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Jason Henderson, editor

A DIAMOND SERIES TO REMEMBER

THE Diamond League finals take place on Thursday and Friday this week with Zurich and Brussels hosting the big money showdowns. The season does not stop here, of course, with the IAAF Continental Cup and Great North CityGames, among other things, next month. But the Zurich-Brussels combination promises to provide a thrilling climax to the season (*News*, 10-11).

The premier grand prix series has had its critics over the years. Even Seb Coe, the IAAF president, has talked about changing the format so it forms part of a more logical calendar that grows in momentum before concluding at a major championship.

Yet this year the stars have aligned and it has been pretty enjoyable and successful.

Doha has become the curtain raiser to the series and the Qatari capital – buoyed by its imminent staging of the next IAAF World Championships – got things off to a flying start as local star Mutaz Essa Barshim won the high jump with 2.40m. From here, though, things only got better.

The Bislett Games in Oslo saw Dina Asher-Smith break the British 100m record. In Stockholm, Juan Miguel Echevarría soared to a huge 8.83m in the long jump, albeit aided with a marginally illegal tailwind.

Paris was a cracker with Abderrahman Samba threatening the long-standing 400m hurdles world record with 46.98. Similarly, Caster Semenya showed the ability to one day break the world 800m mark as she clocked 1:54.25, while high jumper Mariya Lasitskne soared over 2.04m.

In Lausanne, Shelby Houlihan continued to make a name for herself as she beat Laura Muir and a world-class 1500m line-up. Monaco was even better as Beatrice Chepkoech shattered the world steeplechase record with 8:44.32, Shaunae Miller-Uibo ran 48.97 for 400m and the men's 1500m was so strong in-depth that Chris O'Hare ran a Scottish record but found himself back in ninth.

Action-packed meetings in London and Birmingham followed which means, so far, the first 12 meetings of the Diamond League have been brilliant and I'm looking forward to a couple of spectacular finals this week.



JP DURAND

Above:
Juan Miguel
Echevarría in
Stockholm in
June (JP Durand)

Cover: Shaunae
Miller-Uibo
(adidas) and,
inset, Max Burgin
(Mark Shearman)

BEN BOOTH

European Para-athletics Champs –p28



MARK SHEARMAN

ACTION

12 ENGLAND ATHLETICS U17-U15 CHAMPIONSHIPS

European U18 champions Max Burgin, Keely Hodgkinson and Dominic Ogbechie showed their class in Bedford

22 BMAF CHAMPIONSHIPS

Golden oldies tested their form in Birmingham ahead of next month's World Masters Championships in Malaga

28 WORLD PARA ATHLETICS EUROPEAN CHAMPIONSHIPS

Britain enjoy a successful week with 50 medals in Berlin as Sophie Hahn, Aled Davies and Thomas Young struck gold

SPOTLIGHT

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The 24-year-old on why he plans to double his racing workload in future



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Interview with the Olympic 400m and Commonwealth 200m gold medallist



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GREG TO SAY GOODBYE AT GREAT NORTH CITYGAMES

Greg Rutherford: last competed at the Great North CityGames in 2016



THE last-ever long jump contest of Greg Rutherford's career will be at the Great North CityGames on the Newcastle and Gateshead Quayside next week.

The Olympic, World and Commonwealth long jump champion will jump for the final time on Saturday September 8 in an innovative mixed long jump competition as the Great North CityGames celebrates its 10th anniversary.

He said: "It will be my fifth and final appearance at the Great

North CityGames. The Great North CityGames have always been an innovative concept and I'm excited to launch a new format of competition.

"This has been something I had in mind for a couple of years and I'm grateful we, the jumpers, get the chance to showcase this in front of an enthusiastic crowd.

"I have had some time now to prepare for this upcoming moment, but just thinking about the fact it will be my very last competition ever gives me chills.

"No doubt it will be an emotional experience and I want to enjoy it with everyone showing up on the day."

Rutherford competed in the first-ever Great North CityGames in 2009 and last appeared in 2016, ahead of his participation in that year's *Strictly Come Dancing* on BBC.

Next week he will be competing against Jazmin Sawyers, Abigail Irozuru, Feron Sayers and local Northumbria University athlete Jack Roach, who has a best of 7.71m.

With a range of events from

100m to one mile races, pole vault and long jump in a specially constructed multi-sports arena on the banks of the Tyne and in Stockton-on-Tees, the Great North CityGames kicks off a weekend of athletics which encompasses the Simplyhealth Junior and Mini Great North Run, the Simplyhealth Great North 5km and finishes with the famous Simplyhealth Great North Run on Sunday.

The action is free to watch, no ticket is required and it is broadcast live on BBC1 from 1.15pm.



Jonnie Peacock: back in action

PEACOCK TO FACE STRENG OVER 150m

JONNIE PEACOCK took time out of athletics recently to focus on *Strictly Come Dancing* but he is back in action next week at the Great North CityGames when he takes on Felix Streng of Germany in the T44 150m.

Streng won European gold on home soil in Berlin last week so he is in top form, while Italy's

Emanuele Di Marino is also in the field.

Peacock said: "It's back to the day job. It has been great fun doing lots of different stuff, but I'm an athlete first and foremost and I'm looking forward to getting involved again.

"Having a few months away from it all has been nice, but the

hard work starts now and it's fitting that it is up in the North East for my comeback."

"The Great CityGames have done so much for para athletics – it was one of the first events to integrate disabled sport – and they're always so much fun to compete in. There are some great athletes involved."

MUIR HITS THE ROAD

LAURA MUIR will run the mile at the Great North CityGames, but her race will be held at Stockton-on-Tees next week instead of Newcastle and Gateshead Quayside.

This means Muir and other milers will be battling it out on the banks of the River Tees rather than the Tyne, although all other Great CityGames events are being held in Newcastle and Gateshead.

European 1500m champion Muir will race over the iconic Infinity Bridge on Saturday September 8.

The 25-year-old is a previous Great North CityGames winner over the mile, finishing first in 2016.

She said: "I've raced at the CityGames before but this will be the first time I'll have ran in Stockton-on-Tees, so it'll be something different."

"I love racing in new places, the competition is always fierce and it should be a great event."

The mile events kick off at 9.30am, ahead of the new Simplyhealth Great Tees 10km as part of the Simplyhealth Great North Run weekend.



Laura Muir: won the mile event two years ago

FIELDS SET FOR FIFTH AVENUE MILE



Jenny Simpson: looking to defend her title

JENNY SIMPSON and Nick Willis will go for their record-setting seventh and fifth event titles respectively at the New Balance 5th Avenue Mile on Sunday, September 9.

Top US runners Matthew Centrowitz, Emma Coburn, Lopez Lomong and Boris Berian are also due to run as the elite races feature athletes from 11 countries, including 18 Olympians and three past champions.

Simpson, 32, is seeking her record-extending seventh title at the event after winning the race last year and matching the event-

record time of 4:16.6, while Willis, 35, equalled the men's record with his fourth win at the 5th Avenue Mile last year, taking the tape in 3:51.3.

The British challenge is led by Chris O'Hare, who won the NYRR Wanamaker Mile in February and was runner-up to Willis last year on 5th Avenue, plus European 1500m bronze medallist Jake Wightman, Charlie Da'Vall Grice and Neil Gourley.

Brits in the women's line-up include Laura Weightman, Sarah McDonald, Steph Twell and Adelle Tracey.

New York line-ups

CHRIS THOMPSON, Jonny Mellor and Andrew Davies fly the flag for Britain in the men's race at the TCS New York City Marathon on November 4.

Also in the field is defending champion Geoffrey Kamworor of Kenya, American Bernard Lagat, who is making his debut at the distance aged 43, and former Boston winner Lelisa Desisa.

Masters challenge

AN England Masters Inter-Area Cross Country Challenge is being held on September 29 at Bury St Edmunds. The event is trying to attract a good field from around the UK and you can find out more at the BMAF website.

Americas Cup team

THE Americas team for the IAAF Continental Cup in Ostrava on September 8-9 includes Noah Lyles, Christian Taylor, Shaunae Miller-Uibo, Keni Harrison, Sandi Morris and Catherine Ibarguen.

Griffiths heads for half

DEWI GRIFFITHS leads the Welsh team for the Commonwealth half-marathon in Cardiff on October 7. Joining him are Josh Griffiths, Andrew Davies and Kristian Jones, while the women's team is Caryl Jones, Jenny Nesbitt, Rosie Edwards and Clara Evans. Scotland will send six athletes. Steph Twell heads the women's line-up which also features Fiona Brian and Annabel Simpson, while the men's team is made up of Kenny Wilson, John Newsom and Mike Crawley.

South West conference

THE South West Endurance Network Conference on October 27 in Exeter will be tackling the use of technology to achieve gains in performance. Sign up to the event at the England Athletics website or email mbrace@englandathletics.org to find out more.

Samba's record plan

QATARI 400m hurdler Abderrahman Samba believes he can break Kevin Young's long-standing world record next year. Samba ran 46.98 in the Paris Diamond League earlier this summer. Young's mark is 46.78 from 1992.

REES LOSES HIS DESIRE TO RACE

MARTIN REES, the world record-breaking M60 athlete from South Wales, says he's content to watch athletics from the sidelines these days after losing his appetite to race.

Five years ago he made headlines after setting remarkable world records in the M60 age group for half-marathon (71:32), 10 miles (55:47) and 10km (32:54).

He started running in 1990 aged 37 with a 44min 10km with a friend off little training, but swiftly progressed, especially once he retired from his long-time job in a steelworks at Port Talbot and found himself with more time to train – eventually producing some phenomenal masters records.

“I starting losing interest in racing about two years ago,” he told *AW*. “The spark wasn't there although I wasn't losing any form.

“Then in August 2016 I picked a virus up. It took about two months to clear and after that I found my interest waning.

“I'm still training 70 miles a week with two speed sessions so all is the same apart from the races and I never wanted to turn up and join in. I always loved pushing it.”

Rees added: “My interest in following athletics is still the same but it looks as if it's from the sidelines from now on.”

LANGFORD DENIED MEDAL IN LONDON

TWO-LAP MAN DIDN'T GET TO HEAR LONDON CROWD'S CHEER

KYLE LANGFORD missed out on a podium place in the 800m at last year's World Championships in London by four just hundredths of a second.

That was the margin he finished behind bronze medallist Kipyegon Bett of Kenya as Pierre-Ambroise Bosse of France took gold ahead of Adam Kszczot of Poland.

But earlier this month Bett was given a provisional suspension for failing to submit a doping sample and last week Athletics Kenya announced that the 20-year-old had failed a drugs test for the blood booster erythropoietin.

Langford reacted with frustration on social media as he tweeted: “I mean would have been nice to get a medal at a home champs in front of the British crowd. Thanks, Bett.”

Little did he know at the time, but Langford embraced Bett after the race in London and put

London 2017: Kyle Langford (left) strains to catch bronze medallist Kipyegon Bett (centre)



a photograph of the incident on Instagram last year.

The 20-year-old Bett, who also won the world under-20 800m title in 2016, was already serving a provisional suspension for failing to submit an anti-doping sample on August 15.

But last week Langford posted a video of the final stages of the race on social media followed by an image of a headline from an online story saying Bett had tested positive.

If Bett's positive test is confirmed, he joins a growing list of Kenyans who have broken anti-doping rules recently.

They include former three-time world 1500m gold medallist Asbel Kiprop, who also tested positive for EPO, plus Olympic marathon gold medallist Jemima Sumgong, Olympic steeplechase champion Ruth Jebet and former Great North Run winner Lucy Kabuu.

Elsewhere in anti-doping news, the American pole vaulter Demi Payne has received a four-year ban from the United States Anti-Doping Agency after testing positive at the US Indoor Championships in March, where she jumped 4.85m to finish in third.

DISCUS TALENT DIES

SOUTH African discus legend John van Reenen died last week aged 71 after complications from diabetes.

Van Reenen briefly held the discus world record with a 68.48m Stellenbosch in 1975 but he never competed in major championships due to his country being banned due to its apartheid policies.

During apartheid, Van Reenen left South Africa to study at Washington State University where he studied art – a talent which he continued to pursue throughout his life.

Right: John van Reenan with coach and TV commentator Ron Pickering



FEMALE LEGENDS TO START GNR

FIVE WELL-KNOWN WOMEN RUNNERS WILL HELP TO GET RACE UNDER WAY

FIVE iconic female endurance athletes will set the field on its way at the Simplyhealth Great North Run next week.

Kathrine Switzer, Rosa Mota, Ingrid Kristiansen, Baroness Tanni Grey-Thompson and Paula Radcliffe will be on the starters' podium as the event marks the 100-year anniversary of women gaining the right to vote in the UK.

"This year there will be more women than ever before lining up on the start line of the Simplyhealth Great North Run," said the founder of the race, Brendan Foster. "We're honoured these pioneering athletes will be there to send them on their way."



Rosa Mota: three-time Euro champion

When the Great North Run was first staged in 1981, around 1300 women took part (11% of

the total field) whereas now 48% of the 57,000 expected runners will be female.

Foster added: "They will demonstrate to everyone who is running, men and women, what can be achieved with hard work and determination."

"Undoubtedly their stories will inspire all runners as they take on their own 13.1-mile challenge, and for all those who benefited from their bravery it will be a chance to say thank you, you're the women who got us started."

Next month's race is the 37th staging of the iconic event and will be shown live on BBC1 from 9.30am on September 9, while on September 8 the Great



Kathrine Switzer: running pioneer

North CityGames will be held in Newcastle-Gateshead and Stockton-on-Tees.

DIAMOND FINALS

2018 GRAND PRIX SEASON REACHES ITS CLIMAX IN ZURICH AND BRUSSELS

TRADITIONALLY the strongest grand prix meetings on the calendar, this week's Weltklasse in Zurich and Van Damme Memorial in Brussels also act as IAAF Diamond League finals.

Zurich takes place on August 30 with Brussels 24 hours later as the world's leading athletes battle for prestige and prize money.

The 2018 Diamond League champions will be decided in a dramatic championships-style winner-take-all format. After accumulating points over the course of 12 meetings leading up to the two finals, the leading athletes have been invited to fight it out for the Diamond Trophy and a \$50,000 winner's cash prize.

So far it's been a memorable Diamond League season, too, with superb meetings in Doha, Shanghai, Eugene and Rome back in May, action-packed events in Oslo, Stockholm and Paris in June, followed by more world-class performances in Lausanne, Rabat, Monaco and London in July. Then, of course, Birmingham staged the 12th event of 2018 earlier this month.

ZURICH CLASHES

■ African champion Marie-Josée Ta Lou of Ivory Coast faces European champion Dina Asher-Smith in the women's 100m.

■ Noah Lyles of the United States takes on European champion Ramil Guliyev of Turkey and Nethaneel Mitchell-Blake of Britain in the men's 200m.

■ European champion Sifan



Dina Asher-Smith: competing in the 100m

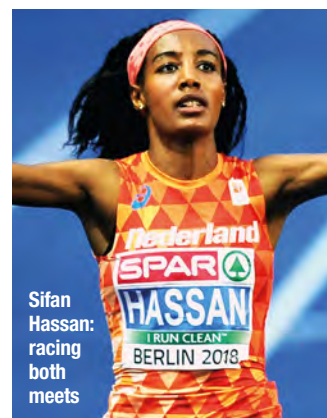
Hassan is up against Genzebe Dibaba, Agnes Tirop and Hellen Obiri in the 5000m, while Britain's Eilish McColgan and Melissa Courtney hope to continue their fine seasons.

■ European champion Michal Haratyk of Poland takes on world champion Tom Walsh of New Zealand and Olympic champion Ryan Crouser of the United States.

■ German javelin trio Thomas Röhler, Johannes Vetter and Andreas Hofmann face Diamond League champion Jakub Vadlejch of the Czech Republic.

■ Mariya Lasitskene defends her Diamond League high jump crown as Britain's Morgan Lake is also in the line-up.

■ Katerina Stefanidi versus Sandi Morris plus Britain's Holly



Sifan Hassan: racing both meets

PICTURES: MARK SHEARMAN



Jakob Ingebrigtsen: 1500m test

Bradshaw in the women's pole vault.

■ Jakob and Filip Ingebrigtsen go in the men's 1500m against Kenyans Elijah Manangoi and Timothy Cheruiyot as Charlie Da'Vall Grice also runs.

■ Eilidh Doyle is in a tough women's 400m hurdles against Lea Sprunger, Dalilah Muhammad, Janieve Russell and Shamier Little.

■ Karsten Warholm, Kyron McMaster and Yasmani Copello clash in the men's 400m hurdles but world No.1 Abderrahman Samba has competed at the Asian Games instead.

■ Matt Hudson-Smith features in the men's 400m.



Reece Prescod and Christian Coleman will meet over 100m again

BRUSSELS ACTION

■ Shaunae Miller-Uibo could have run the 400m in Brussels but she has chosen the 200m and faces Shericka Jackson, Jenna Prandini and Dafne Schippers – the latter of whom also races 100m in Zurich on Thursday.

■ Laura Muir and Laura Weightman are in a strong 1500m race that includes Americans Shelby Houlihan and Jenny Simpson, Ethiopian Gudaf Tsegay and Dutch runner Sifan Hassan, who will be due to compete 24 hours after racing 5000m in Zurich.

■ Three Brits – Lorraine Ugen, Shara Proctor and Jazmin Sawyers – are in the women's long jump against European champion Malaika Mihambo and Olympic triple jump champion Caterine Ibarguen.

■ Reece Prescod and CJ Ujah tackle Americans Christian Coleman and Ronnie Baker in a strong men's 100m final.

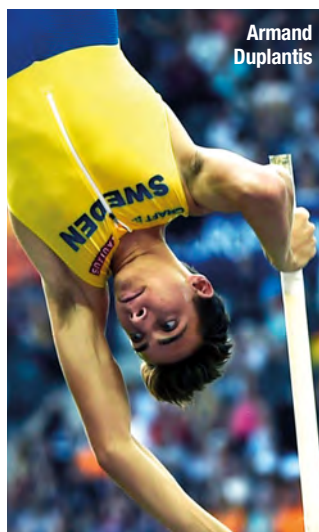


Lorraine Ugen

■ Kenyans Emmanuel Korir, Wycliffe Kinyamal and Jonathan Kitilit will be tough to beat in the men's 800m. Jake Wightman is among their rivals.

■ European champion Armand Duplantis has a rematch with Renaud Lavillenie in the men's pole vault in Brussels, while Briton Adam Hague also competes.

■ Keni Harrison and Brianna



Armand Duplantis

McNeal lead a women's 100m hurdles line-up which is dominated by US athletes.

■ Yomif Kejelcha, Hagos Gebrhiwet, Muktar Edris and Selemon Barega could ensure an Ethiopian victory in the men's 5000m.

■ European one-two Christina Schwanitz and Pauline Guba, plus world champion Gong Lijiao meet in a women's shot put that

HOW TO WATCH

BRITISH Eurosport's coverage, which is supported by athleticsweekly.com will show the action from Zurich and Brussels live from 7pm on both evenings. The BBC has also shown recorded highlights from the Diamond League finals this season, while of course AW will be providing regular news and results on our social media and website plus coverage from both meetings in next week's magazine.

WHAT, WHEN AND WHERE

Zurich, August 30

Men: 200m, 400m, 1500m, 3000m steeplechase, 400m hurdles, long jump, shot put, javelin.

Women: 100m, 800m, 5000m, 400m hurdles, high jump, pole vault, triple jump, javelin.

Brussels, August 31

Men: 100m, 800m, 5000m, 110m hurdles, high jump, pole vault, triple jump, discus.

Women: 200m, 400m, 1500m, 3000m steeplechase, 100m hurdles, long jump, shot put (Aug 30), discus.

■ A total of \$100,000 will be at stake in each of the 16 Diamond Trophy disciplines in both Zurich and Brussels, making a combined prize purse of \$3.2 million.

takes place on August 30 – the day before the rest of the Van Damme Memorial.

■ In the absence of Shaunae Miller-Uibo, Salwa Eid Naser of Bahrain leads the women's 400m line-up.

■ Beatrice Chepkoech smashed the world 3000m steeplechase record earlier this season with 8:44.32 and the Kenyan heads the entries in Brussels.

■ Sergey Shubenkov will hope to turn the tables on Pascal Martinot-Lagarde in the 110m hurdles after the Frenchman's win in Birmingham this month.

YOUNGSTERS DEFY

DESPITE RAINY CONDITIONS THERE WERE A NUMBER OF CHAMPIONSHIP RECORDS LAST WEEKEND IN BEDFORD, WITH MAX BURGIN AND DOMINIC OGBECHIE AMONG THOSE TO IMPRESS

REPORT: PAUL HALFORD PICTURES: MARK SHEARMAN

AT THE end of a long hot summer of athletics, Britain's top youngsters showed no signs of wanting to end their seasons despite the cooler and, on Sunday, rainy conditions in Bedford.

Many had competed at the English Schools and England Athletics Under-20 Championships, some at the European Under-18 Championships, but standards were high enough to suggest this wasn't a championship too far.

Three of Britain's recent European youth winners were among those that particularly shone. Dominic Ogbechie not only won the high jump at which he prevailed in Győr but the talented athlete returned the next day to add the long jump, setting outdoor PBs in both events. Max Burgin and Keely Hodgkinson, the 800m winners in Győr, duly won their titles, the former in a championship best.

Benjamin East's meeting record in the javelin was also a UK under-15 best. Also setting meeting bests were Morgan Squibb in the under-17 women's 1500m steeplechase, Lewis Byng in the under-17 men's shot, Georgina Scoot in the under-15 girls triple jump, Serena Vincent in the under-17



Dominic Ogbechie: high jump gold on Saturday followed by long jump victory on Sunday

women's shot, Amy Hunt in the under-17 women's 100m and Jeslyn Agyei-Kyem in the under-17 women's 300m.

Burgin led from the gun with a dominant solo performance to clock 1:49.21 – more than a second inside his own meeting record.

The Halifax AC athlete added to his amazing record of achievement in 2018. He became the world's fastest ever 15-year-old when he ran 1:47.50 in May and then in Győr his 1:47.36 made him the best-ever 16-year-old.

He said: "I just wanted to win it and I thought the best way to win it would be a fast first lap and just hang on from there."

MULTI-TALENTED OGBECHIE SHOWS ALL-ROUND ABILITY

DOMINIC OGBECHIE proved himself yet again to be one of Britain's most exciting up-and-coming talents. After winning the high jump in an outdoor PB of 2.18m, he claimed the long jump with his best ever summer leap of 7.30m. He achieved 2.22m and 7.53m indoors this year to rank best Briton ever for his age group in these disciplines and he became the English Schools 200m champion with 21.70 to jointly lead the UK rankings for this year.

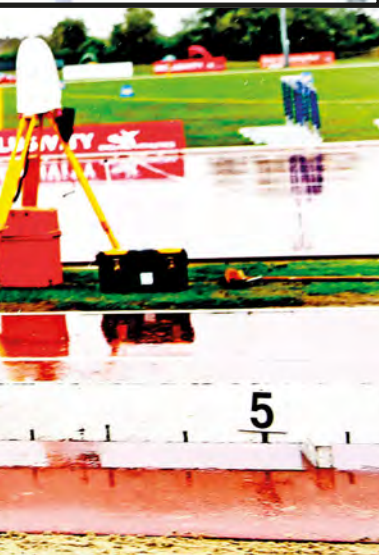
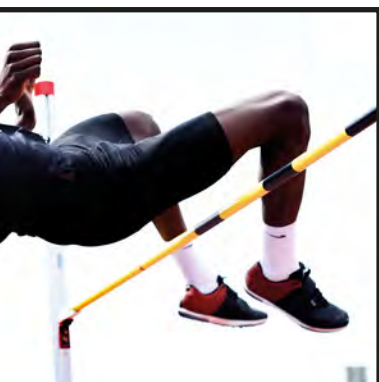
Ogbechie, who had been pushed early on in the high jump

by silver medallist Sam Brereton, who improved his PB to 2.11m, felt he was close to achieving 2.21m. "I feel like if I had another opportunity, because I am in good shape, that I would be able to get 2.21m," he said.

Ogbechie intends to compete over 200m at the UK School Games this weekend and then at the England Athletics Combined Events in mid-September. With such a wide array of talent, it will be interesting to see which path he takes in sport in the future, but he is not ready to settle on one event.

BEDFORD, AUGUST 25-26

THE WET WEATHER



He said: "I'm keeping it open. I'm not thinking I'll focus on this event or that."

"At the moment I'm doing everything and then whatever happens will happen."

Title defence: Keely Hodgkinson clocked 2:09.38 for 800m



HODGKINSON IMPRESSES

FRONT-RUNNING Keely Hodgkinson had hoped to emulate Burgin by breaking the championship record of 2:05.07, but the European under-18 champion found the wind strong on the first lap, so she had to be content with 2:09.38 to defend her title.

"This has been one of the best seasons I've ever had so I just wanted another win," she said.

Under-15 300m winner Jeslyn Agyei-Kyem was one of three athletes in her field to have run below the championship record so it was no surprise when she stopped the clock on the new figures of 39.96.

She said: "I started really well. I felt like I could have run faster round the bend, but I'm happy with my time."

A championship best also went to Scoot in the under-15



Jeslyn Agyei-Kyem (76): Walton AC athlete took the under-15 300m title

Georgina Scoot:
triple jump
championship
best



George Sudderick (913):
wins the under-15 boys'
300m from Alexander
Poustie-Williamson (844)



Lewis Byng: fast-
improving shot put
talent has enjoyed a
brilliant season



triple jump with 11.80m. That was a UK age-group best according to Power of 10, although another source cites a 12-metre mark from 2008.

Lewis Byng went to third equal on the under-17 shot all-time rankings with his CBP of 19.45m.

In the under-17 shot, Serena Vincent – already the UK best-holder, equalled the CBP with 16.03m.

Also matching the previous figures was Amy Hunt, who won the under-17 100m with 11.56, which took her to equal fifth on the UK all-time list for the age group.

In the under-15 javelin, East set his third UK best of the year with 67.04m, also a championship best.

With a dominant performance

in the under-17 1500m steeplechase, Squibb clocked 4:59.26 – just outside her PB and over half a second inside the championship record, finishing more than 17 seconds clear.

IKEJI SHOWS GOOD FORM

KENNETH IKEJI added to his under-15 title in last year's event with gold in the hammer up an age category with 69.94m – a PB and UK lead for under-17 men.

He said: "I've been in good form in training so I was ready to throw. Conditions weren't that good but I was confident that I'd had a good winter. If you train in rain you're used to it."

Also setting UK leads for



Max Burgin:
dominant
800m win

their categories were Lazarus Benjamin, who won the under-15 pole vault with 4.01m, under-17 discus thrower Joshua Douglas (55.96m) and under-17 triple jumper Archie Yeo (14.43m).

JASMINE'S FAST RUN

EUROPEAN under-18 400m hurdles finalist Jasmine Jolly made light work of the rainy conditions as she took the under-17 300m hurdles in 42.99, short of her best but quicker than any other British athlete in her age group has recorded this year.

Remi Jokosenumi took the under-15 sprint double, easing down to 22.91 in the 200m amid the rain on the second

day. He is the UK under-15 best-holder with 21.99 and on the Saturday he had shown this form when running 10.84 - one hundredth outside the national

age-group best – only to see the wind gauge reading an agonising 2.1m/sec.

Doing likewise in the girls' event was Sophie Walton, who

held off Success Eduan to win the 200m in 25.49, having a day earlier run 12.11 (+2.1) in the 100m after a 12.15 PB in the semi-final.



Amy Hunt (18): wins the under-17 100m from Abigail Pawlett (27) with Ayoola Babalola (3) third and Rachel Bennett (5) fourth



Morgan Squibb:
steeplechase
victory



Raphael Bouju: another
fine 100m win



Harriette Mortlock:
under-15 girls
javelin gold



Marcia Sey: races to under-17 women's sprint hurdles gold



Hannah Foster (192): under-17 women's 300m victory

Max Law, who was fourth at the European under-18 championships, was held back under the conditions to 65.43m – nearly 10 metres down on his UK lead – as he won the under-17 javelin. He said of the conditions: "It was quite hard throwing, but it's the same for everyone. It kept falling out of my hand, but it was a win in the end."

BOUJU WINS AGAIN

THE first day saw the best conditions for sprinters and among the best performers was European under-18 champion Raphael Bouju of the Netherlands, who was under his PB with 10.50 in winning a wind-assisted under-17 100m.



Lucinda White: under-15 pole
vault winner with 3.16m

Meanwhile, Hannah Foster's PB of 38.46 in the under-17 300m leads the UK rankings.

Marcia Sey was just three hundredths outside her best in winning the 80m hurdles for under-17 women in 11.15.

In the under-17 women's hammer, Phoebe Baggott with 60.30m beat age-group No.1 Charlotte Payne, who was second with 59.79m.

George Wilkinson, brother of GB senior international walker Callum, won the under-17 5000m walk with 24:21.86.6.

UK rankings leader David Bazuaye won the under-15 high jump with 1.90m, while Ethan Hussey won the under-17 3000m in 8:37.86 after Mohamed Ali, who set a world age-14 best earlier this season, dropped out.



RESULTS

U20 mixed events: 100WC (0.3): 1 A Greer (Torque, U15) 18.19; 2 J Edwards (Weir Arc) 19.05; 3 T Miller (Harl, U15) 22.94; 4 N Freeman (Worth, U17) 24.65; 5 P Reynolds (D&T, U15) 25.60; 6 Y Somers (Harl, U20W) 30.97.

200WC (-1.3): 1 A Greer (Torque, U15) 34.45; 2 J Edwards (Weir Arc) 38.48; 3 T Miller (Harl, U15) 44.89; 4 N Freeman (Worth, U17) 45.79; 5 Y Somers (Harl, U20W) 53.89; 6 P Reynolds (D&T, U15) 54.26. **400: P:** 1 P Reid (B&B) 55.87; 2 J Mattacks (Bath, U17) 59.86; 3 B Foulston (Charm) 60.71; 4 F Olszowska (Bexley, U20W) 70.12. **400WC:** 1 A Greer (Torque, U15) 68.56; 2 T Miller (Harl, U15) 75.06; 3 P Reynolds (D&T, U15) 82.35; 4 N Freeman (Worth, U17) 88.97; 5 Y Somers (Harl, U20W) 1:40.13

U20 men: 100 (2.7): 1 N Fleetwood (W'moss) 11.74; 2 K Chan (Charm) 12.00; 3 A Thomson (W'moss) 12.18; 4 J Mattacks (Bath, U17) 12.49; 5 J Strong (SNH) 14.81; 6 F Owen (I'ness, U17) 15.12; 7 T Stamp (SG, U17) 15.99. **200: r1 (3.1):** 1 N Fleetwood (W'moss) 23.75; 2 A Thomson (W'moss) 24.32; 3 J Mattacks (Bath, U17) 24.78; 4 B Reid (B&B) 25.12; 5 S Jose (Corn, U17) 25.84. **400 (2.7):** 1 B Foulston (Charm) 26.47; 2 J Strong (SNH) 30.63; 3 P Owen (I'ness, U17) 31.27; 4 T Stamp (SG, U17) 34.32.

1500WC: 1 A Greer (Torque, U15) 4:43.99; 2 T Miller (Harl, U15) 4:55.30; 3 P Reynolds (D&T, U15) 5:32.76. **LJ:** 1 K Chan (Charm) 6.05/2.2; 2 B Corral (SinA) 4.84/1.6. **SP:** 1 A Thomson (W'moss) 8.95; 2 K Chan (Charm) 7.37. **SP: F38:** 1 C Goodwin (Lav Ath, SEN) 8.11. **SP: F35:** 1 C O'Hare (Chelm) 8.03. **DT:** 1 A Thomson (W'moss) 24.31. **DT:** 1 C O'Hare (Chelm) 18.63.

JT: 1 A Thomson (W'moss) 24.70

U17 men: 100 (4.0): 1 R Bouju (Bed C) 10.50; 2 D Ogali (D&T) 10.62; 3 K Reynolds-Warrington (B&B) 10.73; 4 J Oshunrinde (M&M) 10.80; 5 Z Price (Menai) 10.82; 6 A Bachorski (Ton) 10.93; 0 Lloyd Hughes (Neath/H) Nvoko (Liv H) DQ. **H1 (2.3):** 1 O Lloyd Hughes (Neath) 10.84; 2 K Reynolds-Warrington (B&B) 10.88; 3 J Oshunrinde (M&M) 10.88; 4 O Williams (Bir) 10.95; 5 T Panton (Walton) 11.06; 6 J Bradburn (Alt) 11.39; 7 N Scott (Rhon) 11.46; 8 J Priest (Hunts) 11.47.

H2 (1.6): 1 D Ogali (D&T) 10.82; 2 H Nvoko (Liv H) 10.87; 3 Z Price (Menai) 10.94; 4 T Wild (SB) 11.02; 5 A Douglas (Stoke) 11.03; 6 J Jorge (Notts) 11.19; 7 O Miller (Mil K) 11.28; - E Brown (Brain) DNF. **H3 (2.6):** 1 R Bouju (Bed C) 10.74; 2 A Bachorski (Ton) 10.98; 3 J Walters (Traff) 11.05; 4 W Andoh (E&H) 11.14; 5 D Ogutuga (Thurr) 11.51; 6 J Horleston (Herts P) 11.60; 7 A Nicolaou (SB) 11.60; 8 D Animashau (Notts) 14.19. **200 (0.0):** 1 D Kinlock (Croy) 22.52; 2 E Blackman (Corby) 22.74; 3 B Swift (R&N) 22.82; 4 D Ogali (D&T) 22.88; 5 J Mensah (Houns) 22.94; 6 C Strachan (Banc) 23.20; J Spencer (Tam) DQ. **5F1 (-3.0):** 1 E Blackman (Corby) 22.71; 2 J Mensah (Houns) 22.75; 3 D Ogali (D&T) 22.76; 4 O Lloyd Hughes (Neath) 23.01; 5 O Preest (Croy) 23.20; 6 T

Wild (SB) 23.21; 7 I Ospina (Croy) 23.56. **5F2 (-1.2):** 1 D Kinlock (Croy) 22.47; 2 B Swift (R&N) 22.86; 3 J Spencer (Tam) 22.87; 4 C Strachan (Banc) 22.88; 5 D Ariyo-Francis (Woking) 23.09; 6 Z Price (Menai) 23.13; 7 S Hannaway (I'clyde) 23.33; 8 A Bachorski (Ton) 23.70. **H1 (0.0):** 1 O Lloyd Hughes (Neath) 22.36; 2 C Strachan (Banc) 22.81; 3 Z Price (Menai) 22.90; 4 I Ospina (Croy) 23.19; 5 F Akinbobola (Bath) 23.29; 6 L Palmer (Norw) 23.47; 7 N Scott (Rhon) 23.81. **H2 (-1.0):** 1 B Swift (R&N) 22.56; 2 J Mensah (Houns) 22.63; 3 T Wild (SB) 22.69; 4 K Reynolds-Warrington (B&B) 22.76; 5 S Jones (Bir) 23.43; 6 T Handley (C'ley) 23.72; 7 C Duff (Warr) 24.16. **H3 (-0.2):** 1 D Kinlock (Croy) 22.60; 2 A Bachorski (Ton) 22.79; 3 J Spencer (Tam) 22.93; 4 D Ariyo-Francis (Woking) 23.00; 5 S Hannaway (I'clyde) 23.13; 6 J Chadwick (Guern) 23.41; 7 J Foster (C'ley) 24.23.

H4 (-1.1): 1 D Ogali (D&T) 22.78; 2 E Blackman (Corby) 22.95; 3 O Preest (Croy) 23.12; 4 J Kalala (VP&TH) 23.39; 5 J Priest (Hunts) 23.49; 6 S Bwalya (SNH) 23.57; 7 J Bradburn (Alt) 23.82. **400:** 1 M Leslie (Edin) 49.64; 2 O Briars (B&B) 49.70; 3 M Sargent (E'bne) 50.31; 4 J Pearson (WSEH) 50.94; 5 C Murphy (M&M) 51.04; 6 A Brady (Living) 51.38; 7 E Sheffield (Burt) 52.14. **H1:** 1 M Sargent (E'bne) 50.05; 2 O Briars (B&B) 50.29; 3 E Sheffield (Burt) 50.71; 4 S Jones (Swan) 50.95; 5 J Thorne (Charm) 52.13; 6 J Smythe (Norw) 52.56; 7 J Prince (Nene V) 54.63. **H2:** 1 M Leslie (Edin) 50.48; 2 J Pearson (WSEH) 50.72; 3 C Murphy (M&M) 50.85; 4 K Samwell-Nash (Ashf) 51.47; 5 T Handley (C'ley) 52.27; 6 C Clydesdale (Charm) 52.89; 7 R Leyland (Walton) 54.15. **H3:** 1 B Pattison (BMH) 50.91; 2 A Brady (Living) 51.35; 3 R Harriott (Have) 51.58; 4 A Irvine (Notts) 52.22; 5 G McPake (Glas Sc Sp) 52.25; 6 J Sherriff (Tam) 52.60. **800:** 1 M Burgin (Hal) 1:49.21; 2 D Joyce (Tyne) 1:52.74; 3 J Higgins (Bexley) 1:53.52; 4 O Carvell (B'nth) 1:55.27; 5 D Locke (Newp) 1:55.75; 6 S Tyers (M'bro) 1:56.69; 7 J Ewing (Edin) 1:57.59; 8 A Hasan (Yate) 2:00.47. **H1:** 1 D Joyce (Tyne) 1:56.71; 2 O Carvell (B'nth) 1:57.14; 3 S Tyers (M'bro) 1:57.36; 4 L Edwards (Harrow) 1:59.96; 5 J Webster (Bed C) 2:01.48; 6 W Johnson (Chilt) 2:02.87; 7 J Rashbrook (Bas) 2:02.95; 8 E Seal (C&C) 2:02.99; 9 A Friend (Have) 2:10.81. **H2:** 1 J Higgins (Bexley) 1:57.86; 2 J Ewing (Edin) 1:58.13; 3 T Billyard (St Yar) 1:58.73; 4 C Wakefield (St Ed) 1:58.77; 5 S Ward (WG&L) 2:00.62; 6 R Whitelaw (VPCG) 2:01.98; 7 S Sheppard (S Lon) 2:04.33; 8 A Rainbow (Nene V) 2:05.40; 9 M Dickson (K&P) 2:09.19. **H3:** 1 M Burgin (Hal) 1:53.52; 2 D Locke (Newp) 1:55.38; 3 A Hasan (Yate) 1:56.44; 4 O Lill (Bas) 1:57.88; 5 A Ord (Dur) 2:00.25; 6 F Despinoy (Edin) 2:00.45; 7 J Leavesley (Corby) 2:03.24; 8 A Visram Cipolletta (SSH) 2:03.98; 9 M Tchangwa (WSEH) 2:07.10. **1500:** 1 W Bellamy (H&P) 4:03.04; 2 H McLuckie (IoW) 4:03.42; 3 K Elliott (Falk) 4:03.47; 4 A Wood (Ashf) 4:05.74; 5 F Harvey (SB) 4:05.96; 6 O Bright (B&B) 4:07.20; 7 A Killen (Bed C) 4:07.81; 8 A



Derrek Kinlock (740): wins the under-17 men's 200m from Evan Blackman (540) with Bailey Swift (916) in third

Williams (Chilt) 4:08.48; 9 R Shields (Bir) 4:10.04; 10 W Morris (Lav Ath) 4:12.15; 11 B Smith (Mans) 4:12.45; 12 T Higgins (Bexley) 4:13.97; 13 B Reynolds (Card) 4:17.49; 14 L Nuttall (Charm) 4:19.34. **3000:** 1 E Hussey (Leeds C) 8:37.86; 2 L Van Oudtschoorn (AFD) 8:41.47; 3 W Barnicoat (AFD) 8:49.13; 4 W Mahoney (Norw) 8:51.79; 5 A Parkinson (Corby) 8:52.71; 6 H Hewitt (Craw) 8:56.74; 7 D Stone (SB) 9:01.20; 8 K Coleman Smith (Charm) 9:17.09; 9 M Barnes (Notts) 9:21.47; 10 B Preddy (Prest) 9:23.84; 11 J Connell (Mans) 9:26.69; - M Ali (ESM) DNF. **100H (0.0):** 1 D Knight (E&H) 13.02; 2 J Ricketts (Bir) 13.04; 3 J Harding (Bas) 13.32; 4 E Harris (SSH) 13.38; 5 B Hillman (Card) 13.68; 6 T Wilcock (R&N) 13.72; 7 O Dakin (C'field) 13.74; 8 S Simmons (Bed C) 13.94. **H1 (-0.7):** 1 J Ricketts (Bir) 13.45; 2 O Dakin (C'field) 13.87; 3 B Hillman (Card) 14.03; 4 R Williams (SB) 14.32; 5 P Kastner (Walton) 14.40; 6 O Sproston (Stoke) 14.95; 7 J Evans (SNH) 15.12. **H2 (0.3):** 1 D Knight (E&H) 13.48; 2 E Harris (SSH) 13.68; 3 S Simmons (Bed C) 13.95; 4 J Cunningham (Lib) 14.16; 5 A Booth (Poole) 14.29; 6 D Persad (Craw) 14.65; 7 J Gray (Kett) 14.77. **H3 (-0.3):** 1 J Harding (Bas) 13.89; 2 T Wilcock (R&N) 13.91; 3 G Zoppas (TVH) 14.87; 4 J Taylor (C&H) 14.89; 5 M Griffin (B&R) 14.95. **400H:** 1 O Heaney Brufal (B&B) 56.09; 2 F Reilly (SNH) 56.60; 3 A Rowlands (Harrow) 56.80; 4 C Inman (Amber) 57.88; 5 J Thorne (Brain) 60.24; 6 S Rimmer (Brack) 60.46; 7 A Bowers (R&N) 60.63; 8 A Booth (Poole) 62.05. **H1:** 1 A Rowlands (Harrow) 57.76; 2 F Reilly (SNH) 58.13; 3 A Booth (Poole) 58.23; 4 A Bowers (R&N) 59.92; 5 J Thorne (Brain) 60.18; 6 J Gray (Kett) 61.61; 7 O Lewis (Gate) 62.29. **H2:** 1 O Heaney Brufal (B&B) 58.56; 2 C Inman (Amber) 59.33; 3 S Rimmer (Brack) 60.03; 4 C Gregson

(Soton) 60.45; 5 E Cole (Bath) 60.97; 6 J Saunders (Saff) 62.44. **1500SC:** 1 K Imroth (SB) 4:31.14; 2 A May (Dartf) 4:36.60; 3 C Crook (Ports) 4:37.92; 4 H Hewitt (Craw) 4:39.30; 5 B McIntyre (Swin) 4:45.32; 6 L Duval (RSC) 4:49.86; 7 H Fisher (B&B) 4:51.67; 8 J Day (Charm) 4:55.37; 9 C Swatton (B&B) 5:02.53. **5000W:** 1 G Wilkinson (E&H) 24:21.86; 2 M Crane (Bexley) 25:49.98; 3 N Hart (AFD) 26:37.28; 4 Lane (IRL) DQ. **H1:** 1 D Ogbechie (High) 2:18; 2 S Breton (N&P) 2:11; 3 H Thorne (B&B) 2:02; 4 C Knott (C&C) 1.99; 5 A Davren (I'ness) 1.99; 6 M Fotheringham (Giff N) 1.99; 7 H Rienecker-Found (B&H) 1.91; 8 O Southern (Liv PS) 1.86; 8 H Whyley (Notts) 1.86; 10 P Gleadall (B&B) 1.86; 10 O Joint (Brack) 1.86; 12 S Featherstone (Mil K) 1.86; 13 D Duruaku (Notts) 1.81. **PV:** 1 J Clark (Notts) 4.21; 1 P Gleadall (B&B) 4.21; 3 S Brindley (N Ayr) 4.11; 4 O Heard (Harrow) 3.86; 4 R Nairne (Glas C) 3.86; 4 D Baines (SNH) 3.86; 7 B Breen (Herts P) 3.71; 8 C Williams-Stein (Leam) 3.51; 8 T Ayo-ojo (SB) 3.51; - M Mellor (Card Arch) NH. **LJ:** 1 D Ogbechie (High) 7.30/0.0; 2 A Yeo (Scun) 6.80/0.0; 3 J Woods (D&T) 6.63/-0.2; 4 M Fotheringham (Giff N) 6.59/0.0; 5 A Lindo (Craw) 6.38/-1.1; 6 M Xavier (B&B) 6.33/-0.5; 7 J Cunningham (Lib) 6.29/0.0; 8 H Darroch (Wirr) 6.29/-0.2; 9 C Hay (Shef/Dearn) 6.15/-0.1; 10 P Kastner (Walton) 6.11/0.0; 11 H Thorne (B&B) 6.00/-1.1; 12 D Ogbechie (Thurr) 5.81/-0.9; 13 T Adesina (Thurr) 5.79/-0.5. **TJ:** 1 A Yeo (Scun) 14.43/0.5; 2 M Ahmed (Glas Sc Sp) 14.38/3.1; 3 J Woods (D&T) 14.26/2.8; 4 D Lascelles (C&C) 14.22/2.1; 5 B Ajala (Edin) 13.86/2.4; 6 J Cochrane (B&A) 13.22/1.6; 7 D Onochie-Williams (SB) 13.12/6.3; 8 A George (Ilf) 12.72/3.0; 9 F Campbell (Wig D) 12.66/1.9. **SP:** 1 L Byng (Strat) 19.45; 2 A Knight (Morp)

16.66; 3 J Wise (Soton) 15.83; 4 J Tyler (Exe) 15.66; 5 S Kerry (KulH) 14.65; 6 T Litchfield (Bed C) 14.00; 7 K Charlton Brown (Bed C) 13.88; 8 D Koffi (SNH) 13.54; 9 J Douglas (Soton) 13.18; 10 J Frith (Mil K) 13.10; 11 B Foster (Ply) 12.85; 12 A Williams (W Norf) 12.66; - L Allen (Gate) NM. **DT:** 1 J Douglas (Soton) 55.97; 2 A Thomas (Wake) 46.39; 3 D Buckland (SNH) 46.39; 4 B Copley (KulH) 44.78; 5 H Davies (Neath) 44.40; 6 O Thatcher (Soton) 40.46; 7 C Williams (W Norf) 35.33. **HT:** 1 K Ikeji (Bas) 69.94; 2 S Kerry (KulH) 67.15; 3 J Lambert (K&S) 62.58; 4 T Litchfield (Bed C) 58.98; 5 J Turner (C&S) 57.60; 6 T Conibear (Yate) 56.81; 7 S Illsley (Worth) 52.18; 8 J Gardner (Brack) 50.11; 9 M MacFarlane (I'ness) 49.93; - J Tyler (Exe) NM. **JT:** 1 M Law (Have) 65.43; 2 L Byng (Strat) 58.75; 3 P Gleadall (B&B) 54.44; 4 B Copley (KulH) 53.70; 5 L Robinson (York) 53.07; 6 T Dolly (Taun) 52.13; 7 B Jenvey (Soton) 51.37; 8 A Lloyd (Tel) 49.39; 9 J Miller (Exe) 49.24; 10 J Hirst (St Alb) 45.67; 11 T Mitson (W Suff) 43.60.

