94
100/200/HJ: S Cavanagh (Gst) 12.5/25.5/1.40
800/1500: J Villa (SC) 2:25.0/5:05.1
75H: A Fullerton (Anna) 13.1
LJ: P Brown (ND) 4.93
SP/DT: J Kirk-Patrick (ND) 9.84/28.29
4x100: St Columbs 54.5
Overall girls' match: 1 Lagan Valley 596.5; 2 Sparta 535; 3 Albertville 396; 4 Regant House 392; 5 Olympian 311; 6 Lisburn 229.5; 7 North Down 229
U17 women
MATCH: 1 Sparta 209; 2 Lagan Valley 203.5; 3 Olympian 190; 4 Albertville 139; 5 Lisburn 42.5; 6 North Down 36
100/200: K Molloy (SNW) 13.4/27.9
300/80H: J Oakes (ND) 43.8/12.4
800: C McDonald (LV) 2:27.8
1500/3000: A Freel (LV) 5:11.9/11:16.2
HJ: A McIntyre (SNW) 1.40
LJ: H Orr (LV) 4.73
SP: C Dallas (LV) 8.18
JT: E Donnelly (Lis) 28.84
4x100: Lagan Valley 53.7
U15
MATCH: 1 Regent House 185; 2 Lagan Valley 178; 3 Sparta 146; 4 North Down 118; 5 Lisburn 110; 6 Albertville 85
100: S Quinn (Lis) 13.3. **B:** B Creighton (RH) 13.6
200: R Mitchell (RH) 26.8. **B:** C Crawford (RH) 27.5
800: L Rea (LV) 2:27.4
1500: S Campbell (LV) 5:20.2
75H: Mitchell 11.6. **B:** N Strain (RH) 12.5
HJ: Crawford 1.53
LJ: C Wilson (LV) 4.47
SP: A Rodgers (SNW) 9.32
DT: K Kapande (RH) 24.96
4x100: Regent House 52.3
U13
MATCH: 1 Lagan House 190; 2 Regent House 172; 3 Sparta 155; 4 Albertville 147; 5 Olympian 96; 6 North Down 60; 7 Lisburn 52
100/200/LJ: K Corrish (LV) 13.8/29.4/4.13
800: L Freel (LV) 2:33.3
1500: C Guiney (LV) 5:16.3
70H: L Wilson (RH) 12.7
HJ: C Kapande (RH) 1.30
SP: A Davis (LV) 9.08. **B:** J Paul (RH) 7.82
JT: E Burdett (RH) 19.05
4x100: Lagan Valley 57.5

GRAMPIAN TELEVISION LEAGUE East Section Elgin

Men
MATCH: 1 Aberdeen 378; 2 Ellon 276; 3 Moray 187; 4 Elgin 178; 5 Peterhead 52
SP: G Laney (Elgin, M40) 12.79
U17
SP: A Major (Elgin) 16.07 (rec)
JT: A Hayman (Ellon) 50.51
U13
100/LJ: S Miller (A'deen) 15.2/4.21
200/SP: J Hogg (A'deen) 32.3/7.91
800: S Anderson (Peter) 2:43.4
U11
100: S Hamilton (Elgin) 16.7
800: M Edwards (A'deen) 2:55.0
LJ: D Scott (Ellon) 2.96
JT: P Henderson (A'deen) 14.44
4x100: Elgin 70.3
Final league positions: 1 Aberdeen 28; 2 Ellon 18; 3 Elgin 17; 4 Moray 13; 5 Peterhead 7; 6 Fraserburgh 4
Women
MATCH: 1 Aberdeen 332; 2 Ellon 276; 3 Elgin 210; 4 Moray 80; 5 Fraserburgh 12; 6 Peterhead 8
U15
SP: F Miller (Elgin) 9.75
DT: C Stewart (Elgin) 23.20
4x200: Aberdeen 2:01.4
U13
800: J Christie (A'deen) 2:43.1
LJ: J Halket (Ellon) 4.18
SP: S McRobbie (Ellon) 8.70

DT: L Chalmers (Elgin) 24.36
4x100: Aberdeen 58.8
U11
100: R Hadden (Ellon) 16.1
800/SP: V Miles (Ellon) 2:58.3/4.77
JT: H King (Moray) 9.70
4x100: Ellon 68.9
Final league positions: 1 Aberdeen 28; 2 Ellon 20; 3 Elgin 16; 4 Moray 12; 5 Fraserburgh 8; 6 Peterhead 3

North Section — Nairn

Men
MATCH: 1 BP Black isle 360; 2 Inverness 354; 3 Nairn 176; 4 Lochaber 142; 5 Caithness 125; 6 Forres 38
U17
1500: C Poole (BPBI) 4:13.81
U15
100: A Pearson (Inv) 12.43
400/SP: A Munro (BPBI) 58.98/11.02
U13
1500/LJ: G Welsh (L'aber) 4:52.47/4.20
4x200: Inverness 2:02.89
U11
60: M Miller (Caith) 9.62
800: M Mitchell (Forres) 2:48.13
LJ/SP: S Campbell (Caith) 3.53/7.45
4x100: Inverness 64.79
Final league positions: 1 BP Black Isle 26; 2 Inverness 21; 3 Nairn 13; 4 Lochaber; 5 Caithness 12; 6 Forres 4
Women
MATCH: 1 Inverness 345; 2 Caithness 233; 3 BP Black Isle 176; 4 Nairn 100; 5 Forres 39; 6 Lochaber 30
4x200: Inverness 1:53.50
U15
200/LJ: L Millard (Caith) 28.95/5.03
JT: K Grainger (Inv) 28.25
U13
60/100: F Murray (Inv) 9.59/14.80
1500: A MacArthur (Inv) 5:17.2
SP/JT: K Law (Black I) 6.36/18.60
U11
60: L McNeill (Black I) 9.97
800/LJ: R McKenzie (Inv) 2:56.88/3.04
SP: K McGregor (Caith) 4.75
4x100: Inverness 66.27
Final league postions: 1 Inverness 26; 2 Caithness 20; 3 BP Black Isle 18; 4 Nairn 12; 5 Lochaber 7; 6 Forres 5

South Section — Dundee

Men
MATCH: 1 Arbroath 353; 2 Banchory Stonehaven 324; 3 Montrose 236; 4 Dundee 92; 5 Kirriemuir 75
U17
SP: R Oparka (Dund) 12.58
4x200: Dundee 1:47.1
U15
SP: M Cargill (Arb) 10.94
U13
60: C Lampkin (Mont) 9.6
JT: J Wallace (Arb) 30.86
U11
60/80/LJ: R Gray (Banc) 9.6/2:42.3/3.69
SP: S Davies (Arb) 6.38
4x100: Arbroath 64.5
Final league positions: 1 Arbroath 28; 2 Banchory Stonehaven 20; 3 Montrose 15; 4 Dundee 13; 5 Kirriemuir 8
Women
MATCH: 1 Banchory Stonehaven 322; 2 Arbroath 310; 3 Dundee 160; 4 Montrose 28
U15
1500: H Scanlan (Dund) 5:05.7
U13
60: Z Davidson (Banc) 9.3
1500: N Stephen (Banc) 5:27.6
SP: J McNulty (Arb) 7.09
JT: C Shepherd (Arb) 21.13
U11
60: D Pedgrift (Arb) 10.4
800: E Cloggie (Banc) 2:56.6
LJ/SP: K Davidson (Banc) 3.22/5.67
4x100: Banchory Stonehaven 68.9
Final league positions: 1 Arbroath 26; 2 Banchory Stonehaven 22; 3 Dundee 16; 4 Montrose 11; 5 Kirriemuir 7

SOUTHERN WOMEN'S LEAGUE Division One — Bedford

MATCH: 1 Bedford & County 204.5; 2 Ealing, Southall & Middlesex 194.5; 3 Guildford & Godalming 159.5; 4 Havant 140.5; 5 Parkside, Harrow 136
Women
100: 1 C Michaelska (ESM) 12.4; 2 M Walker (Bed C) 12.4; 3 J Reed (Havant) 12.4
200: Reed 25.36
400: O Ryan (ESM) 58.68
800: M Matthews (Bed C) 2:19.04
1500: M Speller (Havant) 4:56.9
3000: 1 K Holmes (ESM) 9:10.23; 2 Z Hyde (Havant) 9:42.07
100H: 1 L Cozens (Bed C) 15.44; 2 A McDonnell (Park) 15.49
400H: McDonnell 66.01
HJ: N Norford (Bed C) 1.60
PV: T Bloomfield (G&G) 3.70 (equals league record)
LJ: Cozens 5.62
TJ: 1 A Hall (Bed C) 11.32; 2 M Paul (ESM, U17) 10.62; 3 K Childs (G&G) 10.29; 4 H Lloyd (Havant) 10.29
SP: W Dunsford (Park) 10.60
DT: 1 A Mitchell (Park) 41.11; 2 S Terry (ESM) 39.94; 3 A Jenkins (Bed C) 34.69. **B:** J John (ESM) 38.89
HT: Jenkins 44.79
JT: J Ayero (ESM, U20) 39.12
4x100: Bedford & County 50.80
4x400: Ealing, Southall & Middlesex 4:13.93
U17
80H: Paul 12.90
U15
100: 1 S Bell (Park) 12.68; 2 K Yarde (ESM) 12.90; 3 M Webster (Bed C) 12.95; 4 E Stonebridge (G&G) 13.48. **B:** 1 N Phillips (Park) 13.22; 2 R Anderson (Bed C) 13.27; 3 A Olojejo (ESM) 13.29; 4 H Robey (G&G) 13.42
200: 1 Bell 26.03; 2 M Canning (ESM) 26.53; 3 Webster 27.01. **B:** 1 Yarde 27.32; 2 Phillips 27.77
800: C Moss (Bed C) 2:34.67
1500: H Lee (Park) 5:07.94
75H: 1 Canning 11.84; 2 S Galloway (Havant) 12.07; 3 C Forrest (G&G) 12.87
HJ: N Forrest (G&G) 1.55
LJ: Galloway 4.83
SP: M Coe (G&G) 8.32
DT: C Obilon (ESM) 25.57
JT: 1 S Ellis (Havant) 29.91; 2 E Ajix (ESM) 27.75
4x100: Ealing, Southall & Middlesex 54.39

Copthall Stadium, Barnet

MATCH: 1 Windsor, Slough & Eton 191.5; 2 Shaftesbury Barnet 179.5; 3 Ashford 172.5; 4 Basildon 172; 5 Exeter 113.5
Women
100: 1 C Murphy (SB) 11.6; 2 M Clements (WSE) 12.1; 3 S Porter (Bas) 12.2. **B:** 1 S Anderson (SB) 12.2; 2 C Haslam (WSE) 12.4
200: 1 Murphy 23.6; 2 Haslam 25.4. **B:** H Dryer (WSE) 25.5
400: K Wall (Bas, U17) 56.0
800: C Perkins (Ashf) 2:13.8
1500: W Changuion (SB) 4:39.5
3000: A Ridley (SB) 10:57.3
100H: 1 J Matthews (Ashf, W35) 14.7; 2 C Anderson (SB) 14.8; 3 N Butler (WSE) 14.9; 4 M Major (Bas) 15.7
400H: Matthews 62.6
HJ: C Johnson (WSE) 1.57
PV: 1 S Woods (Bas) 2.90; 2eq K Alexander (SB) & Z Parsons (Ashf) 2.70
LJ: 1 K Skeggs (Ashf) 5.54; 2 Butler 5.51; 3 S Woods (Bas) 5.48
TJ: 1 Skeggs 11.85; 2 Y Finikin (SB) 11.09; 3 Clements 10.93; 4 Woods 10.42. **B:** 1 N Butler (WSE) 10.67; 2 S Hunter (SB) 10.53
SP: 1 T Axten (SB, W35) 14.31; 2 Johnson 12.51; 3 E Carpenter (Exe) 10.86. **B:** 1 J Dunkley (SB, U20) 13.96; 2 J Holloway (WSE) 10.96
DT: 1 Axten 51.81; 2 J Bradley (Ashf) 43.14; 3 Carpenter 42.25; 4 F Champion (WSE) 41.94. **B:** 1 C Burton (Ashf) 41.66; 2 I Duffin (SB, W35) 35.38; 3 K Halford (Exe) 34.04
HT: 1 Duffin 47.80; 2 Champion 37.11. **B:** Dunkley 36.54
JT: 1 M Burrows (Ashf) 40.53; 2 Johnson 35.45
4x100/4x400: Basildon 50.2/4:06.8
U17
80H: P Kalu (SB) 12.4
U15
100: 1 L Winter (Exe) 12.7; 2 K Velvick (Ashf) 13.1; 3 K Matthews (Bas) 13.2; 4 L Alleyne (WSE) 13.3; 5 S Savage (SB) 13.5. **B:** 1 S Jones (Exe) 13.2; 2 S Watts (WSE) 13.3; 3 E Miles (Ashf) 13.5
200: 1 Winter 27.0; 2 Velvick 27.3; 3 K Turner (WSE) 27.4; 4 Matthews 27.4. **B:** 1 C Payne (WSE) 27.3; 2 Miles 27.8
800: 1 H Mottram (Bas) 2:23.4; 2 J Nugent (SB) 2:24.8. **B:** A Joel (Bas) 2:27.9
1500: L Marsh (Exe) 5:13.4
75H: 1 Winter 11.9; 2 Savage 11.9; 3 G Tune (Bas) 12.5; 4 A Cunningham (WSE) 12.5. **B:** K Dornan (Bas) 12.3
HJ: 1 Dornan 1.50; 2 T Sharp (Ashf) 1.45. **B:** H Goodall (Ashf) 1.45
LJ: 1 Turner 5.05; 2 Savage 4.86; 3 R Conlon (Ashf) 4.81
SP: 1 S Moles (Bas) 10.33; 2 S Beer (Exe) 9.86; 3 P Monello (WSE) 9.33; 4 L Fox (Ashf) 9.14
DT: 1 Fox 29.38; 2 Beer 24.38; 3 Monello 24.31; 4 Moles 24.31. **B:** C Thompson (Exe) 23.55
JT: N Francis (WSE) 27.38
4x100: Windsor, Slough & Eton 52.4

Deangate Ridge, Hoo

MATCH: 1 Aldershot, Farnham & District 171; 2 Newham & Essex Beagles 170; 3 Medway 169; 4 Sutton & District 167; 5 Basingstoke & Mid Hants 166
Women
100: 1 S Bovill (Sutt) 12.4; 2 S Beedle (Med) 12.5; 3 A Ceesay (NEB) 12.5
200: 1 Bovill 25.5; 2 Ceesay 25.8
400: L Staines (BMH) 58.6
800: J Puckeridge (Med) 2:17.3
1500: J Buigin (NEB) 4:50.3
3000: A Purser (AFD) 10:18.5
100H: 1 S Porter (Sutt) 14.5; 2 C Wise (AFD) 14.7. **B:** Y Ige (Sutt) 14.9
400H: Wise 59.8. **B:** N Pocock (AFD) 66.5
HJ: V Kellaway (Med) 1.60
PV: cancelled
LJ: 1 G Holt (AFD) 5.99; 2 S Wellstead (Sutt, U20) 5.43
TJ: T Jegede (NEB, U20) 11.21; 2 S Oakes (Med) 11.18; 3 Holt 10.96. **B:** 1 S Strevens (NEB, U20) 10.98; 2 N Brunning (AFD) 10.44
SP: 1 V Foster (AFD) 14.30; 2 J McPherson (BMH) 11.03. **B:** N Bradshaw (AFD) 11.10
DT: 1 Foster 44.28; 2 McPherson 40.89; 3 R Lister (Med) 40.55. **B:** 1 S Last (Med) 39.28; 2 Bradshaw 34.15
HT: 1 Last 44.72; 2 McPherson 37.95; 3 Bradshaw 36.69
JT: 1 K Morrison (Med) 52.43; 2 Bradshaw 48.21; 3 K Watts (BMH) 43.85; 4 M Kemp (Sutt) 38.43. **B:** L Cook (Med) 44.21; 2 G Hodgson (Sutt) 36.11
4x100: Sutton & District 49.8
4x400: 1 Medway 4:03.7; 2 Basingstoke & Mid Hants 4:03.8
U17
80H: K Goddard (AFD) 12.5
U15
100: 1 G Bennett (NEB) 13.0; 2 L Bell (AFD) 13.2; 3 J Crouch (Sutt) 13.5
200: 1 Z Ceesay (NEB) 26.7; 2 Bell 27.6. **B:** F Adenaike (NEB) 27.9
800: 1 T Perry (BMH) 2:28.9; 2 L Copley (AFD) 2:29.7
1500: J Pygall (Med) 4:59.9
75H: 1 Bennett 12.1; 2 E Peak (Sutt) 12.7
HJ/LJ: Ceesay 1.41/5.08
SP: Bennett 8.98
DT/JT: D Swatheridge (BMH) 31.52/24.24
4x100: Newham & Essex Beagles 52.7

Wodson Park, Ware

MATCH: 1 Team Solent 192; 2 Bournemouth 177.5; 3 Hertford & Ware 175.5; 4 Essex Ladies 150; 5 Havering Mayesbrook 117
Women
100: 1 C Bloomfield (Ex L) 12.0. **B:** 1 R Rogers (Team S) 12.2; 2 S Chesney (Ex L) 12.3
200: 1 M Purkiss (Team S, U20) 24.2; 2 Bloomfield 24.8. **B:** Rogers 25.8
400: D Gandy (Team S) 58.0
800: 1 J Brown (B'mth) 2:11.3; 2 S Morris-Yorke (H&W) 2:12.1
1500: D Sullivan (Hav M) 4:31.9
3000: Morris-Yorke 10:08.6
100H: J Pratt (Ex L, U20) 13.7
400H: C Dawkins (Team S, W35) 65.7
HJ: M Smith (Team S) 1.63
PV: 1 C Ridgley (Team S) 3.40; 2 K Dowsett (Ex L) 2.80. **B:** R Ridgley (Team S, U20) 3.20
LJ: R Peacock (B'mth, U20) 5.29
TJ: 1 C Stead (Ex L) 11.98; 2 R Ridgley 10.89; 3 D Jones (H&W) 10.75. **B:** 1 P Risby (H&W) 10.69; 2 D Wilks (Team S) 10.26
SP: 1 C Hill (Team S) 12.43; 2 E Augee (Ex L) 11.65
DT: M Hood (B'mth) 32.97
HT: Augee 47.29. **B:** M Edwards (Ex L) 36.46
JT: F Bowring (B'mth, U17) 36.69. **B:** L Procter (B'mth, U17) 36.44
4x100: 1 Essex Ladies 48.6; 2 Team Solent 49.4
4x400: Team Solent 4:06.5
U17
80H: R Saunders (H&W) 12.9
U15
100: D Osagede (Ex L) 13.5. **B:** C Boakye (Ex L) 13.3
200: 1 Boakye 26.4; 2 S Scott (B'mth) 27.0; 3 S Adamson (H&W) 27.2
800: L Deadman (Hav M) 2:24.7
1500: 1 C Moore (B'mth) 4:42.7; 2 F Fullerton (Hav M) 4:53.7
75H: 1 Scott 11.7; 2 T Thomas (Ex L) 12.6
HJ: 1 C Dewsbury (B'mth) 1.55; 2 J Saunders (H&W) 1.55
LJ: Thomas 4.97
SP: 1 K Herring (Hav M) 9.87; 2 K Ripman (Team S) 9.30
DT: 1 Herring 27.42; 2 A Azzeddin (B'mth) 23.65
JT: A Butler (H&W) 20.93
4x100: 1 Essex Ladies 51.9; 2 Hertford & Ware 52.9

Woking

MATCH: 1 City of Norwich 197; 2 Epsom & Ewell 171; 3 City of Plymouth 167; 4 Radley Ladies 156; 5 Woking 145
Women
100: 1 K Endacott (Ply) 12.2; 2 K Reynolds (Ply) 12.4. **B:** C Cooper (Ply) 12.3
200: 1 Endacott 25.0; 2 Reynolds 25.8; 3 C Foster (Woking) 25.8
400: L Pummell (Woking) 59.6. **B:** V Mitchell (Woking) 59.4
800: S Knights (Norw) 2:14.1
1500: H Dean (Rad L, U17) 5:07.0
3000: R Buller (Norw) 10:29.1; 2 H Dean 10:44.5; 3 J Davies (E&E, W45) 10:59.0. **B:** G Dean (Rad L, W45) 10:49.0
100H: 1 Reynolds 14.1; 2 D Bennett (E&E) 14.2; 3 C Hall (Norw) 15.0
400H: 1 Hall 65.1; 2 Mitchell 65.9
HJ: D Bennett 1.70
PV: A Davies (Woking) 3.45
LJ: D Bennett 5.87. **B:** E Ghojefa (E&E) 5.62
TJ: 1 N Brant (E&E) 10.78; 2 R Scotcher (Norw) 10.67; 3 E Gatrell (Woking) 10.35. **B:** C Glenn (Norw) 10.44
SP: 1 C Bennett (E&E) 14.25; 2 Gatrell 13.87; 3 L Henry (Norw) 11.04. **B:** L Dargan (E&E) 11.96
DT: Henry 38.19
HT: C Bennett 45.85
JT: 1 J Bruce (Woking) 44.35; 2 D Bennett 38.22
4x100: 1 City of Plymouth 49.0; 2 Woking 49.9
4x400: 1 City of Norwich 4:01.2; 2 Woking 4:02.4
U17
80H: R White (Woking) 13.7
U15
100: 1 S Young (Norf) 13.3; 2 L Sings (Ply) 13.3
200: Sings 26.8
800: 1 J Hart (Rad L) 2:34.0; 2 A Felton (Ply, U13) 2:38.5. **B:** 1 S Wearne (Ply, U13) 2:45.3; 2 L Barnet (Woking, U13) 2:48.2
1500: L Gilbert (Norw) 5:14.6
75H: 1 H Smith (Norw) 12.2; 2 B Howe (Ply) 12.8
HJ: C Williamson (Norw) 1.55
LJ: J Chandler (Norw) 4.68
SP: R Caine (Ply) 8.90
DT: 1 M Ebtehat (Rad L) 28.04; 2 L Randall (E&E) 24.53; 3 L Sylvester (Norw) 24.16
JT: K Partington (Ply) 21.91
4x100: City of Norwich 53.4
Positions after five matches: 1 Aldershot, Farnham & District 1000 (23.5); 2 Ashford 968.5 (22); 3 Windsor, Slough & Eton 966.5 (24); 4 Basildon 943 (20); 5 Team Solent 910.5 (17.5); 6 Bedford & County 897.5 (18.5); 7 Bournemouth 892.5 (20); 8 Medway 873 (18); 9 Epsom & Ewell 871 (18); 10 City of Norwich 835.5 (17); 11 Sutton & District 827.5 (14); 12 Radley Ladies 818 (13); 13 Newham & Essex Beagles 816 (18); 14 Basingstoke & Mid Hants 808 (12); 15 Ealing, Southall & Middlesex 798 (12); 16 Hertford & Ware 782 (13); 17 Shaftesbury Barnet 779.5 (13); 18 Guildford & Godalming 773 (12); 19 City of Plymouth 764.5 (13); 20 Woking 762 (10); 21 Parkside, Harrow 756 (12); 22 Exeter 731 (13); 23 Essex Ladies 706 (7.5); 24 Havant 701 (9); 25 Havering Mayesbrook 629.5 (5)

Division Two — Bournemouth

MATCH: 1 Southampton City 215; 2 Wimborne 164; 3 Wycombe Phoenix 154; 4 Bracknell 149; 5 Milton Keynes 142
Women
100: L Thorne (Wyc P) 12.0. **B:** L O'Callaghan (Wyc P) 12.5
200: Thorne 24.4
400: S Cox (Mil K) 61.8
800: 1 S Aperghis (Wyc P) 2:15.7; 2 K Goddard (Soton) 2:16.9
1500/3000: R McGimpsey (Soton) 4:58.8/10:32.6
100H: E Duck (Soton) 15.3
400H: K Gunn (W'borne) 69.2
HJ: J Reader (Soton) 1.60
PV: J Harding (Wyc P) 2.30
LJ: H Willshire (Brack) 5.34
TJ: K Street-Pidd (Soton) 10.66
SP: J Wright (Brack, W40) 9.88
DT: L Keightley (Brack, U20) 47.18. **B:** Wright 38.54
HT: L Bloxham (Mil K) 30.06
JT: J Parry (Soton) 33.38
4x100/4x400: Wycombe Phoenix 51.0/4:02.3
U17
80H: S Pullinger (Brack) 12.0
U15
100: R Burden (Soton) 13.0. **B:** T Sutton (Soton) 13.4
200: D Chatting (Soton) 27.0
800: H Docherty (Mil K) 2:36.1
1500: V Turner (Brack) 4:54.2
75H: 1 S Bourne (W'borne) 12.8; 2 A Keen (Mil K) 12.9
HJ: S Wilkinson (W'borne) 1.45
LJ: E James (W'borne) 4.97
SP: S Moss (Soton) 8.04
DT: 1 C Hancock (Soton) 27.70; 2 J Wright (Brack) 24.47. **B:** C Wales (Brack) 24.08
JT: 1 Moss 33.02; 2 C Webb (Wyc P) 28.98; 3 L Cowell (Brack) 27.62
4x100: Southampton City 52.3

