INSIDE THE LATEST ATHLETICS NEWS AND FEATURES AUGUST 29, 2019 | £4.95

AW

athleticsweekly.com

DIAMOND LEAGUE

Claye and Lyles to the fore in Paris

80-PAGE BUMPER ISSUE

BRITISH CHAMPS

Records fall as places on plane to Doha are booked



PLUS

16-page trail running special

ADAM GEMILI

Back in form with a point to prove



ADIDAS RISE UP N RUN RUNNING VEST

MENS - £27
DZ4923 | DZ4921



ADIDAS OWN THE RUN RUNNING TOP

MENS - £20
DZ9005 | DX1993



ADIDAS RISE UP N RUN RUNNING VEST

WOMENS - £27
DZ2432 | DZ2433 | DZ2435



ADIDAS MARATHON 20 RUNNING SHORTS

WOMENS - £19
DZ2284 | DZ2283



ADIDAS RUN IT 3 STRIPE RUNNING SHORTS

MENS - £19
DW5997



ADIDAS OWN THE RUN RUNNING TOP

WOMENS - £20
DZ2268

MORE MILE PREVENTER TWIN SKIN RUNNING SOCKS

ONLY £2.95





2XU RUN VISORS

ONLY £7
UQ5347F

goodr

RUNNING SUNGLASSES

ONLY £24.90
AVAILABLE IN 25 COLOURS!



NO SLIP, NO BOUNCE, ALL POLARIZED, ALL FUNCTIONAL SUNGLASSES THAT EVERYONE CAN AFFORD



AFTERSHOKZ TREKZ AIR WIRELESS HEADPHONES

HEAR THE WORLD AROUND YOU
SAVE 33%

AFTERSHOKZ



ADIDAS
ADIZERO ADIOS 4 BOOST
£114.90
MENS - EF1462
WOMENS - EF1457

FOR PERFORMANCE RUNNING UP TO MARATHON DISTANCES



BROOKS
LAUNCH 6
£84.90
MENS - 110297 1D435
WOMENS - 120285 1B628

LIGHT AND BREEZY, SPRINGY AND FAST.



SAUCONY
TYPE A9
£89.90
MENS - S29065-1
WOMENS - S19065-1

FEATHERWEIGHT AND RESPONSIVE, LOW-PROFILE RACING FLATS

RACE READY?

ADIDAS
ADIZERO BOSTON 8 BOOST

£107.90
MENS - G28860
WOMENS - EF0718



ADIDAS
ADIZERO BOSTON 8 BOOST

£107.90
MENS - G28861
WOMENS - G28879



START FITNESS

VISIT OUR NEWCASTLE MEGASTORE DURING THE GREAT NORTH RUN WEEKEND

AW CONTENTS



Jason Henderson, editor

Improving Britain's strength in depth

WHEN London won the right to host the 2012 Olympics, UK Athletics set a goal of selecting a complete track and field team at the Games. Wouldn't it be great, after all, to select a squad that contained the full quota of three men in the javelin, steeplechase and decathlon? Or three female shot putters and triple jumpers – and so on?

Ultimately, the ambition fell short and there were gaps in the team although, to be fair, the host nation's athletes gave it a good crack and it was what the performance director at the time, Dave Collins, described as a 'stretch target'.

Zara Hyde Peters was also involved during her first stint at UKA. While Collins managed the imminent medal hopes and was called the 'architect of today', Hyde Peters was head of potential and 'the architect of tomorrow'.

When Dave Moorcroft was succeeded at UKA by Niels de Vos and Ed Warner in 2007, Hyde Peters left to become chief executive of British Triathlon. But now she is back (*Digest*, p29) as chief executive of UKA.



MARK SHEARMAN

Harry Hughes: five metres ahead of rivals on Saturday

As she returns to the No.1 Olympic sport I wonder if she retains an ambition to improve the all-round standard of domestic athletics. Some unfinished business perhaps.

Certainly there is work to be done. Harry Hughes won the British javelin title last weekend by five metres and when he was injured recently the hopes of the nation at the European Team Championships rested on the young shoulders of English Schools champion Tom Hewson.

Likewise, last weekend, Holly Bradshaw was so dominant that all her rivals were out before she even picked up a pole for her opening height.

Plenty of events in British athletics ooze quality and quantity, such as sprints and 800/1500m, but there are also too many lacking strength in depth.



MARK SHEARMAN

Dina Asher-Smith in action at the Müller British Championships – p6

ACTION

6 MÜLLER BRITISH CHAMPIONSHIPS
The heat was turned up in Birmingham as Britain's top athletes battled it out for national titles and the chance to secure a place for the IAAF World Championships in Doha

24 PARIS DIAMOND LEAGUE
Will Claye excels in the triple jump while Noah Lyles breaks Usain Bolt's 200m meeting record in the French capital

DIGEST

28 Ojie Edoburun's wise words for aspiring athletes
29 Change of travel plans for Jess Judd
30 Harry Hughes aiming to reach Tokyo via South Africa
31 Rosie Clarke on the toll taken by the menstrual cycle
32 Perkovic airs her concerns over the future of discus

SPOTLIGHT

34 ADAM GEMILI
British sprinter is back on form and is aiming to prove his point with major championships success

DOHA 2019

38 JUSTIN GATLIN
World 100m champion recalls remarkable night in London



COVER: Ojie Edoburun wins the 100m at the Müller British Championships Images: Mark Shearman

PERFORMANCE

40 Warm-ups – latest training-related news

42 Taking a look at why heel recovery height can play a big role in sprinting success

PREVIEWS

44 British masters getting set for the European Championships in Venice while star names are heading for Zurich and the Diamond League showpiece

REGULARS

37 UKA VIEW

Paralympic Pathway Manager Sarah Benson highlights the new Paralympic Coaching Symposium taking place in Loughborough

62 DIP FINISH

Professor comes up with a pill for athletes which will help to regulate temperature

RESULTS & FIXTURES

46 Our weekly round-up includes the Stretford BMC meeting, Moreton Games Dublin and the Simplyhealth Great Aberdeen Run

59 What's On fixtures guide



AW TRAIL

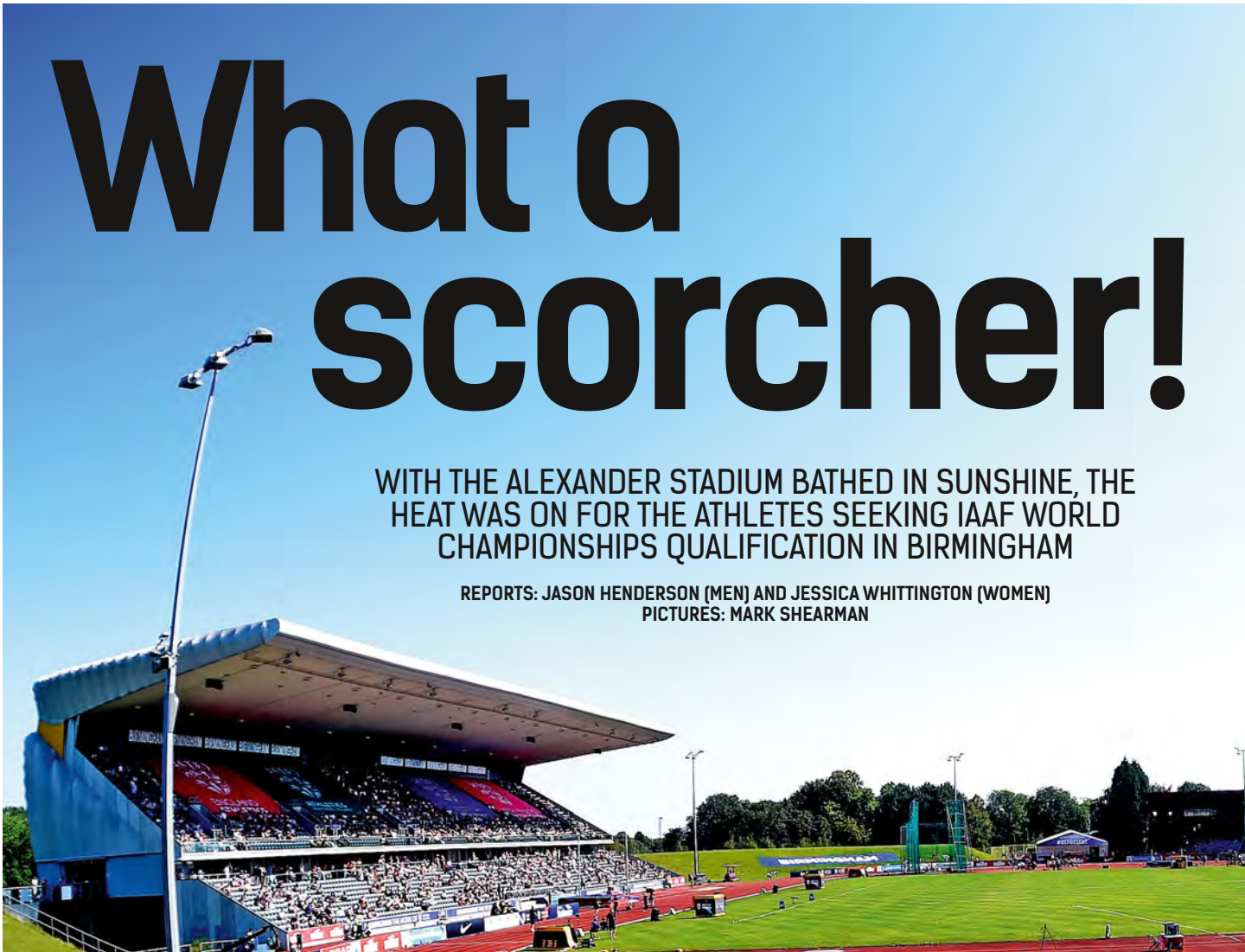
16-page off-road special packed with interviews, training advice and product reviews

SEE CENTRE PAGES

What a scorcher!

WITH THE ALEXANDER STADIUM BATHED IN SUNSHINE, THE HEAT WAS ON FOR THE ATHLETES SEEKING IAAF WORLD CHAMPIONSHIPS QUALIFICATION IN BIRMINGHAM

REPORTS: JASON HENDERSON (MEN) AND JESSICA WHITTINGTON (WOMEN)
PICTURES: MARK SHEARMAN



LAST year's national championships will be remembered for Lorraine Ugen, Reece Prescod, Dina Asher-Smith and Morgan Lake as they excelled in hot and breezy conditions in Birmingham. The temperature was turned up a couple of degrees for this year's event, though, with the thermometer nudging 30C – and the athletes rose to the occasion to produce a memorable event.

Fittingly, many of the athletes were fighting to earn selection for the IAAF World Championships in Doha – the Qatari capital renowned for its blistering heat. Appropriately, too, the Alexander Stadium opened in the famous heatwave summer of 1976 but last week staged its final major meeting before being demolished and redeveloped for the 2022 Commonwealth Games.



There were plenty of surprises at the 2019 championships. Ojie Edoburun beat more fancied rivals to take the blue riband men's 100m title, although runner-up Adam Gemili returned the following day to win the 200m in a championship record.

The hotly-anticipated men's 800m and 1500m races saw shock victories from Spencer Thomas and Neil Gourley. There were, however, plenty of favourites who came up trumps as well – notably Asher-Smith in the 100m, Andy Butchart over 5000m and Holly Bradshaw (above) in the pole vault.

Bradshaw was one of a number of top-class performers in the field as triple jumper Ben Williams, long jumper Abigail Irozuru, pole vaulter Harry Coppell and hammer thrower Nick Miller also wowed the crowds.

Next year the event moves to Manchester for the Olympic trials and, when it comes to drawing spectators back to the event, the excitement of last weekend will have done no harm.



The mercury rose at the Alexander Stadium, which was hosting its last major event before redevelopment work begins



Ojie Edoburun: clinched the 100m title in a tight race

Ojie comes of age

100m

OJIE EDOBURUN has always had the talent to triumph on a big stage like the British Championships. A former European champion at under-20 and under-23 level, he has struggled slightly to make his mark in the senior ranks but last Saturday he beat a strong field to claim the national title.

The 23-year-old believes the difference between being a nearly man or winning gold was possibly mental and he had no qualms about explaining this in his post-race interviews at the Alexander Stadium.

Edoburun revealed he has seen a sports psychologist to try to exorcise "his demons" and said: "People often think seeing a sports psychologist is a sign of weakness but I think it shows you are doing something to become stronger."

The race was decided by the proverbial thickness of a vest, too. In fact it was so close Edoburun did not immediately realise he had won.

He was given exactly the same time of 10.18 (-1.9m/sec) as Adam Gemili and Zharnel Hughes but, after a short, tense delay Edoburun was given the verdict over his more favoured rivals.

Hughes is the fastest British sprinter this year with 9.95, while Gemili has run 10.04 but Edoburun, whose season's best is 10.08, turned the form book on its head and was full of emotion afterwards.

In fourth, CJ Ujah was a few hundredths adrift and just outside the medals.

"I was getting ready to say 'well done, Adam'. But it came up as me being the winner and it was such an emotional moment," said Edoburun.

Champion Gemili bounces back with a fitting finale

Men's 200m

IT was the final event of the weekend at the last major meeting before the Alexander Stadium is re-built and the men's 200m proved a spectacular finale as Adam Gemili smashed the championship and stadium record with 20.08 into a headwind.

When he last won the British title, in 2016, he went on to place a close fourth in the Olympic final in Rio. He has been bedevilled with hamstring problems since then, however, and last year was placed on relay squad lottery funding.

Due to this, Gemili's run was something of a redemption as he beat Zharnel Hughes (20.25) and Miguel Francis (20.34) to the national title with Nethaneel Mitchell-Blake, who held the championship record previously with 20.18 from 2017, clocking 20.39 in fourth.



Adam Gemili: coming back into form

The victory came 24 hours after he placed a close runner-up in the 100m and seven days after he pushed former world champion Yohan Blake close in the 100m at the Diamond League in Birmingham.

"I know what I can do and if I'm fit and healthy I can push the world's best," said Gemili.

■ **Adam Gemili interview: p34-36**



David King (right): got the verdict

King of the hurdles

110m hurdles

DAVID KING and Cameron Fillery battled into a -2.5m/sec headwind and were given the same time of 13.78 but the victory went to King in a race that was missing 2018 champion Andy Pozzi due to injury. "It's a bit of a special one for me because I've had a few problems coming into today," said the winner, who will now chase the qualifier standard in Zurich.

Paul edges a thriller

400m hurdles

DESPITE struggling with a sore hip, Dai Greene put up a sterling defence of his title. The 2011 world champion blasted through the early part of the race and led into the home straight but, with everyone tying up in the closing metres, the 33-year-old was passed by Jacob Paul, who clocked 49.57 to win by one tenth of a second from Greene with Chris McAlister third.

"I've done this event for the last five or six years and to finally get



the win is a massive relief," said Paul (pictured), although both he and Greene do not have the standard for Doha.

400m

MATT HUDSON-SMITH is rounding nicely into form for the IAAF World Championships and booked his ticket for Doha with a comfortable win on his home track.

The European champion was hit by injuries in the spring and had to spend much of his time cross training.

However, he returned to action at the Diamond League in Birmingham this month and, seven days later, clocked 45.15 to win by more than half a second from Cameron Chalmers and Rabah Yousif.

"Everything's starting to come together and I've got a lot to work on ahead of World Championships," he said.

Matt Hudson-Smith: return to action is going extremely well



Home win for Matt

Spencer's big surprise

800m

WHO would have thought before the championship that the Brighton Phoenix athlete to win gold would not be Charlie Da'Vall Grice but Spencer Thomas instead?

The relatively unheralded Thomas is, like Da'Vall Grice, coached by Jon Bigg and timed his finish to perfection to win a hotly-contested two-lap race.

Thomas, who did not make the final last year, punched his fist through the finish line but he was not sure if he had won the race. Runner-up Guy Learmonth was also uncertain, which was not surprising given that both men were given the same time of 1:46.79.

The verdict however went to Thomas from Learmonth with Jamie Webb a close third in 1:46.84 as 2018 champion Elliot Giles came fourth and 2017 world fourth-placer Kyle Langford looking out of sorts in eighth.

"It was anyone's as I came down the home straight and all I could think in my head was 'drive, drive'," said Thomas, although both himself and Learmonth now have the job of trying to nail a qualifying time, whereas third-placed Webb – the UK No.1 coming into the race – has the standard.



Spencer Thomas: just got the better of Guy Learmonth

Gourley pounces to strike 1500m gold

1500m

UNTIL last Sunday Neil Gourley had been the nearly man of the metric mile. The 24-year-old was third at the British Championships last year and, after reaching the European indoor final at home in Glasgow this winter, he was forced to withdraw due to injury.

This time, however, he took his chance in one of the highest-quality races of the weekend as he burst through on the inside in the home straight to snatch gold ahead of Josh Kerr, Jake Wightman and Charlie Da'Vall Grice, with defending champion Chris O'Hare sixth.

A painfully slow early pace saw the pack pass 800m in 2:14 with Grice, who ran 3:30.62 earlier this year, taking his chances in a last-lap sprint. On the final circuit things sprang into life with Kerr leading into the last 100m but Gourley found a gap and came through to victory in 3:48.36.



Neil Gourley: beat Josh Kerr and Jake Wightman to the line

"I was feeling good with 200m to go," he said. "I knew I had a lot left but knew the guys around me did, too. Everyone was itching to use that final gear and you never know until about 20m to go in these kind of races who's coming out on top.

"It was just about holding my form and thinking about the people who believe in me and were sitting in the stands cheering me on."

The selectors now have a headache. Gourley and Kerr have the standard and by finishing top two guaranteed their selection for Doha. But does the third place go to Wightman or Grice?



Callum Wilkinson: had to work hard in the heat for his national record

Wilkinson's UK record

5000m walk

CALLUM WILKINSON stormed to a British record in the men's 5000m race walk and then put the heat of Birmingham into perspective by reminding everyone that he would be racing four times as far in Doha in temperatures much fiercer.

Held in the heat of the midday sun on Sunday, the 22-year-old clocked 18:41.23 to beat Tom Bosworth's outdoor national best by two seconds although Bosworth has clocked 18:28.70 indoors.

The former world junior 10km race walks champion now heads the 20km in Doha in the knowledge his basic speed is better than ever.

Operating at the kind of pace that might shame lots of regular parkrunners, Wilkinson went through his first kilometre in 3:45 and went through his final kilometre in 3:41.

"I got a compliment off one of the judges there who said it's the best they've ever seen me walk," he said. "When someone says that, you know things are in the right place."

Butchart cruises clear

5000m

ANDY BUTCHART reckons he is in shape to break 13 minutes right now, so operating at 14-minute pace last weekend did not feel hard.

The 27-year-old says he recently completed a tempo run at altitude in Font Romeu at roughly the same pace that he passed the one-mile mark at the Alexander Stadium.

Given this, he set himself the challenge of running a fast final kilometre and he kicked clear at that point before clocking 13:54.27.

"It just played into my hands so it was quite nice to get the win and come away with what I was expecting," he said.

Runner-up Marc Scott was seven seconds behind but delighted to secure selection for Doha, with Ben Connor, who has the standard, third.



Andrew Butchart: in control



Zak attack

3000m steeplechase

ZAK SEDDON (above) enjoyed a runaway victory as he clocked 8:36.29 for gold. The Bracknell athlete already has the qualifying standard with 8:21.28 from Rome earlier this summer, so he will now compete in the Europe vs United States match in Minsk before going to Doha.

"There's not many better things than being named as British champion, aside from booking my seat on the plane to Doha," he said.



Allan Smith: from ranked fourth to British champion

Smith rises to the occasion

High jump

ALLAN SMITH came into these championships ranked fourth in the country this season but he responded to the event soaring over 2.25m to win gold.

Runner-up Chris Baker and bronze medallists Tom Gale and William Grimsey all jumped 2.22m but no one has the standard for Doha.

"I came into this ranked fourth, which is pretty unheard of for myself coming into the British Champs," said Smith, one of half a dozen Scottish winners over the weekend.

"I've turned my season around slightly to having a season's best of 2.19m coming into this and then coming away with 2.25m and coming first so I'm really happy about that."

Smith and others now head to a high jump-to-music competition in the Netherlands which he describes as being a kind of "British Champs part two".

Ben bounces his way to yet another PB

Triple jump

BEN WILLIAMS is on a roll. After his big PB of 17.14m to win at the European Team Championships in Bydgoszcz earlier this month, the Stoke athlete jumped out to 17.27m in the first round in Birmingham to go to No.7 on the UK all-time rankings.

With the British title and Doha qualification in the bag, he did not risk many further attempts as he was feeling cramp in his calf muscles. But he is now looking forward to representing Europe against the United States in The Match in Minsk early next month, followed by the IAAF World Championships.

"I feel like there's much more in the tank," said Williams. "I have to go to Doha and do what I know I can do. I have to be ready to contend. It's my first major senior champs and it's beautiful to get back jumping again and find some rhythm."

The former world youth champion, who featured on the cover of *AW* recently after winning in Bydgoszcz, adds that his recent move to train in Loughborough is clearly benefiting him and he's trying to get some more support and sponsorship so that he can continue to base himself there in the run-up to Tokyo.

In second place, Nathan Douglas also jumped well with 16.88m – close to the 16.95m Doha qualifier. The only problem is that there are barely any competitive opportunities left for him to chase the mark.

"I feel slightly gutted because I thought I could get the world standard," said the veteran jumper.



Ben Williams: now seventh on the UK all-time lists

Coppell climbs rankings

Pole vault

LIKE Ben Williams, Harry Coppell is another former world youth champion from a few years ago who is now finally tasting success as a senior.

Despite warm conditions and a swirling wind, he took gold with 5.71m – a PB, qualifying mark for Doha, stadium record and took a £500 bonus for the 'Müllerlicious performance of the day'.

The clearance saw him improve his best of 5.61m to go from ninth to equal-fourth on the UK all-time rankings.

The 23-year-old also went out of his way to accommodate *AW* after our original interview failed to record. Hungry after his day's competition, carrying several heavy poles and with a trip home yet to do, he returned to the media area to do a second interview – all with a big smile on his face.

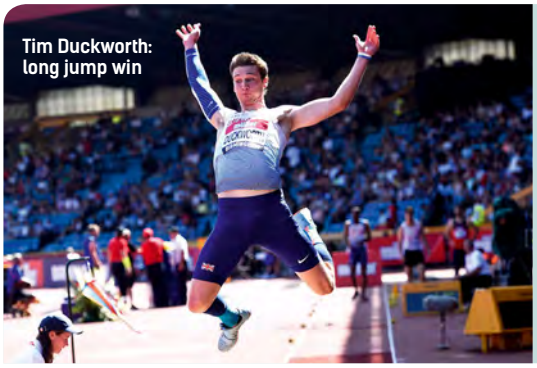
"This wasn't quite out of nowhere, but everything had to come together on the day and it did," said Coppell, who beat Jax Thoirs (5.56m) and Adam Hague (5.46m) to take the gold.

"Hopefully I can get an Olympic qualifier (5.80m) for Tokyo too as I was quite close here. I had a couple of attempts at it but then pulled out as it'd been a long competition as it was warm and I'd wasted lots of energy in early jumps today."

Maybe he can achieve that height at the IAAF World Championships. "It feels amazing achieving the standard for Doha," he added.



Harry Coppell: heading for Doha



Tim Duckworth: long jump win

Another close contest

Long jump

IN a near repeat of the 2018 final, Tim Duckworth beat Dan Bramble in a tight contest.

Last year decathlete Duckworth defeated Bramble by just one centimetre to win gold and the battle for the 2019 crown was even closer with both men jumping 7.92m.

However Duckworth also had a 7.91m to his name and took gold on countback as Bramble took silver and Feron Sayers took bronze.

"I went 8.00m last year and Dan went 7.99m so I think he's starting not to like me," joked Duckworth, who is poised to compete in 10 events at the IAAF World Championships in Doha, a competition in which he hopes to nail the qualifying mark for the Olympics.

Harry's return

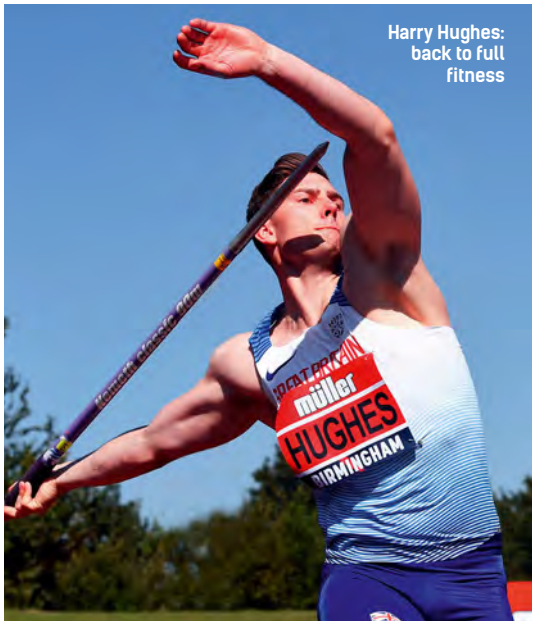
Javelin

HARRY HUGHES began his season with a superb 80.32m but an ankle injury forced him to spend six weeks on the sidelines and he missed the European Under-23 Championships in Sweden.

Back in shape, the 21-year-old returned to competition in Birmingham and won the title by five metres with 75.11m in blustery conditions which meant the javelins were often stalling in the air.

"I've only done the British champs once before," said Hughes. "And that was two years ago when I was injured. I threw 66 metres and came sixth and didn't want to be there at the time as I wasn't in the right mindset. So it feels great to be here and to be in really good shape and to be confident and to finish the season on a high."

■ See Digest, p30



Harry Hughes: back to full fitness

Lincoln No.1

Shot put

SCOTT LINCOLN won the shot with 19.56m from Youcef Zatat and Samuel Heawood, with rising talent Lewis Byng in fourth.

"I'm pretty happy because it's the furthest I've thrown here and it's close to big things but it hasn't quite clicked yet. I'm sure it will soon," said the winner.



Scott Lincoln: shot gold

Miller makes his mark

Hammer

NICK MILLER won the hammer with 76.31m – the best winning mark at the championship since the mid-1980s.

David Smith threw 77.30m to win the 1985 national title at Crystal Palace but Miller, the Commonwealth champion and UK record-holder with 80.26m, came close to that level on Sunday.

Seemingly relishing the warm conditions, he was pushed by Taylor Campbell, who threw a 74.63m PB, plus Osian Jones, with a Welsh record of 73.89m in a high quality contest.



Nick Miller: flying the flag



Nick Percy: British title

Percy gets better of Okoye

Discus

ALL eyes were on UK record-holder Lawrence Okoye and UK No.1 Greg Thompson but the title went to the talented Nick Percy as he threw 60.57m.

Okoye finished runner-up with 58.84m in only his second competition of the year and did not speak to the media but mentioned to the organisers that he was not in great shape due to a lack of discus training.

George Armstrong took bronze, but Thompson, who threw a world qualifier of 65.56m in April, managed just 53.82m for fifth in Birmingham, whereas a top two place would have seen him automatically on the plane to Qatar for the IAAF World Championships.



Hot work: men's 5000m with the soon-to-be demolished stands in the background

RESULTS

Men: 100 (–1.9): 1 O Edoburun (SB) 10.18; 2 A Gemili (B&B) 10.18; 3 Z Hughes (SB) 10.18; 4 C Ujah (E&H) 10.27; 5 K de Escofet (Bir) 10.41; 6 S Gordon (Card) 10.43; 7 K Chambers-Brown (Bir) 10.51; 8 A Thomas (Brack) 10.52; 9 T Etienne (HW) 10.54. **SF1 (–2.2):** 1 A Gemili (B&B) 10.26; 2 K de Escofet (Bir) 10.44; 3 H Aikines-Aryeetey (Sutt) 10.48; 4 A Robertson (Sale) 10.61; 5 E Amo-Dadzie (WG&EL) 10.63; 6 A Adewale (E&H) 10.79; 7 C Miller (HW, U20) 10.85; 8 J Williams (Harrow) 10.89. **SF2 (–1.3):** 1 Z Hughes (SB) 10.26; 2 K Chambers-Brown (Bir) 10.48; 3 R Arthur (E&H) 10.49; 4 C Lawson (SB) 10.51; 5 O Bromby (Soton) 10.53; 6 D Ashwell (SB) 10.57; 7 R Miller (HW) 10.57; 8 M Olsen (Edin) 10.67; 9 K Metzger (Sale) 10.70. **SF3 (0.0):** 1 O Edoburun (SB) 10.15; 2 C Ujah (E&H) 10.23; 3 S Gordon (Card) 10.31; 4 T Etienne (HW) 10.34; 5 A Thomas (Brack) 10.39; 6 I Rahman (Shef/Dearn) 10.47; 7 N Stewart (E&H) 10.59; 7 O Lloyd Hughes (Neath, U20) 10.59; 9 N Pryce (RSC) 10.70. **Ht1 (1.4):** 1 A Robertson (Sale) 10.59; 2 A Adewale (E&H) 10.63; 3 D Ogali (D&T, U20) 10.92; 4 J Watson-Brown (SB) 10.99. **Ht2 (1.1):** 1 T Etienne (HW) 10.45; 2 E Amo-Dadzie (WG&EL) 10.57; 3 J Otugade (SB) 10.64; 4 N Stewart (E&H) 10.67; 5 J Lawrence (Bir) 10.75; 6 V Duah (Tel, U20) 10.83; 7 N Brown (Kent) 10.96. **Ht3 (1.9):** 1 K de Escofet (Bir) 10.52; 2 O Lloyd Hughes (Neath, U20) 10.66; 3 K Metzger (Sale) 10.68; 4 J Williams (Harrow) 10.70; 5 J Brown (Card) 10.70; 6 K Howitt (RSC) 10.79; 7 M Kampengele (Card) 10.79. **Ht4 (2.8):** 1 R Arthur (E&H) 10.57; 2 K Chambers-Brown (Bir) 10.61; 3 R Miller (HW) 10.68; 4 R Pierre-Forde (WSEH) 10.70; 5 J Williams (Liv H) 10.71; 6 K Paris-Samuel (TVH) 10.95. **Ht5 (1.0):** 1 C Lawson (SB) 10.55; 2 M Olsen (Edin) 10.62; 3 N Pryce (RSC) 10.69; 4 D Obeng (Lough S) 10.77; 5 A Syers (NEB, M35) 10.81; 7 J Oshunrinde (M&M, U20) 11.10. **Ht6 (2.0):** 1 A Thomas (Brack) 10.68; 2 C Miller (HW, U20) 10.78; 3 N Gilbert (WSEH) 10.85; 4 J Browne (Kent, M35) 10.86; 5 M Ohioze (St Ambrose) 10.86; 6 S Ige (Belg) 10.95; 7 I Kitchen-Smith (TVH) 10.99. **Ht7 (2.4):** 1 S Gordon (Card) 10.71; 2 I Rahman (Shef/Dearn) 10.86; 3 K Ennis (R&N) 10.89; 4 O Isaac (WG&EL) 10.91; 5 A Campbell (Bir, U20) 11.08.

200 (–1.2): 1 A Gemili (B&B) 20.08; 2 Z Hughes (SB) 20.25; 3 M Francis (W&B) 20.34; 4 N Mitchell-Blake (NEB) 20.39; 5 C Dobson (Col H) 20.67; 6 D Williams (E&H) 20.72; 7 S Boldizsar (Harl) 20.83; 8 E Amaning (TVH) 20.85. **Ht1 (–0.3):** 1 A Gemili (B&B) 20.43; 2 D Williams (E&H) 20.79; 3 K Howitt (RSC) 21.39; 4 J Williams (Harrow) 21.40; 5 M Ohioze (St Ambrose) 21.42; 6 T Somers (NEB) 21.58; 7 C Stone (WG&EL) 21.64. **Ht2 (–1.5):** 1 M Francis (W&B) 20.53; 2 C Dobson (Col H) 20.67; 3 E Amaning (TVH) 20.78; 4 J Efoloko (Sale) 21.11; 5 S Osewa (Croy) 21.26; 6 O Lloyd Hughes (Neath, U20) 21.32; 7 M Popoola (Herne H) 21.50. **Ht3 (–1.0):** 1 Z Hughes (SB) 20.67; 2 S Miller (Prest) 20.99; 3 T Ramdhan (Bexley) 21.00; 4 R Mitcham (Bir) 21.12; 5 A Morgan-Harrison (KuH) 21.13; 6 E Powell (Bir) 21.39. **Ht4 (–1.2):** 1 N Mitchell-Blake (NEB) 20.81; 2 S Boldizsar (Harl) 20.95; 3 J Williams (Liv H) 21.23; 4 K Ennis (R&N) 21.47; 5 N Pryce (RSC) 21.51; 6 L Dorrell (AFD) 21.69; 7 J Gladman (Bir) 21.97. **400:** 1 M Hudson-Smith (Bir) 45.15; 2 C Chalmers (Guern) 45.84; 3 R Yousif (NEB) 46.32; 4 D Cowan (HW) 46.46; 5 T Harries (Phoe) 46.51; 5 L Thompson (Shef/Dearn) 46.51; 7 N Baker (Craw) 46.51; 8 M Rooney (Croy) 48.00. **Ht1:** 1 D Cowan (HW) 46.66; 2 E Brown (B&B, U20) 46.77; 3 G Caddick (Sale) 46.80; 4 R Shipley (York) 47.55; 5 J Hoyle (D&R) 47.87; 6 K Aiken (SB) 48.01; 7 B Claridge (Abing) 48.05. **Ht2:** 1 M Hudson-Smith (Bir) 45.93; 2 T Harries (Phoe) 46.36; 3 B Snaith (NEB) 47.09; 4 S Hazel (SB) 47.13; 5 D Putnam (B&B) 47.39; 6 C Asong (Sale) 47.45; 7 G Plenderleith (Shef/Dearn) 48.05. **Ht3:** 1 C Chalmers (Guern) 46.48; 2 L Thompson (Shef/Dearn) 46.54; 3 O Smith (Card) 46.95; 4 E Powell (Bir) 47.49; 5 J Rhoden-Stevens (SB) 47.77; 6 M Overall (Craw) 47.90; 7 J Hocking (Worc) 48.06. **Ht4:** 1 R Yousif (NEB) 46.18; 2 M Rooney (Croy) 46.42; 3 N Baker (Craw) 46.57; 4 A Haydock-Wilson (WSEH) 46.76; 5 E Greatrex (WG&EL) 47.66; 6 A Walker-Khan (Shef/Dearn) 48.61; 7 B Hawkes (Learn, U20) 48.83. **800:** 1 S Thomas (Phoe) 1:46.79; 2 G Learmonth (Lass) 1:46.79; 3 J Webb (Liv H) 1:46.84; 4 E Giles (Bir) 1:47.17; 5 A Botterill (York, U20) 1:47.90; 6 P Copeland (W'borne) 1:48.03; 7 J Reid (Card) 1:48.38; 8 K Langford (SB) 1:49.18. **Ht1:** 1 K Langford (SB) 1:50.15; 2 A Osagie (Harl) 1:50.49; 3 C Dodds (E&H, U20) 1:50.82; 4 W Onek (Sale) 1:51.38; 5 B Murphy (Ton) 1:52.21; 6 F Bigg (Phoe) 1:53.38; 7 J McCarthy (NEB) 1:53.76. **Ht2:** 1 G Learmonth (Lass) 1:50.16; 2 P Roberts-Nash (W&B) 1:50.82; 3 W Snook (Harl) 1:51.63; 4 C Byron (Bir) 1:51.83; 5 B Lee (Vale R, U20) 1:52.06; 6 T Staines (BMH) 1:53.56; 7 D Mees (NEB) 1:54.55. **Ht3:** 1 A Botterill (York, U20) 1:48.45; 2 J Webb (Liv H) 1:48.65; 3 J Reid (Card) 1:49.96; 4 B Rochford (SB) 1:50.78; 5 P Taylor (Bir) 1:51.14. **Ht4:** 1 E Giles (Bir) 1:48.14; 2 S Thomas (Phoe) 1:48.25; 3 P Copeland (W'borne) 1:48.37; 4 R Lutakome (Sutt) 1:51.27; 5 H Russell (Newb) 1:51.61; 6 S Molloy (Ton) 1:52.07. **1500:** 1 N Gourley (Giff N) 3:48.36; 2 J Kerr (Edin) 3:48.51; 3 J Wightman (Edin) 3:48.69; 4 C Da'Vall Grice (Phoe) 3:48.83; 5 J West (Ton) 3:49.94; 6 C O'Hare (Edin) 3:50.24; 7 A Davis (Phoe) 3:52.18; 8 J Davies (Read) 3:52.73; 9 R Harvie (AFD) 3:53.16; 10 J Shields (Shef/Dearn) 3:54.24; 11 D Brown (Ton) 3:54.32; 12 S Mackay (Glas C) 3:58.00. **Ht1:** 1 J Kerr (Edin) 3:44.48; 2 N Gourley (Giff N) 3:44.74; 3 A Davis (Phoe) 3:44.95; 4 D Brown (Ton) 3:45.56; 5 J Shields (Shef/Dearn) 3:46.30; 6 J Trigwell (NEB) 3:49.59; 7 C Wright (Kilb, U20) 3:53.81; 8 T Dodd (Bir) 3:54.97. **Ht2:** 1 J Wightman (Edin) 3:46.72; 2 J West (Ton) 3:46.96; 3 R Harvie (AFD) 3:47.44; 4 S Mackay (Glas C) 3:47.75; 5 G Mills (Phoe) 3:49.62; 6 C Parr (Morp) 3:51.05; 7 S Petty (N Dev) 3:52.94; 8 A Phelps (Stroud) 3:54.01; 9 M Weatherseed (Ton) 3:54.76. **Ht3:** 1 C Da'Vall Grice (Phoe) 3:46.93; 2 C O'Hare (Edin) 3:47.49; 3 J Davies (Read) 3:47.66; 4 R Axe (Card) 3:48.12; 5 J Dempsey (SB) 3:48.62; 6 K Reilly (Ton) 3:48.94; 7 J Wigfield (Wirr, U20) 3:50.79; 8 J McCrae (Hallam) 3:52.49; 9 D Bebbington (Prest) 3:54.89. **5000:** 1 A Butchart (Centr) 13:54.29; 2 M Scott (R&Z) 14:01.48; 3 B Connor (Der) 14:04.33; 4 P Sesemann (Leeds C) 14:09.91; 5 J Shelley (SB) 14:13.04; 6 B Bradley (AFD) 14:19.73; 7 M Leach (Bed C) 14:22.46; 8 J Sanderson (G&G) 14:28.00; 9 K Clements (SB) 14:31.33; 10 A Heyes (Hallam) 14:40.56; 11 P Crout (SB) 14:56.48; 12 O Hind (Kent) 15:17.30. **110H (–2.5):** 1 D King (Ply) 13.78; 2 C Fillery (WG&EL) 13.78; 3 J Porter (Bir) 13.90; 4 J Weaver (E&H) 14.16; 5 E Akanni (Bexley) 14.17; 6 J Hatton (TVH) 14.33; 7 W Ritchie-Moulin (Bir) 14.60. **Ht1 (–1.7):** 1 J Porter (Bir) 14.02; 2 J Weaver (E&H) 14.14; 3 R Sakala (Croy) 14.80; 4 D Wright (B&W) 15.02; 5 C Mitchell (Prest) 15.16; 6 A Byron (St Alb) 15.20. **Ht2 (–2.5):** 1 D King (Ply) 13.95; 2 E Akanni (Bexley) 14.20; 3 W Ritchie-Moulin (Bir) 14.73; 4 M Copeland (Shef/Dearn) 15.26; 5 B Reed (Chelm) 15.28; 6 J Broadbent (Bas, U20) 15.41. **Ht3 (–0.9):** 1 C Fillery (WG&EL) 14.01; 2 J Hatton (TVH) 14.40; 3 T Duckworth (Liv H) 14.72; 4 D Aryeetey (Charn) 15.38; 5 L Hunt (Norw) 15.45. **400H:** 1 J Paul (WSEH) 49.57; 2 D Greene (Swan) 49.67; 3 C McAlister (TVH) 49.80; 4 A Chalmers (Guern, U20) 50.11; 5 E Okoro (Bir) 50.33; 6 A Knibbs (Amber) 50.80; 7 J Lawrie (WG&EL) 51.18; 8 A Daley (B&W) 52.28. **Ht1:** 1 A Chalmers (Guern, U20) 51.50; 2 A Knibbs (Amber) 51.75; 3 L Thompson (NEB) 52.65; 4 D Rees (SB) 52.79; 5 J Lambert (Craw, U20) 54.84; 6 R Keen (Sale, U20) 56.15. **Ht2:** 1 E Okoro (Bir) 50.44; 2 D Greene (Swan) 51.12; 3 S Plumb (Newb) 53.03; 4 B Stickings (B&B) 53.94; 5 S Wallbridge (Guern) 54.25. **Ht3:** 1 J Paul (WSEH) 50.28; 2 J Lawrie (WG&EL) 50.45; 3 A Daley (B&W) 51.38; 4 J Faulds (SB, U20) 52.38; 5 J Webster (Liv H) 53.94; 6 A O'Callaghan-Brown (B&B, U20) 54.03. **Ht4:** 1 C McAlister (TVH) 50.85; 2 M Schopp (Harrow) 52.50; 3 C Henderson (Glas C) 52.85; 4 T Donovan (WSEH) 53.10. **3000SC:** 1 Z Seddon (Brack) 8:36.29; 2 P Norman (WG&EL) 8:40.61; 3 I Thomas (Card) 8:44.09; 4 A Teuten (Soton) 8:50.25; 5 J Hopkins (Swan) 8:53.66; 6 J Coleman (Prest) 8:55.45; 7 C Perry (Vale R) 8:55.65; 8 M Pearce (SB) 8:56.75; 9 D Musson (Notts) 9:00.07; 10 R Driscoll (Ton) 9:06.49; 11 T Horton (Shef/Dearn) 9:35.21. **5000W:** 1 C Wilkinson (E&H) 18:41.23; 2 C Corbishley (M&M) 20:41.23; 3 T Partington (Manx) 22:07.03; 4 L Legon (Bexley) 22:50.13; 5 M Crane (Bexley, U20) 22:57.52; 6 D Annetts (N Herts, M50) 25:06.32. **HJ:** 1 A Smith (SB) 2.25; 2 C Baker (Sale) 2.22; 3 T Gale (Bath) 2.22; 3 W Grimsey (WG&EL) 2.22; 5 T Ademuwagun (TVH, U20) 2.08; 6 R Webb (Bir) 2.08; 7 A Coward (SB) 2.08; 8 A Brooks (Yate) 2.08; 9 K Aguocha (B&B, U20) 2.03; 10 L McGuire (SB) 2.03. **PV:** 1 H Coppell (Wig D) 5.71 (5.35o, 5.46xo, 5.56xo, 5.66xxo, 5.71xxo, 5.80xx); 2 J Thoirs (Glas C) 5.56; 3 A Hague (Shef/Dearn) 5.46; 4 G Turner (Craw) 5.20; 5 E Walsh (SB) 5.05; 6 J Phipps (Bir) 5.05; 7 F Johnson (Bed C, U20) 5.05. **LJ:** 1 T Duckworth (Liv H) 7.92/1.1 (x, 7.89/0.3, 7.83/1.4, 7.73/1.1, 7.91/0.2, 7.92); 2 D Bramble (SB) 7.92/0.9 (7.83/0.5, x, 7.92/0.9, 7.87/0.8, 7.71/1.9, 7.85/0.3); 3 F Sayers (Bir) 7.82/2.5 (7.70/0.8).; 4 A Farquharson (Cov) 7.73/1.2, 8; 5 R Banigo (Sale) 7.57/-0.3; 6 E Uwaifo (Harrow) 7.51/1.2; 7 P Ogun (Croy) 7.45/1.9; 8 S Khogali (WG&EL) 7.33/1.6; 9 B Pickup (B'mth) 7.24/0.7; 10 S MacKenzie (Pit, U20) 7.21/0.5; 11 S Taylor (Have) 7.17/0.3. **TJ:** 1 B Williams (Sale) 17.27/1.1; 2 N Douglas (Oxf C, M35) 16.88/1.1; 3 N Fox (SB) 16.47/1.9; 4 J Reid (Sale) 16.45/1.0; 5 E Uwaifo (Harrow) 16.31/2.3 (16.16/1.3); 6 J Ilori (B&B) 16.25/0.8; 7 D Lewis (SB) 15.96/1.5; 8 S Okorne (Sale) 15.84/0.5; 9 H Clarkson (Lass) 15.70/0.5; 10 S Hall (Bir) 15.54/1.1; 11 L Davis (WG&EL) 15.43/1.5. **SP:** 1 S Lincoln (York) 19.56; 2 Y Zatat (WG&EL) 18.12; 3 S Heawood (Craw) 17.01; 4 L Byng (Strat, U20) 16.71; 5 D Cartwright (Bir) 16.62; 6 G Winter (Glouc) 16.30; 7 D Cork (Newp) 15.66; 8 G Beard (NEB, M35) 15.44; 9 D Thomas (E'bne, U20) 15.24; 10 C Charlton (Morp) 14.64; 11 A Knight (Soton, U20) 14.12. **DT:** 1 N Percy (SB) 60.57; 2 L Okoye (Croy) 58.84; 3 G Armstrong (NEB) 57.67; 4 Z Duquemin (SB) 55.70; 5 G Thompson (SB) 53.82; 6 D Greaves (Charn, M35) 51.08; 7 J Tomlinson (P'broke, U20) 50.62; 8 N Fox (Bir) 50.43; 9 C Osammor (Shef/Dearn, U20) 49.79. **HT:** 1 N Miller (Bord H) 76.31 (x, 74.92, 75.65, x, 73.09, 76.31); 2 T Campbell (WSEH) 74.63; 3 O Jones (Liv H) 73.89; 4 C Murch (Bir) 72.02; 5 C Bennett (SB) 69.67; 6 C Shorthouse (Bir) 66.78; 7 C Wright (Shef/Dearn) 64.74; 8 J Bloomfield (Ips) 61.08. **JT:** 1 H Hughes (NEB) 75.11; 2 J Dunderdale (Shef/Dearn) 70.57; 3 G Johnson Assoon (TVH, M35) 67.25; 4 G Davies (York) 66.50; 5 N McLellan (SNH, M40) 65.36; 6 B Buwembo (WG&EL) 64.40; 7 D Bainbridge (SB) 62.28; 8 S Staples (Craw) 61.19; 9 T Hewson (And, U20) 60.60; 10 J Foot (Orion, U20) 60.20; 11 G Millar (Bir) 56.57; 12 J Harris (Manx) 56.41

Wind ends sub-11 bid for Dina



Record run: Dina Asher-Smith

100m

SPEAKING ahead of the Müller Grand Prix in Birmingham a week before the British Championships at the same stadium, Dina Asher-Smith highlighted that her aim was to stay under 11 seconds for each of her 100m races this season.

If there was torrential rain and a headwind at the national event, she'd be fuming, she smiled.

While the rain stayed away, the multiple British record-holder wasn't quite so lucky with the wind and ultimately the -2.0m/sec headwind athletes faced in her semi-final denied her the streak, though she gave it a good go.

The triple European champion went on to secure another national title and world championships spot in style as she broke her own championship record with another sub-11 time of 10.96 into a slightly gentler -0.9m/sec headwind for the final. Her semi-final time into that -2.0m/sec headwind was an impressive 11.03 and in still conditions her times would equate to 10.87 and 10.89, not far off her own British record mark of 10.85.

"I'm really happy with coming here and winning the championships and securing my spot for Doha,' said the 23-year-old, now heading to her fourth world championships.

"I joked last week that 'my aim is to stay sub-11 for the season but that you know, I've got a race in Birmingham with the wind, so we'll see'. I should have kept my mouth shut, because as soon as you say it you jinx it!

"In all seriousness, that's a really good time. Without playing the game with myself, I don't expect to be near the 11-second barrier with a 2.0 headwind, I haven't done that before."

Behind her, Asha Philip again proved her strength as a championship performer as she ran a season's best of 11.29 to secure silver and will now chase the world championships qualifying time of 11.24.

It was a fine return for the four-time British champion, who struggled with injury after the IAAF World Relays. Daryll Neita claimed bronze in 11.30, as Kristal Awuah was fourth (11.40) and Jodie Williams fifth (11.45).



Jodie Williams: 200m success

Williams back to winning ways

200m

JODIE WILLIAMS has made no secret of the fact that she has come close to quitting the sport over the past few years.

The 25-year-old has also been very open about the struggles she has experienced since a remarkable junior career which included a five-year and 151-race winning streak.

However, in Birmingham she further proved that her perseverance is paying off as she stormed to her first national title since 2014 after finishing fifth in the 100m the day before.

Battling the wind as well as her rivals, Williams surged off the bend and into a -4.3m/sec gale to clock a winning time of 23.06 and pip defending champion Beth Dobbin by 0.07, with both athletes securing their spots for the world championships.

In a close finish, Ashleigh Nelson was third in 23.18 while Kristal Awuah was fourth in 23.36.

"It means so much," Phoenix-based Williams said after her win. "I really battled to that line and made sure that I was going to be on top of that podium and going to Doha. I couldn't be happier."

For Dobbin, there came relief after struggling with a knee injury.

"I only got back into spikes last Saturday," the Scottish record-holder, who ran a PB of 22.50 at the Anniversary Games. "It has been a really stressful three weeks thinking 'am I going to be on the start line?' After everything I've been through, I can't ask for much more."



Cindy Ofili: delighted

Ofili's golden blessing

100m hurdles

TWO years ago, Cindy Ofili was learning how to walk again and so described winning the British title as a "blessing".

The Olympic fourth-placer ruptured an Achilles tendon at the start of the summer of 2017 and it has been a long road back.

In Birmingham, she clocked 13.09 (-1.6m/sec) to win ahead of Alicia Barrett and Yasmin Miller, both with 13.40, and was intending to try and achieve the world championships qualifying standard of 12.98.

"I'm just happy to be back healthy," she said.

Heptathlete Katarina Johnson-Thompson ran 13.57 for fourth in the final, having clocked 13.56 in her heat and also contested the shot put final in between the two races.

One-lap win for Laviai



Laviai Nielsen: savouring the moment of victory

400m

ON her sixth time competing at the championships, Laviai Nielsen was delighted to take the win and book her place on the plane to Doha.

She'll be joined by Emily Diamond too as the London 2017 world 4x400m silver medal-winning team-mates clocked 52.04 and 52.39 respectively, with Zoey Clark – also on that London team – third in 52.52.

"The relief when I crossed the line and the pure emotion - I'm just so happy with that," said European fourth-placer Nielsen.

For Diamond, changes including a move away from home and her husband to a new coaching set-up are paying off.

"It has been a season of new starts," she said. "It has been going well and I still don't feel like I've reached my potential yet this year."

Defending champion Anyika Onuora decided to end her season early and did not compete, with a focus on Olympic preparations.

Beesley retains her title

400m hurdles

MEGHAN BEESLEY (right) relished the hot conditions and retained her title ahead of Jessica Turner as the top two both secured their world championships places.

European bronze medallist Beesley clocked 55.81 ahead of Turner's 56.06 as Jessie Knight was third in a PB of 56.31.

"I love these conditions," said Beesley. "I don't know if it's because I'm getting older now and my joints prefer it when it's warm!"



Shelayna's victory kick



Shelayna Oskan-Clarke held off Lynsey Sharp and Alex Bell

800m

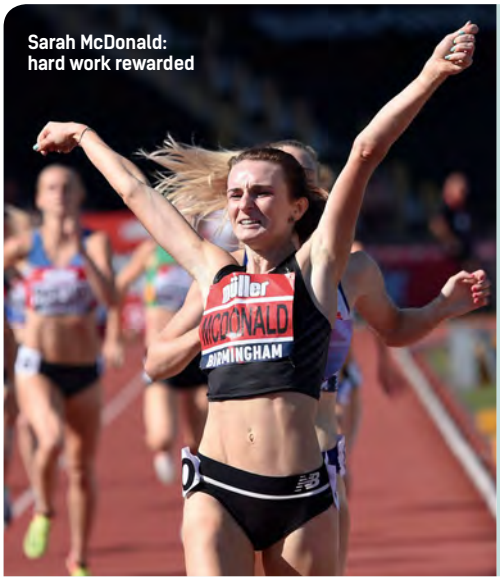
WHILE some of the middle-distance events might offer selection dilemmas, the women's 800m should be fairly straightforward as the three athletes in the race with the qualifying mark all finished on the podium.

European indoor champion Shelayna Oskan-Clarke ran 2:02.67 to hold off Lynsey Sharp and Alexandra Bell, who respectively clocked 2:02.79 and 2:02.87, after a home straight battle.

"I'm just relieved that I've secured my spot for the world championships," said Oskan-Clarke, who finished fifth in the 2015 world final. "I know that I'm in good form. I had that bit of an extra gear when Lynsey came up on me. I felt good."

Multiple European and Commonwealth medallist Sharp, who is now back training in the UK under David Harmer in Loughborough, said: "Obviously it would have been lovely to win and I thought I had it but I maybe just tightened up in the last 50m. I'm just happy to secure the top two and my place for Doha.

"I think we've got a really strong team. I really hope Alex Bell gets given that third spot, I think she has definitely proved that she should be on that plane."



Sarah McDonald: hard work rewarded

McDonald fuelled for Doha

1500m

MISSING out on making the team for the European Championships last summer has fuelled Sarah McDonald in 2019 and her hard work this summer has been rewarded with a world championships place.

In a race missing British record-holder Laura Muir through injury, the European and Commonwealth finalist out-kicked double European under-23 champion Jemma Reekie to win in 4:22.95.

"I'm so happy to come here and win and book my place on the plane to Doha," said McDonald. "It has been a bit of a crazy year so I'm excited.

"I broke two minutes for the first time in the 800m last week so I knew I was in quick shape coming into this race and I wanted to put that on display here and show everyone why I should be going to Doha."

She also credited new training group member Lynsey Sharp with having helped push her on.

"A lot of people have asked me if I have considered moving down (to the 800m) but it has just reassured me of my shape," she added.

Reekie ran 4:23.41 for silver, also achieving selection for her first world championships, while Dani Chattenton was third in 4:26.03.

"I had a sinus infection last week so I was worried that I wouldn't be going to Doha but I'm glad that I'm over that and I can get happy and get fit," said Reekie.

Clarke bounces back to retain her title

3000m steeplechase

ROSIE CLARKE was back on top in Birmingham after being disappointed with her run at the Müller Grand Prix on the same track the week before.

In an open and honest interview with *AW* after the race, Clarke explained the impact of the menstrual cycle on her performance (*Digest*, p31).

This time running 9:46.66 in the scorching conditions, the Commonwealth fourth-placer beat Elizabeth Bird in an exciting finish to retain her title, with Bird just behind in 9:46.95 to also secure her world championships vest.



Rosie Clarke: satisfaction

Aimee Pratt was third in 9:53.24 as the top three finished well clear.

"I don't think there are actually that many women who have gone back-to-back in the steeple because it's such a brutal event, you can have a great year and pick up a niggle or something," said Clarke. "I'm really pleased."

Bird, coached by Pat McCurry of the University of San Francisco, said: "I ran the (qualifying) time quite a while ago so I've just been holding my breath and not believing that I'm actually going to go (to the world championships). It's still not sunk in yet but I'll be there in five weeks!"

Eilish shows her intent

5000m

EILISH MCCOLGAN wanted to leave the championships knowing that she had given her all and she certainly did that, solo-running her way to 5000m victory.

After previous steeplechase wins, this was the Scot's first national outdoor title in the flat event and she showed her intention from the start.

Moving away to an early lead, she eventually won by more than 14 seconds in 15:21.38, with World University Games champion Jess Judd's strong finish seeing her secure silver and the second automatic place for Doha ahead of European and Commonwealth medallist Laura Weightman, 15:35.82 to 15:36.73.

Blistering conditions saw the temperature reach about 30C during the race, with Melissa Courtney and Kate Avery among those not to finish. Verity Ockenden was fourth in 15:41.75 and Amy-Eloise Neale fifth in 15:47.57.

"The last couple of years I've come in and been disappointed with my performance – I've come second or third and it has come down to a crazy sprint over the last 300m," said European silver medallist McColgan. "I'm always jinxed at trials. This is the first one I've come into with no illnesses, no injuries.

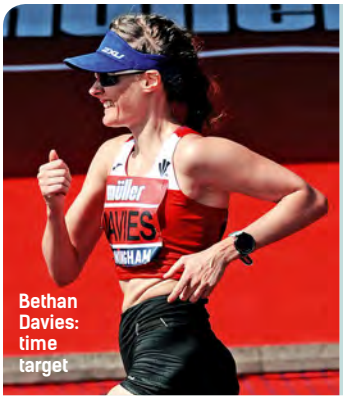
"I thought 'this is it - run your own race, make the other girls hurt'. I wanted to make sure that I came here today and if I went off and I exploded and I came last then at least I gave it a pop, at least I tried. I'm obviously over the moon."

Judd was also delighted and clearly shocked to have made the Doha team (*digest*, p29), while Weightman, who won the 2018 1500m title, remained hopeful of the third spot after a hip strain in July.

"It's just unbelievable," said Judd. "I just had to have confidence."



Eilish McColgan: stamped her authority on the race



Bethan Davies: time target

Davies' dominance

5000m walk

THE first track event of day two was won by Bethan Davies in 21:56.45 as she finished more than two-and-a-half minutes ahead of the rest of the field to retain her title.

Erika Kelly claimed silver with her time of 24:39.08, while bronze went to Madeline Shott who clocked 25:33.67.

"Next weekend I'm going to try and do the Doha qualifying time (20km walk) out in Switzerland and that's my last chance and fingers crossed I can do it," said Davies.

"At the end of the day, the Olympics is next year so if it doesn't happen in this race coming, then hopefully next year."

Switch already bringing success for Lake

High jump

DESPITE having switched her coaching set-up just a few weeks before, Morgan Lake had the best performance of her season so far to retain her title.

The Commonwealth silver medallist cleared 1.94m on her third attempt to again win ahead of heptathlete Katarina Johnson-Thompson, who had another busy afternoon after earlier contesting the javelin and having competed in the 100m hurdles and shot put the day before.

Johnson-Thompson's best was 1.90m for silver as bronze went to Nikki Manson with a 1.84m clearance in a repeat of the 2018 podium.

"I've gone back to my old training set-up from 2016," Lake explained. "My dad is my main coach and Richard Aspden is my high jump coach. I can definitely see myself getting stronger and stronger each week so hopefully that will continue."



Morgan Lake: changes

The Doha-bound athlete added: "I've had quite a tough outdoor season. I'm a lot more confident now after this competition and I'm confident that the higher heights are to come."

Johnson-Thompson said: "The first couple of jumps were solid but were off my old run-up.

"We're trying something else now and trying to move the run-up back in the later stages of the competition and doing nine steps instead of seven. It's the first time I've done that for a couple of years so that needs some practice, but I was glad to do it before Doha."

