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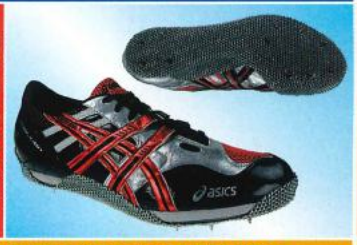


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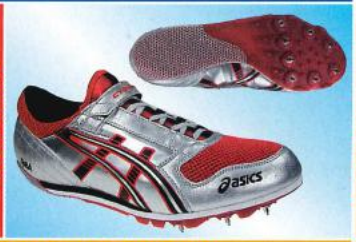


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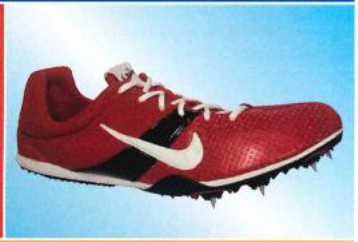


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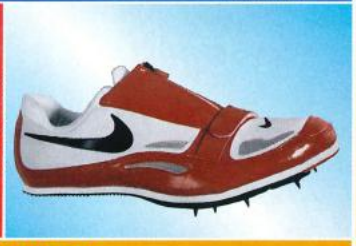


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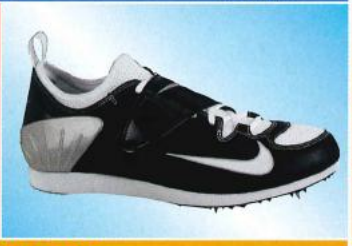


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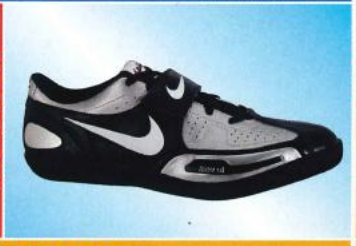


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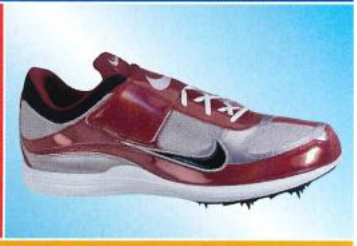


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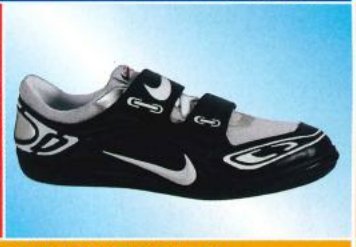


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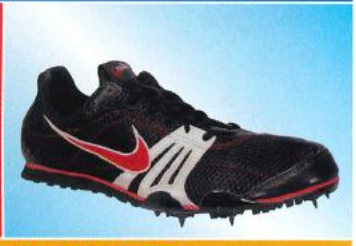


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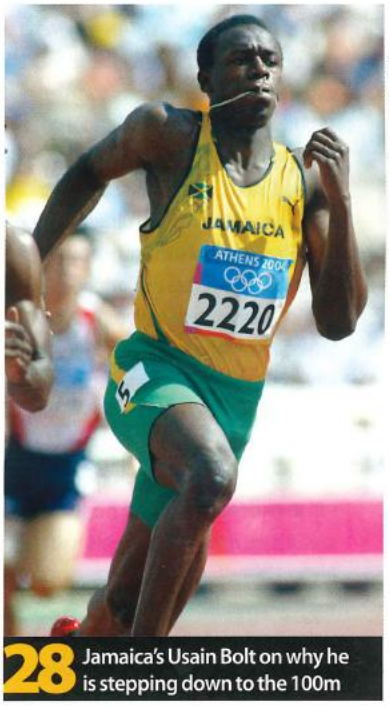
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Mark Shearman

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Mark Shearman

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David Griffiths

Britain's most promising juniors perform indoors **24**

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Lee Carey wins National junior title – page 16

Cover: Liz Yelling winning her fourth national cross country title (Mark Shearman)

EDITOR'S LETTER

True essence of athletics on show at National

I AM about to break a promise here. In last year's coverage of the English National Cross, I wrote a self-indulgent report of my own experiences and was lambasted by Leeds City's winning men's team who, not surprisingly, felt they deserved the space instead. Given this, I vowed not to do it this year. But I just cannot help myself.

Alton Towers staged a magnificent spectacle on an old-fashioned pig of a course that included a novel and barbaric twist in the shape of possibly the steepest hill in a major cross event in recent years.

Yet it didn't put many off. In the short history of the combined men's and women's championships, there were record fields in two of the 10 age groups, plus one very near miss, and four others produced the biggest fields since the mid-Nineties.

Such is the friendly nature of cross country, stars such Liz Yelling and Steve Cram happily posed with athletes from Bedford & County AC (see below).

"This is a great event! Who says cross country is dying?" said Yelling. While Maurice Endacott of Halesowen AC, one of several readers to write to *AW* praising the event, added: "It has rekindled my passion. This is what athletics is really about."



Victoria Shreeves

Another reader, Shaun Purkiss from Richmond & Zetland Harriers, said: "The tented area had great atmosphere fuelled by old friendships, competitive spirit andclub loyalty.

"I only hope people from the power end of our sport went to Alton Towers to see the people they represent and the responsibility they have to look after the whole of athletics in this country."

With the surreal story of Dwain Chambers dominating the landscape, it is easy to forget that events like the National represent the true essence of the sport. It is, some would say, real athletics.

Jason Henderson, Editor

news

All the latest athletics stories from around the globe



Liz Yelling eyes Beijing spot page 9



Stefan Holm's feud with Patrik Sjöberg page 10

Williamson scoops second spot

IT WAS third time lucky for Simeon Williamson when he found out this week that he had been selected to represent Great Britain at his first senior global championships, *writes Jon Mulkeen.*

The Highgate sprinter had missed out twice in 2007. He finished third at the UK Indoor Championships last year and improved to 6.60 one week later, but still lost out on one of the three spots for the European Indoor Championships.

Later that year, despite winning the European under-23 100m title with a stunning time of 10.10, he was overlooked for selection for the IAAF World Championships. Instead, he had to make do with a trip to the World University Games – which he duly won.

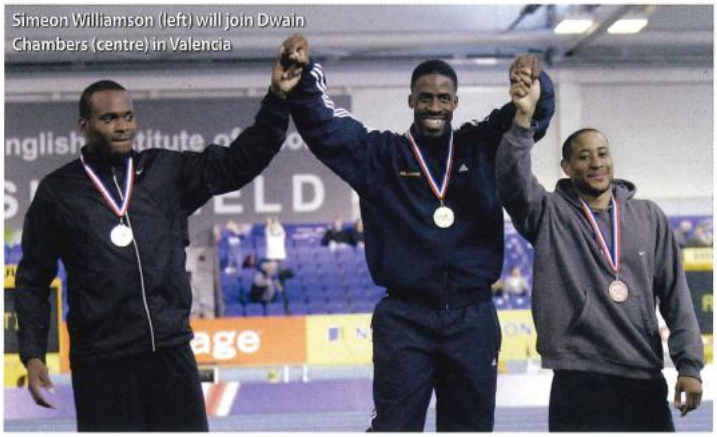
After this year's UK Indoor Championships – where Williamson finished second to Dwain Chambers – it looked as though selectors may have plumped for European indoor silver medallist Craig Pickering, given his early-season form and strong performances throughout 2007.

But two weeks ago Pickering cut short his indoor season because of illness and injury as Williamson romped to a 6.57 personal best in Birmingham. That, says UK Athletics performance director Dave Collins, made the decision-making a lot easier.

"I'm very pleased for Simeon, and I'm also delighted by the fact that six young British men have achieved the qualifying time in the 60m," said Collins. "It was very frustrating that we were left with just one space, but Craig's withdrawal from the indoor season made the decision more straight-forward.

"Simeon has had a fantastic indoor season and has coped well with all of the pressure and attention," he said. "Many other sprinters have performed well this year, but after Craig made the sensible decision to end his season, Simeon clearly deserved the spot."

This has been a landmark year for British men's 60m sprinting with eight men bettering the World Indoors qualifying time of 6.65. Apart from Chambers, the other seven sprinters in possession of the qualifying time are aged between 19 and 22, which bodes well for the future.



Simeon Williamson (left) will join Dwain Chambers (centre) in Valencia

Mark Shearman

But that is what makes Chambers' automatic selection all the more painful, says Collins. "I watched Dwain at the Trials and his performance was very good," he said. "But it just added to my frustration to see that his potential had been wasted because of the decisions he had made.

"I'll be personally pleased if Dwain does well in Valencia, but I'd rather have been able to use his spot on the team for a younger athlete to gain experience instead," he added. "There are six British guys within eight hundredths of Dwain, so the competition is catching up with him."

Collins was also eager to clear up the speculation about Chambers' coaching set-up. It had been rumoured that the disgraced sprinter had been training with Lloyd Cowan and Mike McFarlane, but Collins says that since his return to athletics, Chambers has been training alone.

"Dwain was using Lee Valley last year when he was training for American football and he joined in with some groups," said Collins. "But since coming back as an active athlete, he has not been training with any of UKA's coaches, nor does he train there during any of UKA's allocated training slots. As far as we are aware, he has been training by himself."

Individual targets for Valencia

DAVE COLLINS has not set any specific medal targets for the British team at next month's IAAF World Indoors Championships and he says the event is better used as a platform for youngsters to gain experience and for the more mature athletes to test their form.

"The goal for the World Indoors this year is going to be more individual-focused," said Collins. "I'm not setting out any particular medal target because I understand that many of our top athletes are skipping the indoor season to concentrate on the Olympics. In Valencia, I'm more concerned with how athletes perform on an individual basis, especially the younger athletes."

Athletes like Susan Scott and Mike East have been dropped from lottery funding in recent times, but Collins says the World Indoors will be a perfect place for them to prove their worth – quite literally.

"Valencia will provide some of the more mature athletes who have struggled with injuries in recent years with a chance to prove they are back on track and performing at a level that could put them back on top-tier funding," he said.

GB team for Valencia

Men

60m: Dwain Chambers, Simeon Williamson. **400m:** Richard Buck, Steve Green. **800m:** Richard Hill, Damien Moss. **1500m:** James McIlroy, Michael East. **3000m:** Mo Farah, Nick McCormick. **60m hurdles:** Allan Scott. **High jump:** Samson Oni. **Pole vault:** Steve Lewis. **Long jump:** Chris Tomlinson. **Triple jump:** Phillips Idowu. **Shot:** Carl Myerscough. **4x400m:** Buck, Green, Rob Tobin, Nick Leavey, Adebowale Ademuyewo, Dale Garland (subject to fitness).

Women

60m: Laura Turner, Jeanette Kwakye. **800m:** Jenny Meadows, Marilyn Okoro. **1500m:** Jemma Simpson, Susan Scott. **3000m:** Helen Clitheroe, Lisa Dobriskey. **60m hurdles:** Sarah Claxton. **Pole vault:** Kate Dennison. **Pentathlon:** Kelly Sotherton.

Non-travelling reserves

Rikki Fifton (60m), James Brewer (1500m), Montell Douglas (60m).



Mike East: 1500m addition

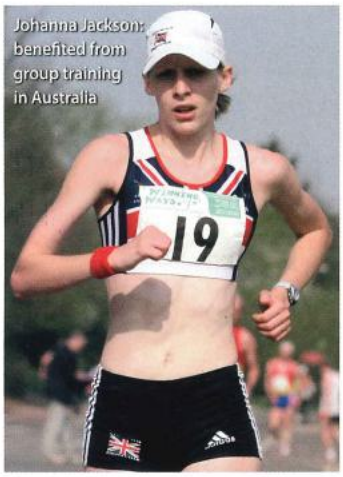
Down Under experience just the tonic

JOHANNA JACKSON last weekend gave British race walking a much-needed boost in morale, but the 23-year-old does not yet know the true reasons behind the improvement that led to her UK 20km walks record, *writes Tim Watt.*

After achieving an Olympic 'B' qualifying performance last year, Jackson was invited out to the Australian Institute of Sport in Canberra, where she has been training alongside some of Australia's best race walkers.

But the athletes have also been part of an eight-week study. The group of athletes was split into two, with half staying at a house which simulates living at altitude, while the other half lived in a placebo house supplied with normal oxygen levels.

The irony is that Jackson can, as yet, only guess if the result can be attributed to the benefits of altitude or whether it is all due to a 'training camp effect', as the study was a double-blind one and the athletes do not know which of the two houses they had been living in.


Johanna Jackson: benefited from group training in Australia

Either way, Jackson has clearly benefited from training with a large group of world-class race walkers and her hard work was rewarded last Saturday when she won the Australian 20km walks championships in Melbourne with a UK record of 91:40.

Attired in her Team GB uniform, the Redcar athlete set a five-minute personal best to break Lisa Kehler's eight-year-old UK 20km walk record by a relative street of 2:27. It places her sixth on the world list this year – ahead of world bronze medalist Maria Vasco's time in last month's Spanish Championships – and was bettered by only one British man, Dan King, last year.