Crawley

MATCH: 1 Brighton & Hove 218; 2 Herne Hill Harriers 190; 3 Crawley 168; 4 Bromley Ladies 138; 5 Borough of Hounslow 114
Women
100: 1 B Liston (Brom L) 12.3; 2 E Whitter (Herne H) 12.3; 3 G Howell (B&H) 12.3
200: 1 N Bowring (Brom L) 24.9; 2 Whitter 25.2; 3 Howell 25.3
400: 1 Howell 57.0; 2 R King (Craw) 57.9
800: S Whitby (Craw) 2:15.6
1500: 1 J Mitchell (B&H, U20) 4:35.0; 2 A Styles (Craw) 4:38.0
3000: S Simmons (Houn) 10:04.7
100H: 1 Liston 14.5; 2 L Buxton (B&H) 15.4
400H: 1 Buxton 65.1; 2 R Brerton (Herne H) 66.2
HJ/LJ: N Gilding (B&H) 1.60/5.50
PV: L Webber (B&H) 3.40
TJ: 1 E Gibbens (Brom L) 10.82; 2 Gilding 10.81. **B:** R Storm (B&H) 10.54
SP: C Smithson (B&H, U20) 12.92
DT: 1 Smithson 41.42; 2 C Lintern (Craw) 38.40
HT: A Smith (Houn) 26.95
JT: T Oboh (Herne H) 39.73
4x100: Brighton & Hove 51.3
4x400: Crawley 4:08.0
U17
80H: N Joyce (Brom L) 13.6
U15
100: 1 C Garnett (Herne H) 13.0; 2 E Blackwell (Brom L) 13.0; 3 L Scarlett (Craw) 13.3
200: 1 C Croll (Herne H) 26.8; 2 Scarlett 26.9. **B:** Garnett 26.8
800: 1 A Bevan (Craw) 2:21.6; 2 K Cartlidge (B&H) 2:27.7
1500: C Best (Craw) 5:18.0
75H: S Judd (B&H) 12.4. **B:** Croll 12.9
HJ: J Clarke (Herne H) 1.40
LJ: Garnett 4.89
SP/JT: S Redd (B&H) 8.13/40.35 (League record)
DT: S Maturin (Herne H) 25.58
4x100: Herne Hill Harriers 52.8

Peterborough

MATCH: 1 Puma Thames Valley Harriers 194; 2 Peterborough 189; 3 Reading 161; 4 Borough of Enfield 147; 5 Hillingdon 127
Women
100: S Bowen (Read) 12.5
200: S Smith (P'boro) 26.2
400: M Williams (TVH) 59.1
800: 1 M Carville (TVH) 2:15.0; 2 J Cox (Enf) 2:16.7
1500: Cox 4:49.5
3000: L Towns (TVH) 10:26.4
100H/JT: A Hollman (P'boro) 14.6/34.75
400H: A Hollman 65.6. **B:** D Clarke (TVH) 66.5
HJ: J Hollman (P'boro) 1.64
PV: 1 L Lowe (Read) 3.05; 2 K Rowe (P'boro) 3.00
LJ: A Stevens (P'boro) 5.22
TJ: 1 S McGivern (P'boro) 11.04; 2 M Woodger (Read) 10.55
SP: J Hollman 10.70
DT: T Saint-Smith (Enf) 39.83
HT: J Clarke (P'boro, W35) 35.96
4x100: Peterborough 50.0
4x400: Puma Thames Valley Harriers 4:10.3
U17
80H: JA Kelly (P'boro) 13.3
U15
100: 1 L Hazel (P'boro) 13.0; 2 D Charles (TVH) 13.4; 3 T Townend (Read) 13.5
200: Hazel 27.8
800: V Naylor (P'boro) 2:28.8
1500: V Larman (P'boro) 5:26.2
75H/LJ: R Brooke (Read) 12.5/4.71
HJ: 1 Brooke 1.49; 2 P Aebo (TVH) 1.46
SP: L Jordan (P'boro) 9.51
DT: T Merrill (Read) 26.71
JT: R Samuels (TVH) 29.22
4x100: Puma Thames Valley Harriers 54.9

Portsmouth

MATCH: 1 Horsham Blue Star 202.5; 2 City of Portsmouth 178; 3 Worthing 171; 4 Belgrave 161; 5 Cornwall 129.5
Women
100/200: S Scott (Belg) 12.4/25.4
400: S Roberts (Belg) 58.5
800: C Hiscock (Ports) 2:21.8
1500: R Adams (Hors BS) 5:03.5
3000: N Tierney (Ports) 10:36.0
100H: C Milborrow (Hors BS) 14.9
400H: N Davey-Thomas (Worth) 73.1
HJ: S Woolrich (Ports) 1.68
PV: J Cockram (Belg) 2.70
LJ: 1 A Abrams (Belg) 5.59; 2 Milborrow 5.48; 3 D Woolgar (Worth) 5.43
TJ: Z McKinnon (Hors BS, U17) 11.00
SP: 1 Woolgar 12.29; 2 S Manning (Ports) 10.99
DT: Woolgar 34.90
HT: H Arnold (Ports) 47.57
JT: C Garrett (Worth) 33.62
4x100/4x400: Horsham Blue Star 51.7/4:10.2
U17
80H: McKinnon 12.4
U15
100: 1 G Potten (Hors BS) 12.8; 2 L Wright (Ports) 13.0. **B:** P Sullivan (Ports) 13.4
200: 1 Potten 26.6; 2 Wright 27.3. **B:** Sullivan 27.7
800: E Broadbent (Hors BS) 2:27.5
1500: S-J Pickett (Hors BS) 5:08.1

75H: D Cooper (Worth) 12.9
HJ: M Nestor (Belg) 1.45
LJ: L Mitchell (Corn) 4.41
SP/DT/JT: F Brennan (Worth) 10.72/30.68/24.21
4x100: Horsham Blue Star 54.1

St Ives

MATCH: 1 Thurrock 191; 2 Oxford City 164.5; 3 Braintree 159; 4 Huntingdonshire 136.5; 5 Walton 134
Women
100: 1 S Williams (Walton) 12.0; 2 S Hancock (Brain) 12.2
200: H Williams (Walton) 26.8
400: P Waller (Hunts) 60.9
800: S Ridger (Thurr) 2:21.2
1500: J Wilkinson (Thurr) 5:01.4
3000: M Clark (Ox C) 11:07.7
100H/HJ: N Turner (Ox C) 16.0/1.55
400H: S Williams 68.8
PV: A Everitt (Hunts) 2.60. **B:** D Singleton (Walton, W35) 2.40
LJ: S Fleetham (Brain) 5.47
TJ: 1 D Howell (Walton) 10.70; 2 Everitt 10.64; 3 L Wood (Brain, U17) 10.36
SP: K Amos (Thurr) 10.23
DT: A Hill (Ox C) 35.02
HT: S Lawrence (Thurr) 35.07
JT: 1 Amos 42.69; 2 T Carless (Brain) 38.23
4x100: Braintree 50.0
4x400: Walton 4:11.8
U17
80H: K Andrews (Brain) 12.4. **B:** Wood 12.7
U15
100: 1 M Johansen (Ox C) 12.9; 2 K Clark (Thurr) 13.4
200/LJ: Johansen 27.6/5.40
800: J Allen (Brain) 2:37.7
1500: N Page (Thurr) 5:21.4
75H/HJ: N George (Thurr) 13.4/1.40
SP: L Sutton (Ox C) 9.19
DT: L Matthews (Thurr) 23.38
JT: 1 Matthews 34.74; 2 S Green (Brain) 28.11
4x100: Oxford City 55.4
Positions after five matches: 1 Horsham Blue Star 1016 (25); 2 Brighton & Hove 984 (23); 3 Puma Thames Valley Harriers 968 (23); 4 Thurrock 951 (24); 5 Herne Hill Harriers 906.5 (19); 6 Oxford City 895 (18); 7 Southampton City 886.5 (18); 8 Huntingdonshire 860 (19); 9 Crawley 853 (18); 10 Bracknell 816.5 (16); 11 Walton 801 (15); 12 Braintree 794 (15); 13 Reading 786 (12); 14 Wycombe Phoenix 781.5 (13); 15 City of Portsmouth 763.5 (11); 16 Worthing 751 (13); 17 Borough of Hounslow 741 (12.5); 18 Bromley Ladies 738 (13); 19 Borough of Enfield 734 (9); 20 Milton Keynes 732 (11); 21 Wimborne 725 (12); 22 Hillingdon 705 (11); 23 Belgrave 693 (8); 24 Peterborough 610 (10); 25 Cornwall 565 (5)

Division Three Braunton

MATCH: 1 Newquay & Par 208; 2 Croydon 175; 3 North Devon 161; 4 Luton United 160; 5 Verlea 99
Women
100: 1 A Soper (Croy) 12.3; 2 F Louisy (Lut) 12.3; 3 J Brett (N&P) 12.5
200/100H: Brett 26.1/14.3
400: Louisy 58.6
800: R Gillespie (Lut) 2:20.8
1500/400H: E Abbott (N&P) 5:19.4/68.8
3000: J Horne (N Dev) 10:39.8
HJ: L McDonnell (N Dev) 1.60
PV: H Carney (Lut) 2.20
LJ: E Hughes (Lut) 5.63
TJ: 1 Hughes 10.92; 2 S Crowle (N&P) 10.26
SP/DT/HT: K Rawling (N&P) 9.50/33.94/34.45
JT: 1 P Blank (Ver) 43.32; 2 L Bolton (N&P) 37.49. **B:** A Jackson (Ver) 35.96
4x100: Newquay & Par 52.0
4x400: Croydon 4:17.3
U17
80H: L Gahan (N Dev) 12.6
U15
100: S Dason (Croy) 13.2. **B:** B Hunt (N Dev) 13.5
200: 1 Dason 26.3; 2 A Hector (N&P) 27.8
800: E Pittwood (N Dev) 2:32.5
1500: H Pardon (Lut) 5:09.0
75H: 1 D Fidge (Croy) 12.8; 2 L Flegg (N Dev) 12.8
HJ: I Hadland (N Dev) 1.58
LJ: Dason 4.90
SP: L Ellis (N&P) 8.68
DT: K Harris (N&P) 20.75
JT: 1 Ellis 26.58; 2 S Barnes (N Dev) 26.18
4x100: Croydon 54.9

Colchester

MATCH: 1 Highgate 177; 2 Ipswich 174; 3 Colchester & Tendring 130.5; 4 Bexley Borough 128.5; 5 South London Harriers 111
Women
100: 1 L Seston (Ips, U20) 11.8; 2 S Wilson (S Lon) 12.4
200: Seston 24.5
400/800: K Waterson (Ips) 62.3/2:21.4
1500: C Colmer (Bex B) 4:46.2
3000: S Burrows (High) 11:02.9
100H: B Last (Ips) 15.8
400H: K Monaghan (High) 73.4
HJ: N Horsford (High) 1.43
PV: S Egan (High) 2.25
LJ: R Feigenbaun (High) 4.84
TJ: T Cunningham (Bex B) 10.41
SP/DT: A Wilson (Ips, U20) 12.50/28.93
HT: L Hartnett (S Lon) 32.12
JT: M Clapham (C&T) 28.64
4x100/4x400: Ipswich 53.2/4:13.0
U17
80H: K Mellow (Bex B) 16.3
U15
100: V Tunaley (Ips) 13.0. **B:** H Coleman (Ips) 13.2
200: Tunaley 26.2. **B:** Coleman 27.0
800: M Hughes (C&T) 2:28.9
1500: C Hunter (C&T) 5:15.6
75H: Coleman 11.8
HJ: K Carter (Bex B) 1.40
LJ: A Bennett (High) 4.56
SP: L Cash-Gibson (High) 7.43
DT: L Wilson (S Lon) 17.49
JT: S Gerrard (S Lon) 34.48
4x100: Ipswich 54.7

Deangate, Hoo

MATCH: 1 Stevenage & North Herts 222; 2 Ilford 176; 3 Medway 148; 4 Aldershot, Farnham & District 127; 5 East Grinstead 121
Women
100: A Pitters (Ilf) 12.5
200/400H: S Lee (SNH) 25.7/67.1
400: S Sempler (Ilf) 57.9
800: L Samuels (SNH) 2:18.4
1500/3000: S Williamson (Ilf) 5:14.3/11:06.6
100H: S Page (SNH) 18.3
HJ: J Hearne (Ilf, U17) 1.55
LJ: K Corbett (Ilf) 5.07
TJ: 1 Lee 10.40; 2 Corbett10.34
SP: 1 S McLellan (SNH) 11.75; 2 K Smith (Med) 11.12
DT: McLellan 27.85
HT: E Sutton (AFD) 28.09
JT: E Kitney (Med) 37.63
4x100: Ilford 52.8
4x400: Stevenage & North Herts 4:12.8
U17
80H: Hearne 13.3
U15
100: 1 M Parris (Ilf) 12.9; 2 C Wilson (E Grin) 13.4
200/75H: Wilson 27.6/13.3
800: E Schramm (E Grin) 2:39.2
1500: S Brough (SNH) 5:23.2
HJ: 1 M Lewis (SNH) 1.50; 2 J Brockbank (E Grin) 1.50. **B:** N Andrews (SNH) 1.50
LJ: 1 Parris 5.23; 2 G Hayward (E Grin) 4.86
SP: L Stayton (E Grin) 7.63
DT: S Butler (E Grin) 22.81
JT: Parris 21.38
4x100: East Grinstead 55.3

Norman Park, Bromley

MATCH: 1 Blackheath 210.5; 2 Winchester 187; 3 Salisbury 152; 4 Chelmsford 119.5; 5 Dartford 109
Women
100: K Thomas (Dartf) 12.3. **B:** K Taylor (Dartf) 12.5
200: Taylor 25.9
400/800: S Singer (B'hth) 56.8/2:15.9
1500: R Townend (Win) 4:58.8
3000: N Coveney (Win) 10:26.0
100H: C Brown (Chelm) 16.4
400H: 1 Brown 62.2; 2 K Porter (B'hth, U17) 66.7
HJ: J Greatrex (Win) 1.45
PV: Z Morrell (B'hth) 1.80
LJ: A Martin (B'hth) 5.23
TJ: C Barnes (Win) 10.64
SP: H Fosten (B'hth) 8.29
DT: S Quinn (Chelm) 29.97
HT: S Etherton (Dartf) 33.27
JT: L New (Salis) 29.47
4x100/4x400: Blackheath 50.7/4:17.1
U17
80H: Porter 12.4
U15
100: K Benneworth (B'hth) 13.5
200/800: G Roberts (Salis) 27.5/2:20.5
1500: G Morris (Salis) 5:24.2
75H: 1 N Gharbaoui (B'hth) 12.6; 2 A Watson (Dartf) 12.6
HJ: E Carlisle (Salis) 1.48
LJ: N Knight (Salis) 4.33
SP: S Quaye (B'hth) 8.03
DT: Watson 23.42
JT: L d'Inman (Win) 18.12
4x100: Blackheath 55.2

Sutcliffe Park, Eltham

MATCH: 1 Cambridge Harriers 178.5; 2 Richmond & Twickenham 167.5; 3 GEC Avionics 144; 4 Andover 143; 5 Kingston & Polytechnic 131
Women
100/200: A Hayles (Camb H, U20) 12.6/25.8
400/800: L Miller (Camb H, U17) 57.3/2:17.6
1500: K Nott (Camb H) 4:49.8
3000: L Watson (GEC) 10:28.6
100H/LJ: L Patrick (K&P) 15.4/5.21
400H: D Burbridge (K&P) 74.1
HJ: S White (And) 1.60
PV: K Burley (K&P) 2.50
TJ: 1 Patrick 11.70; 2 N Wright (R&T) 11.05
SP/DT/HT: S Nash (GEC) 10.75/35.10/35.62
JT: J Joseph (R&T) 31.10
4x100: Cambridge Harriers 53.2
4x400: Richmond & Twickenham 4:23.3
U17
80H: J Saunders (GEC) 14.0
U15
100: 1 N Evans (And) 13.2; 2 K Mylan (Camb H, U13) 13.5
200: 1 V James (Camb H) 26.5; 2 Evans 27.5
800: A Hughes (R&T) 2:29.3
1500: A Beverley (R&T) 5:34.2
75H/HJ: L Raven (Camb H) 13.4/1.40
LJ: Mylan 4.61
SP: 1 J Marshall (GEC) 10.36; 2 A Tarrant (And) 9.25
DT: Marshall 27.25
JT: Tarrant 31.21
4x100: Cambridge Harriers 53.5
Positions after five matches: 1 Stevenage & North Herts 1022 (25); 2 Blackheath 958 (24); 3 Croydon 940 (21); 4 Newquay & Par 914.5 (20); 5 Winchester 909 (19); 6 Highgate 887 (20); 7 Ilford 884 (19); 8 Luton United 882 (20); 9 Cambridge Harriers 836.5 (19); 10 Aldershot, Farnham & District 796.5 (19); 11 Chelmsford 785 (13); 12 Bexley Borough 775.5 (13); 13 Medway 760.5 (12); 14 Richmond & Twickenham 757 (13); 15 Verlea 738 (14); 16 South London Harriers 735 (13); 17 Ipswich 724.5 (14); 18 Dartford 718 (11); 19 North Devon 701 (12); 20 Kingston & Polytechnic 678.5 (10); 21 Salisbury 669 (13); 22 Andover 643 (10); 23 East Grinstead 612 (7); 24 GEC Avionics 570.5 (8); 25 Colchester & Tendring 549 (7)

Division Four East Ashford

MATCH: 1 Hastings 232; 2 St Albans 176.5; 3 North London 138; 4 Vale of Aylesbury 100; 5 Harlow 68.5
Women
100/TJ/JT: J Kotey (St Alb, U20) 12.4/11.88/30.93
200: K Hill (VoA) 26.2
400: A Cutting (Hast) 65.4
800: M Sanderson (Hast) 2:28.1
1500: J Wastrell (N Lon) 5:12.6
3000: J Hardwick (Hast) 11:05.2
100H/PV: M Basu (St Alb) 19.4/2.10
400H: K Wilson (Hast) 73.9
HJ: A Unufe (N Lon) 1.40
LJ: J Sample (St Alb) 5.06
SP/DT: P Coombs (Hast) 9.02/30.52
HT: B Russell (VoA) 29.92
4x100: Vale of Aylesbury 52.7
4x400: Hastings 4:35.6
U17
80H: A Walpole (Hast) 15.8
U15
100: 1 C Condie (VoA) 12.8; 2 J Richards (St Alb) 13.1
200: Condie 27.6
800: J Sanderson (Hast) 2:45.4
1500: Z Rowsell (Hast) 5:33.4
75H: M Howell (Hast) 13.2
HJ: K Robertson (St Alb) 1.40
LJ: Richards 4.37
SP: K Butters (Hast) 8.65
DT: R Kaurgarcha (St Alb) 20.26
JT: K Cramp (Hast) 16.93
4x100: Vale of Aylesbury 56.0

Cambridge

MATCH: 1 Cambridge & Coleridge 229; 2 Haywards Heath 149; 3 Watford 121; 4 Tower Hamlets 63; 5 Brentwood 30
Women
100/200: P Alexander (Tow H) 12.6/26.0
400/400H: A Costello (C&C) 65.8/80.3
800: E Hostler (C&C) 2:35.6
1500: K James (Wat) 5:33.6
3000: C Willer (Wat) 11:36.8
100H: L Haylock (C&C) 15.7
HJ/TJ: H-J Cone (C&C) 1.40/10.76
PV: S Penny (Hay H) 2.30
LJ: B Olofinjana (Tow H) 5.34
SP: R Martin (C&C) 8.97
DT: N Anderson (Tow H) 28.04
HT: R Ellis (C&C) 30.63
JT: T Hollman (Wat) 31.52
4x100/4x400: Cambridge & Coleridge 51.9/4:51.0
U17
80H: J Dennehy (Brent) 12.9
U15
100: A Payne (C&C) 13.5
200: C Robinson (C&C) 29.0
800: J Campbell (C&C) 2:35.1
1500: S Robertson (C&C) 5:26.7
75H: N O'Reilly (C&C) 12.3. **B:** Payne 12.6
HJ/JT: V Murphy (Hay H) 1.37/17.37
LJ: S Robinson (C&C) 4.69
SP/DT: K Jones (C&C) 7.24/22.64
4x100: Cambridge & Coleridge 56.2

Crawley

MATCH: 1 West Suffolk 208; 2 Phoenix 146; 3 Barnet & District 136; 4 Muswell Hill Runners 123; 5 Crawley 110
Women
100: K Jordan (Craw) 13.8
200/HJ/LJ: D Gayle (Barn) 26.6/1.65/5.34
400/800/TJ: K Austin (Phoe) 63.8/2:29.7/9.97
1500: V Parry (Mus H) 5:16.9
3000: J Laws (Mus H) 11:08.2
100H: N Violet (Barn) 19.2
400H: A Naylor (Phoe) 70.5
PV: K Mason (W Suff) 1.60
SP: L Fuller (W Suff) 8.58
DT: S Wakeford (Phoe) 20.90
HT: R Anness (W Suff) 25.20
JT: L Wheeler (Craw) 23.56
4x100/4x400: Phoenix 55.4/4:34.7
U17
80H: C Fuller (W Suff) 13.3
U15
100:/200/HJ: L Wells (W Suff) 13.6/28.5/1.35
800: N McQueen (Mus H) 2:46.1
1500: O Wilkinson (Barn) 5:31.8
75H: A Assool (Barn) 15.2
LJ/SP/DT: K Potter (W Suff) 4.63/7.70/17.10
JT: N O'Hanlon (Craw) 14.46
4x100: West Suffolk 56.8

Tonbridge

MATCH: 1 Colchester Harriers 189.5; 2 Tonbridge 148.5; 3 Southend on Sea 147; 4 Eastbourne Rovers 124; 5 Loughton 103
Women
100/200: C Tyler (S'end) 13.2/27.2
400: D Morley (Col H) 62.7
800: K Reeves (Ton) 2:19.5
1500: J Sargent (S'end) 5:35.1
3000: P Barclay (Loughton) 11:46.0
100H: T Bowring (Ton) 19.6
400H: J Candler (S'end) 69.9
HJ: D Hassell (S'end, U17) 1.40
PV: H Crosskell (Ton) 2.00
LJ: L Balderstone (Ton) 4.95
TJ: J Jenner (Ton) 10.72
SP/DT/HT: F Reid-Hughes (Ton) 11.0/35.84/27.79
JT: J Nightingale (E'bne) 39.70
4x100: Tonbridge 53.9
4x400: Southend on Sea 4:29.8
U17
80H: Hassell 15.3
U15
100:/200/LJ: L Ross (E'bne) 13.3/27.6/5.14
800: H Killick (Ton) 2:29.1
1500: S Pleasant (S'end) 6:23.8
75H/SP/DT: N Hayward (Ton) 13.6/10.32/26.19
HJ: S Reavill (Col H) 1.32
JT: N McNeill (E'bne) 24.90
4x100: Eastbourne Rovers 54.1

Wodson Park, Ware

MATCH: 1 Woodford Green 200; 2 Hertford & Ware 150; 3 West Norfolk 126; 4 Invicta East Kent 118
Women
100/200: C Evans (H&W) 13.9/28.6
400/100H/400H: N Wasteney (W Norf) 62.6/19.1/71.7
800/1500: L Roberts (Wood G) 2:45.1/5:38.8
3000: S McCarthy (Wood G) 12:21.5
HJ/LJ/TJ: J Attwood (Inv EK) 1.40/4.75/9.81
PV/SP/DT: L Edwards (H&W) 1.50/8.59/28.46
HT: K Weaving (Inv EK) 24.67
JT: N Empson (W Norf) 25.40
4x100/4x400: West Norfolk 58.1/4:45.4
U15
100: H Maffia (H&W) 14.1
200: V Dean (Wood G) 30.0
800: S Cromie (Wood G) 2:41.5
1500: M Powell (Wood G) 5:13.8
75H: S Barnett (Inv EK) 12.4
HJ/LJ: N Plews (Inv EK) 1.45/4.71
SP: T Woodley (W Norf) 8.46
DT: V Dean (Wood G) 22.18
JT: D Tubby (H&W) 16.45
4x100: Woodford Green 56.8
Positions after five matches: 1 Hastings 1079 (25); 2 Cambridge & Coleridge 945 (23); 3 Colchester Harriers 913.5 (23); 4 West Suffolk 891.5 (22); 5 Southend on Sea 884.5 (21); 6 Barnet & District 826.5 (19); 7 St Albans 798 (18); 8 Haywards Heath 761 (16); 9 Phoenix 756 (20); 10 Woodford Green 750 (18); 11 Tonbridge 743.5 (19); 12 Crawley 698 (15); 13 Muswell Hill Runners 643 (17); 14 Loughton 643 (12); 15 Hertford & Ware 589 (12); 16 Watford 586.5 (13); 17 North London 550 (10); 18 Invicta East Kent 537 (11); 19 Vale of Aylesbury 535 (9); 20 Eastbourne Rovers 533.5 (11); 21 Tower Hamlets 500.5 (11); 22 West Norfolk 467.5 (9); 23 Harlow 380.5 (7); 24 Brentwood 110 (6)