Holly's in seventh heaven

Pole vault

RECORD breaking was the theme of the day for Holly Bradshaw as the European bronze medallist claimed her 12th national pole vault title, safely booking her place on the team heading to the IAAF World Championships in the process.

Breaking her own championship best with a clearance of 4.73m, the 27-year-old added another gold medal to her record number of wins which now stands at seven outdoor British titles plus her five victories claimed indoors.

Bradshaw entered the competition at 4.51m and had it won with her very first vault as she soared over the bar on her opening attempt.

Next was a first-time clearance at 4.63m before she achieved the 4.73m season's best and championship record on her second go.

The Scott Simpson-coached vaulter then had three attempts at a would-have-been British outdoor record of 4.82m, while her own national indoor best stands at 4.87m.



Holly Bradshaw: beat her own championship record

Her performance was even more impressive given that she had waited around 90 minutes to begin jumping in the hot conditions, only starting to compete after all the other members of the field had already exited the competition.

Joining Bradshaw on the podium was Sophie Cook, who secured silver with a PB-equalling 4.36m, and Lucy Bryan, whose 4.25m clearance gained her the bronze.

Commenting on the conditions, in contrast to the windy Müller Grand Prix of the weekend before, Bradshaw said: "It was pretty much like an indoor meet – you didn't even have to look at the wind sock and as a pole vaulter that's what you want."

On the time it took for her to start competing, she added: "I had a bit of a long wait so when I was attempting the British record I actually felt like I lost a lot of energy and I couldn't run properly but overall I'm really happy."



Abigail Irozuru: first national title outdoors

Irozuru impresses

Long jump

A RESURGENT Abigail Irozuru continues to prove that reversing her retirement decision was the right move to make as she improved on her 2012 PB of 6.80m with a 6.86m leap to win her first national outdoor gold and move to equal sixth on the UK all-time list.

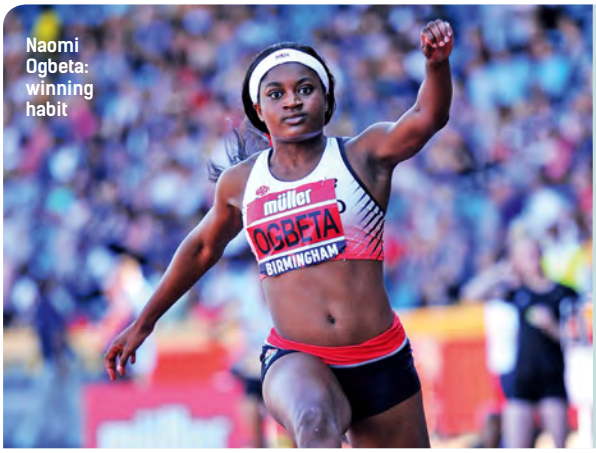
The silver medal-winning leap of British record-holder Shara Proctor was just 2cm off Irozuru's top mark and also a qualifying standard for the world championships, meaning the top two are both bound for Doha.

In an exciting competition, Irozuru jumped into the lead in round two with 6.71m before Proctor then went ahead with 6.84m in round three. But Irozuru wasn't done and she responded with a PB performance from her next jump to regain the lead.

Continuing her return after injury, Jazmin Sawyers was just a single centimetre off the world championships qualifying mark with her 6.71m leap for bronze and said she would be seeking the standard over the next week.

Defending champion Lorraine Ugen finished fourth with 6.68m, while world para athletics champion Olivia Breen leapt 4.84m.

"I've been waiting seven years for a personal best," said a delighted Irozuru. "I've had three surgeries, loads of injuries, been retired and now I'm back and in the form of my life. It's a really incredible feeling."



Naomi Ogbeta: winning habit

Ogbeta's fantastic five

Triple jump

AT just the age of 21, Naomi Ogbeta claimed her fifth national title combining wins claimed both indoors and out.

The European finalist leapt 13.87m for victory ahead of Angela Barrett with 13.22m and Mary Fasipe with a PB of 13.07m.

"The competition was quite good, though at the beginning somebody kicked my marker so I was like 'oh no!' and my run-up was a bit all over the place," explained Ogbeta, who is in the final year of a politics degree. "I think that's why my latter jumps were better than the first ones.

"It has been a really hard year trying to do my dissertation and everything so I'm now pushing forward to the Olympics."

Competing at her first British Championships, Fasipe was delighted with her medal and said: "I took a five-year gap and came back last year so it's a major achievement."

McKinna gets the gold

Shot put

AFTER two silver and three bronze medals, shot putter Sophie McKinna won her first British outdoor title with a best throw of 17.97m to also secure her spot on the team for Doha.

All five of her valid throws were over 17.62m and each would have been enough to win as defending champion Amelia Strickler was second with 17.09m and Divine Oladipo third with 16.38m.

"I came to secure my place in the world championships team and that's what I've done," said McKinna (right). "To get the title on top of that was absolutely amazing. I'm really chuffed."

In between racing in the 100m hurdles heats and final, Katarina Johnson-Thompson threw a best of 12.60m, while Paralympic bronze medallist Sabrina Fortune threw 12.26m.





Laura Whittingham: 52.39m winning throw

Win for Whittingham

Javelin

IN a repeat of last year's result, Laura Whittingham claimed the javelin title ahead of Emma Hamplett and Bethan Rees, again saving her best throw until last.

This time she threw 52.39m to beat Hamplett's 51.01m from the fifth round and Bethan Rees' 49.19m from the sixth.

"It's been a bit of a tough season and I'm not throwing as far as I'd like but the main aim here was to win and I did that in the last round," said Whittingham.

Paralympic and world champion Hollie Arnold threw a season's best of 41.99m with exactly a year to go until the start of the Paralympic Games.

Ahead of going across the stadium to compete in the high jump, Katarina Johnson-Thompson threw 40.07m.

FaceTime for hammer time

Hammer

FOLLOWING the win streak of British record-holder Sophie Hitchon, there was a new British hammer champion for the first time since 2010, with Jess Mayho gaining gold with a throw of 64.79m.

Annabelle Crossdale's 61.95m PB secured her silver and Pippa Wingate was the bronze medal winner with 58.85m.

For Birchfield's Mayho, the result proved that her unique coaching set-up with Portuguese Jorge Rodrigues, which includes doing sessions via *FaceTime*, is paying off.

"I'm just so happy to get on the top of the podium," said the 26-year-old, who last year secured silver behind eight-time champion Hitchon, who has called an early end to her season.

"All those times when the tripod is blowing in the wind and all of that you're up against – this is your high you remember when things are pretty tough."



Top three: Jessica Mayho with Annabelle Crossdale (left) and Pippa Wingate (right)



The long wait is over for Law

Discus

WITH English discus record-holder and seven-time reigning British champion Jade Lally watching from the stands with her one-month-old baby, Scotland's Kirsty Law (left) won the title with a best throw of 54.23m from the second round. Amy Holder secured silver with 54.00m and Shadine Duquemin got bronze with 53.23m.

"I'm happy. Finally after so many years I've won!" said eight-time British medallist and 12-time Scottish champion Law.



Jodie Williams wins the 200m ahead of Beth Dobbin

RESULTS

Women: 100 (–0.9): 1 D Asher-Smith (B&B) 10.96; 2 A Philip (NEB) 11.29; 3 D Neita (Camb H) 11.30; 4 K Awuah (Herne H) 11.40; 5 J Williams (Herts P) 11.45; 6 I Lansiquot (Sutt) 11.48; 7 R Miller (TVH) 11.58; 8 A Rees (Edin) 11.71; 9 D Henry (E&H) 11.76. **SF1 (–1.6):** 1 D Neita (Camb H) 11.36; 2 K Awuah (Herne H) 11.56; 3 K Baptiste (Craw) 11.82; 4 C Pemberton (Bir, U20) 11.89; 5 T Thompson (E&H) 12.08; 6 K Wyper (BWF) 12.09; 7 C Lambert (VPCG) 12.10; 8 E Coope (Amber) 12.28. **SF2 (–2.7):** 1 A Philip (NEB) 11.53; 2 I Lansiquot (Sutt) 11.56; 3 R Miller (TVH) 11.59; 4 R Fabunmi-Alade (Swan) 11.96; 5 K Purves (Edin) 12.28; 6 N Caygill (J&H, U20) 12.33; 7 J Ogunleye (Col H, U20) 12.37; 8 A Ellis (E&H, U20) 12.39. **SF3 (–2.0):** 1 D Asher-Smith (B&B) 11.03; 2 J Williams (Herts P) 11.50; 3 A Rees (Edin) 11.67; 4 D Henry (E&H) 11.76; 5 R Jeggo (Col H, U20) 12.02; 6 D Kuypers (M&M) 12.21; 7 M Shokunbi (B&B) 12.23; 8 S Skervin (Notts, U20) 12.24. **Ht1 (0.9):** 1 R Miller (TVH) 11.50; 2 R Jeggo (Col H, U20) 11.92; 3 T Thompson (E&H) 12.01; 6 E Leech (Torb, U20) 12.46. **Ht2 (1.2):** 1 R Fabunmi-Alade (Swan) 11.92; 2 K Purves (Edin) 12.08; 3 E Smith-Hahn (Herne H) 12.30; 3 A Ellis (E&H, U20) 12.30. **Ht3 (2.5):** 1 C Pemberton (Bir, U20) 12.04; 2 D Kuypers (M&M) 12.21; 3 C Lambert (VPCG) 12.25. **Ht4 (0.8):** 1 K Baptiste (Craw) 11.76; 2 K Wyper (BWF) 12.09; 3 N Caygill (J&H, U20) 12.17; 4 I Tustin (Card, U20) 12.39; 5 E Modeste (E&H, U20) 12.50. Ht5 (1.1): 1 D Henry (E&H) 11.78; 2 S Skervin (Notts, U20) 12.14; 3 J Ogunleye (Col H, U20) 12.23; 4 M Shokunbi (B&B) 12.25. **200 (–4.3):** 1 J Williams (Herts P) 23.06; 2 B Dobbin (Edin) 23.13; 3 A Nelson (Stoke) 23.18; 4 K Awuah (Herne H) 23.36; 5 F Agyapong (NEB) 23.42; 6 K Baptiste (Craw) 23.78; 7 M Roberts (Bir) 24.40; 8 M Adeoye (E&H) 24.48. **Ht1 (–2.5):** 1 B Dobbin (Edin) 23.76; 2 K Baptiste (Craw) 23.83; 3 M Adeoye (E&H) 24.16. **Ht2 (–2.3):** 1 A Nelson (Stoke) 23.53; 2 F Agyapong (NEB) 23.62; 3 R Jeggo (Col H, U20) 24.48; 4 C Lambert (VPCG) 24.64. **Ht3 (–2.0):** 1 J Williams (Herts P) 23.34; 2 K Awuah (Herne H) 23.57; 3 M Roberts (Bir) 24.36; 4 S Downie (Edin) 24.67; 6 Z Thompson (NEB, U20) 25.30. **400:** 1 L Nielsen (E&H) 52.04; 2 E Diamond (B&W) 52.39; 3 Z Clark (TVH) 52.52; 4 M Abichi (E&H) 52.63; 5 A Allcock (AFD) 52.89; 6 P Shakes-Drayton (VP&TH) 53.60; 7 Y Liverpool (Cov) 53.72; 8 A Pipi (E&H) 54.02. **Ht1:** 1 L Nielsen (E&H) 52.45; 2 M Adeoye (E&H) 53.65, 3 H Turner (Craw) 53.78; 4 L Evans (B&B, U20) 53.95; 5 S Banjo (NEB) 54.10; 6 R Linington-Payne (Card) 54.47. **Ht2:** 1 Z Clark (TVH) 52.18; 2 Y Liverpool (Cov) 52.49; 3 P Shakes-Drayton (VP&TH) 53.13; 4 N Harrison (Stock H, U20) 54.31; 5 M Bruney (B&B) 54.56; 6 P Fenwick (Brack) 56.98. **Ht3:** 1 E Diamond (B&W) 52.46; 2 M Abichi (E&H) 52.66; 3 A Pipi (E&H) 53.23; 4 S Downie (Edin) 54.78; 5 L Turley (W Ches) 55.30. **Ht4:** 1 A Allcock (AFD) 53.49; 2 P Lowe (D&T) 54.64; 3 K Galley (B&B) 55.05; 4 E Alderson (Liv H, U20) 56.44; 5 G Vans Agnew (Craw, U20) 57.60. **800:** 1 S Oskan-Clarke (WSEH) 2.02.67; 2 L Sharp (Edin) 2.02.79; 3 A Bell (P&B) 2.02.87; 4 I Boffey (E&H, U20) 2.03.11; 5 M Smith (Bir) 2.03.24; 6 R Walcott-Nolan (Lut) 2.03.46; 7 A Tracey (G&G) 2.03.50; 8 H Segrave (M'bro) 2.04.61. **Ht1:** 1 L Sharp (Edin) 2.04.05, 2 I Boffey (E&H, U20) 2.04.59; 3 E Baker (SB) 2.05.04; 4 B Ansell (Shef/Dearn) 2.06.56; 5 R McClay (Brack) 2.08.12, 6 A Clark (WG&EL) 2.10.46; 7 E Farrow (Ports, U20) 2.12.69. **Ht2:** 1 H Segrave (M'bro) 2.03.83; 2 M Smith (Bir) 2.04.85, 3 H Brooks (Craw) 2.07.54; 4 I Ives (Bas) 2.07.60; 5 P Millage (VPCG, W35) 2.07.77; 6 E Haley (Rad) 2.10.99, 7 T Kafke (Rad) 2.12.64. **Ht3:** 1 S Oskan-Clarke (WSEH) 2.02.28, 2 A Tracey (G&G) 2.02.39; 3 J Fairchild (Prest) 2.05.02, 4 E Okoro (Bir) 2.08.69; 5 M Hendry (VPCG) 2.09.05; 6 S Huxham (Hallam, U20) 2.11.62; 7 C Anderson (Perth) 2.12.75. **Ht4:** 1 A Bell (P&B) 2.02.81; 2 R Walcott-Nolan (Lut) 2.04.17; 3 K Fraser (Prest) 2.05.22; 4 S Calvert (Living. U20) 2.06.17; 5 H Cameron (Edin) 2.08.11; 6 C Crossman (G&G) 2.08.40; 7 E Simpson (York) 2.09.71. **1500:** 1 S McDonald (Bir) 4.22.94; 2 J Reekie (Kilb) 4.23.41; 3 D Chattenton (MKDP) 4.26.03; 4 H Archer (C&C) 4.26.11; 5 J Selman (Fife) 4.26.54; 6 H England (Oxf C) 4.26.56; 7 G Hartigan (Bir) 4.27.26; 8 D Hodgkinson (Walls) 4.27.36; 9 J Williams (Amman) 4.27.49; 10 B Kidger (Phoe) 4.28.49; 11 J Walsh (Leeds C) 4.28.60; 12 S Pennycook (Fife) 4.29.93. **Ht1:** 1 S McDonald (Bir) 4.20.63; 2 J Walsh (Leeds C) 4.21.06; 3 H England (Oxf C) 4.21.29; 4 D Chattenton (MKDP) 4.21.35; 5 J Selman (Fife) 4.22.52; 6 D Hodgkinson (Walls) 4.22.82; 7 G Kersey (Bas) 4.23.46; 8 J Cooke (Bir) 4.23.96; 9 L Coward (Inv EK) 4.25.06; 10 R Johnson (High) 4.26.30; 11 E Ruane (Herts P) 4.26.67; 12 K MacAngus (Kilb) 4.26.71; 13 A Howarth (Leigh) 4.27.38. **Ht2:** 1 J Reekie (Kilb) 4.18.72; 2 B Kidger (Phoe) 4.18.75; 3 G Hartigan (Bir) 4.18.97; 4 J Williams (Amman) 4.19.76; 5 H Archer (C&C) 4.21.42; 6 S Pennycook (Fife) 4.22.10; 7 H Parker (E&H) 4.23.59; 8 I Dye (TVH) 4.23.59; 9 E Walker (Edin, U20) 4.24.18; 10 R Franklin (Manx) 4.24.82; 11 S Crumly (Read) 4.26.12; 12 B Gunn (Bir) 4.30.74. **5000:** 1 E McColgan (Dund H) 15.21.38, 2 J Judd (B'burn) 15.35.82, 3 L Weightman (Morp) 15.36.73; 4 V Ockenden (Swan) 15.41.75; 5 A Neale (Wake) 15.47.57; 6 A Quirk (Brack) 15.53.60; 7 C Arter (Card) 15.56.11; 8 J Nesbitt (Worc) 15.57.56; 9 H Carruthers (Bir) 16.02.26; 10 S Davis (Clap C) 16.14.06; 11 L Small (AFD) 16.15.13; 12 S Inglis (Loth) 16.20.48; 13 N Taschimowitz (SB) 16.23.66; 14 M Millar (Centr) 16.42.93; 15 L Reid (Ton) 17.03.11; 16 I Fry (Newb, U20) 17.10.85. **100H (–1.6):** 1 C Ofili (WG&EL) 13.09; 2 A Barrett (C'field) 13.40; 3 Y Miller (Der) 13.40; 4 K Johnson-Thompson (Liv H) 13.57; 5 M Nwawulor-Kazemaks (Harrow) 13.66; 6 H Paton (Bir) 13.69; 7 A Broadbelt-Blake (TVH) 13.77; 8 M Courtney (Chelt) 13.96. **Ht1 (–0.6):** 1 Y Miller (Der) 13.39; 2 H Paton (Bir) 13.59; 3 M Nwawulor-Kazemaks (Harrow) 13.74; 4 M Courtney (Chelt) 13.84; 5 J Blundell (Bath, U20) 13.88; 6 G Bennett (SB, W35) 13.92. **Ht2 (–1.4):** 1 K Johnson-Thompson (Liv H) 13.56; 2 A Barrett (C'field) 13.57; 3 A Davies (B&B) 13.94; 4 G Ade-Onojobi (WG&EL) 14.14; 5 G Silcox (Yeov O) 14.25; 6 S Harris (Ply, U20) 14.59. **Ht3 (–1.5):** 1 C Ofili (WG&EL) 13.27; 2 A Broadbelt-Blake (TVH) 13.86; 3 J Hunter (SB) 13.95; 4 K Purves (Edin) 13.98; 5 H Jones (WSEH) 14.14; 6 N Bailey (Corby) 14.57. **400H:** 1 M Beesley (Bir) 55.81; 2 J Turner (Amber) 56.06; 3 J Knight (WSEH) 56.31; 4 L Thompson (Herts P) 56.94; 5 H McLean (SB) 57.51; 6 N Kendall (K&P) 58.92; 7 L Nielsen (E&H) 59.28; 8 M Winter (WSEH, U20) 59.41. **Ht1:** 1 J Turner (Amber) 56.49, 2 H McLean (SB) 57.44; 3 M Winter (WSEH, U20) 58.37; 4 E Okoro (Bir) 59.56; 5 A Smith (E&H) 60.73; 6 A Hillyard (Bir) 61.29, 7 H Corner (Harrow) 62.38; 8 J Clark (M'bro, U20) 62.81. **Ht2:** 1 L Thompson (Herts P) 57.76; 2 L Nielsen (E&H) 58.22; 3 H Plumptre (Bir) 59.39; 4 N Desai (Traff, W35) 61.42; 5 S Kearsey (Exe) 61.57; 6 N Ainge (C&S) 62.17; 7 E McNicol (Law) 63.95; 8 N Grimes (Charn, U20) 66.43. Ht3: 1 J Knight (WSEH) 57.44; 2 L Williams (Swan) 59.78; 3 A Hill (B&B) 61.44; 4 A Naibe-Wey (TVH) 62.66; 5 M Thompson (K&P) 62.86; 6 S Elliss (Croy) 63.82, 7 M Turner (Win, U20) 64.22. **Ht4:** 1 M Beesley (Bir) 57.05; 2 N Kendall (K&P) 58.82, 3 J Tappin (TVH) 58.86; 4 J Lambert (Craw, U20) 61.50; 5 E Craig (Edin) 62.59; 6 M Jackson (TVH) 62.87, 7 J Mitchell (G&G) 62.89; 8 C Wilde (C&S) 65.45. **3000SC:** 1 R Clarke (E&E) 9.46.66; 2 E Bird (SB) 9.46.95, 3 A Pratt (Sale) 9.53.24; 4 N Scott (AFD) 10.47.88; 5 L Cooper (Parc BB) 10.55.80; 6 M Grice (AFD, U20) 10.58.89; 7 V Cronin (Traff) 11.35.17. **5000W:** 1 B Davies (Card) 21.56.45; 2 E Kelly (Nthn (IOM)) 24.39.08; 3 M Shott (Belg) 25.33.67; 4 J Nicholls (Leic WC) 25.37.80; 5 P Spooner (HPH, U20) 25.40.77; 6 A Jennings (AFD, U20) 26.17.03; 7 E Ghose (Ton) 27.54.93; 8 N Myers (2dash) 28.07.28; 9 M Stratton-Thomas (Swan, U20) 31.19.59. **HJ:** 1 M Lake (WSEH) 1.94; 2 K Johnson-Thompson (Liv H) 1.90; 3 N Manson (Giff N) 1.84; 4 L Zialor (Mil K) 1.80; 5 E Nuttall (Edin) 1.76; 6 E Borthwick (Wig D) 1.71; 7 J Smith (WSEH, U20) 1.71; 7 D Martin (Ashf) 1.71; 9 A Ward (Wake) 1.71; 10 L Armorgie (Herts P) 1.66; 11 H Tapley (Card) 1.66. **PV:** 1 H Bradshaw (B'burn) 4.73 (4.51o, 4.63o, 4.73xo, 4.82xxx); 2 S Cook (Bir) 4.36; 3 L Bryan (B&W) 4.25; 4 C MacGuire (Edin) 4.10; 5 J Ive (Sutt) 4.10; 6 S Dowson (B&B) 3.95; 7 N Hooper (Bir) 3.95; 8 E Edden (Bir) 3.95; 9 F Miloro (SinA, U20) 3.75. **LJ:** 1 A Irozuru (Sale) 6.86/1.6 (x, 6.71/1.3, 6.48/0.5, 6.86, x, 6.75/0.3); 2 S Proctor (Bir) 6.84/1.7 (6.58/0.5, 6.67/1.2, 6.84, 6.78/1.3, x, 6.53/0.8); 3 J Sawyers (Stoke) 6.71/1.4; 4 L Ugen (TVH) 6.68/2.0; 5 A Hopkins (Oxf C) 6.52/1.8; 6 S Warnock (Edin) 6.42/2.3; - S Warnock (Edin) 6.39/1.7; 7 S Abrams (B&B) 6.39/0.8; 8 K Stainton (Bir) 6.14/1.3; 9 E Harvey (Dartf, U20) 5.83/0.1; 10 J Oliarnyk (Hale, U20) 5.78/0.4; 11 M Tabe (M&M, U20) 5.69/1.7. **TJ:** 1 N Ogbeta (Traff) 13.87/0.5; 2 A Barrett (TVH) 13.22/1.4; 3 M Fasipe (E&H) 13.07/0.8; 4 L Stephenson (TVH) 13.03/1.7; 5 Z Asante (B&B, W35) 12.92/0.7; 6 S Hibbert (Lut) 12.70/1.0; 7 E Richardson (SB) 12.61/0.7; 8 N Phillips (WSEH) 12.59/0.7; 9 J Sears (SB, U20) 12.22/1.4; 9 J Sears (SB, U20) 12.22/1.4; 10 E Harvey (Dartf, U20) 11.48/0.8, 10 E Harvey (Dartf, U20) 11.48/0.8. **SP:** 1 S McKinna (Gt Yar) 17.97 (17.62, 17.95, 17.97, 17.82, x, 17.90); 2 A Strickler (TVH) 17.09; 3 D Oladipo (B&B) 16.38; 4 A Nicoll (Bir) 16.17, 5 R Southcott (Leeds C, U20) 13.19; 6 E Dakin (Roth) 12.77; 7 S Littlemore (Gate) 12.69; 8 K Johnson-Thompson (Liv H) 12.60; 9 S Fortune (Dees) 12.26. **DT:** 1 K Law (Sale) 54.23; 2 A Holder (WSEH) 54.00, 3 S Duquemin (SB) 53.23; 4 D Oladipo (B&B) 49.60; 5 J Ibbetson (Leeds C) 48.33; 6 K Woodcock (Rad) 47.02; 7 S Mace (TVH) 44.50; 8 H Cubbage (Ports, U20) 42.07; 9 S Littlemore (Gate) 41.17; 10 F Dooner (Wig D) 38.16. **HT:** 1 J Mayho (Bir) 64.79; 2 A Crossdale (Notts) 61.95; 3 P Wingate (K&P) 58.85; 4 C Williams (B'burn, U20) 58.70; 5 A Barnsdale (KuH) 58.06; 6 K Head (NEB) 57.96; 7 K Lambert (K&S) 57.59. **JT:** 1 L Whittingham (Sale) 52.39; 2 E Hamplett (Bir) 51.01; 3 B Rees (C&S) 49.19; 4 F Jones (Soton) 48.92, 5 B Walton (B&B) 48.15; 6 R Semenytsh (Sale) 46.46; 7 L Hillman (Pend) 44.83; 8 E Howe (W Ches, U20) 43.64; 9 E Barber (Yeov O) 43.06; 10 L Lacy (Have) 42.78; 11 H Arnold (B&B) 41.99, 12 L Farley (B&B, U20) 41.23; 13 K Johnson-Thompson (Liv H) 40.07

Feat of Claye

TRIPLE JUMPER LEAPS TO 18.06M MEETING RECORD, WHILE NOAH LYLES WINS 200M IN 19.65 TO OVERTAKE BOLT

PICTURES: J MOCHIZUKI & JP DURAND

IT does not happen very often in the Diamond League, but despite some notable efforts on the track, it was the men's triple jump which produced the top performance of a very good Paris meeting and one of the best contests of the night.

World leader and world indoor champion Will Claye dominated the first two rounds with leaps of 17.36m and 17.39m but, after a slow start, world and Olympic champion Christian Taylor came close with a third-round leap of 17.38m and improved to 17.49m in the fourth.

Claye immediately responded with a 17.71m leap but the lead did not last long, Taylor responding in the next round with 17.82m to equal his season's best.

Claye, who has had to settle for second spot at the world championshsip and Olympics behind his fellow American, looks a different athlete this year.

His immediate response was a mighty jump of 18.06m, a meeting record which caused Claye to break out into a celebratory dance.

It was the equal seventh best triple jump of all time and just eight centimetres down on his PB mark set in America.

"My confidence is very high and I'm in a very good space right now, physically and my mindset," said Claye. "This is the furthest I have ever jumped overseas and it's hard to talk about a number for Doha but I want to win."

The track highlight was provided by Noah Lyles who ran a stunning 200m to break Usain Bolt's meeting record of 19.73.

The American won by over three metres in 19.65 (0.2m/sec), a time



Will Claye: showing significant signs of improvement in 2019

History's 18m triple jump competitions

1	18.29/1.3	Jonathan Edwards (GBR)	Gothenburg 1995
2	18.21/0.2	Christian Taylor (USA)	Beijing 2015
3	18.14/0.4	Will Claye (USA)	Long Beach 2019
4	18.11/0.8	Taylor	Eugene 2017
5	18.09/0.4	Kenny Harrison (USA)	Atlanta 1996
6	18.08/0.0	Pedro Pablo Pichardo (CUB)	Barrientos La Habana 2015
7	18.06/0.8	Pichardo	Doha 2015
7	18.06/1.1	Taylor	Lausanne 2015
7	18.06/0.4	Claye	Paris 2019
10	18.04/0.3	Teddy Tamgho (FRA)	Moscow 2013
10	18.04/0.8	Taylor	Doha 2015
12	18.01/0.4	Edwards	Oslo 1998
13	18.00/1.3	Edwards	London 1995



Hanna Green: 800m victory



Noah Lyles: meeting record in the 200m

that only he has bettered this year. World and European champion Ramil Guliyev was a distant second in 20.01.

"I'm coming off a loaded week in training so that gives me confidence," Lyles said. "It felt fast and it was the fastest I've ever felt coming off the turn."

Elaine Thompson was impressive in winning the women's 100m by almost two metres.

Interestingly, though, her time was slightly slower than Dina Asher-Smith managed on the same day in Birmingham, despite a lighter headwind in Paris.

The Olympic champion won in 10.98 with Marie-Josée Ta Lou second in 11.13 and Dafne Schippers third in 11.15.

"It was hard but, with five weeks to go to Doha, I'm not at 100% yet because it's all about the World Championships," said Thompson.

Daniel Roberts won the men's 110m hurdles in an impressive 13.08 after his great rival Grant Holloway had led past halfway following a lightning fast start. Orlando Ortega was second in 13.14 with Freddie Crittenden third in a PB of 13.17. The 2015 world champion Sergey Shubenkov was last in 13.88.

World and European champion Karsten Warholm started the night's track action with victory by a second in the 400m hurdles. The Norwegian clocked 47.26, just over a tenth of a second outside his European record, with France's Ludvy Vaillant second in a PB 48.30 and Commonwealth champion Kyron McMaster third in a season's best 48.33.

The men's 800m, which was not a Diamond League event, saw the pacemaker Abda Haran blast through 400m in 48.90. Brandon McBride took it on and went through 600m in 75.60, on for a 1:41 clocking.

The final 200m took the Canadian a painful 28 seconds but he held on to win in a season's best 1:43.78 but only just as Wesley Vasquez was a foot down in a Puerto Rican record 1:43.83. World champion Pierre-Ambrose Bosse ran a season's best 1:45.07 in sixth but will need a huge improvement to retain his title.

There was even greater depth in the 1500m. The pace was perfect with 54.97 at 400m and 1:52.19 at 800m and a big group of 14 were in contention at the bell which was reached in just over 2:35.

Ayanleh Souleiman led through 1200m in 2:50.02 and looked like he would hold off everyone but a fast finish from Ronald Musagala gave him victory by a foot. His time was a Ugandan record-equalling 3:30.58 as he followed up his Birmingham victory from the previous week thanks to a well-timed 55 last lap.

Souleiman ran a season's best 3:30.66 in second. Third place saw a battle between the Ingebrigtsens, with Filip's 3:31.06 getting the better of younger brother Jakob's 3:31.33. It was only the 18-year-old's fourth-fastest mark ever.

The first ten broke 3:32, including Australian Stewart McSweyn who equalled his PB of 3:31.81 in eighth while European Team Championships and Dream Mile winner Marcin Lewandowski could only finish 10th, albeit his

3:31.95 clocking was a Polish record.

Seven athletes broke two minutes in the women's 800m. The opening lap, led by Chanelle Price, was far too fast at 55.62. Fellow USA athlete Raevyn Rogers led through 600m in an exciting 86.56 and looked good until hitting the straight, where she faded to sixth as another American, Hanna Green, won in 1:58.39 with Natoya Goule second in 1:58.59.

The 1500m specialist Gudaf Tsegay was a distant last for much of the race but came through strongly to run a PB 1:59.52, just two hundredths behind Rogers, who had been three seconds ahead of her on the final bend!

The men's 3000m steeplechase started promisingly with a 2:40.90 opening kilometre but the 2000m time of 5:28.29 ensured there would be no fast times.

On the last lap world leader Soufiane El Bakkali controlled it superbly and won in 8:06.64 with a blistering 57 final circuit to repel the challenge of Benjamin Kigen who was second in 8:07.09 but finished needing treatment to his foot as he was spiked during the race.

Back in fifth, Olympic and world champion Brimin Kipruto returned from injury and, though far from fully fit, his 8:13.75 suggests he will be far more competitive in Doha.

In the field, a highly competitive women's pole vault competition saw Canadian Alysha Newman record the biggest win of her life. After clearing 4.75m at the first attempt, a third-time clearance at 4.82m gave her the win and a national record.


Alysha Newman: pole vault victory

Three others cleared 4.75m, with Katerina Stefanidi beating Sandi Morris and Anzhelika Sidorova on countback.

Victory also went the way of Canada in the men's high jump as Michael Mason won with 2.28m to defeat Andriy Protsenko and Ilya Ivanyuk on countback.

Another Commonwealth athlete, New Zealand's 2015 world champion Tomas Walsh, dominated the shot. He won with a meeting record and season's best 22.44m which he set in the opening round. That was not the end of Walsh's show of form as his next three throws were also over 22 metres as he managed 22.10m, 22.21m and 22.31m, though he had less fortune with his last two throws.

Walsh said: "I'm really happy for my first comp in two months. I knew I had something today. The first popped out and felt really smooth."

Joe Kovacs was runner-up with 22.11m while the top eight threw 21.20m or further.

World leader and world triple jump champion Yulimar Rojas strengthened her position as favourite for Doha with a clear win in 15.05m, just six centimetres short of her recent Pan American winning mark. She also had a 14.93m leap where she took off 34 centimetres behind the plasticine so can clearly go further.

Cuba's Denia Caballero won the discus with a 66.91m throw as multi global champion Sandra Perkovic was second with 65.01m, showing a slight improvement on what has been a disappointing year so far.

World decathlon record-holder Kevin Mayer delighted the French crowd with a 13.55 win in the multi-event 110m hurdles.

He also won the long jump with a 7.50m leap and was even more dominant in the shot which he won with another PB of 17.08m. It was the latter mark which clearly excited him most as he produced a 57cm improvement on his previous best.

"Of my two PBs the shot is the most amazing and I've never been so happy with any performance," he said. "I can't wait for Doha."

Another impressive winner was world champion Sam Kendricks in the non Diamond League pole vault as he equalled the meeting record with another six-metre vault.

The women's 400m was a close race, with Stephenie Ann McPherson finishing strongly to win in a mediocre 51.11.

The 110m hurdles B race was won by France's Dimitri Bascou in a windy 13.38 and France also won the women's 4x100m in 43.48. However, the final event of the day, the men's 4x100m, saw Canada win in a meeting record 38.26 to defeat France's 38.67.

In the men's 100m, which was billed as just a national race, Hassan Taftian equalled his Iranian record with 10.03 (-0.3m/sec).

RESULTS

Men: 200 (0.2): 1 N Lyles (USA) 19.65; 2 R Guliyev (TUR) 20.01; 3 A Brown (CAN) 20.13; 4 A Quiñónez (ECU) 20.25; 5 C Lemaitre 20.40; 6 D Odudurru (NGR) 20.50; 7 M Zeze 20.88. **800:** 1 B McBride (CAN) 1:43.78; 2 W Vázquez (PUR) 1:43.83 (rec); 3 M Saruni (KEN) 1:44.41; 4 C Kipruto (KEN) 1:44.59; 5 C Murphy (USA) 1:44.93; 6 P Bosse 1:45.07; 7 M Smaili (MAR) 1:45.23; 8 A Kramer (SWE) 1:45.59; 9 G Tual 1:45.84; 10 A Haydar Abdalla (QAT) 1:46.33. **1500:** 1 R Musagala (UGA) 3:30.58 (eq rec); 2 A Souleiman (DJI) 3:30.66; 3 F Ingebrigtsen (NOR) 3:31.06; 4 J Ingebrigtsen (NOR, U20) 3:31.33; 5 B Birgen (KEN) 3:31.45; 6 A Iguider (MAR) 3:31.64; 7 T Makhloufi (ALG) 3:31.77; 8 S McSweyn (AUS) 3:31.81; 9 S Tefera (ETH) 3:31.82; 10 M Lewandowski (POL) 3:31.95 (rec); 11 R Doukkana 3:33.11; 12 C Simotwo (KEN) 3:33.27; 13 V Kibet (KEN) 3:34.08; 14 N Willis (NZL, M35) 3:37.33; 15 A Miellet 3:38.94. **3000sc:** 1 S El Bakkali (MAR) 8:06.64; 2 B Kigen (KEN) 8:07.09; 3 L Girma (ETH) 8:08.63; 4 C Beyo (ETH) 8:09.36; 5 C Kipruto (KEN) 8:13.75; 6 N Bett (KEN) 8:14.18; 7 S Kebenei (USA) 8:14.20; 8 I Ezzaydouny (ESP) 8:14.49; 9 A Kibiwot (KEN) 8:15.66; 10 D Bedrani 8:16.91; 11 A Kirui (KEN) 8:17.07; 12 A Bayer (USA) 8:17.69; 13 L Kemboi (KEN) 8:19.60; 14 A Chemutai (UGA) 8:23.79; 15 M Tindoufti (MAR) 8:24.74; 16 W Kones (KEN) 8:29.05. **110H (0.8):** 1 D Roberts (USA) 13.08; 2 O Ortega (ESP) 13.14; 3 F Crittenden (USA) 13.17; 4 R Levy (JAM) 13.22; 5 P Martinot-Lagarde 13.24; 6 G Holloway (USA) 13.25; 7 Xie Wenjun (CHN) 13.46; 8 S Shubenkov (RUS) 13.88. **B (2.1):** 1 D Bascou 13.38; 2 K Douvalidis (GRE) 13.52; 3 G Traber (GER) 13.56; 4 A Manga 13.61. **400H:** 1 K Warholm (NOR) 47.26; 2 L Vaillant 48.30; 3 K McMaster (IVB) 48.33; 4 Y Copello (TUR) 48.47; 5 TJ Holmes (USA) 49.04; 6 D Kendziera (USA) 49.16; 7 T Barr (IRL) 49.32. **HJ:** 1 M Mason (CAN) 2.28, 2 A Protsenko (UKR) 2.28; 3 I Ivanyuk (RUS) 2.28; 4 J Robinson (USA) 2.26; 4 M Przybylko (GER) 2.26; 6 M Sawe (KEN) 2.23; 7 T Ivanov (BUL) 2.23, 7 R Sato JPN 2.23; 9 B Starc (AUS) 2.19; 9 J Castro (PUR) 2.19. **PV:** 1 S Kendricks (USA) 6.00 (5.45o. 5.60o, 5.70o, 5.80o, 5.86xo 6.00xxo); 2 A Dutra (BRA) 5.80; 3 E Karalis (GRE) 5.70; 4 B Broeders (BEL) 5.60; 5 C Nilsen (USA) 5.60; 6 R Lavillenie 5.60, 7 K Filippidis (GRE) 5.45; 7 S Guttormsen (NOR) 5.45; 7 A Sene 5.45; 10 C Walsh (USA) 5.45. **TJ:** 1 W Claye (USA) 18.06.0.4 (17.36/-0.3, 17.39/-1.8, x, 17.71/0.7, 18.06, 16.07/0.7); 2 C Taylor (USA) 17.82/0.2 (16.51/-0.5, 17.08/0.1, 17.38/0.4, 17.49/0.2, 17.82, x); 3 O Craddock (USA) 17.28/0.9; 4 F Zango Hugues (BUR) 17.14/0.7; 5 B Compaoré 17.05/0.9; 6 Zhu Yaming (CHN) 16.99/-0.1; 7 N Évora (POR) 16.82/-1.0; 8 A Copello (AZE) 16.64/0.2; 9 J Pontvianne 16.63/0.3; 10 C Benard (USA) 16.62/0.5; 11 H Correa 16.32/-0.2; 12 Y Rapinier 16.27/-1.5. **SP:** 1 T Walsh (NZL) 22.44 (22.44, 22.10 22.21. 22.31, x, x) 2 J Kovacs (USA) 22.11; 3 D Romani (BRA) 21.56; 4 M Haratyk (POL) 21.34; 5 T Staněk (CZE) 21.30; 6 F Mihaljević (CRO) 21.22; 7 K Bukowiecki (POL) 21.20; 8 B Berternes (LUX) 21.20; 9 F Dagee 20.24. **Tri:** 1 K Mayer 2886; 2 P Braun (NED) 2629, 3 Kai Kazmirek (GER) 2621; 4 J Ureña (ESP) 2606; 4 D Williams (USA) 2606 (110H (0.1): 1 Mayer 13.55; 2 Williams 13.81; 3 Ureña 13.88. LJ: 1 Mayer 7.50; 2 Kazmirek 7.39; 3 Braun 7.38; 4 Ureña 7.27; 5 Williams 7.25. SP: 1 Mayer 17.08; 2 Braun 15.07; 3 Kazmirek 14.78; 4 Ureña 14.15; 5 Williams (USA) 14.08). **4x100:** 1 CAN 38.26; 2 FRA 38.67; 3 TUR 39.00; 4 POR 39.24; 5 ESP 39.44; 6 DEN 39.61 (rec). **Nat: 100 (-0.3):** 1 H Taftian (IRI) 10.03 (eq rec); 2 E Zafer Barnes (TUR) 10.19; 3 G Smellie (CAN) 10.25; 4 J Blake (CAN) 10.26

Women: 100 (-0.2): 1 E Thompson (JAM) 10.98; 2 M Ta Lou (CIV) 11.13; 3 D Schippers (NED) 11.15; 4 T Daniels (USA) 11.16; 5 A Hobbs (USA) 11.16; 6 J Smith (JAM) 11.17; 7 C Zahi 11.25; 8 N Whyte (JAM) 11.25. **400:** 1 S McPherson (JAM) 51.11; 2 K Ellis (USA) 51.21; 3 S Wimbley (USA) 51.50; 4 P Francis (USA) 51.56; 5 L de Witte (NED) 51.83; 6 C Botlogetswe (BOT) 52.02; 7 D Sananes 52.04; 8 A Brossier 53.29. **800:** 1 H Green (USA) 1:58.39; 2 N Goule (JAM) 1:58.59; 3 W Nanyondo (UGA) 1:58.83; 4 O Lyakhova (UKR) 1:59.13; 5 K Grace (USA) 1:59.33; 6 R Rogers (USA) 1:59.50; 7 G Tsegay (ETH) 1:59.52; 8 R Lamote 2:00.40, 9 M Mitchell (AUS) 2:00.87; 10 N Jepkosgei (KEN) 2:01.94. **PV:** 1 A Newman (CAN) 4.82 (rec) (4.40o, 4.55o, 4.65xo, 4.75o, 4.82xxo, 4.87xxx); 2 E Stefanidi (GRE) 4.75; 3 S Morris (USA) 4.75, 4 A Sidorova (RUS) 4.75; 5 R Peinado VEN 4.65; 6 K Nageotte (USA) 4.65; 7 Y Silva (CUB) 4.55; 8 N Guillon-Romarin 4.40; A Bengtsson (SWE)/E McCartney (NZL)/J Suhr (USA) NH. **TJ:** 1 Y Rojas (VEN) 15.05/-0.7 (14.55/0.4, 15.05/-0.7, x, 14.93/-0.2, 12.53/0.1, 14.81/0.1); 2 L Povea (CUB) 14.75/0.4; 3 K Orji (USA) 14.72/1.7; 4 S Ricketts (JAM) 14.71/1.0; 5 A Peleteiro (ESP) 14.59/0.4; 6 K Williams (JAM) 14.45/1.2; 7 O Saladukha (UKR) 14.30/0.3; 8 O Rypakova (KAZ) 14.16/0.4; 9 P Papahristou (GRE) 13.90/-0.4; 10 Y David 13.43/-0/7. **DT:** 1 D Caballero (CUB) 66.91 (64.76, 66.91, x, x, x, x); 2 S Perković (CRO) 65.01, 3 Feng Bin (CHN) 64.60; 4 K Pudenz (GER) 64.37; 5 V Allman (USA) 63.69; 6 M Robert-Michon 62.62; 7 N Müller (GER) 62.32; 8 A de Morais (BRA) 62.00; 9 Y Pérez (CUB) 60.96; 10 C Vita (GER) 60.80. **4x100:** 1 FRA 43.48; 2 ESP 44.02, 3 DEN 44.38; 4 NOR 44.71; 5 ISR 44.79 (rec). **National: 100 (0.0):** 1 J Smith (JAM) 11.31

AW 5 ISSUES FOR ONLY £5

ONLY £1 PER ISSUE WHEN YOU SUBSCRIBE TODAY

- Over 40% saving on the shop price
- Get every issue delivered direct to your door
- Includes our 80 page issues covering all the action from Doha

ONLY £1.00 PER ISSUE



Sign up today and your first 5 issues will only cost £5 (worth over £24). After your first 5 issues your AW subscription will continue at the low rate of £8.99, saving over 40% on the shop price. PLUS you will receive all remaining 2019 AW published guides and bumper issues.

Delivery will be direct to your door upon publication. No minimum contract – you can cancel at any time.

To claim your AW subscription savings, simply go to:

athleticsw.com/AWPAGEAUG5F519

OR Call: 01778 392018 quoting AWPAGEAUG5F519

This offer is open to new subscribers only and only valid in the UK

Ojie's advice for teenage talents

OJIE EDOBURUN's transition from European junior champion to British senior gold medallist at 100m has not been easy and the 23-year-old hopes the next generation of sprinters can learn from his experience, *writes Jason Henderson*.

"Take your time," is his message to the current leading juniors. "Take it step by step. Don't think too far ahead. Keep it simple.

"The things that got you to where you are now are probably the things that will get you to be a good senior."

He adds: "The problem is that when you're trying to get to a level you've never been to before, you think you have to do something brand new. But you often don't."

Edoburun, who beat Adam Gemili and Zharnel Hughes to the national title last Saturday, says shoe companies sometimes put unnecessary pressure on teenagers if they hand out contracts at an early age.

"You get thrust into a position where you think you've got to perform or else you'll get a reduction," he says. "There's too much pressure. You have to enjoy these years because it won't be long before you're 30 and you'll be nearly done."

He added: "When I first won a medal at the European juniors it felt so easy.

"I said to my training partner at the time, CJ Ujah, 'hey CJ, I got a medal, look'. But getting medals as a senior is very difficult."

In 2017 he did not qualify for the World Championships in London and says: "I lost all my confidence and didn't believe in myself. I was starting to tell myself it wasn't ever going to happen for me."

But now he sees a sports psychologist who helps him with visualising techniques and improving his confidence and he says: "I told myself here in Birmingham, 'you know what? I'm good enough'."



Ojie Edoburun: tough transition

MARK SHEARMAN

Easy to avoid missing tests

NEW British 100m champion Ojie Edoburun says Christian Coleman's brush with the anti-doping authorities should have been avoided.

Coleman, the world No.1 at 100m, has been charged by the United States Anti-Doping Agency with missing three drugs tests but the US sprinter believes he will be cleared at a hearing on September 4.

"I just feel like missing three tests in a year is easily avoidable," said Edoburun. "Just handle your responsibilities because at the end of the day the athletes are liable. I know that – so he should, too, if he is the fastest man in the world."



Change of plans: Jess Judd

MARK SHEARMAN

Viva, no Vegas trip for Judd now

JESS JUDD was so unsure of her chances of making the British team for the IAAF World Championships that she booked a holiday to Las Vegas just before it, *writes Jessica Whittington*.

But the World University Games champion now looks set to switch Vegas for Doha after claiming 5000m silver behind Eilish McColgan at the Müller British Championships.

With the qualifying time already achieved, Judd needed to place in the top two of a strong field to book her place on the plane to Qatar and as European silver medallist McColgan strode away to success, Judd won a battle with Laura Weightman to secure silver.

It continues a fine year for the 24-year-old, who is coached by her father Mick and gained gold at the global university event in Naples last month.

"I really wasn't expecting to get a medal, really, let alone come second and qualify. This year has just got better and better," she smiled.

"With 200m to go I could hear my dad screaming and I thought, 'just go – whatever happens, happens'. I honestly can't believe it.

"I managed to stop my PhD this week to focus on this. My supervisor at Loughborough Uni was like, 'we'll take some time off for Doha' but I was like 'I don't know if I'll qualify, so I won't schedule it in'. So, I'll probably have to schedule it in now!"

She adds: "I got into the New York mile and booked a holiday to Vegas afterwards with my boyfriend.

"He might have to go with someone else now! I just wasn't expecting to qualify at all so it's a nice dilemma to have. So, no Vegas, but Doha instead!"

In brief

Hyde Peters moves in as UKA chief executive

ZARA HYDE PETERS is returning to UK Athletics as its chief executive after previously being technical director for endurance and head of potential at the turn of the millennium

The former international distance runner and British Triathlon chief executive is a belated replacement for Niels de Vos, who left UKA last September, and she replaces interim CEO Nigel Holl, who will now move to British Curling.

■ Comment, p4



Zara Hyde Peters: new UKA chief executive

MARK SHEARMAN

Zurich staging Diamond League final

ZURICH will stage the single Diamond League final from 2020 onwards as opposed to the recent two-meeting finals format.

Ron Hill documentary plus Q&A

A SPECIAL screening of Ron Hill's documentary followed by a Q&A with Hill, Mike Deegan and Steve Kenyon will take place at Rainhill Ex-Services Club in Prescot, Merseyside, on September 1. Please email mcsaa.mike@gmail.com for more details.

Rudisha won't be competing in Doha

DAVID RUDISHA is definitely out of next month's IAAF World Championships. The world 800m record-holder is returning from injury and was also involved in a road accident this month.

Simpson heading back to New York

JENNY SIMPSON will defend her Fifth Avenue Mile title on September 8 with Brits Chris O'Hare and Amy-Eloise Neale also set to race.

Sub-two starting point revealed

ELIUD KIPCHOGE's tilt at the sub-two-hour marathon in October will start on Vienna's famous imperial bridge, the Reichsbrücke on the Danube River.

Following the UTMB online

THE Ultra-Trail du Mont-Blanc is being broadcast on new streaming platform Endurance Sports TV at endurancesports.tv/UTMB through this week.

Quote of the Week

"The situation bothers me because I don't see any movement"

MARIYA LASITSKENE, the world's No.1 high jumper, on anti-doping 'progress' in her native Russia



Harry Hughes: sights set on 2020

MARK SHEARMAN

Tokyo via South Africa for Hughes

JAVELIN thrower Harry Hughes is shutting down his season after victory in last weekend's British Championships but he is determined to come out all guns blazing in the new year in order to nail a decent early season mark that will hopefully see him qualify for the Tokyo Olympics, *writes Jason Henderson.*

The 21-year-old, who throws with a metal pin in his elbow following previous surgery, threw 80.32m at Loughborough in May – the first time a British javelin thrower had broken the 80-metre barrier since Mervyn Luckwell in 2012.

But the Suffolk athlete then missed his main goal for the season – the European Under-23 Championships in Sweden – due to a heel injury sustained at the England Athletics Championships.

He could barely walk after the event in June and had six weeks off throwing but kept fit in the gym.

"My fitness and strength didn't drop," he says, "so I was in really good shape, which made things more frustrating because it was literally this tiny little niggle that was stopping me from competing."

After a break he came back to win the British title with 75.11m despite awkward blustery conditions but he has shown much more in training this year with coach Mark Roberson.

"We know what I'm capable of now," says Hughes. "I'm going to have two weeks off and then train hard and I want to qualify nice and early and come out maybe in January. It depends on funding but ideally in South Africa where conditions are unbelievable."

Steve Backley and Jan Zelezny used to train there in the winter and Hughes adds: "There are amazing facilities out there and the results speak for themselves.

"If I can get some big throws in January and February then I will shut down again until May. That's the plan."



MARK SHEARMAN

Track return is unlikely for Farah

MO FARAH has hinted he might run the 10,000m at the IAAF World Championships just before the defence of his Chicago Marathon title, but fellow GB distance runner Andy Butchart believes it is unlikely.

"I would love him to come back to the track," said Butchart after winning the British 5000m title last weekend, "but I don't see it happening.

"Mo is a multiple medallist and I don't think he'll just come back into it (in Doha). Mo's done everything he can do on the track and doesn't need to come back. I'd love him to do it but if I was him I wouldn't."

Farah was due to do interviews with the British press via conference call last week but pulled out at the last moment.

However, he told one journalist he was toying with defending his 10,000m title in Doha.

Elsewhere the multiple global track champion has taken legal action against a vaping company he believes is using his likeness in an advertising campaign.

Adverts from a company called Diamond Mist feature the tagline 'Mo's Mad For Menthol' along with an image of someone who looks vaguely like Farah, but Diamond Mist claim that Mo is a common name and any similarity is purely coincidental.

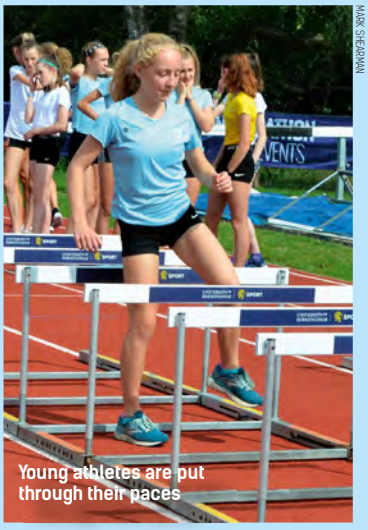
London Marathon athletes' camp

THE annual London Marathon young athletes camp moved from London to Birmingham this year with more than 80 top teenage runners from this year's national cross-country and track championships, plus the Virgin Money Giving Mini London Marathon, getting together for a few days of training.

The athletes were given advice on a variety of topics from athletes like Melissa Courtney, Sarah McDonald, Hannah England and Jenny Meadows.

The camp was supported by New Balance and run by former international steeplechaser Luke Gunn, who is head of athletics at the University of Birmingham.

Gunn said: "We hope that they have learned a lot from this week and they can take those learnings away and use them to develop their careers."



MARK SHEARMAN

Young athletes are put through their paces

Ex-runners take on Camino walk

BRENDAN FOSTER and Ian Stewart are joining lifelong friend and fellow distance runner John Caine on the 800km Camino de Santiago walk this autumn.

Caine, the race director of the Great North Run for 25 years, survived stomach cancer surgery in 1999 and now, 20 years later, is tackling the Camino to raise funds for research into the disease.

"Every penny goes to further our research into this cursed disease," says Caine. "I cannot forget that I've been very lucky. I hope that better diagnosis and treatment will improve the luck of future patients."

To contribute, go to uk.virginmoneygiving.com/JohnCaine2

Menstrual cycle is taking its toll

ROSIE CLARKE reignited the conversation around the impact of the menstrual cycle on performance following her British 3000m steeplechase title win in Birmingham, *writes Jessica Whittington.*

The European and Commonwealth finalist retained her title after clocking 9:46.66 ahead of Elizabeth Bird as both athletes booked IAAF World Championships places.

But it came a week after Clarke was left disappointed with her performance at the Müller Grand Prix on the same Alexander Stadium track, having placed 15th in 9:54.25 in the Diamond League race.

In an interview with *AW,* the 27-year-old shared some insight into that run, which prompted many others to join the conversation about an important topic in female health. "I've been struggling this year with some stuff, menstrual cycle related, and it has been really unpredictable. Luckily, up until Birmingham (Grand Prix), the issues I've had have been in training," she said.

"It is incredibly frustrating and it affects 51% of the population. I'm yet to speak to a female athlete that doesn't have an issue to do with their hormonal cycle so it's a massive problem."



MARK SHEARMAN

Rosie Clarke: advocating help

Clarke's own experiences include feeling incredibly sluggish – "it feels like you're running through treacle" – and cramps. While pleased that the topic is being spoken about more widely, she hopes that it will eventually result in more help for those also enduring struggles like her own.

"I'm really glad that people are talking about it," she said. "I think it's really, really important. Me running 9:54 trying my absolute hardest is an example of that.

"It's brilliant that it's being spoken about, I just hope it translates into actual real-life help for women of all different areas but especially athletes because you are trying to get that top 100% out of your body and it holds you back."

Perkovic worried over discus future

SANDRA PERKOVIC, considered by many to be the greatest female discus thrower of all-time, has voiced concerns about the future of her event with the Diamond League circuit poised to be streamlined from 2020 onwards.

Under changes which were approved by the IAAF Council in March, the Diamond League will be cut back from 14 to 12 meetings next year, featuring a reduced 24 disciplines – 12 events each for men and women – across the programme.

The decision to cut the 5000m has caused widespread consternation but the changes looks set to disproportionately affect field event athletes who have been the most vocal about the proposed changes.

"I'm worried - every athlete is worried - because we don't know which events will stay until the end of the season," said Perkovic after finishing third in the Birmingham Diamond League last week.

"If they show us today, we will all make some noise about that. But they are clever – they will wait until after the World Championships," the London and Rio Olympic champion added. "I think they will ruin the beauty of track and field because each event matters. We all give 100% in our events."



Sandra Perkovic: concerns over the Diamond League

MARK SHEARMAN

Perkovic, who has also won two world and five European titles, fears a return to a format resembling the Golden League – the Diamond League's predecessor which ran from 1998 to 2009 – when a small number of events were designated jackpot events in which athletes could claim a chunk of the prize-pot for going unbeaten through the series.

The women's discus, for example, was never a jackpot event through the 12 seasons of the Golden League.

"You cannot compare events so this format is good," Perkovic said. "The Golden League also wasn't good because, for example, six years in a row there wasn't a men's high jump. Each event matters and people need to act like this."

Perkovic also expressed her frustration with the lack of communication between stakeholders which has kept athletes in the dark.

"We didn't lose communication - we never had it, that's the main thing," said Perkovic. "We need to gather up and write a letter to ask them to explain what they want to do. Track and field is the queen of all sports and we need to act like this. You have six throws - everyone knows this for 100 years so there is no need to change this."



Long jump and 150m: Katarina Johnson-Thompson

MARK SHEARMAN

Great North CityGames entries

KATARINA JOHNSON-THOMPSON and Jonnie Peacock have set their sights on the Great North CityGames as entries continue to build for the September 7 event in Stockton on Tees.

Johnson-Thompson will be tackling the long jump and 150m on the temporary track as the annual event moves from Newcastle-Gateshead to Teesside.

Peacock takes on fellow para sprinters Felix Streng, Mike Seitis and Ryan Herzog as the Briton continues his build-up to the World Para Athletics Championships in Dubai in November.

Peacock is also looking for four disabled youngsters who he will train and mentor as part of a Channel 4 series called Jonnie's Blade Camp which is set to be broadcast next year.

"This isn't the search for the next Paralympic sprint champion," says the double Paralympic champion.

"This project is about opening young people's eyes so they can release their potential and how much they can achieve whether that's participating in structured sport or just running around and messing about in the playground with their friends."

AW TRAIL



KILIAN JORNET

Change is a very good thing for the off-road superstar

IMPROVE YOUR AGILITY

Tips and exercises to help increase your chances of success on the trails

PLUS

The best products tried and tested

16-PAGE SPECIAL



Changing man

TRAIL AND MOUNTAIN RUNNING SUPERSTAR KILIAN JORNET TALKS TO **EUAN CRUMLEY** ABOUT BECOMING A FATHER AND ADOPTING A DIFFERENT APPROACH TO THE SPORT HE LOVES

IT has been a time of change for Kilian Jornet. Earlier this year the man known as the greatest mountain runner on the planet had his own personal world turned on its axis when he and his partner Emilie Forsberg – also one of the finest off-road athletes around – welcomed the arrival of their daughter Mag.

As with any couple adjusting to life with a new baby, there have been obstacles to overcome but the Catalan insists those have mainly involved logistical arrangements when it comes to he and Forsberg balancing the demands of training, racing and parenthood between them.

No longer can an expedition or adventure be embarked upon on a whim but, given the broad grin which spreads across Jornet's face when the subject of his new family set-up is broached, you suspect he would not have it any other way.