Jackson raced the first half in 46:22, along with Australians Claire Woods, Kellie Wapshott and Commonwealth silver medallist Natalie Saville, but none could match her second half, walked in 45:18, and she pulled ahead for a clear victory. Both splits were well ahead of her previous best 10km race times.

Race walking has produced more gold medals than any other athletics discipline for Britain, but in Athens four years ago, for the first time, no British walker was selected. That looks set to change, however, as Jackson's time is well inside the Olympic 'A' standard of 93:30 required to qualify for Beijing.

A delighted Jackson said after the race: "I'm definitely surprised. I was hoping to get an 'A' qualifier, but even that I didn't think I could manage. So I'm just ecstatic to set such a massive personal best.

"I'm very happy to get the qualifying time out the way. It has been a great opportunity to train out here, and it has definitely paid off."

Jackson is coached by her mother Maureen, and she has witnessed first-hand the changes brought about by training with a world-class group of athletes. "Johanna is enjoying the marvellous opportunity of training with the best male and female walkers in Australia of a similar or superior standard," she said. "She has also experienced different coaching approaches especially with regards to supplementary training. The sessions have been challenging – especially the timed 14km hill session at Mount Stromlo – but she has learnt much about herself and her capabilities."

Klüft out of World Indoor Championships

WORLD and Olympic heptathlon champion Carolina Klüft last week sustained an untimely thigh injury when warming up for the 60m hurdles at the GE Galan meeting in Stockholm, forcing her to withdraw from the rest of the indoor season, *writes Jon Mulkeen.*

At first she thought the pain was just cramp, but the 25-year-old's worst fears were realised when doctors confirmed internal bleeding and ordered that Klüft must rest for three-to-four weeks. The IAAF World Indoor Championships begin in two weeks, meaning the 2003 champion will not be able to compete.

Klüft was in tears when talking to reporters in Stockholm. "I felt in such great shape," she said. "I was really looking forward to competing."

The Swedish multi-events star had been the favourite to win the pentathlon in Valencia. Since winning the world indoor title in 2003, Klüft has won the two European indoor titles since then. She has been undefeated in multi-events competition since making her breakthrough as a junior in 2002 and last year set a European heptathlon record of 7032 at the IAAF World Championships in Osaka.

But the competition in Valencia will unfortunately go ahead without Klüft. Britain's Kelly Sotherton declined to comment, but she will now become one of the favourites to win the pentathlon there.

Sotherton almost managed to beat Klüft at last year's European Indoor Championships and scored the third-best pentathlon score of all-time with 4927. She also beat Klüft in two of the three events at the special multi-events challenge at the Norwich Union Birmingham Indoor Grand Prix last week and has spoken about breaking the world indoor pentathlon record of 4991.

The Commonwealth champion no doubt would have wanted Klüft to be in Valencia to spice up the competition and to spur her on to a higher score, but still the pentathlon will be no easy ride for Sotherton.

She will be up against Lyudmila Blonska of Ukraine, her compatriot Natalya Dobrynska, European high jump champion Tia Hellebaut – who just so happens to possess one of the best pentathlon scores of all-time – along with several athletes who have made a big breakthrough this year, including Poland's Karolina Tyminska and young Russian duo Anna Bogdanova and Tatyana Chernova.

But Sotherton will no doubt be just as fired up when competing against Blonska. The defending world indoor champion has previously served a drugs ban and improved massively last year to win the silver medal at the IAAF World Championships in Osaka, one place ahead of Sotherton and forcing Jessica Ennis out of the medal positions.

"When somebody has been banned for two years and only just come back in the last 18 months, and they've improved their score by 500 points from the score they had when they were already on drugs, what does that tell you about that person?" questioned Sotherton after last year's World Championships.

The absence of Klüft does not necessarily mean that Sotherton will be lacking motivation in Valencia.

Sotherton v Blonska

KELLY SOTHERTON will be relishing the opportunity to beat the former drugs cheat who finished one place ahead of her at last year's World Championships. While Lyudmila Blonska has a better heptathlon personal best, Sotherton seems to have the upper hand indoors. Here is how they compare:

31	**Age**	30
6547	**Heptathlon**	6832
4927	**Pentathlon**	4771
8.17	**60m hurdles**	8.26
1.87 / 1.88i	**High jump**	1.92 / 1.85i
14.27 / 14.57i	**Shot**	14.77 / 14.31i
6.68 / 6.53i	**Long jump**	6.88 / 6.57i
2:07.94 / 2:12.54i	**800m**	2:12.18 / 2:16.00i





briefs

Search for The Great British Body

TELEVISION presenters Trinny and Susannah are on the look out for athletes to take part in their new TV series, *The Great British Body*.

Are you a competitive athlete who fancies doing something different with your weekend? Or are you interested in what your body says about you? How will you compare to your friends and the rest of Britain?

ITV is looking for men and women of all shapes, sizes, ages, bodies and backgrounds to take part in an a mass British body audit.

The roadshows take place across the country in April on the weekends of 12-13 and 19-20.

For more information, call 020-7737 8380 or email: hannah.lowes@itv.com

Cross-country dates

CROSS COUNTRY organisers planning next winter's fixtures are recommended to pick the following dates for league meetings: Oct 11, Nov 8, Dec 6, Jan 17, Feb 14 and March 14.

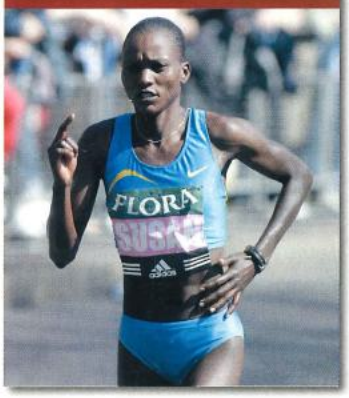
Some of the key fixtures next winter include: ECCU Cross Relays, Mansfield, Nov 1; Gateshead International, Nov 5; European Trials, Liverpool, Nov 29; Euro Cross, Ostend, Dec 14; suggested county champs, Jan 10; English area champs, Jan 24; BUSA Champs, Feb 7 (TBC); English National, Parliament Hill, Feb 21; Inter-Counties, Nottingham, Mar 7; English Schools Cross, Mar 21.

Susan Chepkemei tests positive

KENYAN distance runner Susan Chepkemei has been banned for one year after testing positive for salbutamol.

The drug is a common form of medication for asthma users. While it is unknown if Chepkemei is an asthmatic, the fact that she was given a one-year ban (as opposed to the standard two years) suggests that she was not using the drug to enhance her performance.

Chepkemei (below) has long been one of Kenya's leading female distance runners. She won the 10,000m silver medal at the 2002 Commonwealth Games and famously finished second to Paula Radcliffe at the 2004 ING New York Marathon.



Winch quits in frustration

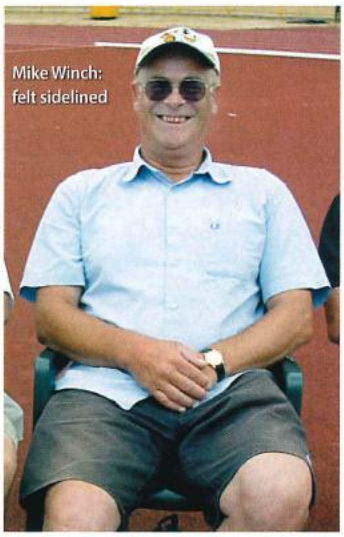
MIKE WINCH resigned from his role as UK Athletics vice president last week, partly in disgust over the governing body's handling of the Dwain Chambers affair.

The former Commonwealth shot medallist issued a fierce parting shot, accusing UKA of having "no one in senior management who knows the sport". And on UKA's recent attempts to block Chambers' comeback, he added: "They do not even know the history of doping. The way Niels de Vos has dealt with it has been ludicrous."

Winch, 59, won Commonwealth silver in 1974 and 1982 and has coached athletes such as Judy Oakes and Emeka Udechuku over the years. He was chief coach of the England athletics team at the 2002 Commonwealth Games and has held the unpaid advisory role of vice president at UKA for more than four years.

"My position is meaningless," he said. "No one wants to listen to me as they have their own agenda. I may as well have been on the moon when it comes to policy-making, so I have decided I can make more of an impact working outside UKA."

A strong critic of the previous UKA management led by David Moorcroft, Winch says he has given De Vos since last summer to prove himself but has been left disappointed. "The new management is worse than before," he said.



Mike Winch: felt sidelined

"With just over four years before the 2012 Olympics, the sport has no real coaching plan, no national squads and no club scheme. These are all the areas that athletes come from, so where UKA thinks athletes are going to come from is beyond me."

UKA issued a polite statement to mark Winch's resignation. UKA president Lynn Davies thanked Winch for serving on the UKA Members' Council and added: "We wish him well with his continued involvement in the sport."

Sources at UKA added that Winch had not attended the most recent two Members' Council meetings and that the appointments of De Vos and Ed Warner, of whom Winch is critical, were approved by the Members' Council.

MIKE WINCH interview, pages 36-37

Successor search

UK ATHLETICS will move swiftly to appoint an acting vice president following the resignation of Mike Winch, but a permanent successor is unlikely to be named until next year.

The challenge of co-opting a temporary vice president will be high on the agenda for the UK Members' Council ahead of its next meeting in July. Elections will then be held – sometime before the Council's 2009 AGM – with the acting vice president able to apply for the position with whoever else wishes to stand.

AW understands that UKA enjoys the idea of appointing a well-regarded ex-athlete, with the person potentially succeeding Lynn Davies as UKA president when Davies' term ends in 2011.

Winch, meanwhile, was due to retire at the 2009 AGM.

Coaching supremo victim of UKA job cull

CALLUM ORR is one of the major casualties of UK Athletics' recent staff cull, but contrary to rumours there will still be a head of coaching – albeit with a slightly different title, *writes Jason Henderson*.

Orr's position as head of coaching and teaching at UKA was scrapped during the restructuring, but a new post entitled 'head of coaching and strategy' has been created.

Orr applied for the new role, but failed. So he has left UKA.

And UKA now plan to search externally for a winning candidate to head up what is one of five key divisions or 'units' in a new structure.

The other four are: elite performance, headed by Dave Collins; competition and international relations, led by Cherry Alexander; marketing and communications, headed by Claire Furlong; and operations, led by Charles Bartholemew.

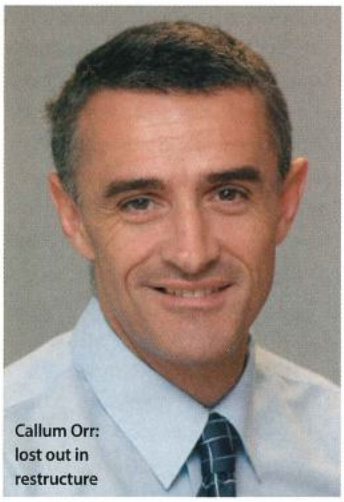
"Niels de Vos definitely sees the new head of coaching and strategy as being a really key role – hugely important," said a UKA spokeswoman, when answering *AW*'s concerns that there would be no one in charge of coaching.

These major changes aside, the restructuring process, which was designed to trim head office staff by up to 50 per cent, has also seen the developmental roles most badly affected.

Redundancy notices, for instance, have gone out to national event coaches and their assistants, national event coordinators and senior coordinators. Staff in the performance wing of UKA so far seem largely unaffected however.

Another area to suffer is the communications department, with experienced media men Trevor Frecknall and Graham Doughty now redundant.

Following this, it is widely expected that similar jobs will be created in England Athletics as part of the overall plan to devolve responsibility to the home countries and English regions. But there are doubts as to whether the fledgling England governing body is ready yet to carry out the necessary work, especially in the realm of development.



Callum Orr: lost out in restructure

National trio's Olympic aims

THE traditionalists desperate for the English National Cross Country Championships to regain its importance will be delighted to learn that three of Saturday's champions have their sights firmly set on the Beijing Olympics.

Stephanie Twell, the double European cross country champion who won the junior women's race by 26 seconds, already has the Olympic 1500m A standard – and, come summer, is determined to persuade the selectors she deserves a place in Team GB and not just a reconnaissance/learning trip with London 2012 in mind.

Liz Yelling, who won her fourth women's title, aims to peak for the Flora London Marathon to seal a Beijing marathon spot alongside Paula Radcliffe and Mara Yamauchi.

As the next stage of her preparations for London, she plans to race the Reading Half-Marathon on Sunday, three weeks after she won the Wokingham Half in 71:09.

And 23-year-old Tom Humphries aims to use his superb form this winter as a springboard towards the Olympics 5000m selection standard of 13:21.50.

His confidence is soaring now that he has added a National gold to his other cross-country runs this winter,



Liz Yelling: explains her marathon aims

notably his 16th place at the European Championships.