MERSEYSIDE 10,000m (men) & 5000m (women) CHAMPS Wavertree Stadium, Liverpool

Men
10,000: 1 S McAvoy (S Liv) 34:27.5; 2 S Rashid (Liv PS) 34:35.7; 3 S Rigby (Liv H, M45) 34:45.5; 4 P Warburton (S Liv) 35:06.0; 5 D Edwards (S Liv) 35:19.2; 6 K Hatton (Liv H) 35:46.0; 7 P Morgan (Liv H) 38:18.1; 8 R Wiggan (Spec) 39:49.3
Merseyside Championship: 1 Rashid; 2 Warburton; 3 Hatton
TEAM: South Liverpool
Women
5000: 1 J Shortall (Liv H, U20) 19:49.7; 2 J Sheldon (Liv U) 20:55.7
Merseyside Championship: 1 Shartall; 2 Sheldon

CUMBRIA LEAGUE Copeland

U20 men
100/200/TJ: S Heginbottom (Barr) 12.5/26.0/10.85
U17
100: D Mawson (Barr) 12.2
200/400/LJ: D Sewell (Seat) 24.5/57.0/5.59
800: D Kirkbridge (Kend) 2:13.6
TJ: W Thompson (Bord) 11.0
SP/DT/JT: D McGiven (Seat) 11.16/24.35/40.14
4x100: Seaton 54.3
U15
100: J Cunningham (Barr) 12.7
200/400: S Sloan (Bord) 26.4/62.0
800/HJ: K Williams (Bord) 2:19.7/1.55
LJ: N Matthews (Kend) 4.91
TJ: D Messenger (Cope N) 9.35
SP/DT/JT: K Dunkley (Carl A) 10.44/33.06/38.23
4x100: Border 58.4
U13
100/200: J Fleming (Carl A) 13.3/27.6
800/JT: A Morrison (Seat) 2.39.1/23.79
HJ/DT: K Higham (Carl A) 1.50/17.55
LJ: G Preshaw (Cope N) 4.16
SP: T Lumsden (Seat) 5.89
4x100: Seaton 61.5
U11
70/LJ: J Benzie (Bord) 10.5/3.61
600: I Jarman (Carl A) 2:03.5
HJ: T Fletcher (Carl A) 1.05
4x100: Kendal 67.2
U20 women
HJ: A Martin (Bord) 1.64
SP/DT/JT: C Allen (Cope N) 8.45/21.0/31.97
U17
100/200: S Johnston (Barr) 12.8/27.5
300/800: S Douglas (Bord) 46.2/2.33.9
LJ: E Harrison (Barr) 4.74
HJ: M Williams (Bord) 1.45
SP: C Martin (Carl A) 8.80
DT: S Thompson (Barr) 24.10
JT: C Wallbanks (Cope N) 37.65
4x100: Barrow 57.3
U15
100/200: K Routledge (Seat) 12.4/27.0
800: K Clark (Bord) 2:25.2
LJ: M Lishman (Carl A) 4.97
HJ: S Higham (Carl A) 1.65
SP: L: Allen (Cope N) 8.70
DT/JT: C Doran (Carl A) 26.07/34.60
4x100: Border 55.3
U13
100/200/DT: A Hodgson (Bord) 13.9/29.9/16.88
800: N Okolowicz (Carl A) 2:44.3
LJ: C Huck (Kend) 4.27
HJ: S Allison (Bord) 1.15
SP: K Hoyle (Kend) 7.93
JT: M Harrison (Carl A) 22.14
4x100: Kendal 59.2
U11
70: D Dolan (Kend) 10.5
600: L Hillon (Seat) 2:05.8
HJ/LJ: K Messenger (Seat) 1.15/3.68
4x100: Seaton 65.3

LANARKSHIRE CHAMPS Wishaw

Men
100/200: S Shanks (E Kilb) 11.9/23.7
400: G Mullen (Moth) 54.6
800: J McDermott (Moth) 1:58.4
1500: S Allen (L&L) 4:28.6
HJ: A Robb (Avon) 1.90
LJ: P Chiu (Lark) 6.16
U20
100/200: R Wire (Shett) 12.0/23.5
400: N Dougal (Moth) 50.7
800: J Brennan (Moth) 2:01.7
U17
100: S McLachlen (Shett) 12.2
200/400: A Greenshields (L&L) 24.3/52.6
800: C McCann (Law) 2:10.4
1500: B Ward (L&L) 4:29.9
1600 Medley: Law 4:17.6
U15
100: G Hemmings (Moth) 13.7
200: D Williams (E Kilb) 29.9
400: S Lanley (Law) 61.6
800/HJ: D Campbell (Law) 2:13.2/1.55
1500: D Shearer (Lark) 5:17.9
U13
100/200: I Alexander (Shett) 14.2/28.9
800: G Caskie (Shett) 2:39.0
1500: D Wallace (Shett) 5:06.0
HJ/LJ: M Cunningham (Shett) 1.40/3.98
1600 Medley: Shettleston 4:54.7
U17 Women
100/200: N Jarvie (L&L) 13.6
800: F Haig (Lark) 2:38.9

LJ: A Tannahill (Law) 4.64
U13
100: S Murray (L&L) 16.1
800/LJ: L Haig (Lark) 2:41.6/3.76

BRYAN WOOLLEY MEMORIAL GAMES
Wrexham

Men
100: 1 J Paul 10.5; 2 T Neal 10.7; 3 C Afilaka 10.8; 4 M Lloyd (W Ches) 11.0
200: 1 Paul 22.0; 2 Neal 22.5
400: C Bridge (Traff) 53.6
PV/JT: R Stubbs (P'eli) 3.80/40.48
M45
100/200: M Ollier (Wrex) 13.3/61.3
M50
DT: P Brookes (Wrex) 31.04
U20
100: E Newell 11.1
200: D Lawson (Osw) 23.9
400: A Bowcott (Colw B) 54.3
Mile/LJ/JT: N Edwards (Wrex) 6:29.7/5.41/33.20
U17
100: 1 C Powel (Wrex) 11.5; 2 J Moore (Ryal Sch) 11.6
200/**LJ:** Powel 23.7/5.79
400/800: S Jones (Osw) 55.3/2:10.1
PV/DT: S Flinn (Ynysmon) 3.10/24.30
SP/JT: A Humphries (Wrex) 13.03/49.30
U15
100: 1 G Jones (P'tatyn) 12.0; 2 D Martino (DASH) 12.5; 3 A Bell (Wrex) 12.7
200: G Jones 25.3
800: 1 C Jones (Wirr) 2:12.7; 2 D Anderson (Wrex) 2:13.0; 3 P Dawson (Wrex) 2:13.6; 4 L Northall (Wrex) 2:17.8
LJ: G Jones 5.65
SP: C Williams (Wrex) 11.14
JT: 1 Williams 45.62; 2 L Cielecki (Marches) 40.35
U13
100: 1 D Longman (S'port W) 13.5; 2 D Proctor (Roch) 14.0; 3 D Pope (DASH) 14.0
200: 1 M Evans (DASH) 28.1; 2 Proctor 29.2
800: Evans 2:19.5
LJ: 1 B Kennedy (Wirr) 4.45; 2 Proctor 4.20; 3 N Mesney (Wrex) 4.14
SP: S Frank (Wrex) 8.41
U11
80: P Pope (DASH) 11.5
600: J Mills (Wrex) 1:51.8
LJ: M Worral (S'port W) 3.93
Women
400: 1 L Whitehead (Swan) 56.8; 2 J Forrester (Liv H) 59.5
LJ: D Benjamin (unatt) 6.09
SP/DT: S Greaves (Osw) 6.88/18.08
JT: K Addis (Tip) 32.26
U20
100/LJ/DT: L Eastwood (Dees) 13.6/4.86/35.29
SP/JT: A Lloyd (Colw B) 16.09/8.85
U17
DT: F Jones (Dees) 30.29
U15
100/200: L Parry (DASH) 13.5/28.3
800: 1 L Dowle (Wirr) 2:29.6; 2 E Greaves (Osw) 2:32.9
HJ: F Hughes (Ynysmon) 1.40
LJ: S Davies (DASH) 4.48
SP: 1 A Lockley (E Ches) 10.95; 2 C Frank (Wrex) 9.50
DT: Lockley 30.81
U13
100: E Jones (P'tatyn) 14.0
200: 1 F Harding (Wrex) 28.8; 2 L Fisher (Crewe) 29.8; 3 E Jones 30.0
800: 1 Harding 2:34.1; 2 S May (S'port W) 2:39.3; 3 H Brockley (Vale R) 2:40.3; 4 E Jones (P'tatyn) 2:48.6
LJ: 1 Fisher 4.46; 2 Harding 4.30; 3 K Tinsley (Osw) 4.13; 4 May 4.05; 5 S Davies (Welsh P) 3.95; 6 R Davies (Wirr) 3.93
SP: 1 Fisher 8.71; 2 A Mbako (Wrex) 8.32; 3 J Parry (DASH) 6.87
U11
80/LJ: E Logan (Stock) 12.2/3.58
600: A Bruce (Wirr) 2:01.2
HJ: J Parry (DASH) 1.25

August 19

BMC MILE
Tooting Bec

THE honour of the 50th sub-four minute mile in races organised by the British Milers Club since being founded in 1963 went to Phillip Tulba of Basingstoke, *Pete Mulholland reports.*

Two of those instrumental in the setting up of the club were Frank Horwill, who was spectating here, and the late Gordon Pirie who carried out much of his training in the days of cinder at this same track in his time with South London Harriers.

The race organised by Ray Thompson in the midst of the Rosenheim League final, was run in almost ideal conditions with nary a breeze as pacemaker Colin Thompson took the field through in a first lap of 58.3.

The pace dropped in the second quarter with a lap of 60.3 as 880 yards was reached in 1:58.6 as Thompson stepped aside leaving Tulba to go it alone well clear of club-mate Terry Feasey.

Maintaining almost perfect pace Tulba travelled over the third quarter in 60.6 giving him a bell time of 2:59.6 and more importantly a shot of breaking that still magical barrier.

Cheered on by the knowledgable south London crowd plus his coach Barry Kitcher, Tulba didn't weaken as he toured the final lap in 60.5 to have the six watches focussed on him stop at 3:59.7, inside the track record of 4:07.0 set by Herne Hill's Dave Hayes on the occasion of the inauguration of the all-weather surface in 1985.

Confirming the form that saw him record a 800 PB of 1:48.31 in Oslo last month, Tulba, who was also second Englishman home in the Commonwealth trials, said: "I felt strong tonight," adding hopefully. "Perhaps this may lead to me getting in some useful invitation races."

There's no denying these BMC races are providing the goods, this being the fifth sub-four this season and the following day saw four club members lining up for the European 1500m final.

Men
Mile: 1 P Tulba (BMH) 3:59.7; 2 T Feasey (BMH) 4:08.6; 3 G Price (S&D, U20) 4:17.3; 4 A Marriott (HW) 4:19.2; 5 A Beckwith (Inv EK) 4:22.3

BRIGHTON & HOVE OPEN INCLUDING SoEAA 3000m CHAMPIONSHIPS
Withdean

CLOSE finishes were the order of the day in the many top class races, as two Kuala Lumpur-bound runners put in winning efforts, *Martin Duff reports.*

While the SoEAA men's event produced a pulsating race from a respectably sized field, the women's attracted seven starters. Admittedly this was more than in their 5000 metres championship two weeks earlier, but still a pretty poor return for the money put into the meeting by the Brighton & Hove Council and Football club.

Former Southern Inter-Counties cross country champion Jenny Brown took the lead soon after half distance to win the women's title in an unpressed 9:52.8. The Bournemouth runner won by 70 yards from Lynn Williams, who raised a strint on the last lap to hold off Grace Greenhalgh and Natalie Coveney.

Brown was upstaged by England's Commonwealth 5000 metres representative Andrea Whitcombe, who raced against the men in the open 3000 metres event. The four times National cross country champion ran a 71 seconds last lap for 9:10.7, getting a good tow around by the men in an attempt to duplicate the pace she will need in Kuala Lumpur.

Further back in the same race, Amy Stiles, at 9:47.1, was also faster than the SoEAA winner, again emphasing the need for better publicity for Southern Championships.

The SoEAA men's 3000 metres was a far more satisfactory affair as a large field hit the first bend. Eventual winner Pat Davoren took the initial lead, with a 33 seconds opening 200m, but had to work hard for victory. First John Creane, then Andy Colvin, kept the pace going through 1000m in 2:45 and 2000m in 5:36.8.

At the bell there were five together as Brad Glenton hit the front with the watch showing 7:17. Davoren, Colvin, John McCallum and 'Ant' Brewer were on the pace as Michael East was making efforts to bridge the gap. Glenton piled it on down the backstraight, but Davoren edged closer around the top bend before a desperate home stretch surge to victory, after a 57 seconds last lap.

East came through to fourth, ahead of McCallum and Brewer, who set a lifetime best 10 years after his last one. It was certainly a rare sight to see 10 men battling out a championship race. Among them was Nigel Gates running 8:27.7 for a world M45 age best.

While the 3000m was won by 0.2 sec, there were tighter finishes in the other main races. The invitation 400m brought together Commonwealth relay squad members Adrian Patrick and Geoff Dearman.

Patrick looked to have the race sewn up around the top bend, having unwound the stagger on the Belgrave man and taken the lead. Dearman was having none of it and they entered the last few yards neck and neck, but the Windsor man got the verdict as both were given 46.8.

The 110m hurdles also saw a blanket finish as Duncan Mallins got the nod over Neil Owen and Ben Warmington in 14.5. In the field, GEC's Greg Beard was out to 16.30m in the under-17 shot, after a 44.69m earlier in the discus.

SoEAA championships
Men
3000: 1 P Davoren (B&H) 8:14.4; 2 B Glenton (Team S) 8:14.6; 3 A Colvin (SB) 8:18.0; 4 M East (Ports) 8:19.2; 5 J McCallum (Croy) 8:22.3; 6 A Brewer (Brack) 8:23.7; 7 P Chance (Tip) 8:23.8; 8 T Bartrum (Col H) 8:26.3; 9 N Gates (B&H, M45) 8:27.7; 10 J Brookes (HW) 8:28.2; 11 A Moses (Rei P) 8:31.7; 12 K Holland (Craw) 8:35.9; 13 T Naylor (Phoe) 8:36.5; 14 P Haarer (R&T) 8:37.2; 15 A Flannagan (Rei P) 8:43.0; 16 M Poulin (Oxf C) 8:45.2; 17 H Lobb (Bed C) 8::47.2; 18 M Hughes 8:54.9
Women
3000: 1 J Brown (B'mth) 9:52.8; 2 L Williams (Arena) 10:06.9; 3 G Greenhalgh (C&T) 10:09.4; 4 N Coveney (Winch) 10:15.0; 5 J Cox (Enf) 10:21.0; 6 N Thompson (Dartf) 10:21.3; 7 L Jones (Arena, W35) 10;42.5
Invitation & Open Meeting
Men
100: 1 A Gordon (Worth) 11.0; 2 M Bartsch (Craw) 11.0; 3 M Bushell (NEB) 11.0
Inv 400: 1 A Patrick (WSE) 46.8; 2 G Dearman (Bel) 46.8; 3 A Gordon (Worth) 48.2; 4 M Rivers (Hast) 48.5; 5 P Curtis (Med) 48.8; 6 L Fairclough (Team S) 49.2; 7 D Metcalf (EG) 50.4
400: D Packham (Craw) 51.3
800: 1 M Skinner (B'hth) 1:52.5; 2 S Cooper (B'hth) 1:55.5; 3 J Garrett (Chich) 1:56.0; 4 A Robinson (Horsh) 1:56.3; 5 R McGill (Ports) 1:59.2. **B:** 1 J Baker (Chich) 2:01.0; 5 K Daniel (B'hth, M45) 2:04.6; 8 G Hannaford (B&H, M40) 2:08.7. C: 3 B Bartholomew (B&H, M60) 2:28.8
3000: 1 P Stacey 8:52.7; 2 G Klepacz (Ports) 8:57.3; 3 P Froud (B&H) 8:57.4
110H: 1 D Mallins (Craw) 14.4; 2 N Owen (Belg) 14.5; 3 B Warmington (SB, U20) 14.5; 4 N Cooper (Belg) 15.0; 5 D Leslie (Craw) 15.7; 6 L Tindall (Ports) 16.0
HJ: 1 P Gilding (B&H) 1.80; 2 R Smith (NEB, M40) 1.75
TJ: H Abe (Rikkyo Sch/JPN) 12.74
SP: G Perryman (Read) 13.91
DT: C Park (Worth) 35.32
M65
DT (1kg): K Fickens (B&H) 31.95
U20
800: 1 T Alexander (Med) 1:56.7; 2 S Gabot (SU) 1:58.5; 3 R Airey (B&H) 2:00.9; 4 I Hogarth (B&H) 2:01.6; 5 C Birdworth (U17) 2:05.6
TJ: C Holcombe (Worth) 12.59
U17
400: J Evans (Hast) 53.6; 2 I Bennett (Worth) 56.3
800: 1 L Dale (B&H) 2:03.4; 2 B Brett (E'bne, U15) 2:06.5; 3 A Exall (Horsh) 2:09.5
3000: T Ruffer (Craw) 9:29.9
TJ: 1 A Meredith (E Grin) 12.43; 2 D Winchester (Sutt) 12.26; 3 R Piper (EG) 12.07
SP/DT: G Beard (GEC) 16.30/44.69
U15
100: 1 N Bell (Horsh) 11.6; 2 P McKeown (B&H) 12.0; 3 L Elliot (B&H) 12.2
HJ: M Newman (B&H) 1.50
TJ: L Mingle (GEC) 9.84
SP: C Baker (B&H) 9.90
DT: P Kaiser (Chich) 33.61
Women
100: 1 S Tarlins (B&H) 12.8; 2 L Buxton (Camb H) 12.8; 3 L Miller (Camb H) 12.9
400: 1 L Miller (Camb H, U17) 57.4; 2 E Wells 57.4
800: 1 C Perkins (Ash) 2:15.0; 2 C Hiscocks (Ports) 2:16.8; 3 S Whitby (Craw) 2:17.5. **B:** A Bevan 2:21.1
3000: 1 A Whitcombe (P'side) 9:10.7; 2 A Stiles 9:47.1 (run with men)
Inv PV: 1 L Webber (B&H) 3.60,; 2 N Bradshaw (AFD) 3.30
U15
100: L Ross (E'bne) 13.2
SP/DT: C Schofield (Worth) 10.30/30.10

NEATH OPEN MEETING

Men
100: P Hacche (Swan) 12.2
400: A Jenkins (Swan) 53.6
800: J Perksin (Pres) 2:00.0
PV: R Stubbs (Pres) 4.00
LJ: M Pickett (Torf) 5.51
JT: A Davies (Neath) 40.19
M40
3000: R Hackett (Neath) 9:36.6
PV/SP: C Harvey (Neath) 2.70/8.68
M45
3000: M Rees (Neath) 8:40.5
PV: E Thompson (Brec) 3.00
SP: T Lalley (Swan) 10.70
JT: J Davies (PTH) 33.56
M60
SP/JT: B Webb (Card) 10.06/32.58
U20
100/LJ: A Jackson (Neath) 11.8/6.46
200: N Morgan (Newp) 24.2
400: C Lucas (Neath) 55.8
PV: D McFall (Brec) 3.20
U17
100: 1 D Teague (Neath) 11.7; 2 G McFall (Brec) 11.8
200: G Powell (Brec) 24.5
400: D Lewis (Newp) 57.7
800: G Robbins (Swan) 2:04.3
3000: J Williams (B&V) 9:34.1
LJ: G McFall 5.49
JT: S Williams (Neath) 43.51
U15
100: 1 B Harris (Neath) 12.7; 2 L Moulds (AVAC) 12.7
200/LJ: Harris 25.8/5.22
400: K Hearn (Torf) 63.2
800: S Davies (Newp) 2:07.9
3000: M Taggart (Neath) 9:47.5
PV: M Harvey (Neath) 2.60
SP: D McCaffrey (Pres) 11.60
JT: M Groves (Torf) 44.72
U13
100/200: G White (Neath) 13.9/28.8
800: A Morris (Swan) 2:36.8
LJ: T Rees (Neath) 3.92
U11
75/150: K Jones (Neath) 12.0/24.0
LJ: O James (Brec) 3.22
Women
200: K Williams (Swan) 26.4
800: A Hutchinson (Neath) 2:19.5
W35
PV: E Owen (Brec) 2.90
U20
100/200: D Porazinski (Newp) 12.8/26.4
800: K Freeman (Pres) 2:28.9
U17
100/LJ: S Lane (Swan) 12.7/5.47
200: L Morris (Llan) 30.0
JT: A Harvey (Neath) 33.50
U15
100/200/800: R Clark (Neath) 13.8/28.8/2:30.6
3000: K Randall (Neath) 11:39.6
SP/JT: C Rees (Neath) 10.73/38.36
U13
200/LJ: L James (Brec) 30.7/3.99
800: K Newberry (Pres) 2:38.8
W60
200/SP: M Webb (Card) 35.1/5.37

August 18

TRAFFORD OPEN

Men
100/200: D Scott (Liv H) 11.1/21.9
400: G Cuddy (Sale) 49.6
1500: C Bryan (Sky) 3:59.6
3000: A Franklin (Sutt) 8:43.0
SP: M Edwards (Charn) 18.14
DT: 1 G Gilbert (Card) 46.48; 2 A Rollins (Traff) 45.84
JT: P Ostapowcyz (Traff, W45) 51.39
U20
100/200/400: A Buckley (Wirr) 11.2/22.4/48.5
800: I Moran (Liv P) 1:57.0
1500: J Rice (Liv P) 4:04.5
1500SC: R Gwilliam (Warr) 4:30.6
SP: 1 C Myerscough (B&F) 19.83; 2 D Readle (Liv P) 15.79
DT: 1 Myerscough 61.81; 2 J Parkin (Sale) 47.48
U17
800: I Bateman (Warr) 1:59.4
1500: T Carter (Vale R) 4:03.2
3000: M Cryer (B&F) 8:41.8
1500SC: D Lancaster (S'port W) 4:56.2
HJ: J Cruickshank (traf) 1.80
U15
100/200: A Bennett (Staffs) 12.1/24.4
800: 1 A Spencer (Liv P) 2:01.8; 2 S Marriott (Salf M) 2:04.0
1500: T Egerton (Traff) 4:17.4
BMC 800: 1 A Walker (UCD) 1:49.7; 2 D Bullock (SB) 1:50.8; 3 D Thornton (Hynd) 1:50.8; 4 R Scanlon (Cov) 1:50.9; 5 P Hackley (Bord) 1:51.0; 6 M Morris (CleS) 1:51.4; 7 T Thompson (Bord) 1:51.8; 8 C Livesey (Pres) 1: 52.6; 9 B Smith (Sale) 1:52.7; 10 S Bailey (Wig D) 1:52.9. **B:** 1 S Neill (RAF) 1:52.7; 2 J Stewart (Hali) 1:53.1; 3 C Mulvany (Bord) 1:53.5; 4 C Beswick (E Ches) 1:54.1; 5 A Prophett (Stoke) 1:54.3; 6 R Griffiths (Camb) 1:54.5; 7 G Watson (NEB) 1:54.5. **C:** 1 D Reader (unatt) 1:55.7; 2 A Jones (Keigh) 1:56.1; 3 R Burman (Bir) 1:56.1; 4 K Harker (Morp) 1:56.7; 5 A Jones (Leeds) 1:56.7; 6 S Yoxall (C&S) 1:57.7
BMC 1000: 1 J Lord (Belg) 2:20.9; 2 K McKay (Sale) 2:21.8; 3 B Donkin (Bart) 2:22.4; 4 M Dixon (Wig D) 2:22.7
BMC 5000: 1 A Morgan (Wood G) 14:33.0; 2 I Mitchell (Long) 14:33.9; 3 K Hurst (Belg) 14:34.6; 4 B Foster (B'hth) 14:40.9
Women
1500: 1 J Colleran (Liv H) 4:19.0; 2 S King (Sale) 4:26.5; 3 C Pimblett (Sale) 4:25.4
3000: 1 S Young (Salf H) 9:08.6; 2 L Wright (Leeds) 9:16.1; 3 V McPherson (Glas) 9:21.2; 4 S Bentley (Bir) 9:26.5; 5 K Smithson (Sale) 9:29.0; 6 J Heath (Sale) 10:11.9
DT: 1 A Sheppard (Wake) 42.81; 2 L Wood (Traff) 38.67
U20
100: S McPherson (Glas) 12.9
800: L McCabe (Vale R) 2:13.2
1500: S Owen (Stoke) 4:42.0
JT: J Kemp (unatt) 49.36
U17
3000: L Whittaker (Sale) 10:16.6
U15
HJ: S McCleggan (Traff) 1.60
BMC 800: 1 H Smith (Liv PS) 2:07.2; 2 R Newcombe (Liv H) 2:07.6; 3 A Carter (Vale R) 2:08.2; 4 A Parkinson (Sale) 2:08.6; 5 E Brady (Sale) 2:09.7. **B:** P Fryer (Sale) 2:09.4; 2 K Brownhill (TAC) 2:12.5