It is not just at his Norwegian home where there have been significant changes, however. When it comes to

AW TRAIL

CONTENTS

2 Kilan Jornet on setting targets and weighing up risks

6 Running the volcano at the VVX Experience in France

8 Tame the trails with exercises which will improve your agility

12 Kit yourself out for an off-road adventure with the best products



Kilian Jornet: has won all three of the races he set as his main targets

JORD SAMOLDSKA

the day job, there have been some sizeable alterations too and a difference in approach which has paid dividends.

It is not unusual to see Jornet at the top of a podium and he has achieved the feat three times this year. The big difference is that those victories have come in the only three races he has chosen to contest in 2019.

The 31-year-old has spent the majority of his competitive life negotiating mountain running and ski mountaineering seasons crammed with racing assignments. This summer, he set his sights on just three classics – Zegama-Aizkorri in northern Spain, Sierre-Zinal in Switzerland and last weekend's Pikes Peak marathon in Colorado – winning them all and smashing the record for the second item on that particular agenda.

There has been a change in training, too. For a man who can often be found leaping across vertiginous ridges and scaling the world's great peaks at great speed, he has also come rather more down to earth, with road and track workouts having featured as part of his regime, too.

"Normally what I have done since 2006, when I started both trail running and ski mountaineering seasons, would be to do 10-20 races in the winter and then 10 in the summer," he explains. "I would try to reach a good level on average and to win as many as possible but never have a focus like 'these are the two big goals of the season' – I would just go from race to race.

"My training before was just do a lot of volume but never intensity because that came during the 30 or 40 days of racing in the year. But this year has been the first where I've run during the winter – I'd never done that before and was only skiing.

"So I've run during the winter plus introduced intensity. I have been running on the flat for the first time in my life and I have been improving a lot. I probably can't improve my Vo2 max but it's many things like technique, biomechanics, neuromuscular connections and inter-muscular co-ordination – things like there is a lot of improvement to do."

For someone who has achieved so much and who has his place firmly etched in the mountain running history books – not to mention the Summits of My Life project which saw him taking on speed ascents of some of the most iconic mountains on earth – there is still clearly an appetite for more. But what keeps driving him?

"Exploration, I think," he says. "That can be external – to visit places, for example, to have an idea in the mind about what it can be to climb a certain mountain in a certain way and to see if it's possible.

"Then there's inner exploration, too. This winter I did 24 hours doing loops on skis to see how many metres of elevation I could do. That's not fun at all but it's very interesting because you discover your body and how you are. Racing for me now is more about that – it is the checkpoint to see if the training has been working."

He adds: "I am very happy with what I have done and in the races it's more about having fun – plus racing is very good training. In the mountains it's to explore, to have ideas and to see if they work."

With these ideas can come a great deal of inherent risk, of course. Given that he is now a father with great responsibilities, has he changed his approach when it comes to choosing his adventures?



Jornet winning Sierre-Zinal

MARTIN MALMSTEN



Kilian Jornet with his daughter Mag earlier this year

INSTAGRAM

> **"I am not a fearless person at all. I have always tried to control the things I can do and those I cannot"**
>
> **KILIAN JORNET**

"I am someone who is very afraid of things in general," is the unexpected reply. "I'm not a fearless person at all. I have always tried to control the things I can do and those I cannot.

"Before doing any activity I am very cerebral in terms of 'okay, these are the risks that are there, these are my capacities and this is how the mountain presents...'

"So I try to visualise everything and I know that when I take the decision there will be some risk but I try to control everything that I can so it's not the case that before I was just going for it and now (that he's a father) I'll look at the risk. I'd look at the risk before and now it's the same situation."

The pull of the mountains remains strong, though.

"Climbing fast is something that I love and I like to climb mountains in a light way and in a fast way," adds Jornet, who grew up in the Pyrenees. "It's interesting, especially when it's very technical stuff. Then you are really in the moment – the past doesn't exist, the future doesn't exist – I think that's a really cool feeling when you are just living this precise instant and it's just like kind of meditation. You are blank on the brain and need to concentrate on the instant.

"I like variation. A long day – from 10-15 hours in super technical terrain, combining running with climbing, that's what I enjoy the most but it's not the sort of workout where you finish and feel that you're completely done.

"I like to do some long elevation days – where you find somewhere with an elevation of 700m-1000m and I try to do some fast laps up and down three or four times. That's very good training."

Crucially, he adds: "It's just to change, to do different things and test the body in different ways."

If ever there was an example to back up the old adage that change is good for you, then Kilian Jornet is it.

BROOKS | RUN HAPPY

PERSONAL BESTS JUST GOT SOFTER



GHOST 12 WITH DNA LOFT

Personal bests just got softer with the new Ghost 12.
The perfect mix of comfort and performance that you'll fall in love with fast.

www.brooksrunning.co.uk


Participants set off on their trail adventures



I FIND myself sitting in the clearing of a beautiful forest in central France, the shadows lengthening as the sun begins to slip behind the surrounding trees. I'm sharing a beer with like-minded souls, chatting about running and outdoor adventure, while the music from the jazz trio in front of us floats on the gentle breeze and the satisfying creak of fatigue coming from my calf muscles reminds me of the memorable race I had completed earlier in the day.

It is safe to say I've had worse weekends than the one I spent at this year's Volvic Volcanic Experience (VVX).

This is a trail running festival which will return for its fourth edition in 2020 and, as the name suggests, aims to offer something over and above the chance to simply test your off-road athletic capabilities.

Take the location, for starters. The small town of Volvic (yes, it is the source of the internationally-known mineral water) is around a two-hour transfer from Lyon airport and is one of the entrances to the Auvergne Volcanoes Regional Nature Park, a UNESCO World Heritage site.

As the car edges closer the horizon begins to be dominated by the tree-clad, and now dormant, volcanic slopes – the proudest of which stands the Puy-de Dome. A network of trails provides the perfect way to explore this area and it's from just outside the centre of Volvic that the VVX runners begin challenges which vary in distance, from 15km right through to an eyewatering 220km, not to mention the kids races which are also staged.

The Goulet site, location of the Volvic spring and now also a visitor information facility, is the heart of race weekend. Race registration takes place in the old bottling factory, a short walk from which can be found the start/finish line and the aforementioned forest spaces which provide the backdrop for various concerts and musical entertainment, as well as outdoor activities, bars and the post-event banquet.

With my number collected and an early start to race day looming the following morning, food was indeed on my mind and getting fuelled up before heading to bed became a priority. Thankfully, the organisers certainly had that covered.

The VVX prides itself on involving the community and the event made sure that the centre of Volvic was in full festival mode, taking over the main town square with an opening ceremony that was followed by a mass outdoor dinner for the runners.

There was a mix of celebratory and nervous energy in the air as minds turned towards the running challenges which lay ahead.

With races starting and finishing throughout the day, the Goulet was a constant hive of activity and already buzzing when I began to make my way to the start line the following morning.

I had chosen the 25km Volvic Experience Trail and, given that there was over 1000m of climbing involved across the route, knew that it was not going to be a particularly easy option.

At the welcome dinner I had spoken to people from France, Spain, Germany and Sweden, as well as a few Brits and there was a warm and inclusive feel to proceedings as we gathered to get under way.

The idea of getting in touch with nature and being conscious of your environment is a key them at the VVX and, setting off, it quickly became apparent to me that you could not really hope for better trail running conditions than those on offer here. Much of the route wound its way through the stunning forests and, as a result, the pine straw which coated the trails made underfoot conditions bouncy and responsive.

With plenty of ups and downs, it didn't take long for the hills



The VVX events take the runners through some stunning landscapes

Running the volcanoes

EUAN CRUMLEY VENTURES TO FRANCE TO TAKE PART IN A RUNNING FESTIVAL WHICH IS OUT OF THE ORDINARY



The start/finish line of the VVX was a constant hive of activity

to bite but the hard work and concentration were offset by a bombardment of the senses.

The backdrop changed abruptly upon reaching the first of three very well appointed feeding stations in an active quarry but it wasn't long until we were running back into the trees and heading for the highest point on the 25km route.

The climb was worth the effort, as we ran out into the bright sunlight to be met with absolutely spectacular views across the hills.

It was largely downhill from there and the growing noise from the Goulet site provided plenty of motivation to accelerate towards the finish line area, which was full of runners, supporters, families and those just curious to see what was going on.

This was a place which made you want linger and watch as more runners began to emerge – either having achieved their ambitions or endured a tough day out on the challenging trails.

It was time to find that beer and compare notes. The VVX had certainly given us plenty to talk about.

The 2020 edition of the Volvic Volcanic Experience will take place from May 21–23. For more information visit volvic-vvx.com



Improve your agility

JOHN SHEPHERD OUTLINES SOME TIPS, TRICKS AND DRILLS WHICH WILL HELP YOU TO EXCEL OFF-ROAD

TAMING the trails requires more than great aerobic capacity to get from A to B and undoubtedly involves more skill than road or track running.

You need to be able run across rough terrain, uphill and downhill on loose surfaces and across rocks and rutted paths. To do so well will mean the introduction of an extra dimension to your preparations.

Agility training is something that features in the regimes of numerous sportspeople – be it football, rugby or tennis – and you'll have seen players skipping around cones and performing fleet-footed, multi-directional drills through floor ladders.

This type of training does not usually feature in many runners' workouts, but I think it is something that can be used to improve trail running agility when suitably adapted. Not only will you be better off-road but you'll be less likely to suffer injury.

Being able to repeat a skill under fatigue is the mark of a great athlete and a trail run requires this ability.

Trail running, with its varied terrain, requires adaptation to the running style. Researchers in *Gait & Posture* discovered that postural stability, step and stride frequency, braking forces and impact on foot-strike and kinaesthetic factors were all altered when underfoot conditions changed.

Kinaesthetic awareness refers to how we control our movements in real time and space. A runner who has to "think" less about how they run across varied terrain will be much faster than one who has to consider every step. Research also indicates that, the more controlled and stable a runner is, the more economical they will be, too.

Improve speed and beat potential injury

Downhill running creates a great deal of "shock" that needs to be controlled through the legs and the



Agility is a key part of successful trail running

UNSPLASH

rest of the body. Running on uneven terrain magnifies the forces at play.

Descending relies on eccentric muscular actions to control momentum, where the muscles around the ankle, knee and hip will lengthen to control and slow speed (it's these eccentric actions which lead to DOMS).

Performing regular eccentric exercises can therefore help to reduce this outcome and improve eccentric strength and capability.

The ankles are vital for speed and agile trail running. Your feet are obviously the first point of contact with the ground and the ankle the modulator. This joint has to move laterally and backwards and forwards to roll with the terrain.

Sports scientists have studied how fatigue affects injury while running on various surfaces. Much research has focused on the muscles, ligaments and tendons of the ankle.

Even if you have (or think you have) good ankle stability and control it pays to do specific exercises.

A group of 23 trail runners had their ankle strength tested after a 6.5km downhill trail run. Immediately post run it was found that plantar flexor (toes down position) strength declined by 25% and that two days later it was still down by 10%.

This is important as it indicates how fatigue develops and how it can still be hanging around after your race or even during it, should you be doing a stage race or back-to-back trail runs over consecutive days.

If you incorporate agility training into your sessions you will be less likely to suffer from ankle strains and also knee, hip and back problems, as well as reducing potentially injurious specific joint fatigue. It will also boost your "rough terrain" coverage running skill, increase your speed and confidence over such terrain and increase your kinaesthetic awareness.



Agility exercises for trail runners

Floor ladders

How to:

– Run through with high knees, hitting every gap.
– Run through with low knees, hitting every gap.
– Run through with sideways high knees, foot in each gap. Do right and left leg to the outside reps.
– Lateral hops with outside leg leading the direction of travel with its foot going into each rung.
– Lateral hops with inside leg leading the direction of travel with its foot going into each rung.
– Straight leg jumps into each gap. Power up from the ankles.



Floor ladder exercises will help your running agility

SHUTTERSTOCK

– Sideways double leg jumps. Experiment jumping two to three gaps at a time.
– Hop through gaps and sprint 10m at end.

How many? Perform each drill two to three times and make sure that you exercise each leg and each direction of travel – where relevant – equally.

All these variations will develop all-body co-ordination and require varied foot placements – very useful attributes for trail running.

Make it even more specific: find a relatively even underfoot and slight grade hill and do ladder drills downhill and uphill. Try running 100m toward the ladder, performing drills through it on your ascent, continuing for a further 100m, turning back and then completing some further drills through it on your way back down to then run a further 100m. Do this for 15 minutes

Eccentric emphasis stop bounds

How to: stand tall and swing one leg, keeping the knee bent, away from you to jump yourself forward. Land on the same leg in what can be called a sprint posture. That's with your torso upright and the other



Trail running challenges the body in different ways to road and track running

SHUTTERSTOCK

leg's thigh moved through parallel to the ground. Arms in position with the legs as if running.

The idea is to stop dead on the landing foot as you move into the running posture. Doing this will emphasise the eccentric muscular actions required to do so in your legs. Hold for a second and then swing the elevated thigh's leg back and forwards to jump into another bound and blocked landing. Repeat.
How many? 4 x 10 bounds

Catch, return and throw med ball standing on one leg

How to: stand on one leg, holding your non-grounded foot a couple of centimetres from the floor. Have a partner, positioned immediately to your side, throw a light to medium weight med ball (2kg-5kg) to you from about 2m away.

Catch the ball and control the momentum that will be generated through your body to avoid wobbling too much and placing your elevated foot on the floor. Throw the ball back to your partner and repeat.
How many? Do 2x10 reps from each leg with your standing leg to the outside and 2x10 from each leg with your standing leg to the inside of the direction of throw.

No partner? Throw the ball against a wall and catch the return.

High-low side-steps

How to: stand sideways to your direction of travel. Lift your back foot up and over your standing foot to bring your thigh to a position near parallel to the ground as it passes to the front of your body.

The foot will land in front of the other and your legs will very briefly cross. Step the leg that is behind to the side and then repeat. Think "high in front" "low behind" in terms of the required leg movement.

Use your arms for balance and let your hips rotate to facilitate the movement.

You'll be up on your toes as you do this. This exercise will generate twisting forefoot foot contacts so you'll need to control these and in so doing will work the muscles, tendons and ligaments of the lower legs creating useful trail running agility.
How many? Do 3 x 20m, alternating lead leg.

Triangle hop

How to: stand on your right leg. Hop about 75cm forward and then immediately straight across to the left, about the same distance.

Then immediately on landing hop back to your starting position. Basically, you're hopping a right-angle triangle pattern. Keep your torso relatively upright and make your landings on your forefoot.
How many? Do 3 x 6 on each leg (you can vary the direction too, that's to say, hop forward then right).

PAUL FREARY TESTS THE LATEST GEAR DESIGNED TO HELP YOUR OFF-ROAD RUNNING

Firm footing



Vivobarefoot – Magna Trail

Price: £160.00 **Stockist:** vivobarefoot.com

Barefoot running may still split opinion but the trail is perhaps the best place to try this category of footwear.

The low-profile design means the foot is placed in close contact with the uneven terrain, making it easy to adapt to the variety of conditions which you will inevitably encounter.

These boot-like shoes offer a rugged sole design that is also highly flexible, providing the ability to handle the terrain with ease.

The broader fitting upper, particularly in the toe box area, means the foot can spread naturally, again helping to negotiate the contours of the ground. The upper is strong and seamless and the bootie construction means any loose debris is kept at bay.

Scott – Supertrac 2.0

Price: £110.00 **Stockist:** Scott-Sports.com

The second version of this shoe brings the features of Scott's premium racing models to a wider audience with footwear that is easy to pull on and go.

The Supertrac is a versatile mountain running shoe which has great cushioning, grip and comfort, making it perfect for long days on the trails.

The deep chevron-shaped lugs cope with all surfaces with ease and, when it comes to soft ground, they bite well to give a confident footing.

The cushioning hits the sweet spot of having enough for firm surfaces but not too much when on soft ground and the upper is soft and light, but highly breathable.

Adidas – Terrex Two Boa GTX

Price: £129.99 **Stockist:** boafit.com

This feature-packed shoe has technology in every part of it. The sole features a Continental rubber compound that offers great traction on a variety of surfaces and in a variety of conditions. The cushioning is a single density and, as well as offering reasonable impact protection, it remains pretty stable regardless of running gait.

The seam-free upper uses Gore-Tex to provide waterproofing, while the Boa enclosure system delivers a precise and dialled-in fit, which is also highly adaptable thanks to the L-series Boa fastener.

Adjustment on the go is easy to do and, should the shoe become encased in mud, it is still quick and easy to undo, making it a great feature for trail shoes.



Hoka One One – Evo Mafate 2

Price: £160.00 **Stockist:** hokaoneone.eu

While the deep midsole cushioning and rugged Vibram outsole remain unchanged from the first version of this shoe, this update sees a refreshed and improved upper.

A new 'MATRYX' fabric is used which has a strong yet flexible and breathable construction. Used in conjunction with a soft neoprene-like material in the tongue and toe box, Hoka has created what we think feels like their best fitting model yet. The stretchy nature of the shoe hugs the foot and, even with reinforcements around the toe area, it feels sock-like. The midsole of CM-EVA and rubberised foam creates a stable platform.

361° – Yushan

Price: £119.99 **Stockist:** 361europe.com

A new trail offering, this shoe is the brand's most versatile off-roader. This model shoe features the 361° proprietary cushioning technology, 'Qu!kfoam'. This response material is encapsulated in the heel and covers the full width of the forefoot, a configuration which ensures good cushioning and a great toe-off.

A forefoot rock-plate provides protection from sharp stones and the outsole has a versatile design which works well in all conditions and even feels reasonably comfortable on those short 'door-to-trail' sections of a run.





Inov-8 – Trailroc G280

Price: £140.00 **Stockist:** inov-8.com

Another brand new model, we've only been out a couple of times in them so far, but already we're impressed. The shoe has the familiar outsole pattern but now has the benefits of the remarkable Graphene material.

The 4mm studs offer exceptional grip as well as durability and are light and flexible too.

The cushioning is a little deeper than many of the brand's fell racing options which means added comfort as well as a little support as it wraps up around the foot and guides it through the gait. We also like the upper, with a soft mesh and padding around the heel and toe.



Topo – Hydroventure 2

Price: £140.00 **Stockist:** topoathletic.co.uk

Topo shoes offer a low drop design to encourage a more mid to forefoot running action, as well as a roomy toe box to accommodate the way in which the foot will spread naturally.

The waterproof upper, along with the gusseted tongue, ensures your feet will stay dry and its lightweight, seamless construction means it fits and works well with the foot. The dual density midsole cushioning has a softer forefoot, providing a nice feel on rough ground.



On-Running – Cloudventure Peak

Price: £135.00
Stockist: on-running.com
Light and fast, this model is aimed at the trail racer who is looking for aggressive grip and a light, versatile shoe for technical events.

The slim, stretch-fitting upper really hugs the foot and the narrow heel and midfoot section instantly provide a sensation of speed – think ultra-light road racer feel but with masses of traction!

On-Running's 'speed-board', as used in all their models, employs a split forefoot design which helps the foot adapt to the contours and terrain whilst still providing a responsive push-off.

Cushioning comes from the familiar Cloud design pods in the heel area and is great when descending, while in the forefoot there's a combination of varying size studs to cushion and grip when travelling at speed.

It's almost a shame to get these dirty, but they will see lots of use in the coming months!



Tracksmith – Twilight Long sleeve

Price: £65.00
Stockist: tracksmith.com
For those changeable weather conditions or that early morning run which starts out in the cold, this long sleeve moisture-wicking shirt is the perfect choice.

The silky soft feel of the fabric feels great against the skin and, regardless of the temperature, it manages to keep you feeling fresh. It's light too, so you hardly know you are wearing it, giving a feeling of freedom on the trails.

Thorlos – Outdoor Athlete

Price: £15.50 **Stockist:** thorlos.com
We tried all the trail footwear featured in this issue using these socks and found them a real treat.

With super-soft padding throughout, they provide an additional layer of cushioning and strategic support to the foot that enhances every trail run.

The moisture-wicking fibres mean they are breathable and reduce water adsorption in wet weather, but most importantly they retain their shape and comfort after every wear and wash.





Compressport – Free Belt Pro

Price: £40.00
Stockist: compressport.com
This clever waist belt stretches to fit and provides non-bounce storage for a range of items. The soft fabric means there's no irritation and the large concealed pockets make for great, versatile storage. It's easy to carry a phone, gels and even poles (in the silicon grip straps). Great for any type of trail adventure.

Gelpacks Direct – Reusable cold/hot pack

Price: £19.99
Stockist: gelpacksdirect.co.uk
These compress packs come with a soft-touch fabric pouch with mesh backing for optimal transfer of the hot or cold therapy. The pack can be used for a variety of injuries and is a cost-effective treatment option.



Cystic Fibrosis Trust

GLENCOE MARATHON
GATHERING

"Definitely the best marathon I've taken part in! Top organisation and great chat between competitors."
Ray W, participant

WILD FOX EVENTS

FULL MARATHON / HALF MARATHON

SUNDAY 8th September 2019

www.wildfoxevents.com

www.glencoemarathon.co.uk

Image Ed Smith

➤ TRAIL RUNNING SKILLS TRAINING
➤ GUIDED TRAIL RUNNING HOLIDAYS
➤ BESPOKE EVENTS
➤ ALL LEVELS OF RUNNER WELCOME
➤ LED BY PROFESSIONAL MOUNTAIN RUNNING GUIDES

TRAIL RUNNING SCOTLAND

VISIT TRAILRUNNINGSCOTLAND.COM



London's secret run

LONDON is famously crammed full of landmarks, with just about every nook and cranny of the British capital known throughout the world – particularly to the many runners who hit the famous city streets on a daily basis.

There is one route, however, which many people are unaware of – and which will provide the backdrop for a brand new endurance event taking place this autumn.

The Capital Ring is a footpath which forms an inner circle around Greater London and, on October 5, will host those taking on the challenge presented by Ultra London.

There are two distance options on offer. Starting in Greenwich and finishing in Richmond upon Thames, the full ultra challenge covers 55km and largely follows the Capital Ring route south of the Thames. There is also a shorter distance, starting at the halfway point of Crystal Palace and following the second half of the route for a distance of 27.5km.



The multi-terrain course – a mix of trails, footpaths, parks, woodland and more – takes in some of London's finest scenery, including the Thames Barrier, Eltham Palace, Wimbledon Common and Richmond Park.

It will provide a challenge for participants who will also need to ensure they navigate the correct paths through parts of Falconwood, Grove Park, Crystal Palace, Streatham, Wimbledon and onto Richmond. It will be a far more urban experience compared to the many ultra distance races which take place in more remote locations, with an added bonus being that the route is perfect for supporters looking to cheer on their runners at various points along the course.

This will be a chance to uncover one London's few remaining running secrets and to see a side of the city you will not have experienced before.

Whilst the inaugural event will us the southern half of the Capital Ring there are plans to include the northern half of the route in 2020, where the ultimate challenge for ultra runners will be to complete the entire 125km circular route in the ULTRA LONDON 125.

For more information and to enter, visit ultralondon.co.uk

AW To advertise your event on this page, call PAUL BRAMLEY 07976-471245

KEEP FIT • HELP RAISE MONEY • HAVE FUN!

Paycare
Everyday Health Cover since 1874
HALF MARATHON RELAY

CARVERS WOLVERHAMPTON HALF MARATHON EVENTS
SUPPORTING LOCAL CHARITIES

be
BERRIMAN EATON
PROPERTY SPECIALISTS
CYCLE & WHEELCHAIR EVENTS

BANKS'S
★ BEER ★
10K RUN

WOLVERHAMPTON GRAND THEATRE
CHILDREN'S MINI-MARATHON

CARVERS BUILDING SUPPLIES SINCE 1896
HALF MARATHON

SUNDAY 1ST SEPTEMBER 2019

WOLVERHAMPTONMARATHONEVENTS.CO.UK

Neuff Athletic Equipment Ltd
The source of high quality equipment in all events for competition, training, coaching and officiating since 1966.
www.neuff.co.uk
Email: sales@neuff.co.uk Tel: 01752-893742
Use code AWM19 to be entered into a prize drawer for 100 spikes of your choice

WANT YOUR BUSINESS TO STAND OUT?
TO ADVERTISE ON THIS PAGE, CALL PAUL BRAMLEY ON
07976-471245

TRACK & FIELD TOURS

WORLD-WIDE SPECTATOR TOURS
2019 EVENTS
IAAF WORLD CHAMPS DOHA 27 Sept – 6 Oct
DIAMOND LEAGUE & UKA EVENTS - tickets and packages
2020 EVENTS
NANJING – WORLD INDOORS
TOKYO 2020 – SUMMER GAMES
PARIS – EUROPEAN CHAMPIONSHIPS

APPROVED PROVIDER
ENGLAND ATHLETICS
BRITISH ATHLETICS SUPPORTERS CLUB

DOHA 2019 WORLD CHAMPS
Packages from 4 – 11 nights with tickets, flights and add-on tour to Jordan – all options selling fast!
GBR TEAM FAMILY OFFERS

WARM WEATHER TRAINING
SPAIN & Canary Islands MALTA
PORTUGAL CYPRUS TURKEY

MASTERS EVENTS
EURO INDOORS BRAGA March 2020

Tel: 01277 354377
info@trackandfield.co.uk

All event & tour Information available on our web-site
www.trackandfield.co.uk

Track & Field Tours Ltd is bonded with International Passenger Protection Ltd and is a Retail Agent of ATOL Holders



Adam ans

NEW BRITISH 200M CHAMPION GEMILI IS RETURNING FROM HIS INJURY TROUBLES WITH A POINT TO PROVE AND DOHA SUCCESS ON HIS MIND, WRITES JASON HENDERSON

PICTURES: MARK SHEARMAN

ADAM GEMILI is probably best known for two things: his incredible leg speed and warm personality. His eternal smile has been tested a few times during a difficult last couple of years, but it was back to normal last weekend as he stood grinning from ear to ear after winning the British 200m title in a championship record of 20.08.

The previous day he had finished a close runner-up to Ojie Edoburun in the 100m and therefore secured his automatic slot in the GB team in the individual 100m and 200m. Not bad for an athlete who was dismissed as a mere member of the relay squad when the last round of Lottery funding decisions were made.

Due to hamstring problems, Gemili struggled to show his best form in 2017 and 2018. Back in 2016, however, he was British champion and placed a close fourth in the Olympic 200m final in Rio. That talent has never gone away. He just needed a spell of injury-free training for it to re-emerge.

"It's completely different emotions to two years ago," he says, remembering his 2017 results at the British Championships (DQ in the 100m and sixth at 200m), "because I ran here in Birmingham and got injured and didn't perform



Adam Gemili: impressed in winning the 200m in Birmingham

wers back

to how I had been. The last two years I've been written off by people in the sport and it's nice to prove people wrong when I am healthy."

Scorching out of the blocks last Sunday, he out-muscled Zharnel Hughes and Miguel Francis in the closing stages to beat Nethaneel Mitchell-Blake's championship record with a time of 20.08 into a headwind of -1.2m/sec.

"On another day hopefully that would have translated into a sub-20 second run and it'll need that to win a medal in Doha," says Gemili. "I'm happy to get the win but I know what the guys could do.

The championship record is another bonus but the auto-selection is the big one."

Gemili now fancies his chances of making the podium in Doha, too. He has always felt he is a championship performer who thrives on the big stage.

"Absolutely," he agrees. "Going into Rio, no-one expected me to make the final but I knew I was capable and I just missed out on an Olympic medal by three thousandths of a second. Anything can happen on the day.

"When you get to the championships It doesn't matter what you've done before. It's a level playing field so hopefully going into Doha I can be putting some more training in and can be pushing for that gold medal, which is the aim."

Gemili suffered a bad tear in his hamstring at a grand prix meeting in Birmingham in 2015. Those problems came back to haunt him recently but he enjoyed a good 2018-19 winter of training and has got himself into good shape, working with coach Rana Reider and athletes like Olympic medallist Andre De Grasse.

"Because I tried to train in a different way to stop that (hamstring) hurting, I developed another problem," he explains. "I've been working very

> **This proves that it doesn't matter how injured you are, there is always light at the end of the tunnel and you can come and run fast**
>
> **ADAM GEMILI on his comeback**



Adam Gemili: struggled at the British Championships two years ago

hard with my therapists. We got on top of that and did manage to put in a full winter's training out in Florida with the other sprinters we have in our group. It's phenomenal to be in that mix and it gives you good confidence coming into a champs like this."

Gemili says Noah Lyles has rightly made himself the favourite for 200m gold in Doha and the American posted another big win – in Paris – on the same weekend as the British Championships. But the Briton would love to get into the mix and he says negative comments have helped spur him on lately.

Saying that, he has not let negative abuse on social media affect him for quite some time.

"I've just become so resilient to it, it doesn't really affect what I'm doing," he says. "As long as the team around me – my coach my family, my friends – believe in me, I want to go out there and prove that I can still do it and do it for them. I've got a great team around me – my coach Rana Reider, my therapist and I've got some fantastic training partners."

BIOG

- **Born** October 6 1993, London
- **Club** Blackheath & Bromley
- **Coach** Rana Reider
- **PBs 100m:** 9.97 **200m:** 19.97
- **Achievements**

2019 British 200m gold; **2018** European 4x100m gold; **2017** World 4x100m gold **2016** Olympic 200m 4th, British 200m gold; **2014** European 200m & 4x100m gold, Commonwealth 100m silver; **2013** World 200m 5th, Euro U23 100m gold (200m 4th); **2012** Olympics 100m semi-finals, World Junior 100m gold; **2011** Euro Junior 100m silver

Gemili did reveal at the British Championships, though, that he has kept some particularly cutting comments from senior figures in the sport and he often glances at them to motivate himself. He has a section on his phone where the comments are kept but he would not give full details of who said what.

"It gives you hunger in your belly," he says. "I've got a phone and maybe one day I'll show people the quotes said about me.

"I just look at it sometimes and use it as inspiration and fire to say 'You know what? I know what I can do and if I'm fit and healthy I can push the world's best'."

Related to this, Gemili was earmarked as a relay runner when the last wave of Lottery funding announcements were made.

"To be labelled a relay runner is never nice, especially in an individual sport, but this proves to those guys it doesn't matter how injured you are there's always light and the end of the tunnel and you can come and run fast.

"You have selection meetings and you sometimes see what's said about you by certain people and it's not nice but the only people I need to believe in me are my family, friends and my team.

"I sometimes use it as motivation to think 'it doesn't matter what you think'. Maybe one day if I do have a medal at Worlds or Olympics individually you guys will see that. For now it's a private thing."

Gemili did add, though, that he was grateful to have relay squad level Lottery funding. "I've always said it's fantastic. It's a great level of funding," he says.

The problem, though, is that it shows the top officials do not think he is a realistic medallist in the individual events.

"I guess it's more belief in those sort of guys up top believing in what you can do and, I don't need people to believe in me, but it helps for sure."

After his British 200m title win and 100m silver, he says: "Now hopefully this has proved to those guys that I'm not a write-off."

Paralympic coaching symposium

BRITISH ATHLETICS PARALYMPIC PATHWAY MANAGER **SARAH BENSON** TALKS ABOUT A BRAND NEW EVENT IN LOUGHBOROUGH



MARK SHEARMAN

The symposium is looking to help coaches

WE are just over a month away from hosting the first British Athletics Paralympic Coaching Symposium on September 28-29.

As the two-day event gets ever closer, we are delighted to share our exciting programme of events and there is still time to book your place for this fantastic opportunity and learn more about para athletics.

You don't have to already coach para athletes to sign up for this symposium. You may want to learn more about this area or have aspirations to coach para athletes in the future. Likewise, you may coach para athletes and wish to enhance your learning, share ideas and speak with your peers in this environment.

Taking place in Loughborough, there is the option to attend one day or two days of the symposium, and full details can be found via the link at the bottom of this article.

Held at the British Athletics National Performance Institute and Burleigh Court hotel, the theme of the event is integration. The classroom and practical based workshops will offer guidance and new ideas to ensure para athletes can be fully included in all aspects of club athletics.

The aim of the symposium is to bring together coaches who are currently predominately working within a club environment and those coaching athletes who are competing from grassroots right through to national level.

With key note speakers including Paralympic champions Danny Crates and Noel Thatcher, the first day will cover a range of sessions including understanding the five areas of disabilities, impairment considerations for the event groups led by coaches with expertise in these areas, and breakout sessions including physio, strength and conditioning as well as nutritional support for para athletes. The Sunday programme reflects on day one with the opportunity to explore another area of interest.

Coaches who have led athletes to multiple Paralympic, world and European medals including Keith Antoine, Jenni Banks, Michael Khmel, Joe McDonnell, Alison O'Riordan and Ryan Spencer-Jones are among the cohort of experts who are sharing their expertise in their specialist area, so there really is something for everyone depending on where they'd like to advance their knowledge.

British Athletics recognises the importance of growing the number of opportunities for specific para athletics coach development and learning in the UK. The symposium offers an educational event specifically catering for coaches working within a club environment who either currently coach para athletes or wish to do so in the future.

In addition, the event looks to raise awareness of the para athletics landscape in the UK, as well as promoting the British Athletics Paralympic Performance Pathway which is for athletes and their coaches, aspiring to reach Great Britain and Northern Ireland teams for major championships.

It's an exciting time for the sport as we have just come off the back of a highly successful World Para Athletics Junior Championships in Nottwil, with the senior worlds and Europeans, and the Paralympic Games taking place in the next 12 months.

If you have ever wanted to learn more about specific para athletics coaching, or want to extend your skill set, this is a brilliant opportunity.

We are really proud to be hosting the first Paralympic Coaching Symposium and I would like to thank all the coaches, support staff and athletes for agreeing to lead sessions, share ideas and educate others which in turn will benefit the sport for the future.

There are three options, either to attend one day or two days without accommodation, or two days with accommodation. Full timetable and booking details at uka.org.uk/grassroots/coach-education/paralympic-coaching-symposium/



"You just h



DEFENDING 100M WORLD CHAMPION JUSTIN GATLIN TELLS **STUART WEIR** ABOUT HIS LONDON 2017 RECOLLECTIONS AND DOHA HOPES

PICTURE: MARK SHEARMAN

What are your memories of the 2017 World Championships?
Pandemonium. Crazy. The deepest, strongest fibre of confidence that I had to bring to the track. Staying in my lane, running my race and coming across the line – showing that confidence can prevail, you just have to believe in yourself.

Everyone saw it as a shoot-out between you and Usain Bolt – is that how you saw it, too?
I think over the years, that's what we saw – 2013 on to 2015, 2016 – I think it was a predictable thing that it was going to be a shoot-out between us. I just stayed focused on my outside lane.

Did being world champion and being introduced as world champion change anything for you?
It felt like home. It felt good to be able to cross the line and be on top of the podium once again on the major stage.

Ever since that, you have been introduced as reigning world champion.
Yes, that feels good to have that title. But it comes with a responsibility and there's still hard work now. I can't come into a race and slack, not give a good performance, because people are going to recognise that.

How are you preparing for Doha, given that it's such a long season?
Just being patient and that is harder for sprinters because we like to be fast and aggressive, to go out and do the best we can. But it is a long way away. I think it's about sustaining ourselves so that when the moment comes we are ready.

Does knowing that you're already selected for Doha change anything?
No. I want to go into the season thinking that I don't have the bye. Going into races, sharpening myself up and when I get to the world championships I am going to run like I earned my spot to be there this year.

Having run a 400m this year, is there a chance you might run the 400m in Doha?
Yes, after I do the steeplechase!

ave to believe"



Justin Gatlin: finished ahead of Christian Coleman and Usain Bolt back in 2017

Heptathlon scoring system far from equal

STATISTICAL ANALYSIS SHOWS DISPARITY BETWEEN EVENTS, DISCOVERS **JOHN SHEPHERD**

IT IS often the case that heptathletes are sprint-based athletes. The best scores achieved in the hurdles (think Jessica Ennis-Hill) or the high jump (think Nafi Thiam) and long jump (think Jackie Joyner-Kersee, Thiam and Katarina Johnson-Thompson) are as good as most top individual event competitors. The same cannot be said in the shot, javelin and 800m, however.

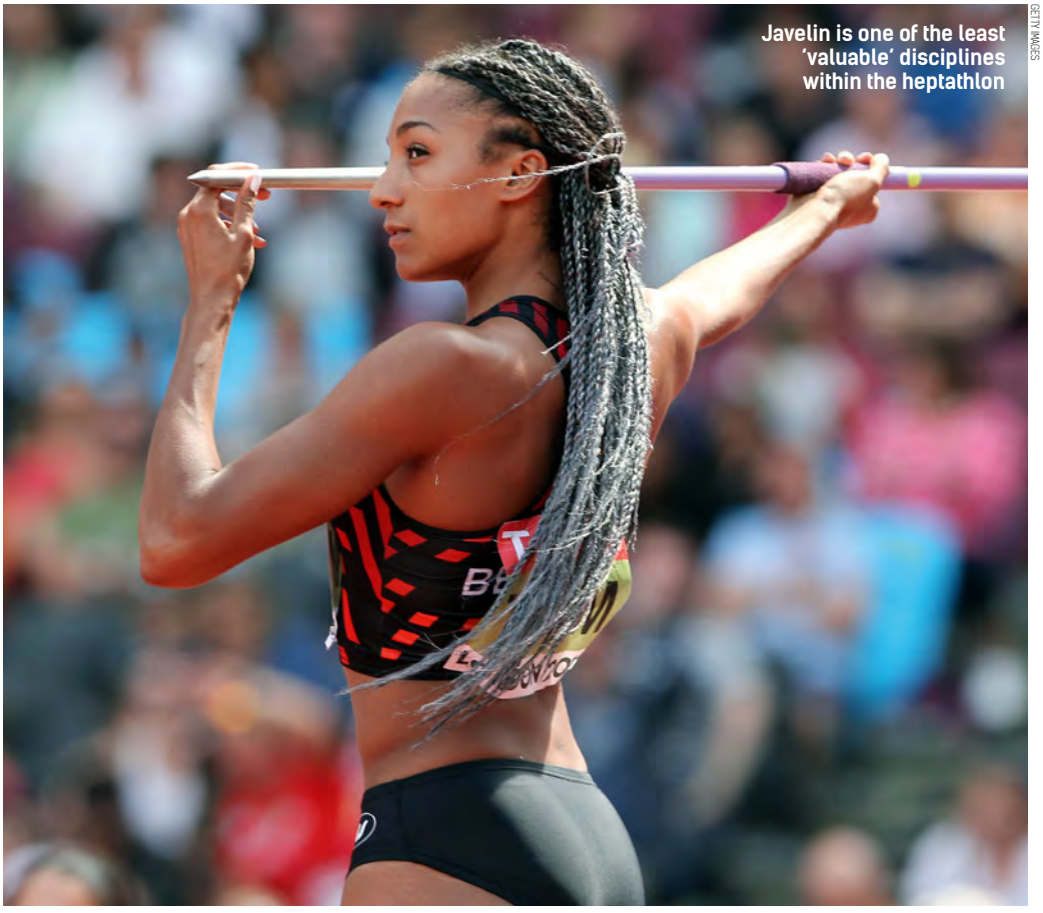
Research in Sports (Basel) looked specifically at the results of the 10 winning heptathletes in the world championships from 1987 to 2013 and Olympics from 1988 to 2012.

Using various statistical methods, the team identified that "the individual disciplines do not equally affect the overall competition result. The currently valid conversion formula for the run, jump and throw disciplines prefers the sprint and jump disciplines but penalises the athletes performing in the 800m run, javelin throw and shot put disciplines."

They add: "Furthermore, 21% to 48% of the variance of the sum of points can be attributed to the performances in the disciplines of long jump, 200m sprint, 100m hurdles and high jump.

"To balance the effects of the single disciplines in the heptathlon, the formula to calculate points should be re-evaluated."

However, this would "change" the event and, rather like the debate around raising the height of the women's sprint hurdles, would mean that heptathletes' training would need to be modified to deal with the parity of the seven events in terms of points scoring.



Javelin is one of the least 'valuable' disciplines within the heptathlon

GETTY IMAGES

EXERCISE FOCUS ELEVATED LEG CYCLE

Exercise type: all-body sprint/running drill.
Suitable for: all athletes and events.
Difficulty level: can be done by athletes of all ages and abilities (and when athletes are advised not to perform impact activities*).
Benefits: improved condition of the key sprint/running muscles (hip flexors and extensors).
How to: support your weight through your arms between two suitable height sturdy boxes/platforms. Cycle your legs as if running. Focus on pulling the foot quickly from rearside to frontside in a powerful manner and keep your upper body as still as possible.
Variation: instead of cycling the legs, switch the legs backwards and forwards using more of a scissor motion. In doing so ensure that you push the front foot toward the ground on each switch (replicating the drive to the track when sprinting).
How many: do 4 x 20 seconds.
*do seek professional advice





HALF MARATHON | 13 OCTOBER

ENTER TODAY AT

GREATRUN.ORG

Simplyhealth great birmingham run

Back to front thinking

SPRINT COACHES OFTEN SPEAK ABOUT HEEL RECOVERY DURING THE MAX VELOCITY AND ACCELERATION PHASES. JOHN SHEPHERD CONSIDERS WHAT THIS MEANS

DURING the sprint cycle the heel has to travel from the back of the body to the front constantly. How it travels during this cycle has important implications for the sprinter's velocity produced by step frequency and stride length, contact time and force production.

Contemporary sprint coaching has been placing a greater emphasis on a lower heel recovery – or at least a different inflection on how it is moved back to front and how this is coached.

We will first consider max velocity running and then acceleration.

If the heel is cast out too far behind the body when sprinting then frequency and power transference will tend to be reduced. You will often see this in sprinters with a pronounced forward lean, with "more work being done behind the body".

Key is the position of the foot and the gap between the heel and the bottom as the foot pulls through to the front.

If the foot is pulled up as it should be for foot-strike (dorsi-flexed) it will come through to the front over the knee as a shorter lever and this can create greater frequency.

Doing this will also create greater power on ground contact, due to the fact that the foot (and leg) has increased velocity (angular velocity) which will in turn create a more powerful impact on the track surface and therefore return greater energy.

Torso position

In order to help this power transference, coaches can instruct sprinters to maintain a braced torso. Sprinters who cast out more to the rear will likely reflect this in bowed/pressed forward hips.

Keeping the torso braced can prevent this bowing and provide a stronger position for an equally strong and more powerful heel recovery.

Force and velocity will not be dissipated through a weaker position in the kinetic chain (known as "energy leakage").

Heel recovery height

There is specific debate about how high the heel should lift when sprinting at maximum velocity ("heel recovery").

Not a great deal of research exists on this, but it appears that not taking the heel all the way to the bottom during the recovery phase of sprinting can produce greater speed, by virtue of the heel travelling faster to the frontside and subsequently hitting the track with greater force as alluded to earlier.

However, the net result could also be the product of more powerful hip flexors and extensors due to the usage of specific drills and technical emphasis.

There are a number of drills used to achieve this, all of which work the hip region.

Much research indicates that the muscles to the front and rear of the hips are the most important when it comes to sprint speed.

They create the forward speed of the foot and then arrest its movement to pull it down to the track.

By pulling the heel slightly lower – but still over the knee – during the sprint cycle, greater angular force, as noted, can be produced.

It should also be noted that the sprint cycle is not exactly curvilinear – there's also a diagonal aspect to it in that the heel lifts and moves forwards as well as "round" as it passes the knee.

When done correctly this enables the sprinter to "hang on to their frontside", as is manifested by knee lift and the thigh remaining in front of the body for a slightly longer position.

If the legs were to cycle without this diagonal aspect then the direction of the sprinter would be more up and down rather than forwards.

The arms are of course key to fast sprinting. If they don't reach a near eye-level position to the fore then the torso will not be as upright as it could be. Conversely, get the arms too high to the back and then the casting out of the drive leg will be all the more likely.

Low heel recovery and acceleration

One area where there seems to be potentially more consensus and understanding of low heel recovery is when it comes to acceleration.

Much of this is down to the spreading of the thoughts of coaches such as Dan Pfaff and Loren Seagrave.

It is relatively easy to understand that if the heels are lifted too high during sprint acceleration then the time spent in the air will be detrimental to a quick acceleration.

It's about getting the heels in this case as quickly as possible from A to B, more or less.

If this was taken to the extreme the sprinter would have very small steps so there needs to be a commensurate drive through the hips to achieve step length as well.

During acceleration there's a need to keep the heels closer to the track surface while extending step length. Work should be done here behind the body with the torso angled forward.

A way for coaches to also identify good acceleration is to look at shin angle. At max velocity this should be perpendicular to the track, however it should be negative during acceleration. This negative angle will ensure propulsion is made rearward, through a push.

There's a further consideration here as sprint coaching thoughts have progressed and that's the taking of the feet away from the body during acceleration.

Coupled to the low heel recovery, we also have a strand of thought that recommends the feet being moved out and away from the body too. This inflection can be seen to create greater speed of acceleration as well as the low heel recovery during the drive phase.

There is also debate as to whether or not the knee needs to be fully locked during acceleration – that's to say during the push. Coach and athlete need to play around with the technical aspects of acceleration in order to develop what's most effective for the athlete.

Coaches and athletes should therefore pay attention to the heels of their sprinters in order to address technical issues and potentially improve performance for max velocity as well as acceleration.



MARK SHEARMAN

The height of the heel on recovery can make a big difference to sprint velocity

EUROPEAN VETERANS CHAMPIONSHIPS, VENICE, SEPTEMBER 5–15



800m head to head: Virginia Mitchell and Clare Elms (right) look set to have a memorable two-lap meeting



Masters' Euro challenge

MARTIN DUFF TAKES A LOOK FORWARD TO THE INTERNATIONAL SHOWPIECE IN ITALY

AFTER their successful domestic championships, 436 Brits are among the over 5000 entered, but some of those who chose to miss the British Masters may supply some of the best medal hopes.

One of the most successful masters in 2019 has been Clare Elms, with a string of W55 world records. The Dulwich Runner missed the British Championships in favour of tackling six events in Venice from 800m to cross-country and 10km on the road.

Over 800m she will come up against British indoor record-holder Virginia Mitchell, where their best times are within just four hundredths of a second.

Another multiple world record-holder, Evaun Williams, cleaned up in the World Championships last year and goes again in the W80 throws. W35 Lucy Marshall is narrowly headed by Portugal's 63m thrower Vania Silver in the hammer.

Sprinter Nina Anderson moves from the W40 age group in the last championships in Aarhus two years ago to the W45 group. She tops the 400m entries but Spain's Emelia Paunica should take 200m gold.

Caroline Powell has moved to the W65s and, with Joylon Saunders-Mullins, tops all three sprints but they could be pushed by Italy's Marluccia Quilleri.

For the men, Steve Peters has not competed this year but is down for an M65 sprint triple and a repeat of his M60 golds from the last Euros. This is after recovering from swollen joints and tendon inflammation. Jonathan Browne tops his sprint entries for the M35 age group.

The women's over-70 races look interesting – and Angela Copson, Ros Tabor and Penny Forse should all be successful as they are not always competing against each other.

Guy Bracken limits himself to the 1500m, where he tops the M55 entries, while second-ranked Andrew Leach will probably find Italian Giovanni Mariotti too much of a handful in the 5000m.

Zoe Doyle, who won the W35 1500m in Aarhus, has now moved to the W40s, where she tops the entries, but Ireland's Denise Toner is favourite in the 800m.

Britain's hurdlers have been successful in European competition and double world record-holder Jane Horder goes for golds in the W60 class. Joe Appiah ranks second to Swiss Thomas Keller in the M45s, but Clarence Firstborn, Barrie Marsden and Neil Tunstall dominate the M55 100m hurdles entries.

Ian Broadhurst is the fastest M65 in the 300m hurdles but M75 Barry Ferguson will find Austria's Dietmar Steiner in his way. M80 hurdler Tony Bowman also tackles his first decathlon.

Other older athletes are among the British squad and M80 heavy John Watts could strike gold along with M90 sprinter Dalbir Singh Deol.

The pole vault sees Irie Hill, who after being forced indoors at the British Championships because of the weather, will be looking to better 3.40m and add the W50 world record to her W45 mark. In the W65 class, Sue Yeomans should add to her world indoor W65 gold from earlier in the year.

Steve Linsell set a M55 British high jump record of 1.74m earlier this month and is a good bet for gold as is Wendy Laing in the W55 women's event.

M70 walker Ian Richards is in three events and will be keen to avoid the red cards with which he has been plagued of late but he does hold the 5000m world record.

Great Britain topped the medals at the World Masters Championships in Malaga last year but here, with a smaller team, they will probably see Germany regain their top spot.

Look out for updates on the *AW* website and social media, with further coverage in the magazine

DIAMOND LEAGUE, ZURICH, AUGUST 29

Ready for the Weltklasse



Karsten Warholm rounds off the action in the 400m hurdles

JP DUKAND

BIG ANNUAL SWISS TEST IS SET TO BECOME SOLE VENUE FOR THE DIAMOND LEAGUE FINAL IN 2020 AND 2021 BUT FOR NOW IT JOINTLY STAGES THE SHOWPIECES WITH BRUSSELS

DINA ASHER-SMITH faces another world-class line-up in the 200m at the Weltklasse meeting in Zurich on Thursday (August 29).

The multiple European champion takes on Shaunae Miller-Uibo, the Bahamian athlete who won at the Diamond League in Birmingham this month, together with Olympic champion Elaine Thompson, Blessing Okagbare and Dafne Schippers.

There is big British interest in the men's 100m, too, with Adam Gemili and Zharnel Hughes due to take on Noah Lyles, Yohan Blake, Justin Gatlin and others.

A couple of Britons also go in the women's 1500m. Eilish McColgan and Jemma Reekie take to the Swiss track in a line-up that is headed by world record-holder Genzebe Dibaba, Konstanze Klosterhalfen and Jenny Simpson.

British 5000m champion McColgan will be hoping to attack the four-minute barrier with Reekie also in fine form lately after her European under-23 double victory and runner-up result from the British Championships behind Sarah McDonald.

Another British 5000m champion, Andy Butchart, goes in his specialist event against Selemon Barega, Joshua Cheptegei, Hagos Gebrhiwet and Yomif Kejelcha.

It is perhaps the strongest 5000m line-up of 2019 and Butchart will be aiming to crack the 13-minute barrier for the first time.

Laviai Nielsen, the British 400m champion, is in a tough one-lap field that includes Salwa Eid Naser – the Bahrain athlete who has run 49.17 this year.

The 400m hurdles promises a great clash, too, with world record-holder Dalilah Muhammad up against fellow American Sydney McLaughlin

A tasty clash looks likely in the men's long jump with Miguel Echevarria facing Luvo Manyonga, Thomas Montler, Ruswahl Samaai, Zarck Visser and Miltiadis Tentoglou.

In the men's high jump Mutaz Essa Barshim is entered, while Yulimar Rojas leads the women's triple jump field.

There is a great field in the men's pole vault, meanwhile, with Sam Kendricks, Piotr Lisek, Renaud Lavillenie and Mondo Duplantis.

The men's javelin sees Birmingham Diamond League winner Cheng Chao-tsun up against Germans Thomas Röhler, Andreas Hofmann and Johannes Vetter plus Estonian Magnus Kirt.

In the women's shot put, Lijiao Gong faces Christina Schwanitz among others.

The men's 800m features Kenyans Wycliffe Kinyamal, Ferguson Rotich and Emmanuel Korir, plus Nijel Amos of Botswana.

Beatrice Chepkoech, the world record-holder, leads the women's steeplechase entries but world champion Emma Coburn is among her rivals.

Finally, Karsten Warholm, Kyron McMaster and Rai Benjamin are set for a cracking 400m hurdles clash in the last major event on the programme.

■ The Brussels Diamond League is on September 6



STEVE SMYTHE
RESULTS EDITOR

Performance of the week: Dina Asher-Smith

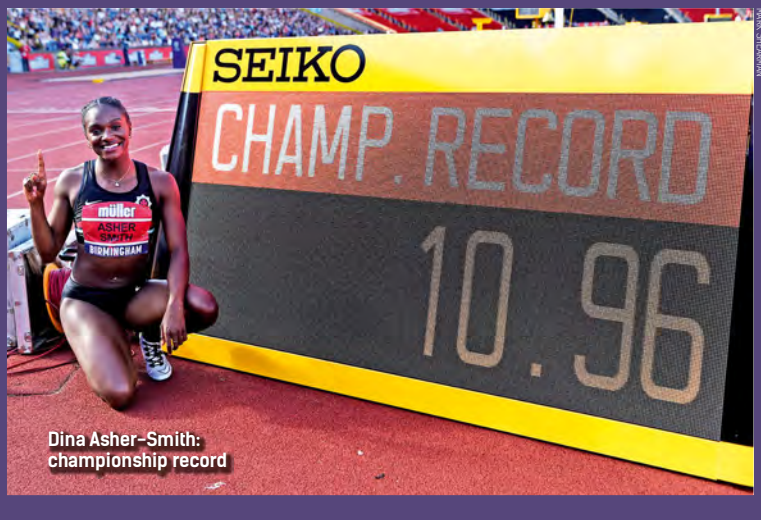
DAS dazzles at 100m

My initial thought was that Will Claye's triple jump stood out but, on a weekend of national championships, domestically Dina Asher-Smith's was the best performance at Birmingham.

10.96 is fast but it is only her ninth-fastest run over the distance and fifth best this year but what makes it special is the -0.9m/sec headwind.

The temperatures were great for sprinting in Birmingham but the wind was not. Had the wind been the other way, then a time in the 10.8s would surely have been achieved. It was faster than Elaine Thompson ran into a lighter headwind at Paris to destroy a world-class field.

An 11.03 semi-final into a -2.0m/sec headwind was arguably an even better run.



Dina Asher-Smith: championship record

MARC SHEPHARD

TALKING POINTS

NATIONAL CHAMPS

Britain may not have German crowds or USA's three past the post and the TV audience was affected by one of the greatest cricket matches in history on the warmest ever late August bank holiday weekend but it was still a good championships. It was predictable (except the men's 800m and 1500m) as to who was going the make the team and that very few field eventers would ever get the very stiff qualifying marks. The women's 1500m was a great race for first but the best two were well ahead.

MATCH DAY

The Birmingham event happened on the same weekend as the Finland v Sweden match, an event that has attracted 50,000 fans in recent years.

One of my memories of the early 1970s was of British matches against the likes of Germany, France and Poland, whose championships are still on a similar level to Britain and they now seem just a distant memory.

OVERSEAS

ARGENTINA

Buenos Aires, August 25

BEDAN KAROKI retained his title with a course record 59.06 – the fastest ever time in South Africa – to defeat Ethiopia's Seifu Tura (59.16) and Kenya's Paul Lonyangata (59.49).

Stephen Mokoka was fourth in a South African record of 59.51.

Ethiopia's Ababel Yeshaneh won the women's race in a course record 67.44 from Kenyans Esther Chesang (69.25) and Rodah Jepkorir (69.31).

Men: HM: 1 B Karoki (KEN) 59.06; 2 S Tura (ETH) 59.16; 3 P Lonyangata (KEN) 59.49. **Women: HM:** 1 A Yeshaneh (ETH) 67.44; 2 E Chesang (KEN) 69.25; 3 R Jepkorir (KEN) 69.31

BELGIUM

Leuven, August 24

Men: PV: 1 Jin Min-Sub (KOR) 5.62.
Women: PV: 1 F Smets 4.51 (rec)

Brussels, August 23

Men: 100 (–0.3): 1 H Paulina (NED) 10.34; 2 K Bledman (TTO) 10.36; 3 S Effah (CAN) 10.40; 4 C Martina (NED) 10.43. **T12 (1.1):** 6 JAMES LEDGER 11.88. **200 (0.0):** 1 L Reid (IRL) 20.57; 2 R Vanderbemden 20.66; 3 J John (FRA) 20.70. **B (0.1):** 1 M Lawler (IRL) 20.87. **400:** 1 J Sacoor 46.39; 2 C O'Donnell (IRL) 46.54. **r1:** 7 A Mellon (IRL) 47.55. **800:** 1 P Bol (AUS) 1:46.03; 2 P Balhan 1:46.18; 11 C Kirk (IRL) 1:53.13. **1500:** 1 F El Kaam (MAR) 3:39.6. **110H (–0.1):** 1 M Obasuyi 13.68; 2 D Carter (JAM) 13.75. **400H:** 1 C French (NZL) 49.79; 2 S Boukamouche (ALG) 49.94; 3 R Lewis (JAM) 49.98; 4 J Gordon (TTO) 50.27. **LJ:** 1 L Manyonga (RSA) 8.13. **DT:** 1 P Milanov 64.19; 2 C Wright (JAM) 63.58. **Women: 400:** 1 A Brown (CAN) 52.22; 2 C Laus 52.58. **800:** 1 E Balčiūnaitė (LTU) 2.02.55; 6 K Kirk (IRL) 2.04.93. **1500:** 1 L Butterworth (CAN) 4.10.57. **3000sc:** 1 J Furlan (CAN) 9.44.37; 2 M Bouchard (FRA) 9.47.98; 4 K O'Flaherty (IRL) 10.03.51. **100H (0.0):** 1 N Visser (NED) 12.81; 2 A Talay (BLR) 12.84. **Ht 3 (1.2):** 1 Visser 12.93. **400H:** 1 C Krafzik (GER) 56.76. **100WC (0.0):** 5 OLIVIA GALLAGHER (U20) 23.78. **200WC (0.0):** 3 GALLAGHER 41.93. **400WC:** 5 GALLAGHER 83.24

Oordegem, August 22

DYLAN BORLEE defeated his brothers at 400m.
Men: 400: 1 D Borlee 45.74; 2 K Borlee 46.07; 3 J Borlee 46.41

CHINA

Daqing, August 22–24

WORLD CHAMPION Gong Lijiao won the women's shot with 19.46m.
Men: 110H: 1 Zeng Jianhang 13.65. **TJ:** 1 Wu Ruiting 17.09. **Women: SP:** 1 Gong Lijiao 19.46. **DT:** 1 Chen Yang 64.02; 2 Su Xinyue 62.00. **HT:** 1 Wang Zheng 74.52

Harbin, August 25

Men: Mar: 1 S Kiprotich Bett i(KEN) 2.10.30.
Women: Mar: 1 R Waithira i(KEN) 2.34.43

GERMANY

Bad Köstritz, August 23/24

Men: SP: 1 T Dahm 19.65. **DT:** 1 M Wierig 64.81; 2 D Jasinski 62.49; 3 M Ortega (COL) 61.94; 4 S Mattis (USA) 61.40; 5 T Brandt 61.33. **JT:** 1 J Vetter 89.28; 2 T Röhler 81.51.
Women: SP: 1 D Thomas-Dodd (JAM) 19.08; 2 C Schwanitz 18.84; 3 B Crew (CAN) 18.27; 4 J Woodard (USA) 17.66; 5 S Mitton (CAN) 17.60; 6 A Kenzel 17.36

Koblenz, August 21

Men: PV: 1 S Kendricks (USA) 5.81; 2 S Guttormsen (NOR) 5.60. **Women: PV:** 1 A Newman (CAN) 4.50; eq2 S Dauber/M Meijer (SWE) 4.40

Pfungstadt, August 21

Men: 3000SC: 1 K Bebendorf 8.27.52; 2 M Grau 8.28.94. **Women: 800:** 1 C Hering 1.59.41; 2 K Trost 2.00.36; 3 S Wolters-Verstegen (NED) 2.01.84

ICELAND

Islandsbanki Reykjavik Marathon, Reykjavik, August 24

Men: Mar: 6 JONATHAN MOORE (M50) 2.47.16; 23 DAN STAITE (M45) 2.56.50. **Women: Mar:** 7 ALICE BURCH (W35) 3.13.51. **HM:** 3 HELEN IBBOTSON (W40) 85.56

ITALY

International U18 Mountain Running Cup, Susa, August 24

WELSH athletes Mike Spill (17.03) in fifth and Eden O'Dea (20.49) in sixth were the leading British mountain runners as Spill led his U18 team to silver medals, while the Welsh U18 women were also the first of the home country teams in fourth.