U15 boys: 100 (2.1): 1 R Jokosenumi (SB) 10.84; 2 G Anya-Joseph (Bas) 11.05; 3 M McLean (Sale) 11.24; 4 S Baffour (Cov) 11.31; 5 E Jones (B'end) 11.40; 6 D Lennie (Gate) 11.47; 7 N Ndukwu (SB) 11.57; 8 J Purbrick (Hunts) 11.68. **H1 (1.5):** 1 R Jokosenumi (SB) 11.13; 2 S Baffour (Cov) 11.31; 3 M Gondwe (Win) 11.57; 4 R Earle (TVH) 11.59; 5 J Kane (S'port W) 11.60; 6 M French (Cov) 11.71; 7 M Lumb (Gate) 11.88. **H2 (2.4):** 1 M McLean (Sale) 11.24; 2 E Jones (B'end) 11.36; 3 D Lennie (Gate) 11.50; 4 J Purbrick (Hunts) 11.57; 5 A Tyrrell (Harrow) 11.90. **H3 (2.4):** 1 G Anya-Joseph (Bas) 11.25; 2 N Ndukwu (SB) 11.58; 3 J Livingston (Traff) 11.81; 4 G Foster (Staffs M) 11.91; 5 D Sanchez (Poole) 11.91; 6 J Haynes (D&T) 11.92. **200 (-1.1):** 1 R Jokosenumi (SB) 22.91; 2 M McLean (Sale) 23.43; 3 S

Baffour (Cov) 23.78; 4 D Lennie (Gate) 23.80; 5 M Dobrescu (If) 23.86; 6 E Jones (B'end) 23.97; 7 N Ndukwe (SB) 24.11. **H11 (-0.1):** 1 R Jokosenu (SB) 23.19; 2 S Baffour (Cov) 23.45; 3 R Henry-Daire (Read) 23.81; 4 R Earle (TVH) 24.19; 5 G Ho (Mil K) 24.74; 6 G Foster (Staffs M) 24.95; 7 F Stewart-McCarrison (Wake) 25.83. **H12 (-0.1):** 1 M McLean (Sale) 23.39; 2 E Jones (B'end) 23.96; 3 D Lennie (Gate) 23.96; 4 J Bogle (Nene V) 24.17; 5 N Ojumu (Herne H) 24.32; 6 I Ogoula (Bir) 24.86. **H13 (-1.0):** 1 M Dobrescu (If) 24.08; 2 N Ndukwe (SB) 24.08; 3 D Sanchez (Poole) 24.27; 4 J Kane (S'port W) 24.46; 5 D Chapman (Shef/Dearn) 24.81; 6 A Tyrrell (Harrow) 24.99. **300:** 1 G Sudderick (Walton) 35.84; 2 A Poustie-Williamson (Edin) 36.63; 3 R Henry-Daire (Read) 36.67; 4 C Carvell (B'nth) 37.32; 5 N Dyas (Hallam) 37.58; 6 F Savage (Dees) 37.64; 7 W Kong (Nene V) 38.61; B Brinsdon (Bir) DQ. **H11:** 1 G Sudderick (Walton) 36.69; 2 W Kong (Nene V) 37.15; 3 S Shippey (Col H) 37.52; 4 N Savva (SB) 37.93; 5 M Dickson (K&P) 39.51; 6 J Stammers (S'port W) 40.35; 7 K Nunes-Smith (Bir) 41.06. **H12:** 1 R Henry-Daire (Read) 36.35; 2 C Carvell (B'nth) 36.81; 3 N Dyas (Hallam) 37.44; 4 L Eastaugh (Gate) 37.52; 5 T Foord (Nene V) 39.76; 6 K McWatt (E Ches) 40.02. **H13:** 1 A Poustie-Williamson (Edin) 36.65; 2 B Brinsdon (Bir) 36.82; 3 F Savage (Dees) 36.91; 4 M Uzozie (M&M) 37.51; 5 T Butcher (Linc W) 39.68; 6 A Pickard (SNH) 40.71. **800:** 1 D McBride (Willow) 2:04.60; 2 J Sispal (Leam) 2:04.74; 3 A Lynch (Sale) 2:05.22; 4 L Watt (A'deen) 2:05.22; 5 S Reardon (B&B) 2:06.67; 6 N Bennett (R&N) 2:06.72; 7 T Linsell (Bas) 2:07.85; 8 C Collins (Shef/Dearn) 2:11.03. **H11:** 1 A Lynch (Sale) 2:03.34; 2 L Watt (A'deen) 2:03.40; 3 S Reardon (B&B) 2:03.56; 4 C Collins (Shef/Dearn) 2:03.65; 5 N Bennett (R&N) 2:05.25; 6 R Hodgson (Col B) 2:06.44; 7 T Mason (Exe) 2:07.90; 8 M Price (Bir) 2:10.63. **H12:** 1 J Sispal (Leam) 2:04.44; 2 D McBride (Willow) 2:04.73; 3 T Linsell (Bas) 2:05.81; 4 K Rabjohn (R&Z) 2:06.59; 5 D Race (Gate) 2:07.15; 6 T Gaunce (D&T) 2:07.95; 7 J Minshull (Cov) 2:07.99; 8 L Chamberlain (Exe) 2:09.29. **1500:** 1 F Vaughan (S Lon) 4:19.59; 2 J Reynolds (Card) 4:21.81; 3 T Archer (Lon Hth) 4:22.00; 4 A Spear (AFD) 4:22.61; 5 L Edwards (Carm) 4:23.11; 6 A Melloy (C&C) 4:26.10; 7 L Sullivan (St Ed) 4:26.64; 8 T James (Craw) 4:27.61; 9 A Cahill (C&T) 4:27.96; 10 D Jones (Carm) 4:28.17; 11 A Alston (Bed C) 4:28.18; 12 J Gemmell (Walton) 4:28.60. **H11:** 1 L Edwards (Carm) 4:20.10; 2 F Vaughan (S Lon) 4:20.71; 3 J Reynolds (Card) 4:21.14; 4 L Sullivan (St Ed) 4:22.56; 5 A Spear (AFD) 4:22.57; 6 T James (Craw) 4:23.25; 7 A Cahill (C&T) 4:26.09; 8 C Daley (Tyne) 4:32.29; 9 E Ward (Worth) 4:34.69; 10 C Fletcher (Wig D) 4:36.86; 11 L Peterson (Chil) 4:37.37; 12 I Murray (C&C) 4:40.07; 13 G Parmenter (C&C) 4:42.39. **H12:** 1 A Melloy (C&C) 4:21.00; 2 D Jones (Carm) 4:22.52; 3 T Archer (Lon Hth) 4:22.96; 4 A Alston (Bed C) 4:23.70; 5 J Gemmell (Walton) 4:25.13; 6 D

Oscar Heaney Brufal: under-17 400m hurdles winner



Adams (Norw) 4:27.89; 7 F Morgan (Carm) 4:30.00; 8 J Chamberlain (D&T) 4:30.72; 9 J Roberts (Herne H) 4:35.13; 10 J Wilson (Vale R) 4:36.67; 11 T Cheshire (G&G) 4:38.64; 12 C Chilton (Herne H, U13) 4:46.72. **3000:** 1 J Wardle (Rush) 9:14.81; 2 F Sproul (Kend) 9:25.32; 3 M Smith (Horsh BS) 9:26.36; 4 S Smith (Wharf) 9:28.20; 5 O Capps (Exe) 9:30.67; 6 J Pople (Bexley) 9:34.39; 7 L Small (Thanet) 9:39.34; 8 M Gar (AFD) 9:40.84; 9 E McGlen (Gate) 9:43.93; 10 J Sanderson (Wyc P) 9:50.14; 11 J Robbins (Bir) 9:52.23; 12 J Hughes (Chor ATC) 9:57.64; 13 S Bodoano (AFD) 9:58.62; 14 J Harrison (Herne H) 10:02.53; 15 R Hurst (Walton) 10:05.54; 16 D Maydew (Wells) 10:05.94; 17 J Brook (SMR) 10:08.49; 18 J Vaughan (Bir) 10:13.59; 19 B Harrison (Herne H) 10:17.52. **80H (0.5):** 1 F Fraser (Nene V) 10.91; 2 T Bishop (Have) 11.24; 3 J Purbrick (Hunts) 11.31; 4 O Early (Chelm) 11.42; 5 R Hednam (Brain) 11.57; 6 S Wallace (Horsh BS) 11.64; 7 B Chatham (VPCG) 11.77; 8 F Clemons (Strat) 12.38. **H11 (0.1):** 1 Purbrick 11.58; 2 R Hednam (Brain) 11.75; 3 B Chatham (VPCG) 11.88; 4 W Lawler (SNH) 12.22; 5 S Coupland (S'port W) 12.51; 6 E Laws (SNH) 12.68; 7 C Mytil (Herne H) 12.81; 1 J Purbrick (Hunts) TBC. **H12 (-0.9):** 1 F Fraser (Nene V) 11.04; 2 T Bishop (Have) 11.42; 3 O Early (Chelm) 11.48; 4 S Wallace (Horsh BS) 11.74; 5 F Clemons (Strat) 12.14; 6 S Ball (Read) 12.16; 7 C Panayiotou (SSH) 12.34; 8 L Michalowski (Chel) 12.95. **3000W:** 1 M Glennon (IRL) 15:31.19; A Macheath (Camb H) DQ. **H1:** 1 D Bazuaye (VP&TH) 1.90; 2 A Robinson (And) 1.88; 3 K Carter (Kath) 1.76; 4 A Haines (B&H) 1.72; 5 K Jack (SB) 1.67; 5 S Lowings (Charm) 1.67; 7 L Ball (Yate) 1.67; 7 S Coupland (S'port W) 1.67; 9 C McNally (VPCG) 1.62; 9 S Wallace (Horsh BS) 1.62; 11 S Ball (Read) 1.62; 12 K

Calvert (Wirr) 1.62; 12 L Michalowski (Charm) 1.62; 14 H Brogan (Horsh BS) 1.62; 14 W Lamprell (Ips) 1.62; 16 C Murtagh (Read) 1.57; 17 B Ince (VoA) 1.57. **PV:** 1 L Benjamin (Sale) 4.01; 2 A Brindley (N Ayr) 3.71; 3 B Corry (B&B) 3.61; 4 D Dearden (Horsh BS) 3.61; 5 T Penley (Mil K) 3.51; 6 K Afirifah-Mensah (Notts) 3.43; 7 O Bartle (Lewes) 3.43; 8 L Michalowski (Charm) 3.33; 8 D Tierney (Bexley) 3.33; 10 J Brown (Norw) 3.33; 11 C Wells (E Grin) 3.33; 12 S Coupland (S'port W) 2.98; 12 J Pratt (Craw) 2.98. **LJ:** 1 J Livingston (Traff) 6.68/1.7; 2 M Dobrescu (If) 6.43/2.2; 3 K Wilkinson (Elgin) 6.36/0.9; 4 D Akinyemi (NEB) 6.34/0.7; 5 O D'Rozario (Taun) 6.27/3.2; 6 O Early (Chelm) 6.24/1.9; 7 J Fayers (Ips) 6.22/1.9; 8 B Vincent (Card) 6.15/2.7; 9 T Norcop (Stoke) 5.99/3.0; 10 S Danson (Macc) 5.99/1.4; 11 A Bugg (York) 5.98/1.9; 12 S Wallace (Horsh BS) 5.87/0.9; 13 B Chatham (VPCG) 5.76/1.7; 14 F Savage (Dees) 3.89/1.7. **TJ:** 1 A Ashmead-Shoye (NEB) 13.11/-0.5; 2 O D'Rozario (Taun) 12.87/-1.3; 3 J Byfield (B&B) 12.84/-1.2; 4 J Ogunfolaj (Chelm) 12.79/-0.4; 5 D Akinyemi (NEB) 12.75/-0.6; 6 A Opaeye (Hunts) 12.21/-0.1. **SP:** 1 J Halpin (Gate) 14.92; 2 D Clayton (D Daydon) 13.42; 3 H Allen (Soton) 13.41; 4 J Aduku (Bed C) 12.79; 5 K Broadbent (Herne H) 12.66; 6 A Chesterman (Rad) 12.56; 7 W Lamprell (Ips) 12.30; 8 D Capes (Nene V) 12.20. **DT:** 1 D Clayton (D Daydon) 43.49; 2 R Allen (Soton) 42.72; 3 H Booker (Team K) 40.76; 4 T Pattison (Ports) 40.05; 5 J Knight (Card Arch) 38.20; 6 A Chesterman (Rad) 37.84; 7 C Try (The) 36.39; 8 O Gregory (Team K) 32.27; 1 C Goodwin (Lav Ath, SEN) 25.99. **H1:** 1 J Halpin (Gate) 52.72; 2 O Merrett (Yate) 49.11; 3 H Ricketts (Swin) 47.87; 4 W Compton (FoD) 46.63; 5 H Blake (M&M) 46.11; 6 J Viner (Yate) 43.96; 7 D King (Bord H)

42.78; 8 N Litchfield (Bed C) 40.61; 9 W Cubbage (Ports) 35.26. **JT:** 1 B East (Team K) 67.04; 2 B James (Have) 53.93; 3 C Taylor (Ports) 51.40; 4 L Twigger (B&H) 47.80; 5 L Cawley (Ports) 47.24; 6 O Wear (Strat) 46.46; 7 H Tomlin (Tav) 44.66; 8 J Pratt (Craw) 39.26; 9 T Jermyn (Ips) 37.95

Senior women: JT: F41: 1 A Birch (Corn, U17) 10.66

U20 women: 100 (2.4): 1 E O'Connell (D&T, U17) 13.16; 2 F Oliszowska (Bexley) 13.32; 3 E Stewart (Gate) 14.99; 4 A McNally (I'ness) 15.14; 5 F Howgate (Perth, U15) 17.09. **200 (1.9):** 1 F Oliszowska (Bexley) 28.25; 2 R O'Rourke (Have, U15) 30.86; 3 A McNally (I'ness) 30.95; 4 F Howgate (Perth, U15) 36.06. **LJ:** 1 E O'Connell (D&T, U17) 4.41/2.1; 2 E Stewart (Gate) 3.48/2.4. **SP: F12:** 1 L Church (Nene V) 10.54. **SP:** 1 E Stewart (Gate) 8.67; 2 F Howgate (Perth, U15) 7.13; 3 A Thompson (CDSC, U13) 5.25; 4 A Birch (Corn, U17) 5.07. **DT:** 1 L Church (Nene V) 25.03; 2 F Howgate (Perth, U15) 13.55. **DT: F41:** 1 A Birch (Corn, U17) 11.40. **JT:** 1 F Howgate (Perth, U15) 16.49; 2 A Thompson (CDSC, U13) 12.76

U17 women: 100 (2.0): 1 A Hunt (Charm) 11.56; 2 A Pawlett (Stock H) 12.13; 3 A Babalola (WSEH) 12.19; 4 R Bennett (Shild) 12.21; 5 K Young (Dartf) 12.22; 6 L Okorhi (Bir) 12.24; 7 T Jackson (B&W) 12.25; 8 T Bryan (Croy) 12.34. **SF1 (5.1):** 1 A Hunt (Charm) 11.54; 2 A Pawlett (Stock H) 12.00; 3 T Bryan (Croy) 12.12; 4 K Young (Dartf) 12.16; 5 N Dubarry-Gay (VP&TH) 12.26; 6 M Lowndes (Stock H) 12.29; 7 E Wheeler-Smith (Glouc) 12.34; 8 S Grace (Norw) 12.45. **SF2 (3.8):** 1 T Jackson (B&W) 12.08; 2 R Bennett (Shild) 12.09; 3 A Babalola (WSEH) 12.14; 4 L Okorhi (Bir) 12.17; 5 A Sillett (Brack) 12.31; 6 V Ubenyi (VP&TH) 12.36; 7 L Duncan (Brain) 12.42; 8 M Beetham-Green (R&N) 12.48. **H11 (3.0):** 1 A Hunt (Charm) 11.78; 2 L Okorhi (Bir) 12.20; 3 A Sillett (Brack) 12.25; 4 R Bennett (Shild) 12.27; 5 S Grace (Norw) 12.36; 6 C Adrien (SB) 12.71; 7 E Whybrow (Read) 13.10. **H12 (2.8):** 1 A Babalola (WSEH) 12.19; 2 V Ubenyi (VP&TH) 12.20; 3 L Duncan (Brain) 12.35; 4 E Kone (Card) 12.45; 5 G Goodsell (Stock H) 12.57; 6 A Rodgers (B&A) 12.65. **H13 (0.6):** 1 T Bryan (Croy) 12.39; 2 M Lowndes (Stock H) 12.44; 3 N Dubarry-Gay (VP&TH) 12.44; 4 A Ndaiye (Serp) 12.47; 5 E Healy (Kett) 12.89; 6 D Apoola (SB) 12.95. **H14 (3.2):** 1 T Jackson (B&W) 12.09; 2 A Pawlett (Stock H) 12.15; 3 E Wheeler-Smith (Glouc) 12.18; 4 K Young (Dartf) 12.25; 5 M Beetham-Green (R&N) 12.31; 6 S Mayor (Brain) 12.79. **200 (-0.3):** 1 K Bowley (Croy) 24.84; 2 K Dubarry-Gay (VP&TH) 24.97; 3 T Jackson (B&W) 25.46; 4 L Okorhi (Bir) 26.00; 5 M Morris (Swan) 26.16; 6 L Elcock (B'nth) 26.44; 7 E Healy (Kett) 26.99. **H11 (-1.0):** 1 M Morris (Swan) 26.06; 2 K Dubarry-Gay (VP&TH) 26.06; 3 E Wheeler-Smith (Glouc) 26.29; 4 A Lees (Guern) 27.26; 5 E Cleveland (WSEH) 27.53; 6 E Whybrow (Read) 27.66. **H12 (-0.1):** 1 K Bowley (Croy) 25.38; 2 T Jackson (B&W) 25.84; 3 L Okorhi (Bir)

26.30; 4 L Elcock (B'nth) 26.60; 5 E Healy (Kett) 27.16; 6 V Ansuah (SB) 27.17. **300:** 1 H Foster (SB) 38.46; 2 H Mpassy (B&B) 38.94; 3 C Mapps (Card Arch) 39.82; 4 C Agyei-Kyem (Walton) 40.18; 5 H Murray (Stock H) 40.57; 6 G Jones (Corby) 40.63; 7 L Elcock (B'nth) 41.83. **H11:** 1 H Foster (SB) 39.50; 2 G Jones (Corby) 40.56; 3 L Elcock (B'nth) 41.44; 4 C Edwards (BMH) 41.93; 5 N Wilbram (Charm) 42.35; 6 G Tombs (Chelm) 43.11; 7 A Oparinde (Der) 44.21. **H12:** 1 C Agyei-Kyem (Walton) 41.07; 2 R McCann (N Down) 41.08; 3 J Frazer (B&W) 41.96; 4 O Kimbowa (Bolt) 42.23; 5 B Allott (Shef/Dearn) 42.81; 6 P Sijuwade (SNH) 42.87. **H13:** 1 H Mpassy (B&B) 39.49; 2 H Murray (Stock H) 40.80; 3 C Mapps (Card Arch) 40.90; 4 M Morris (Brack) 42.27; 5 A Lees (Guern) 42.55. **800:** 1 K Hodgkinson (Leigh) 2:09.38; 2 B Morley (Ilkley) 2:12.45; 3 Z Mossi (B&B, U15) 2:13.14; 4 E Farrow (Ports) 2:15.30; 5 B Wraith (HAWC) 2:15.90; 6 H Roberts (Brack) 2:16.16; 7 N Riley (Card Arch) 2:17.36; 8 C Young (M&M) 2:20.88. **H11:** 1 B Morley (Ilkley) 2:15.07; 2 Z Mossi (B&B, U15) 2:15.39; 3 H Roberts (Brack) 2:15.92; 4 N Riley (Card Arch) 2:17.17; 5 B Sykes (B&R) 2:19.07; 6 J Martin (KulH) 2:19.17; 7 C Vaughan (Walton) 2:21.72; 8 E Webster (Bath) 2:23.60; 9 D Palmer (Oxf C) 2:28.63. **H12:** 1 K Hodgkinson (Leigh) 2:14.24; 2 B Wraith (HAWC) 2:15.33; 3 E Farrow (Ports) 2:15.93; 4 C Young (M&M) 2:16.51; 5 N Clatworthy (Card) 2:18.18; 6 G Morrison (I'clyde) 2:19.13; 7 B Cooke (SB) 2:20.86; 8 K Willis (Norw) 2:21.47; 9 M Dickinson (Phoe) 2:28.69; 10 S Malpass (Wrekin C) 2:31.53. **1500: H11:** 1 O Mason (Bord H) 4:33.35; 2 Pentland (Darl) 4:35.32; 3 A White (B&B) 4:35.94; 4 M Johnson (W'borne) 4:38.08; 5 C Buckley (TVH) 4:38.35; 6 M Hudson (Der) 4:40.87; 7 L Radus (SB) 4:41.76; 8 G Ledingham (Cres) 4:44.30; 9 K Goodge (Ton) 4:46.01; 10 A Cole (Orion) 4:46.87; 11 M Smith (Chelm) 4:48.69; 12 L McNeil (Mans) 4:48.79; 13 S Moss (Sale) 4:49.47; 14 J Norkett (Thet) 4:51.18; 15 M Gadsby (Norw) 4:55.81; 16 A Anderson (Aird) 4:57.59. **3000:** 1 S Heslop (Macc) 9:51.63; 2 R Woodhams (Kend) 9:51.90; 3 A Durand (N Norfolk) 10:06.75; 4 G Sullivan (Cle) 10:19.90; 5 F Stapleton (SB) 10:24.00; 6 E Field (Bing) 10:25.35; 7 E Sempole (Bir) 10:31.95; 8 M Radus (SB, U15) 10:35.26. **80H (-0.9):** 1 M Sey (Croy) 11.14; 2 E Bee (Ply) 11.29; 3 V Johnson (Charm) 11.34; 4 K Bristowe (Craw) 11.47; 5 R Johns (SinA) 11.55; 6 C Mapps (Card Arch) 11.64; 7 G Morgan (Card Arch) 11.66; 8 H Mulholland (Lib) 11.98. **SF1 (-0.9):** 1 M Sey (Croy) 11.52; 2 C Mapps (Card Arch) 11.64; 3 V Johnson (Charm) 11.67; 4 H Mulholland (Lib) 11.81; 5 Y Uwakwe (E&H) 11.84; 6 M Coxon (Roth) 12.01; 7 J Hopkins (Chelm) 12.43; 8 K Salt-Stewart (Norw) 12.55. **SF2 (-0.8):** 1 K Bristowe (Craw) 11.33; 2 E Bee (Ply) 11.53; 3 R Johns (SinA) 11.65; 4 G Salt-Stewart (Card Arch) 11.66; 5 M Jessop (D&T) 11.84; 6 H Lawrence (Bas) 12.07; 7 D Hales (Tel) 12.20; 8 E Kelly (Derry) 12.31. **H11 (-0.8):** 1 M Sey (Croy) 11.56; 2 M Jessop (D&T) 11.95;

2:18.17; 4 V Costa (Der) 2:19.21; 5 E Bracknell (Craw) 2:20.62; 6 A Sibley (B&B) 2:23.55; 7 C Burrows (Tel) 2:24.37; 8 J Stone (E&E) 2:25.10; 9 M Arnott (Cors) 2:25.56; 10 M Mayes (Corby) 2:32.21. **H12:** 1 H Hinn (Have) 2:18.69; 2 S Lecoutre (G&G) 2:19.12; 3 A Mason (Bord H) 2:19.53; 4 L Wilkinson (Herne H) 2:19.82; 5 F Fryer (SMR) 2:20.35; 6 G Salthouse (Tyne) 2:21.43; 7 L Saxon (SSH) 2:22.27; 8 W Wildfield-Turner (Harrow) 2:25.03; 9 I Hadley (B&B) 2:27.80; 10 F Brill (Nene V) 2:28.33. **1500:** 1 K Johnson (Edin) 4:33.44; 2 S Jones (Mena) 4:33.98; 3 H Weedall (Vale R) 4:36.04; 4 I Curran (Gate) 4:42.54; 5 N Toft (B&B) 4:46.03; 6 A Ives (Bas H) 4:49.47; 7 D Dolby (B&B) 4:52.05; 8 A Hill (Card Arch) 4:53.25; 9 H Hunter (Herne H) 4:54.90; 10 A Harland (Bin) 4:58.22; 11 K Price (B&B) 5:03.88; 12 N Simmons (Bed C) 5:06.56; 13 A Bates (R&N) 5:19.91; 14 R O'Rourke (Have) 5:55.73; - M Collis (Herne H) DNF; - E Holland (Herne H) DNF. **75H (-0.7):** 1 M McIntosh (D&T) 11.26; 2 C Cook (Centr) 11.50; 3 E Hinchcliffe (Shef/Dearn) 11.52; 4 J Watkins (Brack) 11.54; 5 S Rutter (Darl) 11.60; 6 E Knight (E&H) 11.65; 7 W Gibb (SG) 11.94; 8 K Smith (Tyne) DQ. **H11 (-0.6):** 1 E Hinchcliffe (Shef/Dearn) 11.54; 2 W Gibb (SG) 11.66; 3 K Smith (Tyne) 11.75; 4 K Callcut (Nene V) 12.22; 5 M Leighton (Strat) 12.25; 6 I Humphreys (Craw) 12.42; 7 S Gammell (Wat) 12.87; 8 N Kilgallon (Tam) 12.89. **H12 (-1.0):** 1 L Watkins (Brack) 11.70; 2 E Knight (E&H) 11.71; 3 C Cook (Centr) 11.77; 4 K Holt (K&P) 11.97; 5 K Smith (Cow) 12.24; 6 R Green (Bed C) 12.50; 7 B Bovell (G&G) 12.56; 8 E Isaac (Card Arch) 12.61. **H13 (-1.6):** 1 M McIntosh (D&T) 11.52; 2 C Rutter (Darl) 11.71; 3 M Booth (B'burn) 11.90; 4 S Deans (Bin) 11.97; 5 J Winoogradzka (Bolt) 12.01; 6 A Walsh (Recre) 12.51.

**Funminiya Olajide:
long jump gold**



DON'T MISS THE ACTION

THE race to the European Athletics Indoor Championships, which comes to Glasgow in March 2019, is well and truly on – with the opening day of competition moving rapidly closer.

A number of the world's leading athletes will descend on Glasgow's Emirates Arena between March 1-3 as the championships return to the iconic city for the first time since 1990. There will be 650 athletes from more than 45 nations setting their sights on glory and planning has begun in earnest following the release of the competition schedule.

Six sessions will be competed across three action-packed days, with qualifiers and finals contested every day.

Medals for events such as the women's 3000m and men's shot put will be up for grabs on day one. Meanwhile, the men's pole vault and women's 400m will be among the day two highlights, while both the men's and women's long jump, 4x400m relays and 1500m will all feature on an exciting final day.

Home favourite, championship ambassador and newly-crowned outdoor European champion Laura Muir will have had a particularly close eye on the schedule for the women's 1500m and 3000m, events in which she claimed gold at the 2017 championships in Belgrade. She will look to defend one of them come March.

Muir's medal-winning streak continued earlier this year when she claimed silver in the 1500m and bronze in the 3000m at the IAAF World



Indoor Championships in Birmingham and the Inverness-born star will hope she can add to that medal haul come March.

She said: "Now that the competition schedule has been announced, the European Athletics Indoor Championships is very much in our sights – it is going to come around very quickly.

"My excitement and anticipation for the championship is building each day and I can't wait to experience and be a part of another major sporting event in this fantastic city.

"The Scottish crowds are always brilliant and come out in their numbers to not only support the home athletes but they also appreciate top quality athletics, too, so it will be a fantastic atmosphere for everyone."

BOOK YOUR TICKETS NOW via glasgow2019athletics.com





GLASGOW 2019 EUROPEAN INDOOR ATHLETICS CHAMPS TIMETABLE

DAY ONE – MARCH 1

Morning session

10:03	Long jump	M	Q
10:05	60mH (Pen)	W	
10:20	400m	M	R1
10:45	High jump (Pen)	W	
11:10	800m	W	R1
11:30	Shot put	M	Q
11:55	1500m	M	R1
12:00	Triple jump	W	Q
12:30	3000m	M	R1
12:30	High jump	M	Q
13:00	400m	W	R1
13:15	Shot put (Pen)	W	

Evening session

19:00	Pole vault	W	Q
19:02	Shot put	W	Q
19:04	Long jump (Pen)	W	
19:06	High jump	M	Q
19:10	1500m	W	R1
19:48	800m	M	R1
20:25	Triple jump	M	Q
20:35	Shot put	M	Final
20:36	400m	W	SF
20:55	400m	M	SF
21:15	800m (Pen)	W	Final
21:40	3000m	W	Final

DAY TWO – MARCH 2

Morning session

10:00	Long jump	W	Q
10:03	Pole vault	W	Q
10:10	60m (Hep)	M	
10:30	60m	M	R1
11:13	60m	W	R1
11:57	60mH	M	R1
12:05	Long jump (Hep)	M	
12:31	60mH	W	R1

Evening session

18:00	High jump	M	Final
18:02	Shot put (Hep)	M	
18:06	800m	W	SF
18:10	Pole vault	M	Final
18:25	800m	M	SF
18:50	60m	W	SF

19:20	60m	M	SF
19:47	3000m	M	Final
19:50	High jump (Hep)	M	A/B
20:10	400m	W	Final
20:22	400m	M	Final
20:35	60m	W	Final
20:50	60m	M	Final

DAY THREE – MARCH 3

Morning session

10:00	Triple jump	W	Final
10:06	60mH (Hep)	M	
11:05	60mH	M	SF
11:25	60mH	W	SF
12:20	Shot put	W	Final
11:15	Pole vault (Hep)	M	

Evening session

18:00	Long jump	W	Final
18:08	Pole vault	W	Final
18:30	60mH	M	Final
18:45	60mH	W	Final
19:00	800m	M	Final
19:18	800m	W	Final
19:37	1000m (Hep)	M	Final
19:15	High jump	W	Final
19:55	1500m	M	Final
19:35	Triple jump	M	Final
20:10	1500m	W	Final
20:25	4x400m	M	Final
20:40	4x400m	W	Final

RICHARDS AND PETERS SHOW MASTERFUL FORM IN BIRMINGHAM CHAMPS

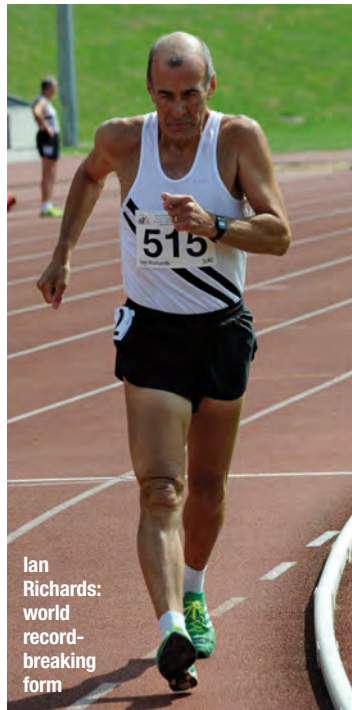
RACE WALKER IAN RICHARDS AND SPRINTER STEVE PETERS HEADLINE A WELL-ATTENDED MASTERS CHAMPIONSHIPS

REPORT: MARTIN DUFF

PICTURES: TOM PHILLIPS

ALTHOUGH not all of the 700-plus British veterans entered for the World Masters Championships, which begin in Malaga on September 4, took part here, there was still a near record entry of 572 men and 252 women, spread in ages from 35 to 92.

There was rain on the Sunday after a mainly dry if windy day on the Saturday and the cooler weather was to the distance runners liking. The sprinters and those in the explosive



Ian Richards: world record-breaking form



W70 1500m winner Angela Copson (left) and W60 winner Anna Garnier



Steve Peters: M65 sprint hat-trick

events found the temperature and nippy winds not quite so favourable but will look forward to, for them, better weather in Malaga.

The best performances of the meeting came from new M70 Ian Richards in the walks. The 1980 Olympian firstly took the 3000m event with 15:07.43, before returning on the Sunday to add the 5000m with 25:48.50, as he wound up his preparations for Malaga. "I am very pleased, especially after the 3000m," said Richards, who said that his competition in the world event would come from Australian Andrew Jamieson. "He has world records in longer distances," said Richards.

Steve Peters has notched up sprint trebles in these

championships since his first venture into masters athletics in the M40 age group. Now, just turned 65, he started with a championship best 12.56 in the 100m, before adding the 400m late on the first day.

Peters had broken the European 200m record in July but, after winning at the distance in a second championship best 26.22, on the Sunday, said: "The wind was blowing hard on the bend."

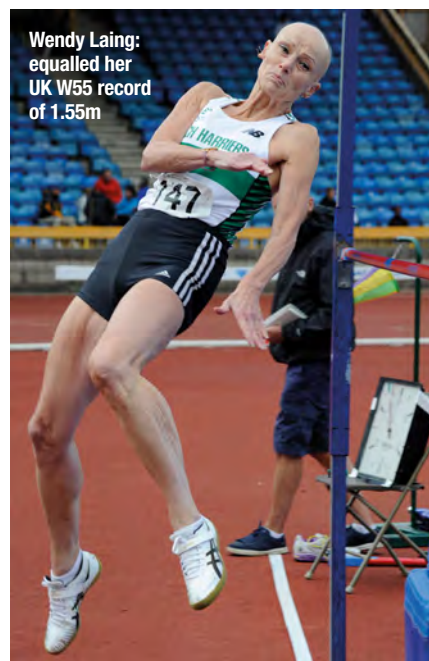
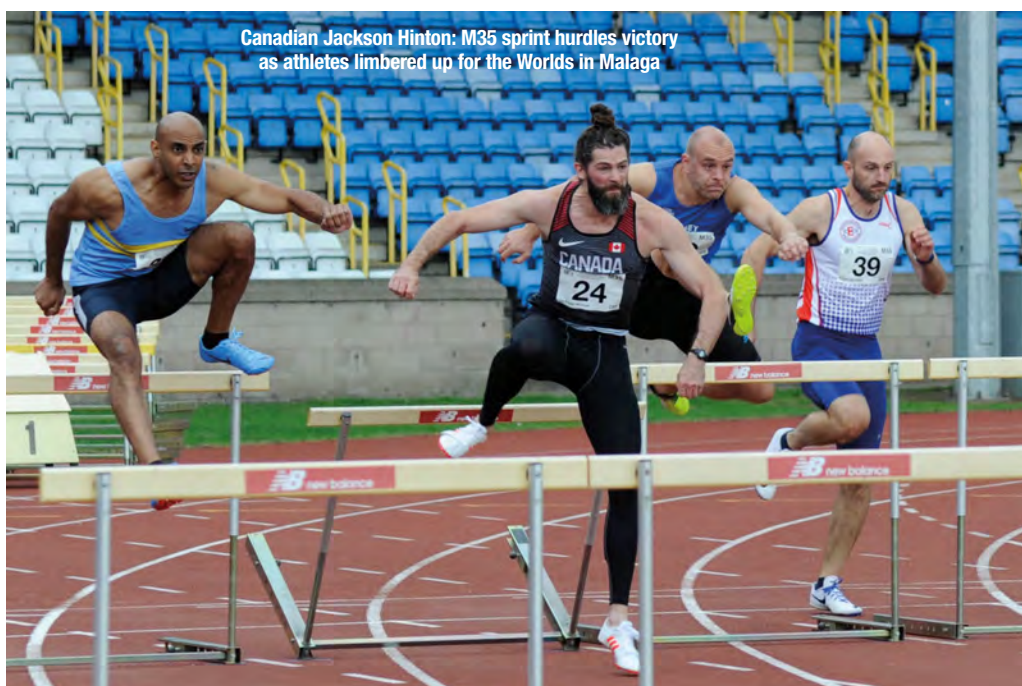
"I tore my calf six weeks ago and I've been taking it steady," said the sports psychologist, before adding he had looked at the entries for Spain and was surprised about how much faster ranked he was than his rivals. There, five gold medals will be on offer.

Another sprint treble winner was Caroline Powell who, in her final year of the W60 group was surprised to set a 400m championship record. This was in 67.66 and came about as the 64-year-old is now free of the long-term Achilles tendon injury that has plagued her career.

In the 200m on the Sunday, Powell was pressed by Averil McClelland before winning in 30.43 but said that, unlike others, she didn't notice the wind.

After narrowly missing the British record in the 100m, with 14.74, Joylyn Saunders-Mullins went one better in the 400m, with a European W65 best of 71.26. She said: "I missed it in the 100."

Completing her preparations



for Malaga, she added the 200m on Sunday in 31.35.

Multiple world champion and record-holder Angela Copson is scheduled to compete in at least six events in Spain but here just warmed up with a middle-distance double. She took the W70 1500m in 5:53.58 before doubling up in the 800m, with 2:54.02. Before Malaga, Copson said she will do "eight events in

a league meeting this weekend," as a final outing.

The best of the women walkers was the 2000 Olympian Lisa Kehler, who took the W50 5000m in a British record 26:03.00, as W60 Ann Wheeler had a 3000m victory in 18:00.50. The fastest walker on view was Portuguese national Francisco Reis, the 58-year-old clocked 24:17.29 in his 5000m.

Wendy Laing equalled her UK W55 high jump record with 1.50m and hopes to get the 1.55m world mark in Malaga but the Sunday rain meant that the pole vaults were held indoors and M40 Chris Mills was the pick with a 4.10m clearance.

Kevin Murch justified his favourites' mantle by winning the M55 javelin with 50.90m but his wife Deborah had to concede

to Marion Loveridge's 36.65m in the W55 hammer.

M70 and M75 discus throwers Neil Griffin and John Watts were on form with 39.52m and 36.84m age group wins, before both adding the shot on Sunday. Watts then broke the M75 weight record with 17.43m but said of his discus competition: "I had a bad day as the hail was coming down."



Will MacGee: M45 100m gold



Ian Broadhurst:
M60 winner at
300m hurdles
and 100m

Elsewhere in the hammer, John Pearson, was below his best when taking the M50 event with 58.44m but was right on form when taking the weight with 21.36m.

After breaking the British M55 record for the shot, recently, Morris Fox added the event but the slippery circle limited his offering to 13.44m. Liz Sissons cleaned up in the W70 throws.

The quickest of the 100m sprinters was M40 winner Dominic Bradley with 11.07, while multiple world M55 medallist Pat Logan took the 100m in 12.20 on Saturday before just losing out to Ricardo Huskisson in the 200m on day two. In his first year in the M50 section, Will MacGee came good with 11.65 in Saturday's still conditions.

With Peters moving up to the M65 group, Ian Broadhurst took a narrow M60 100m victory in 13.31 before just losing to Peter Hickey in the 200m on Sunday.

Sunday's wet weather drenched the women's 5000m races. The best performances came from five-time International Masters cross-country winner

Claire Martin who took the W40 division in 18:07.06. "That's my first track race for seven years, but I did my ankle, when out for a run while on holiday in Mauritius and had two weeks out," said the 43-year-old.

Former Southern senior cross-country champion Kathy Bailey, in her first year as a W50, also came good. "It is 15 years since I ran on the track," said the Winchester runner, who warmed up for the world championships with a 18:39.92 clocking. "I thought I would run

faster than that as I do that time in parkruns," added Bailey, who has several world championship medal aspirations.

Late on Sunday, the men's M50 5000m race saw a close contest. Despite a challenge from Ben Reynolds, Gordon Lee held on to win, in 16:19.01, with a sprint off the last bend. Lee said: "We let (third-placed) Tony Wright take it out."

The Sunday rain did not bother the steeplechasers and the M70 2000m race saw national record-holder Alex

Swiecicki win in 9:07.75, just a tick outside his British record.

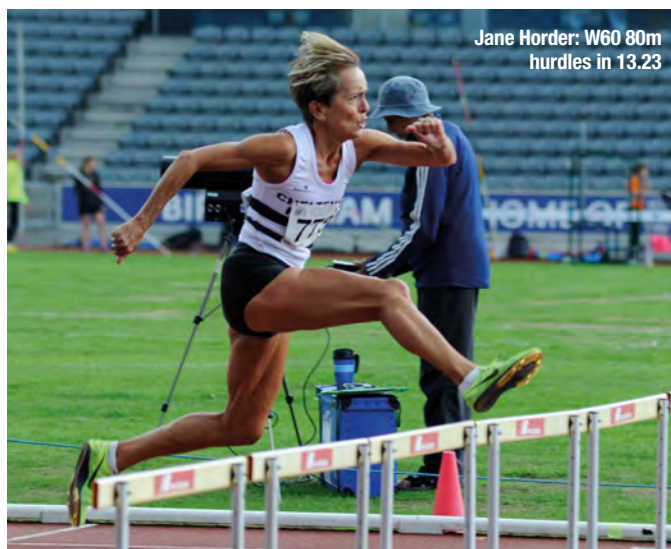
The men's 1500m races, on the Saturday included a competitive M65 event where Kevin Archer, who set a 5:24.1 British mile track best four days earlier, narrowly get the better of John Skelton and David Oxland in 5:02.20. Archer then totally dominated the 800m in 2:33.60.

Victory Shirley had earlier won the M75 1500m in 5:51.61, before former world vets 10km road champion Mike Trees narrowly took the M55 race in 4:42.72 from Rob Andrew. Shirley then made it a middle-distance double by adding the 800m late on the Sunday, in a championship best 2:51.95.

The men's 800m races saw two athletes under two minutes. James Moroney narrowly took the M35 event from Aaron Brown, in 1:57.58 and this followed a solid M40 victory by Jevegeni Judin in 2:03.28.

Mark Symes then followed up his M45 1500m victory on Saturday with the 800m to complete the double, in 2:06.92.

There was a good women's



Jane Horder: W60 80m
hurdles in 13.23



W65 middle-distance double from Alison Bourgeois. After taking the 1500m, on the first day, in 5:38.11, the Swiss resident was just outside her recent European record when adding the 800m in a championship best 2:42.96, after an opening lap 79.5.

"I really only started running 10 years ago but left the UK in 1973," said the 65-year-old, whose European record was set while competing against younger athletes in France. "We are going to do better in Malaga," added Bourgeois.

Bob Bradbury was a comfortable M65 5000m winner, in 18:16.72, as third-placed Oxland was amazed to hear that Ian Kitching, who just pipped him for silver, was doing so after a hip replacement a couple of years ago.

Martin Ford, who turned 75 just two weeks earlier, added his event in 20:56.73. "I hope for a medal in Malaga," said Bradbury, while Ford should also score.

Elsewhere in the sprints, Yvette Henry got the better of Michelle Thomas in the W45



group, winning in 12.83, before Thomas added the 200m in 28.00. Hurdler Jason Carty was disappointed to miss the British M45 100m flat best with 11.20.

The oldest Brit going to the world championships is 92-year-old Dalbir Singh Deol, who took the 100m on day one, in 23.72 before returning to add the 200m on Sunday, in 58.03.

He said: "I was happy just to finish, in the rain, but I didn't do the 400m because it was too close to the 100m but I will do

all three in Spain," he explained.

Among the older women sprinters 81-year-old Dorothy Fraser added the W80 sprint double in 21.93 and 48.19, while Iris Holder took the W75 event 19.31.

1956 Olympic Games steeplechase finalist Eric Shirley said he was pleased to get under two minutes in the M85 400m, with 1:53.26, while 80-year-old Fred Gibbs took his 5000m in 28:02.68.

There were a number of

good performances in the sprint hurdles as Jane Horder took the W60 80m event in 13.23 and Mensah Elliott the M40 110m race with 14.84.

Joe Appiah added M45 gold with 15.31, as new British record-holder Neil Tunstall held off Des Wilkinson in the M55 100m race in 15.18. Barry Marsden handed out a rare M50 defeat to Don Brown in the M50 event.

With Malaga looming there were a smattering of guest competitors and Swiss national Barbara Norris took the W50 shot and weight with 10.47m and 15.14m. Another good mark came from Aussie Michele Hossak, who ran 51.29 in the W55 300m hurdles.

Ireland's Anne Gilshinan won the W50 1500m easily in 4:58.65.

Despite the second best ever entry level, take up in the M35 age group was still poor in many events and, following the decision to drop medal standards, some went to performances such as 11.15m and 6.58m in the men's hammer.

RESULTS

V60 mixed events: 2000SC: 1 M Hargreaves (Ports) 7:52.52; 2 D Gill (Warr) 8:14.07; 3 G Brewster (Hunts) 8:33.50. **V65: 2000SC:** 1 I Carter (NZL) 8:29.14/ **V70: 2000SC:** 1 A Swieicki (Bed C) 9:07.75

M35 men: 100 (0.8): 1 M Hanson (E&H) 11.12. **200 (-2.2):** 1 S Marshall (Cov) 23.22. **400:** 1 S Tester (Ton) 52.62. **800:** 1 J Moroney (Notts) 1:57.58; 2 A Brown (Tip) 1:58.20; 3 D Mollison (Oxf C) 2:01.48. **1500:** 1 J Farkas (SVHC) 4:10.21. **5000:** 1 J Farkas (SVHC) 15:42.70. **110H (1.9):** 1 J Hinton (CAN) 14.21; 2 P Irving (Jer) 15.14; 3 M Louise (WSEH) 15.27. **400H:** 1 J Gilding (Charm) 60.12. **3000SC:** 1 S Millward (Glouc) 10:06.69. **HJ:** 1 M Burr (GAC) 1.80. **PV:** 1 I Parkinson (Wyc P) 4.00. **LJ:** 1 M Burr (GAC) 12.49. **SP:** 1 B Howard (Burt) 9.55. **WT:** 1 B Howard (Burt) 8.78.

DT: 1 S Hart (New M) 29.54. **HT:** 1 T Macdowall (VP&TH) 11.15. **JT:** 1 S Leek (Living) 41.22

M40: 100 (0.0): 1 D Bradley (MMAC) 11.07; 2 M Elliott (SCVAC) 11.33; 3 A Robertson (SVHC) 11.57; 4 J Wood (SCVAC) 11.72; 5 M Barough (SCVAC) 11.77; 6 K Lynch (IRL) 11.89; 7 S Jarvis (SWVAC) 12.08. **Ht1 (-0.1):** 1 M Elliott (SCVAC) 11.20; 2 A Robertson (SVHC) 11.53; 3 M Barough (SCVAC) 11.57; 4 K Lynch (IRL) 11.86. **H2 (0.0):** 1 D Bradley (MMAC) 11.44; 2 J Wood (SCVAC) 11.68; 3 S Jarvis (SWVAC) 12.13. **200 (-2.0):** 1 D Bradley (MMAC) 23.23; 2 A Robertson (SVHC) 24.06; 3 A Bellis (SCVAC) 24.17; 4 J Wood (SCVAC) 24.29; 4 M Barough (SCVAC) 24.29. **400:** 1 A Bellis (SCVAC) 52.22; 2 A Parker (NMAC) 52.24; 3 K Lynch (IRL) 52.80. **800:** 1 J Judin (SWVAC) 2:03.28; 2 P Burden (SWVAC) 2:03.81; 3 I Robertson (SVHC) 2:05.07; 4 S Orr (NIMAA) 2:06.48; 5 P Harmer (MMAC) 2:07.68. **1500:** 1 M Atkins (SCVAC) 4:18.12; 2 S Doyle (NIMAA) 4:21.88. **5000:** 1 P Burden (SWVAC) 15:59.61; 2 G Crush (EMAC) 16:07.52; 3 M Shore (VAC) 16:09.69; 4 J Scott-Buccleuch (NMAC) 16:18.80. **110H (0.9):** 1 M Elliott (SCVAC) 14.84; 2 N Hayman (EMAC) 16.38; 3 P Davey (SCVAC) 17.68. **400H:** 1 D Towart (NEMAA) 60.83; 2 N Hayman (EMAC) 61.96. **PV:** 1 C Mills (SCVAC) 4.10; 2 D Graham (SVHC) 4.10; 3 J Robinson (MMAC) 4.00. **LJ:** 1 G Stirling (SCVAC) 5.80/1.0; 1 R North (MMAC) 5.80/0.5. **TJ:** 1 G Stirling (SCVAC) 12.49. **SP:** 1 S McCauley (SWVAC) 12.15. **WT:** 1 S McCauley (SWVAC) 13.23; 2 M Elliott (MMAC) 12.22; 3 S Achurch (EMAC) 11.18. **DT:** 1 S McCauley (SWVAC) 37.91; 2 H Petzer (OPEN) 36.01; 3 S Achurch (SCVAC) 33.91; 4 R McKenna (SCVAC) 33.30. **HT:** 1 S Achurch (EMAC) 43.51; 2 M Elliott (MMAC) 43.23; 3 S McCauley (SWVAC) 38.57. **JT:** 1 H Petzer (OPEN) 50.95; 2 C Kent (EMAC) 42.15; 3 S Achurch (EMAC) 41.53. **M45: 100 (1.6):** 1 J Carty (SCVAC) 11.20; 2 G Minetti (SCVAC) 11.78; 3 J Applah (SCVAC) 11.84; 4 M Collins (EMAC) 11.88; 5 J Smith (EMAC) 12.15; 6 Y Opaleye (EMAC) 12.17.