And Humphries' coach, Keith Holt, says there is a sound statistical reason why the Cannock athlete can make a serious challenge for a Games place.

Holt explains that in 2004, when Chris Davies ran his 5km road best of 13:50, he lowered his 5000m track PB to 13:38.95. Humphries ended last year by lowering his 5km road best to 13:46, which means he will be on course during the summer to take a huge chunk off his present track best of 13:56.87.

"I'm just hoping there will be plenty of British boys to race against," added Humphries, currently enjoying his longest yet spell of injury-free training. "If people like Chris Thompson are fit, it will be a good summer."

The indications are good: Thompson is currently back in training with his coach, John Nuttall, at Loughborough University.

■ *LAST weekend's National was one of the best-attended. English Cross Country Association secretary Ian Byett has kept statistics since it became a joint men's and women's event in 1995 and points out: the senior women's field (495) was the best since 1996; U20 men (197) the best since 1995; U20 women (129) record figure; U17 women (194) best since 1999; U17 men (291) best since 1996; U15 boys (347) record; U13 boys (353) four off record; men's field totalled 1244.*

■ **ENGLISH National, page 16**

Hercules Wimbledon welcomes the world

THE 27th edition of Hercules Wimbledon's Young Athletes' Meeting at Crystal Palace on April 6 will this year take on a special international significance.

As well as the anticipated 1000 plus entries from clubs and schools, the event will also host 67 youngsters and 14 coaches and officials from overseas. Probably the most prestigious will be the Cuban contingent from the Giraldo Córdoba Cardín college in Havana, the premier sports specialist school in Cuba and Latin America. Their squad will no doubt include several potential participants in London's 2012 Olympics.

Four European teams will provide good opposition to all, and they are all long-term partners of Hercules Wimbledon. They are: Sandnes SK, Norway; TJ Liaz, Czech Republic; AZS Olsztyn, Poland; and the Mileta club, Malta. There will be around 13 athletes plus two leaders from each team, mainly in the under-17 age groups.

The European clubs are sponsored by the British Council YEC (Young European Citizen) programme as part of a wider project with the theme "friendship, cooperation and inclusion through the medium of sport".

The meeting will once again include the London Region relays. One of the earliest entries has come from junior international Beth Carter of Invicta East Kent. "I have enjoyed this meeting before and my grandmother has also helped to sponsor the Cuban team," she said.

Entry forms for the meeting are now out and can be downloaded from the Hercules Wimbledon website or from the advert in two future editions of *Athletics Weekly*. Many local club secretaries have already been sent copies.

olympic news

Youth Olympics no threat to World Juniors

AS Singapore were last week named as hosts for the inaugural Youth Olympic Games in 2010, the IAAF said the event was not a threat to its own age-group championships.

The South Asian city-state beat the only other remaining contender, Moscow, by 53 votes to 44 last week.

The Games, which are set to feature around 3200 14-18-year-olds, will include the same sports as on the programme for the 2012 Olympics, but with a limited number of disciplines.

The date for the event has not yet been finalised, but it is likely to take place in August and is therefore not expected to clash with the IAAF World Junior Championships, which take place in Moncton, Canada, on July 20-25.

The IAAF's biannual World Youth Championships take place on odd-numbered years, as do the European Athletics Junior Championships.

IAAF spokesman Nick Davies said: "The IAAF has been consulted at every step of the way by the IOC, and we have given this project our full support. One of the key elements of the IAAF Athletics World Plan is to encourage participation in athletics amongst young people so we believe that the new Olympic Youth Games is another weapon to help achieve this."

Chinese clean-up

BEIJING has told its neighbouring regions to reduce industrial pollution in order to help clean up the Chinese capital's air during the Olympics.

As concerns continue to grow over the predicted smog, Beijing has made this step after already deciding to close down many of its own construction sites, blast furnaces, plus gas and oil stations.

Temporary traffic restrictions to curb car pollution are also being brought in.

Christie torch mistake

THE controversial decision to invite Linford Christie to carry the Olympic torch has been described as 'a mistake' by the Greater London Authority.

The 1992 Olympic 100m champion was due to carry the torch for 250m during its London leg in April, but there was outcry due to the fact he has an Olympic ban for a doping offence that took place in 1999.

"We were not consulted about this," said an IOC spokeswoman. "We wish we had been because we would have strongly recommended not to give an invitation to an athlete who has an Olympic ban. We are surprised and disappointed."

The GLA, however, denied that the invitation came from Mayor Ken Livingstone and instead blamed their officials for the blunder. It is also thought Christie may have been unavailable anyway due to coaching commitments.



inside lane

Dropping a clanger

THE magnificently historic trophies presented at the Saucony English National Cross Country Championships are so old that they are literally falling to bits.

When men's winner Tom Humphries was presented with his prize last Saturday, it promptly broke into a couple of bits and the bottom half ended up on the floor. Leeds City's winning men's team also had trouble with a crumbling cup.

But at least they had something to savour, because not all trophies were returned in time for the presentation. Tut tut ...

Terrestrial powers

ARMCHAIR athletes will be disappointed to see that the World Indoor Championships is not on BBC's main channels on Saturday and Sunday March 8-9.

This is due to a clash with the Six Nations Rugby, with England playing Scotland on Saturday afternoon, together with FA Cup quarter-finals.

The good news is that the athletics will be shown on BBC interactive and also, of course, British Eurosport.

Robb still running well

A NUMBER of interesting characters were buried in the pack at the English National on Saturday. One of them was Curtis Robb, the 1992 Olympic 800m finalist, who, aged 35 and now working as a surgeon, showed he's still in good shape by ploughing through the mud to a creditable 85th.

Don't bet on it

BRITISH Olympians will be well placed this summer to place a bet on their team-mates' fortunes at the Games. The BOA holding camp of Macau, in southern China, is a gambling paradise and its 23 casinos compare admirably to the 30 that are present in the gambling capital of the world Las Vegas.

England men muck in

THE new chief executive of England Athletics, Mike Summers, has got off to a flying start. He doesn't officially begin his position until early March, but was spotted at last Saturday's Saucony English National Cross Country Championships at Alton Towers.

A newcomer to the sport, Summers is being mentored during his initial months in the job by England chairman John Graves.

And was it good to see them mixing with athletes and officials and getting their boots muddy as opposed to the Monday to Friday, office-based approach that creates barriers between athletes and administrators.

Inter-Varsity Challenge to stay

THE inaugural Inter-Varsity Challenge indoor athletics match pleased the five competing universities so much last week that it looks like becoming an annual fixture.

The match – won by Brunel University ahead of Loughborough Students, University of Wales Institute Cardiff, Team Bath and Birmingham University – did not attract all of the world-class athletes based at 'the big five' to Birmingham's National Indoor Arena.

But it generated enough quality and enthusiasm to convince the organisers that they had been right to step in after the traditional BUSA Indoor Championships for this winter were incorporated into the multi-sport BUSA University Games, which are being staged next month.

The 'big five' athletics directors believe the Games are situated too late for all serious-level athletes with an eye on their summer preparation and especially for all of their would-be Olympians who will miss them so as not to compromise their training for this summer's Beijing Olympics.



Montell Douglas: close to Valencia mark at the NIA

And their Challenge match almost produced a World Indoors qualifier. Montell Douglas, the European under-23 100m silver medallist whose winter campaign was delayed by injury, won the women's 60m in 7.33 seconds, a season's best and only three-hundredths outside the Valencia standard.

Brunel were carried to victory by their women, who won nine of their 13 events, with heptathletes Dominique Blaize, Katia Lannon and Gemma Weetman all contributing heavily.

Canadian international Seyi Smith clocked a 60m best of 6.74 for Loughborough while UWIC's charge was hampered by a heel injury to European under-23 triple jump champion Gary White, who was restricted to long jumping, but bolstered by former African champion Kabelo Mmono. Following his high jump victory, he stepped into the triple at the last minute and won that, too.

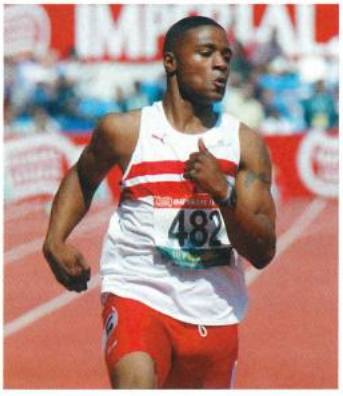
UWIC team manager Sean Power said: "It was a very tidy meeting. Hopefully BUSA will reconsider the timing of the indoor athletics element of the BUSA Championships for next year otherwise this fixture could become the total indoor focus for the university teams from the 'big five'."

Loughborough's Nick Dakin said: "I think we will try to maintain this inter-varsity fixture irrespective of whether the BUSA indoors is moved back to a more appropriate time. To have two decent-level fixtures for these universities would be a great option, if the dates and support for such can be arranged."

Puma to sponsor England team

SPORTSWEAR giant Puma was this week unveiled as the official technical partner for England Athletics in a three-year deal which will support England's athletes and international teams through to the Commonwealth Games in New Delhi in 2010.

England Athletics CEO Mike Summers was present for the announcement of the partnership at the England Athletics Open Indoor Under-20, Under-17 and Under-15 Championships at the Birmingham NIA.



Puma: new partners of England Athletics

Puma will work closely with England Athletics to identify the best athletes at under-17 and under-20 level in the UK and Ireland across all athletics disciplines. Following on from this will be a national award for one male and female athlete at each age group who will be rewarded with an individual Puma contract.

England Athletics will also provide the opportunity for product testing of Puma's newest innovations through squads and regional camps

"We are delighted to welcome Puma as our new kit sponsor," said Summers. "Puma's generous support is an important investment in England Athletics' drive to broaden the appeal of the sport and to uncover the athletics champions of 2012 and beyond."

Richard Callaway, head of sport at Puma UK, said: "As a brand, we're always keen to support our country's up-and-coming athletes and feel that this was an ideal opportunity to do so as well as increasing the brand's exposure through some of the country's brightest stars."

obituary

VETERAN international sprinter Francis Scott died suddenly last weekend, aged 49.

The Altrincham athlete had been training up until last week, but he was taken ill on Saturday night and was admitted to hospital, where they discovered he had extensive bleeding from numerous tumours on his liver.

He was operated on throughout the night, but the bleeding continued and Scott passed away on Sunday afternoon.

"He looked peaceful and younger than ever," said friend and training partner Steve Peters, the world M50 200m champion.

Scott was a good all-round sprinter and had competed at many international masters championships.

Last year he took part in the European Vets Indoor Championships in Helsinki, Finland, and the World Masters Championships in Riccione, Italy.

Holm bites back at Sjöberg

THE ongoing feud between Swedish high jumpers Stefan Holm and Patrick Sjöberg took an interesting turn last week when the Olympic champion notched up his 119th jump at 2.30m or above, *writes Jon Mulkeen.*

It may seem like an odd number, but it is significant for Holm because it betters Sjöberg's lifetime tally of 2.30m-plus jumps by one.

The bad blood between the jumpers may not have been reported much in the British press, but it has been ongoing for more than 10 years.

It started when Holm cleared 2.30m for the first time at the Swedish Under-23 Championships in 1997. Instead of praising the up-and-coming jumper, Sjöberg – the 1987 world champion – said that Holm should not think too highly of himself just for clearing that height.

Holm also claimed his 120th jump of 2.30m or more at last weekend's Swedish National Championships, but Sjöberg continues to provoke the European indoor champion. "It's fun to tease, but Stefan always took it so hard," Sjöberg told Swedish newspaper *Svenska Dagbladet*.

"Some say that I'm just being arrogant, but I have been stopped on the street many times and people tell me I'm better than Stefan. These people understand that 2.42m (Sjöberg's PB) is better than 2.36m (Holm's outdoor PB)."

Holm's indoor best of 2.40m, set at the 2005 European Indoor Championships, is actually higher than his outdoor best, which was set in 2004 – the year in which he won the Olympics.





Anything you can jump, I can jump higher: Patrik Sjöberg (top) and Stefan Holm

In clearing 2.40m, Holm – a statistics and numbers fanatic – equalled the world best of 59cm for above-head-height clearance. But Sjöberg again seemed unimpressed and stated that if Holm is interested in inane feats such as over-head heights, he should join a circus.

"The clue is in the name: 'high' jump," said Sjöberg. "Otherwise it would have been called something else."

Holm is set to retire this year and will likely leave the sport without ever having won a world or European outdoor title. He has three world indoor gold medals to his name, along with the Olympic title and two European indoor gold medals.

Sjöberg, meanwhile, may never have won an Olympic gold, but he has two silver medals and one bronze medal. He also has four consecutive European indoor gold medals and a world title won at a time when the IAAF World Championships were held just once every four years and when world record-holder Javier Sotomayor was at his best.

Sjöberg also broke the world record in 1987 and his best jump of 2.42m still stands as the European record.