The races were won by France's Hugo Schropfer (16.54) and Italy's Katja Patis (19.52) as France's men and Italian women took the team honours.
U18: men 4.1km: 1 H Schropfer (FRA) 16.54; 2 B Basset (FRA) 16.54; 3 M Allaire (FRA) 17.00; 5 MIKE SPILL (WAL) 17.03; 9 JOSEPH REARDON (WAL) 17.18; 13 MATTHEW KNOWLES (ENG) 17.36; 17 SUNNY MCGRATH (SCO) 17.56; 19 LOUIS GUEST (WAL) 18.01; 20 WILLIAM KAY (ENG) 18.01; 24 SEAN MCGINLEY (NIR) 18.29; 26 BEN O'DOWD (ENG) 18.35; 29 ALED JONES (WAL) 18.58; 30 SAMUEL SOLES (ENG) 19.01; 32 HARRY MCGILL (SCO) 19.05; 36 CALLUM MORGAN (NIR) 19.37; 38 CAMERON SALE (SCO) 19.57; 42 JOSEPH HAYNES (NIR) 20.35; 43 OISIN CASSIDY (NIR) 20.55. TEAM: 1 FRA 6; 2 WAL 33l 3 TUR 36; 6 ENG 59; 10 SCO 87; 11 NIR 102; 12 IRL 122. **U18 women: 4.1km:** 1 K Pattis (ITA) 19.52; 2 L Giovanetti (ITA) 20.05; 3 A Vicari (ITA) 20.06; 6 EDEN O'DEA (WAL) 20.49; 8 PIPPA CARCAS (SCO) 21.04; 9 ROSIE DAVIDSON (SCO) 21.10; 14 SAMIA JONES (WAL) 21.33; 21 GWYNETH PARRY (WAL) 22.13; 22 ROSIE WOODHAMS (ENG) 22.16; 25 CHLOE RYLANCE (ENG) 22.41; 27 ELLA QUINN (NIR) 22.54; 30 SORCHA MULLAN (NIR) 23.01; 31 JODY CAIN (WAL) 23.16; 34 ALICE CRANE (ENG) 23.35; 37 HELEN CHONG (SCO) 24.39; 38 REBECCA MAGEE (NIR) 24.59; 40 EIMEAR McBRIEN (NIR) 25.54; 41 FLORENCE DUFF (ENG) 26.08. **TEAM:** 1 ITA 6; 2 TUR 30; 3 USA 30; 4 WAL 41l 6 SCO 54; 9 ENG 81; 10 IRL 95; 11 NIR 95

KENYA

Iten, August 18

Men: 10km: 1 M Kimeli 28.57; 2 E Kiptoo 29.17. **Women: 10km:** 1 V Aiyabei 32.30; 2 E Chelimo 32.35; 3 D Tutoek 32.51; 4 J Chepkemoi 33.18

Kenyan Championships, Nairobi, August 21–22

GEOFFREY KAMWOROR and Agnes Tirop won Kenyan titles in races staged as Doha qualifiers.

Kamworor finished strongly to outlast Rhonex Kipruto in the closing stages with a time of 27.24.26.

With Kamoworor not planning to run in Doha, Kenya's team will be Kipruto (27.26.34), Rodgers Kwemoi (27.26.92) and Alex Oloitiptip (27.29.40) who all ran exceptional times in the high altitude.

Kenya will also have a strong women's trio. Tirop (31.25.00) surprisingly defeated world 5000m champion Hellen Obiri (31.25.38) with Rosemary Wanjiru a close third in 31.26.22.

Brilliant Jepkorir (31.30.39) and Irene Kamais (31.32.45) all finished within 40 metres of the winner.
Men: 400: 1 A Kishoyan 45.55. **800:** 1 T Cheruiyot 1.43.11 (1.45.88 sf); 2 J Kitilit 1.44.50; 3 C Tuwei 1.45.30; 4 K Ngeno 1.45.50 (1.45.43 sf); 5 A Kipsang 1.46.19; 6 G Kiplimo 1.46.29. **1500:** 1 E Manangoi 3.37.36; 2 K Taki 3.37.44; 3 J Soget 3.38.51; 4 E Kipchumba 3.38.96; 5 D Munguti 3.39.14; dq G Manangoi (U20). **5000:** 1 D Simuyu 13.15.92; 2 R Kiprop 13.21.86; 3 M Kibet 13.25.49; 4 J Kiprop 13.31.75. **10,000:** 1 G Kamworor 27.24.26; 2 R Kipruto 27.26.34; 3 R Kwemoi Chumo 27.26.92; 4 A Oloitiptip 27.29.40; 5 R Kimunyan 27.47.86; 6 B Kimeli 27.53.32; 7 S Kipngetich 28.04.75; 8 Soi 28.07.20; 9 V Cheruiyot 28.08.53. **3000SC:** 1 B Kigen 8.33.06; 2 J Kipkorir 8.34.71; 3 K Njiru 8.35.82. 4 T Kosgei 8.37.27. **in ht:** L Bett 8.31.8. **400H:** 1 N Chirchir 49.43 (49.30 ht); 2 E Bett 50.30. **HJ:** 1 M Sawe 2.15. **JT:** 1 J Yego 84.16. **10,000W:** 1 S Gathimba 40.30.8; 2 S Ndigiti 40.38.0. **4x400:** 1 KDF 3.04.56. **Women: 400:** 1 M Moraa 52.65. **800:** 1 J Wambui 2.00.01 (2.02.69 sf); 2 E Cherotich 2.01.03 (2.02.69 sf); 3 J Mawia 2.02.10; 4 E Sum 2.03.20. **1500:**



The Welsh under-18 team celebrate a silver in Italy

Irish rain slows times in Dublin Morton Games

IRELAND

Morton Games, Dublin, August 21

THE fickle Irish climate rained on an impressive parade of international athletes and Americans dominated as torrential showers and a strong wind made life difficult for everyone regardless of their discipline, *Malcolm McCausland reports*.

The headline event, the Morton Mile, was run in a downpour with only five men breaking four minutes when most years at least double that figure achieve the feat. Texan Robert Domanic used his usual strong kick along the finishing straight to score his second victory in the race, after an earlier win in 2017, with a 3:58.90 timing. Brighton Phoenix's Archie Davis, in seventh, was unfortunate to miss out on his first sub-four clocking with a 4:00.70 mark.

Australia's Patrick Tiernan was not perturbed by either a fall or running in a downpour to produce a clear win over 5000m in 13:28.41. Sprinters battled headwinds in excess of two metres per second all evening making Cordero Gray's 10.44 (-2.3) in the 100m worthy of note. Fellow US athlete Ibo Igbokwe battled the strong breeze to get under 46 seconds with a 45.95 mark in the 400m as the comeback of Ireland's Brian Gregan ended when he stepped off the track on the first bend complaining of a tight calf muscle.

There was no joy either for the home fans in the 800m as Mark English, fresh from his last gasp win in Birmingham and chasing a qualifying time for the world championships in Doha, could manage no better



Patrick Tiernan: leads the 5000m

than fourth behind former NCAA champion Isaiah Harris (1:48.20) who, like Domanic, had won in Cork seven days earlier.

There was almost a home victory in the women's 200m when Phil Healy lost out to Kiara Parker (23.94/-2.2) in a tight finish. Ciara Mageean was found wanting for finishing speed in the 800m as Lindsey Butterworth claimed top spot in 2:01.69. After a Canadian win in the 800m, normal service was resumed in the 1500m with US athletes filling all three podium spots, led by Elinor Purrier in 4:08.59.

Field events perhaps suffered most in the conditions, making Australian Eleanor Patterson's 1.89m in the high jump very impressive as was the 75.94m from Holland's Lars Timmerman in the men's javelin. **Men: 100 (-2.3):** 1 C Gray (USA) 10.44; 2 D Kemp (USA) 10.47; 3 G Smellie (CAN) 10.49. **Ht2 (-3.2):** 8 J Smyth 10.98. **400:** 1 O Igbokwe (USA) 45.95; 2 T van Diepen (NED) 46.28; 3 M Berry (USA) 46.42; 5 V Dos Santos Soares (POR) 47.32; 6 L Lennon-Ford 48.20. **800:** 1 I Harris (USA) 1:48.20; 2 H Abda (USA) 1:48.44; 3 E Sowinski (USA) 1:49.07; 4 M English 1:49.27. **Mile:** 1 R Domanic (USA) 3:58.90 (3:44.58 1500); 2 S Prakel (USA) 3:59.11 (3:44.75); 3 E Avila (USA) 3:59.26 (3:44.41); 4 J Knight (CAN) 3:59.85; 5 R Hunter (AUS) 3:59.98; 7 ARCHIE DAVIS 4:00.70 (3:45.59). **5000:** 1 P Tiernan (AUS) 13:28.41; 2 M Foppen (NED) 13:30.02; 3 F Barrer (FRA) 13:30.03; 4 L Bruchet (CAN) 13:30.36; 5 H Summers (AUS) 13:34.00; 6 S Hassan (SWE) 13:37.42; 8 SAM ATKIN 13:47.56; 10 CONOR BRADLEY 13:56.52, 11 KRISTIAN JONES 13:57.39. **JT:** 1 L Timmerman (NED) 75.94; 5 GAVIN JOHNSON-ASSOON 68.01; 8 JOE DUNDERDALE 61.90. **Women: 200 (-2.2):** 1 K Parker (USA) 23.94; 2 P Healy 24.02; 3 L Buchanan (CAN) 24.27. **800:** 1 L Butterworth (CAN) 2:01.33; 2 O Baker (USA) 2:01.69; 3 J Westaway (CAN) 2:01.70; 4 C Mageean 2:01.94; 5 S Kuivisto (FIN) 2:03.13; 6 K Kirk 2:03.46; 7 N Power 2:04.84. **1500:** 1 E Purrier (USA) 4:08.59; 2 E Cranny (USA) 4:09.01; 3 C McGee (USA) 4:09.06; 4 L Hall (AUS) 4:09.26. **HJ:** 1 E Patterson (AUS) 1.89; 2 S Lecky IU20) 1.83; 3 A Smith (USA) 1.83; 4 P Frederick (ANT) 1.83; 5 P Rogan 1.80; 6 EMILY BORTHWICK 1.80

Irish Life Health National Masters Championships, Tullamore, August 18

M35: 5000: 2 GLENN DONNELLY 15:33.24; 12 DARRELL MCKEE 16:15.02. **110H (-0.2):** 1 TREVOR MCGLYNN 16.85. **5000W:** 5 TONY MALONE (M65) 29:53.87. **LJ:** 4 MCGLYNN 5.50/-1.2. **M40: 100 (-0.2):** 1 GLEN SCULLION 11.60. **200 (0.2):** 1 SCULLION 23.92. **800:** 2 GLEN RICHARDSON 2:04.82. **M45: 100 (1.7):** 2 MARTIN O'DONNELL 12.31. **200 (-0.6):** 2 O'DONNELL 25.57. **M50: 800:** 1 CATHAL MCLAUGHLIN 2:16.13. **SP:** 1 DAMIAN CRAWFORD 12.01. **DT:** 1 CRAWFORD 36.15. **JT:** 1 CRAWFORD 46.58. **M55: 100 (1.8):** 1 PAT LOGAN 12.72. **200 (0.1):** 1 LOGAN 26.59. **800:** 2 DAVID CLARKE 2:19.02. **1500:** 1 CLARKE 4:39.93. **5000:** 1 T Hughes 16:39.99.**M60: 800:** 1 ROBERT BIGGER 2:29.96; 4 GERRY DOHERTY 2:34.22. **DT:** 3 PAUL HERRON 37.73. **M65: 5000:** 1 PAUL ELLIOTT 19:16.45.**M70: 5000:** 1 RICHARD PIOTROWSKI 20:47.61. **SP:** 1 JIM MCCLEAN 11.51. **M80: 100 (2.0):** 1 F Stewart 16.88. **SP:** 1 Stewart 9.44. **JT:** 1 Stewart 24.47. **W40 1500:** 2 CATHERINE DIVER 4:52.65. **W45: 100 (-0.7):** 1 LEANNE WELLINGS 13.79. **200 (2.2):** 1 WELLINGS 28.52. **800:** 3 RHONDA BRADY 2:36.72

Frank Duffy 10, Dublin, August 24

Men: 10M: 7 EOIN HUGHES 53:27. **Women: 10M:** 1 B Connolly (W40) 58:30; 2 GEMMA RANKIN 59:55; 28 C Kennedy (USA/W60) 72:40

1 W Chebet 4:05.09; 2 S Jepleting 4:05.43; 3 J Jepleting 4:06.27; 4 E Jebitok 4:08.63; 5 W Mbithe 4:09.08; 6 J Jelagat 4:09.75. **5000:** 1 S Chekurui 15:23.69 (15:34.68 ht); 2 D Kimeli 15:26.05 (15:35.00 ht); 3 E Cherono 15:27.73 (15:37.72 ht); 4 M Nyarui 15:35.84 (15:39.94 ht); 5 J Kisa 15:42.17; 6 M Cherono 15:44.72 (15:36.54 ht). **In hts:** S Chelangat 15:33.50; B Chebet 15:33.86; J Chepkemoi 15:38.43. 10,000 1 A Tirop 31:25.00; 2 H Obiri 31:25.38; 3 R Wanjiru 31:26.22; 4 B Jepkorir 31:30.39; 5 I Kamais 31:32.45; 6 S Ndiwa 31:48.03; 7 I Cheptai 31:51.90; 8 M Chelimo 32:04.67; 9 E Chirchir 32:06.74; 10 P Kamulu 32:13.91; 11 N Jelagat 32:22.25; 12 A Aprot 32:28.11. **3000SC**: 1 F Cherono 9:43.05; 2 M Wanjiru 9:43.96; 3 C Biwott 9:56.76. **400H:** V Kerubo 57.85. LJ: 1 M Imali 6.28

MOROCCO

African Games, Rabat. August 26

BENJAMIN KIGEN gained revenge for the Paris Diamond League and won the opening day's steeplechase in 8:12.39 as home favourite Soufiane El Bakkali could only finish a well-beaten third in 8:19.45. His only other steeplechase loss had come in the Rabat Diamond League. World champion Conseslus Kipruto was a non-finisher

Lilian Kasait narrowly won the other day's track final, the 5000m, in 15:33.63

Men: 3000SC: 1 B Kigen (KEN) 8:12.39; 2 G Wale (ETH) 8:14.06; S El Bakkali (MAR) 8:19.45; C Kipruto (KEN) DNF. **DT:** 1 S Ahmed (EGY) 59.29. **Women: 5000:** 1 L Kasait 15:33.63; 2 H Feysa (ETH) 15:33.99; 3 A Tariku (ETH, U20) 15:37.15; 4 S Chelangat (UGA) 15:38.11; 5 E Taye (ETH) 15:39.94; 6 L Jeruto (KEN) 15:43.56. **TJ:** 1 G Anigbata (NGR) 13.75

POLAND

Polish Championships, Radom, August 23–25

KONRAD BUKOWIECKI won the shot with 21.83m to claim the Polish title ahead of European indoor and outdoor champion Michal Haratyk (21.45m).

World champion Pawel Fajdek defeated European champion Wojciech Nowicki in the hammer, 78.61m to 74.75m, while Marcin Lewandowski won a very slow 1500m in 3:57.60, over 25 seconds slower than his Paris Diamond League time of the night before. **Men: 100 (0.8):** 1 D Kopeć 10.31. **Ht 2 (1.9):** 1 P Stowikowski 10.27. **Ht 3 (1.7):** 1 Kopeć 10.30. **200 (1.6):** 1 Kopeć 20.88. **400:** 1 W Suwara 46.35, 2 K Zalewski 46.49. **800:** 1 M Borkowski 1:55.19. **1500: 1** M Lewandowski 3:57.60, 2 Borkowski 3:58.01. **3000sc:** 1 K Zalewski 8:28.99. **110H (1.0):** 1 D Czykier 13.37, 2 A Noga 13.66. **Ht 1 (2.3):** 1 Czykier 13.41w. **Ht 2 (2.2)**: 1 Noga 13.68. **400H:** 1 P Dobek 50.34. **HJ:** 1 S Bednarek 2.16. **PV:** 1 P Wojciechowski 5.71, 2 R Sobera 5.71. **LJ:** 1 T Jaszczuk 8.10w. **TJ: 1** A Świderski 16.18. **SP:** 1 K Bukowiecki 21.83, 2 M Haratyk 21.45, 3 J Szyszkowski 20.02. DT: 1 B Stój 64.33, 2 P Małachowski 63.17, 3 R Urbanek 61.98. **HT:** 1 P Fajdek 78.61, 2 W Nowicki 74.75. **JT:** 1 M Krukowski 78.70. **10000W:** 1 D Tomala 42:20.50. **Women: 100 (0.5):** 1 E Swoboda 11.21. **Ht 1 (0.6):** 1 Swoboda 11.29. **200 (2.2):** 1 M Gola 23.50. **400:** 1 I Baumgart-Witan 51.48, 2 A Kiełbasińska 51.51, 3 J Święty-Ersetic 51.63, 4 M Hołub-Kowalik 51.92. **800:** 1 A Sabat 2:02.94, 2 J Jóźwik 2:03.46. **1500:** 1 S Ennaoui 4:13.07. **3000sc:** 1 M Ślusarczyk 10:10.60. **100H (1.2):** 1 K Kołeczek 12.82, 2 K Siciarz 12.85. **400H:** 1 J Linkiewicz 55.55. **Ht 1:** 1 Linkiewicz 56.31. **HJ:** 1 K Ličwinko 1.90. **PV:** 1 K Przybyła 4.25. **LJ:** 1 J Kuryło 6.29w. **TJ:** 1 A Szóstak 13.30. **SP:** 1 P Guba 18.57, 2 K Kardasz 18.15. **HT:** 1 M Kopron 73.95, 2 J Fiodorow 72.76. **JT:** 1 M Andrejczyk 59.00. 5000W: 1 K Zdziebło 22:23.64

Polish 5000m Championships, Sieradz, August 18

Men: 5000: 1 K Zalewski 14:10.73. **Women: 5000:** 1 K Jankowska 15:49.68

RUSSIA

Voronovo, August 24

Men: 5kmW: 1 V Mizinov 18:37, 2 M Krasnov 18:45, 3 K Frolov 19:02. **Women: 5kmW**: 1 N Sergeyeva 21:10, 2 M Novikova 21:24

SERBIA

Serbian Championships, Krusevac, August 24–25

Women: LJ: 1 I Spanovic 6.76/-0.4

SPAIN

Madrid, August 25

MIKE RODGERS won the 100m in a season's best 9.97/1.4 ahead of Jimmy Vicaut's 10.05.

South African record-holder Carina Horn won the women race in 11.01/0.4 over Ivet Lalova-Collio and world champion Tori Bowie. **Men: 100 (1.6):** 1 M Rodgers (USA) 9.97, 2 J Vicaut (FRA) 10.05, 3 A Sani Brown (JPN) 10.05, 4 Y Kiryu (JPN) 10.08, 5 D Kemp (USA) 10.12, 6 M Fall (FRA) 10.14, 7 A Powell (JAM) 10.26, 8 S Magakwe (RSA) 10.34. **Ht 1 (0.2):** 1 Powell 10.15, 2 Vicaut 10.20, 3 Sani Brown 10.21. **Ht 2 (1.0):** 1 Kiryu 10.04, 2 Rodgers 10.07, 3 Kemp 10.16, 4 Magakwe 10.20, 5 J van Gool (NED) 10.23. **400:** 1 E Bamidele (NGR) 44.85, 2 A Abubaker (BRN) 44.90, 3 N Strother (USA) 45.33, 4 J Jrummi Walsh (JPN) 45.35, 5 L Janežič (SLO) 45.98, 6 Ô Husillos 46.17, 7 L Santos (DOM) 46.18. **800:** 1 A Kipketer (KEN) 1:44.50, 2 J Kitilit (KEN) 1:45.24, 3 K López 1:45.38, 4 Á de Arriba 1:45.57, 5 M Garcia 1:45.67, 6 J Al-Hayrani (QAT) 1:45.90. **3000:** 1 F Carro 7:51.69, 2 T Worku (ETH) 7:52.01. **110H (1.5):** 1 O Ortega 13.32, 2 M Trajkovic (CYP) 13.44, 3 Y Al-Yoha KUW 13.45, 4 A Alkana (RSA) 13.56, 5 H Fofana (ITA) 13.70. **400H:** 1 K Mowatt (JAM) 48.89, 2 K Rosser (USA) 49.08, 3 S Fernández 49.14, 4 B Hemeida (QAT) 49.33, 5 J Santos (DOM) 49.54, 6 C Fredericks (RSA) 49.87. **HJ:** 1 D Nabokau (BLR) 2.30, eq2 E Yañez (VEN)/R Sato (JPN) 2.22, eq4 J Castro (PUR)/H Saleh (QAT) 2.22. **TJ:** 1 C Benard (USA) 16.63, 2 T Pereira (POR) 16.60. **JT:** 1 A Novac (ROU) 80.73. **Women: 100 (0.4):** 1 C Horn (RSA) 11.01, 2 I Lalova-Collio (BUL) 11.08, 3 T Bowie (USA) 11.09, 4 T Gaither (BAH) 11.22, 5 L Bazolo (POR) 11.23, 6 K Parker (USA) 11.27. **Ht 1 (0.4):** 1 Lalova-Collio 11.17. **Ht 2 (0.1):** 1 Bowie 11.15, 2 Horn 11.15. **400:** 1 P Miller (RUS, U20) 51.00 (U20 rec), 2 J Stepter (USA) 51.18, 3 E Artymata (CYP) 51.34, 4 C Azevedo (POR) 51.78, 5 A Horvat (SLO) 52.15, 6 M Price (CAN) 52.28. **B:** 1 C Fiordaliiza (DOM, U20) 52.71 (U20 rec). **1500:** 1 S Osika (USA) 4:12.11, 6 M Koster (NED) 4:14.74,, 8 S Rowbury (USA) 4:15.65. **PV:** 1 Xu Huiqin (CHN) 4.61, 2 M Kylypko (UKR) 4.51. **LJ:** 1 C Malone (IVB) 6.56

Los Corrales de Buelna, August 21

Men: 400H: 2 EDDIE BETTS (M45) 56.37

Santander, August 7

Men: 400H: 1 EDDIE BETTS (M45) 56.12

SWEDEN

Sweden v Finland, Stockholm, August 24–25

SWEDEN won both men's and women's matches in this annual fixture that was first held in 1925 and despite no longer being between two of the leading athletic nations is still considered a major event in the two countries and attracts a good crowd.

The highlight came from European pole vault champion Armand Duplantis who set a meeting record of 6.00m on his first attempt.

Perseus Karlstrom set a world lead of 38:03.95 to win the 10,000m race walk.

Daniel Stahl returned from injury to gain a top-class discus win in 69.42m.

Men: 100 (0.3): 1 H Larsson 10.24. **200 (2.2):** 1 Larsson 20.54. **400:** 1 N Ekelund-Arenander 47.27. **800:** 1 E Martinsson 1:51.84. **1500:** 1 A Almgren 3:41.20. **5000:** 1 K Berglund 13:54.52. **10,000:** 1 A Abraha 29:21.37. **3000sc:** 1 T Raitanen (FIN) 8:46.97. **110H (0.5):** 1 E Lakka (FIN) 13.56. **400H:** 1 O Mörö (FIN) 50.26. **HJ:** 1 F Delryd 2.16. **PV:** 1 A Duplantis 6.00. **LJ:** 1 K Pulli (FIN) 8.10w, 2 T Montler 7.99, 3 A Carlsson 7.84w, 4 M Tornéus 7.78. **TJ:** 1 J Hellström 16.71. **SP:** 1 W Petersson 20.19. **DT:** 1 D Ståhl 69.42, 2 S Pettersson 63.29, 3 N Arrhenius 61.05. **HT:** 1 H Liipola (FIN) 72.11. **JT:** 1 K Amb 85.89, 2 L Etelätalo (FIN) 82.15, 3 O Helander (FIN) 80.66, 4 T Kuusela (FIN) 79.38. **10,000W:** 1 P Karlström 38:03.95 (rec). **4x100:** 1 FIN) 39.82, 2 SWE 40.01. **4x400:** 1 SWE 3:09.66, 2 FIN 3:11.65. **Women: 100 (1.3):** 1 I Ekelund 11.44. 200 (1.4): 1 Ekelund 23.50, 2 M Hjelmer 23.51. **400:** 1 Hjelmer 53.84. **800:** 1 Y Ngarambe 2:02.98, 2 S Kuivisto (FIN) 2:03.27. **1500**: 1 Ngarambe 4:10.20, 2 Kuivisto 4:10.85. **5000:** 1 S Mengsteab 15:50.41, 2 C Richardsson (FIN) 15:51.31. **10,000:** 1 H Lindholm 33:40.22. **3000SC:** 1 Richardsson9:55.64. **100H (0.1):** 1 A Korte (FIN) 12.85, 2 N Neziri (FIN) 12.92, 3 R Hurske (FIN) 13.09. **HJ:** 1 E Kinsey 1.90. **LJ:** 1 T Koilahti (FIN) 6.18, 2 T Johansson 6.18. **TJ:** 1 S Salminen (FIN) 13.83. **SP:** 1 F Roos 18.00. **DT:** 1 S Sipponen (FIN) 57.35, 2 Roos 56.40. **HT:** 1 I Storm 65.62. **JT:** 1 J Kangas (FIN) 56.92. 5000W: 1 E Neuvonen (FIN) 22:58.28. **4x100:** 1 FIN 44.48, 2 SWE 44.58. **4x400:** 1 SWE 3:38.39, 2 FIN 3:39.10

SWITZERLAND

Swiss Championships, Basel, August 23/24

Mujinga Kambundji set a Swiss record 22.26/1.2 in the women's 200m.

Men: 100 (0.3): 1 A Wilson 10.26. **200 (1.0):** 1 Wilson 20.44. **400:** 1 R Petrucciani 46.82. **800:** 1 J Schöpfer 1:49.56. **1500:** 1 T Elmer 3:49.50; 2 J Wanders 3:50.64. **5000:** 1 J Raess 14:19.88; 5 NEIL BURTON 14:31.98. **110H (0.4):** 1 J Joseph 13.42. **Ht 1 (0.1):** 1 Joseph 13.52. **400H: 1** K Hussein 49.21. **HJ:** 1 L Gasch 2.15. **PV:** 1 D Alberto 5.20. **LJ:** 1 S Ehammer (U20) 7.84 (U20 rec). **TJ:** 1 C Kouassi 15.75. **SP:** 1 G Ott 17.51. **DT:** 1 G Ott 52.10. **HT:** 1 M Bingisser 62.04. **JT:** 1 S Wieland 75.68. **Women: 100 (-0.2):** 1 M Kambundji 11.00; 2 L Sprunger 11.35. **Ht 1 (-0.2):** 1 Kambundji 11.32. **Ht 2 (0.6):** 1 Sprunger 11.38. **200 (1.2):** 1 Kambundji 22.26 (rec) 2 S Atcho 23.33. **400:** 1 F Humair 53.40. **800:** 1 L Ammann 2:07.79. 1500: 1 D Sclabas 4:23.60. **5000:** 1 N Egger 16:28.85. **100H (0.6):** 1 N Zbären 13.28. **400H:** 1 Y Giger 56.69; 6 AVRIL JACKSON 61.08 (61.67 ht). **HJ:** 1 S Lang 1.83. **PV:** 1 A Moser 4.51; 2 N Büchler 4.35. **LJ:** 1 A Kälin 6.24. **SP:** 1 G Ruckstuhl 14.29. **DT:** 1 C Tanner 48.93. **HT:** 1 N Zihlmann 64.56. **JT:** 1 Ruckstuhl 51.75

La Chaux-de-Fonds, August 21

Men: 100: 1 Su Bingtian (CHN) 10.34; 3 A Infantino (ITA) 10.43; 6 ALEX BEECHEY 10.94. **200 (1.9):** 1 Infantino 20.52; 2 J Jakpa (NGR) 20.59;, 5 BEECHEY 21.38

USA

Flint, August 24

KENYAN Julius Kogo won for the eighth time in the 42nd edition of the race in 46:52, while Vicoty Chepnego broke Cathy O'Brien's 30-year-old record with a 51:35 victory. **Men: 10M:** J Kogo (KEN) 46:52; 2 N Martin 46:56. **Women: 10M:** 1 V Chepngeno (KEN) 51:35; 2 I Chepkemoi (KEN) 51:43.

TRACK & FIELD

AUGUST 26

TRAFFORD AC MEDAL OPEN MEETING, Stretford

U15 mixed events: 100: r1: 1 R Austin (W Ches, U13) 12.86. **r4:** 1 A Bradshaw (Macc) 11.90. **r6:** 1 I Pughe (W Ches, U15W) 12.71. **150: r1:** 1 C Ufuoma (Bolt, U13W) 20.13. **r2:** 1 N Le'Gall (Wirr, U13W) 20.20; 2 T Grover (Sale, U13W) 21.40; 3 L Salter (Stock H, U13W) 21.59. **r3:** 1 S Redfern (Stock TF, U13W) 20.56; 2 J Lord (Stock H, U13W) 21.77. **200: r1:** 1 L Parsons (W Ches, U13) 25.95. **r3:** 1 A Bradshaw (Macc) 24.18. **r5:** 1 I Pughe (W Ches, U15W) 26.15

U15 boys: 300: 1 S Collins (Stock H) 38.17. **800:** 1 M Dobson (SHS) 2.08.59. **1500:** 4 J Lamb (Chor ATC, U13) 4.52.95. **HJ:** 1 K Calvert (Wirr) 1.71. **LJ:** 1 K Calvert (Wirr) 6.09. **SP:** 1 I Delaney (Prest) 13.26; 2 C Uzoigwe (Traff) 12.78; 3 L Greenhalgh (Bolt) 11.93; 4 J Cook (Bury) 11.62. **DT:** 1 L Greenhalgh (Bolt) 41.96; 2 I Delaney (Prest) 41.51. **JT:** 1 O Atkinson (C&N) 48.66; 2 L Forster (Leigh) 46.22

U13: 800: r1: 1 A Warburton (Osw) 2.21.34; 2 C Stanway (Traff) 2.22.08; 3 S Cross (Burt) 2.23.34; 4 G Mullen (SHS) 2.24.73; 5 R Price (Vale R) 2.24.75; 6 B Shackleton (Wake) 2.24.87. **r2:** 1 L Parker (W Ches) 2.24.91. **75H:** 1 L Greenhalgh (Wirr) 13.82. **HJ:** 1 T Harfield (Chor ATC) 1.50. **LJ:** 1 T Harfield (Chor ATC) 4.79. **JT:** 1 T Harfield (Chor ATC) 45.90

U17 women: 80H: 1 S Fryer-Francis (Sale) 12.13; 2 S Dragisic Wood (Sale) 12.40

U15: 300: 1 O Brown (Sale) 42.85. **800:** 1 H Butcher (Roth) 2.19.63; 2 I Burke (Sale) 2.21.36. **75H: r1:** 1 M Corker (Warr) 11.24; 2 P Johnson (Sale) 12.01; 3 I Caven (Prest) 12.35. **HJ:** 1 R Cox (Stock H) 1.59. **LJ:** 1 R Wisbey (W Ches) 5.01; 2 K Horobin (Stock TF) 4.94. **DT:** 1 N Saunders (B'burn) 30.48. **HT:** 1 S Moss-Turner (Leigh) 37.16; 2 N Saunders (B'burn) 35.99

U13: 75: r2: 1 C Ufuoma (Bolt) 10.04. **r3:** 1 N Le'Gall (Wirr) 10.42. **r4:** 1 K Brant (Burt) 10.67. **1200:** 1 S Clough (Sale) 3.57.78; 2 L Rickerby (Chor ATC) 4.06.98; 3 E Karalius (Sale) 4.12.16; 4 S Meade (Stock H) 4.17.43. **70H: r1:** 1 S Redfern (Stock TF) 11.88; 2 J Rimmer (Traff) 11.92. **r2:** 1 L Unsworth (Stock TF) 12.13. **r3:** 1 K Brant (Burt) 11.43; 2 J Lord (Stock H) 12.18. **HJ:** 1 A Brown (Traff) 1.40. **DT:** 1 L Unsworth (Stock TF) 23.44. **JT:** 1 L Oldale (Sale) 25.79

AUGUST 25

KNOCKANDO HORIZONTAL JUMPS OPEN SERIES, Knockando

U17 mixed events: LJ: 1 K Wilkinson (Elgin) 6.60/0.0. **TJ:** 6 E Jones (High H, U15W) 10.39/-0.1; 7 E Creamer (Banc, U15W) 10.01/0.9

AUGUST 24

CHARNWOOD AC OPEN SERIES, Loughborough

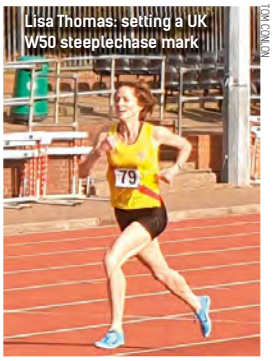
DOUBLE Paralympic sprint champion Libby Clegg raced for the first time since she having a baby. With her guide runner Chris Clarke, she ran the 200m in 29.64, *David Brown reports.*

Two-time Paralympic champion Richard Whitehead contested the 100m for the first time this season and ran 12.79, and then ran the 200m in 23.83.

Paralympic, world and European medallist Jonathan Broom-Edwards high jumped 2.05m.

In the 100m, world masters indoor 200m medallist Michelle Thomas and long jump medallist from the same competition Joanne Frost topped their age-group rankings in the W45 and W40 age groups respectively with 13.09 and 12.92.

Men: 100 (-0.1): 1 F Batchelor (Bir) 10.89; 2 A Grimwood (Worc) 10.91; 3 O Sinclair (Charn) 10.94. **Ht1 (-0.2):** 1 F Batchelor (Bir) 10.93; 2 A Grimwood (Worc) 10.99. **Ht5 (1.9):** 2 R Hingley



Lisa Thomas: setting a UK W50 steeplechase mark

TOM MORTON

(B&R, M40) 12.05. **Ht6 (0.2):** 7 J Statham (Charn, M55) 12.86. **Ht7 (-0.9):** 1 R North (Mid M, M40) 11.95. **HJ:** 1 N De Luca (IYA) 2.05; 2 J Broom-Edwards (NEB) 2.05; 3 M Ashley (Shef/Dearn) 2.00; 6 I Bogle (Leam AA, U15) 1.70. **HT: B:** 1 J Paget (Salis) 56.23. **JT: B:** 1 F Bishop-Timings (R&N, U20) 50.67

Mixed events: 200: r10 (0.9): 2 R Whitehead (S'well, M40) 23.83. **r11 (1.2):** 1 J Jolob (Charn, U17) 22.69. **r12 (0.7):** 1 W Hughes (Nene V, U20) 22.06. **r7 (2.3):** 2 J Winogrodzka (Bolt, U15W) 26.26; 5 M Thomas (Bir, W45) 27.44. **r9 (0.5):** 1 D Seidu (W&SV, U15) 24.36.

300: r3: 1 J Carrott (Charn, U15) 37.35; 2 O Atkinson (C&N, U15) 38.81; 5 A Abberley (Roth, U15W) 42.13; 6 U Athlete (Unattached, U13) 42.89. **400: r2:** 3 D Locker (Charn, M40) 55.68; 5 L Elcock (B'nth, U20W) 58.97. **r4:** 1 M Lonsdale (Crook) 49.13; 2 J Dickenson (Amber, U20) 49.41. **800: r3:** 3 W Evans (Tip, U13) 2.23.90. **r4:** 1 S Dunbobbin (W&SV, U15W) 2.19.78; 6 S Smith (Charn, U13W) 2.24.29; 9 S Barrett (Corby, U13W) 2.27.34. **r5:** 4 I King (W&SV, U17W) 2.13.53; 7 E Here (Charn, U20W) 2.16.75; 8 E Odlin (Nene V, U17W) 2.17.45; 9 C Smith (Bir, U13) 2.17.45; 11 W Ronald (Corby, U13) 2.24.59. **r6:** 4 J Minshull (Cov, U15) 1.59.88; 5 F Tremblay (RSC, M40) 2.00.22. **1500: r1:** 5 M Vernon (Stoke, W45) 5.15.04. **r2:** 2 S King (W&SV, U13W) 4.54.49; 3 E Brooks (Linc W, U15W) 4.56.23. **r3:** 9 G Moffatt (Dark Pk, M50) 4.42.89; 11 J Ryan (Mans, U13) 4.52.89; 13 O Bonshor (Charn, U17W) 4.53.50. **Mile:** 4 A Wetherill (Mans, M60) 5.14.44; 6 T Hinxman (Der, W45) 5.26.98. **3000: r2:** 1 H Beech-McPhilbin (Notts, U17) 9.19.68; 3 S Harrison (Notts, W) 9.50.95; 8 L Palmer-Blount (Der, W40) 10.07.01; 9 R Parkin (Der, M55) 10.29.36; 11 I Barwell (Linc W, U15W) 10.48.11. **PV: A:** 1 Z Michalowski (Charn, U15) 3.10; 3 H Woodward (R&N, U15) 2.90; 4 L Cherry (Charn, U15W) 2.50; 7 L Hall (C'field, U13W) 2.40; 8 E Barwell (Linc W, U13W) 2.30; 10 F Williams-Stein (Leam, U13) 2.20; 11 H Watson (Tel, W45) 2.00. **B:** 1 J Watson (Tel, U20) 4.50; 2 C Williams-Stein (Leam, U17) 4.00; 3 L Michalowski (Charn, U17) 3.80; 6 I Crameri (Tam, U17W) 3.10; 7 G Wilson (Amber, U17W) 3.00; 8 L Pinchess (Notts, U15W) 2.90. **TJ:** 3 E Simpson (Alt, U17W) 10.86; 4 C Yates (Amber, U17W) 10.74; 8 L Fitzpatrick (Amber, U15W) 9.63. **SP: A:** 1 B Bowley (Burt, M70) 8.66. **B:** 1 D Capes (Nene V, U15) 14.56; 2 Z Grinsted (Lut, U15) 13.30; 3 Z Acton (Burt, U20W) 10.75; 4 A Sharples (Linc W, U20W) 10.22. **DT: A:** 3 B Bowley (Burt, M70) 26.46. **B:** 1 B Scott (Mil K, M65) 36.28; 2 A Sharples (Linc W, U20W) 34.25; 3 Z Acton (Burt, U20W) 32.18. **JT: B:** 1 O Atkinson (C&N, U15) 47.98; 2 J Brown (Amber, U20W) 38.07

U20: HT: B: 1 J Lancaster (SB) 61.76; 2 J Careless (Notts) 43.01

U17: 100H (1.8): 1 T Watson (Tel) 14.09; 2 D Naylor (C&N) 14.18; 3 H Selerzynski (POL) 14.98. **SP: B:** 1 C Archer (Ret) 13.77. **HT: B:** 1 T Conibear (Yate) 62.11. **JT: B:** 1 A Lloyd (Tel) 61.30; 2 S Parrott (Charn) 48.46

U15: 100 (2.5): 1 J Carrott (Charn) 11.68; 2 D Seidu (W&SV) 11.78; 3 A Jones (Banb) 11.86; 4 B Fogden (C'field) 11.99; 6 H Rhooms (Tip, U13) 12.21. **Ht1 (0.7):** 1 J Carrott (Charn) 11.85; 2 A Jones (Banb) 11.88; 3 D Seidu (W&SV) 11.89; 4 H Rhooms (Tip, U13) 12.07. **80H (1.1):** 1 D Bradley (C&N) 11.75; 2 N Mills (Charn) 11.78; 3 I Bogle (Leam AA) 12.70. **DT: B:** 1 Z Grinsted (Lut) 42.04

U13: 75H (1.1): 1 S Lok (Corby) 13.39; 2 F Williams-Stein (Leam) 13.97. **JT: B:** 1 T Weaver (Strat) 32.59

M65: HT: A: 1 B Scott (Mil K) 33.56

Women: 100 (1.0): 2 J Frost (B&R, W40) 12.92; 4 M Thomas (Bir, W45) 13.09. **Ht1 (-0.1):** 2 J Frost (B&R, W40) 13.00; 3 M Thomas (Bir, W45) 13.10. **HJ:** 1 K Anson (Liv H) 1.74; 2 C Hayes (WSEH) 1.70; 3 C Yates (Amber, U17) 1.60; 4 N Need (Notts, U13) 1.45; 6 I Laugharne (Amber, U13) 1.45. **LJ: B:** 1 A Gordon (Amber, U13) 4.64; 3 D Bleach (Cov, U13) 4.53. **HT: B:** 1 K Eldredge (Lough S) 52.62; 2 P Baggott (W&B, U20) 51.53; 3 P Bean (Notts, U20) 48.97; 4 K Hutchinson (Der) 48.38; 5 J Routledge (Charn, U20) 46.44; 6 J Trapnell (Mil K, U20) 45.21; 7 G Page (Shef/Dearn) 41.24. **HT: A:** 1 P Hewitt (Norw, U15) 33.45; 2 T Smith (Mans, U15) 29.72; 3 C Bowers (R&N, U15) 29.54; 4 A Findlay (Rush, U15) 28.35

U17: 80H (-0.8): 1 D Hales (Tel) 11.67; 2 J Winogrodzka (Bolt, U15) 11.95. **LJ: A:** 2 L Smith (BRAT, U13) 4.63. **HT: B:** 1 E Baggott (W&B) 41.90

U15: 100 (-0.8): 1 J Winogrodzka (Bolt) 12.88; 4 S Morgan (N'pton, U13) 13.20; 5 D Bleach (Cov, U13) 13.41. **Ht1 (-0.8):** 4 S Morgan (N'pton, U13) 13.24; 5 D Bleach (Cov, U13) 13.40. **600:** 1 D Locker (Charn) 1.40.93. **75H (1.2):** 1 C Smyth (Amber) 12.04

U13: 70H: Ht1 (-0.5): 1 D Bleach (Cov) 12.38. **Ht2 (1.5):** 1 O Ndefo (R&N) 11.48; 2 K Brant (Burt) 11.65; 3 I Laugharne (Amber) 12.33; 4 A Gordon (Amber) 12.33; 5 Z Smith (Newk) 12.35

HERNE HILL OPEN, Tooting Bec

W50 LISA THOMAS improved on her UK age-group record set three days earlier when she clocked 7.50.15 for the 2000m steeplechase, *Tom Pollak reports.*

Her time improved on the 7.51.4 she set at Kingston earlier in the week and it was the third occasion she dipped inside eight minutes for the distance. The first time was at Ashford in June when she clocked 7.52.31. The Hercules Wimbledon athlete has consistently improved on the previous mark of 8.08.69 by Jane Pidgeon at the World Masters in 2015 and this was the fifth time she had done so.

Thomas' best before this summer was 8.09.6 posted in June last year.

The meeting was due to include the South of England 10,000m championships but these were cancelled as only four entries had been received by the closing date. However, the Surrey track championships over the distance did take place and was won in a close finish by Dulwich Runners' Ed Chuck in 32.55.49 who retained his title just three seconds ahead of Paul Prothero of South London Harriers.

Chuck had set off at sub-32 tempo and built a 20-second lead but the high temperatures slowed him and he was anxiously looking over his shoulder in the closing laps.

Also on the track, teenager Derek Kinlock, the Surrey County and Schools 200m champion and South of England bronze medallist, posted lifetime bests of 10.66 and 21.22, with legal following winds, in posting the fastest 100 and 200m times of the day.

The organisers were unable to supply us with full results as we went to press.

Selected results

Men: 100/200: D Kinlock (Croyd, U20) 10.66/21.22. **10,000:** E Chuck (Dulw) 32.55.49

Women: 2000SC: L Thomas)Herc W, W50) 7.50.15 (UK W50 rec)

MID LANCASHIRE LEAGUE, Blackpool

Men: 100: r1: 4 C Burgess (S'port W, M40) 12.2. **200:** 2 Burgess 24.9. **LJ:** 1 T Alexanderson (Bir) 6.85. **DT:** 1 A Kent (B'burn, U20) 39.20. **HT:** 1 A Kent (B'burn, U20) 46.73

U17: HJ: 1 S Clarkson (Liv PS) 1.85. **TJ:** 1 S Sinclair (BWF) 13.09. **SP:** 1 B Steel (Liv PS) 12.79

U15: 1500: 1 L Rawcliffe (BWF) 4.25.7; 2 D Valentine (Prest) 4.27.9. **80H:** 1 D Shuttleworth (Prest) 11.9; 2 J Elphick (BWF) 12.6. **HJ:** 1 J Garrity (Liv PS) 1.70. **SP:** 1 I Delaney (Prest) 14.20; 2 W Waters (BWF) 12.03. **DT:** 1 I Delaney (Prest) 35.49

U13: 800: 1 L Townley (Prest) 2.21.6. **HJ:** 1 J Whiteside (Prest) 1.59; 2 T Harfield (Chor ATC) 1.45. **LJ:** 1 T Harfield (Chor ATC) 4.77. **JT:** 1 T Harfield (Chor ATC) 41.19

Women: 100: 1 A Saunders (Pend, W45) 13.7. **200:** 1 A Saunders (Pend, W45) 28.2. **1500:** 1 J Nelson (B'burn, W45) 4.56.2. **LJ:** 1 M Brindle (Wig D) 5.50. **SP:** 1 A Peers (B'burn) 11.38. **DT:** 1 S Henton (B'burn, W45) 36.26; 3 K Coupland (S'port W, W40) 28.34; 5 L Baker (Pend, W55) 22.40. **HT:** 2 L Baker (Pend, W55) 21.61. **JT:** 1 A Peers (B'burn) 37.94

U17: 300: 1 K Proctor (Prest) 41.9. **HT:** 1 E Harrison (Prest, U15) 42.24; 2 J Groves (Liv PS) 37.63; 3 N Saunders (B'burn, U15) 36.65; 4 G Bontoft (B'burn, U15) 31.33; 6 B Cordwell (Chor ATC, U15) 28.21

U15: 200: r1: 1 L Poole (Chor ATC) 26.1. **75H: r1:** 1 E Rankin (Prest) 11.7. **r2:** 1 I Caven (Prest) 12.5. **4x100:** 1 BWF 52.9. **DT:** 1 N Saunders (B'burn) 30.59

U13: HJ: 1 A Broomby (Carl) 1.41. **DT:** 1 T Pollard (B'burn) 24.35

NEWQUAY & PAR SPRINTS, JUMPS, RELAYS & ONE MILE OPEN, Par

U15 mixed events: LJ: 1 I Ketterer (N&P) 5.74

Mixed events: 100: r2: 5 N Tunstall (Corn, M55) 12.9. **400: r1:** 4 L Baird (KuH, M40) 53.0. **r2:** 1 N Tunstall (Corn, M55) 59.6. **Mile:** 4 M Luke (Corn, U15W) 5.10.6. **PV:** 2 N Jones (Ply, U15) 3.50; 3 B Rason (N&P, U15W) 3.10; 4 L Hughes (Corn, U17W) 3.00; 5 S Wragg (N&P, U13) 2.00. **LJ:** 2 S Poole (Corn, U17) 6.44. **TJ:** 1 S Poole (Corn, U17) 13.23; 3 G Scoot (Torb, U17W) 11.50

NORTH OF ENGLAND LEAGUE DIVISION 1 PROMOTION MATCH, Stretford

MATCH: 1 Sale Harriers Manchester 390; 2 Preston Harriers 369; 3 Rotherham H 272; 4 Leeds City 210; 5 Wigan & District H 137

Men: 400: B: 2 M Ward (Roth, M50) 52.5. **800: A:** 1 O Meslek (Leeds C) 1.54.3; 2 S Gee (Sale, U20) 1.55.8. **1500: A:** 1 O Meslek (Leeds C) 3.55.8. **5000: A:** 1 K Darcy (Prest, M35) 15.42.8. **3000SC: A:** 1 M Abshir (Leeds C) 9.58.9; 4 C Ireland (Roth, M55) 11.46.2. **HJ: A:** 1 A Thomas (Sale, U17) 1.85; 3 S Linsell (Leeds C, M55) 1.70. **PV: A:**1 M Johnson (Leeds C, M50) 4.00; 2 A Ashurst (Sale, M50) 3.50. **LJ: B:** 3 J Gittens (Leeds C, M55) 4.71. **TJ: A:** 3 J Gittens (Leeds C, M55) 10.41. **SP: A:** 1 N Young (Sale, U20) 14.25; 3 M Allison (Leeds C, M45) 11.16. **DT: A:** 1 N Young (Sale, U20) 39.95; 3 M Allison (Leeds C, M45) 36.66. **B:** 2 S Linsell (Leeds C, M55) 29.76. **JT: A:** 1 M Allison (Leeds C, M45) 42.79

Women: 100: B: 2 N Adusei (Leeds C, W40) 13.1. **200: A:** 3 S Wilkinson (Prest, W45) 28.0. **B:** 2 N Adusei (Leeds C, W40) 27.1. **400: A:** 1 K Clarkson (Sale, U17) 59.2. **B:** 2 S Wilkinson (Prest, W45) 61.7. **800: A:** 1 H Holmes (Roth) 2.16.0. **B:** 1 C Robinson (Roth, U20) 2.17.1. **3000: A:** 1 S Wood (Sale) 10.08.6. **TJ: A:** 1 R Keen (Sale, U20) 11.80; 4 C Warden (Prest, W45) 8.56. **SP: A:** 1 M Noblett (Prest, U17) 9.96. **HT: A:** 1 L Forrest (Roth, U17) 43.79; 2 B Lishman (Wig D, W35) 40.21; 3 E Vickers (Prest, U20) 37.60. **B:** 2 R Lowe (Prest, U20) 33.77. **JT: A:** 1 R Hopper (Wig D, U20) 32.60

SCOTTISH ATHLETICS THROWS GRAND PRIX OPEN, Livingston

U17 mixed events:' SP: A: 1 M Porterfield (VPCG, U15W) 12.98; 2 H Berry (VPCG, U17W) 11.83; 3 S Gough (Law, U17W) 11.02

U13: DT: C: 1 Z Loughrey (VPCG, U13W) 22.90

Men: HT: B: 1 A Costello (Glas C) 52.78; 2 D Little (Glas C, M35) 47.04

Mixed events: SP: A: 1 M Porterfield (VPCG, W35) 13.08; 2 C Simpson (Law, U15) 12.17. **SP: B:** 3 C Cameron (VPCG, W60) 8.98. **DT: B:** 1 H Berry (VPCG, U17W) 35.34; 2 M Porterfield (VPCG, U15W) 35.10; 3 K Maxwell (VPCG, U17W) 31.17; 10 C Cameron (VPCG, W60) 25.32. **JT: B:** 1 L Brown (Falk, W45) 23.25

U20: HT: C: 1 D Gracie (Annan, U17) 44.69

U17: SP: A: 1 S Ugbe (Mont) 13.36. **DT: B:** 1 D Gracie (Annan) 38.95. **HT: B:** 1 D Gracie (Annan) 56.28

U15: HT: C: 1 C Hendry (Falk) 35.14; 2 L Craigie (W'moss) 34.82

U13: JT: C: 1 H Ross (Chirnside) 34.97

M40: SP: A: 1 G Ferguson (Law) 12.27

Women: HT: B: 1 M Porterfield (VPCG, W35) 53.72; 2 K Ord (VPCG) 49.21; 3 H Welsh (Nairn, U20) 41.62. **HT: A:** 1 H Gay (C'nauld, U15) 26.46; 2 C Cameron (VPCG, W60) 26.22

U17: HT: B: 1 K Costello (Kilb) 61.46; 2 D Russell (Law, U15) 44.96; 3 H Garrett (Annan) 42.75; 4 M Porterfield (VPCG, U15) 41.90; 5 S Coutts (C'nauld) 39.50; 6 L Wood (Perth) 39.15; 7 E Quinn (Annan, U15) 26.61. **C:** 1 S Dyer (Kilb, U15) 36.72; 2 L Hunter (Falk) 36.66; 3 R Thompson (Darl) 36.22; 7 L Thompson (Darl, U15) 25.33. **JT: C:** 1 D Russell (Law, U15) 34.83

U13: SP: A: 1 C Fraser (W'moss) 9.73. **DT: B:** 1 C Fraser (W'moss) 29.99

AUGUST 21

CUDWORTH SUMMER SERIES OPEN, Cudworth

Mixed events: Mile: 4 J Hughes (Barns, U13) 5.06.6; 10 D Brooksbank (Barns, M60) 5.40.1; 12 M Casey (Barns, M70) 6.09.4

DAN SUMMER OPEN SERIES (Inc CORNWALL COUNTY 3000m CHAMPIONSHIPS), Par

Mixed events: 3000: r1: 3 B Williams (N&P, U15) 9.53.9; 11 E Stepto (Corn, W45) 10.29.4. **r2:** 16 P Solomon (PB, W55) 11.56.4. r3: 8 J Horton (N&P, M75) 12.52.9

AYR SEAFORTH AC OPEN MEETING. Ayr

U15 boys: 100 (0.9): 1 L Tidy (Kil'k) 11.88

U13 girls: SP: 1 J Caig (N Ayr) 9.31

ABERDEEN OPEN GRADED MEETING, Aberdeen

Mixed events: HT: 1 B Masson (A'deen, M70) 30.83

U17 women: HT: 1 A McAuslan-Kelly (A'deen, U15) 38.17

DARTFORD HARRIERS OPEN, Dartford

Mixed events: 100: r1.3 (-1.2): 1 A Ziko (Brain, M40) 12.08; 4 K Craven (Worth, M50) 12.43. **r2.3 (-0.6):** 2 K Craven (Worth, M50) 12.56. **r2.4 (-0.1):** 1 A Ziko (Brain, M40) 12.04. **200: r5 (-0.3):** 2 A Ziko (Brain, M40) 24.78; 5 K Craven (Worth, M50) 25.78; 6 W Odele (Camb H, M50) 26.03. **SP:** 1 G Tyler (Chelm, M70) 12.41. **SP:** 6 C Pates (Bexley, W55) 6.85; 8 B Macanas (Herne H, W65) 6.01. **HT:** 1 K Barham (Dartf, U15) 47.84; 2 N Wooding (Dartf, U15) 45.71; 3 B Brito Costa (Camb H, W) 41.90; 4 S Fenner (Camb H, W) 41.90; 5 T Masters (Bexley, U15) 40.04

Men: HT: 1 S McCourt (TVH, M45) 32.91. **HT:** 1 J Lancaster (SB, U20) 57.64; 2 R Perkins (M&M, U20) 41.33; 3 S Talbot (Dartf, M50) 33.30

Women: HT: 1 S Salter (M&M, U17) 39.47; 2 L McCourt (WSEH, U15) 28.90; 3 B Macanas (Herne H, W65) 21.46

Steph Twell runs fast 5000m at Brighton

AUGUST 22

BRIGHTON BIRTHDAY BOYS 5000m, Brighton

THIS was the 12th year in which this event was held, albeit the early years being focused on the 10,000m with the 5000m as an add-on for those who didn't fancy the full 25 laps. In 2019 the 5000m had 101 finishers over four seeded races which are free to enter, other than the track user fee to cover the hire of the oval.

The event originated in 2008 when a few local runners in Brighton, three of them having their birthday on the same day (August 21), decided to celebrate the occasion with an informal track 10,000m.

This year the top seeded race saw victory for Ben Savill in 14:36.8 to improve his PB by eight seconds which he set earlier this year at the Sussex Championships.

Throughout the early part of the race, the leading pack were closely followed by a second group including Steph Twell, the only woman in this race.

The British 10,000m champion was looking for a tune-up on the back of some heavy training prior to an autumn marathon at Frankfurt in October.

Hitting solid laps of 72 seconds the group were on schedule for a 15:00 clocking up to the 3000m when she slowed to a pace of around 74 seconds and she finished in 15:12.6, perhaps not surprisingly quicker than any of the runners managed in the heat of Birmingham at the British Championships.



Steph Twell: on her way to a 15:12.6 clocking



Caroline Hoyte: just missed UK W45 record

Twell said: "The run was not too bad after a tough 20-miler at the weekend."

She was pleased to be well inside the 15:22 World Championships qualifying mark, the time being her best since her 14:59.0 at the Diamond League in Rome in 2016.

In the B race, Maisie Trafford smashed her PB with her 16:52.9, closely followed by an impressive run from 49-year-old Caroline Hoyte who recorded a time of 17:02.1 to agonisingly miss the UK W45 best of 17:01.4 set by Emma Stepto.

Her teenage son Reuben had set a PB in the A race immediately ahead of Twell.

The ethos of the event has always been to encourage nervous and/or novice track runners to turn up and give it a go in a relaxed, semi-informal environment with plenty of support from friends and fellow runners and there were 56 PBs recorded in the 5000m races with a further 24 out of the 34 finishers in the 10,000m races earlier in the month.