SHETTLESTON OPEN
Crown Point, Glasgow

Men
100/200: S Tucker (Shett) 11.1/22.0
1500: I Murdoch (Avon) 3:55.5
3000: W Jenkins (I'clyde) 8:36.9
HJ: A Robb (Avon) 1.95
SP: W Falconer (C'dale) 13.04
M40
3000: J Doyle (Vic P) 9:55.6
U20
1500: J Hendry (Spring) 4:06.3
TJ/SP: D Edington (Vic P) 12.17/9.72
U17
1500: D Watson (Vic P) 4:10.2
LJ/SP/JT: M Taylor (Vic P) 5.93/10.82/34.77
TJ: K Ip (Shett) 10.25
U15
800 (Derek McLean Trophy): 1 I Munro (Cambus) 2:04.5; 2 E Wallace (Moth) 2:07.4; 3 C Bodys (Ayr S) 2:07.9; 4 D Simpson (Pit) 2:08.9; 5 A Stephen (Cambus) 2:12.2; 6 J Stephen (BPBI) 2:16.1
SP: G Hagan (C'dale) 12.56
JT: M Watson (Shett) 36.29
U13
SP: N Hamilton (Shett) 8.05
JT: A Tatton (Liv) 23.83
Women
JT: J Overend (Avon) 30.74
U20
LJ: P Tatton (Liv) 4.44
TJ: S McKenzie (Giff N) 9.21
U17
1500: S Stevenson (Giff N) 4:51.8
U13
100: H Templeton (Ayr S) 14.2
JT: L Leith (Glas) 12.25

August 17

WELSH LEAGUE
Division One West Queensway Complex

MATCH: 1 Colwyn Bay 374; 2 Wrexham 282; 3 Deeside 235; 4 Brecon 215; 5 Newport 206; 6 Neath 187; 7 Torfaen 174; 8 Carmarthen 148
Men
100/200: A Parker (Newp) 11.2/23.1
400/400H: S Evans (Colw B) 50.0/56.2
800: M Goodger (Newp) 2:00.2
1500: S Sanders (Torf) 4:13.0
5000: A Norgrave (Wrex) 16:22.2
110H: B Roberts (Colw B) 16.5
3000SC: B Jones (Wrex) 10:02.7
HJ: 1 S Brown (Dees) 1.90; 2 Roberts 1.90. **B:** R Jones (Dees) 1.90
PV: 1 P Jones (Colw B) 4.40; 2 P Proser (Dees) 4.00
LJ: A Jackson (Neath) 6.73
TJ: S Frost (Wrex) 13.37
SP: 1 J Bryan (Torf) 13.56; 2 E Hulse (Colw B) 13.36
DT: 1 Bryan (Torf) 45.29; 2 Hulse 41.93; 3 C Marland (Dees) 36.57. **B:** A Williams (Torf) 38.42
HT: 1 D Osborne (Brec) 53.31; 2 Hulse 45.88
JT: D Herman (Cram) 51.33
4x100: Newport 45.2
4x400: Newport 3:31.7
Women
100: A Wale (Wrex) 13.4. **B:** K Berry (PSL) 13.4
200: R Lewis (Carm) 27.8
400: J Berry (PSL) 60.7
800: S Bretherick (PSL) 2:28.6
1500: K Rabaiotti (PSL) 5:12.5
110H/LJ: A Wale (Wrex) 15.9/5.38
400H: 1 L Thompson (Col B) 63.7; 2 S Newman (PSL) 66.2
HJ/TJ: T Andrews (PSL) 1.55/10.86
PV: N Jupp (PSL) 1.70
SP: 1 P Roles (SWS) 14.54; 2 A Lloyd (Cram) 11.59; 3 L Edwards (Wrex) 10.70. **B:** R Roles (SWS) 11.71
DT/HT: P Roles 52.68/45.64
JT: C Lockwood (Colw B) 34.91

August 16

UK POST OFFICE NATIONAL CHAMPIONSHIPS
Stretford, Manchester

THE 400 metres proved to be the highlight, *Tom McCook reports.*

The Scottish 200m champion, 22-year-old Andrew Mitchell, created a championship best performance of 47.9 in a successful defence of his title. Tonbridge's Mark Rivers had to settle for runner-up over the one lap in a time of 48.6 seconds, but turned the tables in the 200 metres.

Shirley Griffiths, who represented Great Britain in the 1997 World Indoor Championships, recorded an 800 and 1500 metres double. Bev Jenkins prepared for the Liverpool Half-marathon with a 3000 metres victory.

Men
100: 1 G Bowry (SW) 11.07; 2 D Lawson (NE) 11.07
200: 1 M Rivers (SE) 23.00; 2 A Mitchell (Scot) 23.5
400: 1 Mitchell 47.9 (CBP); 2 Rivers 48.6; 3 Bowry 49.9
800: 1 K Higgins (NI) 2:01.2; 2 A Williams (NW) 2:03.0
1500: 1 G Deakin (Mid) 4:01.6; 2 M Hilton (NE) 4:02.3
5000: 1 Deakin 14:52.6; 2 S Pride (Scot) 14:54.2
3000SC: 1 Williams 9:39.7; 2 L Towers (NE) 9:49.6
SP: S Head (Lon) 13.52
DT: A Barford (Mid) 35.37
JT: 1 Barford 45.48; 2 K Seldon (SC, M40) 41.30
Women
800/1500: S Griffiths (NE) 2:12.4/4:29.5
1500: 2 B Jenkins (NW) 4:36.6
3000: 1 Jenkins 10:03.08; 2 K Musson (NW, W35) 10:50.0
SP/DT: J Gordon (Mid) 9.44/28.04

YORKSHIRE VETS' CHAMPS
South Leeds

M40
100/200/400/110H/400H: R Hall (Long) 12.1/25.1/59.6/21.7/71.4
800: G Armitage (Long) 2:11.3
1500: 1 N Duggan (Sheff) 4:34.1; 2 C Cope (Sheff) 4:40.6
5000: 1 P Stockburn (Harr) 16:10.9; 2 A Normandale (Rown) 16:19.3; 3 R Butterfield (Horsf) 16:26.7
2000SC: Normandale 6:57.0
PV: S Denton (Leeds C) 2.80
LJ/TJ: C Briggs (Hal) 5.44/10.82
SP: D Gardt (Skip) 9.88
DT: 1 Denton 27.50; 2 Gardt 27.47
HT: 1 Denton 32.03; 2 A O'Malley (Hull) 31.55
JT: O'Malley 48.36
M45
800/1500: D Bird (Wake) 2:20.4/4:42.0
5000: J Hunter (St Ther) 18:17.0
2000SC: F Reddington (Spen) 7:51.0
LJ/JT: B Gardt (Skip) 4.45/36.62
SP/DT/HT: W Renshaw (Roth) 10.76/35.47/31.22
M50
100/HJ/DT: R Ounsworth (Rock) 15.0/1.40/25.06
200: 1 J Wagner (Sky) 31.5; 2 Ounsworth 31.5
400/1500: R Scholes (Barns AC) 60.8/4:46.9
800: 1 W Wilkinson (Hull A) 2:10.4; 2 Scholes 2:16.5
5000: B Hilton (Leeds C) 16:00.9
2000SC/400H: M Brookes (R&Z) 7:55.2/81.3
LJ: 1 Wagner 3.97; 2 Ounsworth 3.95
TJ: Wagner 8.90
SP/HT: J Howe (Humb Pol) 10.28/35.00
M55
100/200/400: B Shearsmith (Wake) 12.7/26.4/61.3
SP: J Smith (Rown) 9.72
DT/HT/JT: G Smith (Hal) 32.78/24.73/36.65
M60
400/800: J Wilson (Brad Aire) 64.5/2:29.0
300H: 1 C Shafton (Rown) 50.6; 2 J Baron (Leeds C) 51.4
1500/5000: F Gibbs (Bing) 5:08.0/17:52.4
100H/HJ/LJ: Shafton 16.9/1.52/4.69
TJ/SP/DT/JT: D Uttley (N Vets) 7.95/9.72/25.54/26.55
M70
100: B Parkinson (N Vets) 17.7
W35
100/100H/17.6/HJ/LJ/JT: H Barker (Leeds C) 13.8/1.55/4.47/21.62
400/800: C Pemberton (Spen) 62.9/2:22.7
W40
400/800/1500/JT: S Pickersgill (Long) 73.1/2:43.8/5:57.9/20.62
SP/DT: K Heweth (Hull A) 8.63/33.98
W45
100/SP: L Risdale (Wake) 16.0/6.71
5000/80H/400H/DT: J Ricketts (CoH) 24:07.0/17.7/92.7/18.02
W50
100/200/HJ/LJ: M Williams (Rown) 15.4/32.3/1.30/3.63
W55
800/HJ/1.00/LJ/DT/JT: S Bolland (Spen) 4:00.9/2.66/12.94/12.52
Open Events
M40
800: P Ivens (Der) 2:02.4
M45
100/200/400: B Elliott (Dur) 13.9/29.4/66.7
400/800: T Attey (NE Vets) 65.3/2:27.7
5000: P Yates (Fellandale) 20:02.0
M50
DT/JT: R Williams (Rown) 26.62/32.39
M60
100/5000: S Anderson (Wake) 15.4/20:12.0
800/1500: D Howarth (N Vets) 2:49.5/5:53.6
M65
100/200/400: B Parnaby (NE Vets) 14.1/29.8/66.5
1500/**5000:** A Walsham (N Vets) 5:57.9/20:49.0
M65
2000SC/JT: M Morrell (N Vets) 8:21.2/35.56

EAST ANGLIA LEAGUE
Colchester

Men
MATCH: 1 Leighton Buzzard 39; 2 West Suffolk 36; 3 Colchester & Tendring 32; 4 Colchester Harriers 30.5; 5 Braintree 29.5; 6 West Norfolk 15
100: L Green (Brain) 11.2
200/LJ/TJ: A Bollu (C&T) 24.1/6.40/13.07
400: J Hussan (Brain) 56.5
800/3000: M Reynard (W Suff) 2:09.8/10:04.4
110H/DT: C Barrett (Brain) 16.8/34.04
HJ: R Martin (L Buzz) 1.76
SP: I Blake (C&T) 11.10
HT: C Bryant (C&T) 28.43
JT: P Coxhead (Brain) 57.87
4x100: Colchester & Tendring 48.3
U17
MATCH: 1 Leighton Buzzard 128; 2 Colchester Harriers 71; 3 West Norfolk 68; 4 Colchester & Tendring 43; 5 Braintree 26; 6 West Suffolk 24
100: T Keating (Brain) 11.4
200: R Slatter (L Buzz) 76.5
400/100H: A Zulewski (Brain) 54.0/14.1
800/1500: N Duncalf (L Buzz) 2:10.2/4:49.2
HJ: A Ashby (W Norf) 1.70
LJ/TJ: J Cox (Col H) 5.15/11.34
SP/DT: D Dye (W Norf) 10.87/32.94
JT: M Adamson (C&T) 38.73
HT: J Schell (L Buzz) 22.80
U15
MATCH: 1 Leighton Buzzard 131; 2 West Suffolk 106; 3 Colchester Harriers 103; 4 Braintree 101; 5 Colchester & Tendring 48
100: 1 J Parkinson (W Suff) 12.4; 2 D Dibsall (L Buzz) 12.7
200: J Greenly (Col H) 25.4. **B:** J Davies 25.8
400: Greenly 55.6
800: R Smith (C&T) 2:19.8
1500: J Howell (L Buzz) 4:46.3
80H: N Stewart (L Buzz) 13.5
HJ: D Marchello (Brain) 1.55
LJ/TJ: Dibsall 5.25/11.42
SP: B Jenkins (Brain) 9.82
DT: J Jenkins (Brain) 30.08
HT: M North (C&T) 22.67
JT: 1 J Harvey (Brain) 40.21; 2 J Davies (Col H) 38.86
4x100: Colchester Harriers 51.5
U13
MATCH: 1 West Suffolk 113; 2 Leighton Buzzard 88.5; 3 Colchester & Tendring 53; 4 Braintree 45; 5 Colchester Harriers 33; 6 West Norfolk 22.5
100: 1 C Stamp (W Suff) 13.4; 2 P Smith (C&T) 14.2
200: Stamp 27.5
800/1500: T Rees (W Suff) 2:40.6/5:18.8
75H: P Smith (C&T) 16.0
HJ: N Clements (W Suff) 1.30
LJ: 1 R Burton (W Suff) 4.44; 2 P Smith (C&T) 4.25; 3 S Farmer (Col H) 4.13. **B:** 1 A Hedman (C&T) 4.04; 2 B Harrison 4.00
SP: 1 R Bevan (L Buzz) 7.00; 2 Clements 6.36
4x100: West Suffolk 56.9
Women
MATCH: 1 West Suffolk 120; 2 Leighton Buzzard 105; 3 Braintree 104; 4 Colchester & Tendring 75; 5 Colchester Harriers 70; 6 West Norfolk 19
100: 1 S Hancock (Brain) 12.5; 2 A Cooke (L Buzz) 12.7; 3 L Allen (C&T) 12.8. **B:** 1 S Fleetham (Brain) 12.9; 2 S Moss (C&T) 13.0
200: 1 S Hancock (Brain) 25.8; 2 A Cooke (L Buzz) 26.3
400: 1 N Verghese (Brain) 61.1; 2 J Morris (W Suff) 64.9
800: N Wastentey (W Norf) 2:18.7
1500: 5:03.9
100H: S Turley (W Suff) 18.7
HJ/SP: C Fuller (W Suff) 1.50/8.37
LJ: S Moss (C&T) 4.65
DT: 17.22
JT: A Harvey (Brain) 39.10
4x100: Braintree 51.0
U15
MATCH: 1 Colchester Harriers 102; 2 Braintree 102; 3 Colchester & Tendring 95; 4 West Norfolk 68; 5 West Suffolk 53; 6 Leighton Buzzard 5
100: 1 L Unwin (Brain) 13.3; 2 L Wells (W Suff) 13.4
200: Unwin 28.4
800: 1 J Alen (Brain) 2:29.9; 2 K Hunter (C&T) 2:30.5
1500: M Hughes (C&T) 5:20.3
75H: 1 S Barnett (W Norf) 12.3; 2 Unwin 12.4. **B:** A Potter (Brain) 12.7
HJ: Barnett 1.40
LJ: R Mason (W Suff) 43.9
SP/DT: T Woodlet (W Norf) 8.48/22.17
JT: S Green (Brain) 27.34
4x100: Braintree 55.1
U13
MATCH: 1 Colchester Harriers 81; 2 Colchester & Tendring 66; 3 Leighton Buzzard 64; 4 West Suffolk 61; 5 Braintree 47; 6 West Norfolk 18
100: 1 V Brain (L Buzz) 14.2; 2 J Thake (W Suff) 14.3
200: Brain 30.3
800: N Ward (C&T) 2:49.8
1500: H Dey (C&T) 6:00.5
70H: C Holdsworth (Col H) 11.8
HJ: A Stevenson (C&T) 1.35
LJ: 1 Brain 4.25; 2 Holdsworth 4.21; 3 K Potter (W Suff) 4.09
SP: 1 K Silk (Col H) 8.94; 2 H Redman (Brain) 8.30; 3 V Ward (C&T) 7.04
4x100: Colchester Harriers 59.0

August 15

McDONALD'S SCOTTISH YOUNG ATHLETES' GIRLS' LEAGUE CONSOLATION FINAL
Scotstoun, Glasgow

SCOTLAND's top middle distance prospect first year U13 Megan Wright earned the track award despite her 2:28.2 being short of her 800m best, *Denis Shepherd reports.*

Jade Halket, one of a small team from Ellon AAC who finished bottom produced one of the club's high-lights with a 4.43 U13 long jump which earned her the field title. Runners-up in 1997, Nithsdale AAC won by 58 points.

MATCH: 1 Nithsdale 333; 2 Fife 275; 3 City of Edinburgh 258; 4 Kilbarchan 230; 5 Central 200; 6 Law 187; 7 Dundee 170; 8 Ellon 152
U17 women
100: 1 H Stevenson (Ellon) 12.7; 2 G Fallon (Kilb) 12.9; 3 L Grant (CoE) 12.9; 4 A Christie (Fife) 13.1
200: Grant 27.0
300: D Smith (Kilb) 44.0
800: R Gibson (CoE) 2:22.5
1500: E Waterhouse (Cent) 5:34.5
3000: K Forbes (Fife) 11:49.1
80H: K Suzek (Nith) 15.5
300H: 1 N Hendry (Cent) 50.1; 2 G McLay (Kilb) 50.6
HJ: E Gillespie (Nith) & L Grant (CoE) 1.50
LJ: Fallon 5.04
SP/DT/JT: L Selbie (Nith) 8.68/20.02/29.82
4x100: City of Edinburgh 54.6
U15
100: 1 J Scott (Dund) 13.1; 2 R Morton (Kilb) 13.4; 3 H Dodds (Cent) 13.5; 4 E Tannahill (Law) 13.5
200: Scott 28.0
800: F Colaco (Dund) 2:35.0
1500: H Scanlan (Dund) 5:16.3
75H: L Griffin (Nith) 12.7. **B:** C Sayers (Nith) 12.9
HJ/LJ: Tannahill 1.43/4.55
SP: J Forbes (Fife) 7.77
DT/JT: L Henney (Fife) 20.86/23.85
4x100: Dundee 55.4
U13
75: 1 K Richardson (Nith) 10.4; 2 S Johnston (Fife) 10.9; 3 K Bunyan (Cent) 11.0; 4 J Clyde (CoE) 11.0; 5 L Storrier (Dund) 11.3; 6 J O'Hare (Law) 11.3. **B:** 1 K Hill (Fife) 10.5; 2 J Fogarty (CoE) 11.2
150: 1 L Park (CoE) 20.4; 2 Richardson 20.7; 3 S Shepherd (Kilb) 21.2; 4 L Horrow (Law) 21.4; 5 Johnston 21.5; 6 J Wallace (Dund) 21.6; 7 F Chalmers (Cent) 21.7. **B:** 1 M Wright (CoE) 21.3; 2 L Carton (Nith) 21.6; 3 F Thomson (Fife) 22.0
800: 1 Wright 2:28.2; 2 L Garton (Nith) 2:31.6; 3 Chalmers 2:43.5; 4 J Logan (Law) 2:46.6
1200: F Thompson (Cent) 4:11.5
70H: 1 M Irving (Nith) 12.2; 2 J Halket (Ellon) 12.3; 3 Morrow 12.6; 4 S Migeny (CoE) 12.8; 5 Wallace 13.3; 6 Thomson 13.9. **B:** 1 Storrier 12.8; 2 P O'Conner (Law) 13.4; 3 S Stevenson (Fife) 13.7
LJ: 1 Halket 4.43; 2 Park 4.32; 3 Shepherd 4.20
SP: 1 S McRobbie (Ellon 7.41; 2 A McIntosh (CoE) 7.01. **B:** K Richardson (Ellon) 7.17
4x100: Nithsdale 59.4

NAIRN HIGHLAND GAMES

Men
100: A Beaton (Inv) 11.9
LJ: M Burt (Nairn) 6.00
SP: B Shepherd (Elgin) 13.43
U20
SP: 1 G Allan (Elgin) 13.28; 2 S Thompson (Nairn) 13.27
U15
100: S Hanshaw (Nairn) 12.7
200/LJ: A Pearson (Inv) 26.1/5.40
800/HJ: A McKay (inv) 2:32.1/1.60
Overall: Mckay, Pearson
U13
100/200/LJ: J Henderson (Osw) 14.8/30.8/4.23
800: K Hay (Forres) 2:36.9
HJ: G Sweeney (Moray) 1.30
Overall: Henderson
Women
400/HJ/LJ: L Clarkson (Inv, U17) 68.7
800: J Wilson (Inv) 2:39.8
U15
100/200/LJ: K Atkinson (Inv) 13.7/30.1/4.17
800/HJ: J Main (Inv) 2:49.4/1.15
Overall: Main, Atkinson
U13
100/LJ: F Murray (Inv) 15.0/3.83
200/800: L Mathieson (Inv) 31.8/3:04.6
Overall: Murray

August 12

CRESTA TURBINES OPEN
Rugby

Men
200/110H: D Sweetman (Charn) 22.6/15.1
3000: 1 S Edmonds (Bir) 8:51.7; 2 M Taylor (Cov) 8:54.9; 3 G Fay (Stour) 8:56.0; 4 G Lee (Harb) 8:57.7
LJ: S Phillips (Rug) 7.70
TJ: D Folgate (Kett, M45) 11.88
SP: M Edwards (Charn) 17.88
HT: G Herrington (Rug) 44.26
2kmW: 1 M Smith (Cov RWC) 8:56.2; 2 G Jackson (Cov RWC) 9:00.4; 3 D Radcliffe (Cov RWC) 9:24.0
M50
110H: J Wells (Corby) 17.1
SP: R Abdy (NPAC) 10.28
M75
SP: J Gercs (Rug) 8.20
U17
100: E Robinson (Leic C) 15.1
U15
80H: R Ayres (Charn) 12.7
U13
150: J Bradford (Cov) 21.2
SP: S Herrington (Rug) 8.86
Women
3000: C Cresswell (Notts) 10:08.2
HT: Z Tristram (Rug) 36.03
2kmW: K Ratcliffe (Cov RWC) 10:28.1
W35
SP: S Herrington (Rug) 9.94
HT: C Smith (Nun) 29.16
U20
TJ: V Folgate (Rug) 10.47
U15
150: N Smart (Kett) 23.9
U13
150/70H: L Manus (Leic F) 21.3/11.7

SOUTHERN COUNTIES VETS' LEAGUE
Sussex Division
Eastbourne

Men
MATCH: 1eq Worthing & District Harriers and Hastings 268; 3 Haywards Heath Harriers 196; 4 Eastbourne Rovers 178; 5 Steyning A154; 6 Phoenix 78; 7 Brighton & Hove 48; 8 Arena 80 10
M40/M45
200: P Evans (Hast, M40) 26.1; B P Morgan (E'bne, M40) 26.4
800/3000: J Hernon (Hast, M40) 2:12.7/9:39.9
PV: M Airey (B&H, M45) 2:00
LJ/TJ: J Ross (E'bne, M40) 4.8910.62
DT/JT: P Lawrence (Hast, M45) 32.49/33.45
2kmW: D Stevens (Steyn, M60) 11:02.2. **B:** R Penfold (Steyn, M55) 11:06.7
4x200:1 Hastings AC 1:50.7; 2 Eastbourne Rovers AC 1:54.1; 3 Worthing & District Harriers 2:00.3
M50/M70
200: D Burton (Steyn, M60) 27.1
800: R Wild (Hast, M55) 2:31.7
3000: P Standen (Hast, M55) 10:53.2
PV/LJ/TJ/DT/JT: A Chapman (W&D, M60) 2.40/4.23/8.90/36.75/31.45
2kmW: D Thompson (Herne H, M70) 12:43.2
Final league positions: 1 Worthing & District Harriers 886; 2 Hastings 816.5; 3 Eastbourne Rovers 637.5; 4 Haywards Heath Harriers 497; 6 Steyning 472; 7 Phoenix 388; 8 Arena 80 226; 9 Hailsham Harriers/Lewes 55; 10 Haslemere & Border 16
Women
MATCH: 1 Hastings 214; 2 Steyning 150; 2 Worthing & District Harriers 136; 4 Eastbourne Rovers 80; 5 Haywards Heath Harriers 74; 6 Arena 80 70; 7 Phoenix 56; 8 Hailsham Harriers/Lewes 24
W35/45
200: C Webb (Phoen, W35) 30.1
800: 1 D Lee (Hast, W35) 2:43.7; 2 J Chicken (L&H, W35) 2:45.0
5000: L Jones (Hail, W35) 19:01.6
2kmW: G Trower (Steyn, W35) 11:46.5
LJ: J Thorne (Worth, W40) 4.70
SP/DT: P Coombs (Hast, W35) 8.76/29.71
4x200: 1 Worthing & District Harriers 2:15.4; 2 Hastings AC 2:18.9; 3 Steyning 2:51.4
W50/60
200: E Shackman (Worth, W50) 34.4
800/5000: E Buckley (Hast, W50) 2:46.4/21:08.8 (both div rec)
LJ: J Cobby (Steyn, W50) 2.23
SP: E Brandon (E'bne, W50) 7.25
DT: J Long (E'bne, W60) 20.01
2kmW: J Bleach (Steyn, W50) 12:49.4
Final league positions: 1 Hastings 786; 2 Worthing & District Harriers 674; 3 Steyning 456.5; 4 Eastbourne Rovers 361; 5 Haywards Heath Harriers 354.5; 6 Phoenix 340; 7 Arena 80 238; 8 Hailsham Harriers/Lewes 92