200: r2 (-2.8): 1 M Coogan (NMAC) 24.16; 2 M Wall (NMAC) 25.21; 3 M Collins (EMAC) 25.22; 4 G Minetti (SCVAC) 25.66; 5 J Smith (EMAC) 25.95. **400:** 1 G Harrison (SCVAC) 52.71; 2 J Smith (EMAC) 56.31. **800:** 1 M Symes (SCVAC) 2:06.92; 2 C Westcott (EMAC) 2:08.06; 3 T James (MMAC) 2:08.66; 4 R Datnow (VAC) 2:10.19. **1500:** 1 M Symes (SCVAC) 4:17.49; 2 J Prest (NMAC) 4:23.01; 3 C Westcott (EMAC) 4:23.49. **5000:** 1 S Baines (VAC) 15:57.83; 2 J Prest (NMAC) 15:59.75. **110H (0.9):** 1 J Applah (SCVAC) 15.31; 2 G Smith (EMAC) 16.97. **400H:** 1 M Medina (BRAZIL) 61.40; 2 R Holt (SCVAC) 62.42. **HJ:** 1 A England (NMAC) 1.63; 2 W Gadd (EMAC) 1.63; 3 M Medina (BRAZIL) 1.60; 4 J Van Riel (NLD) 1.55. **PV:** 1 B Kingman (EMAC) 3.60. **LJ:** 1 M Medina (BRAZIL) 6.13/1.3; 2 N Lincoln (SCVAC) 5.92/1.3; 3 S Nash (SCVAC) 5.60/0.8; 4 C Beecham (SCVAC) 5.55/1.8; 5 W Gadd (EMAC) 5.55/0.2; 6 J Munroe (SCVAC) 5.52/0.3; 7 K Newton (SCVAC) 5.42/1.2. **TJ:** 1 M Medina (BRAZIL) 12.42; 2 K Newton (SCVAC) 11.68; 3 S Nash (SCVAC) 11.24; 4 V Ramsay (VAC) 11.13; 5 C Beecham (SCVAC) 10.98. **SP:** 1 G Degutis (EMAC) 12.15; 2 J Twiddle (NMAC) 12.08; 3 G Pell (NMAC) 11.65. **WT:** 1 G Holder (WMAA) 13.93; 2 J Twiddle (NMAC) 11.45; 3 G Pell (NMAC) 11.17. **DT:** 1 P Crawford (NEMAA) 36.33; 2 A Thomas (SWVAC) 36.21; 3 J Twiddle (NMAC) 34.85; 4 G Pell (NMAC) 32.80. **HT:** 1 G Holder (WMAA) 51.32; 2 J Twiddle (NMAC) 38.44; 3 G Pell (NMAC) 33.70. **JT:** 1 J Van Riel (NLD) 36.46; 2 G Pell (NMAC) 36.44. **M50: 100 (0.0):** 1 W MacGee (SCVAC) 11.65; 2 M Gardiner (MMAC) 11.95; 3 A Leigh (MMAC) 12.03; 4 D Brown (MMAC) 12.39; 5 R Whiting (WMAA) 12.41; 6 P Canning (EMAC) 12.46; 7 S Beak (SCVAC) 12.70; 8 K Telfer (AUSTRALIA) 12.81. **Ht1 (1.2):** 1 W MacGee (SCVAC) 11.77; 2 A Leigh (MMAC) 12.04; 3 D Brown (MMAC) 12.41; 4 K Telfer (AUSTRALIA) 12.60; 5 D Pearson (SWVAC) 12.77. **H2 (2.1):** 1 M Gardiner (MMAC) 12.15; 2 R Whiting (WMAA) 12.34; 3 P Canning (EMAC) 12.41; 4 S Beak (SCVAC) 12.54; 5 P Anastasi (SCVAC) 12.75. **200: r1 (-1.6):** 1 P Canning (EMAC) 25.93; 2 R Whiting (WMAA) 26.56; 3 G Clare (NMAC) 26.78. **r2 (-2.6):** 1 M Gardiner (MMAC) 25.14; 2 A Leigh (MMAC) 25.36; 3 S Beak (SCVAC) 26.18; 4 K Telfer (AUSTRALIA) 26.74. **400: r1:** 1 A James (MMAC) 57.87; 2 S Bond (MMAC) 58.99; 3 M Goldie (NMAC) 59.57. **r2:** 1 M Gardiner (MMAC) 55.06; 2 M White (VAC) 56.14; 3 G Gray (SCVAC) 56.26; 4 G Clare (NMAC) 57.53; 5 N Vondy (IOMVA) 58.51. **800:** 1 A Haines (SCVAC) 2:10.58; 2 S Atkinson (VAC) 2:11.90; 3 A Ronald (SVHC) 2:15.88; 4 S Herring (EMAC) 2:16.71; 5 M Goldie (NMAC) 2:18.97. **1500:** 1 T Wright (SWVAC) 4:26.48; 2 A Haines (SCVAC) 4:27.23; 3 S Atkinson (VAC) 4:31.99; 4 S Herring (EMAC) 4:34.38; 5 S Anderson (SWVAC) 4:35.44; 6 A Ronald (SVHC) 4:39.68; 7 T Roper (MMAC) 4:42.48.



M35 1500m winner Peter Watkins (50) with Scotland's Jozsef Farkas

5000: 1 G Lee (MMAC) 16:19.01; 2 B Reynolds (VAC) 16:20.19; 3 T Wright (SWVAC) 16:24.57; 4 S Goodall (EMAC) 16:38.01; 5 I Johnston (SVHC) 16:44.47; 6 P Gaylor (SCVAC) 17:11.20; 7 T Roper (MMAC, M55) 17:12.59. **100H (0.0):** 1 B Marsden (SCVAC) 15.04; 2 D Brown (MMAC) 15.43. **3000SC:** 1 G Moffatt (MMAC) 11:10.90; 2 C Palmer (MMAC) 11:14.15; 3 J Buchanan (SVHC) 11:19.42; 4 J Mower (WMAA) 11:23.30. **3000W:** 1 M Williams (MMAC) 15:41.06. **5000W:** 1 M Williams (MMAC) 27:21.43. **HJ:** 1 S Linsell (NMAC) 1.74; 2 J Macgregor (SVHC) 1.55; 3 P Bowers (EMAC) 1.50. **PV:** 1 G Price (WMAA) 3.80; 2 S Eastwood (EMAC) 3.20; 3 N Walker (SWVAC) 2.80. **LJ:** 1 P Bowers (EMAC) 5.26/1.6; 2 D Pearson (SWVAC) 5.19/1.3; 3 S Beak (SCVAC) 5.16/1.0. **TJ:** 1 P Harrison (EMAC) 11:22.14; 2 P Bowers (EMAC) 10.53/2.4. **SP:** 1 D Crawford (NIMAA) 11.29; 2 D Morris (MMAC) 10.68; 3 T Balko (NMAC) 10.35. **WT:** 1 J Pearson (MMAC) 21.36; 2 P Kelly (SCVAC) 12.46; 3 D Crawford (NIMAA) 12.13; 4 T Balko (NMAC) 12.11. **DT:** 1 K Brown (MMAC) 41.50; 2 T Atkin (NMAC) 40.28; 3 P

Wilkins (MMAC) 37.64; 4 T Balko (NMAC) 36.55; 5 D Crawford (NIMAA) 35.79; 6 D Brown (NMAC) 35.24; 7 L Golding (MMAC) 31.94. **HT:** 1 J Pearson (MMAC) 58.44; 2 B Ellingham (EMAC) 40.82; 3 T Balko (NMAC) 38.82; 4 P Kelly (SCVAC) 37.01; 5 D Brown (NMAC) 30.17. **JT:** 1 D Crawford (NIMAA) 50.24; 2 D Tucker (WMAA) 41.57; 3 D Brown (NMAC) 38.45; 4 M Taylor (MMAC) 31.33. **M55: 100 (0.0):** 1 P Logan (VAC) 12.20; 2 F Furlotti (SCVAC) 12.41; 3 R Huskisson (EMAC) 12.44; 4 N Tunstall (SWVAC) 12.58; 5 J Statham (MMAC) 12.78; 6 D Donald (MMAC) 13.12; 7 G Leek (SVHC) 13.21. **Ht1 (0.0):** 1 F Furlotti (SCVAC) 12.45; 2 D Powell (MMAC) 12.66; 3 N Tunstall (SWVAC) 12.67; 4 J Statham (MMAC) 12.94. **H2 (0.0):** 1 P Logan (VAC) 12.38; 2 R Huskisson (EMAC) 12.44; 3 D Donald (MMAC) 12.82; 4 G Leek (SVHC) 13.11; 5 M Woods (SCVAC) 13.35. **200 (-0.3):** 1 R Huskisson (EMAC) 25.27; 2 P Logan (VAC) 25.51; 3 N Tunstall (SWVAC) 25.71; 4 M Woods (SCVAC) 26.22; 5 J Statham (MMAC) 27.10. **400:** 1 J Tilt (SCVAC) 56.29; 2 K Bentham (SCVAC) 56.87; 3 S Bickers (MMAC) 57.00; 4 R Grew (SWVAC) 57.59. **800:** 1 S Bickers (MMAC) 2:13.35; 2 S Toogood (WMAA) 2:14.02; 3 R Andrew (MMAC) 2:14.31; 4 I Wright (SCVAC) 2:15.37; 5 A Gannaway (VAC) 2:15.80; 6 J Turner (NMAC) 2:17.48; 7 I Fitzpatrick (NMAC) 2:21.84; 8 J Donaldson (EMAC) 2:22.70. **1500:** 1 M Trees (SCVAC) 4:42.72; 2 R Andrew (MMAC) 4:43.24; 3 S Le Mare (EMAC) 4:47.24; 4 J Turner (NMAC) 4:50.36; 5 R Fox (MMAC) 4:57.61. **5000:** 1 S Watmough (NMAC) 17:01.53; 2 S Smith-Bannister (SCVAC) 17:16.18; 3 A Mason (SCVAC) 17:24.97; 4 P Knight (MMAC) 17:26.36; 5 C Upson (SVHC) 18:18.60. **100H (-0.1):** 1 M Tunstall (SCVAC) 15.18; 2 D Wilkinson (EMAC) 15.40. **3000SC:** 1 A Tindall (EMAC) 11:25.66; 2 S Le Mare (EMAC) 12:29.85. **3000W:** 1 F Reis (SCVAC) 14:18.06. **5000W:** 1 F Reis (SCVAC) 24:17.29. **HJ:** 1 P Masterton (SVHC) 1.46. **PV:** 1 R Todd (SVHC) 3.40; 2 R Phelan (EMAC) 3.10; 3 A Leiper (SCVAC) 3.00; 4 W Martin (SCVAC) 2.80; 5 K Powell (WMAA) 2.70; 6 P Stepany (SCVAC) 2.50. **LJ:** 1 C Warren (EMAC) 4.97/1.1; 2 R Phelan (EMAC) 4.76/1.7; 3 A Leiper (SCVAC) 4.64/1.5. **TJ:** 1 C Warren (EMAC) 9.79/4.2. **SP:** 1 M Fox (MMAC) 13.44; 2 M Hausler (EMAC) 11.69; 3 A Leiper (SCVAC) 11.17; 4 N Grover (SCVAC) 10.69. **WT:** 1 C Privett (VAC) 14.55; 2 A Hall (SCVAC) 14.24; 3 A Leiper (SCVAC) 13.03; 4 M Roberts (MMAC) 11.16; 5 A Rushbrook (SCVAC) 10.75; 6 D Thomas (WMAA) 10.60. **DT:** 1 J Moreland (MMAC) 42.75; 2 B Broadbridge (SWVAC) 41.66; 3 M Fox (MMAC) 41.26; 4 S Ryan (NEMAA) 40.61; 5 M Froudakis (GRC) 40.45; 6 C Privett (VAC) 38.62; 7 M Line (NMAC) 36.39; 8 N Barton (SCVAC) 33.68; 9 P Wishart (VAC) 32.90; 10 A Leiper (SCVAC) 31.50. **B:** 1 K Murch (MMAC) 36.62; 2 P Young (NEMAA) 30.61; 3 D Stokes (WMAA) 29.37; 4 J Sewell (NMAC) 29.33; 5 A Rushbrook (SCVAC) 28.27. **HT:** 1 A Hall (SCVAC) 40.89; 2 M Roberts (MMAC) 39.34; 3 C Privett (VAC) 39.32; 4 B Broadbridge (SWVAC) 37.80; 5 A Rushbrook (SCVAC) 32.75; 6 A Leiper (SCVAC) 30.86. **JT:** 1 K Murch (MMAC) 50.90; 2 M Line (NMAC) 41.47; 3 S Ryan (NEMAA) 40.17; 4 A Leiper (SCVAC) 35.15; 5 N Barton (SCVAC) 33.58. **M60: 100 (0.0):** 1 I Broadhurst (WMAA) 13.31; 2 B Morris (SCVAC) 13.40; 3 I Scholes (NMAC) 13.51; 4 E Smart (NEMAA) 13.56; 5 P Clayton (MMAC) 14.07. **200 (-1.8):** 1 P Hickey (NMAC) 27.47; 2 J I Broadhurst (WMAA) 27.47. **400:** 1 T James (EMAC) 61.90; 2 D Cooke (SWVAC) 62.65; 3 K McDonnell (WMAA) 62.73; 4 I Licietis (SCVAC) 5:09.21; 4 S Taylor (NMAC) 5:09.86; 5 M Murphy (IRL) 5:11.39; 6 G Brewster (EMAC) 5:12.03; 7 S Bean (SCVAC) 5:13.65. **5000:** 1 B Green (MMAC) 17:45.12; 2 A Wetherill (MMAC) 17:49.65; 3 S Bean (SCVAC) 18:36.48; 4 P Thompson (EMAC) 18:49.71; 5 P Crockford (VAC)

18:56.88. **300H:** 1 I Broadhurst (WMAA) 49.39. **HJ:** 1 P Askew (MMAC) 1.38; 2 D Talbot (SCVAC) 1.35; 3 S Harger (SWVAC) 1.35. **PV:** 1 K Grundy (NMAC) 2.80; 2 M Burgman (NLD) 2.40. **LJ:** 1 B Morris (SCVAC) 4.95/1.2; 2 H Hopkins (MMAC) 4.63/1.2; 3 T Wade (SCVAC) 4.54/1.2. **TJ:** 1 A Earle (MMAC) 9.90/1.4. **SP:** 1 P Knott (EMAC) 11.29; 2 G Packman (EMAC) 9.60; 3 R Shephard (VAC) 9.36. **WT:** 1 D Valentine (EMAC) 17.15; 2 I Cooley (NMAC) 15.21; 3 D Maggs (NEMAA) 14.20; 4 M Bale (SCVAC) 12.70; 5 A Mitchell (MMAC) 12.11. **DT:** 1 D Abernethy (NMAC) 40.38; 2 J Drzewiecki (SCVAC) 37.10; 3 G Packman (EMAC) 35.05; 4 D Maggs (NEMAA) 33.53; 5 Q McQuillan (MMAC) 32.18. **HT:** 1 E Lawlor (SCVAC) 45.44; 2 D Valentine (EMAC) 43.67; 3 D Maggs (NEMAA) 40.55; 4 I Cooley (NMAC) 39.07; 5 A Mitchell (MMAC) 33.02; 6 M Bale (SCVAC) 31.86. **JT:** 1 J Fenton (SCVAC) 43.97; 2 S Langdon (SCVAC) 39.99; 3 M Peli (MMAC) 32.84. **M65: 100:** 1 S Peters (NMAC) 12.56; 2 W Franklyn (SCVAC) 13.45; 3 P Mould (MMAC) 13.56; 4 D Walker (MMAC) 13.94; 5 J Moore (EMAC) 14.51; 6 M Lapka (SWVAC) 14.68. **200 (-0.1):** 1 S Peters (NMAC) 26.22; 2 P Mould (MMAC) 28.72; 3 L Percival (EMAC) 29.64; 4 J Moore (EMAC) 30.77. **400:** 1 S Peters (NMAC) 62.59; 2 S Hincliffe (MMAC) 65.61; 3 L Percival (EMAC) 66.27. **800:** 1 K Archer (SWVAC) 2:33.60. **1500:** 1 K Archer (SWVAC) 5:02.20; 2 J Skelton (EMAC) 5:07.16; 3 D Oxlard (MMAC) 5:15.26; 4 I Carter (NZL) 5:16.97. **5000:** 1 B Bradbury (SCVAC) 18:16.72; 2 I Kitching (VAC) 19:17.61; 3 D Oxlard (MMAC) 19:19.79; 4 S Thorp (SCVAC) 19:48.45. **3000W:** 1 P Boszko (MMAC) 16:33.66; 2 J Hall (VAC) 17:08.41. **5000W:** 1 J Hall (VAC) 28:48.23. **PV:** 1 A Williams (SCVAC) 2.90; 2 D Blunt (VAC) 2.70. **LJ:** 1 M Lapka (SWVAC) 4.68/0.6; 2 D Blunt (VAC) 4.15/0.8; 3 R Singh (MMAC) 4.02/1.8. **TJ:** 1 D Folgate (EMAC) 9.61/0.1; 2 D Blunt (VAC) 8.95/0.0. **SP:** 1 G Tyler (EMAC) 11.77; 2 J Richards (VAC) 10.48; 3 P Oakes (EMAC) 9.17; 4 B Scott (EMAC) 8.64; 5 D Martin (NMAC) 8.50. **WT:** 1 B Scott (EMAC) 13.85; 2 J Wild (NEMAA) 13.56; 3 D Martin (NMAC) 13.38; 4 L Laughton (NZL) 12.74; 5 P Oakes (EMAC) 12.60. **DT:** 1 G Tyler (EMAC) 37.03; 2 J Wild (NEMAA) 35.73; 3 T Richards (VAC) 35.33; 4 B Scott (EMAC) 35.05; 5 L Laughton (NZL) 34.19; 6 P Oakes (EMAC) 32.92; 7 T Needham (EMAC) 30.26; 8 B Renshaw (MMAC) 28.90. **HT:** 1 J Wild (NEMAA) 36.49; 2 D Martin (NMAC) 34.24; 3 B Scott (EMAC) 32.68; 4 T Saunders-Mullins (SCVAC) 29.78; 5 P Oakes (EMAC) 29.74; 6 T Needham (EMAC) 29.41; 7 L Laughton (NZL) 27.88; 8 B Renshaw (MMAC) 26.12; 9 J Blackwell (EMAC) 25.08. **JT:** 1 P Oakes (EMAC) 32.81; 2 T Richards (VAC) 32.74; 3 J Eastwood (SCVAC) 30.83; 4 D Martin (NMAC) 30.39; 5 B Scott (EMAC) 29.33. **M70: 100 (0.0):** 1 V Novell (SCVAC) 14.09; 2 J Smith (SVHC) 14.38; 3 L Dunn (MMAC) 14.95; 4 J Steel (MMAC) 15.05. **200 (-1.4):** 1 V Novell (SCVAC) 30.40; 2 J Smith (SVHC) 30.61. **400:** 1

L Dunn (MMAC) 70.23. **800:** 1 V Luck (EMAC) 2:47.41; 2 M Weir (MMAC) 2:49.14. **1500:** 1 M Weir (MMAC) 5:31.92; 2 M Casey (NMAC) 5:45.98. **5000:** 1 M Weir (MMAC) 20:14.60; 2 M Casey (NMAC) 20:48.64; 3 J Exley (SCVAC) 20:53.02; 4 K Bowman (EMAC) 20:56.46. **80H (0.1):** 1 A Webb (NEMAA) 14.99. **300H:** 1 A Webb (NEMAA) 55.89; 2 E Taylor (NIMAA) 68.15. **3000W:** 1 I Richards (VAC) 15:07.43; 2 R Michell (MMAC) 17:50.11. **5000W:** 1 I Richards (VAC) 25:48.50. **LJ:** 1 R White (SCVAC) 3.89/1.9; 2 J Smith (SVHC) 3.83/0.3. **TJ:** 1 P Lundby (NORWAY) 8.97/1.1; 2 J Smith (SVHC) 7.94/0.0. **SP:** 1 N Griffin (SCVAC) 11.62; 2 B Hawksworth (MMAC) 11.22; 3 J McClean (NIMAA) 11.19. **WT:** 1 B Hawksworth (MMAC) 16.72; 2 D Kuester (MMAC) 10.90. **DT:** 1 N Griffin (SCVAC) 39.52; 2 B Hawksworth (MMAC) 35.58. **HT:** 1 B Hawksworth (MMAC) 43.34; 2 P Aston (SWVAC) 37.78; 3 D Kuester (MMAC) 27.14. **JT:** 1 B Hawksworth (MMAC) 34.12; 2 P Daw (SWVAC) 29.12; 3 E Taylor (NIMAA) 26.73. **M75: 100 (0.0):** 1 A Long (VAC) 14.52; 2 I Foster (EMAC) 15.01. **800:** 1 V Shirley (NMAC) 2:51.95; 2 M Ford (MMAC) 2:59.86. **1500:** 1 V Shirley (NMAC) 5:51.61; 2 P Brennan (MMAC) 6:11.06. **5000:** 1 M Ford (MMAC) 20:56.73. **HJ:** 1 R Bruck (SCVAC) 1.20. **LJ:** 1 A Long (VAC) 3.97/0.6. **TJ:** 1 A Long (VAC) 8.44/0.0. **SP:** 1 J Watts (NMAC) 9.50; 2 J Sloan (NMAC) 9.41; 3 R Hall (SCVAC) 8.94. **WT:** 1 J Watts (NMAC) 17.41; 2 B Gentleman (NMAC) 12.58; 3 P Conboy (IRL) 10.26. **DT:** 1 J Watts (NMAC) 36.84; 2 S Singh (MMAC) 31.97; 3 J Sloan (NMAC) 27.80; 4 I Humphries (NEMAA) 23.46. **HT:** 1 B Gentleman (NMAC) 33.69; 2 J Watts (NMAC) 27.97; 3 P Conboy (IRL) 24.41. **JT:** 1 I Humphries (NEMAA) 23.83; 2 D Price (MMAC) 23.15. **M80: 100 (1.7):** 1 R Mackenzie (Ton) 17.79. **200 (-1.9):** 1 G Bobb (VAC) 35.87. **400:** 1 D Carney (B&R) 1:44.13; 2 A Kimber (Dartf) 1:44.74. **800:** 1 D Carney (B&R) 3:55.15. **1500:** 1 F Gibbs (Bing) 28:02.68. **HJ:** 1 T Driver (Hal) 1.10. **LJ:** 1 T Driver (Hal) 2.77/1.5. **TJ:** 1 T Driver (Hal) 6.11/2.3. **SP:** 1 G Bobb (York) 8.95; 2 W Dixon (Camb H) 8.34; 3 T Driver (Hal) 7.70; 4 H Ryan (NE Vets) 7.35. **WT:** 1 W Dixon (Camb H) 12.12; 2 H Ryan (NE Vets) 8.37. **DT:** 1 W Dixon (Camb H) 28.45; 2 T Driver (Hal) 20.18; 3 H Ryan (NE Vets) 19.99. **HT:** 1 W Dixon (Camb H) 29.62; 2 H Ryan (NE Vets) 21.58. **JT:** 1 T Driver (Hal) 24.28; 2 W Dixon (Camb H) 18.81; 3 H Ryan (NE Vets) 17.08. **M85: 100 (1.7):** 1 R Pitcairn-Knowles (S'oaks) 21.88. **400:** 1 E Shirley (Hill) 1:52.26; 2 R Pitcairn-Knowles (S'oaks) 2:04.51. **1500:** 1 R Pitcairn-Knowles (S'oaks) 9:06.31. **3000W:** 1 K Livermore (E&H) 26:10.48. **SP:** 1 M McGarry (IRL) 7.66. **WT:** 1 M McGarry (IRL) 12.10; 2 G Roberts (Spark) 8.06. **DT:** 1 M McGarry (IRL) 21.47. **HT:** 1 M McGarry (IRL) 23.08; 2 G Roberts (Spark) 18.72. **M90: 100 (1.7):** 1 D Singh Deol (Vets) 23.72. **200 (-1.9):** 1 D Singh Deol (Vets) 58.03. **DT:** 1 P Tearle (NZL) 12.68; 2 J Farrar (N Masters) 7.64. **JT:**

1 P Tearle (NZL) 10.09; 2 J Farrar (N Masters) 6.65. **W35 women: 100 (1.6):** 1 L Evans (NMAC) 12.46; 2 L Boland (SCVAC) 13.19. **200 (-0.3):** 1 L Evans (NMAC) 26.12. **400:** 1 V Watkins (Bla PJ) 66.90. **800:** 1 V Haswell (Sun) 2:29.75. **1500:** 1 J Franklin (VAC) 4:54.46; 2 R Luxton (EMAC) 4:58.44. **5000:** 1 J Franklin (VAC) 18:23.90. **100H (0.0):** 1 H Riley (IOMVA) 16.41. **400H:** 1 S Johnson (Dartf) 87.47. **2000SC:** 1 J Etherington (SVHC) 7:47.58. **HJ:** 1 C Dover (MMAC) 1.45. **PV:** 1 C Parkinson (SCVAC) 3.20; 2 G Cooke (SVHC) 2.90. **LJ:** 1 G Cooke (SVHC) 5.24/3.0; 2 L Whyke (NMAC) 4.79/1.4; 3 L Boland (SCVAC) 4.62/1.8. **TJ:** 1 L Whyke (NMAC) 10.24/1.6. **SP:** 1 F Thomas (NMAC) 10.28; 2 M Berndt (ITA) 9.85. **DT:** 1 M Berndt (ITA) 31.33. **HT:** 1 M Lee (NMAC) 32.54. **JT:** 1 S Warrington (Leam) 26.32. **W40: 100 (0.1):** 1 N Norris (SCVAC) 13.57. **200 (-1.1):** 1 C Smith (Nene V) 28.04. **400:** 1 C Smith (EMAC) 63.33. **800:** 1 N Woodward (NEMAA) 2:21.94. **1500:** 1 M Lloyd (SCVAC) 4:54.28; 2 A Cutts (SWVAC) 5:10.65. **5000:** 1 C Martin (MMAC) 18:07.06. **2000SC:** 1 C Thompson (SVHC) 7:43.75. **HJ:** 1 S Dudink (NLD) 1.40; 2 J Wilding (SCVAC) 1.40; 3 M Smith (NMAC) 1.35. **PV:** 1 T Quinlivan (OPEN) 2.80; 2 C Muir (OPEN) 2.30. **LJ:** 1 K Valente (SCVAC) 4.95/2.5; 2 C Sciberras (MLT) 4.55/3.1. **TJ:** 1 C Sciberras (MLT) 9.29/2.2. **SP:** 1 M Heijns (NED) 10.66; 2 C Reid (SVHC) 9.60; 3 S Hewitt (SCVAC) 9.59. **WT:** 1 S Hewitt (SCVAC) 10.64. **DT:** 1 S Hewitt (SCVAC) 35.15. **HT:** 1 L Weatheritt (NEMAA) 41.41; 2 T Gould (VAC) 31.68; 3 C Reid (SVHC) 30.11. **JT:** 1 M Smith (S'port W) 21.82. **W45: 100 (2.1):** 1 Y Henry (SCVAC) 12.83; 2 M Thomas (WMAA) 13.01; 3 A Saunders (NMAC) 13.35; 4 P Watson (SCVAC) 13.89. **200: r2 (-2.8):** 1 M Thomas (WMAA) 28.00; 2 A Saunders (NMAC) 28.88; 3 Y Clayton (EMAC) 29.51. **400:** 1 Y Clayton (EMAC) 65.21. **800:** 1 C Constable (NMAC) 2:23.87; 2 R Coupe (MMAC) 2:25.77; 3 J Carter (SWVAC) 2:28.72; 4 T Wickens (MMAC) 2:30.71. **1500:** 1 A Smith (IRL) 5:03.75; 2 S Francis (SCVAC) 5:11.94; 3 J Carter (SWVAC) 5:16.63; 4 C Mayers (IOMVA) 5:20.56; 5 S Selvey (MMAC) 5:25.50; 6 G Cotterell (SWVAC) 5:25.60. **5000:** 1 C Mayers (IOMVA) 19:36.60; 2 C Cotterell (SWVAC) 20:19.54. **400H:** 1 L Lambert (AUS) 68.28; 2 T Gribble (SWVAC) 79.15. **2000SC:** 1 A Ramos-Villaverde (SCVAC) 8:09.72. **PV:** 1 T Carter (SWVAC) 2:40. **LJ:** 1 C Warden (NMAC) 4.72/1.7; 2 J Abel (EMAC) 4.63/1.4. **TJ:** 1 A Broadhurst (WMAA) 8.58/1.6. **SP:** 1 S McGrath (EMAC) 9.49; 2 V Hannam (SCVAC) 9.40; 3 S Lawrence (NMAC) 9.20. **WT:** 1 S Lawrence (SCVAC) 10.62. **DT:** 1 E Beales (EMAC) 37.61; 2 V Hannam (SCVAC) 33.55. **HT:** 1 C Taylor (SWVAC) 36.24; 2 S Lawrence (SCVAC) 32.88. **JT:** 1 V Hannam (SCVAC) 23.51; 3 S Lawrence (SCVAC) 22.11; 3 S Spottiswoode (SWVAC) 21.88. **W50: 100 (0.6):** 1 J Sidney (WMAA) 13.91. **200 (-2.1):** 1 J Dickinson (SWVAC) 28.99; 2 J Sidney (WMAA)

30.07. **400:** 1 L Thomas (CAN) 64.86; 2 C Barr (SVHC) 69.03. **800:** 1 S Everitt (WMAA) 2:32.09; 2 L Webb (VAC) 2:36.71; 3 C Barr (SVHC) 2:39.72; 4 N Everton (CAN) 2:43.88; 5 S Kneill-Boxley (MMAC) 2:45.10; 6 J Musselwhite (SCVAC) 2:49.54. **1500:** 1 A Gilshinan (IRL) 4:58.65; 2 S Everitt (WMAA) 5:07.74; 3 C Jolliffe (MMAC) 5:20.48; 4 L Webb (VAC) 5:22.67; 5 J Pidgeon (MMAC) 5:24.80; 6 C Stewart (SCVAC) 5:33.66. **5000:** 1 K Bailey (SWVAC) 18:39.92; 2 C Brady (IRL) 20:41.06; 3 C Stewart (SCVAC) 20:44.82. **2000SC:** 1 L Thomas (CANADA) 8:20.15; 2 J Pidgeon (MMAC) 8:43.31. **PV:** 1 A Murray (WMAA) 2.80; 2 S Pedley (EMAC) 1.90. **LJ:** 1 J Dickinson (SWVAC) 4.80/1.1; 2 J Timberlake (WMAA) 4.30/1.1. **TJ:** 1 J Timberlake (WMAA) 8.59/0.4. **SP:** 1 B Norris (SU) 10.47; 2 D Montgomery (SCVAC) 9.87; 3 J Brett (SWVAC) 9.68; 4 J Smith (SCVAC) 8.65. **WT:** 1 B Norris (SU) 15.14; 2 J Smith (SCVAC) 12.93; 3 J Brett (SWVAC) 11.43; 4 D Montgomery (SCVAC) 9.56; 5 C Gentleman (NMAC) 8.71; 6 K Llewellyn (WMAA) 8.29. **DT:** 1 J Smith (SCVAC) 30.45; 2 D Montgomery (SCVAC) 23.06. **HT:** 1 J Smith (SCVAC) 43.77; 2 J Brett (SWVAC) 35.90; 3 D Montgomery (SCVAC) 32.56; 4 K Llewellyn (WMAA) 30.22; 5 C Gentleman (NMAC) 26.78. **JT:** 1 D Montgomery (SCVAC) 27.00; 2 S Serridge (SCVAC) 24.57. **W55: 100 (1.8):** 1 K King (SCVAC) 13.76; 2 E Font Freide (SCVAC) 14.28; 3 M Garland (WMAA) 14.37; 4 A Sonn (WMAA) 14.83; 5 A Kelly (NMAC) 15.06; 6 D Timmis (EMAC) 15.20. **200 (-2.8):** 1 K King (SCVAC) 29.51; 2 M Hossack (AUS) 30.61; 3 M Garland (WMAA) 31.70; 4 J Hicken (NMAC) 32.52. **400:** 1 J Ellacott (SWVAC) 70.37; 2 C Feely (EMAC) 73.55; 3 A Howie (SVHC) 73.95. **800:** 1 C Anthony (EMAC) 2:37.64; 2 K Brooks (MMAC) 2:41.37; 3 A Howie (SVHC) 2:41.63; 4 C Feely (EMAC) 2:42.37; 5 L Jeffries (SWVAC) 2:45.81; 6 J Barclay (SCVAC) 2:52.18. **1500:** 1 A Howie (SVHC) 5:21.76; 2 C Anthony (EMAC) 5:24.07; 3 K Brooks (MMAC) 5:29.77; 4 A Stewart-Power (VAC) 5:33.95; 5 J Barclay (SCVAC) 5:54.14. **5000:** 1 M Williamson (MMAC) 19:12.28; 2 A Stewart-Power (VAC) 20:20.22. **80H (1.5):** 1 M Hossack (AUS) 14.03. **HJ:** 1 W Laing (NMAC) 1.50; 2 M Garland (WMAA) 1.30; 3 G Clarke (EMAC) 1.24. **LJ:** 1 M Garland (WMAA) 4.67/0.4; 2 W Laing (NMAC) 4.42/0.7; 3 D Timmis (EMAC) 4.00/1.7; 4 J Pryce (MMAC) 3.98/0.7; 5 G Clarke (EMAC) 3.75/1.4; 6 J Wakelam (MMAC) 3.65/1.4. **TJ:** 1 J Pryce (MMAC) 9.65/0.0; 2 M Garland (WMAA) 9.38/0.8; 3 J Wakelam (MMAC) 7.42/0.0. **SP:** 1 J Wilson (MMAC) 9.66; 2 W Laing (NMAC) 9.28; 3 D Murch (MMAC) 9.12; 4 C Cameron (SVHC) 9.06; 5 O Johnson (EMAC) 8.88; 6 L Foster (MMAC) 8.44; 7 H Barker (NMAC) 8.30; 8 W Dunsford (EMAC) 7.38. **DT:** 1 C Cameron (SVHC) 26.92; 2 J Wilson (MMAC) 26.74; 3 L Foster (MMAC) 23.78; 4 H Barker (NMAC) 22.20; 5 W Dunsford (EMAC) 20.34; 6 J Wakelam (MMAC) 19.54; 7 O Johnson (EMAC) 19.10. **HT:** 1 M

Loveridge (MMAC) 36.65; 2 D Murch (MMAC) 36.18; 3 J Wilson (NMAC) 33.31; 4 J Wakelam (MMAC) 31.89; 5 K Jones (SWVAC) 30.91; 6 K Weir (VAC) 30.78; 7 W Dunsford (EMAC) 27.04; 8 C Cameron (SVHC) 26.19; 9 L Foster (MMAC) 24.71; 10 A Morgan (SCVAC) 22.97. **JT:** 1 J Wakelam (MMAC) 19.54; 2 J Wilson (NMAC) 19.15; 3 H Barker (NMAC) 19.01; 4 J Roginski (MMAC) 18.90. **W60: 100 (0.1):** 1 C Powell (SWVAC) 14.36; 2 J Horder (MMAC) 14.66; 3 A McClelland (MMAC) 14.71; 4 N Buckwell (SCVAC) 16.40. **200 (-2.1):** 1 C Powell (SWVAC) 30.43; 2 A McClelland (MMAC) 31.24. **400:** 1 C Powell (SWVAC) 67.66; 2 H West (NMAC) 74.82. **800:** 1 J Wakelam (NMAC) 2:51.97; 2 H West (NMAC) 2:55.54; 3 L Wright (SWVAC) 3:14.50. **1500:** 1 A Garner (VAC) 5:50.06. **80H (0.4):** 1 J Horder (MMAC) 13.23. **SP:** 1 J Ibbison (MMAC) 8.64; 2 L Moore-Fox (IRL) 7.49; 3 R Prells (WMAA) 7.34; 4 S Ingham (EMAC) 7.25; 5 J Ashton (SCVAC) 6.36. **WT:** 1 J Ibbison (NMAC) 12.87; 2 R Prells (WMAA) 11.39; 1 V Thompson (SCVAC, W65) 9.86; 3 P Higgins (MMAC) 9.54; 4 L Moore-Fox (IRL) 9.03; 5 B Russell (EMAC) 8.45; 6 J Lamb (WMAA) 8.03. **DT:** 1 R Prells (WMAA) 19.60. **HT:** 1 J Ibbison (NMAC) 31.40; 2 R Prells (WMAA) 29.78; 3 P Higgins (MMAC) 24.21; 4 L Moore-Fox (IRL) 22.23. **W65: 100 (0.0):** 1 J Saunders-Mullins (SCVAC) 14.74; 2 H White (SCVAC) 15.95; 3 S Hine (MMAC) 16.27; 4 J Fair (SWVAC) 16.47; 5 A Nelson (VAC) 16.57. **200 (-1.1):** 1 J Saunders-Mullins (SCVAC) 31.35; 2 C Marler (NMAC) 33.36; 3 A Nelson (VAC) 36.02. **400:** 1 J Saunders-Mullins (SCVAC) 71.26; 2 C Marler (NMAC) 72.93; 3 R Tabor (VAC) 83.52. **800:** 1 A Bourgeois (EMAC) 2:42.96; 2 L Bowers (SVHC) 3:02.90; 3 N Hitchmough (NMAC) 3:04.28; 4 R Tabor (VAC) 3:06.19. **1500:** 1 A Bourgeois (EMAC) 5:38.11; 2 L Bowers (SVHC) 6:03.70; 3 N Hitchmough (MMAC) 6:10.98; 4 R Tabor (VAC) 6:18.77. **HJ:** 1 S Yeomans (SCVAC) 1.18. **PV:** 1 S Yeomans (SCVAC) 2.40; 2 S Dassie (SCVAC) 2.00. **LJ:** 1 E McMahon (EMAC) 3.51/0.0; 2 S Yeomans (SCVAC) 3.37/0.0; 3 S Hine (MMAC) 3.03/0.0. **SP:** 1 V Thompson (SCVAC) 8.84; 2 S Dassie (SCVAC) 7.81. **HT:** 1 V Thompson (SCVAC) 24.75. **W70: 400:** 1 A Dockery (EMAC) 90.03. **800:** 1 A Copson (SCVAC) 2:54.02; 2 A Dockery (EMAC) 3:22.00. **1500:** 1 A Copson (MMAC) 5:53.58. **5000:** 1 P Gallagher (WMAA) 7:09.55. **SP:** 1 L Sissons (SCVAC) 7.84; 2 A Bramford (EMAC) 5.49. **WT:** 1 L Sissons (SCVAC) 8.71. **DT:** 1 L Sissons (SCVAC) 17.69. **HT:** 1 A Bramford (EMAC) 19.76; 2 L Sissons (SCVAC) 18.41. **W75: 100 (-0.1):** 1 I Holder (WMAA) 19.31. **200 (-1.1):** 1 K Stewart (NEMAA) 40.01. **400:** 1 K Stewart (NEMAA) 91.87. **1500:** 1 A Gray (MMAC) 8:00.76. **LJ:** 1 I Holder (WMAA) 2:77/0.5. **SP:** 1 C Fisher (SCVAC) 5.00. **WT:** 1 C Fisher (SWVAC) 6.44. **HT:** 1 C Fisher (SWVAC) 16.68. **W80: 200 (-1.1):** 1 D Fraser (WMAA) 48.19; 2 J Coker (SCVAC) 68.42

BRITISH PARA-ATHLETES HIT THE HALF CENTURY BY WINNING 50 MEDALS AT THE WORLD PARA ATHLETICS EUROPEAN CHAMPIONSHIPS

PICTURES: BEN BOOTH & RALF KUCKUCK – DBS-AKADEMIE GGMBH

WITH exactly two years to go until the start of the Paralympics in Tokyo, British para-athletes showed preparations are going well as they won 50 medals, including 20 golds, at the European Championships.

Taking place in Berlin a few weeks after the able-bodied European Championships, the GB team enjoyed success across a wide range of events, although Poland topped the medals table with 61 medals, including 26 golds, while the host nation also enjoyed some great performances, such as Markus Rehm long jumping 8.48m – further than the able-bodied European championships record, let alone the para equivalent.

Monday August 20

HOLLIE ARNOLD and Harri Jenkins both struck gold as Britain enjoyed a flying start by winning seven medals on the opening day of the championships.

Arnold, already the Paralympic, world and Commonwealth champion, added the European F46 javelin title to her list of achievements, breaking the championships record three times on her way to victory. She closed with a throw of 40.15m, which was the first time the 40m barrier had



Hollie Arnold: F46 javelin gold as she adds European title to world, Paralympic and Commonwealth crowns

EURO SUCCESS

been broken at the European Championships.

"I am so happy to have all the titles now," said Arnold of her Grand Slam. "It's incredible to think I am Paralympic champion, world champion, world record-holder and now European champion. This is just a stepping stone ready for next year (the world championships) and Tokyo (2020 Paralympics). I am so excited to get knuckling down for winter training."

Jenkins had earlier tasted victory in the T33 100m on his

debut for Britain, clocking 19.44 (-0.2) to take the win against Germany's Denis Schmitz.

Four British athletes secured silver medals, with Zak Skinner almost taking the top prize in the T13 long jump. His final-round 6.72m (+0.5) was just fractionally short of the 6.77m winning mark which Spain's Ivan Cano Blanco produced.

There was a first international medal for the 16-year-old Luke Nuttall as he clocked 4:22.28 to finish second in the men's T46 1500m. Bulgaria's Hristiyan

Stoyanov won convincingly in 4:08.38, but Nuttall had to win a tight battle with German Johannes Bessell, who had to settle for bronze in 4:23.98.

In the men's T13 1500m, silver went to Liverpool Harrier David Devine. Ukrainian Serghii Berezuik came through in the latter stages to overhaul the Briton and win in 4:05.21, just ahead of Devine's 4:05.57.

There was a personal best to go along with a T38 400m silver medal for Ali Smith, who clocked 1:04.95 to finish behind



Marcel Hug: Swiss 'silver bullet' sped to gold again

Richard Whitehead:
200m triumph

Germany's 1:04.12 Lindy Ave, while Laura Sugar took bronze in the T44/64 100m, running 13.63 (+0.8) in a race won by Marlene van Gansewinkel of the Netherlands in a world record of 12.85.

Switzerland's Marcel Hug added another gold medal to his collection by winning the men's T54 5000m in 11:44.92 from Germany's Alhassane Balde (11:45.50).

Tuesday August 21

RICHARD WHITEHEAD, Maria Lyle and Sabrina Fortune added three victories to the British medal haul on the second day of the championships.

A total of 24 years separates the 42-year-old Whitehead from his teenage team-mate Lyle, but for the two sprinters the result was the same as they sped to titles.

Racing into a slight headwind, Whitehead ran 24.22 to comfortably capture the T61 men's 200m crown while Lyle took her third consecutive European title as she won the T35 women's 100m in 15.32.

Fortune, meanwhile, set a championship record of 13.30m in the F20 shot put as British success at the championships continued.

Ireland also enjoyed a successful evening, as Greta

Maria Lyle: teenager
takes T35 100m victory
and celebrates (below)

Streimikyte won the T13 women's 1500m in 4:48.54 while team-mate Jason Smyth clocked 21.44 to break his own championship record in the T13 200m.

The remarkable 31-year-old Smyth, whose vision is impaired by Stargardt's disease, remains unbeaten since 2005.

Elsewhere, Leo Pekka Tahti of Finland sped to a championship record of 24.74 in the T54 men's 200m as Britain's Nathan Maguire came third in 26.05 and team-mate Richard Chiassaro fourth in 26.13.

Further medals for British para-athletes came via Stephen Osborne with bronze in the men's T51 100m, Moatez Jomni with bronze in the T53 men's 200m while Luke Sinnott finished third behind Whitehead in the T61 200m after earlier coming fourth in the T63 long jump.

Wednesday August 22

BRITAIN gained a one-two in the T34 women's 100m via Kare Adenegan and Hannah Cockroft.

Adenegan had defeated world and Paralympic champion Cockroft in the London Anniversary Games, yet Cockroft had never lost a major championships. But here Adenegan dominated throughout and won easily in a championship record 17.38 from Cockroft's 17.95.

Britain's Vanessa Wallace won the F34 shot to gain her first major international medal. She threw 7.45m to give her gold over home favourite, Marie Braemer-Skowronek.

Only three competed in the F32 club throw and Britain's Stephen Miller finished a close second with 29.78m to Poland's Maciej's 31.12m.

Italy's Angelina Lanza won the two-woman T46 400m in 63.26



Kare Adenegan beats Hannah Cockroft over 100m but Cockroft triumphed at 800m

ahead of Britain's Sally Brown's 64.25.

For much of the T35 100m – which also only had two competitors – Jordan Howe looked to be on for gold after a bullet start but he faded and was caught by quick-finishing Ivor Tsvietov.

Ukraine also won golds through Anastasiia Moskalenko's F32 shot of 5.65m, Oleksandr Lytvynenko's T36 long jump of 5.48m and Natallia Kobzar's 65.24 in the T37 400m, while they also took the T13 200m gold by over half a second through Leilia Adzhametova's 24.78. All four marks were championships records.

In the T54 400m, Finland's Pekka Tahti broke the championship record, winning easily in 46.73 with Dillon Labrooy of Britain third in 51.15 (European record-holder Richard Chiassaro was a non-starter due to illness).

In the T37 200m, Britain's Rhys Jones looked a likely winner as he came into the

straight but he was run down by Poland's Michal Kotkowski's 24.10. Jones dropped to fourth in the closing stages in 24.88.

Michal Derus was a clear winner of the T47 100m to give Poland another gold in a championships best 10.77. James Arnott missed out on a medal by one hundredth of a second in running 11.37 in fourth.

Another Polish success went the way of Renate Sliwinska who set a world record 8.53m

in the women's F40 shot, while there was an impressive win in the T64 200m for Germany's Felix Streng who ran a championship record 21.88 to win by over a second.

Marlene van Gansewinkel won Dutch gold in the women's T64 200m to complete the sprint double easily in 26.12. Laura Sugar matched her 100m bronze in third in 28.03 with Stef Reid fourth in 29.49.

Thursday August 23

ALED DAVIES had got the day off to an impressive start, capturing his third European discus title in a row after breaking the championship record on five of his six attempts. His furthest throw went out to 50.55m, with Luxembourg's Tom Habscheid taking silver thanks to a throw of 46.22m.

There was also gold for Britain later in the day in the men's F64 discus, Dan Greaves taking the title thanks to a throw of 57.65m.



Hannah Dines: part of British success as RaceRunning made its debut



Gavin Drysdale:
RaceRunning gold
in the men's event



Sophie
Hahn: sprint
domination
continues in
T38 category

British medals in Berlin

GOLD

Kare Adenegan – T34 100m
Hollie Arnold – F46 javelin
Graeme Ballard – T36 100m
Hannah Cockroft – T34 800m
Aled Davies – F63 discus & shot
David Devine – T13 5000m
Hannah Dines – RR3 100m
Gavin Drysdale – RR3 100m
Sabrina Fortune – F20 shot
Dan Greaves – F64 discus
Sophie Hahn – T38 100m & 200m
Harri Jenkins – T33 100m
Maria Lyle – T35 100m
Vanessa Wallace – F34 Shot put
Richard Whitehead – T61 200m
Thomas Young – T38 100m & 200m
Universal 4x100m

SILVER

Kare Adenegan – T34 800m
Jo Butterfield – F51 club throw
Hannah Cockroft – T34 100m
David Devine – T13 1500m
Rhys Jones – T37 100m
Kayleigh Haggø – RR3 100m
Stephen Miller – F32 club throw
Luke Nuttall – T46 1500m
Ross Paterson – T38 400m
Ben Rowlings – T34 400m & 800m
Zak Skinner – T13 long jump
Rafi Solaiman – RR3 100m
Ali Smith – T38 400m

BRONZE

Graeme Ballard – T36 200m
Olivia Breen – T38 100m
Mo Jomni – T53 100m, 200m & 400m
Dillon Labrooy – T54 400m
Nathan Maguire – T54 100m, 200m
and 800m
Polly Maton – T47 long jump & 100m
Stephen Osborne – T51 100m & 200m
Stef Reid – T64 long jump
Laura Sugar – T44/64 100m & 200m

Sprinter Sophie Hahn continues to dominate on the track and she secured her first European title by running 26.51 (-1.8) to break the championship record in the women's T38 200m, with Germany's Lindy Ave second in 27.24.

"To win another title means so much to me," said Hahn, who now has Paralympic, World, Commonwealth and European 200m titles to her name.

These championships saw the debut of RaceRunning and Britain enjoyed a one-two in both the men's and women's RR3 100m events.

The women's title was taken by Hannah Dines in 19.00 (-0.7), ahead of compatriot and training partner Kayleigh Haggø, who clocked 19.46.

The men followed the example set by their female team-mates, with Gavin Drysdale crossing the line first in 17.37 (-1.0) and Rafi Solaiman in second with 19.33.

The other British gold also came in a 100m sprint, this time

the men's T36 class. After a false start meant the field had to be called back to the blocks, it was 38-year-old Graeme Ballard who composed himself best to win his first European crown thanks to a season's best of 12.32 (-0.8). Ukraine's Roman Pavlyk was second in 12.55.

In the men's T34 400m, Ben Rowlings' run of 55.92 took silver, behind Henry Manni of Finland's championship record of 54.40.

Jason Smyth is no stranger to medal ceremonies and the prolific sprinter added the T13 100m title in a CBP of 10.66 to the 200m gold he had won earlier in the week.

Friday August 24

DAVID DEVINE won his first ever European title in the men's T13 5000m while Polly Maton earned a bronze medal in the women's T47 long jump in the morning and followed it up with 100m bronze in the evening.

Devine's victory came after he led most of the way, breaking away with 600m to go to. It followed several years of Achilles problems after winning two medals at the London Paralympics.

Earlier in the week he had won 1500m silver but at 5000m he was unstoppable, clocking 15:11.28.

Maton, who is just 18, took long jump bronze with a PB of 5.28m (+1.1 m/s) as France's Angelina Lanza took gold. Later, in the T47 100m, Maton was third behind Alicja Jeromin of Poland, who won with 13.02.

Further British medals came via Rhys Jones, who won silver in the T37 100m behind Vladyslav Zahrebelnyi of Ukraine's 11.86, and Steve



Rhys Jones: T37 sprint silver

Osborne, who won bronze in the T51 200m as Peter Genyn of Belgium sped to gold.

Jo Butterfield threw 21.53m to win silver in the women's F51 club throw despite having surgery earlier this year, while GB team-mate Kylie Grimes finished third in a competition won by Zoia Ovsii of Ukraine with a world record of 24.31m.

Elsewhere, Poland's Karolina Kucharczyk not only successfully defended her T20 long jump title but set a world record of 6.14m.