Mixed events: 5000: r1: 1 B Savill (Croy) 14:36.8; 2 A Pointon (AFD) 14:41.7; 3 K Moore (B&H) 14:46.3; 4 M Dumbrell (Horsh BS) 15:05.7; 5 R Hoyte (Phoe) 15:12.9; 6 S Twell (AFD, W) 15:13.6; 7 C Kissane-Wood (TVH) 15:24.9; 8 A Lennan (Soton) 15:28.9; 9 R James (Soton) 15:43.7; 10 J Skinner (Hay H, M45) 15:44.9; 15 G Godden (B&H, M50) 16:37.6; 17 A Tribe (B&H, M50) 17:10.6. **r2:** 3 M Trafford (Arena, W) 16:52.9; 8 C Hoyte (Arena, W45) 17:02.1; 18 E Dixon (High, W) 17:21.0; 25 M Coyle (B&H, W) 17:46.9; 26 S Mills (Uck, M55) 17:48.8; 27 T Shanahan (Arena, W45) 17:49.1; 28 M Halls (B&H, M55) 17:52.3; 29 P Cousins (Hay H, M55) 18:01.1; 30 J Burrell (Lewes, M55) 18:09.5; 32 E Proto (Arena, W) 18:14.6; 34 M Taylor (Lewes, W) 18:28.8. **r3:** 11 P Scott-Andrews (Worth, W35) 18:50.9; 12 L Growns (B&H, W) 18:53.1; 13 D Knotkova-Hanley (Hay H, U20W) 18:55.6; 14 J Elphick (B&H, W) 18:56.4; 15 J Prior (Brighton Phoenix, W) 18:56.9; 17 P Tullett (Chelm, M60) 19:01.1; 28 F Leman (B&H, W40) 19:34.9. **r4:** 2 S Ridley (Hay H, W50) 20:32.8; 6 C Ulliott (B&H, W55) 21:26.9; 12 J Kenneally (B&H, W50) 21:47.6; 15 J Carder (B&H, W60) 23:46.3

WATFORD OPEN GRADED MEETING

Mixed events: 200: r2 (-0.1): 2 A Jonkers (Read, U13W) 28.49. **r5 (0.7):** 2 W Trangmar (W Suff, U15) 24.29; 3 J Gonsalves (Wyc P, U15) 24.30. **1500: r2:** 3 P Crockford (Lon Hth, M60) 5:11.83; 5 A King (Chelm, U13W) 5:13.74; 10 L Webb (SB, W50) 5:21.05. **r3:** 4 A Clouston (Thet, U15W) 4:59.87; 12 J Heller (Cookham, U13W) 5:09.62. **r4:** 2 D Clouston (Thet, U13) 4:57.79; 3 A Hughes (Chilt, U13) 4:58.21; 5 G Holland (E Grin, U13W) 5:01.50; 7 S Jacobs (MKDP, U13W) 5:01.98; 13 S Chapman (WSEH, U13W) 5:10.42. **r5:** 1 A Milnes (AFD, W) 4:42.70; 5 J Trangmar (W Suff, U13) 4:51.82; 11 A Abdirahman (Hill, U13W) 4:57.76; 12 G Hawkins (D&T, U13) 4:58.24; 13 A Elford (WSEH, U13) 4:58.80. **r6:** 1 E Howsham (Belg, W) 4:43.49; 2 L Marlow (Brack, W) 4:44.18; 3 A Boniface (Read, W) 4:44.77; 4 J Machin (Norw, U13) 4:45.36; 6 A McMurtrie (Kett, U17W) 4:48.95; 7 E Hathaway (SB, U17W) 4:49.30; 8 A Jubb (St Alb, U15W) 4:52.02; 11 L Tse (St Alb, U15W) 4:57.87; 12 T Cadwallader (SB, U13) 4:59.62. **r7:** 5 R Falloon (Morp, W) 4:44.61; 8 M Smith (Chelm, U17W) 4:47.46; 9 N McGovern (Hill, U15W) 4:48.09; 12 I Jessop-Tranter (Chilt, U13) 4:54.85; 13 R Stoddart (Hill, U13) 4:55.51. **r8:** 2 L Hall (AFD, W) 4:33.83; 5 P Bailey (St Alb, W) 4:36.61; 6 M Bland (Have, M50) 4:36.89; 7 M Pocock (Herne H, W) 4:37.32; 8 M Atkinson (Charn, U20W) 4:37.82; 9 N Sewell (Have, U15W) 4:40.37; 10 P Roessler (AFD, U17W) 4:40.42; 14 A Bennett (Kett, U15W) 4:51.83. **r9:** 3 M Sunderland (Woking, U15) 4:24.39; 6 R Prideaux (Chelm, W) 4:28.52; 11 R Serafini (Lon Hth, W) 4:35.69; 12 Y Goater (High, W) 4:35.72; 13 A Mundell (Salis, W) 4:36.04. **r10:** 4 A Collier (Chilt, U13) 4:19.03; 7 E Maxwell (VoA, U15) 4:22.20; 8 J Winship (Brack, U15) 4:22.55; 9 E Enser (Brack, U15) 4:23.97. **r11:** 3 J Wright (Ilf, U17) 4:11.81; 14 T Gaunce (D&T, U15) 4:16.58. **r12:** 1 J Davies (Bath, U17) 4:01.99; 2 M Perry (VoA, U20) 4:02.42; 3 J Cunningham Marsh (M&M, U20) 4:03.09; 5 A Hudson (Sutt, U17) 4:08.58; 7 W Browne (Norw, U17) 4:08.80; 8 S Czapka (ESM, U17) 4:09.21; 10 L Newell (Abing, M40) 4:10.98. **r13:** 1 G Twist (Have) 3:59.98; 2 J Webster (Bed C, U20) 4:00.82; 3 S Kanyady (Read, U20) 4:01.52; 5 J Exley (Thurr, U20) 4:04.12; 7 C Enser (Brack, U17) 4:04.55. **r14:** 1 A Abdulle (Ilf) 3:57.24; 2 N Bennett (R&N, U17) 3:59.06; 3 K Gilfedder (Wyc P) 3:59.25; 4 C Haywood (High) 3:59.98; 7 F Harvey (SB, U20) 4:00.51; 9 E Pocock (AFD, U20) 4:01.91; 10 W Mahoney (Norw, U20) 4:02.61; 11 B Winfield (SB, U20) 4:04.56. **3000: r1:** 4 T Wannerton (SNH, U15) 9:37.73; 6 L Gent (AFD, W) 9:39.98; 8 L Birdseye (WSEH, U15) 9:50.58; 9 Q Miell-Ingram (Rad, U15) 9:50.76; 10 T Bage (Phoe, W) 9:51.79; 13 Z MacDonald (C&C, W) 10:03.14; 14 B Hair (C&C, W) 10:04.74; 15 S Kingston (Soton, W) 10:05.85; 16 A Davidson (High, M55) 10:06.95; 17 K Brown (AFD, U20W) 10:11.69; 19 I Patel (SB, U20W) 10:14.31; 20 R Wyles (G&G, U20W) 10:21.17; 22 R Gillett (AFD, U17W) 10:27.34; 23 E Johnston (VoA, U17W) 10:32.31. **r2:** 1 L Prior (AFD) 8:31.10; 2 J Tuttle (Mil K) 8:32.06; 3 C Webber (MMK) 8:33.55; 4 M Musa (SB, U17) 8:34.47; 5 D Hamilton (San D) 8:37.04; 6 J Janes (Bed C) 8:37.16; 7 G Wheeler (MKDP) 8:37.60; 8 M Campion (Notts, U20) 8:41.77; 11 S Tyas (Soton, U20) 8:50.05; 13 M Francis (B&B, U20) 8:54.20; 14 Z Bridgeland (Chelm, U20) 8:54.41; 24 E Scott (WSEH, U15) 9:20.65; 26 H Croft (Hunts, U15) 9:27.85. **LJ:** 3 A Jonkers (Read, U13W) 4.61; 5 H Hopkins (Worc, M60) 4.48; 12 C St. John-Coleman (Chelm, W55) 3.54



Emma Beales: 39.39m discus win at St Albans

PAUL DAVIES

AUGUST 20

CARDIFF THROWS OPEN (HAMMER & DISCUS), Cardiff

Mixed events: SP: 1 M Jenkins (P'broke, U15) 12.94; 2 G Lewis (Swan, U20W) 10.43. **DT:** 5 R Prells (Swan, W60) 19.50. **HT:** 1 F Palmer (Card, U20W) 53.28; 4 S Spottiswoode (B&W, W45) 28.73. **HT:** 1 C Grimwade (Swan, U17W) 48.16; 2 C Davies (Newp, U15W) 34.89; 4 R Prells (Swan, W60) 28.11

U20 men: DT: 1 J Tomlinson (P'broke) 61.64; 2 A Phillips (B'rnth) 46.93

U17: DT: 1 H Davies (Neath) 51.66. **HT:** 1 T Conibear (Yate) 60.24; 2 O Merrett (Yate) 45.92

U15 girls: SP: 1 A Fettis (Newp) 11.54

CORBY AC OPEN SERIES, Corby

Mixed events: 200: r4: 1 E Blackman (Corby, U20) 22.4; 3 F Powell (Corby, U15) 23.5; 4 G Jones (Corby, U20W) 25.3. **Mile: r1:** 1 K Brooks (Harb, W60) 6:05.7. **r3:** 2 F Brill (Nene V, U17W) 5:24.7. **r4:** 3 H Hewitt (Nene V, U15) 4:46.9; 8 M Peel (Nene V, U17W) 5:17.9; 12 S Dunbobbin (W&SV, U15W) 5:29.6

SHETTLESTON HARRIERS OPEN GRADED MEETING, Crownpoint

Mixed events: 100: r1 (0.1): 4 D Agnew (Dunf, M40) 11.95; 7 G Leek (Edin, M55) 12.79. **800: r4:** 1 C Shennan (Giff N, U13) 2:17.95; 2 Z Flower (Giff N, U17W) 2:18.27; 7 A Wade (Giff N, U13W) 2:26.04. **r5:** 2 O Bryers (Giff N, U13) 2:24.86. **r6:** 1 K Donnelly (Giff N, U13W) 2:27.55. **3000: r1:** 1 L Raeburn (Glas C, U20) 8:24.63; 2 J Glen (I'clyde) 8:25.02, 3 C Watson (I'clyde, U20) 8:34.21; 4 F Stewart (Cambus) 8:35.75; 5 S Gibson (Cambus, M35) 8:52.39; 6 P Bradshaw (I'clyde, U17) 8:57.35; 8 H Paterson (Giff N, U17) 9:10.57; 10 F Gilmour (VPCG, U15) 9:18.46. **r2:** 11 B Scally (Shett, M50) 10:13.32; 12 R McEachern (C'nauld, M50) 10:14.80. **r3:** 3 R Joss (Shett, W) 10:15.85; 5 C Upson (Cambus, M55) 10:24.75; 7 C McKenna (Giff N, U20W) 10:35.38. **SP:** 1 J McCarthy (Shett, U15) 13.62. **SP:** 1 T Tchoudja (Shett, U17W) 12.71; 2 S Gough (Law, U17W) 11.32; 3 C Cameron (VPCG, W60) 9.25

Men: SP: 1 A McInroy (SB) 13.77. **DT:** 1 A McInroy (SB) 48.88

U15: 800: r1: 1 O Logan (Law) 2:03.06. **r2:** 1 K Crawford (A'deen) 2:03.33; 2 R Macdonald (Giff N) 2:07.11; 3 D Boyle (W'moss) 2:07.75; 4 C Deverill (Giff N) 2:08.83. **DT:** 1 J McCarthy (Shett) 39.02

Women: DT: 2 C Cameron (VPCG, W60) 27.24

AUGUST 18

HEART OF ENGLAND LEAGUE DIVISION 4, Tamworth

MATCH: 1 Tamworth 262; 2 Witney 181; 3 Daventry 135; 5 Dudley & S'bridge 92; 6 Droitwich 80; 7 Sparkhill 59

U17 men: 100: A: 1 J Spencer (Tam) 11.1

U13: 1500: A: 1 W Shayler (Wit) 4:56.4

Women: LJ: A: 1 C Martin-Evans (Dav, U17) 6.10

U17: 80H: A: 1 C Martin-Evans (Dav) 12.0

U15: 75H: A: 1 M Crowe (DASH) 12.1

AUGUST 17

SOUTHERN ATHLETICS LEAGUE DIVISION 2W, St Albans

Men: 100: A: 1 D Kusi (Mil K) 10.9; 4 S Channon (Walton, M40) 12.3. **200: A:** 2 S Channon (Walton, M40) 24.3. **B:** 3 N Tunstall (Corn, M55) 26.2. **5000: A:** 1 J Tuttle (Mil K) 15:35.2; 3 W Bowran (St Alb, U20) 16:14.3. **110H: A:** 1 A Byron (St Alb) 15.4. **400H: A:** 1 N Tunstall (Corn, M55) 64.2. **HJ: A:** 1 S Featherstone (Mil K, U20) 1.90. **ns:** 1 J Broom-Edwards (NEB) 1.95. **PV: A:** 2 M Franklin (Walton, M50) 2.90. **B:** 1 N Walker (St Alb, M55) 2.90. **LJ: B:** 1 P Guest (Yeov O, M55) 5.22. **TJ: B:** 2 P Guest (Yeov O, M55) 10.41. **SP: ns:** 1 D Cork (Newp) 15.11. **DT: A:** 3 N Walker (St Alb, M55) 27.54. **HT: A:** 1 M Roberson (Mil K, M40) 44.06. **B:** 2 B Jongejan (Walton, M45) 33.01. **JT: A:** 2 B Jongejan (Walton, M45) 37.42. **B:** 2 J Eastwood (Walton, M65) 31.72; 3 N Walker (St Alb, M55) 30.50

Women: 100: A: 1 G Silcox (Yeov O) 12.3; 3 S McLoughlin (Walton, W40) 13.1. **200: A:** 4 L Amos (Walton, W40) 27.1. **B:** 2 S McLoughlin (Walton, W40) 27.0. **400: A:** 2 H Cargill (Walton, W35) 61.2. **800: A:** 1 A Roskilly (Mil K) 2:17.9; 2 H Cargill (Walton, W35) 2:20.4. **B:** 1 C Nurse (Mil K, W40) 2:23.0. **1500: B:** 3 D Baldwin (Mil K, W60) 6:10.9. **3000: A:** 1 C Durbin (St Alb, U17) 10:43.3; 3 D Baldwin (Mil K, W60) 12:57.7. **4x400:** 1 Mil K 4:10.8. **HJ: B:** 2 C Nurse (Mil K, W40) 1.35. **PV: A:** 1 S Yeomans (St Alb, W65) 2.50. **SP: ns:** 1 V Bovell (Yeov O, W70) 6.22. **DT: A:** 1 E Beales (Mil K, W45) 39.39. **B:** 2 D Singleton (Walton, W60) 20.63; 3 V Bovell (Yeov O, W70) 19.66. **ns:** 1 E Beales (Mil K, W45) 40.53. **HT: A:** 1 K Presswell

(Mil K) 59.78; 2 N Bell (Walton, U20) 35.96. **B:** 1 E West (Walton, U17) 35.14; 2 D Presswell (Mil K, W50) 27.30; 3 V Bovell (Yeov O, W70) 16.84. **JT: A:** 1 E Barber (Yeov O) 39.46; 2 N Bell (Walton, U20) 37.05

DIVISION 3N, Perivale

Men: 100: A (0.7): 1 S Boldizsar (Harl) 10.8; 3 J Carty (ESM, M45) 11.3. **200: A (1.5):** 1 S Boldizsar (Harl) 21.3; 2 B Uba (ESM, U20) 22.4. **B (1.5):** 1 M Sarling (Harl, U17) 22.9; 2 J Carty (ESM, M45) 22.9. **400: A:** 1 J Petty (Harl, U17) 51.4. **5000: A:** 1 I Kimpton (Lut) 14.57.1; 2 G Adam (ESM) 15.19.4. **HJ: A:** 3 A Lombaard (E&H, M40) 1.70. **TJ: A:** 4 M Brown (E&H, M55) 10.68. **SP: A:** 5 S Maxwell (E&H, M60) 8.63. **DT: A:** 1 D Bauer (Harl, M50) 33.13; 5 S Maxwell (E&H, M60) 25.30. **HT: A:** 1 J Potton-Burrell (Lut) 52.33; 3 S Maxwell (E&H, M60) 27.06. **JT: A:** 3 A John (ESM, M45) 35.76; 4 S Maxwell (E&H, M60) 35.57 **Women: 100: A (0.2):** 1 G Wiafe (ESM, U17) 12.7. **800: B:** 1 P Thomas (ESM, W55) 2.57.4. **1500: A:** 3 P Thomas (ESM, W55) 5.58.9. **B:** 2 C Meek (ESM, W60) 6.23.6. **3000: A:** 4 F Kennedy (ESM, W60) 12.28.6. **4x100:** 1 ESM 51.6. **HJ: A:** 5 L Tanushi (Lut, W40) 1.35. **PV: A:** 1 S Semeraro (E&H, W35) 3.60; 2 H Leadbetter (ESM, W35) 2.50. **LJ: A:** 3 H Leadbetter (ESM, W35) 4.67; 4 L Tanushi (Lut, W40) 4.43. **SP: A:** 1 B Harryman (Harl, U20) 10.46. **B:** 3 S Ingham (Bigg, W60) 6.23. **HT: A:** 1 S Wise (Lut) 41.03; 2 D McCaw (ESM, W35) 33.86. **B:** 1 T Gould (ESM, W40) 32.00. **JT: A:** 2 L Tanushi (Lut, W40) 27.40; 3 S Ingham (Bigg, W60) 20.49

DIVISION 3SW, Exeter

Men: 5000: A: 1 S Goodchild (Corn, U20) 16:06.14. **PV: A:** 3 P Hillyard (Havant, M65) 2.40. **SP: A:** 1 D Dawson (Exe, M35) 13.67. **DT: A:** 1 D Dawson (Exe, M35) 41.12 **Women: 800: A:** 1 C Bearpark (Havant) 2:17.00. **3000: A:** 1 C Howard (Exe, U20) 10:24.41. **100H: A (1.6):** 1 E Tyrrell (Exe, U20) 14.47. **400H: A:** 1 S Kearsey (Exe) 62.99. **B:** 1 M Grech (Exe U) 65.58. **LJ: A:** 1 E Tyrrell (Exe, U20) 5.72/0.6. **SP: B:** 1 J Brett (N&P, W50) 8.47. **HT: A:** 1 J Brett (N&P, W50) 31.11

AUGUST 10–11

BRITISH WHEELCHAIR GRAND PRIX, Stoke Mandeville

Mixed events: 100 (–4.4): 1 L Black (Rad, U13W) 16.10; 2 R Williams (Rad, W40) 17.29; 3 R Halsey (Rad, M55) 19.34

Men: 100WC: r1 (–3.1): 1 N Maguire (Kirkby AC) 15.57; 2 D Sidbury (Sutt) 15.65; 3 M Bushell (Bir) 16.45; 4 M McCabe (Sutt) 16.55; 5 B Rowlings (Cov) 17.14; 6 I Towers (Kirkby AC) 17.79; 7 A Small (Stock H) 19.80. **r2 (–2.1):** 1 J Brazier (Harl) 18.33; 2 G Spencer (Weir Arc, U20) 18.82; 3 G Mizuma (Harl) 19.16; 4 S Kolek (Liv H) 19.50; 5 Z Zhou (Cov, U20) 20.57; 6 N Williams (Stock H) 21.09. **r3 (–0.6):** 1 J Hartley (Cov) 18.01; 2 J Knight (Weir Arc) 18.11; 3 J James (Cov, U20) 18.37; 4 H Jenkins (DSW) 19.60; 5 G Cooper (Cov, M45) 19.87. **r4 (–1.0):** 1 M Gardiner (Harl, U13) 20.37; 2 K Voisey (Velocity) 21.51; 3 M Taylor (Stock H) 22.62; 4 A Goldspink-Burgess (Harl) 22.84. **r5 (–1.9):** 1 J Gower (Harl, U15) 22.77; 2 A Islam (VP&TH) 23.37; 3 M Woods (Weir Arc, U20) 24.09; 4 B Hussain (VP&TH, M45) 24.16; 5 S Osborne (Dartf, M55) 25.97.

200WC: r1 (–3.3): 1 D Sidbury (Sutt) 28.39; 2 M McCabe (Sutt) 29.42; 3 B Rowlings (Cov) 30.06; 4 I Towers (Kirkby AC) 31.47; 5 G Spencer (Weir Arc, U20) 32.05; 6 J Brazier (Harl) 32.63. **r2 (–0.7):** 1 J Hartley (Cov) 32.97; 2 S Kolek (Liv H) 32.99; 3 G Mizuma (Harl) 33.99; 4 Z Zhou (Cov, U20) 34.36; 5 N Williams (Stock H) 40.96. **r3 (2.4):** 1 J James (Cov, U20) 35.92. **r4 (1.1):** 1 M Gardiner (Harl, U13) 41.05; 2 K Voisey (Velocity) 41.75; 3 A Goldspink-Burgess (Harl) 46.09. **r5 (–1.9):** 1 J Gower (Harl, U15) 42.31; 2 M Woods (Weir Arc, U20) 44.29; 3 B Hussain (VP&TH, M45) 52.00. **400WC: r1:** 1 D Sidbury


Hannah Cockroft: won at Stoke Mandeville

MARK SHEARMAN

(Sutt) 49.13; 2 N Maguire (Kirkby AC) 49.21; 3 D Labrooy (Weir Arc) 52.30; 4 M McCabe (Sutt) 54.10; 5 B Rowlings (Cov) 54.49; 6 I Towers (Kirkby AC) 55.13; 7 M Bushell (Bir) 57.84; 8 M Jomni (Weir Arc) 58.54. **r2:** 1 J Hartley (Cov) 57.42; 2 G Spencer (Weir Arc, U20) 60.42; 3 J Brazier (Harl) 61.00; 4 S Kolek (Liv H) 61.30; 5 Z Zhou (Cov, U20) 63.57; 6 N Williams (Stock H) 66.78. **r3:** 1 G Mizuma (Harl) 64.04; 2 J James (Cov, U20) 66.53; 3 A Small (Stock H) 70.97; 4 G Cooper (Cov, M45) 71.28. **r4:** 1 M Gardiner (Harl, U13) 75.82; 2 M Woods (Weir Arc, U20) 76.77; 3 K Voisey (Velocity) 79.18; 4 J Gower (Harl, U15) 81.06; 5 M Taylor (Stock H) 82.89; 6 A Goldspink-Burgess (Harl) 83.32; 7 A Islam (VP&TH) 93.45. **800WC: r1:** 1 M McCabe (Sutt) 1.50.60; 2 I Towers (Kirkby AC) 1.56.66; 3 B Rowlings (Cov) 1.57.60; 4 J Hartley (Cov) 2.02.06; 5 J Brazier (Harl) 2.18.39. **r2:** 1 S Kolek (Liv H) 2.04.42; 2 Z Zhou (Cov, U20) 2.13.64; 3 J James (Cov, U20) 2.18.40; 4 G Mizuma (Harl) 2.20.91; 5 M Woods (Weir Arc, U20) 3.04.47; 6 K Voisey (Velocity) 3.42.13. **1500WC:** 1 D Labrooy (Weir Arc) 3.28.37; 2 M McCabe (Sutt) 3.29.29; 3 I Towers (Kirkby AC) 3.32.82; 4 G Cooper (Cov, M45) 4.38.24; 5 A Goldspink-Burgess (Harl) 5.02.14. **SP:** 1 D Derenalagi (Wat, M40) 9.19; 2 E Clifton (BWAA) 8.65; 3 K Jones (DSW, U20) 7.49; 4 I Cope (W&B, M35) 6.11. **SP:** 1 D Nobbs (BWAA, M35) 8.06; 2 A Hellyer (Swan) 7.09. **CT:** 1 S Miller (Gate, M35) 31.21; 2 O Williams (DSW) 22.95; 3 C Cunningham (BWAA) 20.71; 4 P Douglas (VP&TH) 15.75. **DT:** 1 D Derenalagi (Wat, M40) 33.22; 2 E Clifton (BWAA) 27.14; 3 B Stringer (Warr, M35) 24.81; 4 D Nobbs (BWAA, M35) 17.62. **JT:** 1 D Nobbs (BWAA, M35) 21.23; 2 E Clifton (BWAA) 19.98; 3 L Lower (BWAA) 19.03; 4 S Brain (Ports, M50) 13.41

Women: 100WC: r1 (–0.5): 1 H Cockroft (Hal) 18.34; 2 K Adenegan (Cov, U20) 18.60; 3 E Rainbow-Cooper (Weir Arc, U20) 18.97; 4 M Woods (Red S) 20.65; 5 F André (Weir Arc) 21.06; 6 K English (Bolt, U20) 21.11; 7 P Murray (Cov) 21.53. **r2 (–4.5):** 1 A Waugh (Stock H, U15) 23.42; 2 C Connon (C&C) 23.47; 3 L Wilcocks (Roch H, U20) 23.81; 4 C Lewis (Harl, U13) 24.60; 5 S Taylor (Cov) 25.48; 6 N Settelen (Weir Arc) 28.97; 7 E Alexander (Harl) 34.75. **200 (–1.0):** 1 L Black (Rad, U13) 34.27; 2 R Williams (Rad, W40) 35.41. **200WC: r1 (0.8):** 1 E Rainbow-Cooper (Weir Arc, U20) 37.93; 2 K Adenegan (Cov, U20) 38.76; 3 M Woods (Red S) 41.19; 4 K English (Bolt, U20) 44.35; 5 F André (Weir Arc) 46.05. **r2 (0.7):** 1 C Connon (C&C) 48.33; 2 A Waugh (Stock H, U15) 52.41; 3 C Lewis (Harl, U13) 54.49; 4 L Wilcocks (Roch H, U20) 55.07; 5 S Taylor (Cov) 56.44; 6 N Settelen (Weir Arc) 60.09; 7 E Alexander (Harl) 86.96. **400WC: r1:** 1 H Cockroft (Hal) 60.44; 2 K Adenegan (Cov, U20) 64.12; 3 E Rainbow-Cooper (Weir Arc, U20) 64.42; 4 M Woods (Red S) 68.45; 5 F André (Weir Arc) 73.08; 6 K English (Bolt, U20) 77.95; 7 P Murray (Cov) 78.4. **r2:** 1 C Connon (C&C) 78.03; 2 A Waugh (Stock H, U15) 78.51; 3 L Wilcocks (Roch H, U20) 85.07; 4 C Lewis (Harl, U13) 87.09; 5 S Taylor (Cov) 88.21; 6 N Settelen (Weir Arc) 1.53.03; 7 E Alexander (Harl) 2.28.17. **800WC: r1:** 1 E Rainbow-Cooper (Weir Arc, U20) 2.17.84; 2 K Adenegan (Cov, U20) 2.18.65; 3 M Woods (Red S) 2.21.56; 4 F André (Weir Arc) 2.44.26; 5 K English (Bolt, U20) 2.49.13; 6 P Murray (Cov) 2.55.13. **r2:** 1 S Taylor (Cov) 3.20.27; 2 L Wilcocks (Roch H, U20) 3.50.35; 3 N Settelen (Weir Arc) 3.56.86. **CT:** 1 G Prescott (CDSC, W35) 19.52; 2 B Griffiths (Chelt) 15.20; 3 A Hunnisett (Weir Arc) 14.47

AUGUST 10

NORTH OF ENGLAND LEAGUE DIVISION 1, Wakefield

MATCH: 1 Wakefield Harriers & District 368; 2 Blackburn H 365; 3 City of York 340; 4 Team Isle of Man 318.5; 5 West Cheshire 280.5; 6 Wigan & District H

Men: 100: A (2.1): 1 J Ford (W Ches, U20) 11.03. **5000: A:** 1 B Fish (B'burn, M35) 15:12.36. **110H: B (2.8):** 1 C Pounder (York, M45) 17.97. **400H: B:** 2 C Pounder (York, M45) 65.42. **3000SC: B:** 2 A Clague (W Ches, M50) 11:34.88. **4x100: A:** 5 York (W) 47.77. **HJ: A:** 5 C Pounder (York, M45) 1.75. **PV: A:** 1 A Edwards (Wake, U17) 4.00; 2 I Noble (Traff, M40) 3.20. **B:** 3 C Pounder (York, M45) 2.90. **LJ: A:** 1 G Lowrie (Wake, U17) 6.50. **SP: A:** 5 C Pounder (York, M45) 10.35. **B:** 1 T Balko (B'burn, M55) 9.82. **DT: A:** 1 J Martin (York) 43.98. **B:** 1 T Balko (B'burn, M55) 30.92. **HT: A:** 1 S Gaskell (B'burn, U20) 58.67; 2 D McKay (W Ches, M35) 44.01. **B:** 1 A Kent (B'burn, U20) 44.18. **JT: A:** 1 O Wright (York, U20) 52.69. **B:** 1 L Robinson (York, U17) 52.67

Women: 100: A (0.0): 1= B Pilley (Manx) 12.29; 1= L Turley (W Ches) 12.29; 3 N Aspinall (York, U17) 12.39; 6 B Madden (B'burn, U17) 12.64. **B (2.4):** 1 A Lashley (Nthn (IOM), U17) 12.63. **200: A (2.3):** 1 L Turley (W Ches) 24.56; 2 A Shaw (Wake) 24.86. **B (3.4):** 1 N Aspinall (York, U17) 25.28. **1500: A:** 2 C Mayers (Manx, W45) 5.09.02. **3000: A:** 1 C Mason (York) 10:23.77. **4x100:** 1 Manx 49.57; 2 York 50.86. **4x400:** 1 Wake 4:14.68. **HJ: B:** 4 J Ibbitson (Wake, W60) 1.10. **PV: A:** 1 J Ibbitson (Wake, W60) 3.10. **LJ: A:** 1 M Brindle (Wig D) 5.61. **SP: A:** 1 M Schofield (York, U20) 11.32. **DT: A:** 1 A Peers (B'burn) 40.33; 2 T Fayle (Manx, U17) 36.55. **B:** 1 S Henton (B'burn, W45) 34.86; 2 M Lockwood (Manx, U20) 33.98; 4 J Ibbitson (Wake, W60) 27.82. **HT: A:** 1 C Williams (B'burn, U20) 57.51; 2 M Schofield (York, U20) 46.84; 3 C Stuchbury (Wig D, U20) 42.74; 4 T Fayle (Manx, U17) 34.48. **B:** 2 J Ibbitson (Wake, W60) 28.67; 5 D Erskine (W Ches, W55) 21.43. **JT: A:** 1 E Howe (W Ches, U20) 42.50

DIVISION 2E, Whitley Bay

MATCH: 1 Leeds City 366; 2 Gateshead H 344.5; 3 Morpeth H 338; 4 Wallsend/Blyth © 329; 5 Middlesbrough (Mandale) 300.5; 6 Harrogate H 256

Men: 5000: A: 3 L Bennett (Morp, M50) 16:17.0. **3000SC: A:** 1 M Abshir (Leeds C) 9.58.7. **HJ: A:** 2 S Linsell (Leeds C, M55) 1.68. **LJ: A:** 1 P Skirrow (Wallsend/Blythe) 7.21; 5 J Gittens (Leeds C, M55) 4.66. **SP: A:** 1 D Dowson (M'bro, M35) 13.94; 2 C Charlton (Morp) 13.85; 4 M Allison (Leeds C, M45) 11.14; 5 P Corrigan (Wallsend/Blythe, M50) 9.79. **B:** 1 S Birse (M'bro, M40) 11.84. **DT: A:** 1 F Wright (Gate) 41.62; 2 R Lang (Morp, U20) 39.39; 4 M Allison (Leeds C, M45) 36.06. **B:** 1 S Linsell (Leeds C, M55) 29.30. **HT: A:** 1 D Nixon (M'bro) 51.03; 3 S Linsell (Leeds C, M55) 29.74. **JT: A:** 1 M Allison (Leeds C, M45) 46.23

Women: 400: A: 1 G Yearby (Leeds C) 57.6. **100H: A:** 1 K Joyce (Leeds C, U20) 15.8. **B:** 1 R Southcott (Leeds C, U20) 15.9. **LJ: A:** 2 R Southcott (Leeds C, U20) 5.27; 3 I Smith (Harg, U17) 5.16. **TJ: A:** 1 E Pringle (Gate) 11.82; 2 C Earl (Morp, U17) 10.89; 3 J Salkeld (Harg, U17) 10.44. **B:** 1 H Pringle (Gate) 11.04. **SP: A:** 1 R Southcott (Leeds C, U20) 12.83; 2 K Enderwick (M'bro) 11.46; 3 C Reid (Morp, W40) 9.73. **DT: A:** 1 J Ibbetson (Leeds C) 44.93; 2 J Gardiner (Morp, U17) 30.57. **B:** 1 C Reid (Morp, W40) 28.24. **HT: A:** 1 L Weatheritt (Gate, W40) 41.83; 2 J Gardiner (Morp, U17) 38.45. **JT: A:** 1 B Griffiths (Morp, U20) 33.41

AUGUST 9

TOMMY CLAY DEVELOPMENT OPEN SERIES, Boston

U15 boys: 80H: 1 E Secker (Nene V) 12.0
U13 girls: 70H: 1 I Mardle (Norw) 11.5

AUGUST 7

WIRRAL AC ENDURANCE OPEN SERIES (5000m), Bebington

Mixed events: 5000: 1 M McCormack (C&N, U20) 15:34.6; 7 K Bagley (Wirr, W35) 18:33.6

MERSEYSIDE YOUNG ATHLETES OPEN, Liverpool

U17 mixed events: LJ: 1 M Liu (Liv H, U15) 5.77
U15 boys: JT: 1 O Atkinson (C&N) 45.87
U13: 800: 1 G Mullen (SHS) 2:23.0. **1500:** 1 O Kewley (WESPA) 4:59.4
U17 women: 80H: 1 S Dragisic Wood (Sale) 12.5
U15: 75H: 1 S Ashton (Wirr) 11.9; 2 P Johnson (Bolt) 11.9; 3 A Hughes (S'port W) 12.4
U13: 75: r3: 1 T Brown (Sale) 10.2; 2 M Mercer (W Ches) 10.3. **150: r2:** 1 T Brown (Sale) 20.5; 2 M Mercer (W Ches) 20.7. **1200:** 1 J Clark (W Ches) 3:59.0. **70H:** 1 T Brown (Sale) 11.8. **JT:** 1 L Oldale (Sale) 25.77

MIDLAND VETERANS' LEAGUE DIVISION EAST, Loughborough

M35 men: TJ: 1 I Gidley (R&N, M45) 10.59; 2 S Sinnott (Kett, M50) 10.57; 3 J Graham (Harb, M50) 10.44; 4 T Selway (Nun, M55) 10.22
M40: 200: 1 J Bell (R&N, M45) 25.1. **PV:** 1 D Hateley (Nun, M50) 3.40. **SP:** 1 J Moreland (R&N, M60) 9.62; 2 D Husbands (R&N, M55) 9.47
M50: 200: 1 S Sinnott (Kett) 25.9; 2 J Statham (Charn, M55) 26.6; 3 D Pigott (Notts) 26.8. **3000:** 1 T Hartley (Notts) 9:22.2. **JT:** 1 D Husbands (R&N, M55) 37.50; 2 G Wallace (Rad) 32.76
M60: 200: 1 C Monk (Leic C, M65) 27.8; 2 C Moven (R&N) 28.5; 3 P Clayton (Notts) 29.0; 5 S Nelson (Charn, M65) 30.4. **800:** 1 D Oxland (Notts, M65) 2.40.1. **PV:** 1 D Cowley (R&N, M70) 2.30. **LJ:** 1 D Folgate (Kett, M65) 4.14. **DT: ns:** 1 J Moreland (R&N) 51.96. **HT:** 1 J Moreland (R&N) 41.03
M65: TJ: ns: 1 D Folgate (Kett) 9.91
M70: 200: 1 L Dunn (Notts) 30.7; 2 D Cowley (R&N) 31.4
W35 women: 200: 1 E Wiltshire (R&N) 26.7. **3000:** 1 J Potter (Charn) 10:06.9; 3 A Copson (R&N, W70) 13:22.5; 8 P Hilliam (Harb, W70) 16:29.3. **LJ:** 2 S Berry (R&N, W50) 3.65
W40: 200: 1 J Quinn (R&N, W45) 29.8. **TJ:** 2 S Berry (R&N, W50) 7.80; 3 J Hanlon (Leam, W55) 6.84. **JT:** 1 E Katsogianni (R&N, W50) 22.55; 2 S Wright (Charn, W60) 21.08; 3 M Taylor (Harb, W55) 17.90
W50: 200: 1 F Palmer (Notts) 30.1. **3000:** 1 K Brooks (Harb, W60) 12:25.9; 2 M Lomas (Charn, W60) 13:10.7. **HT: ns:** 1 L Barlow (Kett) 27.37
W60: 200: 1 J Roginski (Harb) 33.5; 2 S Hine (R&N, W65) 35.7. **800:** 1 K Brooks (Harb) 2.50.7; 2 M Lomas (Charn) 3.08.8; 3 A Copson (R&N, W70) 3.15.1. **TJ:** 1 J Roginski (Harb) 7.03; 2 S Hine (R&N, W65) 6.87. **SP:** 1 J Roginski (Harb) 9.05; 2 S Hine (R&N, W65) 6.16; 3 V Kirkland (Nun, W70) 5.67; 4 J Devlin (Kett, W70) 4.70

AUGUST 4

TEAM TROPHY LEAGUE, Antrim

Men: 400: r2: 6 P Crossan (St. Annes, M55) 61.20
Women: 1500: 1 S Grant (N Down) 4:43.57; 2 N Carr (Springw, U20) 4:48.12; 3 C Laverty (Derry, U17) 4:50.98. **4x400:** 1 N Down 4.07.37.
PV: 1 E McCartney (WG&EL) 3.80; 2 E Fisher (Lisb, U20) 3.20. **SP:** 1 N Morgan (Derry) 11.31.
JT: 4 D Herron (Derry, W60) 19.04

SCOTTISH ATHLETICS U17 CHALLENGE FINAL, Grangemouth

U17 men: 200: A (–0.5): 1 F Waugh (Giffnock North) 22.27; 2 S Stewart (VP Glasgow) 22.84. **1500: A:** 2 H Anderson (S Lan, U17W) 4:26.82. **100H: A (–2.3):** 1 R Nairne (Giff North) 13.44; 2 R Morgan (S Lan) 13.95; 3 C Forbes (Edin AC) 14.86. **B (–2.3):** 1 M Fotheringham (Giff N) 14.50. **LJ: A:** 1 M Fotheringham (Giff N 6.45/0.0; 2 K Wilkinson (Team North) 6.45/0.0
U17 women: 100: A (–0.6): 1 A Bell (Giffnock North) 12.26. **200: A (–0.2):** 1 A Bell (Giffnock North) 25.01. **800: A:** 1 K Purcell (Aberdeen AAC) 2.17.08; 2 H Anderson (South Lan 2.18.10; 3 A Gollan (Team North) 2.18.41; 4 Z Flower (Giff N) 2.18.48. **1500: A:** 1 J Cash (Giff N 4.46.73

UK YOUTH DEVELOPMENT U13/U15 LEAGUE SCOTLAND REGIONAL FINAL, Grangemouth

MATCH: 1 Edinburgh 546.8; 2 Giffnock North 457.8; 3 South Lanarkshire 410; 4 Pitreavie

UK 200m outdoor leaders 2019

MEN			WOMEN	
19.97	Miguel Francis	**Snr**	22.18	Dina Asher-Smith
20.56	Shemar Boldizsar	**U23**	23.17	Finette Agyapong
20.76	Joe Ferguson	**U20**	22.42	Amy Hunt
21.60	Jeriel Quainoo	**U17**	23.93	Kallyah Young
22.56	Bailey Smith	**U15**	24.37	Success Eduan
24.06	Al-Ameen Salaam	**U13**	26.31	Olivia Gillespie
21.70	Jonathan Browne	**V35**	24.88	Jessica Armah
22.59	Dominic Bradley	**V40**	26.32	Lizzie Amos
22.9	Jason Carty	**V45**	27.1	Sharon Wilkinson
23.6	Darren Scott	**V50**	28.37	Janet Dickinson
24.4	Donald Brown	**V55**	28.3	Kirstin King
25.35	John Wright	**V60**	30.45	Jane Horder
27.13	John Browne	**V65**	29.98	Helen Godsell
28.8	David Spencer	**V70**	33.6	Moira West
30.58	Allan Long	**V75**	41.9	Iris Holder
32.46	Anthony Treacher	**V80**	40.77	Kath Stewart
51.23	Richard Pitcairn-Knowles	**V85**	–	
48.85	Eric Shirley	**V90**	–	

Fast 800m at Stretford for Bashir Farah

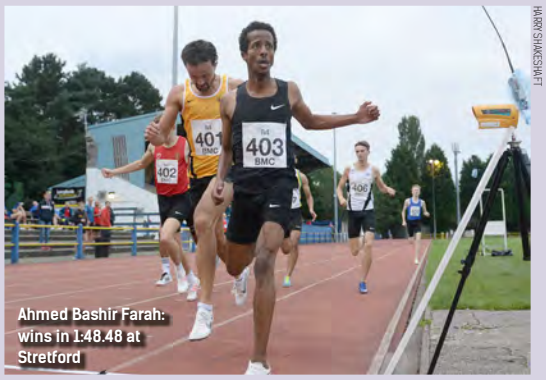
BMC GOLD STANDARD RACES, Stretford

AHMED BASHIR FARAH front ran the 800m and duly returned a new best of 1:48.48 to win an exciting race, *Stephen Green reports.*

Alex Coomber pushed the Sheffield man all the way to return a PB of 1:48.57 with Tom Dodd also inside 1:49.

Jonny Kay won the 1500m A race with a PB of 3:48.34 with under-17 Benjamin Reynolds third in a time of 3:50.19, the second-fastest U17 time this season.

Men: 800: A: 1 A Farah (Shef/Dearn) 1:48.48; 2 A Coomber (Card) 1:48.57; 3 T Dodd (Bir) 1:48.84; 4 O Meslek (Leeds C) 1:49.02; 5 H Russell (Newb) 1:49.18; 6 W Snook (Harl) 1:49.26; 7 S Gee (Sale, U20) 1:50.29. **B:** 1 D Brown (Ton) 1:50.45; 2 S MacKay (Shet, U20) 1:50.52; 3 N Hassan (Sale, U20) 1:52.21; 4 J Morrison (W Ches) 1:52.23; 5 D Proctor (Sale) 1:52.62; 6 U Runner (Club) 1:53.09, 7 F Stewart (Derry) 1:53.79. **C:** 1 G Louden (Lass) 1:53.22; 2 L Farrant (Stock H, U20) 1:53.34; 3 C Boyle (VPCG) 1:54.47; 5 A Banks (Charn, U20) 1:56.85. **D:** 1 E Hood (Lass, U20) 1:56.71; 2 J Bentall (Traff, U17) 1:58.21; 3 J Reynolds (Card, U17) 1:58.68. **1500: A:** 1 J Kay (Bolt)



Ahmed Bashir Farah: wins in 1:48.48 at Stretford

HARRY SHAKESHAFT

3:48.34; 2 E Gilchrist (Sale) 3:49.77; 3 B Reynolds (Card, U17) 3:50.19; 4 M Pearce (SB) 3:51.35; 5 M Jackson (Liv H) 3:51.77; 6 M Smith (Lass) 3:52.16; 7 M Seddon (Brack) 3:52.46; 8 P Magner (Sale) 3:52.57; 9 A Benson (Prest) 3:53.72; 10 M Cummings (Herne H) 3:53.81. **B:** 1 O Perrin (Menai, U17) 3:56.03; 2 A Milligan (NBH) 3:56.09; 3 M Bostock (Wake) 3:56.16; 4 O Dane (Shef/Dearn) 3:56.45; 5 C Smith (Swan) 3:56.73; 6 J Patton (Kilb, U17) 3:56.98; 7 E Palmer (Salf) 3:57.63; 8 F Brodie (Tyne Br) 3:58.60; 9 N Gajic (Giff N, U20) 3:59.25; 10 N Hooker (Leeds C) 3:59.41; 11 L Rawlings (Osw, U17) 4:01.09; 13 O Perrin (Menai, U17) 4:06.58. **C:** 1 A Brown (Morp) 3:59.39; 2 K Coleman Smith (Charn, U20) 4:00.25; 5 L Davidson (I'ness, U20) 4:01.06; 6 M Barnes (Sale, M40) 4:01.22; 9 B Lima (Salf, M35) 4:04.62; 10 M Cunningham (Prest, U17) 4:07.91

TRAFFORD AC GRAND PRIX OPEN (DISTANCE / THROWS), Stretford

U15 mixed events: 800: r1: 1 P Griffith (Vale R) 2:04.24; 2 M Dobson (SHS) 2:05.08; 3 D Carney (Vale R) 2:08.57; 6 O Brown (Sale, U15W) 2:16.92. **r2:** 1 S Bairstow (Keigh, U15W) 2:20.51; 2 I Cunningham (Prest, U15W) 2:20.58 **Men: 400:** 1 J Richardson (Traff) 48.81; 2 A Bellis (Traff, M40) 53.35; 3 A Parker (W Ches, M40) 54.89. **HT:** 1 S Livett (Liv H) 47.09. **HT:** 31 T Balko (B'burn, M55) 37.25. **HT:** 1 A Bernstein (Prest, U17) 62.26; 2 I Cooley (Roth, M60) 37.88. **JT:** 1 W Todd (Leigh, M40) 46.40. **JT:** 2 T Balko (B'burn, M55) 30.81

Mixed events: 800: r1: 1 R Watmough (Keigh, U20) 1:56.72; 3 S Stephens (Vale R, U17) 1:59.93; 7 R Hodgson (Col B, U15) 2:01.82. **r2:** 1 A Roberts (Col B, U17) 1:58.36; 2 A Lynch (Sale, U17) 1:59.40. **r4:** 5 J Fairchild (Prest, W) 2:05.89. **r5:** 3 P Howard (R'well, M40) 2:07.48; 5 J Walsh (Leeds C, W) 2:08.63. **r6:** 4 E Ball (Roth, U20W) 2:16.10; 5 Z Tyas (Holm, U17W) 2:16.18; 6 E Wild (Stock H, U17W) 2:17.34. **r7:** 1 S Tait (Lass, U20W) 2:18.19; 4 A Stepanchuk (Roth, W35) 2:24.47. **1500: r1:** 1 R Harrison (Liv PS, U20) 4:04.67; 3 R Serif (Vale R, U17) 4:08.39; 4 M Ramsden (B'burn, U17) 4:11.23; 12 A Cartwright (Wake, M40) 4:16.12. **r2:** 11 R Friend (Leeds C, W) 4:35.34. **r3:** 4 S Bent (Salf, W) 4:38.76; 5 K Rennocks (Roth, U20W) 4:40.24. **3000: r1:** 1 M Mohamed (Cov) 8:31.50; 2 J Ferns (Traff) 8:32.52; 3 T Rogerson (Liv H) 8:38.17; 4 A Hay (I'clyde, U20) 8:38.77; 5 H Allan (New M) 8:41.76; 6 A Bellew (Leeds C) 8:43.05; 7 M Wynne (Liv PS, M40) 8:43.33; 8 M Clisham (Cov, U20) 8:43.52; 9 C Graham (Lass, U20) 8:43.74; 11 G Raven (Sale, M45) 8:46.99; 12 S Roberts (Shef/Dearn, U20) 8:52.73; 14 P Coon (Salf, M35) 8:54.08; 15 O Gajdowski (Amble, U20) 8:56.32; 16 R Coen (Wilm, M40) 8:57.85. **r2:** 2 I Grime (Salf, M45) 9:04.31; 7 E Fazakerley (Manc H, M50) 9:22.31; 11 F Brint (Sale, U20W) 9:44.32; 15 G Chattwood (W&B, W) 10:04.10; 19 E Kilcourse (Salf, W) 10:13.88; 20 H Anderson (E Kilb, U17W) 10:14.94; 25 S Taylor (Traff, M60) 10:53.97. **HT:** 1 H Blood (Sale, U20W) 50.31; 2 Z Price (Liv H, U20W) 48.78; 3 C Stuchbury (Wig D, U20W) 44.61; 5 B Renshaw (Roth, M70) 29.82. **HT:** 1 L Forrest (Roth, U17W) 52.67; 2 J Watts (N Masters, M80) 42.20; 3 L Baker (Pend, W55) 24.71. **JT:** 2 P Todd (Leigh, M65) 30.63

AAC 402; 5 Island Select 396.5; 6 Team North Lanarkshire 368; 7 Kilmarnock H 351.3; 8 Inverness Harriers AAC 346.5

U15 boys: 100: A (–0.8): 1 B Gallagher (T N Lan) 11.76; 2 T Kelly (Edin) 11.81. **200: A (–0.3):** 1 D Patterson (S Lan) 23.96; 2 T Kelly (Edin) 24.21. **800: A:** 1 O Logan (S Lan) 2:00.45.

1500: A: 1 R Macdonald (Giff N) 4:22.97. **SP: A:** 1 C Simpson (S Lan) 12.61

U13: 800: A: 1 C Shennan (Giff N) 2:18.29.

1500: A: 1 S Rice (Kil'k) 4:42.30; 2 A Nugent (Giff N) 4:51.48. **B:** 1 O Bryers (Giff N) 4:55.80.

HJ: A: 1 A Irvine (Island) 1.53. **JT: A:**1 F Pim (Edin) 32.43

U15 girls: 100: A (–1.4): 1 R Grieve (Pit) 12.82.

200: A (–1.0): 1 R Grieve (Pit) 25.78. **800: A:** 1 K Johnson (Edin) 2:19.45. **B:** 1 A Macaulay Orr (Edin) 2:21.91. **1500: A:** 1 H Ryding (Giff N) 4:48.06; 2 A Cairns (I'ness) 4:48.85. **75H: A (–1.8):** 1 M Reville (Edin) 11.83. **LJ: A:** 1 M Reville (Edin) 5.18/-0.2. **HT: A:** 1 D Russell (S Lan) 43.82; 2 H Gay (T N Lan) 31.24; 3 I Maher (Giff N) 26.04

U13: 75: A (–1.4): 1 M McCloud (Pit) 10.23; 2 G Young (T N Lan) 10.36; 3 S Burns (Edin) 10.52.

150: A (–0.7): 1 M McCloud (Pit) 20.22; 2 S Burns (Edin) 20.51; 3 K Whittingham (I'ness) 20.76; 4 K Clark (S Lan) 21.38; 5 M MacKenzie (Giff N) 21.69; 6 M Tulloch (Island) 21.91. **B (–1.6):** 1 J Ajala (Edin) 21.42; 2 S Frater (T N Lan) 21.69. **1200: A:** 1 K Donnelly (Giff N) 4:05.61; 2 A Baillie (Pit) 4:10.68; 3 O Shepherd (Edin) 4:14.89; 4 K MacKinnon (Island) 4:14.95; 5 G Wilson (T N Lan) 4:16.36. **B:** 1 K Thomson (Pit) 4:14.22; 2 D MacDonald (Edin) 4:16.31.

70H: A (–0.3): 1 G Young (T N Lan) 12.33. **HJ: A:** 1= K Forbes (Edin) 1.45; 1= M Feroz (Kil'k) 1.45; 1= C Weir (Giff N) 1.45. **B:** 1 C Slater (Giff N) 1.40. **SP: A:** 1 C Fraser (S Lan) 9.16

WELSH ATHLETICS INTER REGIONAL CHAMPIONSHIPS, Aberdare

U13 mixed events: 1500: 1 H Dawes (Newport Harriers/East Wales) 4:47.97; 2 M Toogood (Carmarthen/West Wales) 4:52.01; 3 K Beltran (Cardiff/South Wales) 4:55.04; 6 E Morris (Blaenau Gwent/East Wales, U13W) 5:08.54; 7 A Garrod (Newport Harriers/East Wales, U13W) 5:14.61

U17 men: 100 (2.6): 1 T Payne (Swansea/West Wales) 10.93; 2 L Thorne (Cardimm/South Wales) 10.96; 3 F Savage (Deeside/North Wales) 11.17; 4 S Hardman (Menai/North Wales) 11.19. **200:** 1 T Payne (Swansea/West Wales) 22.33; 2 L Thorne (Cardimm/South Wales) 22.62; 3 S Hardman (Menai/North Wales) 22.71. **400:** 1 W Lovejoy (Hereford /East Wales) 50.80. **1500:** 3 R Hodgson (Colwyn Bay/North Wales, U15) 4:21.93. **3000:** 1 F Hines (Neath/West Wales) 9:11.96; 2 F Morgan (Carmarthen/West Wales, U15) 9:24.73. **100H (–1.4):** 1 T Thompson (Pembrokeshire/West Wales) 14.03. **400H:** 1 O Clarke (Swansea/West Wales) 58.74; 2 S Clayton (Brecon AC/East Wales) 59.22. **PV:** 1 E Hoogendoorn (Cardiff Archers/South Wales) 3.40. **LJ:** 1 R Edwards (Maldwyn/North Wales) 6.36/0.1. **SP:** 1 D Phillips (Pembrokeshire/West Wales) 12.07. **DT:** 1 H Davies (Neath/West Wales) 53.33

U15: 100 (0.9): 1 A Powell (Maldwyn/North Wales) 11.46; 2 D Morgan (Swansea/West Wales) 11.62; 3 W Hawker (rhymney Valley/East Wales) 11.71; 4 J Aka (Swansea/West Wales) 11.75; 5 J Crewe (Cwmbran Harriers/East Wales) 11.79. **200:** 1 L Topp (Pembrokeshire/West Wales) 23.44; 2 A Powell (Maldwyn/North Wales) 23.66; 3 W Hawker (Rhymney Valley/East Wales) 24.04; 4 H Wheeler (Llanelli/West Wales) 24.28. **400:** 1 L Topp (Pembrokeshire/West Wales) 36.76; 2 T Maguire (Deeside/North Wales) 38.30; 3 I Surian-Holder (Brecon AC/East Wales) 38.66; 4 C Webb (Cwmbran Harriers/East Wales) 39.68; 5 O Parry (Menai/North Wales) 39.77; 6 M Davies (Cardiff/South Wales) 40.75; 7 H Garcia (Swansea/West Wales) 42.16. **80H (0.1):** 1 J Crewe (Cwmbran Harriers/East Wales) 12.78. **PV:** 1 W Trott (Swansea/West Wales) 4.10; 2 W Grant (Deeside/North Wales) 2.70; 3 A Graham-Mulvaney (Cardiff AC/East Wales) 2.60; 4 J Lewis (Swansea/West Wales) 2.60. **LJ:** 1 D Morgan (Swansea/West Wales) 5.79/0.2. **SP:** 1 D Pawlett (Pembrokeshire/West Wales) 14.72; 2 E Witchell (Cardiff/South Wales) 12.53. **DT:** 1 M Jenkins (Pembrokeshire/West Wales) 40.69; 2 E Witchell (Cardiff Archers/South Wales) 37.34. **HT:** 1 A Thomas (Newport Harriers/East Wales) 36.39

U13: 100 (2.2): 1 K Musa (Cardiff/South Wales) 12.18; 2 J Berry (Newport Harriers/East Wales) 12.19. **200:** 1 J Berry (Newport Harriers/East Wales) 24.87; 2 K Musa (Cardiff/South Wales) 26.04. **75H (0.0):** 1 J Walters (Swansea/West Wales) 12.66; 2 R De Vall (Swansea/West Wales) 13.13; 3 A Afolabi (Cardiff Archers/South Wales) 13.38. **HJ:** 1 A Afolabi (Cardiff Archers/South Wales) 1.45. **JT:** 1 E John (Pontyclun/South Wales) 34.40

U17 women: 100 (1.4): 1 E Kone (Cardiff/South Wales) 12.27. **200:** 1 S Didcote (Colwyn Bay/North Wales) 25.51. **300:** 1 S Didcote (Colwyn Bay/North Wales) 41.82. **800:** 1 S Jones (Menai/North Wales) 2:21.07. **1500:** 1 S Jones (Menai/North Wales) 4:44.81. **80H:** 1 C Griffith (Newport Harriers/East Wales) 12.21.

300H: 1 A Hucks (Menai/North Wales) 47.28; 2 F Jenkins (Pembrokeshire/West Wales) 47.99.

HJ: 1 L Church (Carmarthen/West Wales) 1.69; 2 A Jenkins (Newport Harriers/East Wales) 1.63.

PV: 1 M Hamer (Cardiff Archers/East Wales) 3.00; 2 L Broughton (Cardiff Archers/South Wales) 2.80. **TJ:** 1 B Roberts (Carmarthen/West Wales) 10.69/0.0. **SP:** 1 J Holland (Swansea/West Wales) 11.58; 2 B Cronin (Cardiff/South Wales) 11.51; 3 E Beddall (Cardiff Archers/South Wales) 11.22. **DT:** 1 B Cronin (Cardiff/South Wales) 39.30; 2 H Pemberton (Wrexham/North Wales) 30.73. **HT:** 1 C Grimwade (Swansea/South Wales) 48.93; 2 E Hames (Neath/West Wales) 41.99; 3 N Owen (Menai/North Wales) 39.91. **JT:** 1 A Parkinson (Menai/North Wales) 36.65

U15: 100 (1.5): 1 J Lee (Carmarthen/West Wales) 12.60; 2 T Boateng (Newport Harriers/East Wales) 12.60; 3 A Williams (Menai/North Wales) 12.65. **200:** 1 J Lee (Carmarthen/West Wales) 26.00. **300:** 1 E Watkins (Cardiff/South Wales) 42.31. **800:** 1 L Wintle (Pembrokeshire/West Wales) 2:22.49. **75H (0.0):** 1 F Morgan (Swansea/West Wales) 11.76; 2 S Lisk (Cardiff Archers/South Wales) 11.77; 3 I Wigley (Cardiff/South Wales) 12.20; 4 M Gwyther (Swansea/West Wales) 12.29. **PV:** 1 H Guite (Swansea/West Wales) 2.40. **LJ:** 1 S Lyons (Swansea/West Wales) 5.02/-0.9. **SP:** 1 A Fettis (Newport Harriers/East Wales) 10.22. **DT:** 1 L Harris (Swansea/West Wales) 28.66. **HT:** 1 C Davies (Newport Harriers/East Wales) 32.30; 2 C Jones (Swansea/West Wales) 26.97; 3 F Hughes-Rolls (Cardiff AC/East Wales) 25.98; 4 T Owen (Deeside/North Wales, U13) 25.75. **JT:** 1 R Holley (Cardiff Archers/South Wales) 31.46

U13: 100 (0.8): 1 O Gillespie (Newport Harriers/East Wales) 13.07; 2 F Clarke (Swansea/West Wales) 13.32; 3 N Powell (Pontyclun/South Wales) 13.32; 4 C Gregson (Carmarthen/West Wales) 13.41. **200 (1.1):** 1 O Gillespie (Newport Harriers/East Wales) 26.31; 2 F Clarke (Swansea/West Wales) 27.43; 3 N Powell (Pontyclun/South Wales) 27.67; 4 C Gregson (Carmarthen/West Wales) 27.93; 5 A Fitzgerald (Newport Harriers/East Wales) 28.47.

70H (0.5): 1 C Jones (Cwmbran Harriers/East Wales) 11.96; 2 E Hurley (Rhymney Valley/East Wales) 12.04; 3 A Pearn (Cardiff Archers/South Wales) 12.16. **HJ:** 1 R Jones (Swansea/West Wales) 1.45. **LJ:** 1 N Powell (Pontyclun/South Wales) 4.84/0.0. **SP:** 1 L Ford (Swansea/West Wales) 9.16. **DT:** 1 L Ford (Swansea/West Wales) 22.25

AUGUST 2

INVERNESS HARRIERS, Inverness

U20 mixed events: HT: 1 R MacLennan (I'ness, U20W) 46.02; 3 H Welsh (Nairn, U20W) 39.65

U17 men: HT: 1 V Jude-Eze (I'ness) 42.97

U17 women: HT: 1 A Colliar (I'ness) 39.52; 2 L Fernandes (I'ness, U13) 30.75

U13: DT: 1 F Waite (Ross C) 23.65

JULY 27

WELSH JUNIOR LEAGUE DIVISION EAST, Cardiff Met

U15 boys: 100: r4 (0.0): 1 W Hawker (Rhym V) 11.78. **200: r2 (2.1):** 1 W Hawker (Rhym V) 24.05. **300: r2:** 1 B Farrell (Card) 38.93.