SOUTH WALES VETS' LEAGUE
Cardiff

MATCH: 1 Neath 199; 2 Cardiff 194; 3 Swansea 190; 4 Port Talbot 112
M40
100: 1 H Roberts (Newp) 12.5; 2 T Mayer (Card) 12.6; 3 D Fishwick (Card) 12.8. **B:** B Williamson (Card) 12.6
400: 1 P Gooding (Swan) 59.7; 2 J Rees (Neath) 60.0. **B:** D Jessett (Swan) 59.6
3000: 1 A Karr (B'end) 9:38.9; 2 J Rees (Neath) 9:53.4; 3 H Carpenter (Neath) 9:55.7
Medley: 1 Neath 4:22.2; 2 Swansea 4:25.2; 2 Port Talbot 4:32.2; 4 Cardiff 4:38.1
PV: C Harvey (Neath) 2.50
LJ: 1 B Wiliamson (Card) 4.73; 2 T Meyer (Card) 4.70; 3 S Persell (Card) 4.48
DT: 1 T Lalley (Swan) 37.15; 2 J Walters (Card, M60) 29.58; 3 J Davies (Port T) 21.70
SP: 1 Lalley 11.02; 2 Waters 10.07; 3 Harvey 8.27
M50
100: R Austin (Neath) 13.3
400: 1 G Sutton (Newp) 57.8; 2 R Austin (Neath) 64.4; 3 B Barrett (Neath) 65.6
3000: D Bastable 10:14.0
PV: 1 G Sutton (Newp) 3.40; 2 G Benson (Swan) 3.40
M60
SP: 1 B Webb (Card) 10.03; 2 J Loney (Rhondda) 8.07
DT: Loney 27.41
M70
DT: W Kingsbury (Rhondda) 26.02
Final league postions: 1 Cardiff 790; 2 Neath 778; 3 Swansea 652; 4 Port Talbot 495; 5 Newport 264

August 9

MIDLAND WOMEN'S LEAGUE
Division One Stoke

MATCH: 1 City of Stoke 333; 2 Coventry 316; 3 Birchfield 304.5; 4 Cannock & Stafford 295; 5 Bristol 253.5; 6 Yate 245.5; 7 Derby Ladies 189.5
Women
100: 1 Z Wilson (Bir) 12.5; 2 R Drummond (Stoke) 12.5. **B:** J Wise (Cov) 12.3
200: Wilson 25.3. **B:** 1 M Thomas (Bir) 24.7; 2 J White (Cov) 25.8
400: 1 C Raven (Cov) 55.9; 2 S Dann (Bir) 56.8; 3 L Harvey (Bris) 57.1; 4 T Fradley (Stoke) 58.0. **B:** 1 K Eustace (Bris) 58.8; 2 A Carr (Stoke) 59.8
800: 1 S Bull (Der L) 2:11.5; 2 E Ward (Stoke) 2:12.0; 3 L Doughty (Bris) 2:13.7; 4 S Creamer (Cov) 2:14.2
1500: J Oldfield (Bir) 4:41.3
3000: J Lanza (Stoke) 10:26.8
100H: 1 J Thorn (Yate) 15.0; 2 J Hyslop (Cov) 15.1; 3 L Brackstone (Stoke) 15.6; 4 A Keys (C&S) 15.7; 5 C Adams (Bris) 15.9
400H: 1 L Hanson (Bir) 59.6; 2 T Wilkinson (Stoke) 60.2; 3 J Peet (Bris) 65.1. **B:** S Damm (Bir) 61.1
HJ: N Hulse (Stoke) 1.65
PV: 1 E Hornby (Bir) 3.70; 2 J Vousden (Cov) 2.80
LJ: 1 Wise 6.31; 2 K Payne (Bir) 5.44. **B:** J White (Cov) 5.72
TJ: 1 D Rowe (Bir) 12.04; 2 K Saunders (Der L) 11.19. **B:** Payne 11.39
SP: 1 C Parker (Cov) 14.01; 2 C Court (Bir, W35) 13.64; 3 A George (C&S) 10.72
DT: 1 N Talbot (Bir) 44.89; 2 H Comerby (C&S) 36.68; 3 H Williams (Stoke) 33.16; 4 M Hedge (Yate) 32.55. **B:** 1 V Williams (C&S) 35.99; 2 K Ostenburg (Bir) 34.60
HT: 1 S Moore (Bris) 52.81; 2 C Parker (Cov) 37.22
JT: 1 Court 47.21; 2 C Evans (Cov) 43.28
4x100: 1 Coventry 48.6; 2 Birchfield 48.8; 3 Bristol 49.7

4x400: 1 Birchfield 3:49.9; 2 City of Stoke 3:54.6; 3 Coventry 4:00.9; Bristol 4:02.1
U17
100: 1 D Mayler (Bir) 12.6; 2 J Walters (Der L) 12.9; 3 L Lightfoot (Stoke) 13.0.
B: E Walker (Bir) 12.7
200: Lightfoot 26.4
300: 1 N Daniels (Stoke) 41.6; 2 S Cox (Bir) 43.4; 3 S Herbert (Bris) 43.5; 4 C Milton (Yate) 43.7; 5 J Harding (Der L) 43.9. **B:** R Heath (Stoke) 42.8
800: 1 S Herbert (Bris) 2:18.3; 2 V Harding (Stoke) 2:20.0
1500: K Reed (Bris) 4:48.1
80H: Mayler 12.2
300H: 1 K Hopwood (Stoke) 50.2; 2 T Rouberry (Bir) 51.0
LJ: R Bates (Stoke) 5.35
SP: S Richardson (Bir) 10.86
JT: 1 C Bennett (C&S) 34.61; 2 G Alcock (Stoke) 31.9
4x100: 1 Birchfield 50.2; 2 City of Stoke 51.3
U15
100: 1 L McCarthy (C&S) 13.0; 2 K Everell (Yate) 13.0; 3 A Wain (Stoke) 13.2; 4 S Willing (Bris) 13.4
200: 1 A Wain 26.6; 2 McCarthy 26.7; 3 Everell 26.8
800: 1 H Cutler (Bir) 2:21.7; 2 T Genders (C&S) 2:22.8; 3 S Rylands (Stoke) 2:25.1; 4 A Wilshire (Bris) 2:29.3. **B:** S Harper (C&S) 2:32.3
1500: 1 S Pickering (C&S) 4:55.5; 2 E Stevens (Der L) 5:06.7. **B:** D Whittaker (C&S) 4:59.1
75H: 1 G Harvey (Stoke) 12.6; 2 C Hunter (Cov) 12.7; 3 S Briggs (Der L) 12.9. **B:** K Boulton (Yate) 12.9
SP: 1 K West (C&S) 11.27; 2 H Manger (Cov) 9.51; 3 S Briggs 9.48; 4 H Ward (Yate) 8.91. **B:** 1 S Stoney (C&S) 10.65; 2 K Meek (Yate) 8.84
DT: 1 K West (C&S) 28.33; 2 Manger 26.12. **B:** S Stone (C&S) 23.88
HJ: 1 B Wood (C&S) 1.55; 2 E Kueberowa (Cov) 1.50; 3 K Boulton (Yate) 1.45; 4 L Reed (Bris) 1.45. **B:** K Elliot (Cov) 1.45
4x100: 1 Coventry 52.9; 2 Cannock & Stafford 52.9
Final league positions: 1 Coventry 19; 2 Birchfield 18; 3 City of Stoke 17; 4 Bristol 9; 5 Cannock & Stafford 8; 6 Yate 8; 7 Derby Ladies 5

August 5

TYNESIDE LEAGUE Gateshead

VICTORY for Richard Hunter, in the final event of the day, the pole vault, meant Gateshead won the senior men's Tyneside League Trophy by 3.5 points, *Les Venmore reports.*

Morpeth, who had won the title for the last four years, led by half a point before the pole vault points were added. Gateshead also won the women's trophy by 27 points. Morpeth again finishing second.

Individual highlights included a win from guesting English Schools' 110m hurdles champion Liam Collins who outclassed the opposition in the senior men's 100m. Morpeth's Paul Reed in one of his few shot put competitions this season threw over 16m. Gateshead Harrier, Gary Nagel, won the 3000m four days after taking the North of England Inter-Counties title at the same distance.

One lap specialist Abigail Naugher of Sunderland won the senior women's 100m and Claire Taylor of North Shields Poly the Northern under-17 1500m champion easily won the senior 800m. There was a double victory for the Desai family as Northern champion Nisha celebrating her 14th birthday won the under-15 girls 800m and brother Ketan won the good quality under-17 men's 800m.

Men
100: L Collins (Sale) 11.2
3000: 1 G Nagel (Gates) 8:27.1; 2 T Wall (Morp) 8:29.7; 3 M Brown (Morp, U20) 8:33.9; 4 A Old (Gates, U20) 8:36.7; 9 P Saint (Walls, M40) 8:50.6
PV: 1 R Hunter (Gates) 3.50; 2 J Loughran (Gosf, M45) 2.80
SP: P Reed (Morp) 16.04
U17
100: A Rodgers (J&H) 11.7
800: 1 K Desai (Morp) 1:57.9; 2 S Redshaw (CleS) 1:58.1; 3 M Coltherd (Barrow) 2:00.6
U15
100: 1 C Adams (Gates) 12.3; 2 R Hogg (NSP) 12.4
800: R Hogg 2:14.5; 2 A Hadden (NSP) 2:16.8; 3 M Gifford (NSP) 2:17.3. **B:** R Craigs (Gosf) 2:15.9
HJ: A Hadden 1.55
U13
200: 1 M Buckle (Els) 28.6; 2 S Liddle (Birt) 29.1
Final league positions: 1 Gateshead 151; 2 Morpeth 147.5; 3 Birtley 119
Women
100: A Naugher (Sund, U20) 12.8
800: C Taylor (NSP, U17) 2:17.0
SP: E Dwan (Blay, U17) 9.44
U15
100: J Tynemouth (Morp) 13.3
800: 1 N Desai (Morp) 2:20.9; 2 K Hunter (NSP) 2:22.9; 3 C Whickham (Gates) 2:29.4
LJ: C Taylor (Morp) 4.77
SP: K Elliott (H&P) 9.11
U13
200: 1 L Hurst (Walls) 27.4; 2 C Cooper (Walls) 28.3
Final league positions: 1 Gateshead 116; 2 Morpeth 89; 3 Jarrow & Hebburn 52.5

August 5

NORTHERN VETS' LEAGUE Belle Vue Stadium, Manchester

M40
100/200: P Hickey (Traff) 11.7/23.2
400: I Broadhurst (Wrex) 54.5
800/1500: G Armitage (Long) 2:10.0/4:42.1
3000: A Harris (Rad) 9:53.8
LJ: C Hesketh (Stock) 5.80
SP: M Grzwacz (Long) 8.88
JT: R McAvoy (Wirr) 39.04
Final league postions: 1 Longwood 205.5; 2 Skipton 194; 3 Leigh 144.5; 4 Wakefield 91; 5 Trafford 90; 6 Wirral 61; 7eq Pembroke and Wrexham 47; 9 Stockport 41.5; 10 Manchester 37
M45
100/200: G White (Rown) 12.7/26.4
400/LJ: B Gardt (Skip) 64.4/4.65
800/1500/3000: D Gee (Manch) 2:09.1/4:26.7/9:31.3
SP/JT: M Bousfield (Pemb) 12.02/38.32
M50
100/200/400/LJ: V Blanchard (Manch) 12.8/25.8/56.5/4.80
800/1500: R Scholes (Barns) 2:17.5/4:49.6
3000: B Pickersgill (Long) 10:14.8
SP: B Lockley (E Ches) 11.74
JT: R Ownsworth (Rock) 31.10
Final league postions: 1 Manchester 230; 2 Longwood 90; 3eq Scunthorpe and Wakefield 89; 5 Barnsley 75; 6 Sheffield 68; 7 Rockingham 58; 8 Rowntrees 48; 9 East Cheshire 45; 10 Belle Vue 44
M55
100/200/400: B Shearsmith (Wake) 12.5/25.9/62.1
JT: G Smith (Hall) 35.49
M60
100/200: T Bowman (Leeds C) 13.2/27.3
400: J Baron (Leeds) 69.3
800/LJ: P Dibb (Long) 2:35.6/3.00
1500/3000: T Childs (Long) 5:28.4/11:15.2
SP/JT: W Nicholls (Traff) 6.88/20.12
Final league postions: 1 Longwood 332.5; 2 Belle Vue 86; 3 Leeds City 83; 4 Altrincham 62; 5eq Rowntrees and Bradford 45; 7 Wirral 42; 8 Halifax 31; 9 Leigh 23.5; 10 Wakefield 23
M65
200/400/800/LJ/SP: B Boothroyd (Long) 40.9/64.6/3:14.3/2.84/8.45
1500/3000: A Walsham (Sale) 6:08.5/12:37.4
JT: M Morrell (Wirr) 34.84
M70
SP/JT: E Cheetham (Belle V) 8.58/18.84
W35
100/200: A Hesketh (Stock) 13.6/28.2
400: J Hicken (Warr) 68.9
800: L Hickey (Alt) 2:53.4
SP/JT: P Risk (O&R) 6.95/19.68
W40
100: J Kinnane (Wake) 13.6
200/LJ/SP/JT: J Cunnane (Wake) 29.8/4.13/9.30/23.47
400: S Pickersgill (Long) 72.1
800/1500: V Battye (Long) 2:38.7/5:27.9
3000: S Crehan (Sale) 11:36.8
W45
100: C Barber (Belle V) 18.6
LJ/SP/JT: V Ricketts (O&R) 2.93/6.05/12.66
W50
100/LJ/SP/JT: L Cheetham (Belle V) 17.9/2,70/5.20/10.60
W55
100/200/400/800/1500/LJ/SP/JT: S Bolland (Spen) 21.6/49.4/117.1/4:16.4/8:21.5/3.03/5.97/13.10
Final league postions: 1 Wakefield 190; 2 Oldham & Royton 170; 3 Longwood 146; 4 Spenborough 93; 5 Altrincham 58; 6 Bolton 55; 7 Rowntrees 49; 8 Belle Vue 44; 9 Stockport 32; 10 Warrington 27

August 1

KENT AC CHAMPS Ladywell

Men
200: 1 C Johnson 23.2; 2 S Powell 23.5; 3 R Frost (U20) 24.0
1500: 1 M Cox 4:15.9; 2 J Mays (U20) 4:22.1; 3 Frost 4:29.9
LJ: 1 J Appiah 5.97; 2 Frost 5.96; 3 A Adu-Boayke 5.49
DT: 1 C Jennings 29.01; 2 P Kyberd 23.74; 3 Frost 23.70
JT: 1 Jennings 34.98; 2 Cox 33.06; 3 Frost 29.72

KENT AC PENTATHLON CHAMPS Ladywell

Men
Pent: 1 R Frost (U20) 2632; 2 M Cox 2436; 3 A Adu-Boayke 2036

July 30

KENT AC CHAMPS Ladywell

Men
TJ: 1 J Appiah 12.07; 2 C Johnson (U20) 11.66; 3 H Davidson (gst) 11.42; 4 N Stephenson (U20) 11.20
SP: 1 E Rainer-Garcia 10.51; 2 C Jennings 10.05; 3 S Powell 8.77

July 28

KENT AC CHAMPS Ladywell

Men
PV: 1 A Hardy (gst) 4.00 (track rec); 2 S Gascoigne (gst) 3.60; 3 S Tolson (gst) 3.60; 4 N Stephenson (U20) 3.20; 5 H Frost (U17) 3.10; 6 R Frost (U20) 3.10

Road

August 23

CAPITAL BUSINESS MORTAGES MIDHURST 10km

GEOFF HILL soon hit the front on this undulating course and once he had disposed of the challenge from Phoenix clubmate Kurt Hoyte he had a free passage, *Martin Duff reports.*

The two Brighton men were already at the front of the 450-strong field at the top of the first long ascent, but Hill stole a few yards on the tight turn into the second hill at 2km. Kurt regained contact but by 3km had to let go as Hill sped to victory.

Behind, Mike Twomey led fourth placed Paul Froud and they were still chasing at the end of the first 5km lap back in Midhurst town centre, where roadworks caused a few problems for runners and traffic alike.

Nevertheless, Hill was through in around 15:30 and Hoyte was also inside 16 minutes, but Twomey and Froud had eyes on the places as the second Phoenix man weakened.

Hill maintained tempo up and over the hills for the second time, before going on to win in 31:35 while Twomey and Froud moved into the frame. Ross Fillingham took the Neil Talman Memorial Trophy as first under 21 in 36:00.

Rita McGimpsey, one of the few athletes left in Southampton City colours, took the women's race. The south coast veteran had no trouble finishing in the top 50 overall with a 37:36 clocking.

Men
1 G Hill (Phoe) 31:35; 2 M Twomey (Soton RC) 32:43; 3 P Froud (B&H) 32:46; 4 C Enson (unatt) 32:50; 5 K Hoyte (Phoe) 33;07; 6 T Watson (Havant) 33:28; 7 L Morgan (S Lon) 33:43; 8 J Steyning (Seaf) 34:35; 9 I Smith (Stubb) 34:37; 10 P Bleach (Ports) 34:41; 11 V Nevola (AFD) 34:44; 12 T Saunders (Havant, M45) 34:47; 13 D O'Brien (Ports J) 34:55; 14 P Guest (Ports J, M40) 34:56; 15 T frost (Liss) 35:04; 16 G Jones (Oxf C, M50) 35:08; 17 R Thompson (Soton RC) 35:23; 18 B Walters (BA, M40) 35:41; 19 D Fletcher (Havant, M45) 35:44; 20 M Webber (And) 35:45
M45: 3 P Barlow (Soton RC) 36:45; 4 D Dorning (Chich) 37:10
M50: 2 C Brittain (Stubb) 36:01; 3 K Payne (Stubb) 36:07; 4 M Smith (Soton RC) 36:16; 5 P Western (Havant) 37:33; 6 R Morgan (Read) 37:55; 7 M Miller (HW) 38:30; 8 A Ive (Havant) 38:39
M55: G Lloyd (Over) 40:33
M60: 1 G Wiltshire (Salis) 38:17; 2 R Webb (Arun) 40:48; 3 B Hooker (Ports J) 42:04
M65: J Taylor (Liss) 42:36
U21: R Fillingham (Ports) 36:00
TEAM: 1 Havant 37; 2 Phoenix 38; 3 Southampton Running Club 49; 4 Portsmouth Joggers 50; 5 Stubbington Green Runners 61; 6 City of Portsmouth 65
Women
1 R McGimpsey (Soton C, W35) 37:36; 2 S Crombie (unatt) 40:05; 3 J Lansdowne (St Croy) 41:41
W35: 2 V Geary (Denm) 43:33
W40: 1 J Bateman (B&H) 42:44
W45: E Hegarty (Ports J) 43:03; 2 G Scott (Arun) 43:56; 3 K Bowler (Hailsh) 45:32
W50: C Srtanbridge (S'down) 49:06
W60: A Dukes (Soton C) 53:54
W65: E Quinton (Horsh J) 50:35
U21: R Brimage (Havant) 48:11
TEAM: 1 Midhurst Milers 72; 2 Portsmouth Joggers 114; 3 Striders of Croydon 117

EUROPRINT BLACKBURN 10km Witton Park

CLAYTON Harrier Mark Brown, who competed on the track in the Disabled Olympics in Atlanta in 1996, underlined his versatility with a clear victory in this tough road outing, *Keith Bradshaw reports.*

Brown made light of the hills and heavy rain, winning by 41 seconds. Former Great Britain junior Michelle Mann, currently home from university studies in France, withstood the challenge of experienced veteran fell runner Vanessa Peacock to win the women's race.

Men (10km)
1 M Brown (Clay) 33:32; 2 D Eastwood (Acc) 34:13; 3 S Moran (Lost) 34:17; 4 I Greenwood (Clay) 34:51; 5 A Stubbs (Clay) 34:53; 6 M Theaker (Acc) 35:15; 7 A Clarkson (Clay, M40) 35:23; 8 N Samuels (B'burn, U20) 35:26; 9 D Hollings (L&M) 35:53; 10 S Monk (Hynd) 36:09; 11 C McCorkindale (Chor H) 36:16; 12 D Nixon (L&M) 36:38; 13 W Crook (S Ribb) 36:55; 14 A Harris (Radc, M40) 36:59; 15 P Fergus (Lopers, M40) 37:03; 16 J Harbour (unatt) 37:12; 17 J O'Dea (B'burn, U20) 37:17; 18 W Garner (R Rose) 37:29; 19 F Reilly (Stock, M50) 37:34; 20 A Steele (Radc, M45) 37:37; 21 P Lovick (B'burn) 37:49; 25 M Calvert (Howg) 37:54
M55: H Hasley (Acc) 47:09
M60: P Brennan (Salf) 43:18
M75: T Goodwin (L&M) 64:17
TEAM: Clayton le Moors 17
Women
1 M Mann (Pres) 39:15; 2 V Peacock (Clay, W45) 39:51; 3 D Shakeshaft (Bolt, W35) 41:59; 4 T Lewis (Clay, W35) 43:25; 5 J Hodkinson (Pres, W35) 44:03; 6 M Meredith (P'tatyn, W50) 44:11; 6 D Flemming (Ross, W45) 44:22; 7 S Rowbottom (unatt, W50) 47:40; 8 H Moffatt, Howg, W40) 48:25
W60: E Elkington (L&M) 54:10
W65: L Gilchrist (Midd) 49:05
TEAM: Radcliffe 68
No of finishers: 202

TORBAY REGATTA 10km

BILL O'DONNELL's title defence ended in disappointment as he had to settle for fourth spot, *Kevin Fahey reports.*

The Bideford athlete had no answer to Exmouth's Dave Mattock, who raced clear for victory on a foul night on the English Riviera.

Behind Mattock both Erme Valley's Allistair Bristow and Plymouth vet Dave Wilson-Evans repeated their second and third places of '97.

South Devon's Helen Dyke went one better than last year to claim the women's title from Teignbridge Trotters' veteran Stephanie Ross.

Men
1 D Mattock (Ex'mth) 32:25; 2 A Bristow (Erme V) 32:31; 3 D Wilson-Evans (Ply H, M40) 32:34; 4 B O'Donnell (Bide) 33:09; 5 S Anderson (Ply H) 33:12; 6 J Porter (Bide) 33:36; 7 P Rigler (Bide) 33;45; 8 T Heard (S Dev) 34:06; 9 N Holmes (Erme V) 34:11; 10 S Weekes (Exe) 34:30; 11 J Abbis (Wrek) 34:34; 12 M Cox (Exe) 34:53; 13 R Selby (Exe, M45) 35:21; 14 R Court (Torb, M45) 35:25; 15 P Monahan (Torb) 35:31; 16 M Raybold (S Dev) 35:33; 17 D Tomlin (Teign) 35:48; 18 R Hart (Torb) 35:54; 19 R Forbes (S Dev) 36:02; 20 D Shepherd (unatt) 36:10
M50: D Francis (Ex'mth) 36:26
M55: P Watson (Torb) 39:06
Women
1 H Dyke (S Dev) 39:22; 2 S Ross (Teign, W35) 41:45; 3 L Curtis-Garland (unatt) 43:32
W40: C Armstrong (SWRR) 44:29
W45: S Davies (Torbay) 46:16
W50: C Mapstone (Erme V) 52:26

RICHMOND 10km

LOCAL based Mark Critchlow looked on his way to victory as he enjoyed a lead of 80m as he left the Thames riverside onto the fields of Old Deer Park, *Pete Mulholland reports.*

Even local knowledge could not help him when he took the wrong course, leaving Graeme Macfadyen to close the gap.

These two were some way ahead of the field and still together with a 1km lap of the park remaining but Macfadyen, who owns a marathon best of 2:34 proved too strong over the grassland final section and went away with ease.

MacFadyen, who has his sights set on the Flora London Marathon, was a former Dorset schools champion and a member of the Oxford team that won the inter-varsity against Cambridge in both 1988 and 1989.

Another who suffered a wrong route was Richard Xerri when comfortably placed third but after rejoining the race found himself unable to catch the West 4 pair of Ray Dzikowski and first veteran Rob Johnston.

Anna Solly didn't suffer the problems encountered by her partner and coach as she finished more than a minute clear of Wilmslow's Roslyn Sinnamon.