The T20 men's 800m was a terrific race with Steve Morris of Britain leading through the first lap in 56 seconds before his bold effort saw him passed in the closing stages as he was run out of the medals in fourth as Correia Baessa, 19, finished strongly to clock 1:54.80 to win gold for Portugal.

Saturday August 25

TO the delight of the home crowd, Markus Rehm sailed out to an extraordinary world record of 8.48m, which would have easily won gold in the able-bodied championships earlier in the month.

The 30-year-old, who competes with a prosthetic limb, saved his best until last in the blustery conditions at the city's Friedrich-Ludwig-Jahn-Sportpark, adding 1cm on to the world record he set seven weeks ago.

There were British victories for Sophie Hahn, Hannah Cockcroft and 18-year-old Thomas Young.

Cockcroft won her 18th major international title in the women's T34 800m final to gain revenge for her 100m loss earlier in the championships to GB team-mate Kare Adenegan.

She controlled the three-woman race from the off and then held off the late challenge of her younger rival along the finishing straight to clock a championship record 2:14.21 with Adenegan 0.17 seconds behind.

Hahn added her second gold of the championships in the women's T38 100m. She followed up her 200m on success on Thursday as she won by over five metres in a championship record 12.52.

Hahn had two British team-mates in her 100m final with fellow Olivia Breen claiming

bronze in a season's best 13.30, while Ali Smith, competing in her fourth event in Berlin, which included 400m silver, placed fifth in a PB 13.55.

Shortly after Hahn, Young produced a stunning run to capture the men's T38 200m crown. Making his senior international debut in Berlin, he got off to a superb start and he repelled the challenge of Mykyta Senyk of Ukraine with a strong finish to take gold in a PB 23.70.

Graeme Ballard rounded off 14 years of international competition with bronze in the men's T36 200m, while Nathan Maguire and Mo Jomni also picked up bronze in the T54 and T53 100m finals as they both took their individual medal totals to three each in Berlin.

Sunday August 26

ALED DAVIES and Thomas Young won their second titles of the week.

For Davies, it was not only a double gold at these European Championships but the third consecutive time he has achieved the feat.

The 27-year-old won the F63 shot put with a championship



Polly Maton: two bronze medals in the T47 long jump and 100 metres

best of 15.49m despite breaking his throwing leg brace during warm-up as he added to the discus victory he achieved earlier in the week.

Young, meanwhile, added the T38 100m title in 11.66 to the 200m he won the previous day, while there was a British victory in the universal 4x100m as Zac Shaw (T12), Laura Sugar (T44), Sophie Hahn (T38) and Nathan Maguire (T54) combined to clock 48.73.

Elsewhere, Marie-Amelie Le Fur of France set a world record of 6.01m in the women's T64 long jump as Britain's Stef Reid placed third with 5.49m.

For Le Fur, 29, it was the first time a female para-athlete had broken the six-metre barrier and came just months after the tragic loss of her unborn baby.

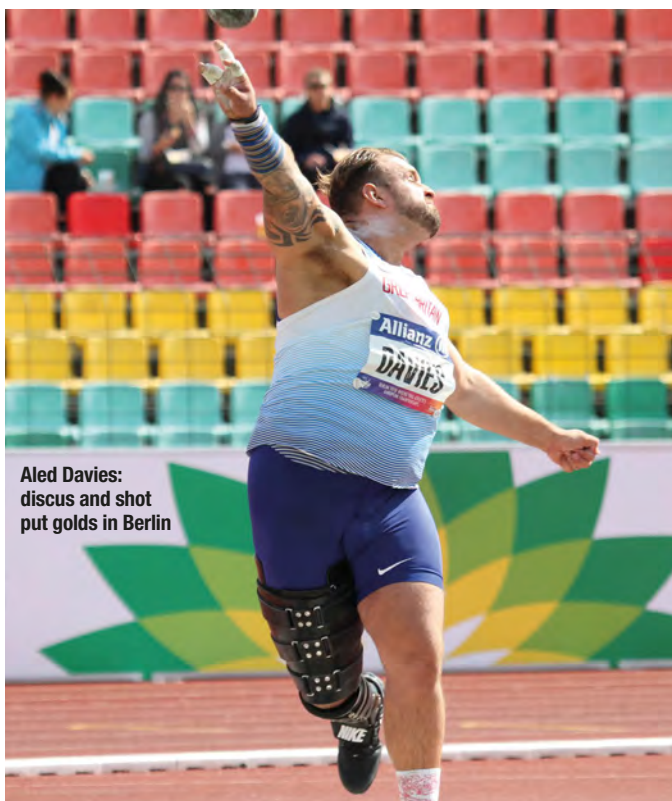
Ben Rowlings took his second

silver of the week when he was second in the T34 men's 800m behind Henry Manni of Finland.

Ireland won six golds and nine medals at the championships and one of the victories came on the final day from Niamh McCarthy as she set a European record of 31.76m in the F41 discus.

There was more host nation success, too, as Felix Streng ran 11.23 to win the T64 100m, while Mathias Mester of Germany won the men's F41 javelin with 37.57m and Johannes Floors won the T62 men's 400m in 47.93.

Switzerland's Marcel Hug added another title to his resume with T54 1500m victory in 3:23.18 as Poland continued its fine championships with gold in the women's T35 200m from Jagoda Kibil in 34.02.



Aled Davies:
discus and shot
put golds in Berlin

RESULTS

Men: T11: 100: 1 T Adolphe (FRA) 11.17. **200:** M Tunc (TUR) 24.62. **400:** 1 P Descarrega (ESP) 50.65. **5000:** 1 M Garnica (ESP) 16:40.08. **LJ:** 7 AMIR KAMALI SARVESTANI 5.37/-0.2

T12: 100 (-1.0): 1 A Gavelas (GRE) 11.47; 3 ZAC SHAW 11.89. **200:** 1 L Goncalves (ESP) 23.12. **h1 (1.3):** 2 ZAC SHAW 24.30. **400:** 1 O Akbulut (TUR) 49.92. **LJ:** 1 S Burdukou (BLR) 7.11

T13: 100 (-1.8): 1 J Smyth (IRL) 10.66; 4 ZAK SKINNER 11.41. **h2 (2.0):** 3 ZAK SKINNER 11.20. **200:** 1 Smyth 21.44. **400:** 1 J Nicpon (POL) 52.32. **1500:** 2 DAVID DEVINE 4:05.57. **5000:** 1 DEVINE 15:11.28. **LJ:** 2 ZAK SKINNER 6.72/0.5

T20: 800: 1 S Correia Baessa (POR) 1:54.80; 4 STEVEN MORRIS 1:57.76. **h1:** 1 MORRIS 2:00.21. **1500:** 1 C Pereira (POR) 3:58.28; 4 MORRIS 4:01.21. **LJ:** 1 T Talic (CRO) 7.28

T33: 100 (-0.20): 1 HARRI JENKINS 19.44. **T34: 100 (0.9):** 1 S Rusch (NED) 16.14; 4 BEN ROWLINGS 17.00; 5 SHAUN WHITE 19.01. **400:** 1 H Manni (FIN) 54.40; 2 ROWLINGS 55.92; 4 ISAAC TOWERS 56.32; 5 SHAUN WHITE 70.87.

800: 1 Manni 1:52.26; 2 ROWLINGS 1:52.95; 4 TOWERS 1:53.57. **T35 (-0.2):** 100: 1 I Tsvietov (UKR) 12.77; 2 JORDAN HOWE 12.88. **200 (0.6):** 1 Tsvietov 26.10; 2 HOWE 27.04

T36: 100 (-0.8): 1 GRAEME BALLARD (M35) 12.32; 5 JAVAGHAN PARKS 12.75. **200 (1.4):** 1 K Ciuksza (POL) 25.39; 3 BALLARD 25.58; 5 PARKS 26.41. **400:** 1 K Ciuksza (POL) 55.90.

800: 1 J Gonzalez (ESP) 2:27.01. **LJ:** O Lytvyenko (UKR) 5.48. **T37: 100 (-0.6):** 1 V Zahrebelnyi (UKR)

11.86; 2 RHYS JONES 12.10. **T37 h1 (-3.3):** 1 JONES 12.15. **200 (0.0):** 4 JONES 24.88. **h2 (0.9):** 2 JONES 24.52. **LJ:** Zahrebelnyi 6.25. **400:** 1 M Kotwiski (POL) 53.31

T38 (-1.5): 100: 1 THOMAS YOUNG 11.66; 6 KYLE KEYWORTH 13.10. **200 (0.3):** 1 YOUNG 23.70; 4 ROSS PATERSON 24.96; 6 KEYWORTH 26.74. **400:** 2 ROSS PATERSON 56.82. **1500:** 1 R Hennouni (FRA) 4:13.12. **LJ:** 1 M Senyk (UKR) 6.25

T42-47, 61-64: 4x100: 1 GER 41.42. **T42/44/63/64:** HJ: 1 M Lepiato (POL) 2.14. **T46: 1500:** 2 LUKE NUTTALL (U17) 4:22.28

T47: 100 (0.5): 1 J Derus (POL) 10.77; 4 JAMES ARNOTT 11.37. **200 (-1.2):** 1 Derus 22.38; 4 ARNOTT 23.39. **400:** 1 G Matzinger (AUT) 50.34. **HJ:** 1 Dipoko-Ewane (FRA) 1.89. **LJ:** 1 A Bozhilov (BUL) 6.62

T51: 100 (-2.3): 1 P Genyn (BEL) 22.82; 3 STEPHEN OSBORNE (M55) 25.68. **200 (-0.7):** 1 Genyn 42.26; 3 OSBORNE 47.35

T52: 100: 1 M Trindade (POR) 18.53. **400:** 1 K Skucas (LTU) 68.39. **1500:** T Geierspichler (AUT) 5:28.12

T53: 100(0.3): 1 P Fairbank (FRA) 15.65; 3 MOATEZ JOMNI 17.05. **200 (-1.4):** 1 Fairbank 26.92; 3 JOMNI 29.06. **400:** 3 JOMNI 53.03; 6 CALLUM HALL 56.71. **800:** 1 Fairbank 1:43.74; 5 HALL 1:52.18

T54: 100 (1.6): 1 P Tahti (FIN) 13.83; 3 NATHAN MAGUIRE 15.14. **h2 (-0.6):** 2 MAGUIRE 15.11. **200 (-0.6):** 1 Tahti 24.74; 3 MAGUIRE 26.05; 4 RICHARD CHIASSARO (M35) 26.13. **400:** 1 P Tahti (FIN) 46.73; 3 DILLON LABROOY 51.15. **800:** 1 M Hug (SUI) 1:39.89; 3

MAGUIRE 1:40.82; 5 DILLON LABROOY 1:42.51. **h1:** 3 LABROOY 1:46.91. **h2:** 3 MAGUIRE 1:47.68. **1500:** 1 Hug 3:23.18; 5 LABROOY 3:25.19

T61 (-1.1): 200: 1 RICHARD WHITEHEAD 24.22; 3 LUKE SINNOTT (M35) 29.76. **T62: 400:** 1 J Floors (GER) 47.93

T63: 100: 1 D Wagner (AUT) 13.10. **LJ:** 1 Wagner 6.72; 4 LUKE SINNOTT (M35) 5:54/1.2

T64: 100: 1 F Streng (GER) 11.23. **LJ:** 1 M Rehm 8.48 (WR); 2 Streng 7.71. **F11: SP:** 1 O Tapia (FIN) 12.48

F12: SP: 1 R Danyliuk (UKR) 15.34. **DT:** 1 M Wietecski 45.42. **F13: JT:** L Cabrera (ESP) 61.31

F20: SP: 1 M Koval (UKR) 15.44. **F32: Club:** 1 M Sochal (FRA) 31.12; 2 STEPHEN MILLER 29.78. **SP:** 1 Sochal 8.22

F33: SP: 1 G Campoccio (ITA) 11.17. **F34: SP:** 1 T Paulinski (POL) 11.00 (ER) **F35: SP:** 1 E Bergs (LAT) 14.03

F36: SP: 1 S Dietz (GER) 15.28. **F37: SP:** 1 A Charitonidis (GRE) 15.28. **DT:** 1 M Zhabnyak (UKR) 49.83

F40: SP: 1 M Sloup (CRO) 9.87. **F46: JT:** 1 A Skuja (LTU) 45.04. **F52: DT:** 1 P Kosewicz (POL) 20.20. **F54: SP:** 1 JF Maitre (FRA) 9.65. **JT:** 1 A Tryputs (BLR) 29.48

Women: T11: 100: 1 R Oja (FIN) 13.68. **400/1500:** 1 J Mazur (POL) 63.67/5:14.99. **LJ:** 1 V Karlsson (SWE) 4.77

T12: 100: 1 K Mueller-Rottgart (GER) 12.78. **200/400:** 1 O Boturchuk (UKR) 25.23/56.33. **LJ:** 1 S Martinez (ESP) 5.42

T13: 100: 1 L Adzhmetova (UKR) 11.93. **200: 400:** 1 C Duarte (POL) 56.64. **1500:** 1 G Streimikyte (IRL) 4:48.54

T20: 800: 1 B Niewiedzial (POL) 2:15.79 (WR). **1500:** 1 B Niewiedzial (POL) 4:43.33. **LJ:** 1 K Kucharczyk (POL) 6.14 (WR); 4 MARTINA BARBER 5.31/-1.1

T34: 100 (0.6): 1 KARE ADENEGAN (U20) 17.38; 2 HANNAH COCKROFT 17.95. **800:** 1 COCKROFT 2:14.21; 2 ADENEGAN 2:14.38

T35: 100 (1.7): 1 MARIA LYLE (U20) 15.32. **200:** 1 J Kibil (POL) 34.02. **T36: 100/200:** 1 N Nicoletitzk (GER) 15.60/31.87

T37: 100/200: 1 M Elie-Francois (FRA) 13.29/27.86. **LJ:** 1 M Plotrowska (POL) 4.51

T38: 100 (1.7): 1 SOPHIE HAHN 12.52; 3 OLIVIA GREEN 13.30; 5 ALI SMITH 13.55. **200 (1.8):** 1 SOPHIE HAHN 26.51; 4 SMITH 28.80; 6 EVE WALSH-DANN (U17) 30.74. **400:** 2 SMITH 64.95. **LJ:** 1 L Eklér (HUN) 5.39; 4 SMITH 4.34/0.7

T47: 100 (-0.9): 1 A Jeromin (POL) 13.02; 3 POLLY MATON (U20) 13.45; 5 SALLY BROWN 13.56. **200 (1.7):** 1 A Lanza (FRA) 26.31; 4 BROWN 27.93. **400:** 2 BROWN 64.25. **LJ:** 1 Lanza 5.62; 3 MATON 5.28/1.1

T53: 100: 1 T Henseler (SUI) 19.60. **200/400:** 1 H Kurt (TUR) 31.59/57.73. **T54: 100:** 1 A Kotaja (FIN) 17.08. **400:**

1 A Helbling (SUI) 58.64. **800:** 1 M van den Broek (NED) 2:05.53. **1500:** 1 M Schaar (SUI) 3:33.42

T62: 200: 1 A Rahmani (SUI) 29.32. **T63: 100:** 1 M Caironi (ITA) 14.91. **T64: 100: (0.8):** 3 LAURA SUGAR 13.63. **200 (1.1):** 1 M van Gansewinkel (NED) 26.12; 3 LAURA SUGAR 28.03; 4 STEF REID 29.49. **LJ:** 1 M Le Fur (FRA) 6.01/-0.1 (WR); 2 van Gansewinkel 5.61; 3 REID 5.49/-1.2

F12: SP: 1 A Legnante (ITA) 15.85. **DT:** 1 O Ilchyna (UKR) 40.38. **F13: JT:** 1 N Eder (AUT) 34.77

F20: SP: 1 SABRINA FORTUNE 13.30. **F32: Club:** A Moskalenko (UKR) 19.42. **SP:** 1 Moskalenko 5.65

F34: JT: 1 M Heikinen (FIN) 18.79; 7 VANESSA WALLACE (W40) 9.86.. **SP:** 1 WALLACE 7.45

F35: SP: 1 M Pomazon (UKR) 11.42. **F37: SP:** B Kober (GER) 11.79 (WR). **DT:** 1 O Barry (IRL) 28.76

F38: DT: N Lenihan (IRL) 32.95 (WR) **F40: SP:** 1 R Sliwinski (POL) 8.50 (WR) **F41: SP:** 1 R Vandegou (FRA) 7.19 (ER). **DT:** 1 N McCarthy (IRL) 31.76 (ER)

F46: JT: 1 HOLLIE ARNOLD 40.15. **F51: Club:** 1 T Ovsii (UKR) 24.31 (WR); 2 JOANNA BUTTERFIELD (W35) 21.53; 3 KYLIE GRIMES 17.92. **F54: SP/JT:** 1 Y Nezhura (BLT) 6.10/11.98

PURPLE REIGN

THE TALL BAHAMIAN WITH DISTINCTIVE PURPLE AND PINK HAIR HAS BLAZED A TRAIL THIS YEAR AT 200m AND 400m

WORDS: STUART WEIR

PHOTOS: MARK SHEARMAN

AT THE Diamond League in Monaco in July, Salwa Eid Naser of Bahrain ran an Asian record of 49.08. However, it only got her second place as Shaunae Miller-Uibo of the Bahamas ran an incredible 48.97, more than half a second faster than her own world-leading time.

Monaco's Herculis meeting had witnessed a Herculean performance which places Miller-Uibo in the top 10 on the

all-time world rankings alongside Cathy Freeman, Sanya Richards, Valerie Brisco-Hooks, Marie-Josée Perec and the fastest of all – Marita Koch with 47.60 from 1985.

Her reaction to her time showed not an ounce of resting on her laurels. "I got this sub-49 I was waiting for, so I'm very happy," she said, "although also very tired. Naser ran a great race and that helped too. Next goal is to remain consistent on this level and long term another barrier that is 48 seconds."

To make the achievement more remarkable, Miller-Uibo has been focusing more on 200m this year. In April, for example, she won the Commonwealth title at that distance and repeated the feat at the Shanghai Diamond League and of course in Birmingham this month when

she defeated European champion Dina Asher-Smith.

"Because there's no major championship I wanted to have some fun with the 200m but I'm still doing decent times at 400m," she says. "This year is about gearing up for the next three years to come."

Miller-Uibo seems comfortable to combine the role of international superstar and the girl next door. In her home country of the Bahamas, everyone wants a piece of her. But she says: "It's not difficult to deal with. I grew up in a big family so I'm used to having people around me. I am an easy person to get along with. I don't mind the company."

Running has always been part of her life, as she explains: "My mom used to play softball and I used to go to the softball field a lot and run around the

bases. My parents also have a story about me running around the house quickly and cutting the corners so they decided to throw me into track and field.

"A lot of my family did track as well, so I guess that was an easy decision. But my first time getting into it, I was six. I remember my first meet was at the Star Trackers Classic and I signed up for 100m, 200m and long jump and finished up winning all three so that was my start."

She won the world junior title in 2010 and world youth gold in 2011 – both in the 400m – of which she says: "Those were my first global championships and those were steps which encouraged me to keep going."

She ran in the 2012 Olympics but pulled her hamstring in the first few metres of the heat and dropped out.





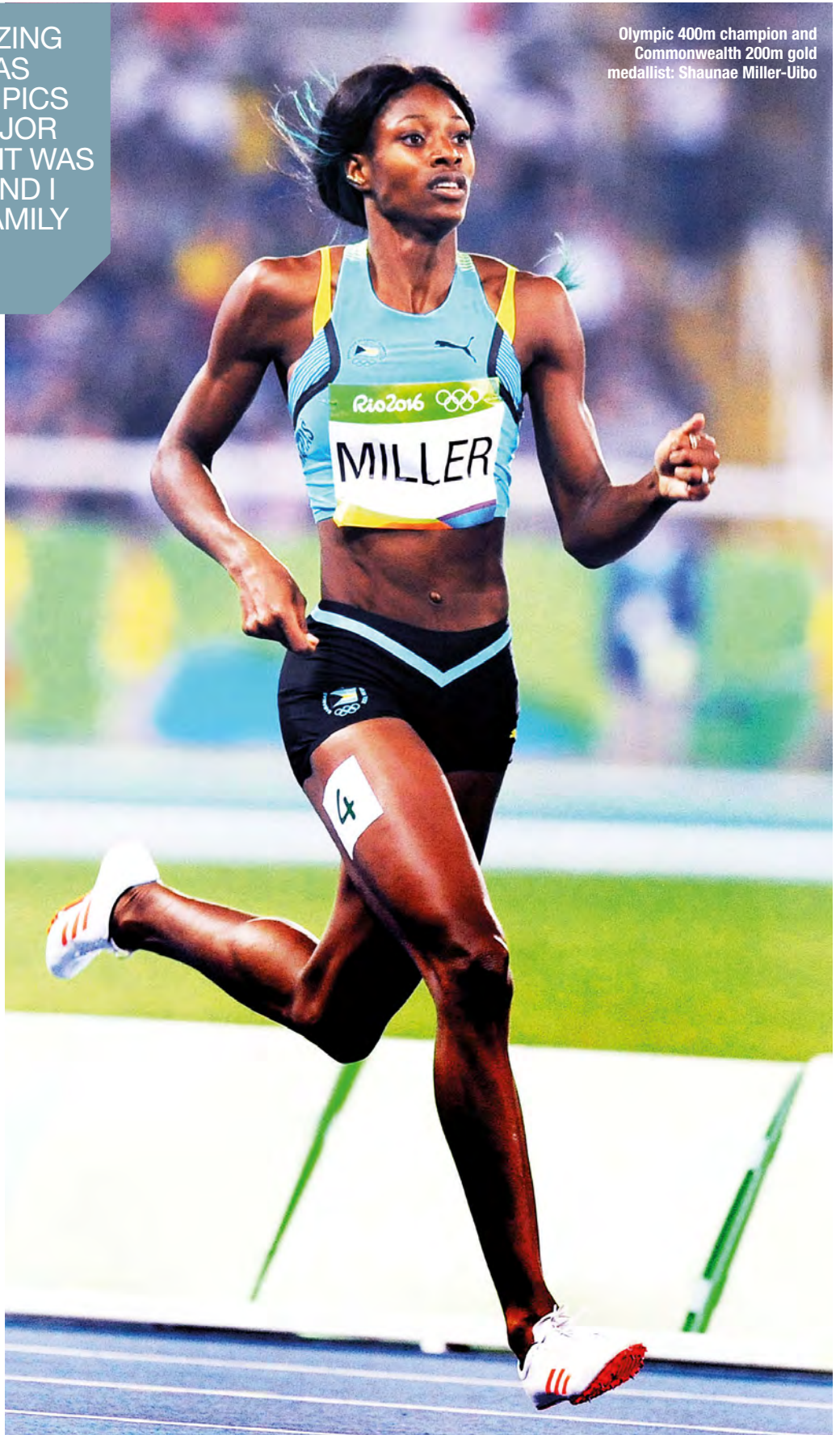
“RIO WAS AN AMAZING EXPERIENCE. IT WAS MY SECOND OLYMPICS AND MY THIRD MAJOR CHAMPIONSHIPS. IT WAS REALLY SPECIAL AND I HAD MY ENTIRE FAMILY THERE”

SHAUNAE MILLER-UIBO

But in 2015 she announced herself on the global stage taking silver in the IAAF World Championships in Beijing behind Allyson Felix. “That was an amazing experience”, she remembers, “again my first world outdoor medal. I had a lot of fun with it. The race went extremely well and was a very competitive race. Everyone put everything on the line.”

One year later she was Olympic champion, running 49.44 to beat Felix by seven hundredths of a second with a dive across the finishing line. “Rio was an amazing experience. It was my second

Olympic 400m champion and Commonwealth 200m gold medallist: Shaunae Miller-Uibo



Birmingham Diamond League: Shaunae Miller-Uibo beat Dina Asher-Smith and Dafne Schippers in the 200m

“THINGS JUST WENT A LITTLE HAYWIRE AT THE ENDING AND I MISSED MY STEPS AND EVERYTHING WENT A LITTLE OFF COURSE. BUT I’M THANKFUL FOR THE MOMENT”

SHAUNAE MILLER-UIBO
on her stumble in the
final few metres of
the 400m in London

Olympics and my third major championship. It was really special to me and I had my entire family there.

“I’d just moved over to my new coach and everything was new and learning. It was just amazing. A lot of people still use the word ‘dive’,” she explains, “but it wasn’t really a dive. I’m fine with it now but it was really a fall, losing balance and trying to get across the line.

“I just give God all the thanks and glory because it ended the way it was supposed to end. And I’m thankful for it.”

In the IAAF World Championship in London last year, she seemed to have the race in her pocket but stumbled

just short of the line, finishing fourth (although she also won 200m bronze).

Her recollections of that race are: “Things happen in track and field and I lived and learned through that experience.

“Things just went a little haywire at the ending and I missed my steps and everything went a little off course. But I’m thankful for the moment. I’m a person who believes things happen for a reason – I’m not sure what the reason is but I’m sure there was an important reason behind it and it’s all in God’s timing. And the season finished well for me.”

The 24-year-old married Maicel Uibo, an Estonian

Winning lunge: Miller-Uibo fell over the line in Rio 2016 to beat Allyson Felix



decatathlete with a best of 8356, in February last year. But how does a household of two athletes work? “I think it’s an advantage,” she says. “With him being involved in the sport we understand each other to a whole new level. We support each other. We get to travel and watch each other compete. He’s a great motivation in my life as I am in his. I love it.”

At one stage Miller-Uibo suggested she may do a heptathlon in 2018. That hasn’t happened but she did win the high jump and shot put at the Bahamian Championships.

As is obvious from some of her answers, her Christian faith is a big part of her life. She explains further: “I grew up in a Christian home, with my grandfather being a pastor. I have always known to believe in God and trust him and I just carried on as I learnt more and more about the Bible and him.”

Finally, when asked what ambitions remain, she replies: “I haven’t really accomplished the only goal I have had in the sport and that is to be the best. I’m still working really hard toward that.

“I know there’s a lot of people

to pass on the way up. So I continue to work hard towards that and hopefully things will fall into place. That’s the main thing for now. To be the best requires a lot of hard work and dedication, but I also know that we can be anything we want to be life.

“This is something I’ve had my eyes on since I was a little girl and to have that accomplishment would satisfy the younger me, my goals and dreams so I want to fulfil those purposes.”

SHAUNAE MILLER-UIBO

BIOG

- **Born** April 15, 1994
- **PBs** 200m 21.88; 400m 48.97
- **Coach** Lance Brauman
- **Achievements**
- 2017:** World Champs 200m bronze (400m 4th)
- 2016:** Olympics 400m gold
- 2015:** World Champs 400m silver
- 2013:** World Champs 200m 4th; NCAA indoor 400m gold
- 2014:** Commonwealth 400m 6th
- 2011:** World Youth 400m gold
- 2010:** World Junior 400m gold
- **Fun fact** Her great uncle Leslie Miller ran in the 1968 Olympics and was the first Bahamian to break the 47-second barrier.



Shaunae Miller-Uibo, speaking to writer Stuart Weir, races 200m in Brussels this week

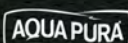
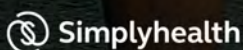
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DOUBLE HELPINGS

EUROPEAN AND COMMONWEALTH 1500m BRONZE MEDALLIST JAKE WIGHTMAN ALSO SEES THE 800m AS PLAYING AN IMPORTANT PART IN HIS FUTURE

WORDS: EUAN CRUMLEY PICTURES: MARK SHEARMAN

THE 1500m may have brought Jake Wightman the first major medals of his career – bronze at both the Commonwealth Games and European Championships this year – but the 24-year-old likes a bit of variety in his professional life and does not want to be seen as something of a one-trick pony.

As much as he is thriving at the event in which he has sampled tangible success, Wightman admits to a love of 800m running which he hopes will result in the two-lap challenge featuring more prominently in his future racing schedule and, as he puts it, “doubling my championship lifetime”.

He’s certainly no slouch over the distance – a 1:44.61 clocking at the Anniversary Games in London putting him at the top of the British standings for 2018, second only to Tom McKean on the Scottish all-time lists, and helping him to qualify for the Diamond League final he will contest in Brussels on Friday evening.

Coming up against the Kenyan trio of Emmanuel Korir, Wycliffe Kinyamal and Jonathan Kitilit means Wightman will have his work cut out in Belgium – but Wightman is not one to shy away from a challenge.

He did the middle-distance double at the Gold Coast Games, coming fourth in the 800m, while the European schedule in Berlin was the main reason for ruling out the possibility of following the same plan in Germany. There is a clear intention for a twin-pronged medal goal to become the norm.

“I probably like running the 800m more

than I do the 1500m – and I don’t like being seen just as a 1500m runner because I feel like I can run both,” says the Edinburgh AC athlete, who is coached by his father Geoff.

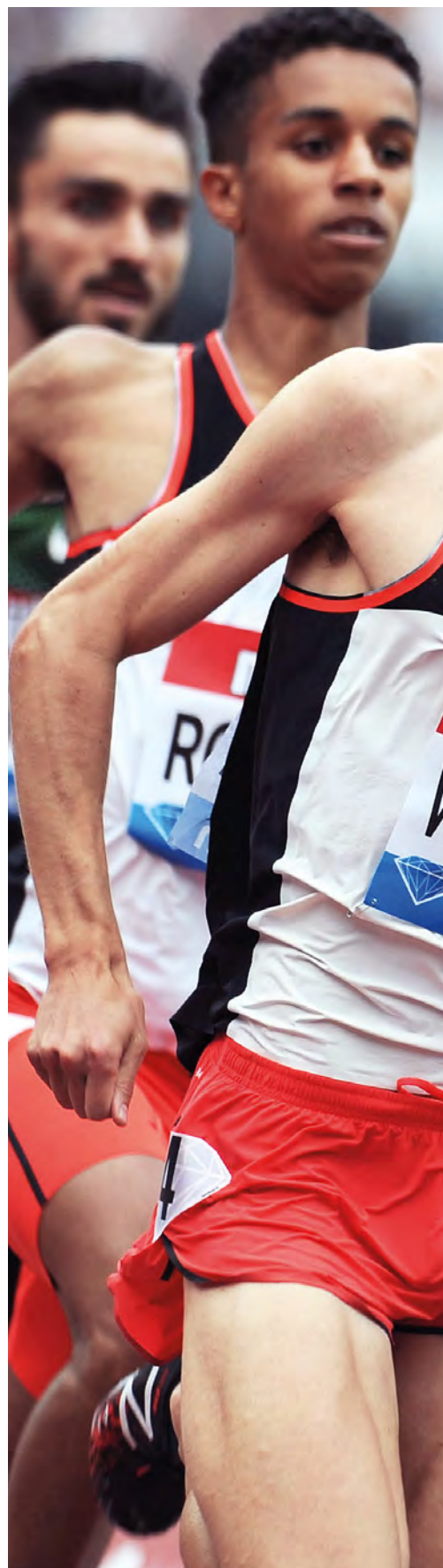
“When we first looked at this year, myself and my dad both saw the Commonwealth Games and European Championships as two chances for us to double up but, when the timetables were released, it became pretty apparent that that wasn’t going to happen.

“1500m will always be my preferred event in the instances when I can’t do both but I hope that, in the future, if I run the standard and the selectors agree with it, I can double wherever possible.”

He adds: “I’ve run 800s for as long as I’ve run 1500s so I feel like I’m competent at racing both but I feel there’s a lot more pressure on me when I run 1500s so it’s hard for me to enjoy them. I feel like there’s more expectation whereas, in the 800m, it feels like people are watching the 800m specialists so I can go out and have a bit more fun.

“I think that, if you’re seen as a 1500m runner, that’s where people expect you to have your strongest performances. But I don’t think that pressure or expectation is necessarily a bad thing and I hope that, the more 800s I run, the more expectation I can have for that distance as well because I’d like to keep improving that.”

As a British middle-distance runner, Wightman has some rather illustrious predecessors whose achievements cast long shadows – but it’s an awareness of this rich history which has helped inform his thinking too.





Jake Wightman: produced a personal best for 800m in London



There has been medal success for Wightman in the 1500m in Berlin and Australia (below)



"I think if you look back at the great British middle-distance athletes, none of them just ran 800s or just ran 1500s – Kelly Holmes, Seb Coe, Steve Cram and Steve Ovetv were all so good at both," he says. "I don't know if that has been lost the past few years – there haven't been that many people who have looked to double – but I'm sure a lot of the 800m guys and the 1500m guys are capable of doing that. Laura Muir's shown she can do it on the girls' side too."

"I just see it as two opportunities to win medals – you're doubling your championship lifetime by looking to get two at each one."

Wightman's profession revolves around the ticking of a clock but, at what many would still consider to be the rather tender age of 24, the passage of time is also playing on his mind in another sense, and will help to fuel motivation levels as next year's world championships and the 2020 Olympics creep ever closer.

"I'm not that young any more," he says.

"IF YOU LOOK BACK AT THE GREAT BRITISH MIDDLE-DISTANCE ATHLETES, NONE OF THEM JUST RAN THE 800 OR JUST RAN 1500 – THEY WERE ALL SO GOOD AT BOTH"

"It's not much of an excuse to keep saying you're on a learning curve or need more experience – there has to be a point where you've gained enough of that and have to perform. I think the next couple of years is that time, otherwise opportunities will start slipping away from me."

"I think the breakthrough Mo (Farah) had shows you definitely have to keep plugging away at it. I've had a few good, consistent years and I'm a long way out of juniors now so I should start making it happen."

COMING TO AMERICA

MORE UK ATHLETES ARE HEADING ACROSS THE ATLANTIC TO BECOME STUDENT-ATHLETES. IN PART ONE OF A TWO-PART ARTICLE, **JOHN SHEPHERD** SPEAKS TO COACHES ABOUT IT

THE information here will hopefully serve as a guide to help future junior UK athletes decide whether a US track scholarship is right for them. This week we talk to two US coaches at different levels to gain an insight into how the US track scholarship programme works.

Coach Nate Arnold
Cornell University
(assistant coach)

Athletics Weekly: What's your role as a US collegiate coach?

Coach Arnold: I aim to build a competitive team of student-athletes who are able to manage the demands of being both student and athlete.

Nate Arnold: the US system provides resources to support students efforts to pursue athletics



AW: The US system places a big emphasis on student-athlete recruitment, can this detract from the academic process in any way?

CA: The priorities of the NCAA (National Collegiate Athletic Association) are "academics, well-being, and fairness". There are over 1100 institutions within

the NCAA with different profiles and personalities. The process of recruiting student-athletes is finding prospects that can fit the profile of each different institution. It is both the job of the coaches and the prospective student-athletes to determine if the student-athlete will fit within the individual college's mission.



Student-athletes: Elliot Safo (Harvard), Javari Cameron (Park University), Jonathan Grant (Kent State), Shola Olojo (Memphis), Oliver Newport (Louisville)

I do not think collegiate athletics is meant for everyone. Each institution has a specific vision for what they are able to provide for its student-athletes, as well as what is expected from each student-athlete regarding training and competition plans. A discussion with each university's coaches should take place to

best determine whether being a collegiate athlete will detract from the student-athlete's goals as a student.

AW: The value of what's offered varies between colleges, could you explain why?

CA: The value of each

experience is unique to every university. All colleges and universities have a price tag on them. Scholarships and financial aid are available to some but the value is the education and experience you receive at each institution. Like purchasing anything, if you are only comparing price, you neglect the value of each item. So, to determine each university's "value" I recommend listing what you value from a long list of variables that will ultimately make up a collegiate athletic experience.

So, are you looking for the highest ranked education with a high return on job availability after college? Do you prefer a top of the line athletics facility to train on? Do you prefer a school that has high demands on traveling for competition or one which prefers to compete locally?

AW: Student-athletes seem to be well looked after at US colleges.

CA: I had the pleasure of touring the UK this year and seeing many of the systems in which student-athletes are trying to train and compete. I would say the value of the US collegiate system is that there are resources provided on campus that can support the students' efforts to pursue athletics. In the UK, it was common to travel for practice, sport medicine ... and to find each separate entity to piece together a strong support system.

AW: Any specific advice on what UK athletes can do to help inform their decision?

CA: Communication between recruits and coaches is key. If a coach has not initiated communication, it is completely normal for recruits to contact coaches expressing their interest

"Prior training philosophies should be considered for each incoming athlete to determine the best way to maximise each athlete's potential"

and requesting information about each programme. Sharing information, such as athletics and academic results, interests, and accomplishments will be helpful for a coach to determine whether the programme could be the right fit for you.

As dialogue between coach and recruit continues, recruits should consider many factors that will ultimately help identify a university with similar goals, resources, coaching styles and academic curriculum to that of the recruit's values.

AW: Are US coaches prepared to work with overseas coaches?

CA: I can't speak for all US coaches but it is my opinion that prior training philosophies should be considered for each incoming athlete to determine the best way to maximise each athlete's potential. I do believe that change is necessary for growth but only at a rate which allows an athlete to adapt. This can be done in many ways but an athletes' history should not be neglected.

AW: Should this "UK coach v US coach" issue be a concern for the UK athlete going to the US?

CA: I don't believe it should concern an athlete to join a new coach as long as the coach and athlete are on the same page about the history of the athlete and a plan moving forward. I believe the main issues with

a new transition arise with a lack of communication and understanding between coach and recruit. Despite the variety of training philosophies out there, many share common ground. Finding that common ground could expedite a transitional phase experienced with the move.

There are many reasons some coaches prefer not to work with previous coaches. I could understand if they don't want "too many cooks in the kitchen". Coaches try to retain consistency with training themes and this could add confusion to either the athlete or group of athletes in a programme. It could also be that a coach is looking for cohesion within a group of athletes. If every athlete is working with a previous coach, it would be hard for the group to ever work together.

Finally, a collegiate athlete needs to trust the coach and system they have chosen to be a part of. If an athlete is ever torn between two different opinions, it will be hard to reach progress.

AW: Are the attitudes of US athletes different to UK ones when they are recruited and practising?

CA: I attribute the described curiosity as a result of training background rather than cultural difference. I believe there is a different mind-set between athletes who train through a club system versus a high school athletics programme as in the US.

Athletes who receive more attention from a coach will have a better understanding of the sport and the system of training. This allows for more dialogue between coach and athlete. Athletes who are in a much bigger system are more accustomed to show up and do what is prescribed. This is also visible in the recruiting process.

Shioma "Sho" Obemeata
(Previously assistant coach men's and women's track and field/cross country, now works for USATF)

AW: Tell us about your background.

CS: I am British born and partially raised, having moved to the States in 2005 as a 13-year-old. My family and I lived in Surrey for the majority of those years. I ran for Sutton AC in my last three or so years living there. Watching the likes of Harry Aikines-Aryeetey and co training was inspiring.

I coached for four years – two at the collegiate level at Springfield College where I was a graduate assistant, coaching the jump events while earning a masters in athletic administration. Upon graduating this past May, I accepted a position with USA Track & Field as an international teams coordinator.

AW: How are student-athletes looked after?

CS: Not all track and field student-athletes are well taken care of here. Not every school has resources to support high



Shioma Obemeata: has experience of track on both sides of the Atlantic

level athletics competition. My university (University of Maryland Baltimore County) was a low-end division one school. We did not have a good indoor track and field facility; we did not have a javelin runway until 2017 (yet we still produced a multiple time all-American from Germany), but we did get a lot of gear, priority registering for classes, a competitive competition schedule, etc.

In a way, you can look at the resources a school has as a mark to determine the emphasis of sports at the school.

For instance, a school like the University of Texas, Austin, is a big athletics school and has a

renowned academic reputation. Their track and field athletes will get new gear (clothes, shoes, spikes, etc) yearly. They will have one or two athletics trainers dedicated to their team, with two or three more as support staff. They likely have free dining options for which their non-athletic peers would pay for.

When they travel for competition, they will fly, when another school equidistant would likely drive. At competition, they receive meal money – every division one and two school has it, it just varies how much by school.

I would estimate around \$50-\$60 a day. If it's a three-day meet ... you can do the math. Not all money gets used and you do not give back the meal money you received.

Should I continue?

AW: So, that value of what's offered varies between colleges?

CS: In short, it's the revenue generated by the university by sports teams (American football and basketball are the only revenue generating sports) and money donated by donors. If you attend a large school with big time football and/or basketball, it is likely all other sports benefit. Add donors to that equation and the student-athletes ideally have the best of the best at their disposal.

AW: How would a typical recruitment process go for a UK athlete?

CS: US coaches are tracking UK athletes all the time. Recruiting out of the country is the same as recruiting domestically – US coaches want athletes who are already very good that can make an immediate impact and keep getting better. The caveat is financing school can be trickier



Elliot Safo: long jump talent and Harvard student



Jonathan Ilori (left) and Teddy Tamgho: the 16.28m triple jumper went to the University of Missouri

because of the federal financial aid a US born student-athlete can receive compared to an international student.

As far as scholarships go – the equation is pretty simple, the better you are compared to the school's conference competition (a conference is a collection of schools a university competes in), the more scholarship money you will receive.

For instance, if a male athlete runs 1:50 in the men's 800m, a school whose conference championship winning time was 1:47.5 may offer the athlete a 75% scholarship while another school whose conference winning time was 1:51 could offer a 100% scholarship.

AW: Are US coaches prepared to work with overseas coaches?

CS: I am of the belief that when an athlete is under a certain coach, they should be 100% committed to learning and progressing with whoever they are currently with. As an athlete, I would be concerned if my coach did not understand basic concepts of the event I am in and is not prepared to be open to change. As a US coach,

I would be concerned with an athlete who is in constant contact with their previous coach without allowing me to guide them. It works both ways.

AW: Are there resources that can help UK athletes make a choice?

CS: Research conference championships to familiarise yourself with what schools and performances you would enter. Our "Power of 10" is TFRRS (tfrs.org). Spend time looking through the different divisions to see how you fare.

AW: Anything else you would like to add ...

CS: Feel free to email me at a.obemeata@gmail.com if you have any questions. I have coaches in my network I can connect athletes to if they are interested in making the leap across the pond.

■ **In part two we hear from UK athletes who have gone Stateside, both the good and the not-so-good, we talk to some of the organisations that can help the process and also consider some UK options to remain a student-athlete here**

UK-side assistance

A NUMBER of businesses have been established in the UK, designed to help the US recruitment process – see, for example, Right Track, run by triple jumper Jonathan Ilori (righttracksports.co.uk) and StatesBound run by 400m hurdler Jack Green (statesbound.com).

These and other similar enterprises will assist with finding the right school and coach for the athlete and may tutor for the tests that are required – all prospective UK student-athletes will need to sit a SAT/ACT test as well as complete their relevant UK academic studies.

MY PERSPECTIVE

John Shepherd is a coach who has experienced six members of his training group going to US colleges. These have covered the whole range from Ivy League to the various NCAA divisions and beyond

I AM a bit of an academic at heart and the thought of stopping a young person getting a great educational opportunity in an exciting foreign land is not something I'd want to do. And it has to be added that on most occasions that opportunity will be free due to the scholarship system. So, the US system is therefore a very compelling one. On the track and field side, in my experience perhaps it's not always so cut and dried though.

As a coach, I have found that the US athletics system tends to work in isolation from the home coach (obviously there are issues here as Coaches Arnold and Sho indicate in this article).

Overtures to send information across and to have a chat about an athlete before they travel across the Atlantic usually fall on deaf ears. This can be very infuriating as it would be common sense to discuss, even if it's on a few early occasions, the training history, strengths and weaknesses of the new student-athlete. I'd willingly complete a questionnaire if this simplified the process. Some costly mistakes could be avoided.

I have experience of athletes being given drills, sessions and strength and conditioning loads that are totally foreign to their previous training experiences – and more questionably the technique of elite UK performers being altered because it seemingly didn't fit the model of a particular coach.

Now, it's often said in various walks of life "you have to let go", when someone chooses a different path, and so when it comes to the US collegiate track system the same is right for the UK coach.

The athlete has made their choice and in many ways "it's on their own head be it". However, it's difficult to hear how a once thriving athlete, who was enjoying his or her athletics, is now not. And how they end up not competing, falling out with their coaches and/or being encouraged to compete when injured (athletes on scholarships are rather like pro athletes without the salary and you are usually expected to do as told).

I've had US-based athletes from my group contact me about all of these (and more) issues. It places you in a difficult position, as in reality there's very little that you can do (and in some ways why should you?).

Plus, very often we UK coaches are not fully consulted by the athletes involved in the first place. A fellow coach said to me that his role was even more important than he realised, when he considered that he was preparing an athlete for a US scholarship.

UK coaches (mainly amateur) can be undervalued all-round – look at the number of elite athletes now being coached by overseas (often professional) coaches and yet we coach so many athletes to a high standard to then be coached by non UK coaches – there's some irony there.

Of course, there are many athletes who have had great US track experiences. And of course, there's the probably more important aspect of non-student-athlete life – that's to say the education gained and the lifestyle lived. Memories that will no doubt last a lifetime and hopefully a great career.

I'd just recommend that any athlete thinking of going to the States does their due-diligence when it comes to finding the right college for them academically and athletically. Heed the advice of the coaches provided in this feature and those you make contact with. And do speak to your UK coach – don't hide your plans – it's not fair on your coach!

Go with the mind-set that you are in a different system to the one you left behind and that you will have a different coaching experience and then you'll be much better positioned to embrace the change that will come.

SUPPORT ON THE RUN

PAUL FREARY AND THE AW TEAM CALL IN SUPPORT FOR THEIR RUNNING – SPECIFICALLY THEIR FEET – WITH AN IN-DEPTH LOOK AT SUPPORT SHOES

Mizuno Wave Horizon 2

Price: £150.00

Stockist: mizuno.eu

Having previously ran in several versions of the brand's popular "Inspire" model I had high hopes for this shoe. After all, it is essentially a beefed-up version with premium levels of cushioning designed for the high mileage runner seeking support and a smooth ride. And I wasn't disappointed. The cushioning is a little deeper than some, absorbs the initial impact well, yet remains controlled

enough to not feel like it's taking some of the spring out of your step. The support is excellent and does a good job of controlling over-pronation – via the familiar "Wave" system.

Even with the additional cushioning the shoe felt good when picking up the pace. The deep forefoot grooves give it a good range of flexibility and when running at speed it is a controlled, yet still nicely cushioned experience with a responsive toe-off.

The upper benefits from a premium construction and there's plush padding around the heel collar and tongue which all adds to a luxurious fit.

Okay, it is a premium model but its performance matches the price. And after around 150 miles it feels like it should take the next few hundred comfortably in its stride.



New Balance Fresh Foam Vongo v3

Price: £125.00

Stockist: newbalance.co.uk

The New Balance shoe manages to control over-pronation using a cleverly designed one-piece midsole cushioning material. Additionally, instead of the traditional dual density midsole, the Vongos use an injection-moulded-unit which, when combined with a slightly concave shape on the lateral side of the shoe and a convex shaped medial aspect, creates an incredibly effective support shoe which also offers a very smooth ride.

The "FreshFoam" cushioning is a light and relatively soft material that feels ideally paired to the shoe. It benefits from a seamless one-piece upper that creates a very comfortable sock-like fit.

The shoe's lacing system adds a little extra support to the foot but does so without feeling overly restrictive. The Vongos are therefore a very easy shoe to get on with, and give your running a natural feel, which you'll enjoy straight out of the box.

New Balance Rubix

Price: £ TBC

Stockist: newbalance.co.uk

The AW team have had a sneak preview of this shoe which is due for launch in October. It's designed to be one of the brand's premium, high-mileage support shoes. On first impressions the Rubix looks a little unusual, with a sole constructed from a dual density cushioning material that's split into different pods. Each of these then uses a different combination of banked and angled surfaces to guide the foot forwards in the most efficient manner. It's a new approach to control of the foot's gait but our first impressions are favourable. We also found the shoe to have a smooth feel, is well cushioned and provides effective over-pronation control.

At the time of writing we've only had a couple of outings in the Rubix, so as well as logging our runs we'll be taking notes on the shoe's performance in order to supply a more detailed review in future.



Saucony Hurricane ISO

Price: £140.00

Stockist: saucony.com

The brand's range topping shoe combines cushioning and support. A new "Everun" midsole provides all of the shoe's cushioning, and is more flexible, more responsive and faster feeling than previous models. It's still great for high-mileage runners though and the support works just as well, it's just that there's a different feel compared to the previous model. Having covered several hundred miles in the Hurricanes, one of our testers said: "It's now found its place in my line-up of daily training shoes. It feels much lighter than the previous model and more flexible. You still get the support... it's just not as 'full-on', making the shoe feel better for my faster paced runs. The Everun material has a definite 'bounce' and I'd call it a performance trainer now."

The shoe is also very hard wearing with the new outsole holding up strongly after over 300 miles.



Brooks Adrenaline GTS18

Price: £120.00

Stockist: brooksrunning.com

The Adrenaline is a solid dependable shoe offering great cushioning and support, and it has become the go-to shoe for many runners. Remaining largely unchanged over its 18 versions is the hallmark of a great running shoe that obviously does its job well. This model does see slight tweaks over previous incarnations with a new blend of midsole cushioning materials providing an ever so softer feel. Many runners may not actually notice this though, as it's ever so subtle, but of our testers that did, they appreciated the update.