80H: r2: 1 K James (Card Arch) 12.98. **SP:** 1 E Witchell (Card) 12.15. **DT:** 1 E Witchell (Card) 32.27

U13: 100: r2 (–0.5): 1 J Berry (Newp) 12.48.

r4 (2.6): 1 S Kiambi (Card) 12.27. **r5 (1.2):** 1 K Musa (Card) 12.61; 2 B Parker (A'dare) 12.77.

200: r2 (2.5): 1 S Kiambi (Card) 25.99; 2 K Musa (Card) 26.63. **r4 (1.1):** 1 J Berry (Newp) 25.62. **800: r2:** 1 H Dawes (Newp) 2:18.26.

1500: 1 K Beltran (Card) 4:59.79. **75H: r1 (0.8):** 1 C Eley (Newp) 12.77. **r2 (0.9):** 1 O Parry (Card Arch) 12.56; 2 A Afolabi (Card Arch) 13.01.

4x100: 1 Card 52.08; 2 Card Arch 55.12. **HJ:** 1 A Afolabi (Card Arch) 1.45

U15 girls: 100: r3 (1.0): 1 E Tyler (Here) 12.88.

800: r1: 1 E Watkins (Card) 2:19.59. **4x100: r1:** 1 Card 52.38. **r2:** 1 Newp 52.26. **PV:** 1 E Wainwright (Newp) 2.80. **SP:** 1 A Fettis (Newp) 10.26. **DT:** 1 C Colbert (Here) 28.00. **JT:** 1 C Colbert (Here) 33.99

U13: 100: r1 (0.3): 1 O Gillespie (Newp) 13.19.

r5 (–0.7): 1 N Desir (Card Arch) 13.20; 2 C Radcliffe (Rhym V) 13.33. **200: r2 (1.7):** 1 O Gillespie (Newp) 26.59. **r3 (1.3):** 1 C Radcliffe (Rhym V) 27.53; 2 A Davis (Card Arch) 28.44.

r4 (1.4): 1 N Desir (Card Arch) 27.34. **1500:** 1 E Morris (Blae G) 5:13.69. **70H: r2:** 1 C Jones (Cwmb) 12.07; 2 A Pearn (Card Arch) 12.19; 3 E Hurley (Rhym V) 12.29; 4 A Davis (Card Arch) 12.46. **4x100: r1:** 1 Newp 54.06; 2 Card Arch 54.94; 3 Card 56.74

DIVISION WEST, Neath

U15 boys: 100: r3 (2.7): 1 D Morgan (Swan) 11.64. **200: r3:** 1 D Morgan (Swan) 23.82; 2 H Wheeler (L'nelli) 23.87. **300: r3:** 1 D Morgan (Swan) 23.82; 2 H Wheeler (L'nelli) 23.87; 3 J Aka (Swan) 24.47; 4 J Kenny (Swan) 25.22; 5 I Griffiths (P'broke) 25.59. **80H:** 1 H Fuller (Carm) 12.91. **4x100:** 1 Swan 48.29. **HJ:** 1 O Roberts (Carm) 1.70. **PV:** 1 W Trott (Swan) 3.81; 2 H Newton (Swan) 2.60. **LJ:** 1 D Morgan (Swan) 5.76. **SP:** 1 D Pawlett (P'broke) 13.84; 2 M Jenkins (P'broke) 12.32. **DT:** 1 M Jenkins (P'broke) 41.93. **JT:** 1 S O'keefe (Carm) 44.82

U13: 75H (1.3): 1 J Walters (Swan) 12.52; 2 R De Vall (Swan) 13.22; 3 R Lloyd-Roberts (P'broke) 13.78; 4 H Collins (Swan) 13.89.

JT: 1 E John (Pontyclun) 34.54; 2 T Bennett (Brec) 33.45

U15 girls: 100: r2 (1.3): 1 J Lee (Carm) 12.62.

200: r2 (4.5): 1 J Lee (Carm) 25.80. **75H:** 1 F Morgan (Swan) 11.70; 1 K Thomas (Swan) 11.70; 3 M Gwyther (Swan) 11.80; 4 L Lloyd (P'broke) 12.10; 5 S Bray-Davies (Swan) 12.40. **PV:** 1 M Carter (Swan) 3.06; 2 H Guite (Swan) 2.50. **LJ:** 1 J Lee (Carm) 5.29. **SP:** 1 J Hale (Neath) 10.58. **DT:** 1 L Harris (Swan) 26.40

U13: 100: r2 (–1.7): 1 F Clarke (Swan) 13.48.

r3 (2.2): 1 N Powell (Ponty) 13.30; 2 C Gregson (Carm) 13.42. **200: r3:** 1 N Powell (Pont) 27.72; 2 C Gregson (Carm) 28.28. **r4 (2.2):** 1 F Clarke (Swan) 27.68. **1500:** 1 A Merchant (B'end) 5:10.98. **70H: r2 (3.9):** 1 Z Strevens (Swan) 12.37. **4x100: r1:** 1 Swan 54.69. **HJ:** 1 R Jones (Swan) 1.40; 2 M Quick (Swan) 1.40. **LJ:** 1 N Powell (Ponty) 4.92. **SP:** 1 C Morgan (Swan) 9.21. **JT:** 1 E Aitchison (Neath) 26.82

JULY 21

SCOTTISH WOMEN'S LEAGUE, Grangemouth

MATCH: 1 VPCG 531; 2 A'deen sel 500.5; 3 T West 453; 4 Edin 310; 5 Tays sel 249.5; 6 Forth V sel 249; 7 Pit 216.5; 8 Loth sel 151.5

Final standings: 1 VPCG 22; 2 A'deen sel 21; 3 T West 19; 4 Edin 14; 5 Tays sel 13; 6 Forth V sel 9; 7 Pit 6; 8 Loth sel 4

JULY 20

LIVINGSTON OPEN MEETING, Livingston

U15 mixed events: LJ: 1 D Black (Dunf, U15W) 5.06/-1.2

Mixed events: 200: r1 (1.7): 1 L Bell (Dund H, U20) 22.24; 3 B Gallagher (Aird, U15) 23.28. **r6 (3.0):** 1 S Majekodunmi (Lass, U13) 26.03. **r9 (2.9):** 2 Z Douglas (VPCG, U13W) 27.97. **1500: r1:** 2 A MacAngus (Kilb, U20) 4.01.61; 3 N Gajic (Giff N, U20) 4.03.36; 4 D Addison (Cors, U17) 4.04.57. **r2:** 10 A Simpson (Fife, W) 4.32.74; 13 Z Bates (Edin, W) 4.41.81. **r3:** 5 N Mulholland (I'clyde, W) 4.33.73; 7 K Johnson (Edin, U15W) 4.37.07; 9 O Vareille (Falk, U20W) 4.39.52; 10 N Griffiths (B&W, W) 4.40.88; 11 Z Flower (Giff N, U17W) 4.41.06. **r4:** 4 A Dalglish (Fife, U17W) 4.49.45; 7 I Wright (Tm E Loth, U13) 4.51.98; 10 A Nugent (Giff N, U13) 4.53.94. **r5:** 2 K Fulton (Moorf, U13) 4.57.21; 4 A Macaulay Orr (Edin, U15W) 4.59.82. **r6:** 1 A Wade (Giff N, U13W) 5.03.25

Men: 75H (1.1): 1 C Newton (Dunf, U13) 12.72

Women: 80H (0.9): 1 E Clark (Lass, U17) 11.99

U17: SP: 1 A Fairley (Living) 11.09

JULY 17

ROSENHEIM LEAGUE WESTERN DIVISION, Walton

Men: MATCH: 1 Epsom & Ewell 57; 2 Walton 51; 3 Sutton & District 30; eq5 British Airways & St Mary's Richmond 21 Kingston & Polytechnic no score

100: 2 S Channon (Walton, M40) 11.72. **1500: ns:** 2 S Bean (E&E, M60) 5.04.69. **400H: ns:** 1 R Morris (S Lon) 55.86. **PV:** 1 D Blunt (E&E, M65) 3.00. **DT:** 3 B Jongejan (Walton, M45) 30.72

U20: DT: ns: 1 M Collingridge (SMR) 40.32

Final standings (Top 4 to final on August 21): 1 E&E 24.5 (235); 2 Walton 22.5 (192); 3 S&D 16 (133); 4 SMR 14.5 (136); 5 K&P 14 (129); 6 BA 11.5 (111)

Women: MATCH: 1 K&P 39; 2 S&D 36; 3 Walton 34; 4 E&E 28; 5 SMR 19 BA no score

100: 4 L Amos (Walton, W40) 12.94. **ns:** 4 J Trimble (K&P, W60) 15.54. **200:** 3 L Amos (Walton, W40) 26.32. **400:** 1 E Fryer (SMR, U17) 58.60. **4x200:** 1 Sutt 1.51.39. **DT:** 1 S Mace (TVH) 46.12. **DT: ns:** 1 L Sissons (E&E, W75) 20.01. **HT:** 1 J Westley (K&P) 41.25; 2 E West (Walton, U17) 36.54; 3 K Weir (SMR, W55) 25.04. **HT: ns:**1 E West (Walton, U17) 40.90, 2 K Weir (SMR, W55) 25.19

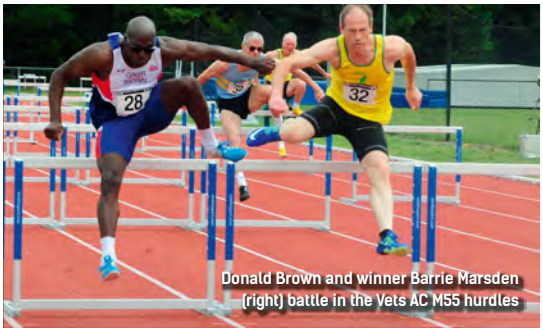
W75: HT: ns: 1 L Sissons (E&E) 25.54

Final standings (Top 3 to final on August 21): 1 K&P 23.5 (165); 2 E&E 23 (166); 3 S&D 20 (160); 4 SMR 15.5 (125); 6 BA 4 (31)

SUSSEX U13 LEAGUE DIVISION EAST, Eastbourne

U13 boys: 75: B: 1 E Child (Lewes) 10.2. **150: A:** 1 J Campbell (Phoe) 19.4. **75H: A:** 1 M Willemse (B&H) 13.4. **JT: A:** 1 L Opoku (B&H) 34.65

U13 girls: 75: A: 1 Y Barra (Phoe) 10.6; 2 L Bowen (B&H) 10.7. **150: A:** 1 R Kornevall (Lewes) 20.2; 2 S Kalman (B&H) 21.3; 3 Y Barra (Phoe) 21.4; 4 C Spencer (E'bne) 21.8. **B:** 1 Z Wright (Lewes) 21.8; 2 L Kirby (B&H) 21.9. **ns:** 1 H Wells (B&H) 21.1. **600: A:** 1 D Yelling (B&H) 1.46.7; 2 I Chappell (E'bne) 1.47.3. **1000: A:** 1 R Gasson (B&H) 3.24.4; 2 E Stephenson (Lewes) 3.27.5. **B:** 1 X Cox (B&H) 3.29.7. **70H: A:** 1 F Robertson-


Donald Brown and winner Barrie Marsden (right) battle in the Vets AC M55 hurdles

d'cruz (B&H) 12.2. **B:** 1 L Russell (B&H) 12.1. **LJ: A:** 1 S Kalman (B&H) 4.60. **DT: A:**1 L Russell (B&H) 23.81. **JT: A:** 1 D Yelling (B&H) 39.69

JULY 14

NORTH EASTERN YOUTH DEVELOPMENT LEAGUE DIVISION 1, Hexham

U17 men: 100H: A: 1 A Lillistone (Gate) 14.65

U15: 800: A: 1 J Blevins (NSP) 2.07.72. **1500: A:** 1 Z Old (NSP) 4.25.00. **SP: A:** 1 N Arkle (Morp) 11.65

U13: 1500: A: 1 M Downs (New M) 4.54.53.

4x100: A: 1 Morp 55.57

U17 women: 800: A: 1 R Forrest (H'gate) 2.20.53. **TJ: A:** 1 I Smith (H'gate) 10.77

U15: 100: A: 1 J Crulley (NSP) 12.89. **4x100: A:** 1 NSP 53.12; 2 Morp 53.23

U13: 200: A: 1 V Hodgson (Morp) 28.24. **1500: A:** 1 C Dillon (Dur) 5.00.25. **70H: A:** 1 E Bond (NSP) 11.64. **HJ: A:** 1 E Bond (NSP) 1.44. **LJ: A:** 1 E Bond (NSP) 4.56

DIVISION 2N, Whitley Bay

U13 boys: 75H: A: 1 L Pichler (Walls) 13.6

U13 girls: 200: A: 1 H Wilson (Blyth) 28.3.

800: A: 1 P Old (Els) 2.26.8. **HJ: A:** 1 G Arthur (J&H) 1.44

DIVISION 2S, Middlesbrough

U15 boys: 100: A: 1 L Townson (Derwentside/Crook) 11.9; 2 A Smith (R&Z) 12.0. **1500: A:** 1 C Perkins (Birtley) 4.10.7. **LJ: A:** 1 A Smith (R&Z) 5.80

U17 women: 80H: A: 1 C Rutter (Darlington/Allerton) 11.9. **HT: A:** 1 R Thompson (Darlington/Allerton) 36.38

U15: 100: A: 1 K Williams (Darl) 12.8. **SP: A:** 1 L Thompson (Darlington/Allerton) 10.15

U13: 200: A: 1 I Fishwick (Derwentside/Crook) 28.4. **800: A:** 1 I Fishwick (Derwentside/Crook) 2.29.8. **4x100: A:** 1 Darlington/Allerton 57.6

NORTH OF ENGLAND LEAGUE DIVISION 3EC, Cleckheaton

Men: 100: B: 2 M Atkin (Gran, M40) 12.3. **200: A:** 1 A Spour (Linc W, M35) 22.8. **TJ: B:** 1 M Atkin (Gran, M40) 11.30. **SP: A:** 1 M Atkin (Gran, M40) 12.01; 2 G Pell (Scun, M45) 11.47. **DT: A:** 1 M Atkin (Gran, M40) 40.82; 2 G Pell (Scun, M45) 35.13. **HT: A:** 1 P Garner (Gran, M55) 52.17

Women: 400: A: 1 H Braybrook (Gran, U17) 60.8. **3000: A:** 1 C Cooney (Linc W, W35) 10.51.0. **PV: A:** 1 L Green (C'field, U17) 3.10; 2 H Fox (Linc W, W45) 2.40. **LJ: B:** 2 D Timmis (Linc W, W55) 3.79. **SP: A:** 1 E Meagher (Scun, W40) 9.63. **DT: A:** 1 A Sharples (Linc W, U20) 37.80; 2 E Meagher (Scun, W40) 31.32. **HT: A:** 1 H Gilbert (Gran, W35) 37.50; 2 L Stonehewer (Scun, U17) 34.77. **B:** 1 S Skinner (Scun, U20) 33.53

DIVISION 3W, Macclesfield

Men: 100: A: 1 D Bradley (C&N, M40) 11.0. **200: A:** 2 D Bradley (C&N, M40) 22.9. **400: A:** 1 A Kamali-Turner (Man, U20) 50.4. **1500: A:** 2 R Burney (Liv H, M40) 4.15.2; 5 E Fazakerley (Man, M50) 4.30.8. **5000: A:** 1 M Crehan (SHS) 15.20.7; 2 R Burney (Liv H, M40) 16.14.2; 3 E Fazakerley (Man, M50) 17.01.1. **B:** 2 A Ashton (Liv H, M45) 16.54.3. **HJ: A:** 1 M Hartley (Liv H) 2.00. **PV: A:** 1 R Grant-Smith (Macc, M50) 3.15. **LJ: A:** 1 M Causer (SHS) 6.81. **DT: A:** 1 A Pritchard (Macc, M40) 33.59. **HT: A:** 1 M Bomba (Liv H) 58.82. **B:** 1 S Livett (Liv H) 46.81. **JT: A:** 4 D Scott (SHS, M50) 35.21

Women: 100: A: 1 S Money (Liv H) 12.3. **400: A:** 1 R Spencer (Macc, U17) 60.4. **1500: A:** 1 F O'Hare (Liv H, U17) 4.54.0. **3000: A:** 1 C Leather (C&N, U20) 10.36.6. **HJ: A:** 1 K Anson (Liv H) 1.70. **SP: A:** 1 Z Price (Liv H, U20) 10.90; 2 M Fletcher (Macc, W45) 8.97. **JT: A:** 1 M Fletcher (Macc, W45) 28.74

DIVISION 4E, Jarrow

MATCH: 1 Darlington H 382; 2 Blaydon Harriers/Elswick 375; 3 Heaton Harriers 310; 4 Houghton H/Jarrow & Hebburn 272; 5 Durham City H 214; 6 Scarborough 155; 7 Tyne Bridge Harriers 55

Men: 100: A: 3 P McCluskey (HJH, M50) 13.1. **5000: A:** 5 J Clifford (Darl, M45) 16.54.5. **110H: A:** 1 L Reveley (Blay) 15.8

Women: 100: B: 1 L Lester (Darl, W45) 14.2. **HT: A:** 1 J Wheatman (Scar, W35) 44.46

DIVISION 4EC, Wakefield

MATCH: 1 Barnsley 443; 2 Longwood H 412; 3 Pontefract 384.5; 4 Penistone FP Runners 384; 5 Newark 381; 6 Rushcliffe 371.5; 7 Cleethorpes & District 348; 8 Worksop H 251

Men: 200: B: 3 N Quilty (Rush, M45) 25.5. **110H: A:** 1 W Seed (Clee) 15.7. **3000SC: B:** 1 G Moffatt (Rush, M50) 11.20.2. **JT: B:** 2 R Howes (Pont, M55) 30.96

Women: 200: A: 1 M Wright (Barn, U17) 26.0; 3 B Wilson (Newk, W35) 27.5. **800: A:** 1 R Greenway (Clee, U17) 2.21.2. **3000: A:** 1 C Hubbard (Newk) 10.06.9. **B:** 2 C McCarthy (Pont, W55) 12.33.4; 3 J Johnson (PFP, W55) 12.49.7. **HJ: B:** 2= H Hood (Rush, W50) 1.20. **SP: A:** 1 E Race (Work, U20) 10.77. **DT: A:** 2 C Mhembere (Work, W50) 20.03

DIVISION 4W, Wrexham

MATCH: 1 Altrincham & District 459.5; 2 Wrexham AAC 435; 3 Salford Metropolitan 358; 4 Pendle 321; 5 Horwich RMI/Chorley 301; 6 Oldham & Royton H 161; 7 Bradford Airedale 127.5.

Men: 100: A: 1 R Hall (O&R) 11.0. **5000: A:** 1 A Gooch (Alt) 15.36.1. **3000SC: A:** 1 R Lane (Alt, M45) 10.57.2. **JT: A:** 4 N Davies (Wrex, M50) 30.57

Women: 100: A: 2 A Saunders (Pend, W45) 13.2. **200: A:** 4 A Saunders (Pend, W45) 28.3. **3000: A:** 1 S Cordiner (Wrex, U17) 10.40.4. **LJ: A:** 2 A Cook (Wrex, W40) 4.51. **TJ: A:** 1 E Simpson (Alt, U17) 11.21; 2 A Cook (Wrex, W40) 9.27. **DT: B:** 2 L Baker (Pend, W55) 20.45. **JT: A:** 1 H Pemberton (Wrex, U17) 38.97; 2 A Baker (Pend, U20) 35.75

NOTTS MINI LEAGUE, Bingham

U15 boys: 100: 1 Y Afirifah-Mensah (Notts) 12.0. **200:** 1 C Turner (SinA) 24.0

U13: 200: 1 L Hallam (Rush) 26.9

U15 girls: 100: 1 P Clayton (Rush) 12.8. **200:** 1 P Clayton (Rush) 26.3. **800:** 1 J Hughes (Notts) 2.21.6. **75H:** 3 L Hickman (Ret) 12.4

U13: 200: 1 Z Smith (Newk) 28.4; 2 A England (Notts) 28.5. **800:** 1 A Nicholson (Notts) 2.27.4. **70H:** 1 Z Smith (Newk) 12.3. **HJ:** 1 N Need (Notts) 1.40; 2 M Roberts (SinA) 1.40; 3 S Joynt (Mans) 1.40. **JT:** 1 S Joynt (Mans) 29.50

SOUTHERN COUNTIES VETERANS' LEAGUE WESTERN DIVISION, Reading

M35 men: 200: A: 1 M Barough (Oxf C, M40) 23.9; 2 C Beecham (Newb, M45) 25.4; 4 C Bromley (Rad, M45) 26.0. **800: A:** 1 P Jegou (W Horse, M45) 2.13.5; 2 J Bolton (W'stock, M45) 2.13.8. **3000: A:** 1 J Bolton (W'stock, M45) 9.17.2. **B:** 2 J Richardson (Oxf C, M50) 9.50.4. **TJ:** 1 C Beecham (Newb, M45) 10.70. **DT:** 1 S McCauley (Oxf C, M45) 40.93; 2 K Williams (Newb, M45) 31.01

M45: DT: ns: 1 A England (N Masters) 31.12

M50: 200: 1 R Nelson (Rad, M55) 25.9; 2 N Whiting (Oxf C) 26.3; 3 B Lewis (Read, M55) 27.3; 4 S Barrett (Newb, M65) 27.8. **PV:** 1 P Stepney (Abing, M55) 2.50. **DT:** 1 S Pomeroy (Abing, M55) 34.79. **JT:** 1 G Wallace (Rad) 35.53; 2 S Pomeroy (Abing, M55) 31.84

M60: 3000: 1 B Green (Oxf C) 11.03.0. **JT:** 1 T McCreery (Read, M65) 29.09

W35 women: 200: A: 1 P Wootten (Oxf C, W45) 29.2. **800: A:** 1 A Ramos-Villaverde (Rad, W45) 2.33.3; 5 D Taylor (Read, W50) 2.45.5; 6 J Fabes (Abing, W60) 2.59.6. **5000: A:** 1 H Pool (Read RR, W45) 19.57.7; 2 S Francis (Read, W45) 20.56.6. **B:** 2 J Fabes (Abing, W60) 23.51.7. **PV:** 1 C Muir (Abing, W40) 2.30; 2 J O'Connor (Newb, W45) 2.30; 3 J Breslin (Rad, W50) 1.80. **TJ:** 4 L Ahmet (Rad, W65) 7.05

W50: 200: 1 J Ellacott (Rad, W55) 29.3. **800:** 1 D Forrest (Read) 2.44.3. **5000:** 1 K Sargeant (Read RR) 19.37.6; 3 C Stevens (Read, W55) 22.58.0; 4 G Hueter (Oxf C, W60) 24.05.7; 7 S Marshall (Newb, W65) 25.31.3. **PV:** 1 K Reynolds (Rad) 2.00; 2 J Ashton (Wit, W60) 1.60. **TJ:** 1 J Rayfield (Read) 7.92; 3 G Hueter (Oxf C, W60) 6.67. **SP:** 1 J Wilson (Read, W55) 8.96; 2 K Reynolds (Rad) 8.30. **DT:** 1 J Wilson (Read, W55) 26.11

W60: 800: 1 G Hueter (Oxf C) 3.08.5; 2 S Marshall (Newb, W65) 3.22.3

VETERANS AC CHAMPIONSHIPS, Kingston

V35 mixed events: 1500: r1: 1 L Webb (SB, W50) 5.24.12; 2 C Shelley (Serp, W55) 5.39.87; 3 A Garnier (HW, W60) 6.02.06; 4 M Moody (BMH, W70) 6.30.12. **HJ:** 1 A Waddington (BMH, M55) 1.55; 2 M Wyndham-Jones (Norw, M65) 1.30; 4 W Lewis (Read, W50) 1.20. **PV:** 1 W Martin (Hast, M60) 2.50; 2 P Oakes (Ryst, M65) 2.40. **TJ:** 1 R Weekes (Vets, M50) 10.22/-1.0; 2 L Wood (G&G, W50) 9.66/0.3; 4 W Howe (SC Vets, M60) 9.16/-0.4; 5 I Thomson (SC Vets, M65) 9.03/-0.3; 7 J Ashman (Vets, M70) 7.67/1.7

M35 men: 100: r1 (1.4): 1 A Long (Herne H, M75) 14.77; 2 T Bissett (E&E, M75) 15.00; 3 M James (Les C, M75) 16.13. **r3 (1.0):** 1 D Brown (Mid M, M55) 12.03; 2 P Logan (K&P, M55) 12.59; 3 D Panambalana (Herne H, M55) 13.36; 4 G Reddington (WSEH, M55) 13.44; 5 N Mason (Mid M, M70) 14.95; 6 T Clinton (IRL, M70) 15.25. **r4:** 1 J Browne (Mil K, M65) 13.34; 2 R Sibley (M&M, M65) 14.35; 3 R Watkins (BMH, M65) 14.40; 4 D Hinds (Serp, M65) 14.45; 5 P Wignall (HW, M65) 14.66. **r5 (1.5):** 2 S Channon (Walton, M40) 12.02. **r6 (2.1):** 2 R Weekes (Vets, M50) 13.11.

200: r1 (-0.7): 1 T Bissett (E&E, M75) 31.03; 2 A Long (Herne H, M75) 31.14. **r2 (-1.0):** 2 T Clinton (IRL, M70) 31.75. **r3 (-2.3):** 1 J Browne (Mil K, M65) 28.08; 2 P Wignall (HW, M65) 29.48; 3 R Watkins (BMH, M65) 29.63; 4 D Hinds (Serp, M65) 29.68. **r4 (-1.8):** 1 D Brown (Mid M, M55) 25.46; 2 P Logan (K&P, M55) 27.04. **400: r2:** 1 P Wignall (HW, M65) 67.25; 2 D Hinds (Serp, M65) 68.65. **800: r1:** 1 B Hendrie (Banb, M70) 2.48.12.

LJ: 1 C Beecham (Newb, M45) 6.07/0.3; 2 S Nash (TVH, M45) 5.74/2.3; - S Nash (TVH, M45) 5.31/0.8; 3 A Waddington (BMH, M55) 4.75/0.3; 1 R Singh (Cov, M65) 4.30/1.1; 2 N Mason (Mid M, M70) 4.21/1.2; 3 M Wyndham-Jones (Norw, M65) 4.06/0.4. **SP:** 1 G Degutis (NEB, M45) 14.24. **HT:** 1 B Scott (Mil K, M65) 34.42; 2 N Hooker (G&G, M65) 33.60; 2 T Richards (High, M65) 28.27. **HT:** 1 J Webster (HW, M80) 32.63

M50: 100H (-1.4): 1 B Marsden (Wyc P, M55) 15.10; 2 D Brown (Mid M, M55) 15.12. **DT:** 1 P Wishart (Camb H, M55) 31.57. **JT:** 1 M Gibbs (Worth) 35.30; 2 A Waddington (BMH, M55) 32.53

M60: 300H: 1 T Mitchell (G&G) 50.79. **SP:** 1 M Hausler (C&C) 13.39; 2 B Broadbridge (Newb) 11.85. **DT:** 1 B Broadbridge (Newb) 43.00; 2 J Drzewiecki (Brack) 37.13; 3 W Howe (SC Vets) 31.95. **HT:** 1 M Bale (Hay H) 34.21; 2 J Drzewiecki (Brack) 32.27. **JT:** 1 S Langdon (B&B) 41.07; 2 W Howe (SC Vets) 37.89

M65: 100H (-1.4): 1 R Sibley (M&M) 19.62. **SP:** 1 T Richards (High) 10.51; 2 M Wyndham-Jones (Norw) 10.30; 3 P Oakes (Ryst) 10.01; 4 D Johnson (Vets) 9.98; 5 B Scott (Mil K) 9.81; 6 N Hooker (G&G) 9.02. **DT:** 1 M Wyndham-Jones (Norw) 37.99; 2 G Tyler (Chelm, M70) 37.24; 3 B Scott (Mil K) 34.74; 4 T Richards (High) 34.08; 4 N Griffin (WSEH, M70) 34.08; 6 P Oakes (Ryst) 31.14; 7 N Hooker (G&G) 30.50; 8 D Johnson (Vets) 29.93; 9 J Gilbert (Inv EK, M75) 24.39

M70: SP: 1 G Tyler (Chelm) 12.90; 2 N Griffin (WSEH) 11.45; 4 J Gilbert (Inv EK, M75) 8.25. **HT:** 1 J Gilbert (Inv EK, M75) 30.82

M80: SP: 1 J Webster (HW) 6.79. **JT:** 1 V Adcock (SC Vets) 28.39; 3 J Webster (HW) 21.63

W35 women: 100: r2: 1 H Godsell (B&B, W65) 14.70; 2 J Trimble (K&P, W60) 15.53; 3 A Owen (AFD, W60) 15.82. **200: r1 (-1.5):** 2 H Godsell (B&B, W65) 30.92; 3 J Trimble (K&P, W60) 34.75. **800:** 1 H Davies (Strag, W45) 2.35.72; 3 C Webb (Phoe, W60) 3.02.75; 4 M Moody (BMH, W70) 3.20.94. **LJ:** 1 L Wood (G&G, W50) 4.42; 2 L Sole (Thanet, W55) 3.64; 3 S


Helen Godsell (137): winning Vets AC W65 100m

PEARSON HEMMINGS

Simon Bailey wins at Grasmere Guides

FELL

AUGUST 25

GRASMERE SENIOR GUIDES

Overall (1.5M/900ft): 1 S Bailey (Mercia) 13:34; 2 N Swinburn (N'land F) 13:50; 3 R Jebb (Helm H, M40) 13:57; 4 W Gardiner (R&N) 13:58; 5 N Lawson (Dark Pk) 14:00

Women: 1 H Horsburgh (Kesw) 15:16; 2 K Roberts (Helm, H) 17:14; 3 S Taylor (Helm H, W40) 18:26

U17 (1M/500ft approx): 1 F Grant (C'field) 11:01; 2 E Whitaker (Harr, W) 11:02; 3 J Bowen (Amble) 11:22

U17 women: 1 E Whitaker 11:02; 2 L Whitaker (Harr) 11:58; 3 E Swarbrick (C'land F) 15:09

U14 (0.5M/200ft approx): 1 J Dixon (Amble) 7:26; 2 C Rawstron (Skyrac, G) 7:26; 3 O Bailey (Mercia) 8:05

U14 girls: 1 Rawstron 7:26; 2 G Bell (Leven V) 9:09; 3 O Swarbrick (C'land F) 9:35

AUGUST 24

BURNSALL CLASSIC, Skipton

Overall (1.5M/900ft): 1 R Howin (Wharf) 15:28; 2 I Holmes (Bing, M50) 15:37; 3 M Howard (Calder V) 15:38; 4 T Millard (Wharf) 15:40; 5 M Weeks 17:01

M60: D Griffin (Helm H) 20:58.

Women: 1 K Hall (Ribb, W40) 20:05; 2 C Jones (Harr) 20:50; 3 C Green 9P&B) 21:07

W50: J Powell (Wharf) 23:09. **W60:** B Weight (Bing) 24:20



Simon Bailey: win at Grasmere

DAVE WOODHEAD

BROUGHTON HEIGHTS (incorporating Scottish national and East District hill running championships), Broughton

Overall (9.6km/600m): 1 J Dunn (HBT) 44:55; 2 R Simpson (Shett) 45:05; 3 A McLeod (Shett) 45:34; 4 H Battle (Metro) 45:46; 5 A Campbell (Cambus) 46:19; 6 R Stewart (Shett) 46:34; 7 P Hodkinson (HBT) 46:42; 8 G Bryson (HHR) 47:16; 9 F Lydon (C'thy) 48:04; 10 I MacCorquodale (Cambus) 48:04

M40: J Carter (Cambus) 48:34. **M50:** K Richmond (Shett) 50:52. **M60:** J Tullie (Tev) 57:16

East: 1 Dunn; 2 Battle; 3 Hodkinson

TEAM: 1 Shett 11; 2 HBT 21; 3 Cambus 27; 4 C'thy 50

EAST TEAM: 1 HBT 10; 2 C'thy 16

Women: 1 S Adkin (Amble) 51:18; 2 J Stephen (HBT) 51:39; 3 M Grant (HBT) 53:44; 4 C Marwick (I'ness) 54:38; 5 C Buchanan (Ochil) 56:16; 6 H Anderson (Fife, W40) 56:39

W50: S Ridley (Edin) 59:49. W60: J Scott (Fife) 73:14

East: 1 Stephen; 2 Anderson; 3 Ridley

TEAM: 1 HBT 13; 2 Fife 31

EAST TEAM: 1 HBT 14; 2 Fife 17

U20/U17 (5.1km/320m): 1 H Hickey (Centr) 23:49; 2 A Thomas (Edin U) 24:10; 3 H Henriksen (Lass, U17) 24:32; 4 T Larala (Edin U OC) 25:35; 5 S Bennet (Fife, U17) 26:03

U17: 3 J Connelly (Garsc) 26:40; 4 A Smith (I'ness) 27:31

U20/U17 women: 1 L Dickson (Lass) 27:04; 2 A Hedley (Fife, U17) 27:50; 3 G Molloy 29:01; 4 B Harley (E Loth, U17) 29:34; 5 R Mowat (Giff N) 29:37

U17: 3 L Smith (Fife) 34:03; 4 A McGlone (Lass) 37:32; 5 H Whelan (Moray) 41:14

U15/U13 (2.1km/180m): 1 A Wright (E Loth) 10:17; 2 Z Field (Gala) 11:34; 3 G Penacchio Tores (Fife) 11:55

U13: 1 M Panacchio (Fife) 12:11; 2 G Anderson (Glas TC) 13:35

U15 girls: 1 I Paterson (Gala) 11:56; 2 B Urquhart (Moray) 12:28; 3 F Mowbray (HBT, U13) 13:46

AUGUST 22

PILSLEY

Overall (9.8km/245m): 1 S Bond (Mat, M40) 38:25, 2 S Fisher (Belper) 40:55; 3 J Brunnock (Bux) 41:15; 4 C Perry (Mat) 41:20; 5 A Frost (Dark Pk, M40) 42:04; 6 L Beresford (Ripley) 42:20

M50: M Palmer 47:34. **M60:** A Buck (Steel) 49:02

Women: 1 K Beecher (Les C, W40) 45:15; 2 H Thornhill 46:59; 3 D Lee (U20) 48:15; 4 H Quirk 48:24

W60: J Thorneycroft (Mat) 52:12S

AUGUST 21

GOLF BALL, Rossendale

Overall (5.5M/800ft): 1 N Leigh (Horw, M40) 38:51; 2 R James (Royt R) 39:03; 3 J Mercer (Horw) 40:10; 4 J Craig (Barl) 40:30; 5 E Hassell (Wharf) 40:59; 6 A Collins (Barl) 41:13

M45: B Taylor (Ross) 42:19. **M50:** M Walsh (Horw) 45:16. **M55:** A Smith (Barl) 48:58. M60: P Jackson (Barl) 50:58. **M65:** I Smith (Bolt) 58:36. **M70:** N Harris (Ross) 65:22

Women: 1 A Roberts (Tod) 47:16; 2 J Collins (Barl) 49:32; 3 N Butterfield (Calder V) 50:13; 4 E Richardson (Ross) 50:45

W45: L Slater (Barl) 50:53. **W55:** C Fryer (Calder V) 57:03. **W65:** J Needham (Roch) 64:36. **W70:** L Lord (Clay) 66:09

RAGLETH INN, Little Stretton

Overall (4M/1237ft): 1 D Connolly (Mercia) 26:23, 2 H Webb (Mercia, U19) 27:40; 3 A Watkins (Mercia) 27:57; 4 S Cale (Mercia) 28:15; 5 J Stamp (Wrek TC) 29:09

M50: J Atyeo (Mercia) 30:35. **M55:** D Farrow (Mercia) 34:43. **M60:** E Davies (Mercia) 34:52. **M65:** S Roberts (Osw) 37:38. **M70:** G Gunner (Croft A) 44:01

U17: T Bentley (Tip) 33:02

Women: 1 S Willhoit (Mercia) 29:45; 2 M Price (Mercia, W45) 31:10; 3 J Lloyd (Mercia) 33:19

W55: G Evans (Shrews) 43:17. **W60:** J Hill (Spring S) 49:34

CROOK PEAK, Axbridge

Overall (3M/800ft): 1 C McMillan (Weston) 19:05; 2 S Mitchell 20:13; 3 G Williams (S'vile) 20:25; 4 S Ford 21:02; 5 A Smith (W'bury) 21:30

M40: M Wheeler (Weston) 22:23. **M50:** A Noble (Weston) 23:23. **M60:** C Kelsey (Wells) 24:53

Women: 1 J Faram (S'ville) 22:53; 2 S Duncan (Weston) 23:50; 3 R Ellis (W'bury, W40) 24:59

Francis (SoC, W60) 3.30. **DT:** 1 M Barrett (IRL, W60) 23.26; 2 D Montgomery (BMH, W50) 23.05; 3 L Sole (Thanet, W55) 18.17; 4 B Macanas (Herne H, W65) 15.42

W50: SP: 1 M Barrett (IRL, W60) 10.31; 2 D Montgomery (BMH) 9.98; 3 A Garnier (HW, W60) 6.93. **HT:** 1 D Montgomery (BMH) 35.32; 2 G Clarke (Ryst, W55) 29.20; 3 K Weir (SMR, W55) 29.19; 4 T Brockbank (B&H) 28.67; 5 B Macanas (Herne H, W65) 23.42. **JT:** 1 D Montgomery (BMH) 23.27

W75: SP: 1 L Sissons (E&E) 9.11. **DT:** 1 L Sissons (E&E) 19.81. **HT:** 1 L Sissons (E&E) 24.76. **JT:** 1 L Sissons (E&E) 18.36

WENLOCK OLYMPIAN GAMES OPEN, Much Wenlock

Men: 100: 7 S Terry-Short (C&S, M45) 12.6

U17: Pen: 1 L Michalowski (Charn) 25.47 (15.4, 9.37, 5.27, 1.74, 2.19.2); 2 E Barnes (Shrews) 20.64 (17.8, 6.94, 5.60, 1.53, 2.20.7)

U15: 100: 1 W Armstrong-Barnes (Tel) 12.0.

HJ: 1 O Maddox (Tel) 1.72. **Pen:** 1 J Coley (Chelt) 24.55 (12.5, 10.22, 5.33, 1.63, 2.27.0)

U17 women: 100: 1 B Ostick (Tam) 12.7. **HJ:** 1 R Walker (Shrews) 1.60. **TJ:** 1 M Yalekhue (Notts, U15) 10.69. **Pen:** 1 N Kilgallen (Tam) 28.93 (13.2, 1.54, 4.92, 9.87, 2.45.1); 2 S Vernon (Shrews) 26.48 (13.4, 1.54, 4.34, 9.06, 2.47.0)

U15: 75H: 1 C Speake (Shrews) 12.1. **LJ:** 1 A Hughes (Worc) 5.13; 2 L Hulme (Shrews) 5.09.

Pen: 1 F Matthews (R&N) 27.50 (12.6, 1.41, 5.16, 9.31, 2.43.8); 2 C Simpson (W'bury) 26.56 (12.5, 1.44, 4.82, 8.24, 2.41.6); 3 T Stoddart (Tel) 25.94 (13.3, 1.47, 4.55, 9.97, 2.46.8); 4 E Teasdale (Stoke) 23.31 (12.9, 1.35, 4.56, 9.19, 2.59.2)

U13: 70H: 1 K Brant (Burt) 11.8; 2 L Salter (Stock H) 12.1. **LJ:** 1 L Smith (BRAT) 4.91; 2 L Salter (Stock H) 4.54

JULY 13

NEPTUNE IFFLEY FESTIVAL OF MILES OPEN, Oxford

Mixed events: 600: 1 M Newton (B&W) 1.24.16; 4 E Powell (Abing, U13W) 1.48.76. **Mile: A:** 5 C Wood (Sils, M40) 4.44.36. **B:** 5 I Martin (Abing, U13W) 5.15.11. **C:** 1 J Kempson (Unatt, M55) 5.15.27; 3 S Thorp (Oxf C, M65) 5.48.09

DERBYSHIRE MINI LEAGUE, D erby

U13 girls: 70H: r1 (–0.6): 1 I Laugharne (Amber) 11.81; 2 C Staniland (C'field) 12.25; 3 A Gordon (Amber) 12.34. **r2 (–1.6):** 1 J Ellis (Amber) 12.23. **4x100:** 1 Amber 56.60; 2 C'field 57.07. **HJ:** 1 I Laugharne (Amber) 1.48. **JT:** 1 I Fellows (C'field) 30.91; 2 D Kaye (Amber) 24.52

SOUTHERN ATHLETICS LEAGUE DIVISION 1, Bromley

MATCH: 1 Blackheath & Bromley Harriers 210; 2 Thames Valley Harriers 188; 3 Woking 187; 4 City of Norwich 180.

Men: 100: A (0.9): 1 S Thomas-Campbell (B&B) 10.93. **B (0.9):** 1 D Bovell (B&B) 10.98.

ns1: 5 T Joo (TVH, M40) 11.85. **ns2 (1.7):** 2 M Knight (B&B, U20) 11.10. **200: A (–0.1):** 1 M Knight (B&B, U20) 22.16; 2 J Grindle (Belg, U17) 22.80. **800: A:** 1 T Bilyard (Gt Yar, U20) 1.56.73.

3000: A: 1 J Schofield (B&B) 8.39.10; 2 G Crush (Norw, M40) 8.58.89. **110H: A (–0.2):** 1 L Hunt (Norw) 15.01. **400H: A:** 1 D Awde (Woking, M35) 55.06; 2 J Greenhalgh (Norw) 55.20. **4x100:** 1 B&B 42.77; 2 TVH 43.73. **HJ: A:** 1 M Adekunle (TVH) 1.93. **TJ: A:** 1 A James (TVH) 13.79. **DT: A:** 1 D Aladese (B&B) 43.76. **B:** 1 P Bartlett (S Lon, U20) 38.94. **HT: A:** 1 C Brown (Norw) 63.07; 3 P Kelly (Woking, M50) 34.76

Women: 100: A (1.2): 1 T Haynes (B&B, U17) 12.25. **ns (0.3):** 5 L Vallins (B&B, W40) 13.59.

200: A (1.2): 1 J Tappin (TVH) 24.74; 2 T Haynes (B&B, U17) 25.50. **400: A:** 1 K Galley (B&B) 55.83; 2 H Brown (Norw) 57.90. **B:** 3 D Brooks (TVH, W40) 63.61. **5000: A:** 1 J Bradshaw (B&B, W45) 20:15.64. **100H: A (1.3):** 1 A Broadbelt-Blake (TVH) 13.70. **400H: A:** 1 A Hill (B&B) 61.83.

1500SC: A: 1 R Vallance (TVH, U20) 5:55.46.

4x100: 1 B&B 50.10; 2 TVH 51.61. **PV: A:** 1 C Maurer (Woking) 3.50. **B:** 1 S Morrison (Woking) 3.00. **SP: A:** 1 E Gatrell (Woking, W40) 12.19. **DT: A:** 1 C Marsden (B&B, U20) 35.87; 2 E Gatrell (Woking, W40) 35.69. **HT: A:** 1 G Vickery (Norw) 52.87; 2 E Gatrell (Woking, W40) 39.62; 3 C Marsden (B&B, U20) 38.70. **JT: A:** 1 N Sousa (TVH) 38.12; 2 F Baulk (Woking, U20) 34.50. **ns:** 1 L Brown (Norw, W50) 21.61

DIVISION 1, Bournemouth

MATCH: 1 Bournemouth 232.5; 2 Medway & Maidstone 211; 3 Reading 186; 4 Belgrave Harriers 128.5

Men: 200: A: 1 S Ige (Belg) 21.9. **5000: ns:** 1 T Paskins (B'mth) 10:29.9; 2 A Featherstone (M&M, M45) 10:39.6; 3 A Rodgers (M&M, M50) 11:01.9.

110H: A: 1 M Dyer (Read) 15.9; 2 J Messenger (B'mth) 15.9. **400H: A:** 1 J Messenger (B'mth) 54.9. **3000SC: A:** 1 T Menges (M&M) 9.52.9; 2 J Taylor (Unatt) 9.58.9. **HJ: A:** 1 J Glynn (B'mth) 2.03. **B:** 1 K Cranmer (Read, M40) 1.65.

LJ: A: 1 J Lelliott (B'mth) 7.07. **B:** 1 B Pickup (B'mth) 6.97. **SP: A:** 1 D Brunsden (Kent) 14.51. **B:** 2 A Sheerin (B'mth, M45) 10.83. **DT: A:** 1 D Brunsden (Kent) 46.64. **B:** 1 A Sheerin (B'mth, M45) 36.54.

JT: A: 2 M Dzandu (Read, M40) 40.13

Women: 100: A: 1 C Burrows (B'mth) 12.3.

200: A: 1 C Burrows (B'mth) 24.5. **400: B:** 3 J Wright (B'mth, W40) 63.2. **800: A:** 1 S Crumly (Read) 2.16.3; 2 F Maddocks (Belg, W35) 2.25.7.

1500: B: 3 S Francis (Read, W45) 5.25.4.

5000: A: 1 S Crumly (Read) 17.55.3; 2 R Brown (Belg) 18.29.0; 4 J Austin (B'mth, W55) 21.44.4.

100H: A: 1 O Galloway (B'mth, U20) 15.3.

1500SC: A: 1 H Slade (B'mth) 5.33.1. **4x100:** 1 B'mth 49.5; 2 M&M 51.1; 3 Read 51.7. **HJ: A:** 1 J Cooke (B'mth, U20) 1.65. **B:** 1 L Galloway (B'mth, U17) 1.60. **LJ: A:** 1 O Galloway (B'mth, U20) 5.36. **TJ: A:** 2 J Dickinson (B'mth, W50) 9.11. **SP: A:** 1 O Galloway (B'mth, U20) 10.36; 2 V Hannam (M&M, W45) 10.21. **B:** 1 J Wilson (Read, W55) 7.63. **DT: A:** 1 V Hannam (M&M, W45) 34.62; 2 J Wilson (Read, W55) 27.64; 3 J Dickinson (B'mth, W50) 26.19. **HT: A:** 1 G Adeleye (M&M, U20) 41.96; 2 L Spratley-Kemp (Read, U20) 34.67; 4 J Dickinson (B'mth, W50) 29.49. **B:** 2 J Wilson (Read, W55) 28.20. **JT: A:** 1 O Galloway (B'mth, U20) 34.98; 2 V Hannam (M&M, W45) 28.40; 3 J Wilson (Read, W55) 19.00

DIVISION 1, Bracknell

MATCH: 1 Southampton 216; 2 Bracknell 208; 3 Nene Valley Harriers 175; 4 Colchester Harriers 165

Men: 100: A: 1 A Akinboh (Col H, U20) 11.0; 2 J Parry (Soton) 11.0. **200: A:** 1 A Akinboh (Col H, U20) 22.2. **800: A:** 3 D Brown (Nene V, M40) 2.03.9. **1500: A:** 1 Z Mahamed (Soton, U20) 4.01.0; 2 A Enser (Brack, U20) 4.03.1. **ns:** 3 J Grainger (Soton, M55) 4.42.9. **4x100:** 1 Soton 44.0. **HJ: A:** 1 A Jones (Soton) 2.08. **B:** 2 B Thompson (Soton, M40) 1.85. **PV: A:** 1 A Bowling (Nene V, U17) 3.15. **B:** 1 R Phelan (Nene V, M55) 2.95. **LJ: A:** 1 R Wilde (Brack) 6.96.

SP: A: 2 S Achurch (Nene V, M40) 12.46. **DT: A:** 4 S Achurch (Nene V, M40) 34.03. **HT: A:** 1 J Hamblin (Col H) 58.75; 2 S Achurch (Nene V, M40) 40.05. **B:** 1 B Praim-Singh (Col H) 56.08.

JT: A: 1 S Achurch (Nene V, M40) 46.53. **B:** 1 P Cooper (Col H, M40) 46.20

Women: 100: ns: 1 N Norris (Brack, W40) 13.3; 5 K King (Brack, W55) 13.8. **200: A:** 1 P Fenwick (Brack) 25.0; 3 C Smith (Nene V, W40) 26.8. **ns:** 4 N Norris (Brack, W40) 27.8; 6 K King (Brack, W55) 28.3. **400: A:** 1 P Fenwick (Brack) 56.4; 3 C Smith (Nene V, W40) 61.5. **B:** 1 R McClay (Brack) 57.9; 2 H Childs (Soton, U20) 58.2. **ns:** 5 T Bezance (Soton, W55) 65.3. **1500: A:** 1 R McClay (Brack) 4.28.4. **B:** 1 I Hinkley (Soton, U17) 4.49.2. **100H: A:** 1 Z Lucas (Notts) 14.8. **1500SC: A:** 1 M Presland (Col H, U17) 5.36.9; 2 J Morrish (Brack) 5.56.0. **4x100:** 1 Soton 49.9; 2 Brack 50.9; 3 Col H 51.8. **LJ: A:** 2 E Fry (Soton, W35) 5.04. **SP: A:** 1 A Scott (Soton, U20) 13.41; 2 M Larkins (Col H) 12.32; 3 B Hall (Nene V) 12.23. **B:** 1 L Church (Nene V) 11.41. **DT: A:** 1 A Jenkins (Nene V, W40) 37.18; 2 M Larkins (Col H) 36.56; 3 E Hunter (Soton, U20) 33.26. **HT: A:**1 M Larkins (Col H) 54.30; 2 A Jenkins (Nene V, W40) 45.93. **B:** 1 K Lawrence (Nene V) 42.57; 2 J Larkins (Col H, U17) 41.45

DIVISION 1, Harrow

MATCH: 1 Windsor Slough Eton & Hounslow 240.5; 2 Harrow 213; 3 Chelmsford 189.5; 4 Crawley 128

Men: 100: A: 1 A Richardson (WSEH) 10.9; 3 D Olaniyi (Harrow, U20) 11.1. **B:** 2 R Carr (Harrow, M35) 11.2. **ns2:** 5 A Lewis (Harrow, M50) 12.8.

200: A: 2 D Sullivan (Chelm, U17) 22.7. **B:** 2 R Carr (Harrow, M35) 22.9. **ns2:** 3 N Andrews (Harrow, M45) 25.8; 4 A Lewis (Harrow, M50) 27.0. **400: A:** 1 O Smith (Harrow) 48.9; 2 J Clarke (WSEH) 49.7. **800: ns:** 2 N Andrews (Harrow, M45) 2.09.3. **110H: A:** 1 J Kirby (Harrow) 15.1. **B:** 1 T Nichols (Harrow) 15.4. **400H: A:** 1 D Benjamin (Harrow) 53.4; 2 A Clements (WSEH, M35) 55.3. **4x100:** 1 Harrow 43.4. **HJ: A:** 1 T Nichols (Harrow) 1.93; 2 S Clatworthy (Chelm, U17) 1.88. **ns:** 1 T Andrews (Herne H) 1.93. **PV: A:** 1 A Melbourne (WSEH, U20) 4.30; 3 D Tierney (Craw, U17) 3.15. **TJ: A:** 1 P Svarauskas (WSEH) 15.31; 2 J Ogunfolaju (Chelm, U17) 12.92. **B:** 1 J Alo (Chelm, U17) 12.90. **SP: A:** 1 S Heawood (Craw) 16.00; 2 A Lockhart (Harrow) 13.95; 3 K Wilson (Chelm) 13.34. **ns:** 1 A Lewis (Harrow, M50) 10.96. **DT: A:** 1 S Chinery-Edoo (Harrow) 42.47; 2 K Wilson (Chelm) 40.88; 3 G Skevis (Craw, M35) 40.16. **B:** 3 A Lewis (Harrow, M50) 28.22. **HT: A:** 1 I Park (Harrow, M40) 46.23; 2 Y Bobash (Chelm) 45.64. **JT: A:** 1 D Sketchley (Harrow, M40) 53.31; 2 J Compton-Stewart (WSEH, U20) 51.20

Women: 100: A: 1 S Clitheroe (WSEH) 12.1; 2 Z Owolana (Harrow, U20) 12.3. **B:** 2 J Lister (Craw, U17) 12.7. **ns:** 1 J Armah (WSEH, W35) 12.4; 2 H Jones (WSEH, U20) 12.4. **200: A:** 1 J Armah (WSEH, W35) 25.0. **400: B:** 1 G Tombs (Chelm, U17) 60.7. **800: A:** 1 A Flint (WSEH) 2.17.4; 2 H Bolton (Chelm, U17) 2.20.5. **1500: A:** 1 L Ashe (Harrow) 4.41.0; 2 M Jones (WSEH, U20) 4.44.7; 3 M Smith (Chelm, U17) 4.53.2.

5000: A: 1 L Ashe (Harrow) 17.42.5; 2 J Ball (WSEH, W35) 18.23.4; 3 W King (Chelm, W45) 20.37.1. **100H: A:** 1 S Clitheroe (WSEH) 14.2.