Men
1 G MacFadyen (Hardley R) 32:41; 2 M Critchlow (Serp) 33:05; 3 R Dzikowski (W4H) 34:06; 4 R Johnston (W4H, M45) 34:06; 5 R Xerri (HW) 34:46; 6 J Barnard (W4H, M45) 34:54; 7 A Miles (Hill, M40) 34:56; 8 S Lowe (SB, M40) 35:27; 9 R Pitt (THH, M40) 35:36; 10 M Goatley (THH) 35:59
M50: 1 P Kemp (Reebok) 36:51; 2 D West (Wind V) 37:29; 3 P Giles (unatt)37:34; 4 R Morrell (Swin) 38:49
M60: K Spacie (THH) 39:05
Women
1 A Solly (N Lon) 38:10; 2 R Sinnamon (Wilm) 39:15; 3 A O'Connor (unatt) 40:30; 4 L Kipling (unatt) 40:41; 5 G Coverley (DMV, W40) 40:55

BICC FAST 5 INCORPORATING CLWYD CHAMPIONSHIPS

Men
1 A Buckley (Holm, M40) 24:59; 2 D Hollins (PMAC, M40) 25:12; 3 T Power (Telf, M40) 25:29; 4 S Shiels (P'tatyn) 25:36; 5 A Bailey (Bro D) 25:39; 6 R Hand (Dur) 26:34; 7 P Spencer (W Ches) 26:48; 8 G Norgrove (Wrex) 26:56; 9 A Williams (Bro D) 27:27; 10 K Ellis (Wrex, M40) 27:29
M45: D Jones (D'bigh) 29:20
M50: A Egan (Wrex) 28:48
M55: J Thomas (W Ches) 31:10
M60: P Norman (Wrex) 31:59
M65: 1 D Morris (Osw) 34:25; 2 B Forster (Wrex) 34:42
Women
1 Y Hill (Bir, W35) 30:57; 2 R Naish (Bro D, W40) 31:07; 3 E Statham (Stoke, W50) 32:11

August 22

CAUSEWAY COAST HALF- MARATHON Portrush

DONAL GALLAGHER, the reigning Northern Ireland 10,000m champion, led throughout and finished two and a half minutes clear of Matt Shields who took the veteran's prize, *Alan Keys reports.*

Gallagher was already 50 metres clear at the end of the first mile and by half way was well clear of the chasing group which included Shields, Paddy McCullough and Peter Smyth. Despite the strong head wind Gallagher continued to increase his lead, with McCullough holding on for third.

Shelia Dodds took the women's event, three minutes clear of Grainne Butler.

Men
1 D Gallagher (SNW) 69:25; 2 M Shields (NBH, M40) 72:09; 3 P McCullough (WTH) 72:30; 4 J Patience (NBH) 73:48; 5 P Reynolds (WTH) 75:11; 6 R Murray (NICS, M40) 75:23; 7 P Smyth (NBH) 75:50; 8 M Kirk (B&A) 75:50; 9 P Tweedie (Anna) 75:51; 10 N Munnis (ND) 76:22
Women
1 S Dodds (SNW) 87:38; 2 G Butler (unatt) 90:43; 3 K Henry (Trent Park) 95:50

BURNSALL 10

Men
1 D Mason (Salf) 52:54; 2 P Muller (B&F, M40) 53:36; 3 A Clarkson (C le M, M40); 4 N Cayton (Otl) 56:57; 5 B Gardner (L&M, M40) 57:18; 6 J Noon (P&B) 57:19; 7 J Verity (St Bedes, M40) 57:27; 8 D Brame (Keighley & C) 57:55; 9 S McLay (unatt) 58:18; 10 A Meskimmon (Holme V) 58:23
M50: C Chorlton (Tyne) 60:13
TEAM: Otley
Women

1 E Nutter (Ripon) 66:03; 2 K Kaiser (Vall, W45) 66:24; 3 S Carey (Tod) 67:08

August 21

ALLTRUCK BLISWORTH FRIDAY 5

GLYNN TROMANS went to the top of the 1998 Puma/*Athletics Weekly* UK rankings with a personal best of 23:10, *Martin Duff reports.*

As the time was also a course record, the Kuala Lumpur-bound Coventry man pocketed a £250 bonus, along with his £100 first prize. Tromans won the Erewash 10 two days later, seeing the two races as ideal preparation for the Commonwealth 10,000 metres.

The opening mile is the toughest of the race and Tromans, set on his way by Peter Elliott, the former Olympic 1500 metre silver medallist, took off just like a 1500m runner. He opened out an 80 yard lead in that mile over the Shaftesbury pair of Andy Colvin and Andy Magnall. Along with Tipton's Simon Cotton, Vauxhall's Danny McCormack and Will Levett, they formed up in a chasing group.

Continuing his relentless pace, Tromans slipped in 4:32 and 4:43 miles to reach three in 13:45. Behind, the pack stayed together, locked into their own race and more than 150 yards down as the Coventry man hit four miles in 18:32. Running the final mile into a gusty headwind, the winner received a tremendous ovation from the crowd as he crossed the line in the new record.

With the race behind getting into full swing in the closing mile, Tromans was already into his warm down as Colvin took second. Third in the Southern 3000m just 48 hours before, he got away from former national junior cross country champion McCormick and Cotton to take second. Levett, runner-up last year, and Magnall were also inside 25 minutes.

In the veteran classes Steve Lonnen got the better of BVAF 10,000m champion Jonathon Kilsby in the M40's, while Jim Smith showed a clean pair of heels to Mike Hurd in the M50's.

Sue Reinsford was back in action after her runaway success in the East Midlands Grand Prix earlier in the summer. The Bedford & County runner narrowly led Debbie Gunning for the opening three miles before opening up to reach four in 21:45.

Winner in 1996, Reinsford had gained 50 yards in that mile but piled it on over the final stretch to extend her margin to almost a minute and a 27:29 PB. Gunning slipped to 28:27 and a 70 yard margin over another former winner, Nicki Lee.

Linda Dewhurst narrowly led Frances Cooke in the two youngest vets' classes, but Olympian Sheila Carey beat all the W45s while taking the W50's in 32:33.

Men
1 G Tromans (Cov) 23:10; 2 A Colvin (SB) 24:32; 3 D McCormack (Vaux) 24:39; 4 S Cotton (Tip) 24:40; 5 W Levett (Vaux) 24:45; 6 A Magnall (SB) 24:54; 7 P Farmer (Vaux) 25:24; 8 N Ovington (TVH) 25:29; 9 C Barley (SB) 25:42; 10 A Wright (Nun) 25:43; 11 S Lonnen (B&H, M40) 25:46; 12 P Simons (SB) 25:52; 13 J Kilsby (SB, M40) 26:16; 14 A McKenna (Mil K) 26:32; 15 S Pritchard (Banb) 26:39; 16 R Powell (Vaux) 26:41; 17 P Gray (Oxf C) 26:44; 18 I Van Lokven (Mil K, M40) 26:47; 19 G Peterson (North P) 26:51; 20 J Smith (Corby, M50) 27:00; 21 M O'Shea (N'brook) 27:09; 22 D Ashton (W'stock) 27:15; 23 C Webb (Harb) 27:20; 24 E Moen (North P) 27:23; 25 M Hurd (W'stock, M50) 27:24; 26 M Welland (Oxf C, M50) 27:26; 27 R Lack (Woott) 27:27; 28 D Keating (Corb) 27:28; 29 S Heighway (North P) 27:32; 30 V Carroll (North P) 27:39; 31 G Tucker (Cher RR) 27:43; 32 R Palmer (Vaux) 27:44; 33 T Barnes (Bed H) 27:51; 34 P Swain (Harb) 27:53; 35 R Callan (Harb, M40) 27:55
M40: 4 A Bryant (Mass F) 27:58; 5 M Wilcox (Woott) 28:15
M45: 1 N Jerome (Sils) 28:42; 2 D Findal-Hawkins (Mil K) 28:49; 3 A Webb (MVAC) 29:24
M50: 4 D Parsons (Oxf C) 29:29
M55: 1 J Thomas (Corb) 30:47; 2 B Price (Hook N) 31:34; 3 M Cook (Bed H) 31:44
M60: 1 T Laybourn (Mil K) 31:20; 2 J Middleton (LB) 32:48; 3 A Palmer (North P) 33:37; 4 J Greenhall (Mil K) 34:18
M65: B Emmerson (Leam) 31:34
TEAM: 1 Shaftesbury Barnet 29; 2 Vauxhall 31; 3 Northampton Phoenix 102; 4 Milton Keynes 202; 5 Northampton Phoenix B 226; 6 Wootton Road Runners 273
M40 TEAM: Wootton Road Runners 196; 2 Corby 212; 3 Milton Keynes 213; 4 Northampton Phoenix 409; 5 Milton Keynes B 449; 6 Corby B 528
Women
1 S Reinsford (Bed C) 27:39; 2 D Gunning (Ex L) 28:27; 3 N Lee (Hunc) 28:48; 4 C Weatherill (SB) 29:43; 5 L Dewhurst (Mil K, W35) 30:17; 6 W Reeson (Adv P) 30:29; 7 F Cooke (March, W40) 30:29; 8 A Berrill (Veg) 30:45; 9 S Dunkley (North P) 30:53; 10 G Duckworth (L Buzz, W40) 31:21; 11 J Simmons (St Alb, W40) 31:53; 12 N Sharp (North P) 32:07
W35: 2 G Ward (North P) 32:41; 3 C Williams (North P) 32:54; 4 S Walters (Oxf C) 32:56
W40: 4 K Shaw (Cher RR) 33:07; 5 P Randall (Woott) 33:29; 6 L Hickey (U Trades) 34:14
W45: 1 J Walker (Corby) 32:48; 2 M Swithernby (Mil K) 33:37; 3 H Fiddament (Rug) 33:42
W50: 1 S Carey (Nun, W50) 32:33; 2 B Parkinson (North P) 34:50
TEAM: 1 Northampton Phoenix 124; 2 Wootton Road Runners 140; 3 Abbey National Sports 167; 3 Bedford Harriers 195; 5 Blisworth FC 394
W35 TEAM: 1 Northampton Phoenix 61; 2 Milton Keynes 119; 3 Wootton Road Runners 122; 4 Rugby & District 140; 5 United Trades RRC 160; 6 Bedford Harriers 209

CI 5 Belfast

Men
1 A Campbell (Anna) 24:44; 2 G McClarnon (WTH) 24:49; 3 W Mitchell (Alb, M40) 26:11; 4 F Marsh (ND) 26:23; 5 F McWilliams (WTH, M40) 26:37; 6 A Hearst (Alb) 26:40; 7 M Mearns (WTH, U17) 26:46; 8 G Wilson (Alb) 26:51; 9 N McKibben (Alb) 27:00; 10 N Cahoon (Alb, M40) 27:04; 11 J White (Anna, M40) 27:12; 12 D Kilgallon (WTH) 27:38
Women
1 K Marshall (SA) 29:26; 2 S McCormick (LV, U20) 30:12; 3 J McCartney (ND) 33:51

GREAT WESTERN RUNNERS 10km TOWPATH SERIES Greville Smyth Park, Bristol

Men
1 G Hughes (Bath) 33:06; 2 P Glennie (GWR, M40) 33:13; 3 M Hardy (Weston) 33:26; 4 P Bacon (Chip) 33:53; 5 N Miller (West) 34:17; 6 A Banon (unatt) 34:42; 7 D Blewitt (Bris) 34:46; 8 D Migneth (West) 35:04; 9 A Jacobs (GWR) 35:11; 10 M Bubury (West) 35:20
Series awards
Senior: M Hardy
M40: P Glennie
M45: A Jacobs
M50: G Stokes (Bitt)
Women
1 Y Cox (Bitton) 38:22; 2 S Monaham (GWR) 38:43; 3 N Mounty (West) 39:02; 4 E Greenfield (GWR) 44:12
Series awards
Senior: H Himsby (Bitton)
W40: L Burston (Cleve)
W45: J Travers (GWR)
W50: A Butler (GWR)

August 20

SHAWES ARMS SERIES Preston, Lancashire

ROTHERHAM'S Darren Hale, now based in Preston, ran the fastest time of the series despite torrential rain and high winds, *Keith Bradshaw reports.*
Men (4.8M)
1 D Hale (Roth) 24:49; 2 I Parker (Pres) 26:00; 3 S Smith (Pres) 26:28; 4 R Shultz (R Rose) 26:52; 5 P Giddins (Pres) 27:27; 6 H Wackermag (Pres) 28:37; 9 D Muncaster (Pres) 28:38; 10 A Appleby (Pres, M50) 29:04; 11 D Holmes (Pres, M40) 29:08; 12 G Orritt (R Rose, M50) 29:31; 12 M Livingstone (Pres) 30:06; 14 P Mounsey (Unatt, M40) 30:10; 15 C Sharp (unatt, U20) 30:34; 16 P Magarvey (unatt) 30:48; 17 J Doherty (Pres) 30:50; 18 S Monk (R Rose) 31:46; 19 S Luff (Pres) 31:56; 20 M Fenton (unatt) 32:16; 21 P Dean (unatt) 32:27; 22 M Simon (Pres, M45) 33:54; 23 D Dawson (unatt) 34:45; 24 J Casey (Pres, M55) 35:00
Women: S Horrobin (S Ribb) 45:04

GLOBE INN 5km Gloucester

FOREST of Dean newcomer Daniel Randell clinched his first Gloucestershire county title with a runaway victory, Kevin Fahey reports.

Former Olympic athlete Nick Rose saw Randell build up a 100m lead before surging clear of the chasing pack to launch his own charge but his effort came too late, although his 15:03 did earn him a vets record.

Severn's Alex Hope won the sprint battle for third spot.
Men
1 D Randell (FoD) 14:56; 2 N Rose (Bris, M45) 15:03 (vets record); 3 A Hope (Sev) 15:21; 4 B Jones (B&R) 15:25; 5 D Walmsley (Bourt) 15:30; 6 D Kesterton (B&R) 15:32; 7 M Flowers (Mid Vets, M40) 15:37; 8 R Bufton (Bourt) 15:53; 9 J Adie (B&R, U20) 16:07; 10 B Griffiths (Bourt, M40) 16:08; 11 B O'Leary (Chelt) 16:19; 12 M McGreary (Chelt, M40) 16:22; 13 R Richards (Sev) 16:24; 14 C Davis (Sev) 16:26; 15 M Green (FoD, M40) 16:28; 16 I McDougall (Bourt) 16:34; 17 T Callaghan (FoD) 16:39; 18 M Ford (Chelt, M55) 16:44; 19 S Lynas (Sev) 16:51; 20 W Turner (FoD) 16:52
M50: 2 T Carzana (Peg) 16:54; 3 L Davis (Sev) 16:59
M60: H Clayton (Bris) 17:26 (record)
TEAM: 1 Severn 94; 2 Bourton Road Runners 120; 3 Forest of Dean 122; 4 Bromsgrove & Redditch 125; 5 Cheltenham 142
Women
1 S Harper (Bourt) 17:51; 2 G Lewis (Sev) 18:56; 3 A Coldrick (Bourt, W40) 19:13; 4 L Dunn (Chelt, W40) 19:30; 5 D Phillips (Glos, W45) 19:52; 6 D Taskarisianos (Bourt, W55) 20:00

YOUGHAL 4 Ireland

Men
1 W Harty (W W'ford, U15) 20:30; 2 E Meade (E Cork) 20:36; 3 P Heffernan (St Cath) 20:53; 4 D McCarthy (E Cork) 20:54; 5 P O'Mahoney (Lee) 20:58; 6 T Flannelly (U Stride) 20:59; 7 D Lyons (W W'ford) 21:09; 8 J McHugh (Clon) 21:10; 9 L Kennedy (W'ford) 21:23; 10 T Burns (W'ford, M40) 21:35
M45: M Roche (W W'ford) 22:22
M50: J Buckley (St Fin) 21:45
M55: J O'Leary (Lee)23:41
M65: J Hourigan (Midle) 28:41
U20: R Wade (St Paul) 23:18
U19: M Barrett (W W'ford) 21:55
Women
1 M Sweeney (St Fin) 23:36; 2 K O'Brien (B'noe, W50) 27:24; 3 R Crockett (St Fin, W40) 27:30; 4 S Dennigan (Ferm) 27:32; 5 S O'Reilly (St Lau) 27:52
W45: F Devlin (Midle) 28:31

August 19

HAIGH HALL 5 MILE SERIES Haigh Park, Wigan

DUAL series winner from 1997, Steve Williams retained his Haigh Hall overall title by just one point from fellow veteran Paul Muller in the final fixture over this tough parkland course, *Keith Bradshaw reports.*

In the veterans' round-up Muller reversed the positions, taking the title from Williams, again by the narrowest of margins. Winner on the night was Bolton's multi-international Paul Freary, who headed a quality field with a controlled run, easing home 33 seconds ahead of Aidan Walpole.

A young Altrincham squad, containing two juniors bearing the famous Norman name, grouped well to take the team race.
Glossopdale's Kerrie Wood clinched her third win out of four to lift the women's crown.
Men (5M)
1 P Freary (Bolt) 24:02; 2 A Walpole (Salf) 24:35; 3 A Buckley (Holm, M40) 25:15; 4 T Rowlands (Horw) 25:33; 5 J Rose (Alt) 25:37; 6 S Williams (Salf, M40) 25:40; 7 A Norman (Alt, U20) 25:47; 8 A Ward (Wig D) 25:48; 9 L Harris (Wig P) 25:55; 10 M Jackson (Cov G) 26:03; 11 P Muller (B&F, M40) 26:08; 12 A Brindle (Chor AC) 26:14; 13 D Norman (Alt , U20) 26:19; 14 P Leybourne (Salf) 26:20; 15 I Graham (Leigh) 26;25; 16 K Johnston (Chor H) 26:30; 17 S Clayton (Wig D) 26;33; 18 T Lawrence (Chor H) 26:36; 19 G Callaghan (Liv PS) 27:05; 20 D Townsend (Horw) 27:08; 21 J Moore (Wig P, M40) 27:12; 22 J Worthington (Wig P) 27:18; 23 J Houghton (B&F) 27:27; 24 Ph Derbyshire (Wig P, M40) 27:36; 25 J Wingrove (Wig P, M45) 27:42
U18: A Wareing (Alt) 27:54
M50: J Beesley (unatt) 27:53
M55: J Mitchell (B'burn) 34:09
M60: J McNulty (Bolt) 32:21
TEAM: 1 Altrincham 52; 2 Wigan Phoenix 76
Women
1 K Wood (Gloss) 29:16; 2 S Crehan (Sale, W40) 32:10; 3 D Wakefield (Sale, W40) 32:26; 4 J Pound (Chor AC, W40) 32:33; 5 J Haslam (Darw) 33:12; 6 M Dempsey (unatt) 34:02
W35: M Alcroft (Chor H) 37:48
W50: D Walsh (Lyth) 38:31
W55: J Gent (Wig P) 41:57
TEAM: Darwen 21
No of Finishers: 133
Overall
Men: 1 S Williams (Salf, M40) 19; 2 P Muller (B&F, M40) 20; 3 I Graham (Leigh) 39
M40: 1 Muller 7; 2 Williams 8; 3 Ph Derbyshire (Wig P) 21
Women: 1 K Wood (Gloss) 5; 2 D Wakefield (Sale, W40) 13; 3 M Dempsey (unatt) 27
W35: 1 Wakefield; 2 B Greenhalgh (Darwen) 25; 3 M Davies (Alt, W35) 27

CRAMLINGTON 5

MORPETH HARRIER Ian Archbold maintained his recent impressive form with victory in the 23rd staging of this race, *Les Venmore reports.*

Archbold was joined by North Eastern 10km champion Craig Haslam of Wallsend in the early stages, the pair heading the 120-strong field by 25 seconds at halfway (11:23). Archbold dropped his rival halfway round the second of the two laps to win by 11 seconds. The winning time was the quickest since Ian Hudspith's victory 10 year's ago.

Former Cramlington athlete Clayton Bannon took third place 28 seconds adrift of Haslam. Last year's winner Les Atkinson of Morpeth was the leading veteran in sixth place.

Last year's AAA 1500m champion, Dianne Henaghan, strode to victory in the women's race finishing 34th overall. Henaghan's time of 27:18 was unofficially a course record, although early results from the women's category are unavailable.
Men
1 I Archbold (Morp) 23:09; 2 C Haslam (Walls) 23:20; 3 C Bannon (Houns) 23:48; 4 M Brown (Morp, U20) 24:03; 5 V Wilson (Morp) 24:10; 6 L Atkinson (Morp, M45) 24:18; 7 R Brown (Morp, U20) 24:33; 8 J Mooney (Morp, U20) 24:52; 9 G Hargreaves (Gates) 25:01; 10 S Forester (Morp, U15) 25:03; 11 H Matthews (Els, M50) 25:11; 12 A Jenkins (Morp, M45) 25:19; 13 W McKay (Aln) 25:22; 14 P Downes (Morp, U17) 25:38; 15 C O'Connell (Morp, U20) 25:41; 16 D McKenzie (Blyth) 25:44; 17 D Henderson (Aln, M40) 25:59; 18 R Kay (Morp, U20) 26:02; 19 D Hall (NSP) 26:07; 20 C Dentice (Morp, M45) 26:18
M45: 3 R Hall (Blyth) 26:23
M50: 2 M Walker (Gosf) 26:33; 3 S White (Els) 27:11
M55: C Bolton (Els) 28:17
M60: A Oliver (Morp) 30:32
Women
1 D Henaghan (Morp) 27:18; 2 G Taylor (Morp, U15) 29:44; 3 L Hardy (CleS) 30:15; 4 L Landells (Morp) 32:34; 5 C Lee (Gosf, W55) 32:44

BRADFORDS YEOVIL 5km

A YEAR after setting the course record Ben Noad returned to clinch victory, *Kevin Fahey reports.*

Out on his own for most of the race the 22-year-old America-based student never looked like bettering his 14:33 mark but he looked impressive clocking 14:42.

"I think I could have gone faster if I had needed to in the final mile but there was no-one to push me and I felt a bit tired," said the former English Schools' cross country champion.

It was Noad's first race since April when a foot injury cut short his track season at Providence University.

"I only managed to fit in three races, including a 14:08 5,000m and 3:51 for 1500m, which is nothing to shout about really," added Noad.

"I was hoping for a lot better but now I have to set my sights on the cross country season, which starts in September in the States.

"Having finished 18th in the NCAA Championships last year I am looking for a top 10 place this time."

Wells athlete Paul Levick was a distant second but he maintained his concentration to carve several seconds off his personal best with an encouraging time of 15:20.

Bristol's Mike Grist held off Shaftesbury Barnet Harrier Steve Goss for third place.

Yeovil Town Road Runner Dave Barry claimed the M40 prize but probably the best veteran run was Gordon Wiltshire's victory in the M60 category.

Wiltshire, who set a course record 17:56 in July's race, followed that up with 18:08.

Exeter's Michelle Wannell dominated the women's race to finish almost a minute clear of Salisbury veteran Alison Sloane.
Men
1 B Noad (Bris) 14:42; 2 P Levick (Wells) 15:20; 3 M Grist (Bris) 15:27; 4 S Goss (SB) 15;31; 5 W Speake (Wells) 15:51; 6 D Savage (Axe V) 15:53; 7 D Barry (YTRR, M40) 15;55; 8 A Trent (Egdon HH) 15:58; 9 W Lewis (Bris, U20) 16:17; 10 S Wiltshire (Sals) 16;22; 11 D Minors (unatt) 16:27; 12 R Kindersley (Serp, M40) 16:29; 13 M Smith (Frome) 16:48; 14 A Hunt (Egdon HH) 16:51; 15 R McCarthy (Bath, M40) 16:54; 16 T McLoughlin (Bath) 16:55; 17 N Lawrence (Taunton) 16:59; 18 A Toogood (YTRR) 17:00; 19 M Butler (Egdon HH, M40) 17:02; 20 M Hilton (Sals) 17:04
M50: 1 T Rockcliffe (Avon V) 18:29; 2 R Jeffery (Sals) 18:56; 3 R Coggins (Bitton RR) 19:07
M60: G Wiltshire (Sals) 18:08
Women
1 M Wannell (Exe) 17:14; 2 A Sloane (Sals, W35) 18:09; 3 C Smith (Ply H) 18:15; 4 N Coggins (Bitton RR, W35) 19:05; 5 P Caffyn (Dorset Dod)19:15; 6 J Bryant (Frome) 19:32
W45: D Eley (Dorset Dod) 20:42

STAFFS KNOT 5

Men
1 C Warren (Bir) 25:07; 2 A White (Tip) 26:31; 3 C Watters (Chase) 26:35; 4 T Watson (Hav) 26:39; 5 J Elmer (Army) 26:44; 6 T Morrey (Stoke) 26:54; 7 M Cadman (unatt) 26:58; 8 M Anslow (Tip, U21) 27:04; 9 A Jewkes (Chase) 27:07; 10 D Allen (PMAC) 27:18; 11 M Eustace (Tip) 27:35; 12 M Nolan (unatt) 27:39; 13 M Haire (ICL) 28:00; 14 D Loundes (Chase, M45) 28:15; 15 R Scattergood (unatt) 28:24; 16 E Anderson (Chase) 28:31; 17 J Hurley (Mat, M40) 28:31; 18 T Jordaan (unatt) 28:34; 19 S Ruane (Staff) 28:35; 20 A Austin (PMAC, M50) 28:58; 21 A Holmes (Chase) 28:59; 22 P Johnson (PMAC, M40) 29:28; 23 G Evans (Uttox, U21) 29:36; 24 S Walker (Chase) 29:37; 25 R Ball (Chead) 29:42
M55: J Clemens (Stone MM) 30:25
M60: G Ashby (W Brom) 33:59
TEAM: Chase Harriers
Women
1 M J Campbell (Newc) 31:32; 2 C Newton (C&S) 31:40; 3 R Watchorn-Rice (Newc) 31:43; 4 E Newton (C&S) 31:49; 5 Y Hill (Birch, W35) 32:52; 6 S Kneill (C&S) 32:58; 7 S Guyver (AFD) 33:07; 8 N Allen (PMAC) 33:45; 9 A Dodds (Chase, W35) 33:59; 10 L Richards (Newc) 34:50
W40: M Jeavons (W Brom) 38:05
W45: L Pymm (Birch) 38:41
W50: R Gillick (Stone MM) 37:31
W55: J Bryan (C&S) 38:25
U21: R Harrison (Chead) 37:22
TEAM: Cannock & Stafford

MILETA 10 Cleckheaton

Men
1 M Pearson (Long) 54:24; 2 D Hanson (Spen) 54:50; 3 A Beavers (Rown) 55:47; 4 B Duncan (Rown) 56:23; 5 R Butterfield (Horsf, M40) 56:25; 6 P Entwhistle (Hal) 56:27; 7 J Convery (Leeds C) 56:31; 8 A Bradford (Morley) 56:34; 9 M Smith (Spen) 58:20; 10 D Moore (York A) 58:23; 11 D Lancaster (Rown, M40) 58:29; 12 T Patchett (Spen, M45) 59:39
M50: G Walsh (Spen) 61:43
M55: M Coles (Sky) 68:09
M65: G Spink (Bing) 65:31
Women
1 K Drake (Spen, W35) 65:45; 2 T Carney (Dews, W35) 67:14; 3 K Kaiser (Vall, W45) 67:41; 4 B Hodgson (Knaves, W40) 69:11; 5 M Siddall (Pud Pac, W35) 70:27; 6 J Sanderson (Brad Aire, W45) 72:06

August 18

SOUTHPORT TOWN CENTRE RACES Southport, Merseyside

CIVIL SERVANT Rob Berry sat on the shoulder of his clubmate and training partner Nathan Vengdasalem for six laps before unleashing his track speed with 400 metres to go to win in 15:14, *Keith Bradshaw reports.*

With Vengdasalem returning after time out due to work commitments and Berry content to sit in, the long-standing course record of 14:06, held by their international team-mate Martin McLoughlin, was never

under threat.