The medial posting works very effectively and starts toward the rear of the foot meaning it "catches" most over-pronators and helps stabilise them very well. The cushioning is soft and flexible, whilst the updated upper benefits from a new seamless mesh construction which adds a slightly gentler, plusher feel to the shoe, particularly around the heel.



Asics Gel-Kayano 25

Price: £155.00

Stockist: asics.com

This 25th anniversary model of the brand's iconic support shoe sees probably its biggest changes. Lovers of the old models should not panic as this is more subtle than revolutionary.

The midsole now uses a combination of Asics' "FlyteFoam", "Propel", and "Lyte" materials – these are spliced together in a way that gently supports the foot as it rolls forward to create a very smooth ride with a responsive toe-off.

The upper benefits from a seamless jacquard mesh construction which offers a little more room in the toe-box than previous models. The heel's roll-top collar provides a smooth finish, which when combined

with the external heel counter gives support without irritation.

Our testers were particularly impressed with the improved toe-off. One said: "The shoe now feels like it's combined the support and cushioning of previous models

but with the responsive feel of a lightweight racer. I could use it for everything!"

It may be one of the more expensive shoes available but it's a very versatile and durable shoe, making it better value in the long run.



FLYTEFOAM SHOES IN ORBIT

STEVE SMYTHE TESTS THE LATEST ASICS SHOES IN A UNIQUE OLYMPIC STADIUM ENVIRONMENT

WRITERS who run will never turn down the chance to test new shoes and the chance to try the ASICS FlyteFoam collection beside the London Stadium was a chance too good to miss.

This is despite a strange injury that meant running normally was going to be difficult and I had spent five hours in A&E undergoing medical checks on the non-running related injury earlier in the day!

The pre-event information said the activity may involve heights, which I naively presumed



Abseiling wearing Dynaflyte 3 shoes



Steve Smythe (centre) is on terra firma here, but was 250ft off the ground at one stage

may mean some steps. But 10 minutes after arrival at the London Stadium, I was abseiling 250ft up off the Orbit beside the stadium. Okay, maybe it was nearer 15 minutes as the instructor slowly coaxed me and encouraged me off the edge.

It was great once I got off the edge and was actually easier and more comfortable than the 4km run with a group of runners around the Queen Elizabeth Park, led by the Asics Front Runners.

The shoes, I received – the Roadhawk FF2 – are superbly cushioned and light. They are

maybe not exactly like running on air – which is the feeling I had as I was descending 250ft beside the stadium when I first put them on. But it was close.

Others in the group received the Dynaflyte 3, which I also hope to be able to test when the leg returns to normal.

The Roadhawk also look great – with a blue mesh upper – although the feel is what hits you – and I anticipate they will be my main marathon training shoe over the winter months as I attempt to run my 38th London Marathon.

Both shoes come equipped

with FlyteFoam Lyte and FlyteFoam Propel technologies, to deliver enhanced responsiveness and stability.

FlyteFoam Lyte is a midsole formula that features a reinforced, sustainable nanofiber compound which increases the foam's durability and provides more stability for runners, while FlyteFoam Propel midsole technology provides enhanced responsiveness in toe-off.

■ **ASICS Dynaflyte 3 retails for £135 and the Roadhawk FF2 retails for £105. See asics.com**

EASE AWAY JOINT PAIN WITH PERNOL

AS the British summer ebbs away, thoughts turn to the long, cold winter months and potential joint pains.

Older athletes in particular are susceptible to stiffness and soreness but one way to potentially help avoid or ease these problems is by supplementing your diet with an anti-inflammatory.

One such product is Pernol green-lipped mussel oil extract.

Green-lipped mussel is taken from a type of mussel native to New Zealand. Scientists don't completely

**Anti-inflammatory:
green-lipped
mussel**



understand how it works, but it contains omega-3 fatty acids, which have anti-inflammatory and joint-protecting properties.

The Maoris who live in New Zealand have claimed for years that eating local green-lipped mussels helps them maintain good health and statistics show the incidence of arthritis is very low in the coastal-dwelling Maoris, who consume large amounts of green-lipped mussels, whereas Maoris who reside in the interior have the same incidence of arthritis as New Zealanders of European origin.

Designed to help with joint pain and inflammation, Pernol's main ingredient

is a highly-purified 99% stabilised pharmaceutical grade oil extracted from the green-lipped mussels.

Pernol is a natural safe product with no known side effects. It has also been tested by one of the AW staff with joint issues, who found it to be a good dietary supplement, although it is always impossible to tell during a short test period just how effective it is.

■ **Pernol costs £18.95 for 30 capsules. See stirling-health.net**

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AQUA PURA



Steve Smythe,
results editor

CAT FIGHTS

I DID watch most of the para events in Berlin – either on the Channel 4 or para websites – and I thought there were too many categories and too few competitors in some events.

Given that you could only watch the action online and the events only drew modest crowds, while there was scant media coverage (other than by British Athletics and AW), it would appear that the majority of athletics fans don't regard it with the same importance as the able-bodied event.

The Berlin Olympic Stadium contests earlier this month got BBC TV coverage, big crowds and mass media attention.

The GB para team in Berlin did marvellously well but some of the competition was thin with just two or three competitors and, most would admit, medals were easier to win than a few weeks earlier in Germany.

One of the best races was the 800m between one of Britain's greatest ever Paralympians, Hannah Cockcroft, and the up-and-coming Kare Adenegan, who beat her at 100m. However they were up against a single competitor, who was 30 seconds behind.

The athletes can only beat who is there but some of the categories need to be combined to be more competitive.

OVERSEAS

AUSTRALIA

Sunshine Coast (Addn), August 19

Men: HM: 6 NICK EARL 64:39

Westpac 10km, Sunshine Coast, August 19

Men: 10km: 5 TOM PAYN 32:22

BELGIUM

Antwerp, August 25

Men: PV: 1 R Lavillenie (FRA) 5.73; 2 A Art 5.53

CHINA

AVOHK 5km Series, Hong Kong, August 18

Women: 5km: ANGELINA KONG (W50) 21:46

CZECH REPUBLIC

Zlin, August 18

Men: LJ: 1 R Juska 8.16/0.4

Jablonec, August 15

Men: 200: (1.5) 1 M Anas (IND) 20.63; 2 A Rajiv (IND) 20.66

DENMARK

Danish National Championships, Odense, August 24

Men: 10,000: 9 BEN SAVILL 32:25.17

ESTONIA

Parnu, August 19

Men: 100 (1.2): 1 O Sokolov (UKR) 10.40; 4 ISAAC KITCHEN-SMITH 10.69. **300:** 1 J Leitis (LAT) 33.31.

B: 3 KITCHEN-SMITH 34.98. **1000:** 5 CASPAR ELIOT 2:31.63; 8 HUGO FLEMING 2:32.26. **SP:** 1 M Pezer (BIH) 20.33; 2 A Nijchypar (BLR) 20.23. **DT:** 1 S Pettersson (SWE) 63.54; 2 M Kupper 62.41; 3 G Valur Gudnason (ISL) 62.20; 4 A Alexandru Firfirica (ROU) 61.65; 5 G Kanter 60.43. **HT:** 7 JACK PAGET 46.19. **JT:** 1 M Kirt 84.43. **Women:** **1000:** 1 S Kuivisto (FIN) 2:40.81 (rec); 5 CHARLOTTE DANNATT (U20) 2:58.51;

6 ANNA SHARP 2:58.73. **LJ:** 1 K Hryshutyna (UKR) 6.61

FINLAND

Lappeenranta, August 23

Men: 200: r1 (0.1): 1 O Lehtonen 20.89; 2 TOMMY RAMDHAN 21.06;

3 SAMUEL OSEWA 21.08; 4 JONA EFOLOKO (U20) 21.28; 7 JAMAL RHODEN-STEVENS 21.94. **TJ:** 3 NATHAN DOUGLAS 16.14/0.1. **JT:** 1 M Kirt (EST) 83.48; 2 A Ruuskanen 82.03. **Women:** **200: r1 (-0.6):** 1 ASHLEIGH NELSON 23.27. **100H: r1 (-0.8):** 1 N Nezir 13.21; 5 ALICIA BARRETT 13.73. **JT:** 1 T Khaladovich (BLR) 66.59; 2 L Muze (LAT) 61.19

Helsinki Marathon, August 25

Men: Mar: 3 RICHARD WALDRON 2:38:45

Helsinki 10km, Helsinki, August 23

Women: 10km: 3 ROSE PENFOLD 38:34

Aikataulu, Tampere, August 24

Men: 400: r3: 1 JAMAL RHODEN-STEVENS 47.21

Hyv n Tuulen Kisat, Helsinki, August 21

Men: 100: r5 (0.1): 1 ISAAC KITCHEN-SMITH 10.84. **HT:** 2 TOM PARKER 59.92; 4 JACK PAGET 49.41. **Women: 1500:** 1 ANNA SHARP 4:43.69. **DT:** 1 C Nick (GER) 49.02

GERMANY

Beckum, August 26

HOLLY BRADSHAW finished fourth in the pole vault with a 4.60m leap as USA's Katie Nageotte improved her outdoor best to 4.80m

Women: PV: K Nageotte (USA) 4.80; 2 N Guillon-Romarin (FRA) 4.70; 3 S Morris (USA) 4.70; 4 HOLLY BRADSHAW 4.60; eq 6 Y Silva (CUB) 4.18

Internationales Hochsprung-

Meeting, Eberstadt, August 24-25

AUSTRALIA'S Commonwealth high jump champion Brandon Starc went to third on the 2018 world lists with an Oceanian record 2.36m.

Morgan Lake finished sixth in the women's event with a 1.88m leap.

Men: HJ: 1 B Starc (AUS) 2.36 (area rec); 2 G Tamperi (ITA) 2.33; eq3 M Nedasekau (BLR)/D Thomas (BAH) 2.27; eq5 E Onnen 2.27; 5 I Ivanyuk (RUS) 2.27; 7 T Potye 2.27; 8 T Barry (BAH) 2.24; 9 E Rivera (MEX) 2.24; 10 M Przybylko 2.24. **U23: HJ:** 2 RYAN WEBB 2.14; 3 WILLIAM GRIMSEY 2.14; 6 JACK ENNIS (U17) 2.02. **Women:** **HJ:** A Pali te (LTU) 1.94; 2 E Kinsey (SWE) 1.94; 3 M Jungfleisch 1.88; 4 Y Levchenko (UKR) 1.88; 5 Y Mahuchikh (UKR) 1.88; 6 MORGAN LAKE 1.88; eq7 S Skoog (SWE)/M Demireva (BUL) 1.84. **U23: HJ:** 5 EMILY BORTHWICK 1.74

BMW Cloppenburg-Meeting, Trier, August 23

Men: 1500: 3 ROBBIE FITZGIBBON 3:41.32

Bad Kostritz, August 24

TOMAS WALSH won the shot with a 21.55m throw ahead of David Storl's 20.87m.

Berlin runner-up Andreas Hofmann won the javelin with a 86.16m throw ahead of European Champion Thomas Rohler's 79.56m.

Men: SP: 1 T Walsh (NZL) 21.55; 2 D Storl 20.87. **JT:** 1 A Hofmann 86.16; 2 T Rohler 79.56

HUNGARY

Budapest Open Junior & Intermediate Meeting, Budapest, August 18

Women: 200 (0.5): 1 SADE KAKA (U17) 25.53

ICELAND

Islandsbanki Reykjavik Marathon, Reykjavik, August 18

Men: Mar: 5 THOMAS STEVENS 2:29:55. **Women: Mar:** 3 RACHEL PARKER 3:09:11

ITALY

Rovereto, August 23

EUROPEAN 1500m champion Laura Muir could only finish 11th in the 800m 2:04.71, fading in the last 200 metres in a rough race.

Lydney Sharp had one of her best races of the year to finish second in 1:59.90, ahead of European champion Nataliya Pryshchepa's 2:00.26 and behind Berlin runner-up Renelle Lamote's 1:59.58.

USA's Olympic relay gold medallist English Gardner competed for the first time since July 2017 and won the 100m in a fast 11.02, with Imani-Lara Lansiquot third in 11.24.

Meghan Beesley was third in the 400m hurdles in 56.18 and Anyika Onuora third in the 400m in 52.23 ahead of European fourth-placer Laviai Nielsen's 52.85.

Martyn Rooney was fourth in the 400m in 46.13, fading after a strong first 300m.

Dan Bramble was fourth in the long jump with a 7.73m leap.

Men: 100 (0.7): 1 J Harvey (TUR) 10.14; 2 M Rodgers (USA) 10.17; 3 A Edward (PAN) 10.21; 4 A Ciss  (CIV) 10.24; 5 T Tracey (JAM) 10.25; 6 E Barnes (TUR)

10.31. **400:** 1 P Dedewo (USA) 45.30; 2 L Santos (DOM) 45.58; 3 L Bonevacia (NED) 46.08; 4 MARTYN ROONEY 46.13; 5 M Galvan 46.23. **800:** 1 C Tuwei (KEN) 1:46.02; 2   de Arriba (ESP) 1:46.20; 3 W V zquez (PUR) 1:46.47; 4 E Sowinski (USA) 1:46.84; 5 S Lekuta (KEN) 1:46.89; 6 GUY LEARMONTH 1:47.04; 10 R Gregson (AUS) 1:48.95. **5000:** 1 S Mburu Waithaka (KEN) 13:15.06; 2 B Aregawi (ETH) 13:15.44; 3 B Birgen (KEN) 13:22.27; 4 S McSweyn (AUS) 13:31.03; 5 O Chelimo (UGA) 13:32.94; 6 Y Crippa 13:37.93. **110H (0.7):** 1 R Levy (JAM) 13:37; 2 P Martinot-Lagarde (FRA) 13:37; 3 M Trajkovic (CYP) 13:54; 4 F Crittenden (USA) 13.60; 5 G Traber (GER) 13.64; 6 H Fofana 13.70; 7 D Czykier (POL) 13.74. **HJ:** 1 A Protsenko (UKR) 2.26; 2 M Sawe (KEN) 2.26; 3 G Tamperi 2.26; 4 D Amels (NED) 2.23; 5 I Ivanyuk 2.23. **LJ:** 1 M Tent glou (GRE) 8.00; 2 T Gayle (JAM) 7.93; 4 DAN BRAMBLE 7.73/0.5; 5 FERON SAYERS 7.68/-0.1. **JT:** 1 P Mialeska (BLR) 79.07

Women: 100 (0.9): 1 E Gardner (USA) 11.02; 2 M Ahye (TTO) 11.23; 3 IMANI LANSIQUOT 11.24; 4 D Bryant (USA) 11.24; 5 DARYLL NEITA 11.26; 6 K Tsimanouskaya (BLR) 11.40. **400:** 1 A Seyni (NIG) 50.69 (rec); 2 J Stepter (USA) 51.84; 3 ANYIKA ONUORA 52.23; 4 LAVIAI NIELSEN 52.85. **800:** 1 R Lamote (FRA) 1:59.58; 2 LYNSEY SHARP 1:59.90; 3 N Pryshchepa (UKR) 2:00.26; 4 N Yariyo (BEN) 2:00.71; 5 L Velvere (LAT) 2:00.75; 6 K Grace (USA) 2:00.92; 7 S B chel (SUI) 2:01.02; 8 H Nakaayi (UGA) 2:02.99; 11 LAURA MUIR 2:04.71. **3000:** 1 M Mamo (ETH) 8:42.19; 2 L Chemnug (KEN) 8:43.00; 3 A Efraimson (USA) 8:52.53; 4 G Kite (KEN) 8:54.35; 5 C Buscomb (NZL) 9:00.02; 6 Katie Mackey (USA) 9:00.09. **400H:** 1 A Ryshchepa (UKR) 55.74; 2 A Foluruno 56.16; 3 MEGHAN BEESLEY 56.18; 4 V Tkachuk (UKR) 56.47. **B:** 1 E Ankiewicz (POL) 56.70; 2 KIRSTEN MCASLAN GBR 57.68. **JT:** 1 C Hussong (GER) 62.14; 2 K Barber (AUS) 61.22

Meeting Melinda, Cles, August 25

Women: 1500: 4 AMY GRIFFITHS 4:18.88

JAPAN

Sapporo, August 26

Men: Mar: 1 N Okamoto 2:11:29; 2 P Kuira 2:11:58; 3 T Tanigawa 2:12:02; 4 S Otsuka 2:12:07. **Women: Mar:** 1 A Suzuki 2:28:32; 2 S Maeda 2:30:56; 3 M Tanimoto 2:31:34

MEXICO

Mexico City, August 26

DESPITE the 7000 feet altitude, Titus Ekiu won in a fast 2:10:37 to lead home a Kenyan top three on the 50th anniversary of the 1968 Mexico Olympics win for which some competitors from the Olympic race were invited back by the organising committee.

Men: Mar: 1 T Ekiu (KEN) 2:10:37; 2 E Koech (KEN) 2:12:35; 3 M Kisiorio (KEN) 2:13:40. **Women: Mar:** 1 E Woda Temesgen (ETH) 2:40:10

NORWAY

Stavanger 5km, August 25

Men: 5km: 19 JOHN DEASEY (M55) 18:44

Bergen, August 22

IN cold weather, European 400m hurdles champion Karsten Warholm won the 300



YICHA SAUER

FAST TRACK WINS FOR SU BINGTIAN AND SAMBA

INDONESIA

Asian Games, Jakarta, August 26
CHINA'S Su Bingtian won the 100m in a championship record of 9.92/0.8 ahead of Qatar's Tosin Ogunode (10.00) and Japan's Ryoto Yamagata (10.00).

Qatar's World leader Abderrahman Samba won the 400m hurdles title in a championship record of 47.66, winning by more than one second from Dharun Ayyasamy Indian record 48.96 national record.

Other championships records included Bahrain's Kemi Adekoya with a 54.48 400m hurdles and Iran's Hossein Keyhani improving his PB by more than 10 seconds to win the steeplechase in 8:22.79.

20-year-old Neeraj Chopra extended his Indian record to 88.06m to win the javelin title, while China's Wang Yu cleared 2.30m to win the high jump.

In the women's 400m, Salwa Eid Naser of Bahrain clocked 50.09 ahead of Indian World U20 Champion Hima Das, who improved her senior and U20 national record to 50.79.

Japanese Hiroto Inoue won the men's marathon in high temperatures and humidity in a sprint finish in 2:18:22 from El Hassan El Abbasi of Bahrain, who had the same time. Bahrain lodged



Abderrahman Samba: 47.66 400m hurdles win

a protest, claiming Inoue hindered El Abbasi, but that was rightly thrown out.

Qatar's World medalist Abdalaleh Haroun won the 400m in 44.89 while there was a championship record and a Chinese title in the long jump with Wang

Jianan winning with 8.24m.

Men: 100 (0.8): 1 Su Bingtian (CHN) 9.92; 2 T Ogunode (QAT) 10.00; 3 R Yamagata (JPN) 10.00; 4 A Abkar Mohammed (KSA) 10.10; 5 Yang Chun-Han (TPE) 10.17; 6 H Taftian (IRI) 10.19; 7 L Zohri (U20) 10.20; 8 K Kuk-Young (KOR) 10.26. **SF1 (-0.2):** 1 Mohammed 10.21. **SF2 (0.2):** 1 Su Bingtian 10.16; 2 Ogunode 10.20. **Ht 3: (0.9):** 1 Yamagata 10.10; 2 Yang Chun-Han 10.17; 3 Taftian 10.17. **Ht 1 (-0.1):** 1 Ogunode 10.16; 2 Yamagata 10.19. **Ht 2 (0.6):** 1 Yang Chun-Han 10.13 (rec); 2 A Cambridge (JPN) 10.23. **Ht 4 (-0.6):** 1 Su Bingtian (CHN) 10.27. **Ht 5 (0.7):** 1 Mohammed 10.15; 2 Al-Harthi 10.21. **400:** 1 A Haroun (QAT) 44.89; 2 Y. Muhammed Anas (IND) 45.69; 3 A Khamis Abbas (BRN) 45.70; 4 A Rajiv (IND) 45.84; 5 J Walsh (JPN) 45.89. **SF1:** 1 Abbas 45.59. **SF2:** 1 Anas 45.30. **SF3:** 1 Haroun 45.83. **Ht 1:** 1 Anas 45.63; 2 Abbas 45.81; 3 H Kalinga Kumarage (SRI) 45.99. **1000m:** 1 H Chani (BRN) 28:35.54; 2 A Cheroben (BRN) 29:00.29; 3 Zhao Changhong (CHN) 30:07.49. **Mar:** 1 H Inoue (JPN) 2:18:22; 2 El Hassan El Abbassi (BRN) 2:18:22; 3 Duo Bujie (CHN) 2:18:48; 4 H Sonoda (JPN) 2:19:04; 5 S Bat-Ochir (MGL) 2:23:42. **3000sc:** 1 H Keyhani (IRI) 8:22.79 (rec);

2 Y Salem Bagharab (QAT) 8:28.21; 3 K Shiojiri (JPN) 8:29.42; 4 J Koech (BRN) 8:32.72; 11 A Purwanto 8:54.32 (rec); 12 F De Deus (TLS) 9:14.07 (rec). **400H:** 1 A Samba (QAT) 47.66; 2 A Dharun (IND) 48.96 (rec); 3 T Abe (JPN) 49.12; 4 C Chieh (TPE) 49.62; 5 T. Santhosh Kumar (IND) 49.66. **Ht 1:** 1 Abe 49.71. **Ht 3:** 1 Samba 49.34; 2 Dharun 49.55. **HJ:** 1 Wang Yu (CHN) 2.30; 2 Woo Sang-Hyeok (KOR) 2.28; eq3 M El Dein Ghazal (SYR)/N Tobe (JPN) 2.24; 5 H Mahamat Alamine Saleh (QAT) 2.24; 6 T Eto (JPN) 2.24; 7 N Singh Randhawa (MAS) 2.24. **LJ:** 1 Wang Jianan (CHN) 8.24; 2 Zhang Yaoguang (CHN) 8.15; 3 Sapwaturrahman 8.09 (rec); 4 Y Hashioka (JPN) 8.05. **Qual:** 1 Hashioka 8.03. **SP:** 1 T Pal Singh (IND) 20.75 (rec); 2 Liu Yang (CHN) 19.52; 3 I Ivanov (KAZ) 19.40. **HT:** 1 A Amjad Al-Saifi (QAT) 76.88; 2 D Nazarov (TJK) 74.16; 3 S Khodyayev (UZB) 74.06. **JT:** 1 N Chopra (IND) 88.06 (rec); 2 Liu Qizhen (CHN) 82.22; 3 A Nadeem (PAK) 80.75 (rec); 4 Ma Qun (CHN) 80.46; 11 R Hui Wai Hei (HKG) 71.78 (rec). **Dec:** 1 K Ushiro (JPN) 7878; 2 Sutthisak Singkhon (THA) 7809 (rec) 3 A Nakamura (JPN) 7738. **Women: 100 (0.3):** 1 O Odiong (BRN) 11.30; 2 D Chand (IND) 11.32; 3 Wei Yongli (CHN) 11.33. **SF2 (0.1):** 1 Wei Yongli

11.29. **400:** 1 S Eid Naser (BRN) 50.09; 2 H Das (IND) 50.79 (U20 rec); 3 E Mikhina (KAZ) 52.63. **Ht 1:** 1 Naser 50.86; 2 Das 51.00 (U20 rec). **1000m:** 1 A Maslova (KGZ) 32:07.23; 2 E Chumba (BRN) 32:11.12; 3 Zhang Deshun (CHN) 32:12.78; 4 A Mohamed Saeed (UAE) 32:18.32; 5 S Eshete (BRN) 32:30.24. **Mar:** 1 R Chelimo (BRN) 2:34:51; 2 K Nogami (JPN) 2:36:27; 3 Kim Hye Song (PRK) 2:37:20. **3000sc:** 1 W Yavi (BRN) 9:36.52; 2 S Singh (IND) 9:40.03; 3 N Thi Oanh II (VIE) 9:43.83 (rec); 4 Zhang Xinyan (CHN) 9:46.30; 5 Xu Shuangshuang (CHN) 9:47.42; 6 U Rathnayake (SRI) 9:54.65 (rec); 7 Ro Hyo Gyeong (PRK, U20) 10:05.47 (U20 rec); 9 Jo Ha-Rim (KOR) 10:17.31 (rec). **100H (0.2):** 1 J Hye-Lim (KOR) 13.20; 2 E Nova 13.33; 3 Lui Lai Yu (HKG) 13.42. **Ht 2 (0.8):** 1 Hye-Lim 13.17. **400H:** 1 K Adekoya (BRN) 54.48; 2 Q Thi Lan (VIE) 55.30 (rec); 3 A Odeyemi (BRN) 55.65; 4 A Raghavan (IND) 56.92. **Ht 2:** 1 Adekoya 54.87; 2 Lan 55.74 (rec); 3 Raghavan 56.77. **LJ:** 1 Bui Thi Thu Thao (VIE) 6.55; 2 N Neena (IND) 6.51; 3 Xu Xiaoliang (CHN) 6.50; 4 Lu Minjia (CHN) 6.50. **SP:** 1 Wang Lijiao (CHN) 19.66; 2 Gao Yang (CHN) 17.64; 3 N Salem Jassem (BRN) 17.11. **HT:** 1 Luo Na (CHN) 71.42; 2 Wang Zheng (CHN) 70.86; 3 H Katsuyama (JPN) 62.95

in a Norwegian record 32.69 while Jakob Ingebrigtsen won the 1500m in 3:41.81. Henrik Ingebrigtsen produced the best performance of the meeting, winning the 3000m in a European-leading 7:42.72. Charlie Myers won the pole vault with a 5.50m leap.

Men: 100 (1.0): 1 G Smellie (CAN) 10.27. **300:** 1 Karsten Warholm 32.69 (rec); 2 A Haara Bakketun 34.47. **800:** 1 J Ralph (AUS) 1:46.55; 2 T Roth 1:46.90; 5 F Ingebrigtsen 1:48.13. **1500:** 1 J Ingebrigtsen (U200 3:41.81; 2 K Berglund (SWE) 3:42.62; 3 Jordan Williams (AUS) 3:42.92. **3000:** 1 H Ingebrigtsen 7:42.72; 2 E Bibic (SRB, U20) 7:51.51 (U20 rec); 3 F Orth (GER) 7:56.41. **110H (-0.4):** 1 V Vukicevic 13.70. **PV:** 1 CHARLIE MYERS 5.50; 2 S Guttormsen 5.50. **LJ:** 3 JACK ROACH 7.37/0.2. **DT:** 1 S Mattis (USA) 61.61; 2 O Isene 60.05; 3 G Gudnason ISL 60.03; 4 R Szikszai (HUN) 60.03. **Women: 100 (-0.7):** 1 E Okparaebo 11.49. **400:** 1 M Ghafoor (NED) 53.01. **800:** 1 H Hynne 2:03.51. **3000:** 1 A Moller (DEN) 8:52.73; 2 G LaCaze (AUS) 8:53.03; 3 C Chepkurui (KEN) 9:11.90. **100H (-0.4):** 1 E Pesiridou (GRE) 13.26. **TJ:** 1 D Dzindaletaité (LTU) 13.51. **JT:** 1 S Borge 59.86

POLAND

Chorzów, August 22

AFTER top-class performances in Berlin, Polish athletics continues to go from strength to strength as they underlined their capacity to host future major events.

The ninth Kamila Skolimowska Memorial changed the location from Warsaw to the new national stadium in Chorzow and more than 41,000 spectators attended.

The highlight was provided, however,

by American Ronnie Baker, who won the 100m in a PB and world lead 9.87 (-0.1) with European 200m champion Ramil Guliyev in third in 10.21.

Former world record-holder Asafa Powell was fourth in 10.24.

World silver medalist Steven Gardiner returned after a long summer break due to injury to easily win the 400m in 44.43, with Olympic triple jump champion Christian Taylor third in 45.34. Rabah Yousif was fourth in 45.92.

Olympic and world 800m champion Caster Semenya won the 400m staged in memory of the late Irena Szewinska in 50.06, well ahead of European champion Justyna Swietly-Ersetic's 51.45. Eilidh Doyle won the B race in 51.87.

Three other Polish champions from Germany were also defeated.

Pawel Fajdek reversed Berlin form with a 79.44m throw to defeat Wojciech Nowicki's 77.41m while, in the women's shot, Aliona Dubitskaya 19.06m bettered a below-par Paulina Guba's 18.14m.

In the men's 800m, European 1500m runner-up Marcin Lewandowski won in 1:44.99, with Adam Kszczot only third in 1:45.48.

There were home wins, though, for Piotr Lisiek with a 5.85m pole vault (ahead of Shawn Barber's 5.80m) and Renaud Lavillenie and Pawel Wojciechowski's 5.70m) and Michal Haratyk with 21.33m in the shot. The latter defeated world champion Tom Walsh's 21.28m.

In the absence of Anita Wlodarczyk, Joanna Fiodorow also won the hammer with a 74.39m throw, with Sophie Hitchcon seventh with 67.12m.

The best British performance came from Sarah McDonald, who finished a close third in the 1500m in a PB 4:03.36 just behind European runner-up Sofia

Ennaoui's 4:03.28 as US Colleen Quigley won in 4:03.02. Two other European winners to gain further success were Andrius Gudzius, with 66.15m in the discus, and Elvira Herman winning the hurdles in 12.87.

Men: 100 (0.3): 1 R Baker (USA) 9.87; 2 M Rodgers (USA) 10.10; 3 R Guliyev (TUR) 10.21; 4 A Powell (JAM) 10.24; 6 K Collins (SKN, M400 10.42. **400:** 1 S Gardiner (BAH) 44.43; 2 K Zalewski 45.32; 3 C Taylor (USA) 45.34; 4 RABAH YOUSIF 45.92; 5 J Leitis (LAT) 45.92. **800:** 1 M Lewandowski 1:44.99; 2 M Smaili (MAR) 1:45.35; 3 A Kszczot 1:45.48; 4 M Rozmys 1:45.73; 5 M Borkowski 1:46.35; 6 F Šnejdr (CZE) 1:46.39; 7 A Bube (DEN) 1:46.39; 9 ANDREW OSAGIE 1:47.58; 10 M Aman (ETH) 1:47.89; 11 P Bosse (FRA) 1:48.36. **HJ:** 1 T Barry (BAH) 2.27; 2 J Robinson (USA) 2.24; 3 E Rivera (MEX) 2.24; eq4 CHRIS BAKER 2.15. **PV:** 1 P Lisiek 5.85; 2 S Barber (CAN) 5.80; 3 R Lavillenie (FRA) 5.70; 4 P Wojciechowski 5.70; 5 A Chapelle (FRA) 5.55. **SP:** 1 M Haratyk 21.33; 2 T Walsh (NZL) 21.28; 3 T Stanek (CZE) 21.05; 4 D Hill (USA) 20.98; 5 R Whiting (USA) 20.16; 6 O Richards (JAM) 19.90; 7 J Szyzkowski 19.84; 8 K Bukowiecki 19.79. **DT:** 1 A Gudzius LTU 66.15; 2 R Urbanek 64.50; 3 G Kanter (EST) 63.52; 4 R Harting (GER) 62.94; 5 P Malachowski 62.86; 6 Bj Stoj 60.69. **HT:** 1 P Fajdek 79.44; 2 W Nowicki 77.41; 3 B Halasz (HUN) 74.94. **JT:** 1 A Hofmann (GER) 83.81; 2 M Krukowski 83.32; 3 C Mrzygłód 82.52. **Women: 100 (-0.1):** 1 E Swoboda 11.23; eq2 C Emmanuel (CAN)/I Lalova-Collio (BUL) 11.31; 4 K Stewart (JAM) 11.41; 5 ASHA PHILLIP 11.42. **400:** 1 C Semenya (RSA) 50.06; 2 J Swietly-Ersetic 51.45; 3 J Beard (USA) 51.68; 4 M

Holub-Kowalik 51.83; 5 I Baumgart-Witan 52.15. **B:** 1 ELIDH DOYLE 51.87; 2 C Okolo (USA) 51.98. **1500:** 1 C Quigley (USA) 4:03.02; 2 S Ennaoui 4:03.28; 3 SARAH McDONALD 4:03.36; 4 S Vrzalová (CZE) 4:05.05; 5 K Mäki (CZE) 4:06.71; 6 D Mezuliániková (CZE) 4:08.70; 7 R Plis 4:10.14. **100H (0.0):** 1 E Herman (BLR) 12.87; 2 R Lobe (GER) 12.97; 3 K Siciarz 12.99; 4 K Koleczek 13.08; P Dutkiewicz (GER) DQ. **SP:** 1 A Dubitskaya (BLR) 19.06; 2 P Guba 18.14; 3 F Roos (SWE) 17.64. **HT:** 1 J Fiodorow 74.39; 2 A Tavernier (FRA) 73.38; 3 H Skydan (AZE) 73.21; 4 R Gyurácz (HUN) 70.32; 5 G Berry (USA) 69.25; 6 M Kopron 69.09; 7 SOPHIE HITCHON 67.32. **JT:** 1 M Ratej (SLO) 61.50; 2 M Palameika (LAT) 61.07

SPAIN

Volta A Peu A Almàssera, Almàssera, August 22

Men: 10km: 1 CONAN McCaUGHEY 32:18

SWEDEN

Midnattsloppet, Stockholm, August 18

Women: 10km: 16 HELEN SOUTHCOTT (W35) 40:14

Swedish Championships, Eskilstuna, August 24-26

There was a World-leading discus throw with a 69.72m throw for Daniel Stahl.

Men: 100 (4.8): 1 H Larsson 10.14; 2 E Hagberg 10.15; 3 D Leal 10.20. **200 (1.4):** 1 F Svensson 20.73; 2 T Kling-Baptiste 20.89. **400:** 1 E Martinsson 47.86. **800:** 1 A Kramer 1:47.82. **1500:** 1 K Berglund 4:00.08. **5000:** 1 Berglund 14:46.03, **10,000:** 1 A Abbra 23:55.37. **3000sc:** 1 N Solomon 8:43.29. **110H (2.2):** 1 F Ekholm 13.78. **400H:** 1 Ik Andersson 50.99. **HJ:** 1 L Thörnblad

2.11. **PV:** 1 M Svård Jacobsson 5.21. **LJ:** 1 T Nilsson Montler 8.06w; 2 M Tornéus 7.81. **TJ:** 1 E Ehrlin 15.60w. **SP:** 1 D Ståhl 18.78. **DT:** 1 Ståhl 69.72; 2 S Pettersson 63.37; 3 A Hårdstedt 61.34; 7 MATT BROWN 50.33. **JT:** 1 K Amb 77.13. **10000w:** 1 P Karlström 42:39.89. **Women: 100 (2.7):** 1 F Runhlin 11.51. **200 (1.9):** 1 L Lilja 23.66. **Ht 3 (1.1):** 1 Lilja 23.67. **400:** 1 M Hjelmer 55.52; 2 M Hellqvist 53.95. **800/1500:** 1 H Hjemmanson 2:04.41/4:14.22. **5000/10,000:** 1 L Nilsson 16:24.30/34:33.06. **3000sc:** 1 C Fougberg 9:42.14. **100H (1.4):** 1 E Westerlund 13.51. **400H:** 1 J Holmén Svensson 58.74. **HJ:** 1 S Skoog 1.89; 2 M Nilsson 1.87. **PV:** 1 M Fink 13.08w; 4.62; 2 L Gunnarsson 4.31. **LJ:** 1 K Sagnia 6.71. **TJ:** 1 A Griksaitė (LTU) 13.29; 2 E Nyman Wänseth 13.08w. **SP:** 1 F Roos 18.08. **DT:** 1 V Kamga 55.60; 2 Roos 55.11. **HT:** 1 G Ahlberg 67.17; 2 I Storm 66.74. **JT:** 1 S Flink 58.88. **5000w:** 1 M Svensson 24:46.64

SWITZERLAND

Ozb-Meeting Ostschweiz 2018, Rapperswil-Jona, August 25

Men: 3000: 2 NEIL BURTON (V35) 8:28.28. **Women: 400:** r1: 2 AVRIL JACKSON 56.91

UNITED STATES

Cal Baptist Lancer 5000, Riverside, August 18

Men: 5km: 2 CRAIG SHARP (M40) 16:33; 4 CAMERON SHARP (U17) 16:51

Memphis, August 25

Men: 1M: 1 E Avila 3:55.43; 2 R Hill 3:55.48; 3 C Engels 3:55.51; 4 J Gregorek 3:55.67. **Women: 1M:** 1 S Osika 4:25.47; 2 K Van Buskirk (CAN) 4:29.24

TRACK & FIELD

AUGUST 26

SCOTTISH MEN'S LEAGUE, Kilmarnock

ABERDEEN extended their long unbeaten run to clinch the title by 10 points from Shettleston. Division two was somewhat closer, Corstorphine beating Edinburgh by 17 points in the match and by two overall.

Division 1

MATCH: 1 A'deen 356; 2 Kilb 328; 3 I'ness 276; 4 VPCG 243; 5 Shett 179; 6 Pit 170; 7 Centr 143; 8 Falk 100

Men: 200: A (1.8): 2 W Doyle (Pitreevie, U17) 22.80. **800:** 2 A Johnston (Pitreevie, U20) 1:57.66; 3 J Arnaud (Inverness, U20) 1:57.92; 4 H Hall (Aberdeen, U17) 1:58.66. **1500:** 1 M Ferguson (Aberdeen) 3:56.80; 2 J Burns (Shettleston, U20) 4:00.97. **B:** 2 T White (Aberdeen, U20) 4:04.19. **10000:** 1 W Mackay (Aberdeen) 30:35.29; 2 R Simpson (Pitreevie) 32:34.38; 3 T Mengisteab (Shettleston) 32:38.32; 4 M Wright (Central) 33:02.16; 5 C Campbell (Inverness) 33:46.91; 6 R McCulloch (Kilbarchan, M50) 36:53.90.

B: 1 J Hoad (Aberdeen) 31:12.86. **110H: A (6.8):** 1 A Murphy (Kilbarchan) 15.61. **3000SC:** 1 C Wright (Kilbarchan, U20) 9:29.12; 2 M Hayes (VP_Glasgow) 9:29.65; 3 M Wright (Central) 9:44.15. **LJ:** 1 D Martin (Shettleston) 7.27/0.6; 2 B McGuire (Pitreevie) 6.89/1.1; 3 S MacKenzie (Inverness, U20) 6.81/2.1; 4 R Farquhar (Aberdeen, U20) 6.70/5.0. **TJ:** 1 A Daffum (Kilbarchan) 14.35/-1.7. **SP:** 1 C Wright (Falkirk) 14.87; 2 W Falconer (Kilbarchan, M35) 13.43. **DT:** 5 G Farrell (VP_Glasgow, M50) 30.77. **HT:** 1 C Wright (Falkirk) 63.45; 2 A Costello (Kilbarchan, U20) 52.42; 3 N Stone (Inverness) 45.77; 4 D Little (Shettleston, M35) 45.22; 7 G Farrell (VP_Glasgow, M50) 30.42

Final standings: 1 A'deen 32; 2 Shett 22; 3 Falk 18; 4 VPCG 17.5; 5 I'ness 16; 6 Centr 15.5; 7 Kilb 14; 8 Pit 9

Division 2, Kilmarnock

MATCH: 1 Cors 286; 2 Edin 269; 3 Giff N 249; 4 Lass 192; 5 Law 175; 6 I'clyde 130; 7 C'dale 115; 8 W'moss 114

Men: 10,000: 1 T Martyn (Corstorphine) 30:34.22; 2 N Renault (Edinburgh, M35) 31:40.53; 3 S Gibson (Whitemoss) 31:52.43; 4 P Tucker (Inverclyde, M35) 32:46.60; 5 D Muir (Law, M40) 33:03.58; 6 K Killen (Giffnock, U20) 34:59.78. **B:** 1 M Doherty (Inverclyde, M35) 33:54.78; 2 I Macdonald (Edinburgh) 33:58.35; 3 T Ferrington (Corstorphine, M40) 34:35.99. **3000SC:** 1 J Gillon (Law, U20) 10:14.66. **PV:** 1 C Newby (Edinburgh, U17) 3.40. **SP:** 1 K Garrow (Law, M45) 11.01. **DT:** 1 K Garrow (Law, M45) 31.41. **HT:** 1 C Mullins (Edinburgh) 49.89

Final standings: 1 Cors 35; 2 Edin 33; 3 Lass 24; 4 Giff N 23; 5 I'clyde 21; 6 Law 17.5; 7 W'moss 12.5; 8 Arb 7; 9 C'dale 6

AUGUST 25

CHARNWOOD AC OPEN SERIES, Loughborough

The final open meeting of the season at Charnwood in Loughborough got underway in style with the Paralympic, world and European champion Jonnie Peacock racing in his first 100m race of the season, and the first under a new IPC

category (T64), *David Brown reports.*

Racing for the first time since being a contestant on BBC One's *Strictly Come Dancing*, Peacock 'quickstepped' to a wind-assisted time of 11.07 (+4.2) before finishing eighth in the final, with a time of 11.31 (+0.4).

Before the 100m, Peacock had only competed in one event in 2018, the javelin throw, at the East Anglian League in Peterborough in April. After finishing his race, he was greeted by fans, fellow athletes and spectators at the event, who took photos with him.

In his race, the event was won by Coventry's junior talent Morgan Amed who ran 10.80, equalling his PB time set in Coventry, but was denied a lifetime best of 10.70 in his heat due to the illegal wind speed.

Amed was denied another race victory in the 200m. Despite a lifetime best by two hundredths of a second with 21.64, he was beaten by Rugby & Northampton's Caleb Downes, who produced a season's best with 21.62.

In the 3000m races, M50 Tim Hartley's 9:02.73 and W40 Lisa Palmer-Blount's 9:51.26 put them high in this year's vets rankings.

Heather Paton won the 100m hurdles in 13.57.

There was continued strong interest in the field, led by the UK's leading female discus thrower Jade Lally. The holder of six British titles in the discus, and throwing for the first time on home soil since being a finalist in Berlin and competing in Gothenburg, Lally produced a distance of 56.14m.

In the javelin, Emma Hamplett, the silver medalist at the British Championships, threw a distance of 51.27m.

U13 mixed events: JT: B: 1 E Orme-Herbert (Charn, U13W) 31.69; 2 I Fellows (C'field, U13W) 28.79; 4 L Hall (C'field, U13W) 25.33

Men: 100 (0.1): 1 M Amed (Cov, U20) 10.80. **r1 (4.2):** 1 M Amed (Cov, U20) 10.70; 2 Y Phippet (Bir) 10.87; 3 M Kampengele (Card) 10.92. **r2 (3.3):** 2 R Marshall (Cov, M35) 11.28. **r3 (3.1):** 2 H Hingley (B&R, M40) 12.08. **HJ:** 6 E Cook (RSC, U13) 1.45. **LJ:** 1 T Alexanderson (Bir) 6.80; 6 F Powell (Corby, U13) 5.18. **B:** 1 J Shaw (Saff, U13) 4.81. **SP:** 1 M Tinkler (Nene V) 14.37. **DT:** 1 T Pearson (Charn) 41.56. **JT:** 1 H Hollis (Corby) 54.72

Mixed events: 200: r11 (2.2): 7 R Hingley (B&R, M40) 24.79. **r13 (0.5):** 1 C Downes (B&R, M16) 23.62; 2 M Amed (Cov, U20) 21.64. **r5 (1.8):** 6 F Palmer (Notts, W50) 30.30. **r7 (-1.5):** 6 I Burlington (Mans, U13W) 28.22. **r9 (0.1):** 4 F Powell (Corby, U13) 26.34. **400: r1:** 1 D Pigott (Notts, M50) 59.93. **r2:** 5 L Gregory (Charn, U17W) 60.82. **r4:** 3 S Marshall (Cov, M35) 50.71; 5 J Hale (BRAT, U17) 51.27. **800: r3:** 4 A Foster (Mans, U13W) 2:28.73. **r4:** 1 E O'Shea (Charn, U17) 1:58.53; 10 J Greenhalgh (Mans, U13) 2:19.14; 12 K Ashman (R&N, U13) 2:22.70. **1500: r1:** 1 A Aberley-Barker (Stoke, U13W) 5:06.37. **r2:** 2 D Van Aardt (W&SV, U13) 4:49.54; 4 H Samkin (Linc W, U13) 4:55.97; 8 H Winters (Glouc, W35) 5:04.10; 11 M Hillier (WESPA, U13W) 5:07.89. **r3:** 1 D Richardson (Stoke, M45) 4:15.90; 3 J Douglas (Charn, M45) 4:25.97; 8 Z Ferguson (Sheff/Dearn, U13) 4:37.01;

12 G Lowry (Amber, M55) 4:42.75; 13 A Scott (Mans, U20W) 4:44.57; 14 L Scott (Sheff/Dearn, U13) 4:46.12. **5 Mile:** 5 C Scoltock (B&R, M45) 4:56.78; 7 M Kingsbury (Charn, M50) 5:09.12. **3000:** **r1:** 1 D Pearce (Leic C, M50) 9:59.34. **r2:** 2 T Hartley (Notts, M50) 9:02.73; 5 K Holt (Stoke, W) 9:21.29; 10 J Potter (Charn, W35) 9:49.35; 12 L Palmer-Blount (Der, W40) 9:51.26. **PV:** 1 J Watson (Tel, U20) 4.30; 2 H Mills (Notts, W) 3.40; 5 A White (Linc W, M45) 3.00. **B:** 4 W Jagger (Linc W, U15) 2.60; 6 G Wilson (Amber, U15W) 2.40; 14 S Howard (Charn, W50) 1.70. **DT:** 1 J Sisson (Charn, U17) 38.48. **DT:** 8 E Botham (C'field, U20W) 39.02; 9 E Dakin (Roth, U20W) 39.01; 1 A Fellows (C'field, U20W) 33.35; 11 Z Acton (Burt, U17W) 31.60. **JT:** 2 L Hill (C'field, U20W) 37.43

U20: 110H (1.1): 1 S Ram (Amber) 15.62. **SP:** 1 A 2 Hamling (R&N) 13.81. **DT:** 1 Hamling 40.63. **HT:** 1 H Ilyk (Notts) 49.93

U17: 100H (1.3): 1 D Naylor (C&N) 14.92. **SP:** 1 C Archer (R&N) 13.64

U15: 100 (4.5): 2 R Seidu (W&SV) 11.99; 2 F Powell (Corby, U13) 12.01; 6 L Bourke (Poole, U13) 12.86; 7 R Williams (Charn, U13) 12.88. **r1 (2.0):** 2 F Powell (Corby, U13) 12.13. **80H (3.6):** 1 G Toom-Smith (Notts) 12.79

U13: 75H (4.0): 1 G Pami (Saff) 12.79; 2 E Cook (RSC) 13.88

M70: SP: B: 1 B Bowley (Burt) 8.09

Women: HJ: 2 R Winfield (W&B, U13) 1.40. **LJ:** 1 K Garland (B&H) 5.85; 6 S Ighalo (R&N, U13) 4.52. **HT:** 1 L Hill (C'field, U20) 49.12; 2 P Bean (Notts, U20) 39.75

U20: SP: 1 E Dakin (Roth) 12.85; 2 K Francis (Notts) 10.87

U17: HT: 1 K Finlay (Notts) 52.65; 2 J Larkins (Brain) 43.14. **B:** 1 M Hughes (RSC, U15) 37.03

U15: 100 (2.7): 1 M Wright (Der) 12.84; 5 I Burlington (Mans, U13) 13.26. **r1 (0.8):** 1 M Wright (Der) 12.82. **r2 (0.3):** 1 I Burlington (Mans, U13) 13.49. **75H (0.4):** 1 A Briggs-Goode (Notts) 11.71; 2 J Day (Nun) 12.34

U13: 70H (0.5): 1 G Evans (Cov) 12.09; 2 M Franco (Amber) 12.50. **r1 (2.8):** 1 C Smyth (Amber) 12.40

HERNE HILL HARRIERS OPEN, Tooting Bec

EDWARD CHUCK was a surprisingly easy winner of the Surrey 10,000m title in his debut at the event in 31:47.57, over a minute faster than his road PB.

Having only run a few previous track races, Chuck was so unknown he was down in the results as Chuck Edwards as he became his club's first ever winner at the event.

Fellow Dulwich Runner Clare Elms improved her position at the age of 67 with the W50 (and W45) 1500m rankings with a 4:47.15. If she can repeat this performance in a few months' time, when she turns 55, it will be a world record by four seconds and a UK record by 10.

Another former BMAF champion who missed the event in Birmingham was M65 sprinter Doug Lucas.

His 64.41 400m at the age of 67 would have got him the silver behind Steve Peters in Birmingham.