But while Holm – the clean-living family man – may never match the feats of notorious playboy Sjöberg, the 31-year-old took great delight in publicising his tally of 2.30m jumps. After winning in Stockholm last week with a 2.33m effort, Holm – who is hoping to win a record-equalling fourth world indoor high jump gold next month in Valencia – wore a T-shirt which read: "119 Holm is more than 118 Sjöberg."

But Sjöberg, as ever, was quick to retort. "It would have been a different story had we competed against each other at the same time," he said.

Fasuba hopes to speed up in Spain

THE MAN who is the favourite to prevent Dwain Chambers winning world indoor gold in Valencia is looking to go even quicker than his world-leading time when it matters most, *writes Paul Halford.*

Nigeria's Olusoji Fasuba leads the world rankings for 60m this year with 6.51 and UK Athletics and others will be pinning their hopes on him to thwart Britain's former drug cheat.

Fasuba, who was fifth at the championships in 2006, said: "If everything comes into place I reckon I can run 6.4 and that should win a medal." His personal best is 6.49 from last year.

He was fourth at last year's World Championships outdoors, having made a massive breakthrough to improve his personal best from 10.09 to 9.85 in 2006. He also won Commonwealth 100m silver earlier that year.



Olusoji Fasuba: 60m favourite

His longer-term aim is an Olympic medal in the 100m in Beijing and he is undaunted by the prospect of facing world record-holder Asafa Powell and world champion Tyson Gay.

"I am gaining experience and I think by that time I will be ready," he said, adding that Powell's mark of 9.74 set last year was not at the forefront of his mind. "I'm not trying to push for the world record but I'm just going for a medal and if the world record comes, then fine."

Howe out of Valencia

EUROPEAN indoor champion Andrew Howe will not compete at the World Indoor Championships.

The 22-year-old has not given any specific reason why he will give Valencia a miss, other than that he is focusing on the outdoor season.

Howe competed at the Italian Indoor Championships last weekend and finished second with 7.71m – the first time in four years in which he had beaten by an Italian.

Had he been in top form, Howe would have been a medal favourite.

EDWARD OVADIA profiles an Australian distance runner billed as the 'next Craig Mottram'

Picture: Tim McGrath

one to watch

Ryan Gregson



Ryan Gregson: smashed Craig Mottram's Australian junior 3000m record

QUALIFYING for the 2008 IAAF World Junior Championships is old news for 17-year-old Australian distance runner Ryan Gregson. Instead, for the last few months of 2007, Ryan decided to re-write the under-18s' Australian record book, and in doing so claimed his idol Craig Mottram's under-20 3000m record.

Ryan comes from Bulli, an hour south of Sydney, where he is coached by Ian Hatfield. He began running when he and his sister decided swimming was much too cold a sport for them.

In his last few months as an under-18 at the end of 2007, he set about establishing himself as one of the world's most promising junior distance runners. Ryan broke the records for 1500m, 3000m and 5000m, taking a collective 17 seconds off the three records.

His most impressive result was his 3000m performance, running 8:01.26, as he broke not only the under-18 record, but also the under-20 mark, belonging to the modern icon of Australian running, Craig Mottram. Removing any record of Mottram's is an incredible achievement and a tough ask in itself, but the feat was all the more remarkable as Mottram was two years older than Ryan when he set the record. "It was pretty special to break Mottram's record," admits Ryan. "He has done so much in his career so far, if I am able to emulate just some of the things he has achieved, it would be amazing."

The spotlight first fell on Ryan as a promising junior when, last season, he ran 8:15.22 over 3000m in the Sydney Grand Prix meet, behind Mottram and Andrew Baddeley. He went on to record 3:47.10 for 1500m in the lead-up to the 2007 IAAF World Youth Championships, where he placed fifth over the same distance. "The World Youths last year were an eye-opener," says Ryan. "People don't race that rough in Australia. I now know that I have a lot of improvement to do tactically." But having now had a taste of international competition, Ryan is keen for more: "I look forward to wearing the Aussie singlet again and trying to race smarter next time."

Ryan has only just reached the 100km-per-week level in his training. Indeed, Hatfield has carefully held back Gregson's training and workload, making sure not to overload Ryan too early. "Instead of boosting my mileage up dramatically, Ian has gradually increased my workload over time," explains the young runner, "and so far I have been able to remain injury-free."

The key to Ryan's running success is his mental strength and will to succeed. "I hate to lose," he says, revealing an attitude which will serve him well in the open ranks. His favourite events are, not surprisingly, his most successful – the 1500m and 3000m. It is clear Gregson's potential lies in the middle distances, combining his natural speed with endurance and strength cultivated from a cross-country background.

If Gregson can improve as expected to 3:40 in the 1500m over the rest of the season, it would be no stretch to imagine him as one of the favourites for the World Junior Championships in Bydgoszcz, Poland, in July.

But his sights are set firmly on the London 2012 Games, whether in the 1500m or 5000m. "I'd love to make the London Olympics," says Ryan. It is clear he is aspiring to the top: "My goal is of course to win the Olympics – but that may happen a little further down the track. I just want to be as successful as I possibly can."

Judging by his improvement so far, there is no reason why Olympic success should be out of his reach.

FACT FILE

Born: April 26, 1990
Height: 183cm
Weight: 68kg
Club: Kembla Joggers
PBs: 800m 1:51.42 (2007); 1500m 3:43.84 (2007); 3000m 8:01.26 (2007); 5000m 14:14.35 (2007)
Progression: (800m, 1500m, 3000m, 5000m)
2003: 2:09, 4:26; 2004: 2:05, 4:20, 9:18; 2005: 2:02, 4:06, 8:58 2006: 1:56, 3:57, 8:19, 15:41; 2007: 1:51, 3:43, 8:01, 14:14
Achievements: 2006 Australian under-17 1500m and 3000m champion; 2006 Australian junior mountain running champion; 2007 Australian under-18 cross country champion; 2007 Australian under-18 1500m & 3000m champion; 2007 Youth Olympic 1500m & 3000m Champion; 2007 World Youth Championships, Ostrava, 5th 1500m; Australian under-18 record-holder over 1500m, 3000m & 5000m, & under-20 record-holder over 3000m

Phiri looking for Stateside success

THE decision to move to the United States in 2006 seems to have been the right one for 19-year-old former Sheffield-based sprinter Gerald Phiri, who recently clocked a 6.64 PB for 60m.

He returned to competition about 12 months ago with the single objective of remaining injury-free after three years of constant injuries. Having achieved this, Phiri is currently in the midst of his first indoor season since 2006, which has had excellent consequences.

"In the first round, I messed up a little bit and my head came up too early. But I won my heat comfortably with 6.76. I've been very consistent in the 6.7-range. We've been focusing on the drive phase, even if we don't run flat out. When I was warming up, my coach told me to take the risk and try something new. I had Mickey Grimes next to me. He's run 6.5 and 10.0 (for 100m) so I was a little nervous because he had the fastest qualifying time. But I ignored him. I drove the best I've ever done. My head came up well and I left him," said Phiri, describing his PB run at the Husky Classic in Seattle on February 16.

The 6.64 also erased the Texas A&M University record of 6.67 jointly held by Phiri and British sprinter Tyrone Edgar. It puts him at fifth in the National Collegiate Athletic Association rankings and he is now looking for success in the NCAA Championships – the American equivalent of the BUSAs, but on a much larger and grander scale.

While he is attending the university, Phiri is under the tutelage of Pat Henry and Vince Anderson, the latter being credited with guiding four athletes to individual success at the championships, including Gary Kikaya and Justin Gatlin.

"I'm happy with the way things are going because we are not running flat-out in training – it's looking very good! The run (in Seattle) felt very good, but I could have pushed more at the end. The best is yet to come!" said Phiri, who was born in Zambia.

However, there remains doubt over which country he will be eligible to represent as leading statistical website Tilastopaja has marked him Zambian, though he wants to run for Britain where he spent most of his childhood.



Gerald Phiri: best of 6.64

Mark Shearman

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Determination pays dividends

RONHILL

February's winner of the *AW* Ronhill Athlete of the Month Challenge is Danielle Hurley

DANIELLE HURLEY sums up the essence of the *AW* Ronhill Young Athlete of the Month Challenge. When she first began running she could barely cover 400 metres without collapsing in a heap, but through training, determination and a passion for the sport, she has turned into one of her county's top endurance athletes.

Danielle finished 25th in the under-17 women's race at last weekend's National Cross Country Championships at Alton Towers. And on the roads she boasts a 10km best of 38:05. All of which shows what can be achieved with hard work and dedication.

Such is Danielle's inexperience, this is her first winter of serious cross-country racing and this summer she will tackle track events properly for the first time. The Southend AC runner admits she is not the greatest talent in the world, but this hasn't hindered her ambition to progress and improve.



Pictures: Mark Shearman

Up and coming talent: Danielle has been bitten by the running bug and is keen to improve



Danielle Hurley: racing to 25th in the under-17 women's race at Alton Towers last Saturday

Danielle explains how she got into the sport: "I started up running about three years ago, initially to lose weight. I never considered myself as being fat I knew I was overweight, but after a few spiteful comments from people at school I decided I need to do something about it.

"My dad was a casual jogger so suggested that I go out for a run with him. We went around our local wood and I lasted about 400 metres then had to give up. The next time we did it I lasted a bit longer and the time after a bit longer until I finished a circuit which was roughly three miles long.

"I remember feeling so proud, and after that moment it was official I had the running bug. I started running at school and competed in my first borough cross country, but finished 30th. Slightly disappointed, I made a pact with myself to come better next year, and that's what I did – I came third.

"Unfortunately at the competition after that, the Essex Schools' Champs, I came 50th, but again I was determined to train and do better next year. This year I did, I came third, and am competing in the English Schools in March."

So Danielle has her father to thank for coaxing her into the sport that has now, she says, "taken over her life". With a best marathon time of 3:15, her father is no slouch either. At her club, meanwhile, Danielle receives sound advice from coach Ron Dawson.

> "I started running about three years ago, initially to lose weight. At first I could barely complete 400m"
>
> DANIELLE HURLEY

"I recently competed in the South of England Cross Country Championships as an under-17 and came ninth, where three years ago I never thought I would take part, let alone finish!" she added.

Outside athletics, Danielle enjoys horse riding and is currently in her first year of A-levels. But she has no intention of stopping her running and is looking forward to tackling the marathon when she's older.

"I might not be the fastest of runners, but I never give up. I have managed in just one year to get my 10km PB down from 47 minutes to 38:34. My five-mile best has come down from 37 minutes to 30:05.

"I don't think I'll ever be one of the best in the country, but I'll still train just because I love it and everything about it!"

FACT FILE

Name: Danielle Hurley
Club: Southend AC
Born: January 21, 1991
Events: Cross country and road running
PBs: 38:34 (10km); 30:05 (5M)
Achievements: (all 2008): 25th National Cross Country U17; 9th South of England Cross Country U17; 3rd Essex Cross Country U17

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Photos courtesy of Oxford University Cross Country Club

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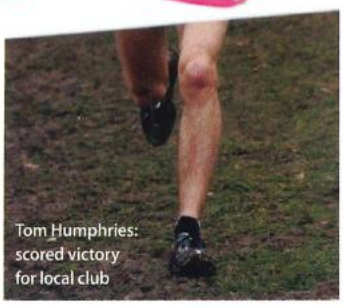
Local hero

A gruesome, devilish climb was the 'highlight' of a challenging course that was mastered magnificently by both Liz Yelling and Tom Humphries

Reports: Trevor Frecknall & Jason Henderson
Pictures: Mark Shearman

BY common consent, all of the courses were short but let that take nothing away from the strength, endurance and tenacity that earned Tom Humphries his first English National gold medal and Liz Yelling her fourth title at this level on an Alton Towers course that was rather like the rides at the famous theme park – anything but smooth.





Tom Humphries: scored victory for local club



Men's leaders (left to right): Andi Jones, Tom Humphries and Mike Skinner at Alton Towers

Senior men

DOMINATING the second half of the three-lap race much as he pleased, Tom Humphries ran for 32 minutes and 3 seconds to win a title that took Frank Tickner 37:31 at Sunderland last year, Pete Riley 38:53 at Parliament Hill in 2006 and Glynn Tromans 37:53 in Birmingham's equally undulating but not nearly so tufty Cofton Park in 2005.

But it was not as easy as it seemed for the host county's 23-year-old hero even though the legendary Tromans has retired, Riley is concentrating on qualifying for the Beijing Olympics marathon and Tickner has a niggling injury that kept him off the start line.

For after winning by 40 metres, Humphries revealed how he tensed-up with victory within his grasp: "In the last half lap, I just went into jogging mode. I felt as if I had a stomach cramp."

Yet the preceding two and a half laps over rolling, uneven terrain that allowed no moment to relax had gone the way of a young man who is at the peak of his confidence, having had the longest stretch of his senior career without injury and a series of encouraging races: 16th (and second Briton) at the European Championships pre-Christmas, second (and leading European) at the Belgian CrossCup Final in Dour a fortnight ago. "The whole race just felt easy," said Humphries. "I thought, 'That can't be right!'"