400H: A: 1 H Corner (Harrow) 62.8. **B:** 1 Z Mullings (WSEH, U20) 65.3. **1500SC: A:** 1 H

Bolton (Chelm, U17) 5:47.3; 2 T Hansford (WSEH, U17) 5:52.6. **2000SC: ns:** 1 B Hanlon (WSEH, U20) 6:02.4. **4x100:** 1 WSEH 48.5; 2 Harrow 50.4. **PV: :** 1 M Bailey (Harrow) 3.70; 2 J Presho (WSEH, U20) 3.20. **LJ: :** 1 S Korf (WSEH) 5.78. **SP: :** 1 S Palmer (WSEH) 12.60; 2 E Beardmore (Harrow) 11.20. **B:** 1 A Herrington (WSEH) 11.35. **DT: :** 3 J Smith (WSEH, W50) 28.40. **HT: :** 1 A Herrington (WSEH) 60.05; 2 E Beardmore (Harrow) 46.81; 3 L Hoare (Craw) 43.05. **B:** 1 A Wright (WSEH, U20) 38.62. **ns:** 1 C Lipscomb (Craw, U17) 40.77

DIVISION 2E, Ashford

MATCH: 1 Eastbourne Rovers 224.5; 2 Ashford 216.5; 3 London Heathside 207; 4 Cambridge & Coleridge 101

Men: 200: : 1 B Smith (E'bne, U20) 22.5. **110H: :** 1 S Clarke (C&C, U20) 15.3; 2 B Eisnor (E'bne) 15.5. **400H: :** 1 S Clarke (C&C, U20) 54.6; 2 P Davey (Ashf, M45) 63.4. **3000SC: :** 1 C Hardy (Lon Hth) 9:38.5. **PV: ns:** 2 T Fotheringham (Ashf, U17) 3.25; 5 M Goodall (Ashf, M65) 2.50. **LJ: :** 4 M Lawrence (Lon Hth, M45) 5.40. **TJ: :** 2 G Stirling (E'bne, M40) 12.04; 4 M Lawrence (Lon Hth, M45) 10.59. **SP: :** 2 J Ward (Ashf, M50) 11.78. **DT: :** 1 J Morris (E'bne) 40.06. **B:** 2 J Ward (Ashf, M50) 31.12. **HT: :** 2 J Ward (Ashf, M50) 33.26. **JT: B:** 1 J Ward (Ashf, M50) 41.08

Women: 5000: : 1 R Piggott (Lon Hth) 18:15.6; 2 H Owen (Ashf) 18:51.6. **4x100: :** 1 Ashf 51.5. **TJ: :** 1 S Teale (Ashf, U17) 10.44. **SP: :** 3 S McGrath (C&C, W45) 9.14. **DT: :** 1 A Moindrot (C&C, W35) 30.04. **HT: :** 1 H Owen (Ashf) 41.53. **JT: :** 1 N Palmer (C&C, U20) 32.98. **B:** 2 S McGrath (C&C, W45) 22.36

DIVISION 2E, Erith

MATCH: 1 Bexley 215.5; 2 Ryston Runners 180.5; 3 Dartford Harriers 173; 4 Victoria Park H & Tower Hamlets 168

Men: 100: : 1 C Anuyagu (VP&TH) 10.9. **1500: ns:** 1 C Bates (Dartf, M55) 4:54.6. **110H: :** 1 E Akanni (Bexley) 14.5. **4x100:** 1 Bex 43.7. **HJ: :** 1 M Lloyd (Bexley, M35) 1.93. **ns:** 1 G Capon (Dartf, M55) 1.43. **PV: :** 1 P Trescoli (VP&TH) 4.05; 2 P Hawkins (Bexley, M45) 3.15. **LJ: :** 1 D Morson (VP&TH) 6.98. **SP: B:** 1 G Holder (Bexley, M45) 10.85. **DT: :** 1 P Trescoli (VP&TH) 43.99; 3 G Holder (Bexley, M45) 34.20. **HT: :** 1 G Holder (Bexley, M45) 49.40; 3 A Uzomah (VP&TH, M45) 32.77. **B:** 3 A Rushbrook (Bexley, M55) 28.16

Mixed events: 4x400: : 1 VP&TH (W) 3:59.7

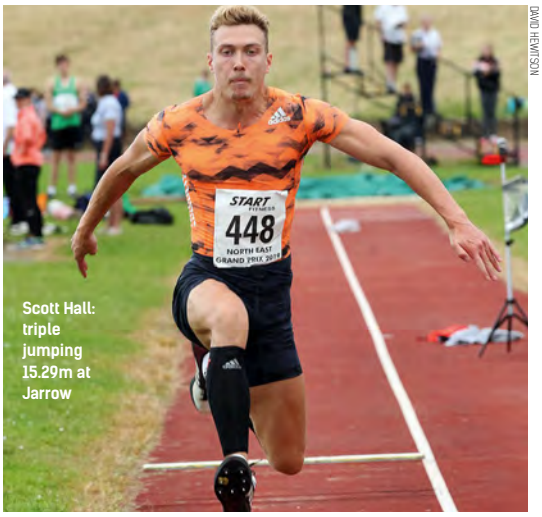
Women: 400: : 1 K Sutton (Dartf) 57.3. **5000: :** 1 R Thomas (VP&TH) 18:23.1; 2 C Wright (Dartf) 18:25.7. **B:** 1 H Somani (VP&TH) 18:51.5. **HJ: :** 1 L Moyse (Ryst, U17) 1.61. **B:** 2 G Clarke (Ryst, W55) 1.28. **SP: :** 1 M Berndt (Bexley, W40) 10.24. **DT: :** 1 M Berndt (Bexley, W40) 33.29. **HT: :** 1 M Moralino (VP&TH) 59.08; 4 G Clarke (Ryst, W55) 22.42

DIVISION 2E, Woodford

MATCH: 1 Woodford Green with Essex Ladies 201; 2 Basildon 197; 3 Havering 190; 4 Ipswich Harriers/Colchester & Tendring 178

Men: 100: A (–0.9): 1 E Amo-Dadzie (WG&EL) 10.90. **3000: :** 1 J Millar (Ips) 8:25.10. **3000SC: :** 1 R Warner (Have, M35) 9:41.51. **4x100:** 1 WG&EL 43.13; 2 Have 43.29. **HJ: :** 1 J Ashiru (WG&EL, U17) 1.85. **PV: :** 1 M Fecioru (Bas, U17) 3.25; 3 A Bonning (Have, M40) 3.10. **LJ: :** 1 J Ramie (JAM) 7.05. **TJ: :** 1 J Ashiru (WG&EL, U17) 12.86; 2 M Adesiyan (Bas, U17) 12.83. **SP: :** 1 A Leerning (Bas) 13.19; 3 P Godron (C&T, M55) 9.32. **DT: :** 1 C Linque (WG&EL) 45.91; 2 J Bloomfield (Chelm) 45.01. **HT: :** 1 J Bloomfield (Chelm) 61.37; 2 P Clarke (WG&EL) 53.79. **B:** 1 F Harford (WG&EL, M50) 32.32. **JT: :** 1 J Everard (S'end, M35) 52.88; 2 O Woods (Have, U20) 51.26

Women: 100: ns (–1.5): 6 E Welbourn (Ips, W55) 15.56. **200: A (–3.4):** 1 J Kavanagh (Have, U20) 25.23. **B (–3.4):** 1 K Skelding (WG&EL, W35) 26.74. **400: :** 1 J Kavanagh (Have, U20) 57.75. **800: :** 1 A Clark (WG&EL) 2:12.56. **5000: :** 1 L Deadman (Have, W35) 17:24.61. **400H: :** 1 M Rapley (Bas) 64.34. **1500SC: :** 1 E Bullis (Bas) 5:08.64. **B:** 1 M Rapley (Bas) 5:48.18. **4x100:** 1 WG&EL 50.62. **PV: B:** 1 C Brennan (Have, W35) 2.50. **LJ: :** 2 H Nicholas (Bas, W35) 4.76. **TJ: :** 1 M Okenla (Bas, U17) 11.72. **SP: :** 1 L Marshall (WG&EL, W35) 11.39. **DT: :** 1 L Marshall (WG&EL, W35) 32.14; 2 J Collier (Have, U17) 31.19. **HT: :** 1 L Marshall (WG&EL, W35) 58.39. **B:** 1 S Howe (WG&EL) 41.08. **JT: :** 1 A Thatcher-Gray (Have, U17) 34.19



Scott Hall: triple jumping 15.29m at Jarrow

DAVID HEWITSON

DIVISION 2W, Aldershot

MATCH: 1 Aldershot Farnham & District 204; 2 Hillingdon 191.5; 3 Yeovil Olympiads 182; 4 Bedford & County 160.5

Men: 100: : 1 S Crowie (Hill) 11.0. **B:** 3 D Olusanya (Bed C, M45) 12.2; 4 P Guest (Yeov O, M55) 12.9. **200: :** 4 D Olusanya (Bed C, M45) 24.8. **800: :** 1 A Gill (AFD, U17) 1:58.7; 2 M McGarvie (Hill, U17) 1:59.1. **ns:** 7 P Gaylor (AFD, M50) 2:14.1. **1500: ns:** 2 W Jerome (AFD, U17) 4:11.4; 3 A Ireland (Hill, U17) 4:11.6; 9 S Cooper (AFD, M45) 4:28.5. **3000: :** 1 M Mohamed (Hill) 8:11.6. **400H: :** 1 A Faulkner (Yeov O) 55.5. **3000SC: :** 1 M Mohamed (Hill) 9:18.2. **PV: B:** 1 A Leiper (AFD, M55) 2.95. **LJ: :** 1 J Mozobo (Bed C) 6.89. **TJ: B:** 3 P Guest (Yeov O, M55) 10.25. **SP: :** 1 B Gibb (Yeov O) 13.76; 2 A Leiper (AFD, M55) 10.87. **DT: :** 1 B Gibb (Yeov O) 41.14; 2 A Leiper (AFD, M55) 28.41. **HT: :** 4 N Minchin (AFD, M40) 37.27. **B:** 1 A Leiper (AFD, M55) 28.69. **JT: :** 3 J Chesney (Hill, U17) 47.98

Women: 800: : 2 R Gillett (AFD, U17) 2:19.1. **1500: :** 1 L Small (AFD) 4:30.1. **B:** 1 K Brown (AFD, U20) 4:48.2. **5000: :** 1 L Small (AFD) 16:43.5. **ns:** 1 L Locks (Hart RR, W40) 18:10.9. **400H: :** 1 C Hunt (Yeov O, W40) 72.0. **1500SC: :** 1 L Nichols (Bed C, U20) 5:45.4. **HJ: :** 1 S Smith (AFD, U20) 1.65. **PV: :** 1 J Eastwood (Bed C, W40) 3.10. **LJ: B:** 1 K Valente (AFD, W40) 4.60

DIVISION 2W, Croydon

MATCH: 1 City of Salisbury 238; 2 Croydon Harriers 196; 3 Radley 190; 4 St. Albans 139

Men: 200: ns: 1 S Edwards (Croy, U20) 22.50. **400: :** 1 S Jones (St Alb) 49.4; 2 H Stainthorpe (Croy) 49.7. **HJ: B:** 2 A England (N Masters, M45) 1.60. **PV: :** 2 N Walker (St Alb, M55) 2.75. **DT: :** 2 A England (N Masters, M45) 30.93. **HT: :** 1 B Jones (T&B, M35) 45.20

Women: 100: : 1 T Bryan (Croy, U17) 12.3; 2 T Kafke (Rad) 12.3. **200: :** 1 T Bryan (Croy, U17) 25.1. **800: :** 1 E Haley (Rad) 2:16.1; 2 S Lawrence (Croy) 2:17.0. **B:** 1 K Sethna-McIntosh (Croy, U17) 2:17.8. **100H: :** 1 T Hopeson-Moffat (Croy) 15.2. **B:** 1 K Reynolds (Rad, W50) 19.4. **1500SC: :** 1 A Mundell (Salis) 5:42.1; 2 A Ramos-Villaverde (Rad, W45) 5:47.7. **B:** 1 R Burton (Rad, U20) 5:52.8; 2 E Clarke (B&W) 5:54.3. **4x100:** 1 Croy 48.7. **SP: :** 1 K Woodcock (Rad) 11.00; 2 A Miell (Salis, U20) 10.76. **DT: :** 1 K Woodcock (Rad) 46.65. **HT: :** 1 K Woodcock (Rad) 48.23. **JT: :** 1 E McArdle (St Alb, U20) 34.21

DIVISION 2W, Kingston

MATCH: 1 South London H 213.5; 2 Kingston & P 197; 3 Walton 178.5; 4 Dacorum & Tring 166

Men: 1500: : 2 M Atkins (K&P, M40) 4:15.9. **110H: :** 1 A Parkinson (K&P) 15.9. **400H: :** 1 R Morris (S Lon) 55.9. **B:** 2 M Roberts (K&P, M45) 64.4. **PV: :** 1 T Ashton (D&T, U17) 3.55; 3 M Franklin (Walton, M50) 2.95. **B:** 1 M Roberts (K&P, M45) 3.35. **SP: :** 1 C Dack (K&P, M35) 14.26; 2 T Bullen (S Lon) 13.91. **DT: :** 2 G Cook (K&P, M50) 36.09. **B:** 3 M Roberts (K&P, M45) 30.11. **HT: :** 1 G Cook (K&P, M50) 51.70. **B:** 1 K Stevens (K&P) 45.21; 2 B Jongejan (Walton, M45) 34.64. **JT: :** 1 T Ratcliffe (D&T, M55) 47.34; 3 M Roberts (K&P, M45) 41.87; 4 B Jongejan (Walton, M45) 35.24

Women: 100: : 4 J Flowers (Walton, W50) 13.8. **200: :** 2 L Amos (Walton, W40) 26.9. **400: :** 1 L Amos (Walton, W40) 60.1. **800: :** 1 H Cargill (Walton, W35) 2:23.7; 3 A James-Welsh (S Lon, W40) 2:26.7. **5000: :** 1 M James (S Lon, W40) 17:48.4; 2 C Hallisey (D&T) 18:48.7. **400H: :** 3 L Bartlett (Walton, W40) 70.4. **HJ: :** 2 C Ridd (Walton, W35) 1.50. **PV: :** 1 S Hawtin (D&T, W40) 3.10. **SP: :** 1 P Wingate (K&P) 12.01; 2 J Barnaby (S Lon, U20) 10.40. **DT: :** 1 P Wingate (K&P) 35.55; 2 J Barnaby (S Lon, U20) 32.24. **HT: :** 1 P Wingate (K&P) 63.13; 2 S Kabeya (S Lon, U20) 36.74. **B:** 1 J Westley (K&P) 41.69

DIVISION 3N, Battersea

MATCH: 1 Wycombe Phoenix H 339; 2 Serpentine 321.5; 3 Braintree & District 173.5; 4 Vale of Aylesbury 116; 5 Enfield & Haringey/HAWCS 114; 6 Biggleswade 63

Men: 100: : 5 A Ziko (Brain, M40) 12.3. **800: :** 2 J Kramer (Serp, U17) 1:59.8. **3000: B:** 1 D De Palol (Serp, M45) 9:36.6. **3000SC: :** 1 J Branch (Wyc P) 9:56.0; 2 A Reeves (Serp, M45) 10:32.0. **ns:** 1 D De Palol (Serp, M45) 11:00.7. **HJ: :** 1 A Lombaard (E&H, M40) 1.63. **PV: :** 1 I Parkinson (Wyc P, M40) 4.00

Women: 200: : 1 A Ndiaye (Serp, U20) 25.2. **5000: :** 1 A Hollingsworth (Serp) 17:36.8. **B:** 1 A Lawson (Serp) 18:41.7. **PV: :** 1 S Semeraro (E&H, W35) 3.75; 2 C Parkinson (Wyc P, W35) 3.20. **TJ: :** 1 D Arulanandam (Notts) 11.26. **DT: :** 1 M Harrison (E&H) 35.34. **HT: :** 3 H Wells (Wyc P, U17) 34.07. **JT: :** 1 D Partridge (Brain, U20) 35.63

DIVISION 3N, Horspath

MATCH: 1 Ealing Southall & Middlesex 300.5; 2 Oxford City 260; 3 Watford Harriers 229.5; 4 Herts Phoenix 182; 5 Barnet & District 92

Men: 100: B: 2 M Barough (Oxf C, M40) 11.7. **200: B:** 3 M Barough (Oxf C, M40) 23.8. **800: :** 3 S Prosser (Bish S, M40) 2:04.2. **3000SC: B:** 1 P Flewitt (ESM, M45) 10:49.6. **HJ: :** 1 R Mowat (Oxf C, U17) 1.85. **SP: :** 1 S McCauley (Oxf C, M45) 14.68; 2 S Woodley (Herts P) 13.78; 3 R McKenna (Wat, M40) 11.56. **B:** 1 J Kingwell (Herts P, M45) 11.40. **DT: :** 1 S Woodley (Herts P) 54.35; 2 S McCauley (Oxf C, M45) 40.44. **HT: :** 1 J Kingwell (Herts P, M45) 40.73; 2 S McCauley (Oxf C, M45) 38.41. **JT: :** 1 S McCauley (Oxf C, M45) 36.78

Women: 100: : 1 G Wiafe (ESM, U17) 12.4. **200: :** 1 G Wiafe (ESM, U17) 26.0. **ns:** 3 P Wootten (Oxf C, W45) 29.9. **800: :** 3 S Judd (Herts P, W40) 2:24.9. **5000: :** 1 S Judd (Herts P, W40) 19:01.9; 2 R Badham (W4H, W45) 19:29.5. **B:** 1 S Davies (Oxf C, W45) 20:18.2. **100H: :** 1 C Hetherington (Herts P, U20) 16.0. **1500SC: :** 1 Z Levin (Barn) 5:29.4; 2 N Ravenhill (ESM, U20) 5:38.3. **4x100:** 1 ESM 51.2; 2 Oxf C 51.9. **LJ: :** 1 H Leadbetter (ESM, W35) 4.63. **TJ: :** 1 C Vernon-Hamilton (Herts P) 11.70. **SP: :** 1 C Vernon-Hamilton (Herts P) 12.76. **HT: :** 1 D McCaw (ESM, W35) 32.65

DIVISION 3SE, Worthing

MATCH: 1 Herne Hill Harriers 235; 2 East Grinstead 203; 3 Thanet 88; 4 Holland Sports Dorking & Reigate 50

Men: 1500: : 1 S Coombes (Herne H, M45) 4:14.2. **PV: :** 1 C Wells (E Grin, U17) 3.80. **LJ: :** 1 N Lincoln (Holl S, M45) 5.84. **SP: :** 1 M Wheeler (Herne H) 14.13

Women: 100: : 1 L Matomola (Herne H, W35) 12.6. **200: :** 1 M Watson (Herne H, W35) 26.7. **800: :** 1 J Davey (Reig, W40) 2:20.8. **4x100:** 1 Herne H 51.4

DIVISION 3SE, Carshalton

MATCH: 1 Guildford & Godalming 298; 2 Horsham Blue Star Harriers 246; 3 St. Marys Richmond 174; 4 Lewes & Haywards Heath 128

Men: 100: ns: 3 B Zelechowski (Horsh BS, M50) 12.90. **3000SC: :** 3 P Cousins (Lew&HH, M55) 12:28.12. **TJ: :** 1 T Dronfield (G&G, U17) 12.81. **DT: :** 2 P Derrien (SMR, M45) 34.21. **HT: :** 1 P Cassidy (G&G) 57.11; 2 P Derrien (SMR, M45) 36.44

Women: 400: : 2 V Mitchell (G&G, W55) 64.14. **HJ: B:** 1 L Wood (G&G, W50) 1.38. **PV: :** 1 C Billingham (Horsh BS) 3.40. **DT: :** 1 C Coleman (G&G) 37.68. **HT: :** 1 C Coleman (G&G) 52.29; 2 L Carter (Lew&HH, U20) 41.35; 3 K Weir (SMR, W55) 26.04. **JT: ns:** 1 C Coleman (G&G) 37.90

DIVISION 3SW, Basingstoke

MATCH: 1 City of Portsmouth 342; 2 City of Plymouth/Erme Valley/Tavistock 298; 3 Team Dorset 206; 4 Chichester Runners 199; 5 Team Kennet 184; 6 Andover & Overton 159

Men: 100: : 6 R Wheeler (Poole, M55) 13.0. **B:** 5 D Pearson (W'borne, M50) 13.1. **200: ns:** 6 R Wheeler (Poole, M55) 26.9. **5000: ns:** 1 C Tollet (Ports) 10:57.0. **400H: :** 2 D Pearson (W'borne, M50) 70.3. **3000SC: :** 4 L Tolhurst (Over, M45) 11:01.8. **PV: :** 2 D Pearson (W'borne, M50) 3.05. **ns:** 1 A Smith (Ports, M55) 2.85. **LJ: :** 4 D Pearson (W'borne, M50) 5.53. **SP: B:** 2 A Hall (Chich, M55) 9.11. **HT: :** 1 A Hall (Chich, M55) 37.94

Women: 100: : 2 J Bulbring (Tav, U17) 12.7. **ns:** 8 P Hine (W'borne, W55) 15.3. **200: :** 2 J Bulbring (Tav, U17) 25.8. **5000: :** 1 V Weir (Ply) 17:52.9; 2 A Woolaston (And, U20) 18:44.3. **1500SC: :** 1 V Weir (Ply) 5:28.0; 2 B Philp (Team K, U17) 5:55.0. **4x100:** 1 Ports 51.3. **HJ: :** 3 A Hayward (W'borne, W50) 1.33. **PV: B:** 1 C Cubbage (Ports, W45) 2.15. **LJ: :** 2 E Hartwell (Ports, U17) 5.20. **SP: :** 1 H Mills (And, U20) 12.11; 3 C Cubbage (Ports, W45) 8.87. **HT: :** 1 K Weston (Ply, U20) 39.40; 2 P March (Ports, U17) 38.27; 3 B Matthews (And, U17) 36.90. **B:** 1 C Taylor (Ply, W45) 37.10

DIVISION 3SW, Winchester

MATCH: 1 Newquay & Par 341; 2 Winchester & District 321; 3 Swindon Harriers 270; 4 Havant 152; 5 Exeter Harriers 146; 6 Poole Runners 16

Men: 3000: : 1 G King (Win) 8:42.2. **SP: :** 1 J Kelly (Havant) 13.95; 2 D Dawson (Exe, M35) 13.74; 4 M Marchant (Win, M55) 10.56. **DT: :** 1 D Dawson (Exe, M35) 43.27

Women: 100: : 1 T Iannetelli (Swin) 12.1; 5 K Miles (Win, W45) 13.8. **200: :** 4 K Miles (Win, W45) 29.4. **400: :** 1 C Cayton-Smith (N&P) 57.5. **5000: :** 1 C Howard (Exe, U20) 18:24.9. **4x100:** 1 Swin 51.1. **SP: B:** 1 J Brett (N&P, W50) 8.52. **DT: :** 1 I Gray (Win) 38.86. **HT: :** 1 M Brett (N&P) 41.26. **B:** 1 J Brett (N&P, W50) 30.37. **JT: :** 1 H Sheffield (Win, W40) 28.01. **B:** 1 S Serridge (Win, W50) 23.02

DIVISION 3N, Walthamstow

MATCH: 1 Harlow 324; 2 Huntingdonshire 261.5; 3 Orion Harriers 257.5; 4 Ilford 200; 5 Newham & Essex Beagles 156; 6 West Suffolk 95.5

Men: 100: : 1 M Kelly-Hyatt (Orion) 11.0. **400: ns:** 2 M Osunsami (NEB, M50) 59.2. **LJ: :** 1 L Chashchin (Harl, U20) 6.69. **SP: :** 1 A Edwards (NEB) 13.27; 3 M Gardner (Hunts, M40) 11.05. **B:** 1 C Kent (W Suff, M45) 11.05. **DT: :** 1 M Baptiste (NEB) 43.22; 3 D Bauer (Harl, M50) 33.37. **HT: :** 1 A Warner (NEB) 58.39. **B:** 2 S Burke (Hunts, M45) 32.69. **JT: B:** 1 C Kent (W Suff, M45) 39.90

Women: 100: : 1 A Davis (Orion, U20) 12.4. **400: :** 5 C Anthony (W Suff, W55) 70.2. **800: :** 1 A Cole (Orion, U20) 2:19.2; 2 E Robinson (Hunts, U17) 2:19.5. **5000: B:** 1 P Dowswell (Orion, W55) 22:25.5. **HJ: B:** 1 D Jones (Harl, W45) 1.38. **PV: B:** 1 S Pedley (Hunts, W50) 1.95. **LJ: :** 4 J Abel (Hunts, W45) 4.48. **TJ: :** 1 J Abel (Hunts, W45) 9.86. **DT: :** 1 G Jenkins (NEB) 43.93. **HT: :** 1 G Jenkins (NEB) 41.90. **JT: :** 1 D Bromfield (NEB) 43.25

DIVISION 3SE, Carshalton

MATCH: 1 Sutton & District 249; 2 Cambridge Harriers (Kent) 228; 3 Swale Combined 134; 4 London City 128

Men: HJ: : 2 W Odele (Camb H, M50) 1.53. **TJ: B:** 1 W Odele (Camb H, M50) 10.40. **JT: :** 1 C Lacy (Camb H) 56.32

Mixed events: 4x400: : 1 Sutton (W) 3:55.77

Women: 400H: : 1 K Cosby (Camb H) 62.77. **HT: :** 1 B Brito Costa (Camb H) 41.53; 2 S Ofei-Kwatia (Sutton, W40) 30.55. **JT: :** 1 P Holguin (Camb H, U20) 37.35

JULY 10

NORTH EAST GRAND PRIX OPEN, Jarrow

SCOTT HALL won the triple jump with a 15.29m leap.

U15 mixed events: 200: r1 (0.7): 1 B Ayuk (Gate) 24.32; 5 H Buckton (Gate, U13W) 27.65. **r2 (–1.7):** 3 I Fishwick (Derw, U13W) 28.29. **1500: r1:** 1 E Bond (Gosf) 4:28.20; 2 T Barron (Gate) 4:29.92; 9 A Boyer (Darl, U13) 4:47.59. **r2:** 1 F Clarkson (CleS, U15W) 4:57.01

Mixed events: 100: r1 (–0.9): 7 N Caygill (J&H, U20W) 12.45. **r3 (–0.1):** 4 S Lynn (NSP, M55) 13.58. **800: r1:** 1 C Parr (Morp) 1:53.23; 2 S Armstrong (Dur) 1:54.43; 4 B Horsfield (Dur, U20) 1:55.47; 8 A Russell (Darl, U17) 1:59.96. **r2:** 6 R Purves (Gosf, U20W) 2:17.54; 7 N De Bruin (NSP, M55) 2:17.88. **r3:** 3 K Salthouse (Tyne, U17W) 2:18.75. **3000:** 1 A Bailes (Birt) 8:38.59; 3 T Scott (Tyne Br, M45) 8:54.99; 13 G Campbell (J&H, W) 10:08.57. **PV:** 2 M Elliott (Birt, U17W) 3.50. **TJ:** 1 S Hall (Bir) 15.29/0.6

Men: SP: 1 C Sturrock (TVH) 14.94

Women: SP: 1 S Littlemore (Gate) 13.09

U15: 75H (–1.4): 1 G Mabbott (Gate) 12.29. **SP:** 1 T Thompson (Aln) 10.43

2 Herne H 57.5. **B:** 1 E&E 57.4. **LJ: :** 1 S Kidd (E&E) 4.69. **SP: :** 1 S Noel (HW) 8.59

Sunderland win at Durham Cross relays

CROSS-COUNTRY

AUGUST 21

DURHAM SUMMER RELAYS, Old Durham Racecourse, Co. Durham

SUNDERLAND HARRIERS gained men's victory in the revised edition of this event, which did not take place in 2018, *Les Venmore reports*. Gateshead Harriers won the women's race.

In the bright breezy conditions, Sunderland led all the way, with Michael Wilson, on vacation from New Mexico University, finishing 17secs ahead of Joe Armstrong of Morpeth on leg one.

Liam Taylor extended the advantage to 43 seconds on leg two, with Craig Gunn holding on for victory on the final leg.

Birtley had now moved into second place, only 11 seconds behind the winners as Adrian Bailes clocked the evening's fastest time when moving up from fifth position. Morpeth took third place.

Gateshead led all the way in the women's race, with sixth form student Chloe Wellings clocking the fastest time on the first leg, crossing the line seven seconds ahead of Tyne Bridge veteran, Alison Dargie. Gillian Manford and Beth Curran maintained the advantage, coming home 37 seconds ahead of Darlington, with Tyne Bridge taking third place.

Sunderland also won the Veterans' Relay.

Gary Wallace led for Blackhill Bounders on leg one from Michael Thompson, before Kevin Jeffress and Ian Dixon moved through for an easy victory.

Dixon clocked the fastest time.

Birtley were successful in the veteran women's event, with the line-up of Lisa Short, Ruth Dadswell and Lorna Graham. Wendy Chapman clocked the fastest time running the final leg for second-placed Sunderland Strollers.

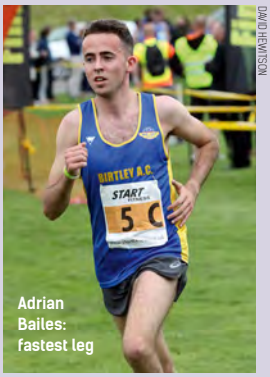
Elvet Striders won the increasingly popular mixed relay, leading all the way. The fastest times were both on leg one, through Steve Jackson of Elvet and Amy Fuller of Elswick.

Senior men (3x3km): 1 Sunderland H 29:25 (M Wilson 9:26, L Taylor 9:50, C Gunn 10:09); 2 Birtley 29:36 (G Poulton 10:13, L McConnell 10:06, A Bailes 9:17); 3 Morpeth H 29:48 (J Armstrong 9:43, M Snowball 10:16, A Pratt 9:49); 4 Darlington H 30:28 (P Allan 10:05, W Tarn 10:31, A Mitchell 9:52); 5 Durham City H 30:31 (D Jenkin 10:00, C Thomas 10:11, B Horsfield 10:20); 6 Tyne Bridge H 30:42; 7 Sunderland H B 31:34; 8 Durham City H B 32:11; 9 Tyne Bridge H B 32:48; 10 Tyne Bridge H C 33:35; 11 Crook & District 33:55; 12 Elvet Striders 35:11; 13 Tyne Bridge H D 35:19; 14 Darlington H B 35:22; 15 Durham City H C 35:42

Fastest: Bailes 9:17; Wilson 9:26; T Charlton (Tyne Br) 9:28; Armstrong 9:43; Pratt 9:49; Taylor 9:50; Mitchell 9:52; Jenkin 10:00

Veteran men (3x3km): 1 Sunderland H 30:54 (M Thompson 10:41, K Jeffress 10:08, I Dixon 10:05); 2 Sunderland Strollers 31:57 (A Forbes 10:57, C Dwyer 10:50, M Anderson 10:10); 3 Blackhill Bounders 32:17 (G Wallace 10:14, D Best 10:38, I Young 11:25); 4 Darlington H 32:42; 5 Sunderland H B 33:30; 6 Low Fell 34:35; 7 Low Fell B 35:21; 8 Elvet Striders 35:38; 9 Derwent Valley Running Club 36:13; 10 Claremont 36:16

Fastest Dixon (M40) 10:05; Jeffress (M40) 10:08; Anderson (M35) 10:10; Wallace (M35) 10:14; J Clifford (Darl, M45) 10:20



Adrian Bailes: fastest leg

DAVID HEWITSON

Senior women (3x3km): 1 Gateshead H 35:44 (C Wellings 11:35, G Manford 11:50, B Curran 12:19); 2 Darlington H 36:21 (L Talman 12:09, J Hutchinson 12:17, B Caygill 11:55); 3 Tyne Bridge H 36:38 (A Dargie 11:42, M Parkin 12:39, M Clancy 12:17); 4 Tyne Bridge H B 39:15; 5 Sunderland H 40:22; 6 Birtley 40:30; 7 Tyne Bridge H C 41:34; 8 Evenwood Runners 42:03; 9 Gateshead H B 42:30; 10 Durham City H 42:41

Fastest: Wellings (U17) 11:35; Dargie (W40) 11:42; Manford (W35) 11:50; Caygill (W40) 11:55; Talman (W35) 12:09; Hutchinson (U20)/ Clancy 12:17

Veteran women (3x3km): 1 Birtley 38:15 (L Short 12:15, R Dadswell 12:41, L Graham 13:19); 2 Sunderland Strollers 39:07 (A Bennett 13:14, R Ball 13:53, W Chapman 12:00); 3 Sunderland H 41:25 (J Thirlwell 14:13, C Cook 13:40, B Martin 13:32); 4 Sunderland H B 43:21; 5 Crook & District 43:57; 6 Blackhill Bounders 45:12

Fastest: Chapman (W50) 12:00; Short (W40) 12:15; Dadswell (W40) 12:41

Mixed (3x3km): 1 Elvet Striders 32:39 (S Jackson 9:58, F Brannan (W) 12:00, G Pritchard 10:41); 2 North Shields Poly 33:40 (G Bracken 10:18, B Coleman (W) 12:21, J Hill 11:01); 3 Elvet Striders B 33:54 (M Kearney 10:53, E Thompson (W) 11:58, G Watt 11:03); 4 Crook & District 36:37; 5 Elswick H 37:07; 6 North Shields Poly B 37:54

Fastest: Men: Jackson (M35) 9:38; Bracken **(M55) 10:18**; **Pritchard (M35) 10:41.**

M70: M McNally (Els) 12:46.

MULTI-TERRAIN

AUGUST 25

ARUNDEL CASTLE 10km, West Sussex

Overall: 1 J Maddison 36:55; 2 P Whattle 38:39; 3 M Brown (Roms) 38:51

Women: 1 J Stllard (T Zone, W35) 43:45; 2 J Tomson (T Zone) 44:07; 3 G Moffatt (P'slade, W55) 44:23

CAMBUS QUARTER 6.5, Cambus

Overall: 1 A Mcgarrity 37:41; 2 A Davis (PH Racing) 37:54; 3 A Wright (PH Racing, M45) 38:22

LIVERPOOL TO LEEDS 130, Liverpool

Overall: 1 A Wheararity (Reading J) 22:55; 2 U Datavs (Wesh, M40) 25:06; 3 M Denby 25:33

Women: 1 L Smart 28:30; 2 S Tullett 31:50; 3 L Pharoah 32:30

LURGAN LAKES & LOUGH 10, Lurgan

Overall: 1 G King (Team Runwell) 64:02; 2 J McManus (IRL, M35) 69:14; 3 W Topping 69:59

Women: 1 T Malone (Maguiresbridge) 72:28; 2 R McKee (Drom) 73:14; 3 J Burton (St Peters Louth) 75:22

Overall (5km): 1 S Sinnamon (Drom) 19:02, 2 J Breen (Drom) 20:36; 3 B Connolly 21:08

Women: 1 S Reilly (Monaghan Joggernutts) 22:25; 2 A Mcmahon (Monaghan Joggernutts) 22:58; 3 A Fitzpatrick 24:02

PERSHORE PLUM 10km, Pershore

Overall: 1 S MaGrath (Low F, M35) 35:02; 2 M Appleton (B&R) 35:45; 3 N Laurenson (Bla PJ, M35) 36:34

Women: 1 S Powell (Bla PJ) 42:28; 2 K Coleman (Almost, W40) 44:05; 3 A McCourt (Eve) 44:10

WINCHCOMBE HILL CLIMB

Overall (5km): 1 K Dee (Bourt, U13W) 20:35; 2 T Dee (Bourt, U13W) 21:56; 3 K Dee (Bourt, U13) 22:16

Women: 1 Dee 20:35; 2 Dee 21:56; 3 C Ferris (W40) 27:04

Overall (10km): 1 G Beardmore (Worc, U20) 37:34; 2 A Bailey (M45) 41:01; 3 J Pile (M35) 42:38

Women: 1 P Vymetalova (W35) 50:14; 2 S Freeman (W35) 50:51; 3 P Peever (W35) 51:39

WITHAM QUARTER MARATHON

Overall (6.55M): 1 B Leeds (Mid E, M35) 56:34; 2 s Ferguson (Mid E) 60:23; 3 N Woodyard (Spring S, W40) 60:42

Women: 1 Woodyard 60:42; 2 L Ferguson (Mid E, W45) 66:46; 3 L Baker (Mid E) 71:19

Overall (4M): 1 R Abbott (Mid E, W) 58:02; 2 C Phillips (Mid E, W) 67:36; 3 I Gear (Spring S, W) 68:24

Women: 1 Abbott 58:02; 2 Phillips 67:36; 3 Gear 68:24

WINDLESHAM WHIP, Worthing

Overall (tough 5km): 1 G Godden (B^H) 17:27; 2 A Vaughan (Lewes) 18:00; 3 A Rawlinson (P'slade) 18:16

Women: 1 H Harvey (Hove) 20:18; 2 S Sheldrake (Lewes) 21:34; 3 P Hagan (Chich R) 21:59

TEAM (M&W): 1 Hove 122; 2 Burgess HR 115; 3 Portslade 115

AUGUST 24

GLEN CHALLENGE 15km, Drumnadrochit

Overall: 1 R Burnett (M40) 66:29; 2 S Gardiner 67:44; 3 T Barron (M40) 71:26

Women: 1 H Gardiner (W35) 88:25; 2 J Sharp 94:17; 3 N McKay 94:50

DARTMOOR BIG DAY OUT 36.5, Princetown

Overall: 1 A Graves (M) 4:50:40; 2 P Maskell (Mud Crew Ultra, M40) 4:56:49; 3 S Chick 5:37:12

Women: 1 E Vass 6:08:40; 2 I Hopkinson 6:21:16; 3 J Flower 6:30:02

Overall (15.5): 1 D Knight (MudCrew Run, M40) 1:57:47; 2 S Risdon (Ply H, M40) 2:02:38; 3 L Eastley (Erme) 2:05:45

Women: 1 K Synge-curti (Hereford Couri) 2:06:52; 2 L Stephens (Runnymede R, W40) 2:25:40; 3 L Turvey (W40) 2:28:56

LLANTWIT MAJOR 10km

Overall (5km): 1 T Auffret 25:40; 2 T Sheldon 26:40; 3 J Morgan (B'end, U13) 26:49

Women: 1 M Davies (Major Milers) 30:37; 2 G Roberts-powell 30:38; 3 L Newman (W45) 31:17

Overall (10km): 1 D Bodmin (Aberdare Vamateur Athletics Club) 36:39; 2 C Priest (P'pridd R) 41:21; 3 C Jeynes (Brackla, M40) 41:29

Women: 1 R George (B&V) 47:07; 2 T Nurse (W45) 49:36; 3 C Johns (Brackla, W50) 50:38

SPEYSIDE WAY 36.5, Ballindalloch

Overall: 1 G Jeans (M35) 4:10:54; 2 A Gray (Penic) 4:27:39; 3 S Craighead (C'thy, M40) 4:28:51

Women: 1 M Young (W45) 5:22:42; 2 L Henderson (Forf, W45) 5:23:21; 3 K Simpson (Thistle Fitness, W40) 5:30:42

THIEVES ROAD ULTRA 40, Peebles

Overall: 1 D Sawyer (Giff N, M45) 7:42:44; 2 C Gordon (HBT, W40) 7:46:51; 3 L Blackbourn (C'thy) 8:11:42

Women: 1 Gordon 7:46:51; 2 C Rae 9:41:59; 3 L Maclean (W40) 10:17:14

RIDGEWAY CHALLENGE 86, Ivinghoe, Buckinghamshire

Overall (Hrs Minds only): 1 M Ma (TRA) 8:42; 2 R Barnes (Stops) 8:53; 3 J Montague 9:06

Women: 1 L Walbridge (100Mara, W45) 9:24; 2 M Montague (W40) 10:10; 3 P Jones (Calne, W40) 11:15

AUGUST 22

KEITH FALLA MEMORIAL FULL COURSE 4.75, L'Ancresse

Overall: 1 R Bartram (Guern) 26:41; 2 C Holden (Guern, M35) 26:44; 3 J Priest (Guern) 26:47

Women: 1 L Perrio (Guern, W35) 30:49; 2 R Le Maitre (Guern) 32:11; 3 M Nicolle (Guern, W35) 32:30

STAN CURRAN TRAIL 5km, Whitworth

Overall: 1 G Adam (Salf, U20) 15:32; 2 C Davison (Ribb) 15:44; 3 I Grime (Salf, M45) 16:39

M40: B McCartney (Salf) 16:59. **M45:** 2 N Gaskell (Ribb) 16:50; 3 B Edwards (Bury) 17:17

U20: 2 H Johnson (Hali) 16:44

Women: 1 E Bolton (Ribb) 17:07; 2 N Squires (Ribb) 18:10; 3 A Caufield (Hali) 20:05

W45: K Geelan (Bury) 20:33. **W70:** C Eckersley (M'ton) 28:16

AUGUST 21

BRAMHALL RUNNERS FOODBANK 5km, Bramhall

Overall: 1 C Jones (Vale R, M35) 20:43; 2 B Batho (Stock H, U17) 20:48; 3 A Porter (Bram R, M50) 21:12

Women: 1 S Jones (Stock H, W35) 23:53; 2 H Corden (Stock H, U20) 24:07; 3 J Pickard (Stock H, W45) 24:43

HUFFER PUFFER 10km, Littley Green

Overall: 1 R Mills (Spring S, M40) 44:15; 2 A Lager (With RC, M45) 44:41; 3 J Byford (Spring S) 44:44

Women: 1 L Higgs (Mid E) 49:20; 2 H Thomspn (Spring S) 51:25; 3 N Norman (Spring S, W45) 52:13

RUNTHROUGH CHASE THE SUN WIMBLEDON COMMON 10km

Overall: 1 A Jaksevicius 33:13; 2 A Penfold (M45) 35:59; 3 B Lynch 37:19

Women: 1 A Billington (Woking, W40) 42:00; 2 M Heywood 43:04; 3 C Kennard 45:16

Overall (5km): 1 N Garcia (M35) 17:48; 2 J Househam (Read U) 17:50; 3 T Dilley (M35) 18:37

Women: 1 Y Chambers (RunThrough) 21:32; 2 H Farmer 23:08; 3 L Wilson (W55) 25:18

AUGUST 20

POPPITT SANDS 5km, Cardigan

Overall: 1 D Cole (West Coast Tri) 16:47; 2 I Edwards (Card, U17) 17:27; 3 M Chaston (Belg. M50) 17:59

Women: 1 R Davies (Swan) 19:27; 2 L Jones (Swan, W35) 20:53; 3 J Heymann (Eton M, W40) 21:45

AUGUST 18

BELPER RUGBY ROVER 30km, Derbyshire

Overall: 1 L Beresford (Ripley) 1:58:30; 2 D King (Clowne, M50) 2:03:24; 3 D Burgess (March, M40) 2:08:15

M50: 2 K Fitch 2:08:32

Women: 1 S Sangster (L Eaton, W35) 2:31:01; 2 H Morley (Belper, W35) 2:36:31; 3 A Keys (Pudsey, W35) 2:38:38

W45: Y Ravenhill (Ilk) 2:53:15

ABBOTSFORD HOUSE 5, Melrose

Overall: 1 D Hastie (Gala) 28:53; 2 G Murdoch (Gala, M40) 29:57; 3 R Miligan (Tev) 30:22

Women: 1 S Green (Gala) 33:37; 2 K Barden (Gala, W35) 34:51; 3 L Macleish (Gala) 36:12

ADMIRAL MCHARDY WAY 11.5, Chelmsford

Overall: 1 N Woodyard (Spring S, W) 85:52; 2 J Byford 90:16; 3 R Mills (Spring S) 93:15

Women: 1 Woodyard 85:52; 2 J Stretton (Spring S) 1:44:23; 3 H Thompson (Spring S) 1:47:24

BLACKWOOD 10km, Glenmidge

Overall: 1 L Park (HBT) 41:54; 2 A Park (Hartfell) 43:39; 3 P Mcmahon (Gars) 44:23

Women: 1 A Macfarlane (Dumf, W55) 57:53; 2 A Ganzales (Dumf) 60:38; 3 G Leadbetter (Dumf, W35) 61:13

ESCRICK 10km, Escrick

Overall: 1 M Pierson (Stainland Lions) 34:15; 2 D Tate (Selb) 35:20; 3 D Smithers (Knaves, M40) 35:26

Women: 1 J Masterman (GVS, W50) 42:38; 2 S Graham (Vall) 43:03; 3 S Tolkin (Rothwell Harriers) 43:48

SCORTON FEAST MEMORIAL 10km

Overall: 1 D Dunn (S30) 36:21; 2 G Evans (B&B, M40) 36:53; 3 K Brown (Ripon, M40) 37:31

M60: 1 B Martin (Quak) 39:57

Women: 1 D Richardson (Quak, W40) 41:32; 2 Z Mason (Swaled, S30) 44:07; 3 K Hackett (Quak, W40) 44:21

TORBAY FIVE BAYS CHALLENGE 10km, Brixham

Overall: 1 A Holland (Tav) 42:31; 2 J Wadelin (Ere V, M40) 43:54; 3 P Monaghan (Torb, M50) 44:15

Women: 1 C Haines (Plyms) 49:36; 2 N Flanagan (Torbay Tri) 52:05; 3 L Knox (Storm Plymouth) 54:13

AUGUST 17

OUTRUN 5, Glasgow

Overall: 1 J Roebuck 26:31; 2 M Dunn (Manc FR) 29:08; 3 R McGeer (Glas U) 29:24

Women: 1 T McIntosh (Tigers) 29:46; 2 E Homewood (W40) 33:40; 3 R Crewe (Glas FR) 33:59

BRECHFA TRAIL HALF MARATHON, Carmarthen

Overall: 1 J Morris 92:06; 2 S Leadbeater (North Bristol Tri Club) 92:14; 3 S Childs (RN, M40) 99:32

Women: 1 R Parker (Merc) 1:40:16; 2 N Jones (TROTS) 1:44:35; 3 A Cox 1:54:22

Overall (10km): 1 M Harrison (L'nelli) 44:55; 2 M Davies (Nathan Ford Triathlon, M40) 45:21; 3 R Harries (West Coast Tri) 46:38

Women: 1 J Williams (W50) 56:21; 2 A Fitzgerald-allen 59:43; 3 H Maddocks (S30) 64:48

ROAD

AUGUST 26

BALTONSBOROUGH 5

Overall: 1 M Lusby (Street Striders) 29:03; 2 C Walker (Wells, M40) 29:17; 3 B Mahoney (Ytroad) 29:36
M65: 1 N Brooke (Dors) 33:28
Women: 1 J Fordham (Frome, W45) 36:13; 2 W Mahon (W35) 37:48; 3 H Nesbitt (Ytr, W35) 37:56
W65: 1 L Nesbitt (Ytroad) 42:35

KINGS HEAD CANTER 5km, East Hoathley, East Sussex

DESPITE the mercury climbing to over 30C, there was a course record from Brighton winner Kevin Moore, *Martin Duff reports*.

No other runner had previously beaten the 15-minute barrier but here Moore, in his first road race for more than two years, broke the record with 14:58 after being chased home by veteran Ian Leitch.

The previous course record stood to Finn McNally with 15:06 from the 2017 race. Brighton Phoenix Leitch's own 15:05 was better on the age graded tables used here for veteran awards.

At 92.8% it headed top M45 James Skinner's 90.0% return, after a 16:12 clocking for sixth overall.

Further back, there was a dead heat in the women's race as course record holder Caroline Hoyte, who ran 17:10 in 2002, and Arena 80 team mate Maisie Trafford in 18:08.
Overall: 1 K Moore (B&H) 14:58; 2 I Leitch (Phoe, M40) 15:05; 3 M Dumbell (Horsh BS) 15:28; 4 B Savill (Croy) 15:49
M45: 1 J Skinner (Hay H) 16:12. **M50:** 1 D Benton (B&H) 17:54. **M55:** 1 K Hoyte (Phoe) 18:10; 2 J Burrell (Lewes) 18:45. **U20:** 1 R Hoyte (Phoe) 16:50
Women: 1 C Hoyte (Arena, W45) 18:03; 2 M Trafford (Arena) 18:03; 3 T Shanahan (Arena, W45) 18:52
W45: 3 D Tarleton (Arena) 19:09; 4 K O'Hara (Arena) 20:38. **W60:** 1 N Yeates (Arena) 22:54

AUGUST 25

AVON RELAY CHAMPIONSHIPS, Cleeve

GEMMA STEEL led a guesting All-Stars squad to a women's team victory with the fastest lap, *Martin Duff reports*.

The Charnwood international set off well ahead of the women's field on the final lap before posting the quickest split of 17:05 for the 5km circuit. Earlier, Charlotte Taylor-Green, the Bristol & West first claimer, had given the guests a good opening lap lead with the second fastest women's time of 17:30.

Behind, Cornwall were the first club squad home as Heidi Tregenza was their best with an 18:08 clocking. Running for their B squad, former London Marathon W40 winner Emma Stepto topped the W45 times with a fifth overall quickest 19:45.
Men (4x5km): 1 Bristol & W 62:15 (D Awde 16:12, H Allen 15:10, J Bancroft 15:20, A Chambers 15:33); 2 Wells 65:34 (L Prior 15:25, Z Hurrell 16:44, C Green 16:45, S Sommerville 16:42); 3 Clevedon 66:04 (A Crossland 15:47, S Taberner 16:21, R Stewart 17:19, L Murray 16:37); 4 B&W B 66:08; 5 Avon VR 68:19; 6 B&W C 68:54; 7 Westbury 69:47; 8 Wells U20 17:41; 9 B&W D 71:20; 10 Taunton 72:44
Fastest: M Davis (Avon VR, U20) 14:48; Allen 15:10; Bancroft 15:20; Prior 15:25; Chambers 15:33; Crossland 15:47
U20: Davis 14:48; A Hasan (W'bury) 16:16
M40 (4x5km): 1 Westbury 70:28 (A Glover 17:00, C Palmer 17:48, O Beale 16:27, R Noble 19:13); 2 Clevedon 75:49; 3 Westbury B 86:05
Fastest: G Breen (B&W B) 16:20; Beale 16:27; L Murray (Cleve) 16:37
M50 (3x5km): 1 B&W 54:37 (T Roper 17:46, R Bowles 19:5, P Parry 17:26); 2 Westbury 59:02
Fastest: Parry (M55) 17:26
M60 (3x5km): 1 B&W 63:09 (J Hogan 19:58, T Burgess 23:02, P Mountain 20:09)
Fastest: Hogan 19:58
Women (3x5km): 1 All Stars 53:02 (C Taylor-Green 17:30, R Hattersley 18:27, G Steel 17:05); 2 Cornwall 55:59 (H Tregenza 18:08, I Wood 18:54, A Milnes 18:57); 3 Cornwall B 57:51; 4 Wells 59:39; 5 Westbury 60:14; 6 Avon VR 60:35
Fastest: Steel 17:05; Taylor-Green 17:30; Tregenza 18:08; Hattersley 18:27; E Stepto (Corn, W45) 19:45; I Wood (Corn, U20) 18:54
W35 (3x5km): 1 Westbury 58:00 (V Tester 19:19, C Treble 19:08, L Richens 19:31); 2 Bitton 61:02; 3 B&W 63:27
Fastest: Treble 19:08; H Southcott (Wells) 19:17; Richens 19:33
W45 (3x5km): 1 B&W 63:56 (C Jolliffe 19:49, J Bogu 23:52, E Everitt 20:15)
Fastest: Jolliffe 19:49; Everitt 20:15; L Croker (Cleve) 21:39
W55 (3x5km): 1 B&W 69:46
Fastest: A Parfitt (B&W)/S Davis (B&W) 22:04

ARMAGH CITY FESTIVAL OF RUNNING

Overall (Mar): 1 T O'gorman 3:08:42; 2 K Holdsworth 3:18:52; 3 T Horsfield 3:49:38
Women: 1 C Connolly 3:56:50; 2 S Mcentee 3:56:50; 3 L Mclaughlin 4:16:17
Overall (10km): 1 J Wright 41:24; 2 A Sirtorous 41:34; 3 S Maguire 46:51
Women: 1 S Burke 55:03; 2 G Gordon 56:55; 3 J Donaldson 59:47
Overall (HM): 1 B Taggart 82:43; 2 A Foster 88:19; 3 S Quinn 89:50
Women: 1 L Moynagh 1:46:54; 2 A Mcmurdie 1:54:46; 3 P Thompson 2:00:06

BUTETOWN MILE, Butetown

Overall: 1 J Thie (Card, M40) 4:28; 2 C Prothero (Parc BB) 4:32; 3 L Sheppard (Card, U17) 4:33
Women: 1 D Phillips (Les C, W35) 5:45; 2 H Corlett 5:47; 3 S Pugsley 5:48

ATHERSTONE 10km, Warwickshire

Overall: 1 L Bradbury (S Der) 36:14; 2 J Fallaize (Higham) 36:22; 3 D Warren (Badgers) 36:44
Women: 1 P keen (3M) 39:05; 2 A Byrne (Aldi) 39:19; 3 R Andrews (R&N) 41:22
W50: S Davis (R&N) 44:09

BATTLE OF SEDGEMOOR 10km, Somerset

Overall: 1 J Pugsley (Bide) 33:21; 2 K Shapland (Bide, M40) 35:22; 3 M Lusby (Street) 36:56
Women: 1 S Stone (Tiv, W40) 38:31; 2 A Thorne (Erme V, W45) 40:00; 3 E Kiernan (Taunt) 40:21

CARDIFF PENTATH HALF MARATHON

Overall: 1 N Reynolds (San D) 81:34; 2 R Baker (Les C, M40) 81:45; 3 O Morris (Les C) 82:30
M60: 1 D James (Les C) 90:50
Women (1M): 1 M Zubizarreta (Les C, W45) 93:04; 2 A Champion (San D, W35) 97:43; 3 S Connaire (Les C) 1:42:42
Overall: 1 D J Williams (Les C) 4:42; 2 N Reynolds (San D) 5:08; 3 B Kennedy (Les C) 5:17
Women: 1 S Bowes (Les C, W35) 6:49; 2 S Connaire (Les C) 6:52; 3 C Jacobs (Les C, W45) 6:54

GILBERDYKE 10, Gilberdyke

Overall: 1 G Cooke (P'stone) 56:04; 2 M Hallam (Vall) 56:36; 3 R Spooner (Barns H, M35) 56:58
M40: 1 A Ford (Barns H) 57:09. **M45:** 1 R Harris (Wold) 57:25; 2 S Hobson (Drif) 58:00. **M50:** 1 D Edge (Bev) 61:19. **M55:** 1 M Hall (Otl) 61:43; 2 J Harlock (CoH) 61:47; 3 C Gibbs (Lincsquad) 63:14; 4 A Pearson (P'stone) 64:45. **M75:** 1 V Shirley (N Masters) 78:22
Women: 1 B Briggs (CoH, U20) 60:08; 2 N Bright (CoH) 68:55; 3 J Masterman (GVS, W55) 69:32
W45: 1 T Fearn (Caist) 71:03. **W55:** 2 S Gill (H'gate) 77:00. **W60:** 1 A Dean ( ) 80:58. **W65:** 1 S Oglesby (E Hull) 85:53; 2 A Bakker (CoH) 89:33

DOONHAMER 10km, Dumfries

Overall: 1 G Flannighan 36:31; 2 S Sloan 37:00; 3 J Nicholls (S Ches) 37:54
Women: 1 M Marshall (Annan, W35) 43:24; 2 S Rasmussen (Harwe, W40) 44:41; 3 L Stewart (W35) 46:25

HEADINGTON 5, Oxford

Overall: 1 J Bolton (W'stock, M45) 26:37; 2 J Seddon (Mil K) 27:15; 3 A Chetwynd 27:26
M55: 1 C Gaden (Head) 30:00; 2 S Dales (Head) 30:40. **M65:** 1 S Thorp (Oxf C) 33:26. **M70:** 1 D Dibben (Read RR) 37:35
Women: 1 J Sharples (L Buzz) 30:49; 2 K Allred (Eynsh, W45) 32:14; 3 I Stubbs (Wit) 32:34
W55: 1 S Baldwin 37:31. **W60:** 1 L Hembury (Tring) 34:11. **W65:** 1 H Turley (Head) 43:57. **W70:** 1 K Williamson (Eynsh) 41:59

KIRKCALDY PARKS HALF MARATHON

Overall: 1 D Rae (Fife) 70:23; 2 R Lafferty (Fife) 71:03; 3 I Whitaker (Edin) 71:28; 4 B Hukins (PH Racing, M40) 71:55; 5 J Letson (I'clyde) 73:23; 6 A Gudgin (Fife) 73:43
M40: 2 R Ward (HBT) 76:43. **M50:** 1 I Sheerins 82:56. **M60:** 1 A Gibson (Fife) 88:12
Women: 1 S Logan (Fife) 84:44; 2 K Lownie (PH Racing) 86:45; 3 J Dickson (W40) 88:44
W40: 2 M Mclean 91:17; 3 J Menzies (PH Racing) 93:34. **W70:** 1 M Cavanagh (Kirkcaldy Wizards) 2:04:57

MERSEA ISLAND ROAD RACES, Essex

Overall (10M): 1 J Sullivan 59:09; 2 J Smith 59:57; 3 J Wright 61:02
Women: 1 R Sweat 62:02t; 2 S Conway 71:20; 3N Renson 84:34
W65: L Tanner (S'field) 85:18
Overall (5M): R Vinicombe 28:50
Women: E Dyson 33:06

SEVERN BRIDGE HALF-MARATHON, Chepstow

Overall: 1 R Henderson (Bed C) 72:52; 2 M Rees (Swan) 73:42; 3 R Jackson-hookins (Les C) 74:27
M40: 1 S Newton (Leeds C) 76:21
Women: 1 S Duncan (Weston) 87:03; 2 F Rawlings (Cleve, W40) 87:47; 3 K Dicks 91:12
W40: 2 S Voller (W'bury) 91:33; 3 R Ellis (W'bury) 92:12. **W50:** 1 L Summers (Torfaen) 97:01; 2 S Mumford (GWR) 99:47
Overall (10km): 1 J Parry (Parc BB) 34:51; 2 B Miles (Ponty-Pwl & District Runners) 36:08; 3 M Roderick (Paul Pop) 36:20
Women: 1 R Davies (Swan) 39:41; 2 C Jones (W40) 40:28; 3 K Roy (Chep) 41:01
W50: 1 N Morgan (Chep) 41:30

SPORT IN ACTION 10km, Carlisle

Overall: 1 S Berry (Bord H, S30) 34:48; 2 B Opie (Netherhall, M40) 35:37; 3 S Nutter (Kesw, U17) 36:15
Women: 1 J Kelly (C'land) 38:48; 2 N Mccarron (C'land, S30) 40:37; 3 F Todd (Bord H, W40) 42:27
W50: 1 K Bridge (Eden) 44:18

STORMING THE CASTLE 10km, Carrickfergus

Overall: 1 G Lyons (NBH, M40) 34:01; 2 D Hamilton (St Peters Louth) 34:21; 3 J Malone (NBH) 34:34
M60: 1 L Johnston (NBH) 37:32; 2 W Jenkins (S'park) 40:16
Women: 1 F Mcquillan (N Down, W35) 40:29; 2 H Kelly (Athleticsni , W50) 41:06; 3 T Atkinson (Aville, W40) 41:34
W45: 1 S Leetch (Ballym R) 42:21; 2 E Crawford (S'park) 42:45; 3 A Perry 42:50. **W55:** 1 M Slocum (Ward Park) 45:26; 2 R Humphrys (Larne) 46:59. **W60:** 1 P Brown (Newry) 43:26

WILL PAGE 10km, Newick, West Sussex

Overall: 1 J Pewter (Herne H) 35:54; 2 J Baker (Lewes) 38:29; 3 E Worth 38:46
Women: 1 PBlackledge (B&H, W45) 44:49; 2 S Ridley (Hay H, W45) 45:37; 3 T Macenhill (Hails, W45) 47:41

TOUR OF MILTON KEYNES TATTENHOE 11km (DAY 1), Milton Keynes

Overall: 1 T Comerford (Mil K) 38:50; 2 G Pepaj (Redway, M40) 40:15; 3 S Tuttle (Mil K) 42:09
Women: 1 J Sangster (Redway, W45) 49:24; 2 K Niamh (Shen) 50:23; 3 A Roskilly (Mil K) 51:04

AUGUST 24

BURNSALL 10, Skipton

Overall: 1 J Cummings (Ilkley) 56:27; 2 J Cleaver (Barl) 58:03; 3 B Chown (26.2 RRC) 58:55
M60: P Muller (N Mast) 63:05
Women: 1 S Martin (Wharf) 65:57; 2 S L Cumber (Hali, W40) 66:48; 3 H Berry (Holm, W40) 68:08

BUTE HIGHLAND GAMES 10km, Rothesay

Overall: 1 S Lyon (G'nock) 33:56; 2 S Johnston (Edin, M40) 34:07; 3 J Stevenson (Ochil) 34:17; 4 N Gemmell (M40) 35:00
Women: 1 G Blee (Gars, W35) 43:38; 2 J Duncan 43:53; 3 M Doherty (Glasgow South Road Runners, W45) 47:00

CARDIFF PENTATH 10km, Cardiff

Overall: 1 N Reynolds (San D) 36:08; 2 R Baker (Les C, M40) 36:34; 3 P Hambleton (Les C) 36:50
Women: 1 G Hardman (B'end, W45) 44:47; 2 S Connaire (Les C) 46:28; 3 C Jacobs (Les C, W45) 46:30

KILLIN 10km, Killin

Overall: 1 M Christoforou (Edin) 32:04; 2 D Robinson (U20) 34:03; 3 M Sutherland (Centr) 34:24
M60: B Aitken (Fife) 40:08
Women: 1 A Small 40:27; 2 L Tyler (D'blane, W40) 41:09; 3 V Bates (W50) 42:23
W60: L Stephen (Fife) 47:19

CELEBRATE ABERDEEN UNION STREET MILE, Aberdeen

Overall (1M): 1 J Kelly (Metro) 4:36; 2 S Macleod (Metro) 4:47; 3 J Bannerman (I'ness, W) 4:56
Women: 1 Bannerman 4:56; 2 C Mcneil 5:43; 3 J Hoyle (JSKRC, W40) 5:46

RATHLIN 10M, Belfast

Overall: 1 N Weir (Willow, M40) 58:47; 2 J Steede (Glens, M35) 60:14; 3 J Wilson (Ballym R) 64:58
Women: 1 G McDonald (Ballyc R, W35) 71:18; 2 K Wilton (Jog Lisburn, W45) 71:56; 3 C Mclaughlin (Glens, W45) 78:08
Overall (5km): 1 D Mcmullan (Glenlough RC) 17:46; 2 M Carville (B'drain, U17) 18:03; 3 D Mcafee (M45) 18:44
Women: 1 K Mcauley (Glens) 22:59; 2 M Blee (Riada Triathlon Club, U20) 23:14; 3 K Montgomery (Glenlough RC, W35) 23:53

TWO ISLANDS HALF MARATHON, Berneray

Overall: 1 J MacAskill (Storn, M50) 90:03; 2 A Inglis (Tev, M50) 1:40:12; 3 G Wheeler (M40) 1:44:06
Women: 1 M Mackie (W50) 1:57:38; 2 S Macleod 1:59:06; 3 A Macdonald (W35) 2:02:19

AUGUST 23

PORTRUSH 5, Portrush

Overall: 1 R Aguilera Jr (Bellingham Distance Project/USA) 26:38; 2 G Lyons (NBH, M40) 26:51; 3 G Hegarty (Springw) 26:51
Women: 1 S Mcmurray (Newc, W40) 29:24; 2 R Nixon (Drom) 31:13; 3 N Hall (Armagh, W35) 31:34

STRANGFORD FESTIVAL 10km

Overall: 1 A Mcgrady (E Down) 33:35; 2 D Fowler (B'drain, M35) 37:13; 3 C Mcveigh (Newc, M40) 37:30
Women: 1 C O'Connor (E Down) 38:46; 2 K Wilton (Jog Lisburn, W45) 39:31; 3 H Somani (VP&TH) 41:58
Overall (5km): 1 P Gracey (Beech) 17:29; 2 B Mcveigh (Newc, M35) 18:45; 3 C Mccabe (Lag V) 19:59
Women: 1 R Dornan (N Down, W40) 21:37; 2 U Megoran (Murlough, W40) 23:28; 3 M Hull (U20) 23:58

TORBAY REGATTA RELAYS, Devon

Men (4x3km): 1 Torbay Tri 38:45 (A Guntmer 9:43, T Watson 9:24, K Woodard 9:46, S McKernan 9:52); 2 Plymouth 39:21 (J Smith 10:18, S Hill 9:59, A Peyton-Jones 9:35, S Fletcher 9:29); 3 Exmouth 40:32 (S Williams 9:33, J Hadley 10:32, J Boylaw 10:42, D Shalders 9:45); 4 Erme V 42:17; 5 Tavistock 42:23; 6 Torbay Tri B 42:30
Fastest: Watson 9:24; Fletcher 9:29; C Howells (Tav) 9:33
M40 (4x3km): 1 Teignb 42:51 (I Langler 9:59, J Trevenen 11:08, D Knight 11:00, C Robinson 10:44); 2 Plymouth 46:20; 3 Torbay Tri 47:52
Fastest: Langler 9:59
M50 (4x3km): 1 Teignbridge 42:59 (G Smart 9:40, J Saunders 10:29, L Mason 10:44, R Hales 12:00); 2 S Devon 45:31; 3 Torbay Tri 46:09
Fastest: Smart 9:40
M60 (4x3km): 1 SWRR 52:58 (D Evans 13:22, T Gale 13:40, G Smith 13:10, L Jones 12:46); 2 Exmouth 53:26; 3 Teignbridge 53:45
Fastest: H Marsden (Ex'mth) 11:17
M70 (4x3km): Exmouth 64:07 (R Elston 14:04, R Lewis 17:43, M Allen 16:29, M Keep 15:51)
Fastest: Elston 14:04
Women (4x3km): 1 Newton Abb45:55 (C Offord 10:16, D Page 11:48, T Edworthy 13:31, M Neal 10:20); 2 Plym 46:48 (K Young 10:56, K Boylin 11:49, M Cartlidge 11:02, R Gillham 13:01); 3 Exm 48:03 (H Bown 11:11, A McCann 13:46, E White 12:18, A De Silva Goncalves 10:48); 4 SWRR 50:29; 5 S Devon 51:38
Fastest: Offord 10:16; Neal 10:20; De Silva Concalves 10:48
W40 (4x3km): 1 Teignbridge 47:47 (M Wheeler 11:15, W Goldthorpe 13:25, K Knight 12:07, L Gentry 11:00); 2 Erme V 53:37; 3 S Devon 55:44
Fastest: Gentry 11:00
W50 (4x3km): 1 Exmouth 52:23 (C Newman 10:45, L Gilson 14:09, A White 14:03, N Kelly 13:26); 2 Teignbridge 53:36
Fastest: Newman 10:45
W60 (4x3km): Teignb 60:32 (L Payne 14:44, T Holines 17:03, E Taylor 14:45, E Bowles 14:00)
Fastest: Bowles 14:00

TWILIGHT 5km, Eyemouth

Overall (age not declared): 1 C Bullen 17:25; 2 C Campbell 17:37; 3 G Simpson 17:55
Women: 1 J Mykura 19:50; 2 O Robbins 21:22; 3 M Formon 22:35

AUGUST 22

LFRC YACHT RACE 5km, Lobley Hill

Overall: 1 I Marriott (Low F) 18:47; 2 P Harrison (Low F) 18:51; 3 R Conder (Low F) 18:53
Women: 1 A Mcclean (Low F) 21:13

Hoad and Bryan enjoy great Aberdeen wins

AUGUST 25

SIMPLYHEALTH GREAT ABERDEEN HALF MARATHON, Aberdeen

JAMES HOAD (69:06) and Fiona Bryan (78:04) were clear half-marathon winners.