Mixed events: 100: r1 (-2.4): 1 C Fraser (Kent) 10.95. **r3 (-3.1):** 4 D Bello (S Lon, U13) 12.62. **r6 (-2.1):** 3 D Hinds (Serp, M65) 14.56. **200: r1 (0.4):** 2 T

UK 1500m leaders – 2018

MEN				WOMEN			
3:32.11	Chris O'Hare	Senior	3:58.18	Laura Muir			
3:35.01	Josh Kerr	U23	4:06.11+	Jemma Reekie			
3:36.90	Jake Heyward	U20	4:14.80	Erin Wallace			
3:46.84	Kane Elliott	U17	4:20.88	Emily Williams			
4:09.35	Edward Henderson	U15	4:26.3	Beatrice Wood			
4:23.11	William Rabjohns	U13	4:48.05	Scarlett Livingstone			
3:57.92	Graham Rush	V35	4:29.03	Rachael Burns			
4:01.13	James Thie	V40	4:32.67	Kirsty Longley			
4:06.51i	Dean Richardson	V45	4:59.43	Rachel Coupe			
4:14.24i	David Cowlishaw	V50	4:47.15	Clare Elms			
4:23.17	Guy Bracken	V55	5:00.14i	Fiona Matheson			
4:46.39	Robert Bigger	V60	5:43.72i	Alison Bourgeois			
4:55.18	Kevin Archer	V65	5:32.06i	Alison Bourgeois			
5:18.5	Anthony Nixon	V70	5:49.12i	Angela Copson			
5:41.91	Victor Shirley	V75	4:48.38	Ann Gray			
6:55.40i	Edmond Simpson	V80	—				
9:06.31	R Pitcairn-Knowles	V85	—				

Inniss (Croy, U17) 22.74; 3 G Stephens (Worth, M40) 22.86. **r3 (-0.6):** 4 D Bello (S Lon, U13) 25.61. **r5 (-0.7):** 3 D Hinds (Serp, M65) 29.89. **400: r2:** 2 F de Mauny (Herne H, W35) 58.80. **r3:** 5 D Lucas (Camb H, M65) 64.41; 6 T Carter (Camb H, M65) 66.18. **800: r2:** 5 R Weaver (WSEH, M40) 2:05.47. **r3:** 4 M O'Sullivan (Herne H, U20W) 2:12.49; 7 F de Mauny (Herne H, W35) 2:14.67. **1500: r2:** 2 S Halleleselase (Belg, W) 4:32.77; 5 T Tuohy (Dulw, M55) 4:43.31; 8 C Elms (Dulw, W50) 4:47.15; 9 Z Crowther (Herne H, U13) 4:57.55. **r3:** 10 A Abdurahman (Hill, U13W) 5:11.53. **10,000:** 1 E Chuck (Dulw) 31:47.57; 2 T Griffiths (G&G, M35) 32:16.58; 3 M Alwin (DMV) 33:23.52; 4 S Woolley (W4H, M35) 33:32.66; 5 J Ratcliffe (Herne H, M50) 33:43.48; 6 G Howard (Rane, M40) 34:21.57; 7 R Lloyd Smith (Sutt R, M45) 34:25.12; 8 A Penfold (Croy) 34:35.48; 9 S Messenger (Herne H) 34:53.47; 10 W Shippin (Uk net) 34:59.53; 11 R Jones (Herne H, M45) 35:27.93; 14 M Miskiewicz (Dulw, W) 38:49.46; 16 L Goldie-Scott (Belg, W) 39:48.26. **PV:** 1 G Conlon (Walton, M40) 4.03; 3 C Maurer (Woking, W) 3.73; 4 W Snashall (Craw, U17) 3.63; 4 M Bailey (Harrow, W) 3.63; 7 S Morrison (Woking, W) 3.23. **LJ:** 2 D Clarke (Herne H, U13) 5.90; 4 I Abbebrese (Herne H, U15) 5.75; 10 N Costley (Herne H, U15W) 4.92

Men: SP: 1 C Ashdown-Taylor (Brack, U20) 13.23. **HT:** 1 F Harford (WG&EL, M50) 32.14

U20: DT: 1 R Vaughan (Croy) 47.21

M65: HT: 1 B Bridges (Belg) 27.95

Women: SP: 1 S St Luce (Herne H, W60) 9.99. **HT:** 1 S Fenner (Camb H, U20) 33.26

LONDON INTER CLUB CHALLENGE, Hendon

CANADIAN M35 Jackson Hinton won the hurdles at London in a windy 14.20, having guested at the BMAF Championships earlier in the day at Birmingham in 14.21!

U13 mixed events: JT: 1 T Rutter (HAWC) 35.58

Mixed events: 100: r1 (3.3): 1 A Daley (B&W) 10.76; 2 M Shonibare (VP&TH, U20) 10.82; 3 I Kitchen-Smith (TVH) 10.85; 4 L Smith (SB) 10.90. **r2 (0.8):** 1 J Weaver (E&H) 10.97. **r5 (1.3):** 1 A Ellis (E&H, U20W) 12.19. **r6 (0.7):** 1 M

Amadi (SB, U13) 12.23. **200: r1 (2.3):** 1 M Shonibare (VP&TH, U20) 21.77; 3 E Agiyare (E&H, U20) 22.41; 4 J Kumar (SB, U20) 22.43; 5 H Grindle (Belg, U20) 22.44. **r3 (1.8):** 5 M Amadi (SB, U13) 25.05. **r5 (1.2):** 3 A Day (E&H, M60) 28.74. **400: r1:** 1 Z Curran (WSEH) 48.24; 3 A Daley (B&W) 49.24; 4 Y Bizimana (VP&TH, U20) 50.19. **r3:** 6 M Abichi (E&H, W) 54.55. **r4:** 1 S Banjo (NEB, W) 56.88. **800: r1:** 6 Z Jones (SB, U13) 2:19.39; 7 A Nash (SB, U13) 2:19.62. **1500:** 1 M Musa (SB, U15) 4:23.12; 6 H Watson (Chelm, U13W) 5:06.51. **HJ:** 1 A Coward (SB) 2.08. **PV:** 1 N Gardner (SNH) 4.60; 2 C Court (Cardiff) 4.40; 3 M Etheridge (SNH) 4.30; 4 J Allway (Chelm) 4.00; 5 B Ahmet (K&P) 4.00; 6 J Cohen (SB, U17) 3.20. **DT:** 1 A Holder (WSEH, W) 51.95

Men: 110H (3.3): 1 J Weaver (E&H) 14.15. **400H: r1:** 1 C French (NZL) 50.73; 2 E Okoro (Bir) 51.88; 3 L Thompson (NEB) 53.40; 4 S Shore (Belg) 54.36; 5 M Schopp (SNH) 54.46. **r2:** 2 P Benedict (Bed C, M45) 61.25. **LJ:** 1 P Ogum (Croy) 7.17/1.2; 2 M Adebakin (SB, U20) 6.76/0.8; 3 J Bright-Davies (TVH, U20) 6.75/-0.2. **DT:** 1 C Campbell (SB, U20) 38.98. **HT:** 1 J Paget (Sails) 52.82

U20: HT: 1 O Graham (SB) 56.09

U17: 100H (3.4): 1 T Parker (SB) 14.53; 2 M Ogunbanjo (Hill) 14.72

U13: 75H (0.0): 1 D Alexandru (Have)

U20: 100H (3.3): 1 J Hinton (CAN) 14.20

Women: 200 (2.4): 1 A Ellis (E&H, U20) 24.92. **400H:** 1 A Smith (E&H) 63.02. **HT:** 1 E Beardmore (Mil K) 48.88; 2 L Pitsialis (SB, U20) 42.93

U17: HT: 1 E Finch (Chelm) 43.82

U13: DT: 1 K Ennis (Have) 23.35

MID LANCASHIRE LEAGUE, Blackpool

Men: 100: 1 J Leatherd (Prest, U20) 11.1; 4 T Buraimo (Prest, M45) 12.2. **200:** 1 Leatherd 22.5; 4 T Buraimo (Prest, M45) 24.6. **400:** 1 H Flanagan (S'port W, U20) 49.5. **HJ:** 1 K Finch (Liv PS, U20) 1.95. **LJ:** 6 Buraimo 5.26. **SP:** 1 T Edmonds (Barr, U20) 31.45; 2 A Kent (B'burn, U20) 30.78. **HT:** 1 Kent 42.82. **JT:** 1 C Brown (Prest, U20) 49.05

Mixed events: TJ: 1 M Ingram (Liv PS, U20) 13.40; 9 G Norman (BWF, U15W) 9.73



U17: HT: 1 A Bernstein (Prest) 56.11
U15: 100: 1 A Vinci (BWF) 11.9; 2 H Booth (Prest) 12.0. **200:** 1 A Vinci (BWF) 24.2. **800:** 1 T Jacob (Prest) 11.5; 2 H Burrow (Prest) 11.9; 3 B Boocock (B'burn) 13.0. **4x100:** 1 Prest 49.2.
HJ: 1 S Clarkson (Liv PS) 1.70. **LJ:** 1 T Jacob (Prest) 5.82. **SP:** 1 T Bishop (Prest) 13.82. **HT:** 1 M Heywood (B'burn) 41.69
U13: 100: r1: 1 J Bell (Carl) 12.8; 2 R Hulse (S'port W) 13.0; 3 T Oladipo (B'burn) 13.0. **200: r1:** 1 J Bell (Carl) 26.5. **75H: r2:** 1 J Ince (Prest) 12.8. **HJ:** 1 G Mackenzie (BWF) 1.47. **LJ:** 1 J Ince (Prest) 5.50; 2 R Hulse (S'port W) 4.75
Women: DT: 1 A Peers (B'burn) 35.53; 4 L Baker (Pend, W55) 22.58. **HT:** 2 L Baker (Pend, W55) 20.22. **JT:** 1 Z Kidney (Pend, U20) 37.93
U17: SP: 1 A Baker (Pend) 11.62. **HT:** 1 E Vickers (Prest) 41.87; 2 A Leight (Burnley) 39.97; 3 J Groves (Liv PS) 36.53; 4 N Saunders (B'burn, U15) 34.77; 5 T Fayle (Manx, U15) 32.22; 6 E Harrison (Prest, U15) 32.18; 8 G Bontoft (B'burn, U15) 25.88; 9 E Ainsworth-Cookson (Burnley, U15) 25.22
U15: 100: r1: 1 M Broomhead (BWF) 12.7; 2 A Azonubi (Prest) 12.8. **75H:** 1 L Carroll (Prest) 13.5. **4x100:** 1 Prest 52.0.
DT: 1 N Saunders (B'burn) 28.89; 2 T Fayle (Manx) 27.36
U13: 100: r1: 1 E Noblett (Prest) 13.3; 2 S Jalloh (S'port W) 13.3; 3 E Rankin (Prest) 13.4; 4 E Sumner (Prest) 13.5; 5 C Allen (Prest) 13.5. **200: r1:** 1 S Jalloh (S'port W) 27.4; 2 E Noblett (Prest) 27.6; 3 L Poole (Chor ATC) 27.8. **70H: r1:** 1 E Rankin (Prest) 11.6; 2 J Keenan (S'port W) 12.3. **4x100:** 1 Prest 53.8. **HJ:** 1 M Ashworth (Chor ATC) 1.43. **SP:** 1 A Hughes (S'port W) 10.33; 2 E Noblett (Prest) 9.43. **JT:** 1 A Hughes (S'port W) 26.02

NEWQUAY & PAR SPRINTS, JUMPS, RELAYS & ONE MILE OPEN, PAR
Mixed events: 100: r6: 1 H Gurr (Corn, U15) 11.9. **200: r4:** 3 M Heard (Ply, U13W) 28.4. **r6:** 1 H Gurr (Corn, U15) 23.7. **PV:** 1 F Caudery (Corn) 4.20; 3 B Parker (Corn, U17) 3.61; 5 B Rason (N&P, U13W) 2.36
U20 women: HJ: 1 K Knight (N&P, U13) 1.45

AUGUST 23

GUERNSEY INTERTRUST 10000M CHALLENGE, St. Peter Port
Men: 10,000: 1 J Priest (Guern, M35) 33:53.2; 2 C Holden (Guern) 34:25.3; 3 J De Garis (Guern, M35) 34:26.9

BRIGHTON BIRTHDAY BOYS 5000M

Mixed events: 5000: r1: 4 P Cousins (Hay H, M55) 17:34.8; 5 M Hallis (B&H, M55) 17:36.7; 12 D Angell (Horsh J, M55) 17:42.8; 16 F Clark (Craw, W35) 17:56.1; 17 M Trafford (Arena, W) 17:56.8; 18 T Shanahan (Arena, W45) 17:58.6; 20 M Coyle (B&H, W) 18:18.5; 22 E Navessey (Hay H, W) 18:29.3; 26 P Hampshire (Phoe, M60) 19:09.6.
r2: 1 J Westlake (Craw) 14:47.1; 2 K Moore (B&H) 14:55.4; 3 K Rojas (B&H, M35) 15:21.9; 4 J Skinner (Hay H, M45) 15:30.0; 5 J Baker (Chich, M40) 15:51.3; 6 R Hoyte (Phoe, U20) 15:55.6; 7 A Begley (B&H, M40) 16:16.2. **r3:** 19 C Wood (Arena, W55) 20:16.7. **r4:** 2 G Hiller (Unatt, W50) 20:25.6; 4 C Ulliott (B&H, W50) 20:47.2; 5 A Sherman (Worth, W55) 20:55.7; 9 A Haig (Phoe,

M70) 21:18.1; 11 S Ridley (Hay H, W50) 21:35.9; 17 L Topping (B&H RS, W55) 22:54.3; 26 M Hemsworth (Hay H, W65) 25:46.0

DAN SUMMER OPEN SERIES

(Inc CORNWALL COUNTY CHAMPIONSHIPS), Carn Brea
Mixed events: 3000: r1: 4 C Snook (Corn, M40) 9:18.7; 5 T Wright (Corn, M50) 9:29.6; 6 P Whear (Corn, M50) 9:48.7; 7 G Brock (Corn, U20W) 9:50.2; 10 H Tregenza (Corn, W) 10:01.7; 12 K Hughes (Corn, U20W) 10:16.7

AUGUST 22

AYR SEAFORTH AC OPEN MEETING
U13 girls: SP: 1 C Fraser (W'moss) 9.07

LIVINGSTON OPEN MEETING, Livingston

Mixed events: 100: r1 (-1.3): 1 C Tindle (Edin) 10.83. **r2 (-2.6):** 7 G Leek (Edin, M55) 13.55. **400: r1:** 1 A Brady (Living, U17) 51.07. **r2:** 3 R Smith (Aird, W) 57.31. **800: r2:** 8 S Coulters (Pit, U17W) 2:12.59; 10 S Calvert (Living, U20W) 2:13.72; 13 A Ronald (Falk, M50) 2:18.45. **r3:** 7 J Christie (Falk, U20W) 2:18.06; 8 G Ledingham (Cors, U17W) 2:18.62; 10 C Clare (Lass, U17W) 2:20.90. **r4:** 1 P Carcas (Edin, U17W) 2:20.42
U17 women: SP: 1 A Fairley (Living) 10.74

3RD LAW OPEN POLE VAULT, Ashford

Mixed events: PV: 1 G Pope (B&B, U20) 3.94; 2 S Eastwood (Bed C, M50) 3.14; 3 A Williams (B&B, M65) 3.04; 6 B Platt (B&B, U15) 2.74; 9 H Russell (Lewes, U13W) 2.44; 12 S Dassie (E&E, W65) 2.04. **B:** 1 E Thomas (Croy, U20) 4.74; 2 D Tierney (Craw, U15) 3.34; 2 W Snashall (Craw, U17) 3.34; 4 E Barrett (B&B, U17W) 3.24; 6 C Wells (E Grin, U15) 3.24; 7 E Thomas (Bexley, U17W) 3.04; 8 I Crawley (Ton, M55) 2.94; 9 L White (Ton, U15W) 2.94; 11 E Oakden (Lewes, U15W) 2.74

WATFORD OPEN GRADED MEETING

KATIE SNOWDEN followed up her excellent run in the Birmingham 1000m with a 4:08.95 in a mixed 1500m.
 Jess Judd must be one of the most prolific performers on the track this summer and she ran two more events here. 4:14.04 in the 1500m and 9:09.90 in the 3000m.

According to Power of 10 the 3000m was her 29th race of the season and 12th in August alone.
Mixed events: 200: r4 (0.0): 2 S Okoro (Have, U13W) 28.15. **400: r4:** 2 T Killilea (Lon Hth, M50) 59.81; 5 D Edghill (Mil K, M60) 63.42. **r5:** 1 H Sewell (Read, M50) 58.71; 2 C Kornevall (Lewes, U17W) 59.19. **r6:** 1 G Sudderick (Walton, U15) 51.33; 3 R Weaver (WSEH, M40) 55.76; 4 N Andrews (Harrow, M45) 56.11. **r8:** 1 G Groom (SB, U20) 49.81. **1500: r2:** 1 A Nash (SB, U13) 4:58.59. **r3:** 3 A Bennett (R&N, U13W) 5:02.64; 11 H Watson (Chelm, U13W) 5:11.00. **r4:** 1 C Tripp (Mil K, U13) 4:49.46; 5 R Luxton (Chelm, W35) 4:54.90; 6 A Jubbs (St Alb, U15W) 4:56.39; 9 L Tse (St Alb, U15W) 4:57.07; 11 C Underwood (Mil K, U15W) 4:59.37; 16 E Botha (Chilt, U13W) 5:14.98. **r5:** 4 M Smith (Chelm, U17W) 4:43.06; 7 J Tofte (HW, U17W) 4:46.94; 14 G Stubbs

(SB, U13) 4:57.65. **r6:** 4 Q Miell-Ingram (Rad, U13) 4:36.67; 5 A Mundell (Salis, W) 4:37.16; 6 Z Doyle (Wyc P, W40) 4:38.24; 7 G Tuckfield (Herts P, W) 4:38.42; 9 K Thorneycroft (Lon Hth, W) 4:39.61; 14 S Botham (Mil K, U20W) 4:47.35. **r7:** 2 R Johnson (High, W) 4:28.05; 4 B Scott (Lon Hth, W) 4:29.80; 7 R Datnow (TVH, M45) 4:32.07; 8 S Grover (D&T, W) 4:32.38; 12 L Hall (AFD, W) 4:35.31; 14 R Serafini (Lon Hth, W) 4:37.15. **r8:** 2 M Smith (Horsh BS, U15) 4:22.89; 4 R McClay (Brack, W) 4:25.36; 5 I Ives (Bas, W) 4:26.12; 12 W Rabjohns (Poole, U13) 4:32.86; 13 S Chapman (WSEH, W) 4:33.21; 16 M Trees (Belg, M55) 4:44.75. **r9:** 1 S Coombes (Herne H, M45) 4:09.81; 2 E Hosker Thornhill (AFD, W) 4:16.97; 4 A Spear (AFD, U15) 4:17.48; 7 L Stubbs (SB, U15) 4:17.73; 8 N Bennett (R&N, U15) 4:17.93; 9 N Taschimowitz (SB, W) 4:18.56; 15 F Adams (lps, U15) 4:23.13; 16 C Hudson (Harrow, U15) 4:24.74; 17 C Wagstaff (AFD, U15) 4:25.68. **r10:** 1 A Killeen (Bed C, U17) 4:06.53; 9 W Simm (Norw, U17) 4:10.91; 14 J Judd (B'burn, W) 4:14.04. **r11:** 1 W Broom (Chich, U20) 3:57.81; 2 C Eastaugh (Leam) 3:59.07; 3 C Steer (Abing, U20) 4:04.96; 11 K Snowden (Herne H, W) 4:08.95. **r12:** 1 C Wyllie (DMV) 3:57.77; 2 W Cork (B&H) 3:58.24; 3 A Crossland (High) 3:58.60; 4 A Ridley (Bir) 3:59.15; 5 H Cayssials (TVH) 3:59.81; 6 B McCawley (C'ley) 3:59.92; 8 M Shantry (AFD, U20) 4:00.23; 9 M Coffey (Soton, M35) 4:00.87; 10 A Hunt (Nene V, U20) 4:01.31; 12 F Harvey (SB, U17) 4:01.65; 15 B Winfield (SB, U20) 4:04.69. **r13:** 1 R Axe (Card) 3:47.05; 2 J Beeks (BMH) 3:49.85; 3 D Mees (NEB) 3:52.05; 4 T Butler (SB) 3:52.90; 5 G Wheeler (MKDP) 3:55.31; 6 J McCrae (Nene V) 3:55.68; 7 J Meijer (Mil K, U20) 3:55.85; 8 L Holbrook (Hill) 3:57.01; 9 A Clarke (Herne H) 3:58.04; 10 E Moran (Exe, U20) 3:58.05; 11 A Warburton (Notts) 3:58.36; 12 O Newton (TVH) 3:59.99; 13 D Nevins (Harrow, M35) 4:01.70; 14 C Webber (MKDP, U20) 4:01.87. **3000: r1:** 2 S Greenstein (SB, U15) 9:54.97; 3 J Craig (N Down, W) 9:56.43; 4 K Marsh (Ton, W) 9:57.20; 5 Y Goater (High, W) 9:58.26; 11 E Burgess (High, W) 10:12.38; 12 K Rodda (Read, U20W) 10:25.49; 13 T Sullivan (Inv EK, U15W) 10:28.00; 14 K Brown (AFD, U20W) 10:38.84; 18 P Crockford (Lon Hth, M60) 11:00.57. **r2:** 1 E Lawrence (Swan, U20) 8:51.58; 2 I Farnworth (Read, U20) 8:54.81; 9 R Martin (AFD, U15) 9:12.98; 13 M MacLennan (Edin UHH, W) 9:17.06; 19 S Bodoano (AFD, U15) 9:40.65; 20 S Herring (Mil K, M50) 9:41.62; 21 B Hair (C&C, W) 10:22.48. **r3:** 1 H Dixon (AFD) 8:17.94; 2 M Mahamed (Soton) 8:25.72; 3 Z Mahamed (Soton, U20) 8:28.26; 4 L Kempson (C&C) 8:32.16; 5 N Shreeve (C&C) 8:37.60; 6 L Prior (AFD) 8:38.94; 7 O Newman (C&C, U20) 8:41.38; 8 J Turner (B&H) 8:41.72; 9 S Griffiths (SB) 8:42.69; 10 A Abdulle (WG&EL, U20) 8:42.93; 11 A Miell-Ingram (Rad) 8:43.29; 13 D Smith (Swan, U20) 8:47.22; 15 O Prior (Ashf, U20) 8:47.92; 16 T Greenacre (Norw, U20) 8:49.45; 19 J Judd (B'burn, W) 9:09.90. **LJ:** 3 H Hopkins (Worc, M60) 4.53

ROSENHEIM LEAGUE FINAL, Tooting Bec

Men: 800: 4 D Matthew (Serp, M50)

2:04.86. **400H:** 1 S Shore (Belg) 54.87.
4x200: 1 HW 1:28.45. **SP:** 1 N Owen (K&P, M35) 14.01
Mixed events: 3000: 1 M Cummings (Herne H) 8:35.67; 2 B Toomer (HW) 8:35.81; 4 P Owor (Belg, M35) 8:59.88
Women: 400: 1 E Bokor-Ingram (HW, W35) 61.91. **ns:** 1 F de Mauny (Herne H, W35) 59.23. **800:** 1 K French (Belg) 2:14.99; 3 H Davies (Strag, W45) 2:32.49; 4 L Thomas (HW, W50) 2:33.42. **1500:** 1 G Galbraith (HW, W40) 5:00.52. **TJ:** 4 C Allwood (Serp, W55) 6.90. **SP:** 3 L Sissons (E&E, W70) 6.92
AUGUST 21
CORBY AC OPEN, Corby
Mixed events: 100: r5: 2 F Powell (Corby, U13) 12.5. **200: r3:** 5 J Browne (Mil K, M65) 29.1. **r4:** 3 F Powell (Corby, U13) 26.1. **1 Mile: r3:** 1 K Archer (Wey SP, M65) 5:24.1. **r4:** 2 C Scoltock (B&R, M45) 4:58.6; 8 E Robinson (Saff, U15W) 5:15.9

NORTH DOWN AC SENIOR OPEN, Bangor

Men: 200: r3: 5 J Harris (Orangegrove, M70) 31.8. **800: r1:** 1 J Turtle (Ballym R, M50) 2:19.3. **r2:** 8 R Gibson (N Down, W) 2:15.8. **SP:** 2 E Tuft (B&A, M80) 11.12
Mixed events: 3000: r1: 2 J Smith (N Down, W35) 10:53.6; 11 T Eakin (N Down, M65) 11:39.1. **r2:** 11 M McCalmont (Tir Chonaill, U20W) 10:24.4; 15 T Gourley (Giff N, M55) 10:39.3; 16 N Connor (Ballym R, M55) 10:40.3
U13: JT: 1 B Lynch (Finn) 42.46
M80: DT: 1 E Tuft (B&A) 28.42
Women: 400: 1 R McCann (N Down, U17) 60.2
U17: SP: 1 F Nixon (N Down) 10.51

SHETTLESTON HARRIERS OPEN GRADED MEETING, Crownpoint

U17 mixed events: SP: 1 T Tchoudja (Shett, U17W) 12.72
Mixed events: 100: r1 (5.4): 3 D

Graham (Shett, M40) 11.97. **r2 (2.4):** 2 M Conteh (Shett, U13) 12.88. **200: r1 (3.8):** 1 J Guthrie (Shett, U17) 22.46; 4 D Agnew (Pit, M40) 24.10. **800: r1:** 1 A Johnston (Pit, U20) 1:54.90; 1 F Murray (E Suth) 1:54.90. **r2:** 8 S Allen (Moth, M50) 2:12.68. **r3:** 5 E Wallace (Giff N, U20W) 2:07.72. **r4:** 3 H Elliott (C'nauld, M50) 2:14.72; 4 B Scally (Shett, M50) 2:16.05; 5 H Anderson (E Kilb, U17W) 2:19.07. **r5:** 2 F Davidson (Giff N, U17W) 2:17.46; 5 G Noble (Edin, M55) 2:23.24. **r6:** 2 C Shennan (Giff N, U13) 2:24.01; 4 A Chamberlain (Giff N, U13) 2:24.57. **3000: r1:** 1 L Oates (Shett) 8:31.54; 2 D Bradford (Shett) 8:33.35; 3 O Miller (Fife) 8:36.90; 4 A Campbell (Glas C) 8:37.27; 5 L Raeburn (Shett, U20) 8:40.89; 6 J Patton (Kilb, U17) 8:41.13; 7 M Turner (Shett) 8:44.08; 8 C Watson (l'clyde, U20) 8:47.00; 11 C Graham (Lass, U20) 8:57.95; 16 I Hannigan (Kilb, U17) 9:04.73; 17 H McGill (G'nock, U17) 9:12.73; 18 E Carolan (Giff N, U17) 9:15.28; 22 L O'Hare (C'nauld, M45) 9:29.49; 23 A Simpson (Fife, W) 9:30.96; 24 S Allan (C'nauld, M45) 9:31.47. **r2:** 1 F Currie (Gars, U13) 9:44.72; 2 B Scally (Shett, M50) 9:45.54; 5 R Macdonald (Giff N, U17) 9:52.27; 7 K MacAngus (Kilb, U20W) 9:50.46; 8 F Ross-Davie (Gars, U15) 9:51.98; 9 A Hedley (Fife, U15W) 9:52.27; 13 V Wright (Giff N, U15W) 10:03.14; 15 D Williams (Shett, M55) 10:21.91; 16 R Joss (Shett, W) 10:26.05; 17 C Upson (Cambus, M55) 10:29.02. **r3:** 3 R McEachern (C'nauld, M50) 10:03.26; 8 Z Flower (Giff N, U15W) 10:30.82; 9 B Hughes (Cambus, M60) 10:33.10; 10 H Chong (Giff N, U17W) 10:34.65; 11 C Wallace (Giff N, U17W) 10:38.80; 13 A Thomson (Giff N, U15W) 10:42.57; 14 H Ryding (Giff N, U15W) 10:48.35; 15 N Riggins (Cambus, U15W) 10:49.27
U15 boys: 800: r1: 1 J Luc (Giff N) 2:05.63; 2 G Collins (Gala) 2:08.76; 3 D Gilchrist (Law) 2:09.97



HARRY SHAKESHAFT



Khahisa Mhlanga: 400/800/
1500m triple at Grays
and an 800/3000m double
at Woodford

BRINN GRAVES

r1: 1 L Kidukula (Sale) 41.9. **800:** 1 K Brady-Jones (WESPA) 2:21.4. **75H:** 1 J Winogrodzka (Bolt) 11.9; 2 G Donald (C&N) 11.9; 3 M Corker (Warr) 12.2; 4 J Bemand (W Ches) 12.3
U13: 75: r2: 1 M Everett (Stock H) 10.6. **r3:** 1 A Hughes (S'port W) 10.1; 2 K Ogedengbe (Wirr) 10.4. **r4:** 1 E Tuitt-Williams (Warr) 10.7. **150: r2:** 1 A Hughes (S'port W) 20.4; 2 N Le'Gall (Wirr) 21.1; 3 E Tuitt-Williams (Warr) 21.1; 4 E Rankin (Prest) 21.3. **r3:** 1 E Holmes (Wig D) 21.1; 2 G Callaghan (Warr) 21.7; 3 D Breen (Stock H) 21.8. **r5:** 1 E Rankin (Prest) 21.1; 2 D Breen (Stock H) 21.3; 3 S Clarke (Warr) 21.8. **70H: r1:** 1 A Hughes (S'port W) 11.5; 2 J Keenan (S'port W) 12.3; 3 E Gillespie (Sale) 12.3. **JT:** 1 E Gillespie (Sale) 27.35

SOUTH LONDON ATHLETICS NETWORK SUPER 8, Carshalton
U15 mixed events: LJ: 1 D Bello (S Lon, U13) 4.87
U15 boys: 100: r2: 1 D Bello (S Lon, U13) 12.4. **200:** 1 D Clarke (Herne H, U13) 25.3; 2 D Bello (S Lon, U13) 25.3. **80H:** 1 C Mytil (Herne H) 12.4. **HJ:** 1 A Akintunde (Sutt) 1.70. **LJ:** 2 D Clarke (Herne H, U13) 5.26
U13: 75H: 1 D Francis (Herne H) 12.8; 2 X Dotling (Croy) 12.9. **4x100:** 1 Herne H 53.2; 2 E&E 55.5
U15 girls: 75H: 1 E Taylor (E&E) 12.0. **4x100:** 1 Sutt 53.2; 2 E&E 53.4
U13: 200: r1: 1 A Pickup (E&E) 27.9; 2 T Davids (Croy) 28.5. **4x100:** 1 Croy 57.8

AUGUST 18

SOUTHERN ATHLETICS LEAGUE DIVISION 2E, Grays
MATCH: 1 Tonbridge 228.5; 2 London Heathside 200; 3 Thurrock Harriers 174.5; 4 Herts Phoenix 150
Men: 200: 2 E Davis (Herts P, U20) 22.5. **5000:** 1 A Kirk-Smith (Lon Hth) 14:46.1; 2 A Rossom (Herts P, U20) 15:19.7; 3 J Goodge (Ton, U20) 15:54.3. **110H:** 1 L Church (Ton) 15.4. **400H:** 1 L Church (Ton) 55.6. **2000SC: B:** 2 J Flahive (Lon Hth, M50) 7:34.1. **ns:** 2 M Jefford (Lon Hth, M50) 7:36.9. **HJ: B:** 1 L Crawley (Ton, M55) 1.55. **PV: B:** 1 L Crawley (Ton, M55) 2.60. **ns:** 2 P Ebbage (Ton, M55) 2.70. **LJ: B:** 1 M Lawrence (Lon Hth, M45) 5.75; 2 I Crawley (Ton, M55) 4.67. **TJ:** 2 T Mustafa (Thurr, U17) 13.03. **SP: B:** 1 J Kingwell (Herts P, M45) 11.26. **DT:** 1 S Woodley (Herts P, U20) 52.55; 2 D Coleman (Ton) 45.44. **HT: B:** 1 J Kingwell (Herts P, M45) 39.74. **JT: B:** 1 N Instance (Thurr, M50) 32.59
Women: 400: 1 K Mhlanga (Herts P, U20) 57.0; 2 A Root (Ton, U20) 58.0. **800:** 1 K Mhlanga (Herts P, U20) 2:07.6; 2 B Scott (Lon Hth) 2:16.1; 3 R O'Hara (Ton) 2:16.3. **1500:** 1 K Mhlanga (Herts P, U20) 4:36.3. **B:** 1 S Judd (Herts P, W40) 4:55.6; 2 M Heslop (Ton, W50) 5:24.4. **3000:** 2 L Rowedder (Herts P, U20) 10:36.6. **B:** 2 S Judd (Herts P, W40) 10:54.8. **2000SC:** 1 S Judd (Herts P, W40) 7:54.1. **4x100:** 1 Ton 52.0. **4x400:** 1 Ton 4:09.8. **HJ:** 1 L Armogier (Herts P) 1.73. **B:** 1 M Egbo (Herts P, U17) 1.70. **PV:** 1 I Walker (Herts P, U20) 2.90. **LJ:** 1 J Ware (Ton) 5.61. **TJ:** 1 J Ware (Ton) 11.20. **ns:** 1 F Olajide (Thurr, U17) 11.10. **SP:** 1 U Lageretabua (Ton, U20) 10.43; 2 S Lawrence (Thurr, W45) 9.71. **DT:** 1 K Ebbage (Ton, U17) 36.81; 2 S Lawrence (Thurr, W45) 29.34. **B:** 2 D Bradley (Ton, W55) 22.03. **HT:** 1 K Ebbage (Ton, U17) 37.44; 2 S Lawrence

(Thurr, W45) 35.94. **JT:** 1 U Lageretabua (Ton, U20) 35.09; 3 S Lawrence (Thurr, W45) 25.94

DIVISION 3SE, Tooting
Men: 400: B: 2 A Keane (SMR, M45) 57.5. **800:** 3 A Keane (SMR, M45) 2:05.7. **1500:** 2 R Lloyd Smith (Sutt R, M45) 4:59.6. **B:** 1 P Sanders (Kent, M45) 16:56.8. **HJ:** 1 W Gadd (E Grin, M45) 1.60. **LJ: B:** 1 W Gadd (E Grin, M45) 5.31. **SP:** 3 P Derrien (SMR, M45) 10.40. **DT:** 3 P Derrien (SMR, M45) 35.57. **HT:** 1 P Derrien (SMR, M45) 43.07; 2 C Smale (Sutt, M50) 35.54
Women: 1500: 1 A Clements (Kent, W35) 4:54.4. **3000:** 1 A Clements (Kent, W35) 9:46.5. **TJ:** 1 A Wilder (Sutt) 12.09. **HT:** 1 K Weir (SMR, W55) 27.02

DIVISION 3SW, Swindon
MATCH: 1 Swindon H 168; 2 Tm Kennet 202; 3 Chichester 59; 4 HBS 163
Men: 100: ns: 1 R Mojsak (Swin, M40) 12.2. **1500: B:** 2 D McGrory (Team K, M60) 4:59.2. **5000:** 1 J Baker (Chich, M40) 15:51.1. **SP: B:** 2 A Hall (Chich, M55) 9.47. **DT: A:** 1 S Brown (Horsh BS) 41.59; 3 A Hall (Chich, M55) 27.58. **HT:** 1 A Hall (Chich, M55) 39.11; 2 T Jackson (Swin, M55) 28.38. **JT:** 1 L Johnson (Horsh BS) 55.94. **ns:** 1 A Webb (Swin, M65) 26.47
Women: PV: 1 C Billingham (Horsh BS) 3.20. **SP:** 1 H Steward (Team K) 11.06. **JT:** 1 P Hooan (Team K, U17) 37.33

DIVISION 3SW, Par
Men: 100: B: 1 R Wheeler (Poole, M50) 12.6. **200: B:** 2 R Grew (Exe, M55) 25.8. **400: B:** 2 R Grew (Exe, M55) 58.2. **HJ:** 1 S Brereton (N&P, U17) 2.08; 2 J Hind (Poole, M40) 1.95. **PV:** 1 D Pearson (W'borne, M50) 3.40. **LJ:** 2 D Pearson (W'borne, M50) 5.42. **SP:** 1 D Dawson (N&P) 13.48. **HT:** 1 A Elkins (Poole) 54.10. **JT: B:** 2 R Wheeler (Poole, M50) 30.11
Women: 400: 2 A Lovering (W'borne, U17) 60.1. **400H:** 1 O Willmore (Dor, U17) 64.3. **B:** 1 A Lovering (W'borne, U17) 66.2. **4x100:** 1 Dorset 51.6. **4x400:** 1 Dorset 4:11.3. **PV:** 1 L Allen (N&P, U17) 3.10; 2 T Carter (W'borne, W45) 2.60. **SP: B:** 1 J Brett (N&P, W50) 8.49. **HT:** 1 L Henn (Corn, U20) 33.44; 2 R Elkins (Poole, W40) 32.79. **B:** 1 J Brett (N&P, W50) 32.67; 2 R Hutton (W'borne, W70) 20.92

AUGUST 17

READING AC DEVELOPMENT SERIES
U15 mixed events: HT: 1 F Harris (Read, U13W) 23.89
U17: PV: 5 T Splain (Read, U13) 2.25
U20: HT: 1 L Spratley-Kemp (Read, U20W) 33.55
U20 men: SP: 1 Spratley-Kemp 12.62
U15: 400: 1 R Henry-Daire (Read) 51.6
Women: SP: 1 D Opara (TVH) 13.64

AUGUST 16

JERSEY SPARTAN GRADED OPEN, St. Clement
U20 men: SP/DT: 1 E Campbell (SB) 12.44/39.25

AUGUST 15

ABERDEEN OPEN GRADED MEETING
Mixed events: HT: 1 B Masson (A'deen, M70) 29.81
Women: HT: 2 E Dawson (Ellon, W50) 25.97
U15: 75H (-0.1): 1 C Davie (Banc) 12.38

AUGUST 11

EASTERN MASTERS AC CHAMPIONSHIPS, Southend
V35 mixed events: 1500: 4 M Lloyd (BMH, W40) 4:57.5; 5 R Luxton (Chelm, W35) 4:59.6. **3000:** 8 A Swiecicki (Bed C, M70) 12:05.7; 12 E Hausler (EMAC, W55) 12:35.1
Mixed events: PV: 1 C Mills (WSEH, M40) 4.00; 2 R Phelan (Hunts, M55) 3.30; 3 S Eastwood (Bed C, M50) 3.10; 4 A Williams (B&B, M65) 3.00; 4 J Eastwood (Bed C, W35) 3.00; 6 W Martin (Hast, M55) 2.90; 10 S Dassie (E&E, W65) 1.90; 11 E Bird (St Ed, W50) 1.70
M35 men: 800: 3 S Herring (Mil K, M50) 2:12.6; 4 I Wright (Croy, M55) 2:19.3; 5 P Berrett (Have, M55) 2:20.7. **110H:** 1 G Smith (Lut, M45) 16.6; 2 N Hayman (Ips, M40) 16.9. **HJ:** 1 P Bowers (Hunts, M50) 1.54; 2 R Phelan (Hunts, M55) 1.45. **LJ:** 1 C Beecham (Newb, M45) 5.55; 3 P Bowers (Hunts, M50) 5.36; 5 C Warren (Loughton, M55) 5.00; 6 R Phelan (Hunts, M55) 4.84; 10 A Long (Herne H, M75) 4.03. **TJ:** 1 P Harrison (Ryst, M50) 11.54; 2 A Bollu (C&T, M40) 11.45; 3 C Beecham (Newb, M45) 10.96; 5 P Bowers (Hunts, M50) 10.61; 7 C Warren (Loughton, M55) 10.27; 8 R Phelan (Hunts, M55) 10.22; 12 A Long (Herne H, M75) 8.39; 13 J Spriggs (EMAC, M65) 8.21. **SP:** 1 G Degutis (NEB, M45) 14.83; 2 D Upton (Traff, M40) 12.56; 3 C Kent (W Suff, M40) 11.64. **DT:** 1 D Upton (Traff, M40) 34.66. **HT:** 1 S Thurgood (Herne H, M40) 54.45. **JT:** 1 C Kent (W Suff, M40) 40.80
M45: 100: 1 Y Opaleye (Hunts) 12.5
M50: 100: 1 P Canning (Mil K) 12.6; 2 K Courtenay-Robin (Mil K) 13.1. **200:** 1 P Canning (Mil K) 25.9. **SP:** 1 M Hausler (C&C, M55) 12.07; 2 D Bauer (Harl) 10.96; 3 P Evans (Woking) 10.15. **DT:** 1 D Bauer (Harl) 39.80; 2 P Evans (Woking) 38.81; 3 A Rushbrook (Bexley, M55) 30.57; 4 B Ellingham (Hunts) 30.15. **HT:** 1 B Ellingham (Hunts) 42.82; 2 D Bauer (Harl) 39.70; 3 S Talbot (Dartf) 32.53; 4 A Rushbrook (Bexley, M55) 29.62
M55: 100: 1 P Logan (K&P) 12.9; 2 D Donald (Corby) 13.0. **400:** 1 P Berrett (Have) 62.4
M60: 100: 1 I Turner (E&H) 13.7; 2 R Sibley (M&M) 14.0. **300H:** 1 G Daniel (Chelm, M65) 62.2. **SP:** 1 P Knott (Corby) 11.25; 2 G Tyler (Chelm, M65) 11.18; 3 T Richards (High, M65) 10.80; 4 M Wyndham-Jones (Norw, M65) 10.27; 5 P Oakes (Ryst, M65) 9.35; 6 B Scott (Mil K, M65) 9.33. **DT:** 1 N Griffin (WSEH, M70) 40.72; 2 G Tyler (Chelm, M65) 39.04; 3 J Drzewiecki (Brack) 38.65; 4 M Wyndham-Jones (Norw, M65) 38.30; 5 B Scott (Mil K, M65) 37.06; 6 T Richards (High, M65) 34.11; 7 P Oakes (Ryst, M65) 30.39; 8 T Needham (P'boro, M65) 27.67. **HT:** 1 E Lawlor (B&B) 48.65; 2 D Valentine (W Suff) 45.93; 3 B Scott (Mil K, M65) 33.43; 4 Needham 29.95; 5 G Tyler (Chelm, M65) 29.26; 6 J Blackwell (Nene V, M65) 29.11; 7 T Richards (High, M65) 28.12. **JT:** 1 T Richards (High, M65) 30.54; 2 M Wyndham-Jones (Norw, M65) 30.47; 3 P Oakes (Ryst, M65) 29.23; 4 B Scott (Mil K, M65) 27.81
M65: 100: 1 J Browne (Mil K) 13.4; 2 P Wignall (HW) 14.3; 3 M Wyndham-Jones (Norw) 14.6; 4 T Clinton (IRL) 15.0. **200:** 1 J Browne (Mil K) 29.2
M70: 100: 1 P Forbes (Mid U, M75) 15.3; 2 R Davies (Read, M75) 15.5. **200:** 1 R Davies (Read, M75) 33.8

WOODFORD GREEN OPEN, Woodford
Mixed events: 200: r1 (1.5): 1 P King (Have, U13W) 13.35. **r5 (1.6):** 1 R Tansey (Lon Hth, U15) 11.88. **r6:** 3 M Massembo (WG&L, U15) 11.4; 6 M Richards (B&B, M45) 12.0. **200: r3 (0.6):** 3 S Bridle (Harl, U13W) 28.08. **r4 (1.3):** 2 M Massembo (WG&L, U15) 24.27. **800: r2:** 1 S Okoro (Have, U13W) 2:23.01. **r3:** 2 B Cooke (SB, U17W) 2:18.01; 7 U Cartwright-Finch (Lon Hth, W35) 2:20.94; 9 E Hathaway (Trent P, U17W) 2:21.92; 10 S Le Mare (S'end, M55) 2:22.99; 12 S Judd (Herts P, W40) 2:24.37. **r4:** 8 K Mhlanga (Herts P, U20W) 2:06.24. **3000:** 4 K Mhlanga (Herts P, U20W) 9:52.91; 6 S Philcox (Ilf, M50) 10:06.30. **3000W:** 1 L Legon (Bexley) 13:21.8; 2 F Reis (TVH, M55) 14:16.6; 5 S Bennett (Ilf, M60) 17:37.1; 6 K Stringer (M&M, U15W) 17:40.4; 7 D Maskell (Sy WC, M70) 19:28.9. **LJ:** 2 S Bridle (Harl, U13W) 5.20. **HT:** 1 S Howe (WG&L, U20W) 45.26; 2 K Wright (WG&L, U15) 44.35; 3 N Litchfield (Bed C, U15) 43.25; 4 S Fenner (Camb H, U20W) 33.60
Men: HT: 1 P Clarke (WG&L) 54.04
U17: HT: 1 T Litchfield (Bed C) 56.45
U17 women: HT: 1 A Golban (WG&L) 52.31; 2 L Taylor (SNH) 49.23; 3 E Finch (Chelm) 45.01; 4 B Matthews (And, U15) 43.01; 5 V Cuthbert (WG&L) 41.18

AUGUST 19

HUMBERSIDE LEAGUE & OPEN SERIES, Grimsby
U17 mixed events: 800: 2 E Greenway (Clee, U15W) 2:16.2. **TJ:** 2 D Garbutt (Darl, U15W) 9.99; 3 N Mwambiye (Scun, U15W) 9.92
Men: 400: 1 W Seed (Clee) 50.0
Mixed events: HJ: 2 H Moat (Scun, U17W) 1.65. **PV:** 2 I Barwell (Linc W, U15W) 2.50

U17: SP: 1 C Archer (Ret) 13.55
U17 women: 1500SC: 1 M Weaver (Scun) 3:48.4; 2 L Allan (Linc W, U15) 3:48.4; 3 L Ellis (Scun) 3:48.4
U13: 200: r1: 1 T Cairns (KuH) 28.3
WARRINGTON AC TERRY DAVIES MEMORIAL OPEN, Warrington
U15 mixed events: 1500: 4 C Corrigan (Hynd, U15W) 4:57.3; 6 J Reed (Sale, U13W) 5:02.9; 7 M Hillier (WESPA, U13W) 5:04.8
Men: HJ: 1 A Thomas (Sale, U17) 1.85. **SP:** 1 P Harris (Menai, U20) 12.57. **JT:** 2 W Todd (Leigh, M40) 47.00. **JT:** 4 R Price (Wirr, M50) 30.78. **JT:** 3 P Todd (Leigh, M65) 29.54
Mixed events: 400: 4 C Marler (Oit, W65) 75.1. **1500:** 2 T Lawlor (Knows, M50) 4:49.0. **3000:** 3 T Lawlor (Knows, M50) 9:54.5; 2 R Hodgson (Liv PS, M60) 11:03.3. **TJ:** 2 E Simpson (Alt, U17W) 10.95; 3 R Keen (Sale, U20W) 10.61
U17: 100: r1: 1 Z Price (Menai) 11.1. **200: r1:** 1 Z Price (Menai) 22.7
U15: 100: r1: 1 B Wallace (Wirr) 11.7; 2 J Allen (Warr) 11.7; 3 I Mabaya (Prest) 11.7; 5 B Pucill (Warr, U13) 12.3. **200:** 1 I Mabaya (Prest) 24.0. **800:** 1 J Benabeni (Sale) 2:02.5; 2 R Hodgson (Col B) 2:08.0; 3 H Jones (Dees) 2:09.3. **80H:** 1 B Verbiack (C&N) 12.1; 2 D Bradley (C&N) 12.3; 3 S Coupland (S'port W) 12.5. **LJ:** 1 R Hulise (S'port W, U13) 4.83
U13: 200: r2: 1 R Hulise (S'port W) 27.0. **75H:** 1 T Stubbs (WESPA) 13.5; 2 C Beechall (Warr) 13.8. **JT:** 1 R Livesey (Ches Sch) 33.29
Women: 100: 1 K Chadwick (Sale, U20) 12.5. **LJ:** 1 K Chadwick (Sale, U20) 5.62
U17: 100: r1: 1 E Grant (Wirr) 12.5. **SP:** 1 B Roche (WESPA) 13.31
U15: 100: r1: 1 C Griffith (Menai) 12.9; 2 G Pritchard (Wig D) 12.9. **300:**