It wasn't that easy early on. Andi Jones made the kind of aggressive start that has become his trademark, but without shaking-off the pre-race favourites: Humphries, European under-23 bronze medallist Andy Vernon, his training mate at St Mary's Keith Gerrard, Midlands champion James Walsh and GB regular Mike Skinner.

By one-third distance, Steve Vernon, Phil Wicks and Matt Watson were advancing; Andy Vernon was slipping back (and was to finish tenth).

By halfway, Humphries led by five metres over Wicks. Skinner was 30m further back, followed by Steve Vernon and Jones. While Humphries asserted his authority, Wicks worked his way clear of his rivals for silver. Steve Vernon had to see-off a sustained challenge by Jones to secure his second National bronze in three years.

Wicks – like the new champion, only 23 years old – finished 50m clear in second, a performance that has renewed his confidence after a troubled time with injuries.



Phil Wicks: finished strongly for second spot



Steve Vernon: heads chasers Skinner and Jones

Eager to return to the standard that earned him his GB debut at last year's World Cross Country Championships in Mombasa, he said: "I've been back into hard training for the last three to four weeks and it's started to click again. I had a good run in the county champs. The Southerns was a disaster – I had a stitch or a pulled muscle and struggled to get round.

"But I knew as soon as I got here that this is my kind of course. I tried to go with Tom as long as possible, but a silver will do!"

By comparison, Steve Vernon was disappointed with his second bronze medal, even though he had undergone an endoscopy in hospital eight days earlier in a vain attempt to discover why he keeps having problems with a stitch.

"I came to win," he said. "I raced Tom in Dour and he beat me by 18 seconds. I knew he would be the man to beat. I don't want to use the stitch business as an excuse. It's still a mystery but Dave Turnbull (his coach) got me into medal shape."

The team race was a thriller. Leeds City completed a fabulous hat-trick of victories – but finished only 10 points clear of Midland champs Notts AC, who were desperate to give their club chairman Mick Robinson extra reason to remember his term as ECCA president.

But the East Midlands giants were missing one star: Billy Farquharson was out of the Notts squad with a calf problem. North of England champ Dave Webb was missing from Leeds' line-up. But a well-paced run by Midlands champ James Walsh into sixth, proved key for Leeds while Notts packed their six counters between 23rd and 42nd.

Under-20 men

LEE CAREY decimated a competitive junior men's field. Thriving on the tough, hilly course, the Nuneaton Harrier cruised home half a minute clear of runner-up Alistair Brownlee.

Not that his rivals bore a grudge. For Carey was arguably the most popular winner of the day, with maybe 20-30 of his rivals coming over to congratulate him during the few minutes he spent talking to *AW* post-race.

"I've grown up with lots of these athletes and know some of them very well from events at home and abroad," he said. "I love the sport and while we're competitive during the race, we're friends afterwards."

Carey made his move at the start of the last of three laps. His coach, Bud Baldaro, was busy in the commentators' booth, but occasionally jumped out to shout some advice at his charge.

"He just told me to relax," said Carey, who did exactly that, romping home in 27 minutes and 19 seconds.

"I avoided the hill during my warm up, but on the first lap it was okay as I was fresh, the second lap I switched off and tried to relax, and then on the third it takes care of itself."

In the build up to the race, Carey had finished third in the senior race at the Midland Championships. Before Christmas he finished fifth in the Euro Cross junior event, while in the past he has competed at the World Cross in Japan and Kenya.

Crucially, he also had experience of the Alton Towers course too as he competed in the Midland Championships as an under-15 when it was held here in 2003.

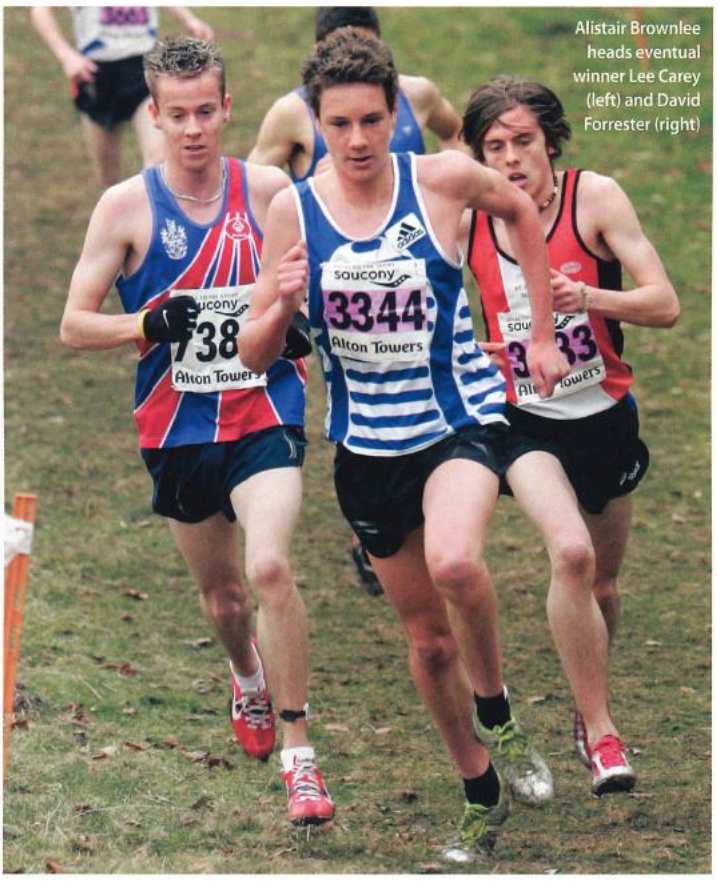
Runner-up Brownlee arrived at Saturday's race from a different direction completely. A budding triathlete, the Bingley Harrier had just returned from a spell of warm weather training in South Africa.

"No offence to Alistair," grinned Carey. "But I didn't fancy getting beaten by a triathlete!"

In third, David Forrester of St Helens Sutton AC was well clear of chasers that included Ben Lindsay of AFD, Andrew Livingstone of Thurrock and Mitch Goose of Norwich.

But the day belonged to Carey, though, and to add to his delight he also received a £300 reward from the Sam Haughian Memorial Fund.

The only bad news is that Carey is too old to compete at the World Cross Country Championships in Edinburgh in March, so will run the senior race at the Inter-Counties also next month.



Alistair Brownlee heads eventual winner Lee Carey (left) and David Forrester (right)


Dan Clorley leads James Robinson and Jeremy Gilmour in the under-17 race

Under-17 men

DAN CLORLEY caused an upset when he breezed past favourite Ross Murray in the closing stages. The relatively unheralded Clorley had been around 40m down at one stage, but clawed his way back into contention and passed Murray with 200m to go.

Clorley was runner-up at the Southerns and also second in Belfast, fifth in Liverpool and sixth in Gateshead this winter. In comparison, Murray is the reigning English Schools 1500m champion and was 43rd at the Euro Cross in Spain in December.

Gateshead Harrier Murray broke clear toward the latter stages, but Clorley always had him in his sights and said: "When I was going up the big hill I thought I could catch up, so I went for it."

The Luton AC runner is coached by Tony Simmons, the 1975 National Cross champion, and John Stoker. "I've been running since I was 12," he said. "I used to play football but gave it up.

"I won the Southern Inter-Counties in December but this is my biggest win by far. I thought if I ran well then I might get in the top five."

A disappointed Murray said: "He just went past me and I had nothing left. But I'm not taking anything away from Dan – he was the best runner on the day."

Ronnie Sparke of Woodford Green finished third despite a sleepless night in a noisy hotel.

> "The men's team race was a thriller. Leeds City completed a fabulous hat-trick of victories, but finished only 10 points ahead of Notts AC"



Shaun Webb leads the under-15 race from Danny Mills (right) and Tom Curr (500)

Under-15 boys

SHAUN WEBB only started training seriously less than a year ago, but the Ipswich youngster has risen rapidly through the ranks under the guidance of coach Steve Benson. Last month he took gold at the South of England Championships at Parliament Hill and on Saturday he won the English National title by 10 seconds from Danny Mills of Nuneaton.

Webb, 15, burst on to the scene this winter in spectacular style. Last summer, he finished a modest fifth in his 800m heat at the Sainsbury's English Schools Championships. But on the mud recently he has enjoyed a series of improving performances. Victory in the UK Challenge at Liverpool in November was an early sign of his talent, for example.

"I'm really pleased," he said. "That course was very tough. But I am glad the big hill was there! When I saw it, I thought 'I'll go on the hill' – and I did."

Webb paid tribute to Benson, who has a remarkable record in age-group cross country races in recent years. "He's a great coach," said Webb, on a coach who has guided, among others, the likes of Tom Sharland, Kelvin Hardy and Sam Jacobs to major cross country honours.

Webb could easily have been lost to football too. He played for Ipswich Development Centre, mainly as a midfielder, but he has kicked it into touch to focus on athletics. "I prefer track to cross country too," he added.

Runner-up Mills said: "I thought I could get into the top six after finishing third in the English Schools last year. So I am really pleased."

The Nuneaton Harrier is having a great winter with wins at the Midland Championships and also in Cardiff and Gateshead.

Pre-race favourite, Tom Curr of Stroud & District, was hampered by a sore throat earlier in the week.



Under-13 winner: Fergus Roberts

Under-13 boys

THE Roberts family from Richmond & Zetland Harriers were out in force at Alton Towers. Sixteen-year-old Douglas was 42nd in the under-17 men's race. Dad Paul was 435th in the senior men's race. But the star performance from the Roberts clan came from young Fergus, who shot to victory by 18 seconds.

With cross-country quite literally running in the family, it is no surprise to learn that Fergus began running aged 11. In addition to his brother and father, his 18-year-old sister Jessica also runs.

Given this, Roberts is set to be a contender at English Schools and Inter-Counties meetings in future weeks. He is also, he added, looking forward to the London Mini-Marathon in April.

Leon Gregory of East Cheshire Harriers & Tameside AC recovered from a bad start – he got trapped in around 40th place – and came through to finish second. "I had loads of energy because I'd started so slowly," he said.

"I put loads into the hill and when I got to the top I put everything into it," he added.

Third placed Alex Carter of Team Bath AC only took up running last May after coming third in a fun run at school, so he said he was "thrilled" with his performance. "I was only aiming for the top 20," he said.

Senior women

NEVER less than wholehearted, Liz Yelling won her fourth title by 41 seconds and launched into a passionate appraisal of this wonderful institution.

"I always love the National," she said, by way of explaining why she had taken on such a rugged course when all that matter to her this year are the Flora London Marathon and her burning ambition to qualify for the Beijing Olympics (confounding en route those who dropped her from the UK Athletics lottery-funded world class programme).

"This is a great event. Who says cross country is dying? There is so much raw talent. There are so many positive vibes. You only have to come to an event like this to see the sport's thriving!"

She was right, in much the same way that she never put a foot wrong throughout the race. All hope of a close battle disappeared when her sister-in-law Hayley Yelling awoke feeling ill on race day. While the former European champion wisely decided not to compromise her chances of being fit for next month's Inter-Counties and World Championships, Liz won much as she liked.

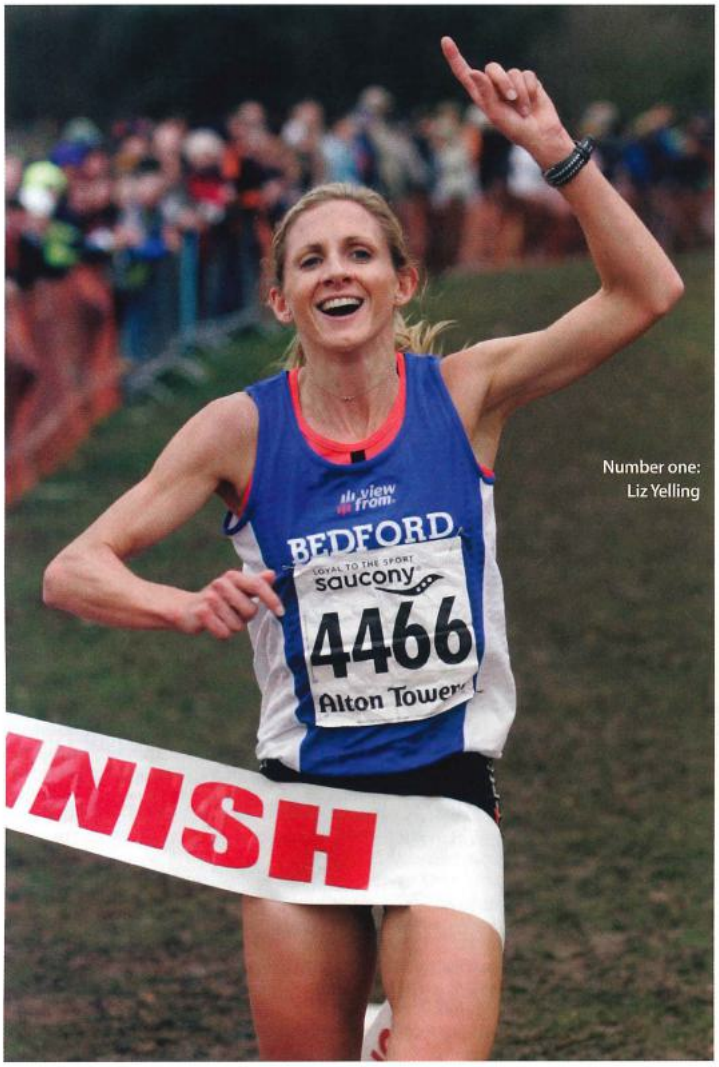
She reckoned she ran better at Sunderland last year; but she took the lead so swiftly this time that the only interest lay in the battle for the other medals. Triathlete Andrea Whitcombe revived memories of her National victories of the Nineties by getting in the mix early on and finished sixth a week and a half before she sets off to Australia to pursue her Olympic ambitions.