Berry said: "I wanted a good workout. My main aim is to get under nine minutes for the steeplechase this season, I'm hoping to do it at Watford next month."

Prolific midweek racer Alan Buckley was in contention for much of the race, hanging on for third overall and first veteran. Another vet in good form is Southport's Steve James. Having set a world M60 best of 16:24 for 5000 metres on the track in June, James looked comfortable as he clocked 16:43.

Arguably the top run of the evening came from former British No.1 5000 metres runner Alison Wyeth. In her first race since a knee injury and the disappointing dnf in London she surprised a few, including herself, by winning the Open event. Timing her run to perfection, she hit the front at halfway and led home the 74 strong field.

She said: "I only came because I didn't fancy training on my own. I hoped for about 17:30 so I'm delighted. I'm up to about 70 miles a week now, and I'll be looking for a half marathon in the autumn."

Elite (5km)
1 R Berry (Liv PS) 15:14; 2 N Vengdasalem (Liv PS) 15:23; 3 A Buckley (Holm, M40) 15:34; 4 I Taylor (FMC Carnegie) 15:40; 5 M Collins (Liv RC) 15:56; 6 L Harris (Wig P) 15:59; 7 S Macavoy (S Liv) 16:10; 8 G Callaghan (Liv PS) 16:13; 9 S Rigby (Liv H, M45) 16:25; 10 S Rashid (Liv PS) 16:27; 11 S Wilkinson (S'port W) 16:29; 12 N Grant (S Liv) 16:29; 13 P Warburton (S Liv) 16:33; 14 P Derbyshire (Wig P) 16:36; 15 J Worthington (Wig P) 16:40; 16 S James (S'port W, M60) 16:43; 17 D Edwards (S Liv) 16:49; 18 M Jones (S Liv) 17:19
Open (5km)
1 A Wyeth (Park, W) 16:38; 2 C Mayer (W Ches) 16:43; 3 M Walsh (unatt) 16:49; 4 A O'Connor (St Hel) 16:53; 5 A Brocklehurst (unatt) 16:57; 6 B Cameron (S Liv) 17:02; 7 P Quibell (N Fylde, M40) 17:03; 8 S Birtles (S Liv) 17:05; 9 S Wright (Wig P, M40) 17:10; 10 R Bowker (S'port W) 17:12; 11 S Rimmer (Liv PS) 17:26; 12 V Robinson (Wig P, M40) 17:29; 13 V Lutman-Allan (S'port W) 17:32; 14 N Chester (Liv H) 17:41; 15 E Owen (S'port W) 17:47; 16 J Chaplin (Chor H, M40) 17:49; 17 R Walmsley (Skem, M40) 17:51; 18 N Rothwell (S'port W) 17:51; 19 T Court (Skem) 17:53; 20 J Riley (Wig P, W) 17:53
M45: D Butcher (Wig P) 18:28
M50: K Culshaw (Wig P) 18:00
M60: P Knott (B&F) 22:14
Women
1 Wyeth 16:38; 2 Riley 17:53; 3 L Heyes (Wig P) 18:30; 4 L Quigley (Wig P) 18:46; 5 K Charnock (Wig P, W35) 19:00; 6 D Myerscough (unatt) 19:07; 7 J Mann (Wig P, W35) 19:28; 8 S Waterson (unatt) 19:55
W40: C Cutner (S'port W) 21:59
W45: S Cooper (S'port W) 19:58
W50: C Fitzsimmons (St Hel) 22:55

LITTLEBOROUGH LIONS 5km

COLIN MOORE led a Bingley one-two, setting a course record in the process, *Trevor Baxter reports.*

13-year-old Sale Harrier, Jade Astin took the third women's prize.
Men
1 C Moore (Bing) 14:50; 2 J Cordingley (Bing M 40)15:43; 3 E Sweeney (Manc H) 16:26; 4 S McDonald (Bing) 16:27; 5 A Carroll (E Ches, M50) 16:44; 6 P Moon (Bing, M50) 16:54
M55: D Edge (Roch) 19:03
Women
1 R Whitehead (Bing)18:56; 2 L Ogden (Roch) 19:45; 3 J Astin (Sale, U15) 21:18

BUPA HOSPITAL MIDWEEK SERIES 10km Easton, near Norwich

GRAHAM DAVISON secured the series title after the 193 strong field was mis-directed, *Martin Duff reports.*

The incident, in the first half of the race, in the village of Colton, added nearly 2km to the race distance. With many of the regulars knowing the correct route there was some confusion but the course was rejoined.

City of Norwich trio Guy Amos, Garry Booty and Nick Davy were also instrumental in the four-way tie at the front. The arrangement ensured no unfair advantage was gained and it was decided the results should stand.

Further down the field, the racing was more intense as Jenny Clarke outpaced fellow veteran Dianne Hepplewhite for the honour of first woman on the night. Hepplewhite, along with leading M40 Richard Jordan, went on to win the vets' series awards, calculated on the age graded principle.
Men (12km)
1eq G Amos (Norw)/G Davison (NNBR) /G Booty/N Davy (Norw) 38:42; 5 D Thomson (Norw) 39:08; 6 R Jordan (Ips J, M40) 39:08; 7 J Peerless (Wirr, M40) 39:26; 8 J Beeton (Newm) 40:08; 9 D Reed (Norf G) 40:13; 10 D Fisby (Norw RR) 40:17; 11 J Collins (Norw) 40:24; 12 S Elvin 41:04; 13 K Hoye 41:18; 14 A Nesom (Norw) 41:38; 15 C Arnold (St Ed, M40) 42:23; 16 M Powell (Norw RR, M40) 17 N Hodge (Norw) 42:35; 18 D Sifford (M40) 42:47; 19 D Pring (Norf G, M40) 43:9; 20 G Woodruff (Norw SpV) 43:25
M50: A Howard (Wym) 44:35; 2 M Clears (Wayl) 44:56; 3 J Bone (G Yar) 46:37
M60: T Cooper 52:34
TEAM: 1 City of Norwich 9; 2 City of Norwich B 42; 3 Norwich Road Runners 72
M40 TEAM: Norwich Road Runners 74
Final Positions:
Senior: Davison
M40+ (age graded): Jordan
Women
1 J Clarke (Norw, W40) 46:38; 2 D Hepplewhite (Norw, W45) 46:50; 3 G Pryke (Ips J, W35) 49:35; 4 E Collins (Norw) 49:51; 5 D Marsh (Norw, W45) 50:11; 6 A Lancaster (UEA) 50:38
W40: T Deacon (Wym) 55:24
W45: 3 B Hutcheon (Norw) 51:22; 4 H Hollister Norw) 55:00
TEAM: City of Norwich 7
Final Positions:
Women: Collins
W35+ (age graded): Hepplewhite

VETS AC RACES Battersea Park

JOHN RYE made a rare appearance in these races and sped to an impressive win, *Don Turner reports.*

His problem was avoiding other users of the park, skateboarders, mountain bikers and jazz goers, rather than the opposition.
M40 (5M)
1 J Rye (THH) 25:57; 2 G Quarton (S Lon) 27:24; 3 M Nouch (Belg) 27:25; 4 L O'Hare (Barn, M50) 27:47; 5 G Meredith (Camb H, M45) 27:54; 6 M Walmsley (Croy) 28:01; 7 T Seakins (Col H, M45) 28:08; 8 R Pitt (THH) 28:13; 9 R Roath (Woking) 28:44; 10 M Ciglia (HW, M50) 28:51; 11 D Williams (HW, M50) 29:02; 12 J Fry (Tel, M45) 29:29; 13 L Collins (S'oaks, M45) 29:36; 14 P Sparks (Vets, M45) 29:40; 15 V Klement (NED) 29:46
M55: 1 A Turner (HW) 30:52; 2 R Graham (WSE) 30:55
M60: 1 T Everitt (Eton M) 31:16; 2 M Howe (Vets) 32:26
M65: 1 R Higgs (Barn) 29:58; 2 R Pitcairn-Knowles (S'oaks) 32:25
M70: J Hay (B&H) 41:15
Women
1 P Rich (Serp, W50) 33:14; 2 H Emery (WSE, W45) 34:14; 3 L Adams (unatt, W35) 34:19; 4 P Jones (Ilf, W60) 35:08; 5 M Moody (Vets, W45) 36:13; 6 M O'Leary (E&E, W55) 36:24; 7 S Burchill (Dul R, W40) 37:31; 8 R Young (Serp, W50) 37:34; 9 M Farish (Brom V, W55) 41:39; 10 J Goody (Serp, W60) 43:05
M40 (1M)
1 K Fennelly (SB, M45) 5:04; 2 C Applegate (Tiptree) 5:05; 3 M Miller (HW, M50) 5:08; 4 P Yarlett (Croy, M45) 5:15; 5 T Gallagher (Dul R) 5:17
W35n
1 C Oxton (Parks, W50) 5:25; 2 K Armstrong (SB) 5:42; 3 S Gladdery (Dul R) 5:50

COLMORE GREEN 6 Bridgnorth

Men
1 R Cope (Wrekin) 32:31; 2 D Hamling (B'nth) 32:58; 3 R Price (B'nth) 33:42; 4 P Cox (Telf) 34:30; 5 K Harvey (Telf H) 36:05; 6 H Thomas (Telf) 36:18; 7 J Sanders (Telf H) 36:22; 8 A Morris (Shrops S) 36:33; 9 J Morris (VCAC, M40) 36:35
Women
1 J Hewson (Edin Tri) 41:15; 2 A Lewis (Telf H) 46:39; 3 D Hugh (Telf H, W35) 46:50

THRUXTON SUMMER 10km SERIES

Men
1 M Webber (unatt) 35:03; 2 C Aldous (Hayes) 37:22; 3 A Lawrence (unatt, U20) 37:22
M65: W Davies (SWVAC) 42:16
Women
1 C Olivant (Swin H) 40:51; 2 B Edwards (Winch) 41:55; 3 J Williams (Hayes, W35) 45:28

August 17

SALTERFORTH DRAG CHALLENGE

Men
1 S Wadsworth (Lother) 8:38; 2 R Wadsworth (Lother) 8:46; 3 S Whittaker (Colne) 9:15; 4 S Troth (Silsden) 9:24; 5 D Scholes (Oakworth) 9:35; 6 S Chew (B Wick, U17) 9:51; 7 G Tipler (S'Forth) 10:05; 8 S Hounslow (Colne, U17) 10:08; 9 M Hounslow (Colne) 10:08; 10 S Sharp (B Wick) 10:31
U20: S Watson (W Marton) 10:41
Women
1 K Rogan (B Wick) 10:49; 2 N Slater (Kelbrook, U17) 11:13; 3 G Troth (Silsden) 11:46; 4 S Slater (Kelbrook,U17) 13:18; 5 S Tipler (S Forth, U20) 14:55; 6 E Harrison (B Wick, U20) 17:01

August 16

WORSTHORNE MAGNIFICENT 7

Men
1 M Aspinall (CleM) 39:56; 2 G Riley (unatt) 40:46; 3 A Waterworth (CleM) 40:57; 4 M Horrocks (CleM) 41:04; 5 G Wilkinson (CleM) 41:05; 6 I Greenwood (CleM) 41:21; 7 S Sweeney (Bow) 41:24; 8 A Stubbs (CleM) 41:35; 9 D Gregory (CleM) 41:47; 10 P Entwistle (unatt) 42:00
M40: A Clarkson (CleM) 42:08
M50: K Taylor (Ross) 43:20
M60: J Barker (CleM) 52:54
Women
1 C Greenwood (Bing) 43:30; 2 K Drake (Spen, W35) 47:54; 3 A Green (Spen, U20) 50:29
W45: L Green (Brad A) 60:25
W50: P Couler (Tod) 61:43

August 15

ETON MANOR YACHT HANDICAP Leyton

Men (5km)
1 S Beckett (M45) 33:31/21:16; 2 B Smith (M40) 33:34/23:34; 3 J Few (M50) 33:38/20:53
Fastest: K Fordham 17:48
Women
1 K Merritt 32:08/26:48; 2 K Miller 33:16/31:31; 3 P Ackland-Snow 33:55/24:05
Fastest: Ackland-Snow

August 12

STRATHMIGLO STRADDLE 5 Fife

Men
1 A Milligan (Fife) 26:47; 2 G Berrie (Dund H) 27:35; 3 I Stewart (Carn, M40) 27:48; 4 J Cunningham (Fife) 28:08; 5 E McKay (Perth) 28:13; 6 J Meek (Anst H) 28:21; 7 A Cassells (Fife, U20) 28:44; 8 A Lemoncello (Fife, U17) 28:57; 9 M Laing (Fife, M40) 29:18; 10 C Russell (Fife) 29:20; 11 D Forrest (Carn) 29:52; 12 S Mason (Dund H) 30.00; 13 B Hutchison (Anst H, M45) 30:04; 14 S Kerr (Dund H, M40) 30:15; 15 S Cassidy (Fife, U17) 30:19
M50: T Ross (Fife) 30:48
TEAM: 1 Fife AC 12; 2 Fife AC B 27; 3 Dundee Hawkhill 29
Women
1 F Lothian (Fife) 30:08; 2 C Stewart (Dund RR) 33:38; 3 J Blake (Dund RR, W35) 34:47; 4 C Pollard (Fife, W35) 34:59; 5 L Burt (Fife) 36:01

HICKSONS 10km Castleford

Men
1 D Bond (Ask) 31:56; 2 D Clark (Abbey) 33:35; 3 A Bradford (Morley) 33:44; 4 J Dixon (Roth) 34:49; 5 D Camerson (Bev) 35:08; 6 K Burnitt (Pud Pac) 35:29; 7 S Kellett (Rothwell) 36:02; 8 N Chippendale (Morley) 36:08; 9 P Tennant (St Ther, M40) 36:14; 10: D Walker (Rothwell) 36:34
M50: K O'Hara (N Vets) 36:56
Women
1 K Drake (Spen, W35) 38:24; 2 S Garrod (GVS, W40) 39:12; 3 J Barley (Kipp) 41:14
W45: L Dufty (Kipp) 45:52

August 11

SEVENOAKS AC MONTHLY HANDICAP Knowle Park

Men (7M)
1 C Rowley 63:08/53:46; 2 D Doe 63:18/48:48; 3 J Copley 63:21/48:51; 4 M Clark 65:27/41:37; 5 J Duffill 65:28/39:48; 6 G Stevens 65:35/38:35; 7 S Lewis 68:03/54:43; 8 P Tabor 68:29/45:49; 9 A Dykes 70:37/62:27
Fastest: 1 Stevens; 2 Duffill; 3 Clark
Series positions after eight races: 1 G Ashby (M60) 13; 2 Stevens 16; 3 S Hallpike 16; 4 J Cast 21; 5 L Collins 25; 6 P Cooper 29; 7 J Denyer 34; 8 Duffill; 9 Tabor 39: 10 A Woolven 40

August 6

NEWPORT HARRIERS TRANSPORTER BRIDGE 5km SERIES

Men
1 S Brace (B'end) 14:45; 2 S Tobin (Swan) 14:50; 3 M Jenkins (B'end) 14:55; 4 M Jenkins (Newp) 15:02; 5 D Randell (FoD) 15:06; 6 G Newhams (B'end, M40) 15:09; 7 A Hunt (CAAC) 15:12; 8 S Sanders (Abert) 15:50; 9 P Bennett (B'end, M40) 15:51; 10 S Watson (Swan) 15:57; 11 E Ball (Rhondda) 15:59; 12 P Crane (Caer) 16:02; 13 A Woods (B'end) 16:04; 14 A Kerr (B'end, M40) 16:04; 15 P Harris (Newp) 16:08
M45: 1 D Powell (Grigg) 16:18; 2 M Williams (Beddau) 16:59; 3 B Johnston (Les C) 17:04
M50: T Cazara (Pegasus) 17:07
M55: L Davis (CAAC) 17:14
U20: P Hart (RVAC) 16:43
U17: J Nasrat (Newp) 17:09
Women
1 H Nash (Newp, W35) 16:21; 2 A M Hutchingson (Neath) 18:01; 3 J Quinn (Swan) 18:16; 4 J Brace (B'end, W35) 18:55; 5 S Davies (les C, W50) 19:46; 6 A Saxena (Newp, W40) 19:55; 7 B Gamblin (W'bury) 19:59; 8 C Fereday (Newp, W45) 20:06

Walks

August 23

SARNIA MILE CHAMPS Guernsey

Men (all Sarnia)
1 R Elliott 7:46; 2 A Roger (M45) 8:58; 3 K Le Noury (M40) 9:28; 4 J Le Noury (U15) 9:28; 5 D Dorey (M50) 10:01; 6 M Le Sauvage (M55) 10:07; 7 D LePellay (M50) 10:36; 8 S Le Noury (U13) 10:37
Women
1 R Druckes (W50) 10:23; 2 J Le Noury (W35) 11:37

August 20

ISLE OF MAN GRAND PRIX

TWO very sharp races from Steve Partington bodes well for the Manx milkman and Isle of Man chances in the Commonwealth 20km, *Paul Warburton reports.*

Partington's first effort around the Peel promenade was only 25 seconds outside the all-time British best set by Martin Rush, as Peter Kaneen also set a PB on the flat fast course. In third, Allan Callow also gave notice he still has a lot to offer M50 record chances in future vets' championships.

Two days later, Partington hurtled around the longer course on the south of the island as once again Kaneen established a personal mark.

This time the Manx Harrier was supported by his wife, Bridget, who also notched a PB.
Ballasala 6 (race two)
Men
1 S Partington (Manx H) 38:29; 2 P Kaneen (Manx H) 44:35; 3 D Tasker (Manx H, M45) 54:56; 4 J Cannell (Manx H, M55) 58:38; 5 P Kelly (unatt, M60) 63:37
Women
1 B Kaneen (Manx H) 50:51; 2 M Cox (Manx H, W45) 54:56; 3 M Hall (West, W45) 63:37
Peel 5km (race one)
Men
1 S Partington (Manx H) 19:47; 2 P Kaneen (Manx H) 22:45; 3 A Callow (Manx H, M50) 24:35

SARNIA WEST 5.3 Guernsey

Men (Sarnia unless stated)
1 E Shillabeer (Ply, W55) 48:31; 2 A Roger (M45) 49:55; 3 K Le Noury (M40) 52:46; 4 D Dorey (M50) 56:23; 5 M Le Sauvage (M55) 57:28: 6 D Johnson (M45) 52:19
Women
1 R Druckes (W50) 58:07; 2 P Fallaize (W50) 64:17; 3 E Martell (W50) 74:24

August 19

WOODFORD TRACK 3km

A BRITISH age best by nearly two minutes still left Mary Worth feeling a little disappointed that she failed to break 18 minutes, *Paul Warburton reports.*

The Steyning walker, in her first year in the W70 age group, is set to re-write the record books at every distance available to her, and from the first lap was clearly going to justify the organiser's faith as they laid on the required number of qualified judges for the record to stand.

Worth's dominance of the age group was reflected in the fact she finished nearly a lap ahead of Ann Von Bismarck who had broken the previous W70 record exactly a year ago.

Ahead of both women, Steve Allen was winning his second race in two days as he sprinted ahead of Steve Uttley on the final lap as Uttley was aware of the two DQ cards that limited his final challenge for the lead.
Men
1 S Allen (Ilf, M40) 14:21.6; 2 S Uttley (Ilf, M40) 14:25.4; 3 N Loder (Col) 15:49.5; 4 D Kates (Ilf, M40) 16:01.6; 5 D Fotheringham (Belg, M65) 17:06.0; 6 D Ainsworth (Ilf, M45) 18:00.3; 7 K Livermore (Enf, M65) 18:07.4
Women
1 P Phillips (Ilf, W50) 18:07.0; 2 K Brown (Lough, U20) 18:24.0; 3 M Worth (Steyn, W70) 19:04.5; 4 P Ficken (SyWc, W55) 19:29.1; 5 A Von Bismarck (Lough, W70) 21:43.9

August 18

VETS AC 5 Battersea Park

Men
1 S Allen (Ilf, M40) 40:02; 2 J Hall (Belg, M45) 40:09; 3 C Lawton (Belg, M50) 44:10; 4 P Hannell (SyWC, M55) 44:24; 5 R Powell (Enf, M65) 46:00; 6 P King (Belg, M45) 46:00; 7 D Fotheringham (Belg, M65) 46:09; 8 C Flint (L Vids, M50) 46:42; 9 E Hall (Belg, M65) 46:51; 10 L Dordoy (Ilf, M40) 48:59; 11 K Watts (L Vids, M45) 49:49; 12 K Livermore (Enf, M65) 51:09; 13 S Pender (N Lon, M45) 53:48; 14 W Sutherland (High, M50) 54:55; 15 J Fitzgerald (Sutt, M70) 56:10; 16 D Hoben (unatt) 57:46; 17 S Bennett (L Vids, M70) 57:47; 18 R Le Moine (SyWc, M55) 58:00
Women
1 H Nyman (Ilf, W55) 55:35; 2 A Von Bismarck (Lough, W70) 59:26

Fell

August 23

GRASMERE RACE Cumbria

GAVIN BLAND posted a first-time victory in this prestigious event to hold off British and English champion Ian Holmes, *Gareth Webb reports.*

The 27-year-old Borrowdale runner tracked Holmes, winner of this event for the past two years, to within 20m of the summit before moving clear.

From then on, as they ran down the steep descent, Bland managed to hold off the Bingley runner as Holmes, who was to suffer a fall, couldn't quite draw level.

Bland carried off the £175 winner's cheque with Holmes taking £100 and third place Gary Devine - a winner at Burnsall less than 24 hours earlier - £70.

"It was a very tight race between me and Ian and it was good to win," said Bland. "When Ian fell over though, it made it easier for me. I'm running reasonable at the moment - I wouldn't say I was flying just yet - and I now want to get in as many races as I can and hopefully run well at Ben Nevis in two weeks time."

English M40 champion Dave Neill had another superb run to take the vets' award in fifth with the legendary Billy Bland, uncle to Gavin and fourth place Jonny, winning the M50 race in 10th.

English champion Angela Brand-Barker placed 28th overall in a field of exceptional quality for a non-championship race to win the women's event from in-form Jennifer Shuttleworth, current leader in the British Open (BOFRA) championships.
Men (1.5M, 900ft)
1 G Bland (Borrow) 13:08; 2 I Holmes

(Bing) 13:19; 3 G Devine (P&B) 14:03; 4 J Bland (Borrow) 14:03; 5 D Neill (Mercia, M40) 14:16; 6 S Savage (Amble) 14:21; 7 N Sharp (Kesw) 14:48; 8 B Proctor (Kend, M40) 15:01; 9 A Griffiths (Bowland) 15:09; 10 B Bland (Borrow, M50) 15:13; 11 A Maloney (Roch) 15:15; 12 N Drinkall (L&M) 15:46; 13 L Proctor (Helm HR) 16:00; 14 C Valentine (Kesw) 16:03; 15 S Reid (Helm HR) 16:17; 16 A Life (Clay) 16:22; 17 R Fell (unatt) 16:29; 18 P Harlowe (Kesw) 16:32; 19 B Harrison (unatt) 16:46; 20 T Houston (Bowland) 16:50

Women

1 A Brand-Barker (Kesw) 17:48; 2 J Shuttleworth (Helm HR) 18:24; 3 L Osborn (Kesw) 18:43; 4 C Life (Clay) 21:53; 5 S Weedon (K&C) 27:19

August 22

BURNSALL CLASSIC Skipton, N Yorks

GARY DEVINE claimed his second victory in this fell calendar classic, first run in 1870, *Gareth Webb reports.*

After rounding the summit in 9:40, just five seconds clear of Pudsey team-mate Paul Sheard, Devine - who won the event in 1987 - stormed down the steep descent (in 4:33) to win.