World outdoor leaders – 2018

MEN			WOMEN		
9.87	Ronnie Baker (USA)	100m	10.85	Dina Asher-Smith (GBR)	
19.65	Noah Lyles (USA)	200m	21.89	Dina Asher-Smith (GBR)	
43.63	Michael Norman (USA)	400m	48.97	Shaunae Miller-Uibo (BAH)	
1:42.05	Emmanuel Korir (KEN)	800m	1:54.25	Caster Semenya (RSA)	
3:28.41	Timothy Cheruiyot (KEN)	1500m	3:56.68	Genzebe Dibaba (ETH)	
13:01.09	Birhanu Yematew (BRN)	5000m	14:21.75	Hellen Obiri (KEN)	
27:19.62	Joshua Cheptegei (UGA)	10,000m	30:41.85	Pauline Kamulu (KEN)	
7:58.15	Soufiane El Bakkali (MAR)	3000m steeplechase	8:44.32	Beatrice Chepkoech (KEN)	
2:04:00	Mosinet Geremew (ETH)	Marathon	2:18:31	Vivian Cheruiyot (KEN)	
12.92	Sergey Shubenkov (RUS)	110m/100m hurdles	12.36	Kendra Harrison (USA)	
46.98	Abderrahman Samba (QAT)	400m hurdles	52.75	Sydney McLaughlin (USA)	
2.40	D Lysenko (RUS)/M Barshim (QAT)	High jump	2.04	Mariya Lasitskene (RUS)	
6.05	Armand Duplantis (SWE)	Pole vault	4.95	Sandi Morris (USA)	
8.68	Juan Miguel Echevarria (CUB)	Long jump	7.05	Lorraine Ugen (GBR)	
17.95	Pedro Pablo Picardo (POR)	Triple jump	14.96	Caterine Ibarguen (COL)	
22.67	Tom Walsh (NZL)	Shot	20.38	Gong Lijiao (CHN)	
69.72	Daniel Stahl (SWE)	Discus	71.38	Sandra Perkovic (CRO)	
81.85	Wojciech Nowicki (POL)	Hammer	79.59	Anita Włodarczyk (POL)	
92.70	Johannes Vetter (RSA)	Javelin	68.92	Kathryn Mitchell (AUS)	
8795	Damian Warner (CAN)	Dec/Heptathlon	6816	Nafissatou Thiam (BEL)	
1:17:25	Sergey Shirobokov (RUS)	20km walk	83:39	Yelena Lashmanova (RUS)	
37.61	GBR	4x100m	41.88	GBR	
2:59.00	USC	4x400m	3:24.00	Jamaica	

M80: JT: 1 V Adcock (SC Vets) 30.30
W35 women: 100: 1 P Williams (Strat, W45) 13.5. **200:** 1 Y Clayton (Corby, W45) 29.4; 2 E Welbourn (Ips, W55) 31.9; 3 Y Holmes (Ips, W55) 32.7. **HJ:** 1 H Nicholas (Bas) 1.42; 2 E McMahon (E&H, W65) 1.15; 4 P Hill (Newk, W75) 1.00. **LJ:** 1 H Nicholas (Bas) 4.66; 2 J Timberlake (Worc, W50) 4.42; 3 J Roginski (Harb, W55) 3.82; 4 S Horton (Ben, W60) 3.36. **TJ:** 2 J Timberlake (Worc, W50) 8.66; 5 P Oakes (Ashf, W70) 6.10. **SP:** 1 S McGrath (C&C, W45) 9.51; 2 A Jenkins (Nene V, W40) 9.35. **DT:** 1 A Jenkins (Nene V, W40) 38.12; 2 S Quinn (Chelm, W60) 29.18; 3 J Cherry (Oxf C, W45) 27.90. **HT:** 1 A Jenkins (Nene V, W40) 46.99; 2 T Gould (ESM, W40) 31.16. **JT:** 1 P Williams (Strat, W45) 30.08; 3 S McGrath (C&C, W45) 22.71
W45: 800H: 1 P Williams (Strat) 13.5
W50: 100: 1 E Welbourn (Ips, W55) 15.0; 2 Y Holmes (Ips, W55) 15.1. **800H:** 1 S Frisby (Leic C, W55) 13.6. **SP:** 1 J Roginski (Harb, W55) 8.78; 2 S Quinn (Chelm, W60) 8.37; 3 S Ingham (Bigg, W60) 7.35; 6 S Stamp (S'end, W65) 5.36. **HT:** 1 S Quinn (Chelm, W60) 32.98; 2 B Higgins (Loughton, W60) 21.79; 5 S Stamp (S'end, W65) 17.02
W60: 100: 1 C Marler (Otl, W65) 16.3; 2 S Dassie (E&E, W65) 16.7. **200:** 1 C Marler (Otl, W65) 34.0. **400:** 1 C Marler (Otl, W65) 76.2; 1 R Periofi (B'drain) 77.3
W75: HT: 1 P Hill (Newk) 26.83

AUGUST 5

EASTERN YOUNG ATHLETES' LEAGUE, Peterborough

U17 men: 100: 2 J Ogunfolaju (Chelm, U15) 11.8. **100H:** 1 T Ntuli (Ips) 14.3. **HJ:** 1 S MATCH: 1 Chelmsford 749.5; 2 Ipswich 712.5; 3 Colchester H 541; 4 NVH 476; 5 Peterborough 378; 6 Team Norfolk 314
 Clatworthy (Chelm) 1.81. **PV:** 1 S Tremelling (Chelm) 4.15. **LJ:** 1 J Ogunfolaju (Chelm, U15) 5.70. **SP:** 1 N Bushnell (Chelm) 13.58; 2 A Williams (W Norf) 12.49. **DT:** 1 N Bushnell (Chelm) 40.48

U15: 100: 1 S Shippey (Col H) 12.0. **200:** 1 S Shippey (Col H) 23.5; 2 J Fayers (Ips) 24.3; 3 T Foord (Nene V) 24.4. **800H:** 1 E Morley (Chelm) 12.7; 2 W Lamprell (Ips) 12.9. **4x100:** 1 Col H 48.7; 2 Ips 49.0. **PV:** 1 A Bowling (Nene V) 2.70. **LJ:** 1 J Fayers (Ips) 5.84. **SP:** 1 W Lamprell (Ips) 12.42; 2 D Capes (Nene V) 12.11. **DT:** 1 C Try (Thet) 35.37; 2 A Van der Pluym (Ips) 32.69; 3 D Capes (Nene V) 32.45. **HT:** 1 G Harrison (Nene V) 41.38
U13: 100: 1 C Molyneux (Nene V) 13.0. **1500:** 1 B Peck (Thet) 4:42.2. **75H:** 1 B Diaby (Ips) 13.5
U17 women: 800: 1 E Robinson (Nene V) 2:19.0. **1500:** 1 M Peel (Nene V) 4:50.1; 2 M Smith (Chelm) 4:52.0. **800H:** 1 L Parris (Chelm) 11.9. **4x100:** 1 Chelm (Ips) 12.7. **SP:** 1 T Egbulefu (Chelm) 12.70. **HT:** 1 E Finch (Chelm) 43.12. **JT:** 1 J Morgan (Ips) 36.49
U15: 100: 1 E Taylor (P'boro) 12.8. **200:** 1 E Taylor (P'boro) 26.2. **75H:** 1 F Fenwick (Nene V) 12.1; 2 C Dunstone (P'boro) 12.2. **4x100:** 1 P'boro 53.3. **HJ:** 1 F Fenwick (Nene V) 1.63; 2 Z Ateba (Col H) 1.55. **PV:** 1 O Simon (Col H) 2.65. **HT:** 1 O Simon (Col H) 38.46; 2 D Pusey (Nene V) 32.47
U13: 70H: 1 K Marsh (Nene V) 11.8; 2 A Bennett (P'boro) 12.4. **4x100:** 1 Chelm 57.9. **LJ:** 1 K Marsh (Nene V) 4.51. **SP:** 1 M Hopkins (Chelm) 10.84. **DT:** 1 M Hopkins (Chelm) 25.46. **JT:** 1 M Hopkins (Chelm) 24.21

St. Albans

U17 men: 100: 1 R Akinyebo (Have) 11.2. **200:** 1 R Akinyebo (Have) 22.9. **100H:** 1 J Barker (D&T) 14.8. **4x100:** 1 Have 46.3; 2 D&T 46.6. **PV:** 1 W Ashton (D&T) 3.40; 2 P Brinton-Quinn (Have) 3.30; 3 S Ryan (St Alb) 3.30. **LJ:** 1 J Woods (D&T) 6.32. **TJ:** 1 J Woods (D&T) 13.61
U15: 100: 1 L Jackson (D&T) 11.6; 2 J Hamment-Russell (Norw) 11.7; 3 M Oshungbohun (Have) 11.8; 4 E Ayuba (St Alb) 11.9. **200:** 1 M Sarling (Harl) 23.7; 2 L Jackson (D&T) 23.9; 3 M Oshungbohun (Have) 24.3. **B:** 1 J Hamment-Russell (Norw) 24.1. **800:** 1 T Gaunce (D&T)

2:08.5. **B:** 1 J Raine (D&T) 2:09.0. **1500:** 1 J Chamberlain (D&T) 4:24.8; 2 D Adams (Norw) 4:27.9. **800H:** 1 T Bishop (Have) 11.8; 2 A Mancey (D&T) 12.6. **B:** 1 J Blanc (Have) 11.9; 2 L Jackson (D&T) 12.6. **4x100:** 1 D&T 47.7; 2 Have 48.3. **HJ:** ns: 1 T Bishop (Have) 1.70. **SP:** 1 E Akpotor (Have) 12.93. **DT:** 1 E Akpotor (Have) 33.62; 2 J Isaacs (D&T) 33.12. **JT:** 1 M Trajkovic (E&H) 44.05; 2 M Sarling (Harl) 42.98
U13: 100: 1 W Houghton (St Alb) 12.4; 2 L Sealey (Norw) 12.8. **200:** 1 J Dean (Norw) 26.2. **75H:** 1 J Dean (Norw) 12.1; 2 O Hughes (D&T) 13.0; 3 D Bilson (Have) 13.6. **4x100:** 1 Norw 55.8. **LJ:** 1 W Houghton (St Alb) 4.81. **JT:** 1 R Harries (D&T) 36.03; 2 T Rutter (HAWC) 34.64
U17 women: 100: 1 S Wicks (HAWC) 12.3; 2 S Grace (Norw) 12.5; 3 E Agnimmel (Have) 12.6. **200:** 1 S Wicks (HAWC) 25.3; 2 J Kavanagh (Have) 25.9. **300:** 1 P Ellis (Have) 41.0; 2 S Grace (Norw) 41.7. **B:** 1 J Kavanagh (Have) 41.7; 2 M Willis (Norw, U15) 42.8. **800:** 1 B Wraith (HAWC) 2:16.6. **800H:** 1 Y Uwakwe (E&H) 12.1; 2 K Sait-Stewart (Norw) 12.3. **B:** 1 O Simon (Col H) 38.46. **4x100:** 1 Have 51.6; 2 Norw 52.7; 3 D&T 52.8. **LJ:** 1 M Gall (D&T) 5.21. **TJ:** 1 M Willis (Norw, U15) 10.39. **HT:** 1 A Wright (D&T) 40.34
U15: 100: 1 M McIntosh (D&T) 12.7; 2 I Smith (Have) 12.8; 3 E Quaye (E&H) 12.8. **ns:** 1 A Payne (Have) 12.9. **200:** 1 E Quaye (E&H) 26.2; 2 T Barton-Conde (Have) 26.2. **300:** 1 U Okpalauko (Have) 43.0. **1500:** 1 N Sewell (Have) 4:59.0. **75H:** 1 M McIntosh (D&T) 11.4; 2 R Mace (Have) 12.1; 3 G Iyinbor (Harl) 12.4. **B:** 1 A Parker (D&T) 11.93; 2 P Robinson (Have) 12.5. **4x100:** 1 Have 50.7; 2 D&T 52.9. **HJ:** 1 R Mace (Have) 1.55. **PV:** 1 J Collier (Have) 2.50. **SP:** 1 O Kuponiya (Have) 12.03. **DT:** A: 1 F Killilea (Have) 28.05. **B:** 1 J Collier (Have) 26.77
U13: 100: 1 J Hardy (D&T) 13.2; 2 R Cole (Harl) 13.3; 3 S Akomah (Norw) 13.3; 4 S Okoro (Have) 13.4. **200:** 1 S Bridle (Harl) 28.3; 2 J Hardy (D&T) 28.5. **800:** 1 P Gill (St Alb) 2:27.6. **1500:** 1 S Okoro (Have) 5:14.1. **70H:** 1 A Barrett (D&T) 12.4.

4x100: 1 D&T 57.2. **LJ:** 1 S Bridle (Harl) 4.94. **DT:** 1 K Ennis (Have) 26.43. **JT:** A: 1 F Reilly (Have) 26.06

KENT YOUNG ATHLETES' LEAGUE DIVISION 2, Erith

U15 boys: 200: 1 A Lawal (Ashf) 24.1. **80H:** 1 M Alajiki (Ashf) 12.0; 2 D Goriola (Dartf) 12.5. **B:** 1 O Gregory (Ashf) 12.5. **4x100:** 1 Ashf 49.0
U13: 800: 1 R Page (Inv Ek) 2:20.2
U15 girls: 75H: 1 K Lacey (Ashf) 12.1; 2 F Jury (Swale) 12.5. **4x100:** 1 Ashf 53.1. **LJ:** 1 S Teale (Ashf) 5.04; 2 F Jury (Swale) 5.00

SOUTH WEST LEAGUE CUP, Braunton

U15 mixed events: LJ: 1 C Harris (Exe, U15W) 4.94
Men: 800: 2 S Anderson (Ply, M50) 2:14.34. **LJ:** 2 P Guest (Yeov O, M55) 5.09. **TJ:** 1 P Guest (Yeov O, M55) 10.43. **DT:** 1 B Gibb (Yeov O) 42.65
U20: 200: 1 J Harding (N Abb, U17) 22.65. **110H:** 1 J Turner (Exe) 15.82. **HJ:** 1 J Croucher (Yeov O) 1.90
U17: 1500SC: 1 B Stevens (Tav) 4:53.11; 2 H James (N Dev) 4:53.71. **HJ:** 1 M Thomas (Exe) 1.95
U15: 300: 1 J Cowling (Taun) 38.72. **800:** 1 T Mason (Exe) 2:06.69; 2 J Ponter (Taun) 2:08.71. **80H:** 1 O D'Rozario (Taun) 11.55; 2 H Curtis (Ply) 11.84; 3 D Hamilton-Strong (Exe) 12.34. **HJ:** 1 A Hardy-Stewart (Yeov O) 1.75. **LJ:** 1 O D'Rozario (Taun) 5.92. **TJ:** 1 O D'Rozario (Taun) 12.33. **SP:** 1 D Hamilton-Strong (Exe) 12.04; 2 H Tomlin (Tav) 9.23. **DT:** 1 J Taylor (Torb) 12.45. **JT:** 1 T Bennett (Exe) 32.62
Women: 400: 1 E Thorner (Wells, U20) 58.62; 2 M Canham (Exe, U17) 60.43. **100H:** 1 G Silcox (Yeov O) 14.18. **1500SC:** 1 P Pellow (Wells, U17) 5:27.93. **LJ:** 1 G Silcox (Yeov O) 5.56. **TJ:** 1 C Gallagher (N Dev, U20) 10.78. **SP:** 2 H Seager (Yeov O, W50) 9.23. **DT:** 1 E Sharpe (N Dev, U20) 36.47. **JT:** 2 H Seager (Yeov O, W50) 27.18
U17: 800: 1 M Canham (Exe) 2:19.89. **80H:** 1 H McKenna (Taun) 11.88. **1500SC:** 1 C Olford (N Abb) 5:14.28; 2 L Ingram (Yeov O) 5:40.24. **HJ:** 1 M Jones (Taun) 1.67. **TJ:** 1 A Lester (N Dev) 10.51
U15: 1500: 3 M Shorey (Ply, U13) 5:12.93. **75H:** 1 M Hamilton-Strong (Exe) 12.21; 2 H Ulvede (N Abb) 12.27. **ns:** 1 I Farrant-Worth (Exe) 12.46. **4x100:** 1 Exe 52.80. **HJ:** 1 K Chapman (Exe) 1.60; 2 O Bagg (Taun) 1.55. **SP:** 1 K Chapman (Exe) 11.40
U13: 100: 1 O Cwieniczek (Yeov O) 13.37. **200:** 1 O Cwieniczek (Yeov O) 27.76. **800:** 1 P Northcott (Ply) 2:28.50. **70H:** 1 G Fielder (Taun) 11.93; 2 I Beer (N Dev) 12.05. **HJ:** 1 G Fielder (Taun) 1.40; 2 O Cwieniczek (Yeov O) 1.40. **SP:** 1 T Burke (Wells) 13.00

U15: 300: 1 J Cowling (Taun) 38.72. **800:** 1 T Mason (Exe) 2:06.69; 2 J Ponter (Taun) 2:08.71. **80H:** 1 O D'Rozario (Taun) 11.55; 2 H Curtis (Ply) 11.84; 3 D Hamilton-Strong (Exe) 12.34. **HJ:** 1 A Hardy-Stewart (Yeov O) 1.75. **LJ:** 1 O D'Rozario (Taun) 5.92. **TJ:** 1 O D'Rozario (Taun) 12.33. **SP:** 1 D Hamilton-Strong (Exe) 12.04; 2 H Tomlin (Tav) 9.23. **DT:** 1 J Taylor (Torb) 12.45. **JT:** 1 T Bennett (Exe) 32.62
Women: 400: 1 E Thorner (Wells, U20) 58.62; 2 M Canham (Exe, U17) 60.43. **100H:** 1 G Silcox (Yeov O) 14.18. **1500SC:** 1 P Pellow (Wells, U17) 5:27.93. **LJ:** 1 G Silcox (Yeov O) 5.56. **TJ:** 1 C Gallagher (N Dev, U20) 10.78. **SP:** 2 H Seager (Yeov O, W50) 9.23. **DT:** 1 E Sharpe (N Dev, U20) 36.47. **JT:** 2 H Seager (Yeov O, W50) 27.18
U17: 800: 1 M Canham (Exe) 2:19.89. **80H:** 1 H McKenna (Taun) 11.88. **1500SC:** 1 C Olford (N Abb) 5:14.28; 2 L Ingram (Yeov O) 5:40.24. **HJ:** 1 M Jones (Taun) 1.67. **TJ:** 1 A Lester (N Dev) 10.51
U15: 1500: 3 M Shorey (Ply, U13) 5:12.93. **75H:** 1 M Hamilton-Strong (Exe) 12.21; 2 H Ulvede (N Abb) 12.27. **ns:** 1 I Farrant-Worth (Exe) 12.46. **4x100:** 1 Exe 52.80. **HJ:** 1 K Chapman (Exe) 1.60; 2 O Bagg (Taun) 1.55. **SP:** 1 K Chapman (Exe) 11.40
U13: 100: 1 O Cwieniczek (Yeov O) 13.37. **200:** 1 O Cwieniczek (Yeov O) 27.76. **800:** 1 P Northcott (Ply) 2:28.50. **70H:** 1 G Fielder (Taun) 11.93; 2 I Beer (N Dev) 12.05. **HJ:** 1 G Fielder (Taun) 1.40; 2 O Cwieniczek (Yeov O) 1.40. **SP:** 1 T Burke (Wells) 13.00

AUGUST 4

BRITISH ATHLETICS LEAGUE DIVISION 4, Nottingham

MATCH: 1 Yeovil Olympiads 277; 2 Tonbridge 233; 3 Derby AC/Mansfield H 218.5; 4 Croydon Harriers 213; 5 City of Portsmouth 139; 6 Reading 84.
Men: 100: A (-0.4): 1 J Lennard (Ton) 10.87; 2 D DaCosta (Croy, U20) 11.08. **200: A (0.3):** 1 J Lennard (Ton) 21.62. **B (0.4):** 2 I Ospina (Croy, U17) 22.84. **400:** 1 D Willis (Yeov) 48.67. **800:** 1 G Duggan

(Ton) 1:53.24; 2 A Other (Der/Mans) 1:53.63; 3 S Harding (Yeov) 1:54.06. **B:** 1 J White (Port) 1:54.69; 2 M Cole (Yeov) 1:54.97. **1500:** 1 R Weir (Der/Mans) 3:49.87; 2 A Kinloch (Ton, U20) 3:58.17; 3 L Prior (Yeov) 3:58.72. **110H:** **A (-1.6):** 1 T Miller (Port) 15.50. **400H:** 1 A Faulkner (Yeov) 54.89; 2 C Marshall (Der/Mans) 55.71. **8x100:** 1 Croy 43.17; 2 Ton 43.88. **4x400:** 1 Yeov 3:23.00; 2 Ton 3:23.94. **HJ:** 1 J Croucher (Yeov, U20) 1.90. **PV:** 1 E Thomas (Croy, U20) 4.40; 2 O Thorner (Yeov, U20) 4.00. **LJ:** 1 P Ogun (Croy) 7.27/-0.4. **TJ:** 1 P Ogun (Croy) 14.38/1.1. **SP:** 1 B Gibb (Yeov) 13.87. **DT:** 1 M Plowman (Yeov) 52.70. **B:** 1 B Gibb (Yeov) 42.82. **HT:** 1 J Robinson (Der/Mans) 53.38. **JT:** 3 T Seal (Ton, U20) 49.43

ATHLETICS NORTHERN IRELAND RELAYS & POLE VAULT COMPETITION, Antrim
U17 men: 4x100: 2 B&A 46.73
U15: 4x100: 1 B&A 48.38
U13: 4x100: 1 Reg H 54.95
U17 women: 4x100: 1 N Down 51.76
U13: 4x100: 1 N Down 57.16; 2 Derry 57.40

NORTH OF ENGLAND LEAGUE DIVISION 1, Preston
MATCH: 1 Wakefield Harriers 398; 2 Preston Harriers 393.5; 3 Wigan & District Harriers 386.5; 4 West Cheshire 355; 5 City of York 318; 6 City of Sheffield & Deane 23.
Men: 200: 2 S Woan (Prest, M35) 23.0. **400:** 1 A Botterill (York, U20) 49.4; 2 L Stubbs (Prest, U20) 50.5; 4 A Parker (W Ches, M40) 52.3. **800:** 2 T Crocken (Prest, U20) 1:55.4. **B:** 1 M Bostock (Wake, U20) 1:57.8. **110H:** 1 M Medina (York, M45) 18.2. **4x100:** 1 Prest 43.7. **HJ:** 3 M Medina (York, M45) 1.65. **PV:** 1 A Thomas (Wake, U17) 3.20. **LJ:** 3 M Medina (York, M45) 5.92. **TJ:** 3 M Medina (York, M45) 12.11. **SP:** 1 G Hyde (W Ches, U20) 14.56; 2 T Dobbs (Wig D) 13.01. **DT:** 1 T Dobbs (Wig D) 47.86. **HT:** 1 D McKay (W Ches, M35) 42.80; 2 R Gayle (Wake, M50) 40.46. **JT:** 1 D McKay (W Ches, M35) 52.88; 2 A Thomas (Wake, U17) 49.85; 3 C Brown (Prest, U20) 49.79
Women: 100: 1 D McGifford (Wig D) 11.9; 2 L Ashmeade (Wake, U20) 12.2. **200:** 1 L Turley (W Ches) 24.8. **400:** 1 R Crocken (Wake, U20) 56.6. **B:** 2 S Wilkinson (Prest, W45) 65.5. **800:** 2 I Elliott (Wake, U20) 2:19.2. **B:** 4 E Robinson (W Ches, W45) 2:36.2. **1500:** 1 A Brooke (Wake, U17) 4:52.4. **B:** 2 E Robinson (W Ches, W45) 5:27.0. **100H:** 1 D McGifford (Wig D) 14.8. **4x100:** 1 Wig D 50.2; 2 Wake 50.5. **4x400:** 1 Wake 4:00.9; 2 Prest 4:05.7. **HJ:** 1 A Ward (Wake, U20) 1.75; 2 E Borthwick (Wig D) 1.70; 3 M Newton-O'Brien (York, U20) 1.65. **LJ:** 1 D McGifford (Wig D) 5.79; 3 L Whyke (Wake, W35) 4.83. **B:** 1 M Brindle (Wig D) 5.69. **TJ:** 2 L Whyke (Wake, W35) 10.41. **SP:** 1 S Parsons (York) 12.87; 2 F Dooner (Wig D, U20) 10.99. **B:** 1 M Schofield (York, U20) 11.90. **DT:** 1 S Parsons (York) 43.49; 2 F Dooner (Wig D, U20) 40.00. **B:** 1 M Schofield (York, U20) 34.38. **HT:** 1 T Simpson-Sullivan (Wig D, U20) 53.45; 2 S Parsons (York) 47.52; 3 E Tipping (W Ches, U17) 41.36; 4 R Lowe (Prest, U17) 34.81. **B:** 1 M Schofield (York, U20) 46.72; 2 C Stuchbury (Wig D, U20) 43.83; 4 D Erskine (W Ches, W55) 22.94. **JT:** 1 E Howe (W Ches, U20) 42.85

ROAD

AUGUST 27

KINGS HEAD CANTER 5km, East Horsley, East Sussex

Overall: 1 J Westlake (Craw) 15:16; 2 J Skinner (Hay H, M45) 15:54; 3 J Turner (B&H) 16:10

Women: 1 T Shanahan (Arena, W45) 18:24; 2 M Trafford (Arena) 18:37; 3 R Moore (Chich R) 18:49; 4 D Tarlton (Arena, W45) 18:55

W45: 3 S Fry (Hailsh) 19:14. **W55:** 1 C Wood (Arena) 20:16; 2 S Brumwell (Arena) 23:04. **W60:** N Yeats (Arena) 22:19

AUGUST 26

SIMPLYHEALTH GREAT ABERDEEN RUN HALF-MARATHON/10km

COMMONWEALTH marathon bronze medallist Robbie Simpson won the 10km easily in 30:01, well clear of Kenny Wilson's 31:27.

Simpson was pleased with the result which came just two weeks after he finished runner-up behind Kilian Jornet in the 31km Sierrre-Zinal mountain race in Switzerland.

"Everybody expected it to be a close race and some people doubted if I'd be able to win, so I am pleased to have run as well as I did," said the Scot.

"I thought I had gone under 30 minutes but it was very close, so I can't complain. It's the fastest 10km I've run for quite a while despite not doing any specific road training, so that's encouraging.

France's Metro athlete Virginie Barrand, Simpson's girlfriend, won the women's race in 36:39 from Kayleigh Jarrett (36:51) and Claire Bruce (37:21).

Kris Jones won the half-marathon by around 1500 metres in 66:35. Kyle Greig was second in 71:23.

"I was pleased with my run," said Jones. "At halfway I thought getting under 67 would be good so I was happy to have achieved that as the second half of the course is quite tough with cobbles and hills to contend with. It's a fantastic event and there was tremendous crowd support all the way, especially at the finish along Union Street."

Sheena Logan won the women's race in 81:56.

Overall (10km): 1 R Simpson (Dees R) 30:01; 2 K Wilson (Moray) 31:27; 3 C Strachan (Metro) 32:34; 4 J Bellward 32:42; 5 D Prikulis (Vegan) 32:48; 6 M Carroll (Perth RR, M45) 32:59; 7 A Peacock 33:33; 8 H Battle (Metro) 33:38; 9 M Breen (Cors) 33:48; 10 J Tole (Metro, M40) 34:16; 11 O Bristow 34:20; 12 C Richardson (Metro) 34:30; 13 A Brown (WG&L, M40) 34:43

M55: 1 S Mackenzie (Cambus) 37:59. **M60:** 1 B Urquhart (Fraser) 40:16

Women: 1 V Barrand (Metro) 36:39; 2 K Jarrett (Metro) 36:51; 3 C Bruce (Metro) 37:21; 4 K Bristow (Glas) 38:03; 5 A Whaley (Clap C) 39:09; 6 J Brown (W35) 39:45

W40: 1 J Hendry (Metro) 41:38. **W60:** 1 J Kidd (Kenil) 47:09

Overall (HM): 1 K Jones (Swan) 66:35; 2 K Greig (Metro) 71:23; 3 J Kelly (Stone) 72:20; 4 T Brian (Metro) 73:45; 5 P Middleton (Shrews, M35) 74:33; 6 T Roche (Gari, M40) 74:45

M45: 1 R Campbell (Arb F) 76:23. **M50:**



Robbie Simpson: winning at Aberdeen

1 R Horne (Metro) 82:32. **M60:** 1 B Martin (Quak) 86:10; 2 G McPherson (Metro) 89:12

Women: 1 S Logan (Fife) 81:56; 2 K Iliffe (Dur) 85:37; 3 J Cruickshanks (Fife) 86:30

W40: 1 M Baxter (Sco Vets) 87:37. **W45:** 1 A Gallon (Stone) 90:53. **W50:** 1 M Simpson (Spey) 99:41

ARUNDEL 10km, West Sussex

Overall: 1 R Skelton (Phoe) 32:10; 2 G Foster (Hast) 33:29; 3 A McCaskill 33:39

M60: P Guest (Ports J) 40:40

Women: 1 A Cox-Rusbridge (Chich R) 41:59; 2 L Hale (S'hurst, W35) 42:38; 3 J Stallard (T Zone, W35) 42:56

BATTLE OF SEDGEMOOR 10km, Somerset

Overall: 1 D Cahill (Minster) 34:24; 2 C Green (Wells) 34:42; 3 P Monaghan (Torbay, M50) 35:12

Women: 1 A Yetton (Plym) 38:33; 2 R Astington (R Time) 38:51; 3 S Duncan (Weston) 39:22; 4 E Kiernan (R Fore) 39:31

BUTETOWN MILE, Butetown

Overall: 1 G Hurman (Schools Athletes) 5:05; 2 G Stuuks (Les C) 5:12; 3 A Lewis 5:27

Women: 1 D Phillips 6:05; 2 S Coote 6:15; 3 H Corlett 6:18

DOONHAMMER 10km, Dumfries

Overall: 1 D Holmes (Jersey Triathlon Club) 35:42; 2 G Flannighan (G'way) 35:46; 3 C Waugh 36:33

Women: 1 L Finlay (Dumf) 39:31; 2 S Finlay (Dumf) 42:41; 3 L Major 45:13

FLYING MONK 10km, Malmesbury

Overall: 1 S Gilbert (Devizes) 35:58; 2 L Campbell (Ciren) 36:39; 3 O Campbell (Ciren) 37:13

Women: 1 N Eaton (Chelt) 41:44; 2 C Ward-Bell (Woott B) 41:58; 3 A Hawkins 42:29

SEVERN BRIDGE HALF-MARATHON & 10km, Gloucestershire

Overall (13.1M): 1 R Mann (Exe) 70:47; 2 A Stokes (Taunt) 72:00; 3 R Jackson-Hookins (Les C) 75:32

M40: B Bryant 77:57

Women: 1 N Coccran 79:12; 2 K Dicks (GWR) 88:51; 3 N Savill (SWRR) 90:10

W50: L Porter (Bitt) 91:30; 2 M McLachlan 99:17

Overall (10km): 1 S Gallimore (G fit) 36:13; 2 A Harris (Devizes) 36:31; 3 M Hurford (Les C, M40) 36:45

Women: 1 K Troy (Chap) 41:06; 2 L Tyler 41:34; 3 N Morgan (Chap, W50) 41:43

SPORT IN ACTION 10km, Carlisle

Overall: 1 J French (Eden, M35) 34:30; 2 S Berry (Bord H, M35) 35:47; 3 D Thompson (Rock 2 Roll Cc) 36:28

Women: 1 P Wakefield (DH Runners, W40) 40:18; 2 N McCarron (C'land) 40:59; 3 E Watson (Derw C, W35) 41:27

W40: 2 F Todd (Bord H) 41:34. **W50:** 1 H Davies (Bodyfit) 42:38; 2 C Baker (Eden) 44:35

TEVIOTDALE HARRIERS 5km / 10km, Hawick

Overall (5km): 1 C Tharme (Gala, U20) 16:35; 2 L Tharme (Gala, U17) 16:45; 3 R Anderson (Tev) 16:48

Women: 1 Z Pflug (Midlem) 18:44; 2 F Henry (Team East Lothian AC, U17) 19:30; 3 I Patterson (Gala, U17) 20:31

Overall (10km): 1 D Hastie (Gala, M35) 32:13; 2 M D'Agrosa (Gala) 33:29; 3 R Milligan (Tev) 34:04

Women: 1 S Green (Gala, W35) 38:27; 2 J Lee (Tyne Br, W40) 41:40; 3 L Ash (Tev) 46:16

TYNEDALE HARRIERS JELLY TEA 10 Ovingham, Northumberland

JORDAN BELL won a hard fought battle against Conrad Franks and smashed his personal best time by three minutes, *Les Venmore reports.*

This was the second time this out-and-back course was used, starting and finishing at Ovingham Middle School.

The temperature was much cooler than in recent days and the rain was falling albeit quite lightly, making these ideal running conditions.

Bell, whose father Stewy is a past winner of this race, soon headed the field along with Conrad Franks, the pair going through the tougher first half in 28:10. Bell made his bid for glory in the final 800m crossing the finish line nine seconds ahead of his rival.

The first three competitors also took medals in the North Eastern event, which was incorporated in the race.

W35 Cheryl Parkin won a close battle in the women's race coming home 37 seconds ahead of Molly Smith. Kim Simpson was four seconds adrift in third.

Overall: 1 J Bell (Black B) 55:11; 2 C Franks (Gate, M35) 55:20; 3 J Meader (Heat) 56:32; 4 M Hornsby (Dur, M35) 56:42; 5 J McKenzie (Heat) 57:36; 6 A Pratt (Tyne) 57:43

M55: 1 I Norman (Heat) 62:21. **M60:** 1 G Bayne (Morp) 67:01

TEAM (3 to score): 1 Heaton H 23

Women: 1 C Parkin (Low F, W35) 69:09; 2 M Smith (Vegan) 69:46; 3 K Simpson (Gate, W35) 69:50

W55: 1 R Oberholzer (Blay) 74:40; 2 D Elliott (Sun S) 77:21. **W60:** 1 L Valentine (Sun S) 77:08

TEAM (3 to score): 1 Tyne Bridge H 36

NECAA Championship: Men: 1 Bell; 2 Franks; 3 Meader. **Women:** 1 Parkin; 2 Smith; 3 Simpson

WILL PAGE 10km, Newick, Sussex

Overall: 1 J Pewter (Herne H) 35:03; 2 L Taub (B&H, M40) 36:59; 3 J Hillier 38:17

M65: P Whelpton (Phoe) 39:30

Women: 1 T Ward (Horsh J) 44:38; 2 S

Dowling (Kent, W45) 45:59; 3 L Hunter (Hast R, W40) 46:48

AVON COUNTY ROAD RELAY CHAMPIONSHIPS, Cleveve

Overall (4x5km): 1 B&W 65:48 (R Stewart 16:23, S Honight 17:01, J Moody 16:38, J Bancroft 15:46); 2 T Prior 67:11 (L Prior 16:33, O Dickinson 16:37, M Quarterman 16:57, P Grist 17:04); 3 B&W B 68:52; 4 Clevedon 73:31; 5 Westbury 74:27; 6 B&W C 74:37

Fastest: Bancroft 16:46; J Bartlett (Cleve) 16:20; Stewart 16:23; Prior 16:33

M40 (4x5km): 1 B&W 72:20 (D Garman 18:11, D Johnson 19:11, G Breen 16:55, D Goss 18:03); 2 Westbury 75:54

Fastest: Breen 16:55

M50 (3x5km): 1 B&W 58:05 (J Hogan 19:20, R Bowles 20:27, P Parry 18:18); 2 Westbury 62:18

Fastest: Parry 18:18

M60 (3x5km): 1 Westbury 61:33 (N Gates 18:35, M Mews 21:59, D George 20:59); 2 B&W 67:25

Fastest: Gates 18:35

Women (3x5km): 1 B&W 57:11 (C O'Donoghue 19:19, A Partridge 19:28, N Griffiths 18:26); 2 Westbury 59:08 (H Hobbs 17:38, S Cummins 22:11, E Hobbs 19:19); 3 Westbury U17 61:26; 4 Clevedon 63:36; 5 B&W B 65:05

Fastest: H Hobbs 17:38; Griffiths 18:26; Taunton 18:28

W45 (3x5km): 1 Westbury 67:32 (N Oldroyd 21:45, C Bermingham 20:45, A Ford 22:35); 2 B&W 74:47; 3 Westbury B 86:57

Fastest: Bermingham 20:45

W55 (3x5km): B&W 69:46 (T Allan 21:10, F Russell 26:51, S Parry 22:05); 2

Fastest: Allan 21:10

Mixed Park Run (3x5km): 1 Long Mead 58:19; 2 Vintage Cheddar 82:02

Fastest: H Taunton (LM, W) 18:28

AUGUST 25

2 ISLANDS HALF-MARATHON, Berneray

Overall: 1 O Foote (N Uist, M55) 80:40; 2 J MacAskill (Storn, M45) 82:27; 3 O Tulloch 87:00



Jordan Bell: following in his father's footsteps

AUGUST 21

AVR WESTBURY 5km, Westbury

Overall: 1 J Bancroft (B&W) 15:02; 2 O Jones (B&W, M35) 15:11; 3 K Taylor (B&W) 15:15; 4 A Bampton (Chipp) 15:27; 5 B Cole (Swin) 15:28; 6 M Towler (Avon VR) 15:37; 7 M Davis (Avon VR) 15:44

M60: 1 D Wright (Ciren) 18:25

Women: 1 R Barnes (Avon VR) 16:50; 2 E Bell (Bath) 17:59; 3 J Rockliffe (Avon VR, W40) 18:57

W40: 2 V Cranston (Avon VR) 19:56.

W50: 1 D Hier (Avon VR) 20:35

LINCOLN WELLINGTON 5km

Series Finale

MATT BOWSER returned from a summer lay-off to take the fourth race of the series, over a traffic free three-and-a-bit lap course on a sunny evening, *Martin Duff reports.*

Warming up for the autumn relay season, when his Lincoln club hope to retain their northern titles, Bowser was in control as he ran with team-mates Shane Robinson and Will Strangeway before accelerating away on the final lap to win comfortably in 15:01.

"I've not done anything since the (spring) relays, apart from a 30:42 10km in June, but have now done weeks of 30 and 50 miles," said the 35-year-old.

Of his run here, he added: "I slowed it down on the second big lap," before admitting that he tried an outing in the July race of this series but dropped out after one lap.

He may have slowed but only Robertson stayed with Bowser until the last lap shoot-out but third placed Strangeway did enough to clinch the £200 overall series award.

Laura Wilkinson made it a Lincoln Wellington double as she took the women's race in a PB 17:36 after running with second Stephanie Burns for the first half of the race. "Usually she beats me but I got away after 2-3km," said the 19-year-old, before adding that the time matched her recent track PB.

Burns' third place was enough for the Rotherham athlete to take the women's £200 series money after Rochelle Harrison came through to run a PB 17:56 in second.

Overall (3km): 1 W Bloom (Linc W, U15) 10:07; 2 O Donkin (District, U15) 10:14; 3 J McBride (Linc W, U15) 10:44

Women: 1 I Barwell (Linc W, U15) 11:27; 2 E Richardson (Bart D, U13) 12:07; 3 M Green (Linc W, U15) 12:23

Overall (5km): 1 M Bowser (Linc W) 15:01; 2 S Robinson (Linc W) 15:26; 3 W Strangeway (Linc W) 15:39

M40: 1 J Bailey (Newk S) 16:49. **M50:** 1 M Waite (Witham Rnr) 17:49. **U20:** 1 S Vicary (University of Lincoln) 16:53; 2 T Christie (Scunthorpe & District) 17:00. **U17:** 1 J Green (Linc W) 16:18

Women: 1 L Wilkinson (Linc W, U20) 17:36; 2 R Harrison (Linc W) 17:56; 3 S Burns (Roth) 18:03; 4 H Schofield (N Der) 18:24; 5 S Wallis (Linc W) 18:27; 6 H Johnson (Louth tri) 18:39; 7 R Gallop (Newk) 18:40; 8 G Ball (Linc W) 18:43; 9 N Burns (Linc W) 18:47

W50: 1 M Craig (Wold) 21:19. **W60:** 1 H Burkitt (Caist) 23:32

Final standings (5km): 1 W

Strangeway (Linc W); 2 S Robinson (Linc W); 3 G Mann (Scun)

M40: 1 S Barkes (Linc W); 2 A Powell (Linc &D); 3 G Mann (Scun). **M50:** M Waite (Witham) **M60:** 1 P Davis (Newark)

Women: 1 S Burns (Roth); 2 L Wilkinson (Linc W); 3 L Kaye (Linc W)

W40: H Pavey (Linc W); 2 D Walters (Linc W); 3 E Abbott (Linc W). **W50:** 1M Craig (Wolds). **W60:** H Birkitt (Caistor)

Final standings (3km)

U15 Boys: 1 W Bloom (Linc W); 2 O

Donkin (Barton); 3 J McBride (Linc W)

U13: H Samkin (Linc W)

U15 Girls: 1 I Barwell (Linc W); 2 M

Green (Linc W); 3 S Knapp (Linc W)

U13: I Vintner (Linc W)

AUGUST 19

BIRCHWOOD 10km, Warrington

Overall (10km): 1 F McGrath (Newc S) 32:30; 2 O Roberts (Hebog) 32:48; 3 C Snook (Corn, M40) 33:05; 4 R Challinor (Liv H) 33:13; 5 M Swensson (Penny L, M40) 33:18; 6 V Martin (Stoke) 33:34;

7 I Salt (Uttox, M35) 34:12; 8 M Dalkins (Chead, M45) 34:17; 9 M Coulthard (S Ches) 34:18; 10 S Minshall (Trent) 34:29; 11 L Northall (Wrex) 34:43;

12 P Peters (G'dale) 34:45; 13 R Nokes (Stoke) 34:49; 14 J Smith (Lymm) 34:53

M45: 2 D Watson (Holm) 35:17. **M55:** 1 J Convery (Bing) 35:59; 2 S Watmough (Warr) 36:19. **M60:** 1 D Gill (Warr) 38:42.

M65: 1 S Owen (Salf) 39:16. **M70:** 1 T Hulme (Wilm) 46:24

Women: 1 K Crickmore (Stock H, W40) 37:26; 2 C Parsons (Elles P, W40) 37:57; 3 A Bagnall (P'atyn) 38:28; 4 D Jepson (W40) 38:51; 5 J Marsden (Elles P, W35) 39:23; 6 E Crowe (Wrex, W45) 39:25; 7 L Whiston (Newc S) 39:49

W35: 2 H Harrington (Vale R) 40:41. **W40:** 4 C Dooley (Vale R) 41:10; 5 L Blizzard (Warr) 41:28. **W50:** 1 S Avery (Elles P) 40:33; 2 S Melir (Ikley) 43:30.

W55: 1 B Wright (BWF) 42:07. **W60:** 1 P Horsfall (Widnes RC) 46:52; 2 S Jones (W40) 48:49

Overall (10km): 1 S Hughes (LancR, M45) 44:30

W55: 1 M Bennett (Ballym R) 27:39.

M45: 2 I Taggart 27:13; 3 M Smith (Mallusk) 27:42. **M50:** 1 J Turtle (Ballym R) 29:00; 2 P McCafferty (Sparta) 29:16.

U20: 1 J Hughes (Termoneeny RC) 27:43

Women: 1 T Ciara (Springw, W35) 29:09; 2 G McDonald (Ballyc R, W35) 29:56; 3 C McCourt (W45) 31:41; 4 L Gibson (VP&Connors, W35) 31:48; 5 C Tushy (Mayo, W45) 31:59

W45: 3 M Close (Springw) 34:29. **W60:** 1 R Hargan (Tafeta) 37:23. **W70:** 1 B Quinn (Ballymena Running Club) 46:08

Runthrough Chase the Sun Olympic Park

Overall: 1 S Jackson (Elv, M35) 32:36; 2 E Cameron (VP&TH, M35) 32:58; 3 J Dale (VP&TH, M35) 33:05; 4 A Bond (Dulw, M40) 33:06; 5 J Eccles (Clap C) 34:47; 6 S Trott 34:48; 7 Y Wild 34:51

Women: 1 R Harvey (Clap C) 37:03; 2 S Pritchard (Lon C AC) 42:14; 3 K Neesam (New M) 42:52

Overall (5km): 1 M Rutter (Clap C, M35) 17:06; 2 M Rix (W45) 17:16; 3 K Gibson (Vall HR, M55) 18:13

Women: 1 L Watts (W'boro) 19:12; 2 M Taylor 19:48; 3 H Ryder (St Alb S) 22:12

SCOTTOW SUNDOWNER 5km

Overall: 1 N Adams (N Norf, M40) 16:51; 2 P Harvey (Wym) 16:56; 3 S Wright (Norw RR) 17:27

M55: 1 J Moore (Norf G) 17:52. **M70:** 1 S Weller (N Norf) 22:17

Women: 1 K Hacton-farrow (Drag 2 Zero)

GLASGOW FRONTRUNNERS OUTRUN, Kelvingrove Park

Overall: 1 J Roebuck (MRF Running) 27:32; 2 D McQuade (Bella H) 28:47; 3 G Lyons (MRF Running) 29:34

M60: 1 B Hughes (Cambus) 31:32

Women: 1 T McIntosh (Tonis Tigers) 31:08; 2 K Dickson (Glas U HH) 31:30; 3 C Thompson (VPCG, W40) 32:12

W45: 1 J Telford (SPS) 33:36



Alison Dargie: winning Morpeth 10km

DAVID HEMMISON

18:27; 2 E Risbey (Norw, W35) 18:48; 3 C Cummings (Wym, W40) 18:51

W50: 1 L Hurr (Norf G) 21:38. **W55:** 1 K Balcombe (N Norf) 22:24

YEOVILTON SUMMER 5km SERIES

Overall (5km): 1 J Smith (Card, U20)

14:23; 2 R Richmond (Bide) 14:59; 3 B Tickner (Wells, M35) 15:09; 4 P Burden (Taun, M40) 15:18; 5 D Mapp (Bide) 15:21; 6 P Bridge (Wells) 15:37; 7 D James (Chelt) 15:41

M40: 2 K Summers (Weston) 16:19; 3 S Gilbert (Devizes) 16:21; 4 S Goss (B&W) 16:38. **M50:** 1 J James (Wells) 16:10; 2 H Olsen 17:34; 3 K Paul (Taun) 17:35.

M60: 1 J Shapland (Bide) 19:06; 2 K Bryant 19:57. **U20:** 2 M Quarterman (Wells) 16:24; 3 D Maydew (Wells) 16:51.

U17: 1 N Caley (B'works) 16:18

Women: 1 H Taunton (Taun) 17:37; 2 J Dixon (Bide, W45) 17:48; 3 H Southcott (Maid N, W35) 18:38; 4 h Bigger (Wells, U20) 18:42; 5 E Thorne (Wells, U20) 18:53; 6 B Francis (Avon VR) 18:57

W65: 1 R Barber (Avon VR) 25:33

Overall (5km): 1 L Chapman (Poole, W40) 18:57; 2 P Jakeman (Yeo V T) 28:51

Women: 1 Chapman 18:57

GRAHAM CLARK MEMORIAL RACE 3.9, Dunfermline

Overall: 1 B Hukins (Cambus, M40) 19:25; 2 D Jubb (PH Racing) 20:27; 3 A Wright (PH Racing, M40) 20:36

Women: 1 S Laird (C'gie) 24:30; 2 A Sandilands (C'gie, W45) 24:42; 3 J Menzies (BMF Dunfermline, W40) 24:45

RUN EXE SUMMER 5km SERIES, Exeter

Overall: 1 S Antell (Bide) 14:51; 2 A Stokes (Taun) 15:54; 3 P Bridge (SWRR) 16:05

M40: 1 J Baker (Chich) 16:08. **M50:** 1 P Monaghan (Torb) 16:58; 2 L Williams (Exm H) 17:31. **M65:** 1 J Shapland (Bide) 19:39. **U20:** 1 T Bayley (Imperial Xc + Athletics) 16:59

Women: 1 S Stone (Tiv, W40) 18:37; 2 M Neal (Newton Abbott AC) 18:52; 3 N Savill (SWRR) 19:10

W50: 1 J Edwards (Erme) 20:56; 2 A Board (Haldon) 21:24. **W60:** 1 K Cook (SWRR) 23:37

VETERANS' AC 5, Battersea Park

Overall: 1 R Cox (WG&EL, M35) 28:32; 2 M Woodman (Staff H, M40) 28:38; 3 R Jones (Herne H, M45) 29:12

M50: 1 J Ratcliffe (Herne H) 29:32. **M55:** 1 P Mannion (Wind VR) 31:00. **M60:** 1 J Gurney (Petts) 32:33. **M65:** 1 B Bradbury (Woking) 30:24; 2 I Kitching (S Lon) 32:21; 3 T O'Neill (Belg) 34:27. **M70:** 1 L O'hare (Barnet & District) 36:33

Women: 1 H Roberts (Petts, W35) 32:37; 2 J Reid (Metropolitan Police, W50) 40:19; 3 L Wilson (Ealing Southall & Midd, W60) 41:02

Robbie Cox (152): on his way to victory at Veterans AC 5

Overall: 1 T Straughan (Morp) 32:34; 2 D Turnbull (Aln) 33:54; 3 J Butters (Morp,

On the bright and warm evening, Straughan took an early lead on the two lap course with only clubmates Jon Butters and Jake Masterman staying in close attendance. Straughan had a clear lead at 2km (6:42), with Dan Turnbull and Graeme Cook joining the two chasers. Straughan gradually extended his advantage throughout passing 5km in 16:10. The lead at 6.5km was 47 seconds and after passing through 8km in 26:20, the advantage was increased to 80 seconds at the finish line. Butters was the leading veteran in third place with Masterman and Cook occupying the next two places.

Alison Dargie easily won the women's race finishing in 38th position overall.

Veteran athletes took the first five places with Sarah Seymour finishing second ahead of Kirstie Anderson.