Faye Fullerton was well to the fore for most of the race, but had to settle for fifth and the honour of leading Havering Mayesbrook AC to the team bronze medals, just one point ahead of Charnwood AC's Midland champions.

Jo Wilkinson was tigerish as ever yet suffered the frustration of finishing fourth for the second successive year.



Liz Yelling hits the front in the early stages of her quest to win a fourth National women's title



Number one: Liz Yelling

Which left Gemma Phillips to earn her second silver medal in three years and Southern champion Rachel Townend to collect the individual bronze while leading Winchester and District to their second successive set of team medals.

Both of them will now head for the Inter-Counties believing they can challenge for places in the GB team at the World Championships in Edinburgh on March 30.

Phillips, coached in the Midlands by Bob Ashwood though she still represents Kendal in Cumbria, said: "I know I'm in good shape because I'm training really well. I don't want to put any pressure on myself before the trials – just come out and see what I can do."

Of her National chase, she said: "Liz was away from the gun. Bob told me to sit in for the first kilometre. Up the first hill, I found myself at the front of the chasing group and thought, 'Just push on and see what happens'.

"It got down to between me and Rachel. Up the final hill, I thought, 'Don't look at it – just keep running!' I got a little gap and hung on to the finish."

Townend believes her successes this winter are down to "a massive lifestyle change". She explained: "I quit my job with a law firm and now work 9 til 5 for the Civil Service."

It has enabled her to settle into a more regimented training routine under the guidance of her stepfather, Ken Hardcastle, who has coached her since she was 15.

And having been close to GB selection during her teenage years, she has this advice for youngsters who are overlooked... "I've had to be patient. Sometimes you have to wait for everything to click."

Has she ever become fed up of waiting and considered packing it in? "No," she smiles. "I enjoy it too much."

So is she going to make it to Edinburgh? "It's always been the dream to run the World Cross. We will see!"

Which helps you to see what Lizzie Yelling means when she talks so excitedly about the vibes around cross country running at the moment.



Gemma Miles leads Rachel Townend (left) and Jo Wilkinson (right) with Faye Fullerton poised behind

■ Junior/under-17 women

LONG after double European junior champion Stephanie Twell won the second individual National title of her burgeoning career, she was racing around Alton Towers cheering on her Aldershot, Farnham & District clubmates. With good reason, too. They won team medals in all but the senior men's race and also took home the aggregate trophies as the most successful club in both the male races and the female races.

And the 18-year-old also found time to articulate how she is putting such a bright face on the prospect of battling the Africans for junior glory at the World Championships in Edinburgh.



Steph Twell: emphatic junior winner

"I loved this course," she said, transforming its trials into a triumph. "It was so undulating, you had to concentrate for every step all the way round."

And how did the biggest climb on the course compare with Leeds' famous Hill 60? "Oh, I think this one's Hill 75 – but it wasn't as tough as I thought it would be."

The beauty of it is, for those with Britain's future at heart, Twell is far from the only braveheart bursting through the ranks. Laura Park, winner of the under-15 girls' title in Sunderland 12 months ago, stuck with Twell longest and was rewarded with third place overall, having been caught by Jo Harvey in the closing stages – by which time Charlotte Roach had joined the battle.

Anyone wondering whether these two age groups should still be racing together found their answer in that battle. Harvey, fit again after a worrying spell of injuries, is ready to battle for a place in the GB junior team in Edinburgh. Park added the under-17 gold medal to her growing collection. Roach is an IAAF senior, looking forward to getting among the under-23s at the Inter-Counties.

And just behind them, juniors Emma Pallant and Sarah Waldron had to work all the way to the line to hold off two more of AFD's army, under-17s Charlotte Purdue and Louise Small.

Here's how they rated their efforts...

Harvey, second in 14:19: "I started off quite conservatively. I knew that hill was going to be tough so I didn't push it on.


Laura Park: first under-17 home

Towards the end, Charlie got away on the hill, but I caught her up."

Fell runner Park, third in 14:24: "I knew I would be okay on the hills. I was in the lead for the first 600 then wanted someone to take it on. It was my aim to stick as close to Jo as possible."

Roach, fourth over the line in 14:33 to take the under-20 bronze medal: "I had a few niggles over Christmas. I've managed to get a few decent sessions in but I didn't expect to get a medal. I quite liked the course and hoped people would get put-out by the hills."

Purdue, seventh over the line in 14:44 to win under-17 silver: "I didn't know what to expect because this was my first race since the Europeans. I've still got a bit of a niggle in my foot (she has had tendonitis) and I'm under instructions to be careful."

Small, eighth over the line in 14:48 to win under-17 bronze: "I tried to go with the pace. I was hoping for a medal."

How do AFD do it? "We just work really hard," added Small, who will now head for the under-20 race at the Inter-Counties, otherwise known as the chase to join the pre-selected Twell and Purdue in the GB team at the Worlds.

As Liz Yelling said, the vibes are good down at the grassroots.

Under-15 girls

EMELIA GORECKA and Ruth Haynes scored a one-two for Aldershot, Farnham & District and in doing so led their squad to an emphatic victory in the team stakes.

Sporting wide grins after the race, the delighted duo were congratulated by junior winner Steph Twell. What made the performance all the more pleasing is that both Gorecka and Haynes are only in their first year in the age group too.

Gorecka's victory – by a clear 10 seconds – was no great surprise as she won the National under-13 title last winter by 15 seconds and last month took the Southern crown.


Emelia Gorecka: under-15 girls' winner

But Haynes' success was more unexpected. "I was expecting top six or 10," she said.

On explaining their runaway tactics, they said: "We were at the front and just pushed on. It just happened."

What was the big hill like? They answered in unison: "Woah!"

In third and fourth were Naomi Speake and Annabel Gummow of Bristol & West, but it was Bedford & County, led by fifth placed Emily Wallbank, who took team silvers.

Under-13 girls

JESSICA JUDD raced to an emphatic victory, finishing 20 seconds clear of her nearest rival in a race that only took just over 11 minutes.

But the Thurrock Harrier nearly failed to make the start after her father accidentally locked his keys in the car at a hotel in nearby Longton on the morning of the race.

"We only got here thanks to an RAC man called Chris!" the Judd family said.

Once at Alton Towers, the 13-year-old settled into the top 10 during the early stages and then made her move around the halfway mark.

Judd has won a few big races this winter, such as the Southern Championships and Birmingham Cross Challenge, but this was her first National. "It was too far to travel to Sunderland last year," she said.

Judd's first experience of the sport was in local fun runs and was initially


Jessica Judd: under-13 gold medallist

too young to be included in the results. "I was an unofficial winner a few times," she explained.

But more recently she has come under the guidance of coach Ken Smith and her school also boasts an impressive athletics heritage – as Dean Macey is among its former students.

Grace Howie of Poole AC improved from sixth in the Southern Championships to second here and said: "After Parliament Hill I realised I needed to work on hill training."

Currently, Howie combines running and swimming too and the following day was due to compete in a national schools biathlon (1km run/100m swim) event in Bath.

In third was Hannah Bethwaite, from the fell-running territory of Ellenborough AC. Fourth-placed Ruth Bourne led Aldershot, Farnham & District to an expected – and emphatic – team victory.

An athlete's view

WILL COCKERELL says Alton Towers exceeded all expectations

THERE is no question that the ECCA nailed this edition of the National dead centre, which was on a par, or surpassed, the great days out at Stowe, Durham, Leeds and Birmingham in recent times. For me, the day had just about everything, and was a perfect way to celebrate 10 Nationals on the spin. I crave the next 10 heartily, even if I am almost metronomic in my decline.

The wickedly short course had something for everyone: twists, turns, firm, fast, a bit of sticky mud for the purists, and that startling, almost comical hill. There was the fabulous Humphries-Wicks duel, the amazing battle in the team race, and an absolute cracking field depth-wise. Check out these numbers: A win in the Metropolitan League got you 132nd here; second place at the Surrey Champs translated to 137th.


As eventual winner Tom Humphries sets off, Will Cockerell (circled) settles into the pack

From the gun to the tape there is never any let-up at the National – it is stressful every step of the way. You can be scraping into the top 200 like me (eight runners then came through in the next five seconds), or you can be Phil Wicks, the runner-up, who said: "Going up the last hill, I was having to swerve round lots of back markers who'd been reduced to a walk. I was terrified about what was happening behind me."

I think I may have caused a few furrowed brows with my little riddle in *AW* recently regarding the country's most consistent cross-country runner whose name rhymes with an Olympic city. It is of course Leeds' Martin Roscoe, but tragically I put a curse on him of sorts. Although Martin had yet another fine run, which included taking out over a dozen runners in the final 'k', he failed to score for Leeds for the first time in around 15 years – the last 12 for sure. His 60th place saw him in the unwanted role which falls to one athlete each year in the senior men's race: that of seventh finisher for the winning team.

Finally, to the Blackheath fellow with whom I shared a last-minute call of nature in a secluded spot just before the race, who requested: "Please don't write about this in *AW*, Will." Don't worry mate – wouldn't dream of it.

RESULTS

■ Senior men

1 T Humphries (C&S) 32:03; 2 P Wicks (Belg) 32:16; 3 S Vernon (Stock) 32:32; 4 A Jones (Salf) 32:37; 5 M Skinner (B&B) 32:47; 6 J Walsh (Leeds C) 32:51; 7 G Raven (Sale) 32:56; 8 M Coleman (M&M) 33:04; 9 L Merrien (Guern) 33:04; 10 A Vernon (AFD) 33:05; 11 M Watson (Bing) 33:05; 12 D Deed (Bed C) 33:06; 13 J Gilby (Der) 33:11; 14 K Gerrard (NEB) 33:26; 15 S Rees-Jones (BMH) 33:34; 16 A Grice (Leeds C) 33:35; 17 P Wylie (B&W) 33:37; 18 C Cariss (Bing) 33:37; 19 R Fraser (OWLS) 33:39; 20 K Toher (N&P) 33:42; 21 M Hood (Sun) 33:50; 22 K Heywood (B&W) 33:53; 23 N Talbot (Notts) 33:55; 24 J Thewlis (Notts) 33:59; 25 R Burney (Liv H) 34:00; 26 K Stone (NEB) 34:03; 27 D Norman (Alt) 34:05; 28 D Bilton (Leeds C) 34:05; 29 M Powell (OWLS) 34:06; 30 C Warburton (Notts) 34:07; 31 J Henegan (P&B) 34:09; 32 C Hardman (Salf) 34:10; 33 I Boneham (Notts) 34:12; 34 D Lacy (Camb H) 34:14; 35 R Whalley (B&W) 34:17; 36 B Moreau (AFD) 34:17; 37 O Edwards (SB) 34:18; 38 P Richardson (OWLS) 34:25; 39 T Hartley (Notts) 34:27; 40 C Birchall (Leeds C) 34:32; 41 S Deakin (Leeds C) 34:32; 42 O Freeman (Bodyworks Xtc Tri Store) 34:32; 43 M Whitehouse (Notts) 34:33; 44 R Kay (Notts) 34:37; 45 H Care (WG&EL) 34:39; 46 A Rayner (B&B) 34:41; 47 S Mills (Sale) 34:41; 48 M Dalkins (Tip) 34:43; 49 T Cornthwaite (B'burn) 34:45; 50 O Laws (NEB) 34:46; 51 J Frost (E Hull) 34:49; 52 M Hilton (Leeds C) 34:50; 53 S North (Sale) 34:59; 54 G Watts (SB) 35:00; 55 I Fisher (Otl) 35:01; 56 T Wallis (B&W) 35:04; 57 B Royden (M&M) 35:06; 58 R Little (C&S) 35:09; 59 S Marriott (Tip) 35:10; 60 M Roscoe (Leeds C) 35:10; 61 S Green (P&B) 35:10; 62 M Janes (Bed C) 35:14; 63 J McCole (Liv H) 35:14; 64 M Burrett (Leeds C) 35:17; 65 M Williams (Tip) 35:19; 66 G Lee (OWLS) 35:20; 67 O Matthews (Bed C) 35:20; 68 T Dalton (Severn) 35:21; 69 D Newbold (Hallam) 35:21; 70 A Osborne (Leeds C) 35:22; 71 E Haimes (Wells) 35:23; 72 D Fowlie (Notts) 35:25; 73 S Cook (York) 35:27; 74 A Hilton (York) 35:28; 75 P Rodgers (Craw) 35:28; 76 J Trapmore (SB) 35:30; 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1 L Carey (Nun) 27:19; 2 A Brownlee (Bing) 27:49; 3 D Forrester (SHS) 28:06; 4 B Lindsay (AFD) 28:20; 5 A Livingstone (Thurr) 28:25; 6 M Goose (Norw) 28:39; 7 P Berntsen (Andover AC) 28:42; 8 R Stevenson (New M) 28:52; 9 J Trolloppe (Bir) 28:58; 10 N Swinburn (Morp) 28:59; 11 R Clarke (Hav M) 29:06; 12 L Shail (Cov) 29:12; 13 A Harrell (Norw) 29:14; 14 J Brownlee (Brad GS) 29:18; 15 A Duffield (Loftus & Whitby AC) 29:20; 16 A Derricott