Overall: 1 J Hoad (THH) 69:06; 2 J Kelly (Metro) 72:44; 3 D Macdonald (I'ness, M40) 73:34; 4 T Brian (Metro) 73:51; 5 T Doney (Metro) 74:01

M45: 1 G Mccabe (Kirk O) 79:49

Women: 1 F Brian (Metro) 78:04; 2 V Barrand (Metro) 82:39; 3 N Macdonald (Metro) 82:54

W40: 1 R Watt (RR Med) 93:04. **W45:** 1 M Baxter (JSKRC) 88:41; 2 A Gallon (Stone) 93:58.

W60: 1 C Milne 93:10; 2 J Kidd (Kenil) 1:43:05

Overall (10km): 1 B Ward (Metro) 32:59; 2 C Richardson (Met) 33:12; 3 M Abernethy (Fraser, U20) 33:31; 4 C Neff 34:17; 5 K Mcintyre 34:24; 6 J Kirk (Gari) 34:35; 7 J Buchan (U20) 34:49; 8 R Gauld (Stone, M40) 34:54

Women: 1 C Bruce (Metro) 37:17; 2 L Mitchell (Falk) 39:26; 3 H Morrison (Metro, U20) 39:48; 4 J Maclaren (A'deen) 39:52

W40: 1 A Matthews (Metro) 40:48



James Hoad: Aberdeen victory



Fiona Bryan: women's win

DEREK IRONSIDE/NEWSQUEST MEDIA

RUNTHROUGH PRESTWOLD HALL CHASE THE SUN 10km, Prestwold

Overall: 1 T Gostelow (Charn, U20) 33:10; 2 M Dunkley (M40) 35:04; 3 S Pilcher (M35) 35:32

M70: 1 A Talbot 46:55

Women: 1 Y Scarrott (W50) 44:39; 2 N Chester (W45) 45:14; 3 F Mee (W35) 45:33

Overall (5km): 1 J Donaldson 17:00; 2 C Baxter 17:02; 3 M Fraga Martinez 17:20

Women: 1 S Pegg 21:25; 2 E Geary 22:33; 3 M Adams (W35) 22:39

Overall (1M): 1 J Monk (U20) 5:49; 2 A Arbon (Mans, U11W) 6:37; 3 C Littlewood (U20) 6:54

Women: 1 Arbon 6:37; 2 O Payne (U20) 7:42; 3 A Cross (Charn, W35) 8:24

NORTH UIST 5km, Isle of North Uist

Overall: 1 P Morrison 17:43; 2 G Wheeler (M35) 19:18; 3 S Ciolion (M35) 19:54

U15: S MacInnes 19:57

Women: 1 J Smith (U15) 22:39; 2 D Coleman (W35) 25:22; 3 A MacDonald (W35) 25:45

AUGUST 21

ELLESMERE PORT RC 5km, Capenhurst

KIRSTY LONGLEY won the women's race in an UK W40 lead of 16:37 to go equal fourth all-time among British masters.



Kirsty Longley: 16:37 5km win

Overall: 1 E Shepherd (WG&EL) 14:53; 2 D Bennett (Elles P, M40) 15:55; 3 D Weston (Wrex, M40) 16:10

M40: 3 S Skates (P'atyn) 16:18; 4 P Bagan (Warr) 16:19; 5 A Woods 16:36; 6 R Dewhurst (Liv H) 16:47. **M45:** 1 J Heap 16:40. **M50:** 1 P Sankey (Liv H) 17:00. **M55:** 1 N Hershaw (W Ches) 18:26; 2 T Cahill (A'gele) 19:00. **M60:** 1 J Dillon (W'church W) 19:14; 2 I Cannings (W'sey) 19:38. **M65:** 1 B Beecroft (Wirr) 20:18; 2 G Nixon (P'atyn) 20:42. **U20:** 1 T Gillbanks (W'sey) 16:23.

U17: 1 E Pettitt (Vale R) 16:22

Women: 1 K Longley (Liv PS, W40) 16:37; 2 T McCormick (Vale R) 17:34; 3 J Marsden (Elles P, W40) 18:03; 4 A Pettitt (Vale R) 18:09; 5 J Knass (Stock H, W35) 18:35; 6 S Avery (Elles P, W50) 18:55

W45: 1 S Kearney (Wirr) 19:15. **W55:** 1 E Collins (Denb) 20:47; 2 T Shipley (Ches TC) 21:56; 3 K Forster (Spec) 22:45

BURNHAM BEECHES 5km, Farnham Common

Overall: 1 A Humphrey (Burn J) 17:48; 2 T Booth (G&G, M50) 17:59; 3 P Butler (Burn J, M40) 18:08

Women: 1 R Luxton (Chelm, W35) 20:22; 2 C Pusey (Burn J, W45) 20:48; 3 M Ross (Wyc P) 21:36

BRAT SUMMERFIELD SMASH 5km, Birmingham

Overall: 1 H Brocklehurst (BRAT) 15:31; 2 J Bradford (Bir) 15:32; 3 D Robinson (BRAT, M35) 15:34; 4 P Townsend (Notts) 15:39; 5 J Carter (Tip, M35) 15:52; 6 K Welborn (BRAT, M35) 15:55

M40: 1 M Ince (BRAT) 16:01; 2 R Bayliss (B'ville) 16:05; 3 R Michaelson-yeates (Knowle & Dorridge) 16:22. **M45:** 1 C Stainton (Warley Woods Pacers) 16:54. **M50:** 1 P Coughlan (B'ville) 17:09

Women: 1 I Jones (Wolves & Bilston AC, U13) 18:20; 2 S Williams (Wolves & Bilston AC, U13) 18:49; 3 I Peck (Coventry Triathletes) 18:58

DESSIE'S 10km, Londonderry

Overall (10km): 1 D Reed (Derry, M45) 31:33; 2 G Slevin (Foyle V) 31:37; 3 S Rankin (Foyle V) 31:39

Women: 1 A Mc Glynn (L'kenny) 33:16; 2 C Brennan (Derry) 42:27; 3 D Houston (Eglinton) 44:45

Overall (10km): 1 K Doherty 35:04

MARYMASS 10km, Irvine

Overall: 1 N Renault (Edin, M35) 33:09; 2 D Mclure (Kil'k) 34:22; 3 C Whitby (Irv) 34:24

M50: 1 K Haining (Jog Stewarton) 37:09

Women: 1 T McIntosh (Ayr S, W35) 39:41; 2 K Renault (Edin) 42:39; 3 K Kelly (Troon, W40) 43:09

W60: 1 M O'connor 45:39

PINTOS 3km SERIES, Elgin

Overall: 1 K Wilson (Moray) 8:51; 2 E Davidson (Nene V) 9:05; 3 J Wilson (Moray) 9:18

Women: 1 E Andrew (I'ness, U17) 10:54; 2 G Whelan (Moray) 11:00; 3 E Smith (Moray, U15) 11:55

SESSAY SWIFT 6km, Thirsk

Overall: 1 J Ashcroft (Leeds C) 18:22; 2 R Dalton (R&Z) 19:17; 3 L Foster (Leeds C, M35) 19:55

Women: 1 Z Knappy (Roth) 21:48; 2 O Mulligan (T&S) 24:20; 3 E Harrison (T&S) 26:08

ULVERSTON SUMMER 10km

Overall: 1 R Campbell (Barr) 32:31; 2 C Hanlon (Learn) 32:32; 3 O Gajdowski (Amble, U20) 32:43; 4 J Bartlett (B&W) 32:55; 5 L Bowen (Kend, U20) 33:50; 6 S Mcsherry (Lev V, U20) 34:27; 7 A Dorrian (Hoad) 34:37; 8 J Hartley (B Combe) 34:43

M40: 1 Q Gratrix (Kend) 35:12. **M55:** 1 G Dover (Hoad) 38:15. **M60:** 1 B Atkinson (Barrow in Furness Striders) 35:06. **M70:** 1 P Thomas (Hoad) 44:33; 2 B Wells (Bed H) 45:04. **U20:** 4 J Corbishley (Hoad) 35:30

Women: 1 K Cousins (L&M) 39:58; 2 H Orr (B Combe) 42:20; 3 A Singleton (Walney Wind Cheethahs , W35) 44:10

W50: 1 L Varney (Kend) 44:10

STATISTICS

W40 5km all-time

Helen Clitheroe 16:01	2014
Caroline Hoyte 16:26	2010
Lucy Elliott 16:28	2006
Andrea Whitcombe 16:37	2013
Kirsty Longley 16:37	2019
Clare Elms 16:43	2008
Victoria Knight 16:51	2019
Alyson Dixon 16:52	2019
Jo Thompson 16:53	1999
Karen Hazlitt 16:53	2007

AUGUST 20

AVR WESTBURY 5km, Westbury

Overall: 1 H Allen (B&W) 14:30; 2 J Bancroft (Wells) 14:38; 3 A Bampton (High) 14:51; 4 J Millar (B&W) 15:16; 5 A Chambers (B&W) 15:21; 6 J Rodgers (N Som) 15:33; 7 O Paulin (Cov) 15:35; 8 M Towler (Avon VR) 15:38; 9 A Watt (B&W) 15:45

U17: 1 O Lythell (Avon VR) 16:25; 2 P Mochan (Swin) 16:32

Women: 1 A Woolaston (And) 18:09; 2 B Francis (Avon VR) 18:52; 3 V Cranston (Avon VR, W40) 19:52

W60: 1 M Thompson (Devizes) 23:37

DERBY SUMMER 5km SERIES, Derby

Overall: 1 J Heathcock (Ego Runin) 18:02; 2 C Wilshaw (Shelt) 18:45; 3 T Bradley (Hatt D) 18:53

Women: 1 H Stroud (Ribb) 19:16; 2 H Barnett (North DerbyshireRC) 21:38; 3 R Farrow (Shelt, W35) 22:46

AUGUST 18

HATTON 10km AND ANNA HUTCHEON MEMORIAL 5km, Peterhead

Overall (10km): 1 R Horne 38:03; 2 L Barron 40:03; 3 B Urquhart 40:15

Women: 1 R Watt 42:38; 2 S Ward 48:29; 3 S McSeveney 51:54

Overall (5km): 1 S Milne 19:02; 2 E Fernandes 19:09; 3 M Beagrie 19:17

Women: D Milne 24:22

YORKSHIRE VETERANS' RELAY CHAMPIONSHIPS, York

M35 (3x3M): 1 Roth 46:02 (G Sampson 14:52, P Hoole 15:50, A Johnson 15:20); 2 Bail 49:11; 3 Steel 49:33

Fastest: 1 Sampson 14:52; 2 Johnson 15:20; 3 M Malyon (Bail) 15:40

M40: 1 R&Z 47:34 (C Jones 15:03, M Forrest 16:28, L Reeve 16:03); 2 Roth 47:44; 3 Knave 48:05

Fastest: 1 Jones 15:03; 2 C Hunter (Wake) 15:28; 3 P Elliot (Knave) 15:34

M50: 1 Sheff RC 50:00 (J Turner 17:00, C Ireland 16:29, G Lowry 16:31); 2 CoH 50:33; 3 Vall 52:14

Fastest: 1 J Lawcock (P'stone FPR) 15:51; 2 J Harlock (CoH) 16:22; 3 G Justice (CoH) 16:25

M60: 1 York Ac 55:08 (D Lancaster 18:28, D Muckersiee 18:30, S Boynton 18:10); 2 Barns AC 57:04; 3 CoH 57:09

Fastest: 1 D Brooksbank (Barns AC) 17:19; 2 B Atkinson (Knave) 17:50; 3 P Cartwright (CoH) 17:56

M70: 1 CoH 67:28 (J Coping 25:16, B Wilkinson 21:48, P Taylor 20:24); 2 Bing 68:16; 3 York Ac 71:40

Fastest: 1 L Haynes (Bing) 19:34; 2 Taylor 20:24; 3 P White (Vall) 21:45

W35: 1 Wake 51:40 (H Beck 17:38, N Steel 17:41, J Briscoe 16:21); 2 Steel 54:40; 3 Vall 57:05

Fastest: 1 Briscoe 16:21; 2 C Brock (Steel) 17:06; 3 Beck 17:38

W45: 1 Bing 54:09 (S Cordingley 18:37, L Watson 17:06, R Thackery 18:26); 2 Vall 60:14; 3 CoH 62:09

Fastest: 1 Watson 17:06; 2 Thackery 18:26; 3 Cordingley 18:37

W55: 1 Steel 59:38 (M Taylor 20:07, N Rafferty 20:06, K Scott 19:25); 2 E Hull 63:07; 3 Vall 64:13

Fastest: 1 Scott 19:25; 2 S Sunderland (Vall) 19:52; 3eq C Oakshott (E Hull)/ Rafferty 20:06

W65. 1 Steel 70:44 (H Eberlin 23:26, C Beattie 16:49, D Kesterton 30:29); 2 R'hay 85:47

Fastest: 1 Beattie 16:49; 2 Eberlin 23:26

AUGUST 16

PROSECCO RUN 5km, Strangford

Overall: 1 A Holdsworth (Mallusk) 20:15; 2 M Mcmullan 20:38; 3 D Conlon (Ballygg AC) 20:57

Women: 1 L Chambers (Murlough) 22:00; 2 A Other 22:00; 3 L Rose (Mallusk) 22:07

WORTWELL FRIDAY EVENING 5

Overall: 1 R Chenery (Ips J) 28:07; 2 C Pimlott (W'vney, M40) 31:04; 3 D Gardiner (Bung, M45) 31:05

Women: 1 N Lambert-John (Colt, W35) 33:31; 2 O Harrod (W'vney) 35:18; 3 L Emmett (Beccles and Bungay Harriers, W50) 35:30

AUGUST 14

CHORLEY INTER CLUB 4.8, Chorley, Lancashire

Overall: 1 R Danson (Wesh) 24:46; 2 D Rigby (Prest) 26:02; 3 L Minns (BWF) 26:26

Women: 1 L Abbott (Lyth, W35) 29:12; 2 C Carrdus (Lyth, W45) 32:08; 3 K Klunder (Chor ATC, W35) 32:18

TEAM (M&W): 1 Prest 217; 2 Wesh 232; 3 R Rose 299; 4 Chorley 336; 5 Lyth 392

VETS TEAM. 1 Wesh 71; 2 Prest 93; 3 R Rose 105

M50+ TEAM: R Rose 22. M60+ **TEAM**: Wesh 14

Women: TEAM: 1 Lyth 18; 2 Chorley 64; 3 R Rose 91; 4 Prest 118; 5 BWF 133

W40+ TEAM. 1 Lyth 21; 2 Chorley 68; 3 R Rose 92



SCOTLAND'S ICONIC RUNNING EVENT

HALF MARATHON | 10K | FAMILY

28 & 29 SEPTEMBER | GLASGOW

ENTER TODAY AT

GREATSCOTTISHRUN.COM

BANK OF SCOTLAND

Great Scottish Run

TRACK

Friday August 30

EDGAR NICHOLLS 10,000m OPEN
Redditch.
edgarnicholls10000m.co.uk
GLOUCESTERSHIRE CHAMPIONSHIPS
Gloucester.
athletics4u.co.uk
SUSSEX U15 LEAGUE FINAL
Brighton.
sussexathletics.net
TONBRIDGE TWOLIGHT INVITATION MEET
Tonbridge.

Saturday August 31

CHORLTON CLASSIC OPEN
Trafford.
EAST LOTHIAN OPEN GRADED MEETING
Meadowmill.
ENGLAND U15/U17 CHAMPIONSHIPS
Bedford. Until Sunday September 1.
englandathletics.org
HUMBERSIDE LEAGUE & OPEN SERIES
Scunthorpe.
KETTERING TOWN H AUGUST OPEN
Kettering.
ktharriers.com
LILY B GIRLS' LEAGUE
Kingston, Kingston.
LONDON INTER CLUB CHALLENGE
Hendon. Noon.
londonathletics.org/LICC
MIDLAND VETERANS' LEAGUE CUP FINAL
Nottingham.
mvtfl.wordpress.com
SCOTTISH ATHLETICS MENS LEAGUE
1: Grangemouth. 2: Grangemouth.
scottishleague.org.uk
SCOTTISH ATHLETICS NATIONAL MASTERS 10,000m CHAMPIONSHIP
Carluke.
scottishathletics.org.uk
SOUTHPORT WATERLOO OPEN
Litherland.
southportwaterlooac.co.uk
THROWS CHAT ANNUAL SHOT 1
Trafford.

Sunday September 1

BORDER HARRIERS OPEN
Carlisle.
borderharriers.co.uk
CHESHIRE LEAGUE
Crewe, Eccles, Ellesmere Port.
cheshireaa.com
CITY OF YORK SUMMER LEAGUE & OPEN
York.
cityofyorkathleticclub.net
CSSAL
Div 1: Grangemouth. Div 2/3. Ayr
events.scottishathletics.org.uk
GRAMPIAN LEAGUE FINAL
Aberdeen. Noon.
grampianathleticsleague.synthasite.com
HUNTINGDONSHIRE AC CHAMPIONSHIPS
St. Ives.
huntsac.org.uk
INTER LEAGUE MATCH
Cudworth.
KENT AC CLUB CHAMPIONSHIPS
Catford.
kentac.org.uk
MEDWAY & MAIDSTONE AC OPEN
Gillingham.
mandmac.org
MILTON KEYNES OPEN SERIES
Milton Keynes.
mcs.open.ac.uk/mkac
NORTH EASTERN YOUTH DEVELOPMENT LEAGUE FINAL
TBC
necaa.info
PITREAVIE YOUNG ATHLETES TROPHY
Pitreavie.
pitreavie-aac.co.uk/events/pitreavie-young-athletes-trophy-meeting
SCOTTISH ATHLETICS SKY HIGH POLE VAULT OPEN
Pitreavie.
scottishathletics.org.uk
SOUTHERN COUNTIES VETERANS' LEAGUE FINAL
Ashford. 6.30pm.
scvac.org.uk
SOUTH LONDON ATHLETICS NETWORK SUPER 8 SERIES
Tooting Bec.
slanetwork.org.uk
SOUTH WEST LEAGUE
Exeter.
swathletics.org.uk
ST. MARY'S RICHMOND AC MASTERS & OPEN MEETING
Twickenham. 10am.
smrac.org.uk/news/smrac_32nd_masters_throws_and_open_meeting
SUSSEX 3000m CHAMPIONSHIPS & SUSSEX U13 LEAGUE FINAL
Crawley.
sussexathletics.org.uk
TEAM EAST LOTHIAN OPEN GRADED
Meadowmill. 11am.
teameastlothian.org.uk

Tuesday September 3

CARDIFF THROWS (HAMMER & DISCUS)
Cardiff. 10.30am.
welshathletics.org
CORBY AC CLUB CHAMPIONSHIPS
Corby.
smyton.org/corbyacn
DUMFRIES & GALLOWAY CHAMPIONSHIPS
Dumfries.
nithsdaleac.org.uk
GLOUCESTER SEPTEMBER OPEN
Gloucester.
gloucesterac.co.uk
HUNTINGDONSHIRE AC INTER CLUB
St. Ives.
huntsac.org.uk
READING AC CLUB CHAMPIONSHIPS
Reading.
readingac.com
TRAFFORD AC GRAND PRIX OPEN (DISTANCE/THROWS)
Stretford. 6.15pm.
traffordac.co.uk
WOODFORD GREEN OPEN
Woodford. 6pm.
wgel.org.uk

Weds September 4

AVON/BRISTOL & WEST/YATE OPEN SERIES
Yate.
yateanddistrictac.co.uk
GRANGEMOUTH GRADED OPEN
Grangemouth. 6.30pm.
falkirkcommunitytrust.org
SOUTH LONDON H MIDDLE DISTANCE EVENING OPEN
Coulsdon.
southlondonharriers.org
WARWICKSHIRE OPEN GRADED SERIES
Leamington.
warwickshireathletics.co.uk
WATFORD OPEN GRADED MEETING
Watford. 7pm.
watfordharriers.org.uk
WIRRAL AC ENDURANCE OPEN (3000m)
Bebington. 7.45pm.
wirralac.co.uk

Thursday September 5

ABERDEEN AAC POLE VAULT OPEN
Aberdeen.
aberdeenaac.clubbuzz.co.uk
CORBY AC CLUB CHAMPIONSHIPS
Corby.
smyton.org/corbyacn
READING AC CLUB CHAMPIONSHIPS
Reading.
readingac.com
WEST NORFOLK AC CHAMPIONSHIPS
King's Lynn.
westnorfolkac.co.uk

Friday September 6

PHOENIX TRACK WARS 6-HOUR
Walton on Thames. 9.30am.
phoenixrunning.co.uk
TOMMY CLAY DEVELOPMENT OPEN SERIES
Boston.
bostonanddistrictac.com

Saturday September 7

BRITISH WHEELCHAIR GRAND PRIX
Stoke Mandeville. Until Sunday September 8.
CENTURION TRACK 100
Ashford.
CUMBRIA LEAGUE
Whitehaven.
GREAT NORTH CITY GAMES
Stockton on Tees.
greatcitygames.org
KINGSTON UPON HULL OPEN
Hull.
kuhac.com
LANARKSHIRE CHAMPIONSHIPS
East Kilbride.
q-buster.co.uk/laaa-track-field-championships-2019
LEEDS GOLDEN MILE
Leeds.
LEE VALLEY THROWS FEST OPEN SERIES
Lee Valley.
visitleevalley.org.uk
NUNEATON HAC OPEN SERIES
Nuneaton.
nuneatonharriers.org.uk
SOUTH OF ENGLAND U15/U20 INTER COUNTY CHAMPIONSHIPS
Horspath.
seaa.org.uk
STEEL CITY CUP CHALLENGE
Spinkhill.
SURREY/SUSSEX COMBINED EVENTS CHAMPIONSHIPS (Inc RELAYS, STEEPLECHASE & WALKS)
Kingston. Until Sunday September 8.
surreyathletics.org.uk
TELFORD GAMES OPEN
Telford.
telfordathleticclub.co.uk

Sunday September 8

BASINGSTOKE & MID HANTS CHAMPS
Basingstoke.
bmhac.co.uk
BOURNEMOUTH AC OPEN
Bournemouth.
bournemouthathleticclub.co.uk
DASH END OF SEASON OPEN GRADED
Brierley Hill.
dashac.co.uk
DUCHY MINORS OPEN
Carn Brea. 11am.

great run local

5km and 2km events. For more info, see greatrunlocal.org
Wythenshawe Park: 9am Sunday
Debdale Park: 9am Sunday
Boggart Hole Clough: 9am Sunday
Birchfields Park: 11am Sunday
Salford Quays: 6.45pm Thursday
Burrs Country Park: 9.30am Sunday
Gibside: 9.15am Sunday
Sunderland: 9.30am Sunday
Souter Lighthouse: 9.30am Sunday
Stockton: 9.30am Sunday
Glasgow Quays: 6.30pm Wednesday
Southwold: 9.30am Sunday
Needham Lake: 9.30am Sunday
Ashford Kingsnorth: 9.30am Sunday
Holbrook: 9am Sunday
Newmarket: 11am Sunday
Birmingham Ley Hill: 9.30am Saturday
The Vale Birmingham: 10.30am Sunday
Edgbaston: 9.30am Sunday
Portsmouth Lakeside: 9.30am Sunday
Lancing Beach Green: 9.30am Sunday
Queen Elizabeth Olympic Park: 9.30am Sunday

EAST ANGLIAN LEAGUE FINAL
Bury St Edmunds. 11.45am.
cambsathletics.org.uk
KNOCKANDO HORIZONTAL JUMPS OPEN
Knockando. 2.15pm.
elginaac.clubbuzz.co.uk
LANARKSHIRE AAA CHAMPIONSHIPS
East Kilbride.
q-buster.co.uk/laaa-track-field-championships-2019
LEAMINGTON C&A CLUB CHAMPIONSHIPS & OPEN
Leamington.
learningtoncyclingandathletics.org.uk/lcacwww
LEWES AC INVITATION POLE VAULT
Lewes.
lewesac.co.uk
LIVINGSTON CLUB CHAMPIONSHIPS
Craigswood.
livingstonac.com
MENAI OPEN MEETING
Bangor. 10am.
bespokeentries.co.uk/menai-open-2019

YOU CAN SUBMIT YOUR FIXTURES ONLINE AT ATHLETICSWEEKLY.COM

AW NEXT ISSUE ON SALE SEPTEMBER 5

ZURICH DIAMOND LEAGUE
All the action as the stars tune up for Doha
GREAT NORTH RUN AND CITYGAMES
Previewing a big weekend of sport



MARK SHEARMAN

OXFORDSHIRE JUNIOR LEAGUE
Abingdon.
oxfordcityathleticclub.com/oxon-junior-league
STEVENAGE & NORTH HERTS AC CLUB CHAMPIONSHIPS
Stevenage. 10am.
snhac.org.uk
STRATFORD UPON AVON AC CLUB CHAMPIONSHIPS
Stratford-upon-Avon.
stratfordac.co.uk
WATFORD MINORS OPEN SERIES
Watford.
watfordharriers.org.uk
WEST YORKSHIRE LEAGUE
Cleckheaton. 1pm.
wakefield-harriers.co.uk/wytfl/wytfl.htm
YEOVIL OLYMPIADS 50TH ANNIVERSARY GAMES OPEN
Yeovil.
yeovilolympiads.com

MULTI-TERRAIN

Saturday August 31

BEDFORD TWILIGHT 10km
Priory Park, Bedford. 7.30pm.
bedfordhalf.co.uk/bedford-twilight-10k
GRAND TOUR OF SKIDDAW 44
Lime House School, Holm Hill, Dalston, Cumbria. 8am.
pureoutdoorsevents.co.uk
IPSWICH BIG FUN RUN 5km
Christchurch Park, Ipswich. 11am.
bigfunrun.com/ipswich
MUSKIES MADNESS 10km
Kings Tamerton Community Centre, Plymouth, Devon. 6pm.
plymouthmusketeers.org.uk/muskies-madness-race
RUN RICHMOND PARK 5km/10km
Richmond Park, Richmond, Surrey. 10am.
thefixevents.com
SKIPTON HALF-MARATHON
Skipton, North Yorkshire. 10am.
duenorthevents.com
ST ALBANS STAMPEDE 12-HOUR
Sandridge Scout Hut, St Albans. 9am.
stalbanshalfmarathon.co.uk
THE SUFFERINGS HALF-MARATHON/MARATHON/ULTRA
Village Hall, Washington, Sussex. 8am.
sussextrailevents.com
TREKFEST THE PEAKS 25km/50km
Hope Showground, Castleton, Derbyshire. 9am.
trekfest.org.uk

Sunday September 1

ANDOVER TRAIL HALF-MARATHON/MARATHON
Enham Alamain, Andover, Hampshire. 9.30am.
andovertrailrunners.co.uk
BECCLES LIONS CHARITY 5km
Beccles Common, Beccles, Suffolk. 10am.
BEDFORD HALF-MARATHON
Priory Park, Bedford. 9am.
bedfordhalf.co.uk
CARNIVAL CHASE 10km
Town Park, Warminster, Wiltshire. 9am.
entrycentral.com/festival/1677
COLNE RIVER 3/5
Wivenhoe Sailing Club, Wivenhoe, Essex.
facebook.com/ColneRiverCharityFunRun
COTSWOLDS TRAIL HALF-MARATHON
Sudeley Castle, Winchcombe, Gloucestershire. 11am.
toughrunneruk.com/events/cotswolds-trail-half-marathon
DREAM TRAIL 5km/10km
St Helens, Merseyside. 10am.
dreamtrailrace.org.uk
DUNSTABLE DOWNS CHALLENGE HALF-MARATHON/20/MARATHON
Creasey Park Drive, Dunstable, Beds. 9am.
dunstableroadrunners.org
ERIDGE PARK 10
Eridge Park, Eridge Green, Kent. 10.30am.
twharriers.org.uk
FIFE AC FESTIVAL OF TRAIL RUNNING (Inc SCOTTISH MID-TRAIL CHAMPIONSHIP)
Falkland Community Hall, Falkland, Fife.
fifeac.org
FITTLEWORTH FLYERS 5
Fittleworth, West Sussex. 11am.
fittleworthflyers.org.uk
FYVIE CASTLE 5km
Fyvie Castle, Fyvie Aberdeenshire.
entrycentral.com/fyviecastleraces
GUNNERSBURY 5km /10K CHALLENGE
Gunnersbury Park, Popes Lane, London. 10am.
1m2go.co.uk
HAROLD WOOD MAYORS CHARITY 5
Harold Wood, Essex. 11am.
haroldwoodrc.co.uk
HORNSEA RUNNING FESTIVAL 5km/10km /10/HALF-MARATHON/20/MARATHON
South Promenade, Hornsea, E Yorks.. 10am.
itsgrimupnorthrunning.co.uk
LEEDS COUNTRY WAY RELAY
Garforth, West Yorkshire. 8am.
kippaxharriers.org.uk
LONE WOLF 5
Totnes, Devon. 10am.
MANCHESTER RACECOURSE RELAY (4x1.5M)
Manchester Racecourse, Littleton Road, Greater Manchester. 10am.
MILTON KEYNES BIG FUN RUN 5km
Willen Lake, Milton Keynes. 11am.
bigfunrun.com/milton-keynes
MUCKLETOON DOCTORS RUN 8
Langholm CC, Langholm.
facebook.com/kirsty.ash.79
NORTHUMBERLAND COASTAL HALF-MARATHON/MARATHON
Alnwick, Northumberland. 9am.
northeastmarathonclub.co.uk
PHOENIX EXCALIBUR 9 6-HOUR
Addlestone, Surrey. 9.30am.
phoenixrunning.co.uk
RICHMOND RIVER RUN 10km
Kew Green, Richmond, Surrey. 9am.
thefixevents.com
SATURN RUNNING GREAT BRITISH BAKE RUN CHALLENGE 7-HOUR
Wokingham Waterside Centre, Earley, Reading, Berkshire. 9.30am.
saturnrunning.co.uk
SHERWOOD PINES 10km
Sherwood Pines Forest Park, Old Clipstone, Nottinghamshire. 10am.
run2u.uk/sherwood-10k.html
THE BEAST 12.5
Toms Mead, Wareham, Dorset. 10.30am.
pooleac.co.uk
WETHERBY 10km
Wetherby Racecourse, Wetherby, W Yorks.. 2pm.
wetherbyrunnersac.co.uk

Weds September 4

CROWN TO CROWN 5km SERIES
Westley Heights Country Park, Basildon. 7pm.
pitsearunningclub.org.uk
LEODIS GRIM EVENING 5/10
Woodhouse Grove School Playing Fields, Apperley Bridge, West Yorkshire.
itsgrimupnorthrunning.co.uk
RUNTHROUGH CHASE THE SUN CLAPHAM COMMON 5km/10km
Clapham Common, London. 7pm.
runthrough.co.uk
SEXARATHON HARPER SCARPER 5km
Harper Adams Agricultural College, Telford. 7pm.
telfordathleticclub.co.uk
WOLDS DASH SERIES 7.1km
Hubbards Hills, Louth, Lincolnshire. 7pm.
louth-ac.org.uk

Thursday September 5

SATURN RUNNING REVENGE OF THE TWENTY POUND MIDWEEK CHASING NUMBERS 7-HOUR
Englefield Green, Surrey. 9.30am.
saturnrunning.co.uk

Friday September 6

DEESTRIDERS OFF ROAD GRAND PRIX 4.5
Shotton.
deestridersrunningclub.net/Ofr
WHISTLE STOP TOUR OF WIRRAL 5
Arrowe Park, Birkenhead, Merseyside Alan. 7pm.
btrliverpool.com

Saturday September 7

ABNEY CHEADLE RUN 5km
Abney Hall, Cheadle, Cheshire. 9.30am.
abneycheadlerun.co.uk
CHAPPEL ALE 5.6
Wakes Colne, Essex. 10am.
companyofrunners.co.uk/portfolio/7th-september-2019-chappel-ale-trail
CONQUER CRYSTAL PALACE 5km/10km/15km/HALF-MARATHON
Crystal Palace Park, London. 9.30am.
thefixevents.com/conquer-crystal-palace-5k-10k-15k-and-half-marathon
CRANBROOK 5km
Cranbrook Country Pk, Cranbrook, Devon. 10am.
DSUK RACE THE TRAIN 7km
Strathspey Steam Railway, Aviemore. 10.30am.
eventbrite.co.uk
EAMS 100TH CELEBRATION 10km/HALF-MARATHON/MARATHON
Greenisland Golf Club, Carrickfergus. 8.30am.
eastantrimmarathonseries.co.uk
GLENMORE 12-HOUR/24-HOUR
Glenmore Forest, Aviemore, Highlands. Noon.
runyabam.com/race-information/glenmore-24-trail-race
GOFERAL 10km (DAY 1)
Abbots Ripton, Cambridgeshire. 9am.
goferal.co.uk/goferal-running
LEICESTERSHIRE ROUND SERIES 53km
Acorns Cafe, Burbage Common, Hinckley. 9am.
sole2soulrunning.co.uk
LETCHWORTH FIRST SATURDAY OF MONTH 5km
Letchworth Outdoor Pool, Herts.. 9am.
firstsaturday5km.org.uk
LYTCHETT SUMMER RELAYS (5x5km)
Lytchett Manor Sports Centre, Poole. 3pm.
lytchettmanorstriders.org/lytchettRelays.php
ORIGINAL SOMERSET MAVERICK 5km/10km/21km
Bath Racecourse, Lansdown, Somerset. 10am.
maverick-race.com
RAT RACE MAN VS MOUNTAIN 22
Caernarfon Castle, Caernarfon. 8am.
ROC MINI TRAIL 4.6km
Abersoch Beach, Abersoch. 11.30am.
SATURN RUNNING RUNDERCATS 7-HOUR
Englefield Green, Surrey. 9.30am.
saturnrunning.co.uk
SHOREHAM WOODS 10km
Shoreham Woods, Sevenoaks, Kent. 9.30am.
pbraceevents.co.uk
SILKSTONE SHUFFLE 4.5 SERIES
Silkstone Sports Pavilion, Barnsley, South Yorkshire. 10.30am.
barnsleyharriers.org.uk
SOUTHEND BUBBLE RUSH 5km
Garon Pk, Eastern Ave, Southend on Sea. 9am.
bubblerush.co.uk
THE DARE 12-HOUR
Dare Valley Country Park, Aberdare. 8am.
dare2run.co.uk
WHISTLE STOP TOUR OF WIRRAL 8
Thurtaston Country Park, Thurtaston, Merseyside. 10am.
btrliverpool.com

ROAD

Friday August 30

3km ON THE GREEN SERIES
McLellans Arch, Glasgow Green. 12.30pm.
3konthegreen.com
ARDS LIONS 5
Londonderry Park, Newtownards. 7pm.
scrabostriders.com
HARBOUR CLUB LAST FRIDAY OF THE MONTH 5km
The Bandstand, Hyde Park, London. 12.30pm.
serpentine.org.uk
KNOWSLEY HARRIERS SUMMER FAB 4
Environment Centre, Okell Drive, Liverpool, Merseyside. 7pm.
knowsley-harriers.com
MAGHERALIN 5km
St Michael's GAC, Magheralin. 7.30pm.
stmichaelsmagheralin.com

Saturday August 31

BASSINGHAM BASH 5
Playing Field, Bassingham, Lincolnshire. 2pm.
bassinghambash.co.uk
DARTMOUTH REGATTA 5.1
Dartmouth, Devon. 2pm.
dartmouthathletics.co.uk
FIELDS OF LIFE STORMONT 5km/10km
Prince of Wales Ave, Stormont, Belfast. 11am.
fieldsoflife.org
LONDON SPITFIRE 10km
RAF London Museum, Grahame Park Way, London. 9am.
nice-work.org.uk
METEOR MILE
Gloucestershire Airport, Staverton.. 7.45pm.
entrycentral.com/MeteorMile2019
NORTH EAST RELAY CHAMPIONSHIP
Hetton Lyons Country Pk, Hetton-le-Hole. Noon.
necaa.weebly.com
PHOENIX EXCALIBUR EIGHT 6-HOUR
Addlestone, Surrey. 9.30am.
phoenixrunning.co.uk
ROUSAY LAP HALF-MARATHON
Rousay Pier, Rousay, Orkney. Noon.
orkneycommunities.co.uk
RUNTHROUGH HYDE PARK 5km/10km
Hyde Park, London. 9.30am.
runthrough.co.uk
THROWS CHAT ANNUAL SHOT 1
Trafford.

Sunday September 1

ASDA FOUNDATION MIDDLESBROUGH 10km
Stewart Park, Middlesbrough. 10.45am.
runforall.com/events/10k/middlesbrough-10k
BADLESMERE 10km
Village Hall, Badlesmere, Kent. 10am.
badlesmere10k.co.uk
BBB 10km
Abbey Green, Battle, East Sussex. 10am.
bbb10k.co.uk
BOVINGDON PARISH 10km
Memorial Hall, Bovingdon, Herts. 10.15am.
bovingdon.net
BRIDGWATER HALF-MARATHON
Morganians RFC, Bridgwater, Somerset. 11am.
bridgwaterhalfmarathon.co.uk
CARDIFF 10km
City Hall Lawns, Cardiff. 10am.
cardiff10k.cymru
CARLISLE HALF-MARATHON
Brunton Park Football Stadium, Carlisle. 9am.
carlislehalf.co.uk
CARVER WOLVERHAMPTON 10km/HALF-MARATHON
West Park, Wolverhampton. 10am.
carverwolverhamptonmarathonevents.co.uk
CHELTENHAM CLASSIC 10km
Racecourse, Cheltenham, Glos.. 9am.
theclassicrunseries.co.uk
CHESHIRE HALF-MARATHON
Arley Hall, Northwich, Cheshire. 9.30am.
cheshirehalf.com
COSFORD SPITFIRE 10km
RAF Cosford Museum, Shifnal, Shropshire. 9am.
nice-work.org.uk
FAIR CITY PERTH RUN HALF-MARATHON
South Inch Park, Perth. 9am.
faircityperthrun.com
FRAMLINGHAM 10km
Badingham Road, Framlingham, Suffolk. 11am.
framflyers.org.uk
GARSTANG HALF-MARATHON
Garstang Sports & Social Club, Lancs. 11am.
garstangrc.co.uk
GOLDEN BALL 10/20
Salt Ayre Leisure Centre, Lancaster. 11am.
lancaster-race-series.co.uk
KENILWORTH HALF-MARATHON
Castle Farm Sports Centre, Kenilworth. 9am.
kenilworthhalfmarathon.co.uk
KENT COASTAL HALF-MARATHON/MARATHON
Palm Bay School, Cliftonville, Kent. 9.30am.
thanetroadrunners.org.uk
LAGANSIDE 10km
Indoor Tennis Arena, Ormeau Embankment, Belfast. 2pm.
laganside10k.com
LITTLE ASTON 5
Forge Lane, Little Aston, Sutton Coldfield, West Midlands. 11am.
rscac.co.uk
MAIDENHEAD HALF-MARATHON
St Ives Road, Maidenhead, Berkshire. 9.30am.
purplepatchrunning.com
MAJOR STONE HALF-MARATHON
Village Hall, Lockington, East Yorkshire. 10am.
easthullharriers.com
OLDBURY 10
Oldbury Power Station, Oldbury, South Gloucestershire. 10.30am.
thornburyrunningclub.co.uk
OVERTON 5
Recreation Centre, Bridge Street, Overton, Hampshire. 2pm.
overtonharriers.org.uk
PERTH 10km
North Inch.
perth10k.co.uk/results
REGENT'S PARK SUMMER 10km SERIES
The Hub, Regent's Park, London. 9.30am.
regentsparkraces.org
RISBOROUGH RUN IN THE PARK 5km
Wades Pk, Princes Risborough, Bucks. 9am.
risboroughruninthepark.weebly.com
ROYAL PARKS SUMMER 10km SERIES
Hyde Park, London. 9.30am.
royalparksraces.com
RUNTHROUGH CHESHIRE HALF-MARATHON
Arley Hall, Northwich, Cheshire. 9.30am.
cheshirehalf.com
SORBROOK TOUGH 10km
Cwmbran, Torfaen. 11am.
facebook.com/griffithstownharriers
SOUTH CHESHIRE 20
Shavington Sports Centre, Cheshire. 9.30am.
southcheshireharriers.org.uk
THOLTHORPE 10km
Village Hall, Tholthorpe, North Yorkshire. 11am.
tholthorpe10k.co.uk
TREGGY 7
Launceston, Cornwall. 10am.
treggy7.co.uk

YOU CAN SUBMIT YOUR FIXTURES ONLINE AT ATHLETICSWEEKLY.COM

WATERSIDE HALF-MARATHON (NC NI & ULSTER CHAMPIONSHIP)
Foyle Arena, Derry. 10am.
derrystrabane.com/whm
WEALD ST GEORGES 10km
Village Green, Weald St Georges, Kent. 10.30am.
nice-work.org.uk
WILNE 10km
Sawley Road, Draycott, Derbyshire. 10am.
wilne.co.uk
WISSEY HALF-MARATHON
Village Hall, Oxborough, Norfolk. 10.30am.
rystonrunners.org.uk
YORK TURPIN CHALLENGE 6-HOUR
Knavesmire, York. 10.30am.
seeyorkrunyork.co.uk/events

Tuesday September 3

DUMBLE BIMBLE 5
Portland, Dorset. 6.30pm.
rmpac.com
GOSFORTH 10km
Playing Field, Gosforth, Seascale. 6.30pm.
blengdalerunners.co.uk
SELF TRANSCENDENCE 5km
Silverknowes, Edinburgh. 7.30pm.
uk.srichinmoyraces.org/races/edinburgh

Weds September 4

EAST MIDLANDS GP SILVERSTONE 10km
Silverstone Grand Prix Circuit, Silverstone, Northamptonshire. 6.30pm.
mkac.org.uk/east-midlands-grand-prix
NEW MARSKE AUTUMN COAST ROAD 5km
Redcar RFC, Green Lane, Redcar, Teesside. 7.15pm.
nmhraces.net
SOUTH SHIELDS MONTHLY MILE
South Shields Ferry Landing, Ferry Street, South Shields, Tyne and Wear. 7.15pm.
themonthlymile.co.uk
SPENCERS ARMS DASH 3.75
Spencers Arms, Barugh Green, Barnsley, South Yorkshire. 7pm.
barnsleyac.co.uk
ULVERSTON CHARTER 5km
GSK Sports Club, North Lonsdale Road, Ulverston, Cumbria. 6.45pm.
hoadhillharriers.co.uk

Thursday September 5

MYSTERY 5km SERIES
Wavertree Stadium, Liverpool, Merseyside. 6.30pm.
liverpoolharriers.co.uk

Friday September 6

EALING MILE
Lammas Park, Ealing, London. 12.30pm.
ealinghalfmarathon.com/the-mile-series
First Friday of every month
NAKED MILE
Ninesprings Country Park, Yeovil. 6.30pm.
runningfortime.co.uk
RYE SUMMER CLASSIC SERIES 5km
Rye Harbour Nature Reserve, E Sussex. 7pm.
nice-work.org.uk

Saturday September 7

CARMEN RUNNERS LADIES ONLY DIVA DASH
Carrickmore GFC, Carrickmore. 11am.
facebook.com/carmen.runners
CHESTERFIELD NO WALK IN THE PARK 5km
Queens Park, Chesterfield, Derbyshire. 9.30am.
northderbyshirerc.jimdo.com
COTSWOLD CLASSIC 10
The King's School, Witney, Oxfordshire. 10am.
witneyroadrunners.co.uk
GO FESTIVAL AYR 10km/HALF-MARATHON
Citadel Leisure Centre, Ayr.
gofestival.scot
IPSTONES 5-ISH
Fire Station, Ipstones, Staffordshire. 3.30pm.
nsrra.org.uk
LARNE 10km
Centre Point, Larne, Co Antrim. 11am.
larne10k.com
QEOP WINTER 10km SERIES
Queen Elizabeth Olympic Pk, London. 9.30am.
theraceorganiser.com
RUNTHROUGH VICTORIA PARK 5km/10km/HALF-MARATHON
Victoria Park, London. 9.30am.
runthrough.co.uk
SIMPLYHEALTH GREAT TEES 10km & GREAT NORTH 5km
Newcastle Quayside, Newcastle. 9am.
greatrun.org
WILLOWBROOK HALEWOOD 5km SERIES
Environment Centre, Okell Drive, Liverpool, Merseyside. 10.30am.
knowsleyharriers.com
WOBURN ABBEY 5km/10km
Woburn Abbey, Woburn, Bedfordshire.
woburnabbeytriathlon.co.uk/woburn-5km-10km-run

Saturday September 8

10km NA CEATHRUN GAELTACHTA
Culturlann McAdam o Fiaich, Belfast. 9am.
donate4daithi.org
AINTREE CLASSIC 5km/10km
Aintree Racecourse, Croxteth, Liverpool. 9am.
theclassicrunseries.co.uk
AROUND CUMBRAE 10
Glasgow Street, Millport, Isle of Cumbrae.
entrycentral.com/aroundcumbraerace
CHIPPENHAM HALF-MARATHON
Chippenham Sports Club, Wiltshire. 9.30am.
chippenhamhalfmarathon.co.uk
CITY OF SALFORD 10km
MediaCityUK Plaza, Salford Quays. 10.15am.
salford10k.com
CITY OF STIRLING 10km (Inc SCOTTISH CHAMPIONSHIPS)
Forthbank Stadium. Stirling.
centralathletics.co.uk
DRAYCOTE WATER 10km/10/20
Draycote Water, Kites Hardwick, Warks. 9.45am.
theraceorganiser.com
EAST COAST CLASSIC 10km
Mablethorpe, Lincolnshire. 10.30am.
eastcoastclassic10k.co.uk
JOHN FAULDS HELLINGLY 10km
Village Hall, Hellingly, East Sussex. 9.30am.
hellingly10k.co.uk
LAKE VYRNWY HALF-MARATHON
Llanwddyn, Powys. 1pm.
lakevyrnwyhalfmarathon.com
LANGHAM 5km/10km
Langham Community Centre, Essex. 10am.
langham10km.org.uk
LICHFIELD 10km
King Edward VI Leisure Centre, Lichfield, Staffordshire. 10.30am.
lichfield10k.co.uk
LRRL JOHN FRASER 10
Countesthorpe Community College, Leicester. 10.30am.
jf10.co.uk
MERCEDES BENZ WORLD 5km/10km/HALF-MARATHON
Mercedes-Benz World, Weybridge, Surrey. 9.30am.
runninggrandprix.com/event/running-grand-prix-at-mercedes-benz-world-may-2019
NEWTON'S FRACTION HALF-MARATHON
South Kesteven Sports Stadium, Grantham, Lincolnshire. 10.30am.
granthamac.com
RISBOROUGH RUN IN THE PARK 5km
Wades Pk, Princes Risborough, Bucks. 9am.
risboroughruninthepark.weebly.com
RUNTHROUGH TATTON PARK 10km
Tatton Park, Knutsford, Cheshire. 9am.
tatton10k.com
SANDBACH 10km
Village Hall, Bradwall, Sandbach. 11am.
sandbachstriders.co.uk
SAXILBY 5km
St Andrews Community Centre, Saxilby. 9.30am.
parishes.lincolnshire.gov.uk/saxilbywithingleby/section.asp?catId=38196
SIMPLYHEALTH GREAT NORTH RUN
Newcastle upon Tyne, Tyne & Wear. 10.30am.
greatrun.org
STRATFORD'S BIG 10km
Stratford Rec Ground, Stratford upon Avon. 9.30am.
tempoevents.co.uk
TWO COUNTIES HALF-MARATHON
Corby, Northamptonshire. 10am.
twocountieshalfmarathon.co.uk
WHISTLE STOP TOUR OF WIRRAL 10km/HALF-MARATHON
Coastal Drive, New Brighton, Merseys. 9.30am.
btrliverpool.com
WINGHAM 5km/10km
Recreation Ground, Wingham, Kent. 10.30am.
sportingeventsuk.com

WALKS

Sunday September 1

MANX 20km CHAMPIONSHIP
N.S.C. Douglas.
SARNIA CHURCH TO CHURCH 19.4
Havelet Bay, St Peter Port. 9am.
sarnia.wordpress.com

Tuesday September 3

WOODFORD TUESDAY WALKS
Woodford Green. 8.30pm.

Weds September 4

SOUTH YORKSHIRE WALKING LEAGUE
Millhouses Park, Sheffield.

OVERSEAS

Sunday September 1

EUROPEAN ATHLETICS CLASSIC
Bellinzona, Switzerland.
european-athletics.org
IAAF WORLD CHALLENGE MEETING
Berlin, Germany.

Tuesday September 3

IAAF WORLD CHALLENGE MEETING
Zagreb, Croatia.
iaaf.org

Weds September 4

EUROPEAN ATHLETICS CLASSIC
Guadalajara, Spain.
european-athletics.org

Thursday September 5

EUROPEAN MASTERS CHAMPIONSHIPS
Jesolo, Italy. Until Sunday September 15.
european-athletics.org
IAAF HAMMER THROW CHALLENGE
Szombathely, Hungary.
iaaf.org/competitions/iaaf-hammer-throw-challenge

Friday September 6

EUROPEAN ATHLETICS CLASSIC
Andujar, Spain.
european-athletics.org
IAAF DIAMOND LEAGUE
Brussels, Belgium.
diamondleague.com

YOU CAN SUBMIT YOUR FIXTURES ONLINE AT **ATHLETICSWEEKLY.COM**

AW

PUBLISHING
AW, The Great Run Company, The Space Holborn, 235 High Holborn, London WC1V 7LE
General enquiries: officemanager@athleticsweekly.com
athleticsweekly.com
twitter.com/athleticsweekly facebook.com/athleticsweekly

EDITORIAL
EDITOR **Jason Henderson**
jason.henderson@athleticsweekly.com
EDITORIAL DIRECTOR **Euan Crumley**
euan.crumley@athleticsweekly.com
PRODUCTION EDITOR **Mike Taylor**
07712-583796 / mike.taylor@athleticsweekly.com
WEB EDITOR **Jessica Whittington**
07584-528799 / jessica.w@athleticsweekly.com
PRODUCT REVIEWER **Paul Freary**
paul.freary@athleticsweekly.com
PHOTOGRAPHER **Mark Shearman MBE**
mark@athleticsimages.com
Editorial contributors: Alastair Aitken, Melanie Anning, Katy Barden, Steve Bateson, David Brown, Martin Duff, Jean-Pierre Durand, Kevin Fahey, Paul Halford, Jeremy Hemming, Ruth Jones, Paul Larkins, Stuart Littlewood, Matt Long, Peter Matthews, Keith Mayhew, Tom McNab, Gary Mitchell, John O'Hara, Tom Pollak, Steve Roe, Victah Sailer, Harry Shakeshaft, Denis Shepherd, John Shepherd, Dan Vernon, Mel Watman, Stuart Weir

RESULTS
RESULTS EDITOR **Steve Smythe**
results@athleticsweekly.com
FIXTURES COMPILER **Steve Mosley**
whatson@athleticsweekly.com
Results team: Steve Green, Nigel Harding, Hannah Makins, Malcolm McCausland, Jackie Sibthorp, Les Venmore
Athletics Data: Jacky Brett, John Falvey, Hayley Livesey, Steve Way

ADVERTISING & MARKETING
HEAD OF PUBLISHING SALES **Neil Presland**
07471-035555 / neil.presland@thegreatruncompany.com
GROUP SALES EXECUTIVE **James Byrne**
07973-290109 / james.byrne@athleticsweekly.com
ADVERTISING SALES EXECUTIVE **Paul Bramley**
07976 471245 / paul.bramley@thegreatruncompany.com

PUBLISHING, PRINTING & DISTRIBUTION
MANAGING DIRECTOR, GREAT RUN PUBLISHING **Wendy Sly**
wendy.sly@thegreatruncompany.com
PRINTING **Cliffe Enterprise Ltd**
Unit 6F, Southbourne Business Park, Courtlands Road, Eastbourne BN22 8UY Tel: 01323-405980. www.cliffe-enterprise.com
RETAIL DISTRIBUTION **Seymour Distribution**
2 East Poultry Avenue, London EC1A 9PT / Tel: 020-7429 4000

SUBSCRIPTIONS AND BACK ISSUES
Warners Group Tel: 01778-392018
subscriptions@warnersgroup.co.uk
backissues@warnersgroup.co.uk

© AW 2019. Registered at the Post Office as a newspaper
» While AW takes every care to help readers with training, diet and injuries, neither they, nor their contributors, can accept responsibility for illness or injury caused as a result of advice given. We also cannot take responsibility for loss or damage to supplied material.
» AW takes no responsibility for the content of advertisements placed in the magazine.

A cool pill to swallow

ELECTRONIC CAPSULE WHICH READS ATHLETE'S CORE TEMPERATURE TO BE USED IN DOHA

PROFESSOR Yannis Pitsiladis is best known in athletics circles for spearheading the original 'Sub-2 Project' that aimed to use sports science to help an athlete run a marathon inside two hours. But he has now created a pill which can protect athletes from heat exhaustion.

The electronic pill is legal and is set to be trialled at the IAAF World Championships in Doha. It could be fully in place for the Olympics next year, with athletes potentially withdrawn from competition if they are overheating.

It uses sensors inside a tiny capsule which relay information via smartwatches on how an athlete's body is coping with high temperatures during a race.

Medical staff monitoring the information will be alerted if a competitor's readings indicate signs of heat stress or hyperthermia and the athlete could be withdrawn.



Innovation: Yannis Pitsiladis

The temperature-monitoring pill, which passes through the body after one to two days, will be offered to athletes competing in Doha next month when temperatures are likely to reach about 40C.

Pitsiladis, the University of Brighton's professor of sport and exercise science, led the research into the pill and he says the challenge is to collect the core temperature data in real time in a way that does not impede the athlete.

"Our smart technology achieves this and will represent an excellent opportunity for Olympic legacy for the emergency services and the military," he says.

"The capsule weighs less that 2g and is no bigger than a regular medical pill but it contains no drugs. It is perfectly safe and needs to be taken a few hours before their event.

"Our unique monitoring system allows us to assess in real time the body's temperature response – and other parameters such as biomechanical and physiological responses of an athlete.

"It will help protect athletes from the dangers and sometimes the fatal consequences of overheating."



Avoiding smog in the big city

A NEW 'clean air tracker' app has been created to help runners combat pollution in London.

Drink brand *Tenzing* has launched the technology in partnership with King's College London.

It syncs with GPS tracking app *Strava* to show the live air quality score of the user's route and make polluted air visible for the first time. Once synced with *Strava*, the air quality score will automatically appear after every run, allowing runners to tweak their routes – potentially cutting exposure by around 50%.

Do you pronate or supinate?

UP to 79% of runners in the UK could be wearing the wrong shoes, according to research commissioned by shoe company ASICS.

The research – conducted by You Gov – found that 79% of runners have never had gait analysis.

A further 70% of surveyed participants didn't know if they were a pronating runner and needed a stability shoe, or a neutral or under-pronator runner.

In addition, only 30% of UK runners admitted to knowing the difference between a stability and neutral running shoe.

To help runners find their perfect shoe, ASICS has launched the Running Lab at its flagship Regent Street, London store.

IF YOU HAVE A POTENTIAL *DIP FINISH* STORY, EMAIL JASON.HENDERSON@ATHLETICSWEEKLY.COM

AW DIGITAL EDITION SUBSCRIPTION OFFER



ONLY £5.99 PER MONTH

- Only £1.40 a week
- Delivered direct to your device
- All your AW news ahead of the weekend
- Enhanced with audio and video content

Download on the App Store

GET IT ON Google Play

To order a digital subscription, please visit
athleticsw.com/awdigital


GET SET FOR
SPEED
BREAKING
POWER
#AIMBEYOND
27TH SEPTEMBER – 6TH OCTOBER 2019
GET YOUR TICKETS NOW
www.IAAFWorldAthleticsChamps.com
@IAAFDoha2019
IAAF World Athletics Championships
DOHA2019
بطولة العالم لألعاب القوى - الدوحة
OFFICIAL IAAF PARTNERS
TDK
QNB
asics
SEIKO
TBS