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JEREMY HEMMING





The start of the Turner Landscape fell race

STEVE JACKSON

FELL

AUGUST 27

REETH, Richmond

Overall (2M/800ft): 1 S Bailey (Mercia) 15:06; 2 J Wood (Ilkley) 15:15; 3 A Livingstone (Annan) 15:36; 4 T Grimwood (Swale) 17:41
M45: P Crabtree (Wharf) 17:43. **M50:** M Forrest (R&Z) 19:08. **M60:** D Allen (N Mast) 21:54
Women: 1 R Simpson (Swale, W40) 21:20; 2 J Powell (Wharf, W50) 22:48; 3 M Stevenston (Skip) 22:57
U17 (1.4M/575m approx): 1 E Beaumont (K&C) 12:59; 2 A Thompson (Wharf) 13:39; 3 M Lambert (R&Z) 13:53
U17 women: L Gregg (Ross) 15:41
U14: 1 J Brogden (Otl) 14:36; 2 H Hunter (Helm H) 14:44; 3 A Willis (Wharf) 14:58
U14 girls: 1 A Lane (Wharf) 15:18; 2 E Swarbrick (C'land F) 15:52; 3 E Keeler-Clarke (Dur C) 16:08
U12 (0.8M/330m approx): 1 A Peaker (K&C) 9:16; 2 M Jewell (C'land F) 9:25; 3 A Brogden (Otl) 9:42
U12 girls: 1 E Bradley (Horw) 10:51; 2 C Chambers (Otl) 11:15; 3 O Aldham (Wharf) 11:23

MOEL FAMAU, Cilcain, Mold

Men's results were provisional as we went to press
Overall (4M/1237ft): 1 G W Hughes (Mercia) 32:42; 2 P Robertson (Sale) 32:48; 3 J Brown (Buck, M40) 33:41
M50: G Williams (Vale R) 37:02. **M60:** I Wood (Ches TC) 43:00. **M70:** J Morris (Buck) 49:23
U18: L Lee (P'atyn, W) 45:12
Women: 1 S Ridgeway (R Snowd) 39:00; 2 U Moore (Pens) 40:37; 3 H Evans (Buck) 41:35
W40: S Fourie 43:00. **W50:** K Forster 45:24



Burnsall Feast winners: Victoria Wilkinson and Sam Tosh

DAVE WOODHEAD

AUGUST 25

BURNSALL CLASSIC, Skipton

Overall (1.5M/900ft): 1 S Tosh (Ross) 14:04; 2 J Baxter (P&B) 14:15; 3 T Mason (Wharf) 14:34; 4 R Howie (Wharf) 14:42; 5 D Mirfield (Barl) 15:24
M40: D Kay (Calder V) 15:41. **M60:** J Hemsley (Wharf) 18:49. **M70:** K Robinson (Wharf) 23:23
Women: 1 V Wilkinson (Bing, W40) 15:58; 2 F Swann (Traw) 21:05; 3 J Powell (Wharf, W50) 21:47
W60: J Leonard (Tod) 24:07

AUGUST 22

GOLF BALL, Rossendale

Overall (5.5M/800ft): 1 C Holdsworth (Ribb) 36:27; 2 R James (Royt R) 39:15; 3 A Whitem (Calder V) 39:51; 4 M Driver (Holc) 40:15; 5 S Hall (Ribb, M40) 40:20; 6 A Buttery (Ross, M45) 40:25
M55: S Livesey (Ribb) 40:52. **M60:** C Davies (Sadd) 48:11. **M65:** I Smith (Bolt) 58:21. **M75:** R Blakeley (Tod) 61:37
Women: 1 H Hughes (Manc Y) 48:31; 2 R Patrick (Tod, W45) 48:38; 3 B Lancashire (Sadd) 49:00; 4 A Ralph (Acc RR) 50:30
W50: C Fryer (Calder V) 56:12. **W55:** L Dawson 58:54. **W60:** J Leonard (Tod) 61:17

HARROCK HILL RACE, Bispham

Overall (5M/900ft): 1 J Kevan (Horw) 31:07; 2 P Bray (Chorlton) 32:55; 3 B Hobson (Chorlton) 33:35; 4 L Burtham (Liv H) 34:55; 5 A Lloyd (Horw, M45) 34:59; 6 C Rayner (Chorlton, M40)
M50: J Hunt (Dark Pk) 36:51. **M55:** S Nolan (B'den RR) 38:04. **M60:** T Wall (B'den RR) 44:22. **M70:** T Hesketh (Horw) 46:14
Women: 1 A Welch (Chorlton) 41:22; 2 P Pilling (B'den RR, W40) 41:56; 3 K

Moortfield (Wig P) 43:10; 4 J Dickinson (Bolt, W40) 44:24
W50: I Kneale (B'den RR) 45:24. **W60:** A Ferguson (B'den RR) 45:36

RAGLETH INN, Little Stretton

Overall (4M/1237ft): 1 D Connolly (Mercia) 26:17; 2 D Birtwistle (Tel) 26:35; 3 J Agnew (Mercia) 26:39; 4 S Roberts (E Suth) 26:55; 5 M Yapp (Mercia) 28:01
M50: J Atyeo 31:42. **M60:** E Davies (Mercia) 34:14. **M65:** B Dredge (Mercia) 39:11. **M70:** G Whitmarsh (Croft A) 42:13
U17: A Yapp 31:39
Women: 1 M Price (Mercia, W45) 30:44; 2 S Willhoit (Mercia) 31:13; 3 K Whitfield (Mercia, W45) 36:34
W50: N Geere (Spenn) 36:51. **W60:** K Braznell (Mercia) 42:42
U17: A Cadman-Gibb (Mercia) 39:22

AUGUST 19

CROWDEN HORSESHOE, Hayfield

Overall (8M/1100ft): 1 R James (Royt R) 62:44; 2 J Dale (VPH) 63:49; 3 L Beresford (Ripley) 64:14; 4 J Ross (Staffs M) 65:07; 5 T Campell (Astley, M45) 67:41
M50: C McIntosh (P&B) 69:51. **M60:** D Neil 72:14. **M70:** M Cochrane (Dark Pk) 93:25
Women: 1 S Fawcett (Dark Pk) 82:15; 2 L Batt (Dark Pk, W50) 84:04; 3 S Andrew 84:44
W55: J Crowson (Dark Pk) 93:09. **W60:** G Markham (Melt) 1:54:47

AUGUST 12

TURNER LANDSCAPE (English championships counter), Seathwaite

Overall (10.6M/2986ft): 1 C Bell (Kesw) 84:12; 2 C Holdsworth (Ribb) 84:14; 3 M Lamb (Kesw) 84:36; 4 N Lawson (Dark Pk) 84:40; 5 S Hall (Mercia) 84:55; 6 D Haworth (Kesw) 85:45; 7 J Baxter (P&B) 86:22; 8 R Jebb (Helm H, M40) 86:46; 9 H Holmes (P&B) 86:54; 10 A Osborne (Leeds C, M40) 87:18
Women: 1 H Horsburg (Kesw) 97:04; 2 K Roberts (Helm H) 99:37; 3 N Jackson (Ribb) 1:41:27; 4 S Taylor (Helm H) 1:43:11; 5 M Price (Mercia, W45) 1:44:29; 6 H Orr (B Combe) 1:45:07; 7 H Berry (Holm, W40) 1:47:04; 8 A Lupton (B Combe, W40) 1:47:38; 9 A Roberts (Tod) 1:48:39; 10 S Willhoit (Mercia) 1:48:50

MULTI-TERRAIN

AUGUST 26

MERSEA ISLAND 10, Essex

Overall: 1 O Burgoyne 55:36; 2 R Michell 56:15; 3 J Gunn 58:48
Women: 1 R Sweat 62:53; 2 J Stetten 66:15; 3 A James 68:03
W40: T Varden 68:48

PERSHORE PLUM 10km, Worcestershire

Overall: 1 M Mumford (Evesh) 35:01; 2 J Head (Tewk) 37:51; 3 S Reading (Evesh) 38:49
Women: 1 S Crombie-Hicks (Tewk, W45) 39:42; 2 J Cashmore (W45) 43:12; 3 T Bowden (Evesh, W35) 44:16

TOUR OF NORLAND MOOR, Halifax

Overall (6.3M/886ft): 1 R James (Royt R) 35:54; 2 C Miller (Har) 36:32; 3 G Callan (Bing) 39:50; 4 A Ford (Horw) 40:02

M45: A Storer 41:42. **M50:** R Tuddenham (Tod) 42:39. **M55:** P Jeggo (Spring) 44:25. **M70:** J Norman (Alt) 52:14
Women: 1 A Caufield (Hali) 45:53; 2 S Cleal (Q'bury, W50) 48:13; 3 S Baxter (Hali, W40) 54:13
W55: K Hoyer 54:38. **W65:** S Exon (Traff) 60:34

CAMBUS QUARTER 6.5, Cambus

Overall: 1 A Wright 36:41; 2 B Innes 39:10; 3 C Stephenson 40:10
Women: 1 A Sandilands (C'gie, W45) 44:09; 2 T Donnelly 44:53; 3 S Lumsden 48:10

RUN WINCHCOMBE 5km/10km, Winchcombe

Overall (5km): 1 J Wilkinson (Chelt, M35) 20:08; 2 K Dee (Bourt, U15W) 20:29; 3 T Dee (Bourt, U15W) 21:33
Women: 1 Dee 20:29; 2 Dee 21:33; 3 L Andrews (Unatt, W45) 25:37
Overall (10km): 1 K Morss (Unatt, W) 23:05; 2 T Cross-walton (Unatt, W35) 24:35; 3 G Newman (BMF, W) 31:24
Women: 1 Morss 23:05; 2 Cross-walton 24:35; 3 Newman 31:24

THE WONDER - A VIEW, Ipswich, Suffolk

Overall (9.75M): 1 J Byford (Spring S) 70:27; 2 T Brockington (Spring S, M60) 79:37; 3 M Dowell (Col H, W50) 80:55
Women: 1 Dowell 80:55; 2 D Cubberley (Gt B, W40) 92:17; 3 L Baker (T'tree, W50) 94:40
Overall (5.5M): 1 D Augustin (Mid E) 44:45; 2 G Wright (Spring S, M55) 44:47; 3 S Colbert (Spring S, W45) 48:39
Women: 1 Colbert 48:39; 2 J Binstead (Mid E) 56:45; 3 E Long (Saff, W50) 58:32

AUGUST 25

BRG COASTAL CHALLENGE, Fraserburgh

Overall (17.5M, age not declared): 1 V Stewart (Dund R) 1:55:56; 2 M Brown (Fraser) 1:57:18; 3 S Young (Ythan) 1:59:27
Women: 1 H Nicol (Deveron) 2:24:51; 2 L Dilworth 2:38:33; 3 L Stables 2:41:50

GLEN CHALLENGE 15km, Drumnadrochit

Overall: 1 G Bee (I'ness) 61:33; 2 J Trevelyan (NHH, M40) 63:16; 3 S Gardiner 65:31
Women: 1 A Wilson (W35) 80:18; 2 E Halsel 84:14; 3 H Gardiner (W35) 87:24

BIG DAY OUT, South Brent

Overall (34.5M): 1 D Searle 4:27:55; 2 M Hart (Unatt, M40) 4:31:16; 3 A Mudge (C'thy, W45) 5:18:40
Women: 1 Mudge 5:18:40; 2 T Murrin (Bude R) 6:10:34; 3 L Pursey 6:21:01
Overall (HM): 1 O Thorogood (Looe) 82:44; 2 J Kimmelman 88:38; 3 R Ashton 93:28
Women: 1 M Menon (Ilfracombe, W35) 94:33; 2 K Eyre (Axe V, W40) 1:54:53; 3 H Walters (Erme) 1:57:13
Overall (Mar): 1 J Harris (Weston, M45) 4:27:07; 2 D Knight (MudCrew Running, M40) 4:36:06; 3 H Bergman (Storm Plymouth, W) 5:17:11
Women: 1 Bergman 5:17:11; 2 J Angille (Corn, W55) 5:22:03; 3 J Spencer 5:50:30

CHILTERN 100km/214km, Hemel Hempstead

Overall (100km): 1 S Huntley (Marston Moretaine, M35) 12:05:28; 2 R Dench (Team FAR, W) 12:56:03; 3 D Kelley 14:31:42
Women: 1 Dench 12:56:03; 2 A Burdiss (N'brook, W35) 17:16:33
Overall (214km): 1 M Thompson (Trail Running Association, M50) 32:37:49; 2 M Abel (Trail Running Association, M50) 37:16:40; 3 R Lane (Unatt, W40) 38:21:40
Women: 1 Lane 38:21:40

EAST FARM MARATHON, Winterborne Whitechurch

Overall: 1 M Bewley 3:29:33; 2 G Malt (Littled, M50) 3:46:27; 3 A Taylor (Teign, M45) 3:47:47
Women: 1 I Harris (Almost, W55) 4:01:12; 2 C Sparrey (Square And Compass Trail Runners, W40) 4:02:20; 3 A Sadler (Tewkesbury RC, W55) 4:05:13
Overall (10km): 1 A Morgan-Lee (Soton, M45) 41:34; 2 J Pitcher (E Green, M35) 44:08; 3 S Civil (Dorchester R.I.O.T) 44:28
Women: 1 E Jefferies (E Green) 49:08; 2 L Jezcalik (GoodGym) 49:52; 3 A Miles (Tott, W35) 50:35
Overall (HM): 1 P Bown (GoodGym) 91:44; 2 P Connors (Itchen) 91:50; 3 M Stileman (Roms, M50) 94:30
Women: 1 P Skeats Beswick (GoodGym) 1:53:06; 2 R Dawson (North Dorset Tri, W35) 1:55:42; 3 K Aked (Denm, W40) 1:56:01

LLANTWIT MAJOR 10km

Overall: 1 G Brown (Pen, M35) 36:32; 2 B Butler-Madden (Pen, M35) 36:42; 3 D Bishop (P'pridd R, M35) 36:57
Women: 1 C Evans (Card) 39:55; 2 S Leech (Swan, W45) 44:11; 3 A Loveluck (Ogmore Phoenix, W45) 45:55

TOM ROBB MEMORIAL 7, Fintry

Overall: 1 J Brogan (Falk, M35) 41:50; 2 B Forrester 42:54; 3 J Stewart (Pylion Racing /Victoria Park) 43:21
Women: 1 J Turner (Falk TR) 51:19; 2 J Hutchison 51:44; 3 L Duncan 52:03

TRIFARM AUTUMN 10km, Boreham

Overall: 1 C Drury 43:12; 2 B Gander (East Essex Tri Club) 44:03; 3 L Miles (B'cay, M50) 44:50
Women: 1 V Wadley-Smith (Leigh S) 56:21; 2 M Sri 57:23; 3 L Glendinning 58:22

AUGUST 23

STAN CURRAN 71st BIRTHDAY COWM RESERVOIR 5km, Whitworth

Overall: 1 H Johnson (Hali, U20) 17:16; 2 D Hudson (Saff, M40) 17:19; 3 J Bailey (Saff) 17:36
M50: S Johnson (Hali) 17:51
Women: 1 S Carroll (Saff) 19:53; 2 E Grime (Saff, U20) 21:31; 3 G Doolan (Stock TC, W50) 22:13

AUGUST 22

BRAMHALL RUNNERS FOODBANK 5km, Bramhall

#Overall: 1 A Porter (Bram R, M50) 20:35; 2 M Collier (Unatt, M40) 20:48; 3 G McGrath (Stock H, M40) 21:17
Women: 1 H Corden (Stock H, U20) 23:30; 2 J Pickard (Stock H, W45) 24:54; 3 S Jones (Stock H, W35) 25:31

WORLD MASTERS CHAMPIONSHIPS, MALAGA, SPAIN, SEPTEMBER 4-16

RECORD FIELDS IN SPAIN

MALAGA IS PROVING TO BE A POPULAR DESTINATION FOR THE BEST VETERAN ATHLETES ON THE PLANET

BOTH the British squad and overall entries have broken all records at 704 and over 8000 athletes respectively, writes *Martin Duff*.

With the event taking place two weeks after the end of their own national championships (see p22) the UK team will be boosted by many competitors who kept their powder dry for the world event and will again battle with Germany and the United States for medals table supremacy.

Leading the British challenge is W70 Angela Copson, who has entered four track events together with the cross-country and 10km road race and will start favourite in the longer races.



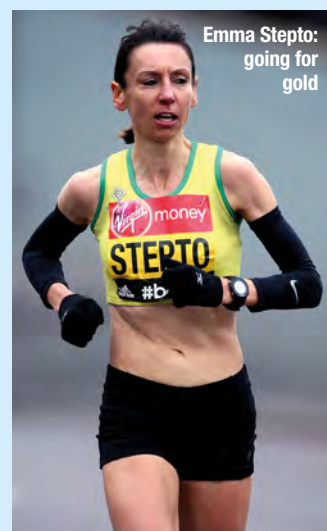
John McSorley: was pictured on the cover of AW in 1960 and still competes

Guy Bracken:
in-form M55
endurance
runner



TOM PHILLIPS

Emma Stepto:
going for
gold



MARK SHEARMAN

Steve Peters has resumed a successful masters career in recent years and will hope for another sprint treble, this time in his new M65 age group where he is top ranked.

It is that move up to a new age bracket that spurs veterans on and after four years out, the multi-throws world champion and new W80, Evaun Williams makes a return to competition.

Another returnee is 1962 AAA javelin champion John McSorley, who threw the old-style spear 79.25m then and will be hoping to make his mark in the M75 age group but Finn Joani Tenhu has a 40m effort to his name.

Roald Bradstock is in the M55 javelin. The two-time Olympian's best with the old implement was 91.40m but he threw the M50 javelin well over 65m last year.

Other potential Brit medallists moving up are distance runners M50 Tim Hartley and M75 Martin Ford, while former London Marathon veteran, Emma Stepto, is in the W45 5000m and half-marathon, where she is top ranked.

W40 Zoe Doyle tries to add to her recent British middle-distance golds but is up against Ireland's Denise Toner.

M55 Guy Bracken has been

setting British bests this year, but is only ranked second in the 5000m. W55 Fiona Matheson is top ranked in the 5000m but has New Zealand's Sally Gibbs as competition in the 1500m.

Last year, W40 Diana Norman narrowly missed the European W40 heptathlon record but will try again in Spain.

In the pole vault, world record-holder Irie Hill is in her final year in the W45 group but should retain her title, while Mark Johnson moves up to the M50s.

Wendy Laing has set a W50 high jump best recently at 1.50m and will be seeking further improvement here.

Another moving up after finding competition tough in the lower age group is M70 Ian Richards, who goes in the three walks.

Sprinter Averil McClelland moves up to the W60s to challenge world record-holder Caroline Powell. M40 TJ Ossai will try to get under 11 seconds in the 100m but Sweden's Leon Martinez is the quickest entry, with 10.74.



TRACK

Friday August 31

SUSSEX U15 LEAGUE FINAL
Brighton.
sussexathletics.net

Saturday September 1

ABERDEEN AAC CLUB CHAMPIONSHIPS
Aberdeen.
aberdeenaac.co.uk

ALDER VALLEY GIRLS' LEAGUE
Basingstoke, Basingstoke.
vseh.info/aldervalleygirls

CITY OF YORK SUMMER LEAGUE
York.
cityofyorkathleticclub.net

CP SPORT SERIES & FINAL
Doncaster.

CUMBRIA LEAGUE
Whitehaven.

INVERNESS OPEN GRADED SERIES
Inverness.

invernessharriers.org.uk

LANARKSHIRE AAA CHAMPIONSHIPS

East Kilbride.
q-buster.co.uk/aaa-track-field-championships-2018

LEE VALLEY THROWS FEAST OPEN
Lee Valley.

Until Sunday September 2.

visiteevalley.org.uk
LES DAVIES CLUB CHALLENGE MATCH

TBC.
welshathletics.org

MIDLAND COUNTIES 3000m CHAMPIONSHIP
Coventry.

midlandathletics.org.uk

MIDLAND VETERANS' LEAGUE CUP FINAL

Solihull.
mvtf1.wordpress.com

SOUTHAMPTON GRADED OPEN
Southampton.

southamptonathleticclub.org.uk

SOUTH OF ENGLAND U15/U20 INTER COUNTY CHAMPIONSHIPS

Horspath.

SOUTHPORT WATERLOO OPEN
Litherland.

southportwaterloaac.co.uk

TEAM EAST LOTHIAN SUMMER SERIES

Meadowmill.

teameastlothian.org.uk

SCHOOL GAMES

Loughborough. Until Sunday September 2.
schoolgamesfinals.org/athletics

Sunday September 2

ALDER VALLEY BOYS' LEAGUE

Reading, Reading.
vseh.info/aldervalleyboys

BURNLEY AC U11 OPEN MEDAL COMPETITION
Burnley.

burnleyac.co.uk

CAMBRIDGE & COLERIDGE AC YOUNG ATHLETE OPEN CHALLENGE SERIES (C&C MEMBERS ONLY)
Cambridge.

cambridgeandcoleridge.org.uk

CHESHIRE LEAGUE

Ashton under Lyne

Crewe

Eccles.

cheshireaaa.com

EASTERN YOUNG ATHLETES' LEAGUE

Ipswich, Stevenage.

eyal.org.uk/page4.htm

KENT AC CLUB CHAMPIONSHIPS

Ladywell.

KNOCKANDO HORIZONTAL JUMPS OPEN SERIES

Knockando, 2.15pm.

LEAMINGTON C & AC CLUB CHAMPIONSHIPS & OPEN

Leamington.

leamingtoncyclingandathletics.org.uk/

lcacvwww

MEDWAY & MAIDSTONE AC OPEN

Gillingham.

mandmac.org

MILTON KEYNES OPEN SERIES

Milton Keynes.

mcs.open.ac.uk/mkac

NORTH EASTERN YOUTH DEVELOPMENT LEAGUE FINAL

Middlesbrough.

necaa.info

ORKNEY AC OPEN GRADED

Kirkwall.

orkneyathleticclub.co.uk

PITREAVIE AAC YOUNG ATHLETES OPEN

Dunfermline.

pitreavie-aac.co.uk

SKY HIGH POLE VAULT OPEN

Pitreavie.

scottishathletics.org.uk

SOUTH LONDON ATHLETICS NETWORK SUPER 8 SERIES

Wimbledon.

slanetwork.org.uk

SOUTH WEST LEAGUE

Exeter.
swathletics.org.uk

SUSSEX COUNTY 3000m CHAMPIONSHIPS

Crawley.

sussexathletics.org.uk

SUSSEX U13 LEAGUE FINAL

Crawley.

sussexathletics.net

TELFORD GAMES OPEN

Telford.

telfordathleticclub.co.uk

WOKING AC OPEN CHAMPIONSHIP

Woking.

wokingac.com

Tuesday September 4

CORBY AC CLUB CHAMPIONSHIPS

Corby.

smyton.org/corbyacn

DUMFRIES & GALLOWAY CHAMPIONSHIPS PART 2

Dumfries.

LONDON HEATHSIDE AC CLUB CHAMPIONSHIPS

Finsbury Park.

londonheathside.org.uk

TOUR OF MILTON KEYNES: DAY 3, STANTONBURY TRACK MILE

Milton Keynes, 7pm.

mcs.open.ac.uk/mkac/ToMK.html

WOODFORD GREEN OPEN

Woodford, 6pm.

wgel.org.uk

Wednesday September 5

GRANGEMOUTH GRADED OPEN

Grangemouth, 6.30pm.

falkirkcommunitytrust.org

NORTH EAST SPRINT RELAYS & THROWS FESTIVAL

Jarrow.

WARWICKSHIRE OPEN GRADED SERIES

Warwick University.

warwickshirecountyaa.co.uk

WATFORD OPEN GRADED MEETING

Watford, 7pm.

watfordharriers.org.uk

WIRRAL AC ENDURANCE OPEN SERIES

Bebbington, 7.45pm.

wirralac.co.uk

Thursday September 6

COLCHESTER INVITATION SUMMER THROWS SERIES

Colchester.

colchesterharriers.co.uk

CORBY AC CLUB CHAMPIONSHIPS

Corby.

smyton.org/corbyacn

GUERNSEY INTERTRUST CHALLENGE OPEN SERIES

St. Peter Port.

guernseyathletics.org.gg

HUNTINGDONSHIRE AC CHAMPIONSHIPS & INTER CLUB SERIES

St. Ives.

huntsac.org.uk

Friday September 7

GLOUCESTERSHIRE COUNTY CHAMPIONSHIPS

Cheltenham.

athletics4u.co.uk

TOMMY CLAY DEVELOPMENT OPEN SERIES

Boston.

bostonanddistrictac.com

ROAD

Thursday August 30

BRITISH MILE RELAYS (4x1M)

Birkenhead Park, Birkenhead,

Merseyside.

6pm.

britishmilerelays.com

KIDLINGTON AC MOTA-VATION 4 SERIES

Oxford Harlequins RFC, Oxford.

7pm.

kidlingtonrunning.org.uk

WATERGATE 5km (Inc NEMAA MASTERS CHAMPIONSHIPS)

Lobley Hill, Gateshead, Tyne and Wear.

7.15pm.

lowfellrunningclub.co.uk

Friday August 31

3km ON THE GREEN SERIES

McLellans Arch, Glasgow Green, Glasgow.

12.30pm.

3konthegreen.com

ARDS LIONS 5

Londonderry Park, Newtownards, 7pm.

HARBOUR CLUB LAST FRIDAY OF THE MONTH 5km

The Bandstand, Hyde Park, London.

12.30pm.

serpentine.org.uk

HAZELBURY HURRAH! 5.5

Leamy Lane Playing Fields, Corsham,

Wiltshire, 6.45pm.

corshamrunningclub.co.uk/hazellybury-hurrah



5km and 2km events. For more info, see greatrunlocal.org

Wythenshawe Park: 9am Sunday

Debdale Park: 9am Sunday

Boggart Hole Clough: Coming soon

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 Ropner Park: Coming soon

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

MAGHERAFELT HARRIERS 10km

Meadowbank Sports Arena, Magherafelt.

7.30pm.

facebook.com/MagherafeltHarriers

MAGHERALIN 5

St Michael's GAC, Magheralin, 7.30pm.

stmichaelsmagheralin.com

POWER OF 5km

Salt Ayre, Morecambe, Lancashire, 7pm.

lancasterathletics.co.uk

Saturday September 1

ALDERTON 5km

Playing Fields, Alderton, Gloucestershire.

11am.

aldertonvillage.co.uk/alderton-5k-run

BASSINGHAM BASH 5

Playing Field, Basingham, Lincolnshire.

2pm.

bassinghambash.co.uk

BEDFORD TWILIGHT 10km

Priory Park, Bedford, 7.30pm.

bedfordhalf.co.uk/bedford-twilight-10k

CHESTERFIELD NO WALK IN THE PARK 5km

Queens Park, Chesterfield, Derbyshire.

9.30am.

northderbyshirec.jimdo.com

SUBMIT YOUR FIXTURE ONLINE AT athleticsweekly.com

NEXT ISSUE

AW IS OUT ON
SEPTEMBER 6



MARK SHERIMAN

DIAMOND FINALS
IAAF GRAND PRIX SERIES
REACHES CLIMAX IN
ZURICH AND BRUSSELS

GREAT NORTH RUN
HALF-MARATHON AND
CITYGAMES PREVIEW

SCHOOL GAMES
LOUGHBOROUGH REPORT

CLOG & BILLYCOCK 10km

Billings End Road, Blackburn, Lancashire. 10am.

[thealogandbillycock.com](#)

DARTMOUTH REGATTA 5.1

Dartmouth, Devon. 2pm.

[dartmouthathletics.co.uk](#)

GLOUCESTER RELAYS (MEN:4x5km/ WOMEN:3x5km)

Beacon Inn, Haresfield, Gloucester. 2.30pm.

[beyondthelimitations.org.uk](#)

GREAT TORRENT 10

Clonoe Community Centre, Clonoe, Co Tyrone. 10am.

HIGHLAND PERTSHIRE HALF-MARATHON/MARATHON

Breadalbane Community Campus, Aberfeldy.

[highlandperthshiremarathon.co.uk](#)

LAST ONE STANDING

Castlewad.

[atlasrunning.co.uk/last-one-standing](#)

LONDON SPITFIRE 10km

RAF London Museum, Grahame Park Way, London. 9am.

[nice-work.org.uk](#)

QEOP SUMMER 10km SERIES

Queen Elizabeth Olympic Park, London. 9.30am.

[theraceorganiser.com](#)

RUN HEATON 5km/10km/HALF-MARATHON

Middleton Road, Higher Blackley, Manchester. 9.30am.

[runheaton.com](#)

SCALPAY 10km

Scalpay, Isle of Harris.

[srac.org.uk/scalpay10k](#)

STANWICK GLORUN 5km

Stanwick Hall, Stanwick, Northamptonshire. 7.45pm.

[stanwickraces.co.uk](#)

STOWMARKET STRIDERS GOLDEN MILE

Combs Ford Recreation Ground, Stowmarket, Suffolk. 2pm.

[stowmarketstriders.org.uk](#)

SUNFLOWERS HALEWOOD 5km SERIES

Environment Centre, Okell Drive, Liverpool, Merseyside. 10.30am.

[knowsleyharriers.com](#)

Sunday September 2

BBB 10km

Abbey Green, Battle, East Sussex. 10am.

[bbb10k.co.uk](#)

BOVINGDON PARISH 10km

Bovingdon, Hertfordshire. 10.15am.

[bovingdon.net](#)

BRIDGWATER 10km/HALF-MARATHON

Morganians RFC, Bridgwater, Somerset. 11am.

[bridgwaterhalfmarathon.co.uk](#)

CAERNARFON 10km

Coed Helen Recreational Grounds, Caernarfon. 11am.

[eryrharriers.org.uk/caernarfon-10k](#)

CAITHNESS HALF-MARATHON

Watten Primary School, Watten, Highlands. 1pm.

[northhighlandharriers.co.uk](#)

CARDIFF 10km

City Hall Lawns, Cardiff. 10am.

[cardiff10k.cymru](#)

CARLISLE HALF-MARATHON

Brunton Park Football Stadium, Carlisle Cumbria. 9am.

[carlislehalf.co.uk](#)

CARVER WOLVERHAMPTON 10km/HALF-MARATHON/MARATHON

West Park, Wolverhampton, West Midlands. 9.15am.

[carverwolverhamptonmarathonevents.co.uk](#)

COSFORD SPITFIRE 10km

RAF Cosford Museum, Shifnal, Shropshire. 9am.

[nice-work.org.uk](#)

FRAMLINGHAM 10km

Badingham Road, Framlingham, Suffolk. 11am.

[framflyers.org.uk](#)

GARSTANG HALF-MARATHON

Garstang Sports & Social Club, Garstang, Lancashire. 11am.

[garstangrc.co.uk](#)

GOLDEN BALL 10/20

Salt Ayre Leisure Centre, Lancaster. 11am.

[lancaster-race-series.co.uk](#)

HAMSTERLEY HALF-MARATHON/MARATHON

Hamsterley Forest Visitors Centre, Durham.

[sedgefieldharriers.co.uk](#)

KENILWORTH HALF-MARATHON

Castle Farm Sports Centre, Kenilworth, Warwickshire. 10am.

[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](#)

LRRL JOHN FRASER 10

Countesthorpe Community College, Leicester. 10.30am.

[jf10.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](#)

MIDDLESBROUGH TEES PRIDE 10km

Stewart Park, Middlesbrough. 9.15am.

[runmiddlesbrough.com](#)

NEWTON'S FRACTION HALF-MARATHON

South Kesteven Sports Stadium, Grantham, Lincolnshire. 10.30am.

[granthamrac.com](#)

NORTH AYRSHIRE AC 10km

St Matthews Academy, Saltcoats, Argyshire.

[eryrharriers.org.uk/caernarfon-10k](#)

OVERTON 5

Recreation Centre, Bridge Street, Overton, Hampshire. 2pm.

[overtonharriers.org.uk](#)

REGENT'S PARK SUMMER 10km SERIES

The Hub, Regent's Park, London. 9.30am.

[regentsparkraces.org](#)

RISBOROUGH RUN IN THE PARK 5km

Wades Park, Princes Risborough, Buckinghamshire. 9am.

[risboroughruninthepark.weebly.com](#)

SAXILBY FRONTRUNNER 5km

St Andrews Community Centre, Saxilby, Lincolnshire. 9.30am.

[saxilbyparishcouncil.gov.uk](#)

SOUTH CHESHIRE 20

Shavington Sports Centre, Shavington, Cheshire. 9.30am.

[southcheshireharriers.org.uk](#)

THOLTHORPE 10km

Village Hall, Tholthorpe, North Yorkshire. 11am.

[tholthorpe10k.co.uk](#)

TRAFFORD 10km

Trafford, Manchester. 9.30am.

[altrincham-athletics.co.uk](#)

URBAN RUSH EDINBURGH 15

South Queensferry, Edinburgh. 9am.

[shelter.org.uk/urbanrush](#)

WATERSIDE HALF-MARATHON

Foyle Arena, Derry. 10am.

[whm16.com](#)

WEALD ST GEORGES 10km

Village Green, Weald St Georges, Kent. 10.30am.

[nice-work.org.uk](#)

WILNE 10km (Inc DERBYSHIRE CHAMPIONSHIPS)

Sawley Road, Draycott, Derbyshire. 10am.

[wilne.co.uk](#)

WISSEY HALF-MARATHON

Village Hall, Oxborough, Norfolk. 10.30am.

[rystonrunners.org.uk](#)

Tuesday September 4

CRIBBS 5

Cribbs Sports & Social Club, Station Road, Henbury, Bristol. 6.45pm.

[greatwesternrunners.org.uk](#)

CRYSTAL PALACE CANTER 5km

Top car park, NSC, Crystal Palace, London, SE19. 12.30pm.

[crystalpalacecanter.wordpress.com](#)

DUMBLE BIMBLE 5

Portland, Dorset.

[6.30pm.](#)

[rmpac.com](#)

GOSFORTH 10km

Playing Field, Gosforth, Seascale, Cumbria. 6.30pm.

[blengdalerunners.co.uk](#)

RUN EXE SUMMER 5km SERIES

Exwick Playing Fields, Exeter, Devon. 7.30pm.

[city-runs.co.uk](#)

Wednesday September 5

CARDIFF THE CHASE 5km

Taff Trail, Western Avenue, Cardiff. 7pm.

[cardiffrunningevents.org/the-chase-5k.php](#)

HATFIELD MIDWEEK 5km SERIES

Affinity Water, Hatfield, Hertfordshire. 7.45pm.

[gardencityrunners.org.uk/races/hatfield-5k-series](#)

NEW MARSKE AUTUMN COAST ROAD 5km

Redcar RFC, Green Lane, Redcar, Teesside. 7.15pm.

[nmhraces.net](#)

SELF TRANSCENDENCE 5km

The Meadows, Edinburgh. 7pm.

[uk.srichinmoyraces.org](#)

SOUTH SHIELDS MONTHLY MILE

Sanddancer Pub, South Shields. 7pm.

[runeatsleep.co.uk/themonthlymile](#)

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. 7.30pm.

[hoadhillharriers.co.uk](#)

Thursday September 6

CITI INSPIRE 5km

Titanic Boulevard, Belfast. 6.30pm.

Friday September 7

EALING MILE

Lammas Park, Ealing, London. 12.30pm.

[ealinghalfmarathon.com/the-mile-series](#)

RYE SUMMER CLASSIC SERIES 5km

Rye Harbour Nature Reserve, Rye, East Sussex. 7pm.

[nice-work.org.uk](#)

Saturday September 8

BHF REGENT'S PARK 5km/10km

Regents Park, London. 11am.

[bhf.org.uk](#)

BUXTON PAVILION GARDENS 5km

Pavilion Gardens, Buxton, Derbyshire. 9am.

[buxtonac.org.uk](#)

CASTLETON SHOW 6

Showfield, Castleton, North Yorkshire. 1.30pm.

[castletonshowrun.btck.co.uk](#)

DIVA DASH 4

Carrickmore GFC, Carrickmore. 11am.

FULHAM BISHOPS PARK 10km

Bishops Park, Fulham, London. 10.30am.

[mccpromotions.com](#)

GOLSPIE 10km

Community Centre, Golspie, Sutherland. 2pm.

[eastutherlandathleticsclub.org](#)

IPSTONES 5-ISH

Fire Station, Ipstones, Staffordshire. 3.30pm.

[nsrra.org.uk](#)

KYLES 10

Kammes, Argyll and Bute.

[kyles10miles.co.uk](#)

LARNE 10km

Centre Point, Larne, Co Antrim. 11am.

[larne10k.com](#)

NORTH WEST ROAD RELAYS

Delamere, Cheshire. 11am.

RUNTHROUGH OLYMPIC PARK 5km/10km

Queen Elizabeth Olympic Park, London. 10am.

[runthrough.co.uk](#)

RUNTHROUGH TATTON PARK 10km

Tatton Park, Knutsford, Cheshire. 9am.

[tatton10k.com](#)

SIMPLYHEALTH GREAT NORTH 5km/GREAT TEES 10km

Newcastle Quayside, Newcastle. 9am.

[greatrun.org](#)

TANNAGHMORE 10km

Primary School, Tannaghmore. Noon.

INDOOR

Thursday September 6

ABERDEEN AAC CLOSED POLE VAULT

Aberdeen.

[aberdeenaac.co.uk](#)

MULTI-TERRAIN

Saturday September 1

ABNEY CHEADLE RUN 5km

Abney Hall, Cheadle, Cheshire. 9.30am.

[abneycheadlerun.co.uk](#)

CLWYDIAN 5/15

Golden Lion Inn, Llangynhafal. 10am.

[out-fit.co.uk](#)

DARTMOOR 10/MARATHON/ULTRA 50

Okehampton College, O



DUNSTABLE DOWNS CHALLENGE HALF-MARATHON/20/MARATHON

Creasey Park Drive, Dunstable, Bedfordshire. 9am.
dunstableroadrunners.org
**FIFE AC FESTIVAL OF TRAIL
RUNNING** (Inc SCOTTISH MID-TRAIL
CHAMPIONSHIP)
Strathmiglo Public Hall, Strathmiglo, Fife.
fifeac.org

KNOWLE & FUNTLEY FAMILY 5km
Knowle, Hampshire. 10am.
ruralrunningevents.com

LEEDS COUNTRY WAY RELAY
Garforth, West Yorkshire. 8am.
kippaxharriers.org.uk

LITTLE LONDON 10km
Enham Alamein, Andover, Hampshire.
9.15am.
andovertrailrunners.co.uk

**LONDON 2 BRIGHTON ULTRA
MARATHON**
Blackheath TA centre, London.
sussextrailevents.com

MILTON KEYNES BIG FUN RUN 5km
Willen Lake, Milton Keynes. 11am.
bigfunrun.com/milton-keynes

**PEAK DISTRICT AUTUMN SERIES
5km/15km**
Village Hall, Castleton, North Derbyshire.
trailrunningpeaks.co.uk/autumn-series

**PHOENIX ONCE UPON A RUN 6-HOUR
DAY 4**
Addlestone, Surrey. 9.30am.
phoenixrunning.co.uk

PURPLE RAYNE 6-HOUR CHALLENGE
Rayne Station, Rayne, Braintree, Essex.
9.30am.
hareandtorisoreunning.co.uk

RICHMOND RIVER RUN 10km
Kew Green, Richmond, Surrey. 9am.
thefixevents.com

RUNTHROUGH BRIXTON 10km
Brockwell Park, London. 9.30am.
runthrough.co.uk

**SATURN RUNNING GREAT BRITISH
BAKE RUN CHALLENGE 6-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

**STOCKPORT HATTERS HALF-
MARATHON**
Edgeley Park, Stockport, Cheshire.
9.30am.
hattershalf.co.uk

**STREET CHILD CRAFT 10km/HALF-
MARATHON**
Lee Valley Country Park, Lee Valley.
9.30am.
street-child.co.uk

THE BEAST 12.5
Toms Mead, Wareham, Dorset. 10.30am.
pooleac.co.uk

**TOUR OF MILTON KEYNES: DAY 1,
TATTENHOE 11km**
Tattenhoe Park, Milton Keynes,
Buckinghamshire. 10am.
mcs.open.ac.uk/mkac/ToMK.htm

WENTWOOD WOODLARK 8
Village Hall, Earlswood, Chepstow, Gwent.
11am.
chepstowharriers.org.uk

WETHERBY 10km
Wetherby Racecourse, Wetherby, West
Yorkshire. 2pm.
wetherbyrunnersac.co.uk

WOODCHESTER PARK 8

Woodchester Park, Stroud,
Gloucestershire. 10am.
stroudathleticclub.co.uk

Monday September 3

**RUN FOR SPARKLE (MARKLE)
5km/10km**

Alexandra Gardens, Barry Avenue,
Windsor, Berkshire.
f3events.co.uk

**TOUR OF MILTON KEYNES: DAY 2,
POTTERS PURRY 5**
Sports & Social Club. Meadow Lane,
Potterspurty, Buckinghamshire. 7pm.
mcs.open.ac.uk/mkac/ToMK.htm

Tuesday September 4

**HEAL PHYSIOTHERAPY RIVERSIDE
4km**

Riverside Drive, Dundee.
entrycentral.com/healphysio-dundee-run

TUSKA BEACH RUN 5km
Rest Bay beach, Porthcawl. 7pm.
pencoedpanthers.co.uk

Wednesday September 5

CROWN TO CROWN 5km

Westley Heights Country Park, Basildon,
Essex. 7pm.
pitsearunningclub.org.uk

SEXARATHON HARPER SCARPER 5km
Harper Adams Agricultural College,
Telford, Shropshire. 7pm.
telfordathleticclub.co.uk

**TOUR OF MILTON KEYNES: DAY 4,
CAMPBELL PARK 4.5**

Campbell Park, Milton Keynes,
Buckinghamshire. 7pm.
mcs.open.ac.uk/mkac/ToMK.html

Thursday September 6

**TOUR OF MILTON KEYNES: DAY 5,
BOW BRICKHILL WOODS HILL 2**

Aspley Woods car park, Milton Keynes,
Buckinghamshire. 7pm.
mcs.open.ac.uk/mkac/ToMK.html

Friday September 7

**DEESTRIDERS OFF ROAD RACE
SERIES 4.6**

Rowleys Drive, Shotton, Deeside. 7pm.
deestridersrunningclub.net

**TOUR OF MILTON KEYNES: DAY 6,
WILLEN LAKE 6.5**

Woughton on the Green Sports Pavilion,
Milton Keynes, Buckinghamshire. 6pm.
mcs.open.ac.uk/mkac/ToMK.html

WHISTLE STOP TOUR OF WIRRAL 5
Arrowe Park, Birkenhead, Merseyside
Alan. 7pm.
btriverpool.com

Saturday September 8

BIRMINGHAM BIG FUN RUN 5km

Cannon Hill Park, Birmingham. 11am.
bigfunrun.com/birmingham

**ESSEX CROSS COUNTRY 10km
SERIES**

Weald Country Park, South Weald, Essex.
9.45am.
theraceorganiser.com

GREAT WESTMORLAND 8
Village Hall, Crosby Garrett, Cumbria.
2.30pm.
howgillharriers.co.uk/gwtr.html

MARPLE 10km
Railway Road, Marple, Stockport,
Cheshire. 11am.
10k.marple-uk.eu

MURIESTON 6km

Livingston CC, Livingston.
caac.org.uk/murlestontrailrace

THAMES PATH 100km
Putney Bridge, Richmond, London.
centurionrunning.com

THE DARE 12-HOUR

Dare Valley Country Park, Aberdare.
dare2run.co.uk

WEALD PARK 10km
Weald Country Park, Brentwood, Essex.
9.45am.
theraceorganiser.com

WHISTLE STOP TOUR OF WIRRAL 8
Thurstaston Country Park, Thurstaston,
Merseyside. 10am.
btriverpool.com

WIMBLEDON COMMON 10km

Wimbledon Common, London.
11am.
mccpromotions.com

WALKS

Friday August 31

SARNIA FRIDAY EVENING
Les Amareurs.

Sunday September 2

CHURCH TO CHURCH

St Peter Port.
**MANX 20km & RWA/UKA 50km
CHAMPIONSHIPS**
NSC Douglas, IOM.

Wednesday September 5

**SOUTH YORKSHIRE RACE WALKING
LEAGUE #8**
Millhouses.

OVERSEAS

Thursday August 30

IAAF DIAMOND LEAGUE

Zürich, Switzerland.
diamondleague.com

Friday August 31

IAAF DIAMOND LEAGUE

Brussels, Belgium.
diamondleague.com

Sunday September 2

**EUROPEAN ATHLETICS CLASSIC
MEETINGS**

Chorzow, Poland.
european-athletics.org
IAAF WORLD CHALLENGE MEETING
Berlin, Germany.
iaaf.org

Monday September 3

IAAF WORLD CHALLENGE MEETING

Zagreb, Croatia.
iaaf.org

Wednesday September 5

WORLD MASTERS CHAMPIONSHIPS

Malaga, Spain. Until Sunday
September 16.
rfea.es/competi/2018_Malaga_WMA/eng_sedes.htm

Saturday September 8

IAAF CONTINENTAL CUP

Ostrava, Czech Republic. Until
Sunday September 9.
iaaf.org

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BOLT'S READY FOR KICK OFF

SPRINT ICON HOPES TO IMPRESS SOON FOR AUSTRALIAN FOOTBALL TEAM

USAIN BOLT could see his first action on the pitch for Central Coast

Mariners this weekend.

The sprint legend signed with the Australian A-league team recently and has watched friendly matches from the bench this month.

But he is expected to be brought on as a substitute in a game in Gosford against a Central Coast Select team on Friday (Aug 31).

Bolt's first opportunity to show

Usain Bolt: training with Central Coast Mariners this month



what he can do on the pitch arrives in the form of a friendly against a Central Coast select side in Gosford next weekend, which will be broadcast live by Fox Sports.

The team's manager Mike Mulvey told the *Sydney Morning Herald*: "We have some very good developmental coaches who will help him with his game."

"For someone with such a high profile, he is extremely down to earth," said Mariners midfielder Andrew Hoole. "He is focused and working hard."

NITRO ATHLETICS COULD BE BACK AS NEW MEETS OLD

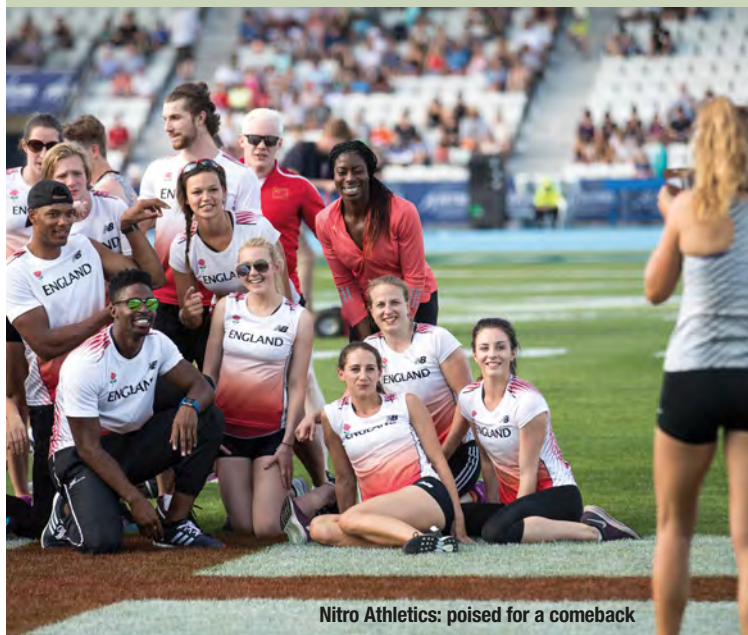
NITRO Athletics could be resurrected in Australia as part of the Stawell Gift programme.

The innovative format of track and field was launched last year amid mild hoo-ha with Usain Bolt taking part.

Since then it has been in limbo but the *Brisbane*

Times reports it could be incorporated into the Stawell Gift – a handicap sprint race on grass held on Easter weekend which dates back to 1878.

The paper described it as a "culture clash", adding it would combine "the oldest foot race with the youngest team-based athletics concept".



Nitro Athletics: poised for a comeback

INDIAN STRUGGLES IN TRIALS RE-RUN AFTER COURT CASE

MIDDLE-distance runner Monika Chaudhary earned the right for a selection re-trial for the Asian Games after appealing to the high court in her native India over her omission from her national team.

But she finished 25 seconds short of the qualifying mark she needed for the Games in Jakarta as she clocked 4:35.51 at a solo time trial that required 21

technical officials, a photo finish-camera and two anti-doping officials and drew a crowd of almost 100 spectators at the Jawaharlal Nehru Stadium in Delhi.

"I am in so much agony that I feel it would have been better if I were dead," said Chaudhary. "I was certain to win a medal. They have sent those who have not even achieved the qualifying mark once."

DRUG DEALER JAILED

SPRINTER Marvin Bheka, who runs for Zimbabwe and Cardiff, has been given a 30-month jail sentence for drug dealing.

The 31-year-old, who was fifth in the Welsh Championships 100m last year, has admitted possession of cocaine with intent to supply.

A charity he was behind which aimed to help poverty-stricken youngsters in his native Zimbabwe has been put on hold.

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