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TEAM: 1 Aldershot Farnham & District 86; 2 City of Norwich 139; 3 OWLS 163; 4 Morpeth H 177; 5 Liverpool H 189; 6 Bristol & West 207; 7 Coventry Godiva H 221; 8 Birchfield H 239; 9 Leeds City 241; 10 Southend 359; 11 Bracknell 420; 12 East Cheshire H & Tameside 426; 13 Tonbridge 451; 14 Blackheath & Bromley H 505; 15 Vale Royal 523

■ U17 men

1 D Clorley (Lut) 14:39; 2 R Murray (Gate) 14:43; 3 R Sparke (WG&EL) 14:47; 4 D Cliffe (Warr) 14:53; 5 J Gilmour (Traff) 14:56; 6 S Broadhurst (Warr) 15:07; 7 J Hay (AFD) 15:07; 8 P Thompson (Birm R) 15:15; 9 R Parker (Bed C) 15:17; 10 T Carson (Bolt) 15:19; 11 J Gorecki (AFD) 15:21; 12 A Ahmed (Sheff RC) 15:23; 13 J Robinson (W Norf) 15:23; 14 D Schofield (Scar) 15:24; 15 G Twist (Hav M) 15:24; 16 J Landers (Ply) 15:26; 17 K Smith (York) 15:26; 18 J McDonnell (Lut) 15:26; 19 A Cornwell (WG&EL) 15:27; 20 T Farrell (Bord H) 15:28; 21 N Brooke (Sale) 15:30; 22 H Ellis (W Ches) 15:32; 23 S Harding (Ton) 15:37; 24 A Combs (Ton) 15:37; 25 J Moxley (Ply) 15:38; 26 M Jackson (Warr) 15:39; 27 R Spooner (Hallam) 15:39; 28 R Mann (Hill) 15:40; 29 M Salt (D&T) 15:40; 30 D Forrester (Liv PS) 15:42; 31 J Knapp (Team S) 15:42; 32 S Robinson (Linc W) 15:42; 33 T Crowley (Bing) 15:44; 34 J Ogden (Osw) 15:44; 35 J Jackson (Norw) 15:44; 36 Y Mohamed (Sheff RC) 15:44; 37 M Kiralyfi (Win) 15:45; 38 D Williamson (Bed C) 15:46; 39 S Stabler (OWLS) 15:46; 40 J Morwood (AFD) 15:46; 41 F Kilama (Bexley) 15:47; 42 D Roberts (R&Z) 15:48; 43 D Sellman (S Lon) 15:50; 44 O Bower (Bath) 15:51; 45 G Belcher (Leeds C) 15:52; 46 J Turnock (Staffs M) 15:53; 47 A Clews (Vale R) 15:55; 48 A Blundell (Bir) 15:55; 49 L Heard (C&T) 15:55; 50 S Witter (Traff) 15:56; 51 S Hazell (B&W) 15:56; 52 J Norman (OWLS) 15:57; 53 M Mason (Ton) 15:58; 54 M Cook (Stock) 15:59; 55 A Clarke (Hast) 15:59; 56 E Palmer (Ips) 16:00; 57 D Kiralyfi (Win) 16:00; 58 T Bishop (Der) 16:00; 59 T Frith (S'end) 16:01; 60 D Layton (Mend) 16:01; 61 A Gawne (Wirr) 16:02; 62 J Roden (Sale) 16:02; 63 I Lynn (York) 16:02; 64 J Shelley (SB) 16:03; 65 P Benedickter (Lut) 16:04; 66 J Kelly (Ross) 16:05; 67 A Bellew (Bed C) 16:06; 68 D Hallam (OWLS) 16:06; 69 S Baxter (Charn) 16:06; 70 C Sykes (Ply) 16:06; 71 N Young (Mend) 16:07; 72 S Cavey (B&B) 16:08; 73 K Wolfe (Ton) 16:08; 74 A Webster (Sale) 16:09; 75 C Brown (Win) 16:10; 76 M Allott (Staffs M) 16:11; 77 M Goodwin (Bed C) 16:12; 78 R Pawlak (P'boro) 16:14; 79 E McKenzie (SB) 16:15; 80 L Holiday (KuH) 16:16; 81 K Fowler (Staffs M) 16:16; 82 J Fleming (SB) 16:16; 83 J Taylor (Morp) 16:17; 84 J Pegg (Rut AC) 16:17; 85 J Scott (Morp) 16:18; 86 A Williams (Lewes) 16:20; 87 T Crawshaw (Norw) 16:21; 88 J Darby (Ton) 16:22; 89 J Senior (Norw) 16:23; 90 G Withey (Stroud) 16:24; 91 S Duckers (Wirr) 16:24; 92 O Aitchinson (AFD) 16:24; 93 T Goddard (AFD) 16:25; 94 E Mason (Leeds C) 16:26; 95 R Thompson (Hill) 16:27; 96 A Douglass (Morp) 16:28; 97 L Smart (OWLS) 16:28; 98 B Collins (SB) 16:29; 99 C Wright (Nene V) 16:29; 100 H Clarke (S'end) 16:30; 101 G Kemp (Bed C) 16:30; 102 R Gould (E Ches) 16:31; 103 N Hardy (Bir) 16:31; 104 D Smale (S'end) 16:32; 105 S Egan (Wirr) 16:33; 106 R Judge (Chelm) 16:34; 107 R Maxwell (Wirr) 16:34; 108 J Laing (Hill) 16:35; 109 T Corbett (Bed C) 16:35; 110 N Plastow (Leeds C) 16:35; 111 C Clarke (Nene V) 16:37; 112 G Lewis (WG&EL) 16:37; 113 T Butler (Hallam) 16:38; 114 J Keeler (Traff) 16:38; 115 D Davies (Leeds C) 16:38; 116 A Kay (Ross) 16:39; 117 J Witter (Traff) 16:39; 118 D Bishop (Der) 16:39; 119 A Grimley (Kent) 16:40; 120 L Baister (Gate) 16:41; 121 H Mitchell (Brack) 16:41; 122 N Wood (Dartf) 16:41; 123 A Kaighin (Chelt) 16:42; 124 W Mycroft (C&C) 16:42; 125 L Bartlett (Manc H) 16:43; 126 R Creaves (P&B) 16:43; 127 J Kinch (Stoke) 16:43; 128 J Walker (Nene V) 16:44; 129 C Chambers (Der) 16:44; 130 L Phelan (Leic C) 16:45; 131 M Brind (Charn) 16:46; 132 D Worton (Wake) 16:46; 133 E Gunby (P'boro) 16:46; 134 L Turnbull (Bed C) 16:46; 135 C Woodger (Linc W) 16:47; 136 A Marsden (Staffs M) 16:48; 137 J Seymour (Wirr) 16:49; 138 O Maskell (Norw) 16:49; 139 C Gaffney (Darl) 16:50; 140 E Williams (Macc) 16:50; 141 D Horniman (Traff) 16:50; 142 A Peacock (B&R) 16:50; 143 C Lugg (C&N) 16:51; 144 S Densuam (Charn) 16:52; 145 S Silva (Wyc P) 16:53; 146 C Cooper (Wirr) 16:53; 147 J Prickett (Inv EK) 16:53; 148 P Hannah (ESM) 16:55; 149 B Pick (Notts) 16:55; 150 N Ludlain (Stock) 16:56

TEAM: 1 Aldershot Farnham & District 150; 2 Tonbridge 173; 3 Bedford & County 191; 4 Warrington 214; 5 OWLS 256; 6 Luton 277; 7 Trafford 286; 8 Shaftesbury Barnet H 323; 9 Sale H Manchester 328; 10 City of Plymouth 328; 11 Staffordshire Moorlands 339; 12 City of Norwich 349; 13 Wirral 364; 14 Leeds City 364; 15 Hillingdon 415; 16 Derby 496; 17 Nene Valley H 507; 18 Charnwood 529; 19 Southend 541; 20 Hallamshire H 550

■ U15 boys

1 S Webb (Ips) 11:25; 2 D Mills (Nun) 11:35; 3 T Curr (Stroud) 11:41; 4 P Seseman (B&B) 11:42; 5 R Goodman (SB) 11:55; 6 J Gray (Birm R) 11:57; 7 N Page (Linc W) 11:58; 8 B Connor (Der) 11:59; 9 J Goodwin (Bed C) 12:00; 10 T Loveridge (Liv PS) 12:01; 11 O Davey (Thurr) 12:05; 12 K Hayer (ESM) 12:06; 13 S Atkin (Cleethorpes AC) 12:08; 14 Z Seddon (Brack) 12:09; 15 P Devaney (Bed C) 12:09; 16 J Gray (Sheff) 12:10; 17 M Wood (Leeds C) 12:13; 18 E Todd (Leeds C) 12:13; 19 F Baily (SB) 12:15; 20 D Collins (Scar) 12:16; 21 T Jervis (Warr) 12:16; 22 A Brace (Wyc P) 12:16; 23 S Wood (R&Z) 12:17; 24 D Whiteley (P&B) 12:18; 25 S Parkes (Tam) 12:18; 26 R Charles (ESM) 12:19; 27 J Grace (AFD) 12:19; 28 M Cram (Morp) 12:20; 29 J Burton (Bed C) 12:21; 30 N Ainsworth (Stoke) 12:22; 31 J Kench (Leic C) 12:22; 32 J Schofield (Scar) 12:23; 33 C Yates (Hill) 12:24; 34 H Dixon (AFD) 12:25; 35 J Morris (Stock) 12:25; 36 A Chambers (OWLS) 12:25; 37 I Maplethorpe (Linc W) 12:26; 38 M Rose (Cov) 12:26; 39 L Gates (Team S) 12:26; 40 J Bentham (Ton) 12:27; 41 H Kurtyanek (B&B) 12:29; 42 W Massey (W'bury) 12:29; 43 T Mead (Lut) 12:30; 44 W Metham (Ton) 12:31; 45 R Saxton (Mans) 12:32; 46 M Thompson (Notts) 12:32; 47 C Perrin (C&S) 12:34; 48 P Clifford (Darl) 12:35; 49 J Selvey (C'field) 12:36; 50 C Boyek (Shildon R & AC) 12:37; 51 E Woolmer (AFD) 12:39; 52 L Lloyd (Herne H) 12:40; 53 L Hilton (Macc) 12:41; 54 D Jepson (Sheff) 12:41; 55 L Russo (Ton) 12:42; 56 T Purnell (Stroud) 12:43; 57 M Kaye (Holm) 12:43; 58 G Brown (AFD) 12:44; 59 F O'Reilly (B'mth) 12:44; 60 M Jeffers (Wirr) 12:45; 61 D Murphy (Mil K) 12:45; 62 W Pinder (Skip) 12:46; 63 M Loveridge (Liv H) 12:46; 64 T Francis (Thet) 12:46; 65 C Berntsen (Andover AC) 12:47; 66 G Allen (Leam) 12:47; 67 S Simpson (Wirr) 12:47; 68 N Maguire (Der) 12:47; 69 E Shepherd (Herts P) 12:48; 70 J Wisbey (P'boro) 12:48; 71 N Ditton (AFD) 12:48; 72 R Driscoll (Ton) 12:49; 73 G Benson (Leeds C) 12:50; 74 D Hooper (AFD) 12:50; 75 I Bailey (AFD) 12:52; 76 B Davey (Thurr) 12:52; 77 C Hatton (Liv PS) 12:52; 78 P Stewart (Bed C) 12:52; 79 S Woods (Herne H) 12:52; 80 K Lymn (C'ley) 12:53; 81 M Scott (R&Z) 12:53; 82 G Robinson (R&Z) 12:53; 83 S Still (Lut) 12:53; 84 A Short (Chelm) 12:54; 85 J Nixon (Stock) 12:54; 86 J Ellis (W Ches) 12:55; 87 J Ashcroft (SHS) 12:55; 88 C Ramsey (Nene V) 12:56; 89 J McHugh (Traff) 12:56; 90 J Garvin (Ips) 12:56; 91 S Robinson (Wirr) 12:57; 92 A Newson (Inv EK) 12:57; 93 E Rimmer (Liv PS) 12:57; 94 P Vicary (Kendal AC) 12:57; 95 M Fayers (Hill) 12:59; 96 T Halton (Holm) 12:59; 97 D Jackson (Warr) 13:00; 98 M Winder (P&B) 13:00; 99 T Guy (Stoke) 13:00; 100 P Pugh (Uttox) 13:01; 101 J Nutbrown (AFD) 13:01; 102 J Johnston (Ross) 13:01; 103 A Hart (Leeds C) 13:01; 104 J Rainsford (Hean) 13:02; 105 J Bryant (Ton) 13:02; 106 A Wickett (C&S) 13:02; 107 D Hillman (Cov) 13:02; 108 T Barfoot (Herts P) 13:02; 109 M Harding (Stoke) 13:05; 110 G James (DMV) 13:05; 111 S Nutbrown (AFD) 13:06; 112 C Greenwood (Sale) 13:06; 113 R Ganose (Alt) 13:07; 114 B Marriott (Bing) 13:07; 115 M Speight (Hill) 13:07; 116 J Griffith (Skip) 13:07; 117 M Deacon (B&W) 13:08; 118 H Long (Stock) 13:08; 119 D Griffiths (SHS) 13:09; 120 J Buckley-Stanton (Hav M) 13:10; 121 L Johnson (Warr) 13:10; 122 S Risby (Bexley) 13:11; 123 C Foulstone (Spen) 13:12; 124 L Phillips (P'boro) 13:12; 125 G Quinn (Kent) 13:12; 126 H Loughlin (W Norf) 13:12; 127 J Broome (Stoke) 13:13; 128 C McLaren (Norw) 13:13; 129 M Bee (Linc W) 13:13; 130 S Roffe (W Norf) 13:15; 131 M Reynolds (Chelm) 13:17; 132 A Speake (B&W) 13:17; 133 A Phelps (Stroud) 13:18; 134 R Farnham-Rose (Ton) 13:18; 135 A Razzano (SB) 13:18; 136 S Kirkbride (Liv PS) 13:19; 137 W Gray (Phoe) 13:19; 138 M Campbell (Team S) 13:19; 139 W Crisp (Skip) 13:20; 140 J White (SHS) 13:20; 141 J Hatton (Tip) 13:21; 142 J Cozens (Sphin) 13:21; 143 J Frapwell (Stroud) 13:21; 144 D Hughes (SHS) 13:22; 145 R Stephenson (SB) 13:22; 146 J Oguntayo (Sale) 13:23; 147 S Bedwell (B&W) 13:23; 148 S Bennet (Bed C) 13:23; 149 K Smith (RSC) 13:25; 150 S Strange (Chelm) 13:26