Wet and muddy conditions, particularly at the foot of the fell, accounted for the comparatively slow winning times.

Mike Short of Horwich holds the ascent record of 8:42 from 1977 with Keith Anderson's 3:40 from 1991 the fastest descent.

Graham Schofield was the first M40 home in seventh; former winner Andy Styan took the M50 award in 12th with England chairman of selectors Dave Hodgson, completing his 40th Burnsall, winning the M60 prize.

Sara Hodgson, Dave's daughter-in-law, enjoyed a repeat win from Fellandale team-mate Alison Curle.

Men (1.5M, 900ft)

1 G Devine (P&B) 14:13; 2 Paul Sheard (P&B) 14:37; 3 M Horrocks (Clay) 14:45; 4 R Lawrence (Bing) 14:48; 5 G Oldfield (unatt) 15:00; 6 D Bell (Haddington) 15:34; 7 G Schofield (Horw, M40) 15:38; 8 M Speight (Fellan) 15:42; 9 D Nuttall (Clay) 15:43; 10 T Mason (unatt) 15:53; 11 G Sumner (Ross) 15:59; 12 A Styan (Holm, M50) 16:03; 13 S Bottomley (Eccles) 16:08; 14 D Walker (Clay) 16:13; 15 G Bird (unatt) 16:13; 16 J Feeney (Bing) 16:17; 17 R Gibson (unatt, M40) 16:33; 18 P Mitchell (Bing) 16:40; 19 G Lamb (P&B) 16:41; 20 M Cox (unatt) 16:43

M40: 3 A Robinson (Clay) 17:14

M50: 2 B Rawlinson (Ross) 17:40; 3 G Breeze (Sky) 18:39

M60: 1 D Hodgson (Fellan) 21:23; 2 P Watson (P&B) 22:29

TEAM: 1 Pudsey and Bramley 22; 2 Clayton-le-Moors 26; 3 Bingley 38; 4 Fellandale 67; 5 Clayton-le-Moors B 81

Women

1 S Hodgson (Fellan) 19:19; 2 A Curle (Fellan) 20:08; 3 S Taylor (Bing) 22:04; 4 S Corbin (P&B) 22:29; 5 C Harding (Roch) 23:10; 6 J Barron (P&B) 24:16; 7 L Gardner (L&M) 27:02; 8 E Unsworth (Kend) 30:26; 9 S Urmston (unatt) 32:50

SCOTTISH MOUNTAIN TROPHY TRIAL Aonach Mor

JOHN BROOKS clinched his place in the Scottish team for the world mountain trophy race in Reunion in the Indian Ocean with victory over a top class field, *Fraser Clyne reports.*

Neil Wilkinson came closest to upsetting the Fort William man but Brooks was too strong over the final stages.

Colin Donnelly finished third to secure selection and maintain his unique record of having been picked for every world hill running championship.

Graeme Bartlett, who has hit peak form at the right time, made sure of the fourth automatic qualifying place by beating newly crowned Scottish champion Mark Rigby and English orienteering international Dan Marston.

The remaining two places in the team went to pre-selected Bobby Quinn and to Dave Weir, who finished seventh, but had won the Scottish uphill race series held throughout the summer.

English international Andrew Pearson made his presence felt in the early stages but slipped back towards the end and didn't finish.

British cross country international Chris Robison, with just a few weeks serious training under his belt following injury, finished eighth.

British champion Angela Mudge won the women's race while runner-up Sonia Armitage and third-placed Megan Smith also claimed selection.

Armitage's clubmate Tracey Brindley, who missed the race after being involved in a car crash en route to the venue, was also picked.

Jamie MacDonald defeated Andrew Lemoncello and Tim Poyser to win the junior men's trial.

12-year-old Marbeth Shiel won the junior women's race but is ineligible to run in the world trophy as she is too young. Laura Grossman (pre-selected) and Lianne Harrison will make the trip.

Men

1 J Brooks (L'aber)63:34; 2 N Wilkinson (Salf) 64:00; 3 C Donnelly (Eryri) 66:00; 4 G Bartlett (Forres) 66:12; 5 M Rigby (W'lands) 66:48; 6 D Marston (unatt) 67:24; 7 D Weir (Perth) 68:19; 8 C Robison (Shett) 68:40; 9 A Milligan (Fife) 69:04; 10 K Varney (Metro, M40) 69:43; 11 J Hepburn (L'aber) 70:26; 12 R Lee (Living) 71:21; 13 S Cohen (Miz) 71:57; 14 A McLean (Ochil) 72:37; 15 A Anthony (Cent) 74:53; 16 T Brand (Living) 74:58; 17 G Stewart (Edin U) 76:16; 18 J Brooks (L'aber) 76:20; 19 K Chapman (Miz) 76:30; 20 D Godfrey (Living) 76:39

U20

1 J MacDonald (Cent) 49:36; 2 A Lemoncello (Fife) 51:30; 3 T Poyser (CoE) 52:19; 4 G Mathieson (Fife) 53:19; 5 A Cassells (Fife) 53:21

Women

1 A Mudge (C'nethy) 51:09; 2 S Armitage (Cosmic) 58:22; 3 M Smith (HBT) 59:04

U20

1 M Shiel (C'nethy) 26:52; 2 L Harrison (CoE) 28:49; 3 C Curtis (Banch) 29:40

ANNALONG HORSESHOE Dunney Water, Mourne Mountains

DESPITE suffering an injury scare on the penultimate peak, Brian Ervine sealed his fourth Northern Ireland title in seven years, *Gareth Webb reports.*

Ervine moved clear in the early stages, in this the longest event in the six-race series, opening a one minute lead on the first of five climbs from defending champion Deon McNeilly and former Scottish champion Dermot McGonigle.

By Slieve Commedagh Ervine had extended his advantage to 90 seconds and at halfway his lead had increased by a further minute.

The fourth climb up Larnagam was where Ervine did most damage, not only to the chasing McNeilly and McGonigle but also to himself.

"I gave my foot a bad twist and I reckon I was lucky to finish," said Ervine. "Needless to say I didn't thrash it off Larnagam and kept my lead to the finish."

The Ballydrain runner maintained his advantage on Binnian, the final mountain and highest (2450ft) of the five peaks, to win by more than four minutes.

"I'm pleased to win the race from a quality field and especially pleased to win the title again. Thankfully there's a month until the World Trophy and hopefully my foot, which is pretty swollen now, will be okay by then. Even so it's definitely something I could have done without," he added.

Ervine's team-mate Anne Sandford won the women's race and retained her Northern Ireland title.

Men (13M, 5200ft; Inc N Ire Champs race six of six)

1 B Ervine (B'drain) 2:03:54; 2 D McNeilly (Newc) 2:08:30; 3 D McGonigle (Newc) 2:09:26; 4 N Carty (NBH) 2:10:48; 5 D Crowe (Shett) 2:17:12; 6 J Patterson (Albert, M50) 2:23:52; 7 P Mawhirt (Newc) 2:26:47; 8 S Begley (Albert) 2:35:32; 9 B McKay (Albert, M45) 2:35:36; 10 B McBurney (Newc) 2:42:38; 11 W Kettyle (ACKC, M45) 2:42:53; 12 J McBride (Barf, M40) 2:48:04; 13 M Cochrane (Dark Pk, M50) 2:49:22; 14 F Hamond (Barf, M45) 2:52:45; 15 R Donaldson (ACKC, M50) 2:52:51

Women: A Sandford (B'drain) 3:15:46

GARGRAVE RACE Skipton, N Yorks

STEVE OLDFIELD carried off the £30 winner's cheque and trophy after beating England international Alfie Atkinson, *Gareth Webb reports.*

Oldfield missed out on the course record bonus of £50 by 23 seconds. Andy Maloney was denied the chance of bidding for the double cash haul by arriving late.

English and British W40 champion Jo Prowse won the women's race

Men (4M, 1000ft)

1 S Oldfield (Brad A, M40) 22:31; 2 A Atkinson (K&C) 22:31; 3 A Griffiths (Bowland) 23:04; 4 R Hudson (Mallam) 23:09; 5 R Hope (Horw) 23:19; 6 S Wadsworth (K&C) 23:50

U17: 1 T Christian (Giggleswick) 14:12; 2 S Hounslow (K&C) 14:35; 3 M Walker (unatt) 15:05

U14: 1 J Riley (Sky) 9:03; 2 M Hounslow (K&C) 9:47; 3 A Whaites (Sett) 9:48

U12: 1 D Shepherd (Sett) 7:34; 2 S Watson (Wharfe) 7:38; 3 H Thompson (Wharfe) 7:46

U9: 1 S Whaites (unatt) 5:57; 2 H Croft (unatt) 6:23; 3 J Craig (unatt) 6:31

Women

1 J Prowse (K&C, W40) 28:08; 2 M Dempsey (unatt) 33:51

U17: 1 K Rogan (Wharfe) 15:49; 2 N Slater (K&C) 17:15

U14: S Coates (Sett) 11:07

U12: S Drake (unatt) 9:55

U9: H Coates (unatt) 7:19

August 21

RODNEY'S PILLAR HILL RACE Shrewsbury, Shropshire

Men (3.9M, 950ft; Inc Shropshire Champs)

1 H Matthews (Shrew, U20) 24:20 (rec); 2 N Barrable (Living) 24:33; 3 G Hall (Holm) 25:36; 4 H Jones (Welshpool) 27:11; 5 G Jones (Shrew, M40) 27:25; 6 S Lewis (Tel) 27:27; 7 T Rees (HOC) 27:32; 8 A Breeze (unatt) 27:33; 9 I Glendinning (C&S) 27:37; 10 R Mapp (Mercia) 27:41

M50: J Kearns (Mercia) 28:40

M60: J Carsons (Eryri) 37:35

Women

1 S Guyver (AFD) 31:05 (rec); 2 J Witterick (Shrops, W50) 32:41; 3 G Roberts (Mercia, W40) 36:16

August 19

RUGBY RUN Castleton, S Yorks

Men (5M, 1000ft)

1 D Gartley (Stock) 31:04; 2 L Taggart (Bux) 31:05; 3 D Teasdale (Hallam) 31:20; 4 D Hurton (Denby D) 31:28; 5 S Penney (unatt) 31:31; 6 N Bassett (Staffs M) 32:23; 7 P Deaville (Stock) 32:40; 8 M Wilson (Hallam) 32:43; 9 M Brown (Mercia, M40) 33:13; 10 R Davison (Dark Pk) 33:53

M40: 2 T Hargreaves (Stock) 35:06; 3 P Elliott (Dark Pk) 35:16

M50: 1 R Marlow (Dark Pk) 36:05; 2 R Futrell (Holm) 37:17; 3 N Oxley (unatt) 38:21

Women

1 J Fazackerly (Bux) 40:02; 2 R Hilton (Macc) 41:56; 3 R Robertson (unatt) 41:59; 4 S Hulbert (unatt) 43:00; 5 J Robertson (Spect) 43:37

W40: 1 S Hewitt (Barns) 44:34; 2 G Reece (Tot) 45:18; 3 H Musson (Tot) 45:28

August 16

LANGDALE OPEN Great Langdale, Cumbria

Men (3M, 2100ft)

1 P Thompson (Darwen) 40:33; 2 S Savage (Amble) 40:45; 3 D Duxbury (Amble) 40:51

M40: W Proctor (Kend) 41:45

M50: A Stockdale (Skip) 58:40

M60: J Garbarino (Ach) 62:05

Women

1 S Taylor (Bing) 57:28; 2 C Sanderson (Skip) 58:30; 3 E Middleton (Charn) 67:30

July 25

THIRD GLENCOE WHITE CORRIES CHAIRLIFT UPHILL

Men (6M, 2800ft)

1 D Weir (Perth) 41:21; 2 A Milligan (Fife) 44:57; 3 P Mowbray (HBT) 46:10; 4 A Ward (Carnethy) 47:08; 5 D Crowe (Shett) 48:05; 6 D Patterson (L'aber) 49:05

M40: 1 K Whyte (L'aber) 50:43; 2 A McGuire (Fife) 52:26; 3 M McCloud (Westerlands) 53:17

M50: 1 A Kitson (L'aber) 55:28; 2 R Cant (L'aber) 57:32; 3 D Francis (Fife) 62:12

Women

1 K Powell (Carnethy) 58:47; 2 N Foster (L'aber) 63:40; 3 C Valentine (L'aber) 69:55

W35: E Kitson (L'aber) 84:55

Multi-terrain

August 23

TILGATE FOREST 5 Crawley

PAUL PROSSER led home the 207 finishers in the latest fixture of the West Sussex Fun Run League, but the organisers had to fight off an exhorbitant demand for use of Forestry Commision land, *Martin Duff reports.*

The Saints & Sinners club were asked to pay a £100 fee for use of one and a half miles of forest tracks to the south of the M23, but protested as the previous rate was £10. An eventual compromise was reached at £25.

In the event, Burgess Hill's Prosser took 14 seconds off the record. Women's winner, former SoEAA W45 medallist Sue James, had an easy ride finishing over two minutes clear.

Men

1 P Prosser (Burg H) 26:36; 2 P O'Connell (Horsh J) 27:10; 3 M Wilkings (unatt) 27:19; 4 J Lowden (Worth H) 27:24; 5 A Newman (Med, M40) 27:28; 6 E Cooke (Horsh J) 27:30

Women

1 S James (Padd W, W45) 31:18; 2 T Lower (Hay H) 33:36; 3 J Lennon (Steyn) 33:59; 4 S George (S'wick) 34:56; 5 G Scott (Arun) 35:12; 6 C Edwards (Hay H) 35:28

YORKSHIRE VETERANS' 10km Harrogate

Men

1 A Normandale (Rown, M40) 34:33; 2 B Hilton (Leeds C, M50) 34:38; 3 J Cordingley (Bing, M40) 34:49

M45: R Tolson (Dews) 38:01

M55: L Haynes (Bing) 36:57

M60: F Gibbs (Bing) 37:28

M65: G Spink (Bing) 41:05

M70: R Appleby (Bing) 68:52

W35: J Shotter (P&B) 41:50

W40: L Barrett (Pud Pac) 45:34

W45: C Moores (Nid) 48:17

W50: L Eden (Nid) 55:17

W55: M Lenaghan (Cross G) 50:13

M60: B Machin (Spen) 52:52:56

W65: M Wild (Hallam) 61:43

August 21

TOWPATH 10km Bristol

GARY HUGHES won the final race but it was third-placed Mike Hurley who boasted the biggest smile, *Kevin Fahey reports.*

The Weston runner did enough to clinch the overall title despite trailing Hughes and Great Western Runners' Paul Glennie on the out-and-back course.

Glennie picked up the overall vets prize to add to his haul while Bitton's Helen Hinsley captured the women's award.

Men

1 G Hughes (Bath) 33:06; 2 P Glennie (GWR) 33:13; 3 M Hurley (Weston) 33:26; 4 P Bacon (Chipp) 33:53; 5 N Miller (West) 34:17; 6 A Banon (unatt) 34:42; 7 D Blewitt (Bris) 34:46; 8 D McGrath W'bury) 35:04; 9 A Jacobs (GWR) 35:11; 10 M Dewbury (W'bury) 35:20

Women

1 Y Cox (Bitton) 38:22; 2 S Monahan (GWR) 38:43; 3 N Mounty (W'bury) 39:02; 4 C Greenfield (GWR) 44:12

Overall

Men: Hurley. **M40:** Glennie. **M45:** Jacobs. **M50:** G Stokes (Bitton RR).

Women: H Hinsley (Bitton RR). **W40:** L Burston (Clev). **W45:** J Travers (GWR. **W50:** A Butler (GWR)

August 20

ALAN HUGHES COWM RESERVOIR 4.2 Whitworth

Men

1 D Lewis (Ross) 21:35; 2 A Carroll (E Ches, M50) 24:20; 3 I Stainthorpe (Roch) 24:26; 4 A Payne (CLM) 24:29; 5 C Greenwood (Bing, W) 24:55; 6 P Hebden (Ross) 24:56; 7 I Holloway (Ross, M45) 25:32

M65: D Clutterbuck (Roch) 32:22

Women

1 Greenwood 24:55 (rec); 2 J Ashworth (Roch) 27:49; 3 J Ransome (unatt) 28:58

W40: S Exon (Traff) 30:34

MARLBOROUGH EVENING TRAIL SERIES 10km

Men

1 G O'Brien (Swin H) 33:19; 2 M Blackwell (Bath) 33:46; 3 N Urquhart (unatt) 35:07; 4 J Reason (Swin H, M45) 35:21; 5 J Cooke (W Horse) 35:23; 6 R Kearry (Compt, M45) 35:24; 7 J Cole (Ames) 35:29; 8 P Baylay (Burm C, M40) 37:02; 9 R Morgan (Read, M50) 38:31; 10 H Sawyer (unatt) 39:07

M50: 2 M Gallaghan (Read RR) 39:22

M60: R Morris (Newb) 43:14

Women

1 S Anning (unatt) 41:08; 2 R Barber (Avon, W45) 43:49; 3 J Whiting (unatt, W40) 49:49

August 16

RAS HWYL TRAETH BORTH BEACH FUN RUN

Men (6M)

1 A Abbott (Sarn) 35:03; 2 N Gwynne (Trots) 35:31; 3 E Davies (Carm) 38:59; 4 L Rees (Sarn, M40) 40:03; 5 J Phillips (Cleddau) 40:12; 6 P Watton (B&R, M40) 40:52; 7 N Evans (Bro Dys, M40) 41:10; 8eq I Howells (Spart) & M Hodges (Spart, M40) 41:35; 10 N Morrison (Newt) 41:51

Women (6M)

1 L Chapman (Newt) 45:54; 2 S Al-Shemmeri (Wolv, W35) 51:17; 3 B Cole (Croy S, W35) 51:56; 4 J Morgan (Llanilar) 53:14; 5 P Rowberry (Telf, W35) 54:17

Mixed (3M)

1 D Phillips (Cleddau, W) 19:16; 2 N Poole (Wrekin) 21:36; 3 G Harris (Shrews) 22:02; 4 A Thomas (Bed, W) 22:06; 5 M Harris (Wrekin, W) 24:41; 6eq F Morris (Borth, U13B) and K Prior (Mold, U15B) 25:06; 8 J Polley (Here, U11B) 25:34; 9 M Taylor (Tewks, U15B) 27:28; 10 B Liddle (Aberff, M40) 27:45

W35: S Evans (Newt) 27:54

U13: K Seccombe (Strat) 30:18

U11: H Al-Shemmeri (Wolve) 35:31

August 12

ADIDAS CRAWFORDSBURN TRAIL RACE 5km

ALMOST 100 runners competed in the first race over the Adidas-sponsored trail on the shores of Belfast Lough, *Terry Eakin reports.*

Event promoters North Down AC and North Down Sports Advisory Council were delighted with the size and quality of the entry.

Unfortunately the leading runner, Davy Campbell was misdirected as runners left the beach section and he was eventually disqualified. A decision which he accepted with commendable equaminity, not always so evident in such situations.

An aggressive battle developed at the rear of the field where W60 runner Ena Ward managed to score a two second victory over her long-time rival and husband, Sam.

Men

1 G McLernan (WTH) 15:36; 2 A Campbell (Str) 15:53; 3 A Woods (Monag) 16:00; 4 D Simpson (WTH) 16:31; 5 P Reynolds (WTH) 16:33; 6 F Marsh (N Dwn) 16:35; 7 C Spiers (Lag Val) 16:52; 8 A Hearst (Albt) 17:01; 9 D Kilgallon (WTH) 17:02; 10 M Kirk (B&A) 17:28

M40: R Wilson (WTH) 17:38

M45: D Clarke (N Belfast) 17:55

M50: J Glover (Lagan V) 19:05

M55: G Geddis (Bdm) 21:26

M60: J Corbett (Alb) 27:28

Women

1 S McCormick (LaganV) 18:48; 2 K Wilton (Lis) 19:38; 3 K Dolan (Dub) 21:43

W35: S Evans (Mar M) 31:30

W40: M Oliver (Dub) 23:37

W45: S Patrick (Alb) 20:51

STRATHMIGLO STRADDLE

Men

1 A Milligan (Fife) 26:47; 2 G Berrie (Dund H) 27:35; 3 I Stewart (C'negie) 27:48; 4 J Cunningham (Fife) 28:08; 5 E McKay (Perth) 28:13; 6 J Meek (A'ster) 28:21; 7 A Cassells (Fife, U20) 28:44; 8 A Lemoncello (Fife, U17) 28:57; 9 M Laing (Fife, M40) 29:18; 10 C Russell (Fife) 29:20; 11 D Forrest (C'negie) 29:52; 12 S Mason (Dund H) 30:00; 13 B Hutchison (A'ster, M45) 30:04; 14 S Kerr (Dund H, M40) 30:15; 15 S Cassidy (Fife, U17) 30:19

M50: T Ross (Fife) 30:48

TEAM: Fife AC 12

Women

1 F Lothian (Fife) 30:08; 2 C Stewart (Dund R) 33:38; 3 J Blake (Dund R) 34:47; 4 C Pollard (Fife, W35) 34:59; 5 L Birt (Fife) 36:01

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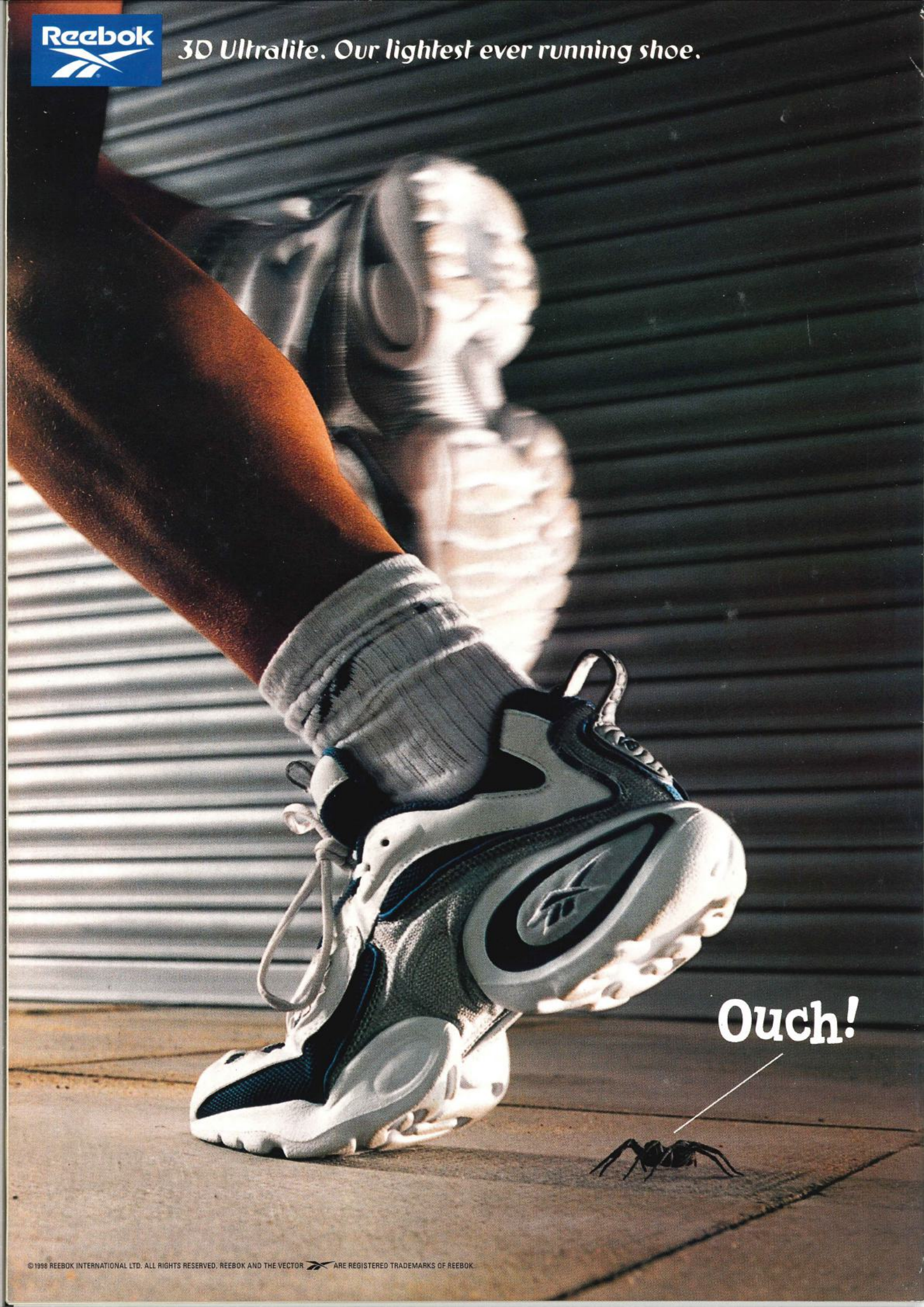
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