TEAM: 1 Bedford & County 131; 2 Aldershot Farnham & District 170; 3 Tonbridge 211; 4 Leeds City 211; 5 Shaftesbury Barnet H 304; 6 Liverpool Pembroke & Sefton H & 316; 7 Stroud & District 335; 8 Ealing Southall & Middx. 354; 9 City of Stoke 365; 10 Wirral 394; 11 Blackheath & Bromley H 398; 12 Lincoln Wellington 422; 13 Hillingdon 448; 14 Warrington 453; 15 Stockport H 464; 16 St.Helens Sutton 490; 17 Cannock & Stafford 499; 18 Skipton 551; 19 Chelmsford 557; 20 Derby 564

■ U13 boys

1 F Roberts (R&Z) 10:21; 2 L Gregory (E Ches) 10:39; 3 A Carter (Bath) 10:40; 4 A Hulin (DMV) 10:43; 5 R Hindley (Stock) 10:44; 6 K Mason (Bed C) 10:44; 7 A Harrington (Morp) 10:47; 8 R Powell (Leigh) 10:47; 9 C Joslin-Allan (Hast) 10:49; 10 M McKeown (Cov) 10:50; 11 H Brown (Halesowen AC) 10:53; 12 S Woodford (Chelm) 10:54; 13 J Rogers (Inv EK) 10:57; 14 M Arnold (AFD) 10:58; 15 N Jones (Wirr) 10:58; 16 T Eames (W Suff) 10:59; 17 J Balsdon (Inv EK) 11:03; 18 A Wimbledon (Brack) 11:04; 19 J McMurray (StAlbans AC) 11:05; 20 B Watson (AFD) 11:05; 21 J Dutton (Chilt) 11:06; 22 F Harding (Ton) 11:06; 23 C Uduwawala (SB) 11:07; 24 A Parkes (Tam) 11:07; 25 S Knuckey (AFD) 11:08; 26 J Nisbet (Morp) 11:08; 27 M Goddard (Chilt) 11:08; 28 S Ashman (OWLS) 11:08; 29 K Edwards (Tam) 11:09; 30 L Stedman (Spen) 11:10; 31 T Smith (BMH) 11:10; 32 W Paulson (Stroud) 11:11; 33 C Hanion (Leam) 11:13; 34 L Towers (Liv H) 11:13; 35 M Wilson (Hast) 11:14; 36 M Murphy (E Ches) 11:16; 37 J Rae (Amber) 11:16; 38 A Fenwick (Amber) 11:17; 39 D Barraclough (Chilt) 11:17; 40 S Proctor (Bed C) 11:17; 41 T Hook (Norw) 11:18; 42 J King (R&Z) 11:19; 43 J Logan (Bir) 11:20; 44 D Breeds (Read) 11:20; 45 H Rossouw (Ton) 11:21; 46 A Sixsmith (Traff) 11:22; 47 E Hetherington (Blyth) 11:22; 48 D Sheldon (Stoke) 11:23; 49 J Crabtree (E Ches) 11:26; 50 W Roud (Ton) 11:26; 51 J Beetham (Skip) 11:27; 52 J Gleave (Warr) 11:27; 53 J Wyllie (DMV) 11:28; 54 L Rogers (Liv H) 11:29; 55 S Darbyshire (Warr) 11:32; 56 D Walsh (Ross) 11:32; 57 H Dunderdale (Linc W) 11:32; 58 M Coulthard (Shildon R & AC) 11:33; 59 J Wilkinson (Der) 11:34; 60 C Short (Bolt) 11:34; 61 J Stockings (WG&EL) 11:34; 62 J Somers (Halesowen AC) 11:35; 63 J Bailey (C&S) 11:35; 64 D Overin (R&Z) 11:36; 65 J Christie (Liv H) 11:36; 66 L Murray (Leeds C) 11:37; 67 J Doull (Mat) 11:37; 68 J Steel (Bed C) 11:38; 69 S Adcock (Chelm) 11:39; 70 C Middleton (E Ches) 11:39; 71 S Greeves (Norw) 11:40; 72 W Reynolds (Liv H) 11:40; 73 S Watson (Norw) 11:41; 74 M McLaughin (SB) 11:41; 75 H Foster (Notts) 11:41; 76 B Bradley (C'ley) 11:41; 77 T Wragg (Mans) 11:42; 78 R Allen (AFD) 11:43; 79 B Mogg (Poole) 11:43; 80 D McGuigan (ESM) 11:44; 81 S Watkins (RSC) 11:44; 82 J Hatton (Wreak) 11:44; 83 O Poulain (StAlbans AC) 11:45; 84 J Hepple (Morp) 11:45; 85 K Nicholls (Liv PS) 11:45; 86 B Maskell (Gate) 11:46; 87 J Newsome (Ton) 11:46; 88 C Wood (Bir) 11:46; 89 M Seddon (Brack) 11:46; 90 O Kyrakides (S'end) 11:47

TEAM: 1 Aldershot Farnham & District 137; 2 East Cheshire H & Tameside 157; 3 Chiltern H 183; 4 Tonbridge 204; 5 Bedford & County 211; 6 Liverpool H 225; 7 Tamworth 260; 8 Morpeth H 274; 9 Halesowen 290; 10 Richmond & Zetland H 320; 11 City of Norwich 328; 12 Warrington 379; 13 City of Stoke 384; 14 Coventry Godiva H 398; 15 Royal Sutton Coldfield 419; 16 Shaftesbury Barnet H 440; 17 Amber Valley 461; 18 Birchfield H 463; 19 Stroud & District 471; 20 Derby 489

■ Senior women

1 E Yelling (Bed C) 23:44; 2 G Miles (Kendal AC) 24:25; 3 R Townend (Win) 24:29; 4 J Wilkinson (Bed C) 24:36; 5 F Fullerton (Hav M) 24:50; 6 A Whitcombe (Harrow) 24:55; 7 S Tunstall (Kendal AC) 24:59; 8 S Thomas (Sale) 24:59; 9 S Johnson (C&S) 25:03; 10 L Kenney (RSC) 25:04; 11 V Wilkinson (Bing) 25:09; 12 R Robinson (Kendal AC) 25:13; 13 J Potter (Charn) 25:19; 14 J Ankier (SB) 25:21; 15 A Joel (Hav M) 25:22; 16 R Felton (SB) 25:23; 17 J Potter (Charn) 25:24; 18 P Powell (B'burn) 25:28; 19 V Gill (AFD) 25:28; 20 A Chalk (B&W) 25:32; 21 H Dean (Hallam) 25:34; 22 H Whitmore (Charn) 25:37; 23 L Damen (Win) 25:44; 24 C Martin (Tel) 25:45; 25 K Hazlitt (Win) 25:49; 26 E Adams (AFD) 25:51; 27 J Blizard (Roth) 25:53; 28 A Woodvine (AFD) 25:53; 29 J Russell (Hallam) 25:57; 30 B Penty (York) 25:58; 31 L Gardner (L&M) 26:01; 32 D Walters (Bir) 26:08; 33 O Walwyn (Norw) 26:09; 34 N Bamford (Notts) 26:16; 35 J Ritson (Tip) 26:30; 36 J Heslop (Clap C) 26:32; 37 V Webster (SB) 26:38; 38 E Nelson (E&E) 26:45; 39 S Bush (AFD) 26:46; 40 T Walker (Salf) 26:47; 41 F Briscoe (W Horse) 26:50; 42 C Coffey (B&W) 26:50; 43 L Deadman (Hav M) 26:53; 44 H Fines (B&W) 26:55; 45 E Patel (Win) 26:58; 46 A Buckley (Bing) 27:01; 47 L Jackson (WG&EL) 27:04; 48 C Hallissey (B&W) 27:06; 49 L Snow (WG&EL) 27:06; 50 S Taylor (Bing) 27:08; 51 F Burnie (CleS) 27:10; 52 L Curtis (Scun) 27:11; 53 L Adams (Hallam) 27:16; 54 A Gostling (Leeds C) 27:19; 55 D Appleton (Hav M) 27:21; 56 S Harris (Macc) 27:27; 57 J Maddick (KuH) 27:27; 58 R Proctor (Norw) 27:28; 59 M Kitching (Tatten) 27:29; 60 K Goodhead (B&W) 27:38; 61 S Budd (B&B) 27:39; 62 S Haines (Harb) 27:40; 63 C Robson (Tees) 27:41; 64 N Squires (Hallam) 27:47; 65 H Berry (Holm) 27:49; 66 T Laws (CleS) 27:50; 67 K Looms (Charn) 27:51; 68 S Graham (Morp) 27:52; 69 K Jenrick (High) 27:53; 70 N Geddes (Scun) 27:54; 71 N Rogers (C&T) 27:57; 72 A Crook (S'port W) 27:57; 73 K Rushton (Norw) 27:59; 74 S Davies (Tel) 28:04; 75 J Hill (Sale) 28:04; 76 J Trowbridge (Gate) 28:05; 77 M Williamson (Leam) 28:05; 78 E Phillips (Bir) 28:06; 79 C Scott (Mil K) 28:07; 80 H Canter (Linc W) 28:08; 81 H Finch (SSH) 28:14; 82 T Clarke (R&Z) 28:17; 83 L Blackman (TVH) 28:17; 84 E Crawford (SSH) 28:19; 85 L Durman (Stroud) 28:20; 86 A Fox

(Morp) 28:20; 87 B Gray (Charn) 28:22; 88 H Glover (Keigh) 28:23; 89 L Cox (Tip) 28:23; 90 C Dickie (WSEH) 28:24; 91 N De La Salle (Hill) 28:25; 92 J Butler (B&B) 28:26; 93 D Kennedy (WG&EL) 28:27; 94 P Aukett (SB) 28:27; 95 E Ferenczi (SB) 28:27; 96 R Watchorn-Rice (Cheadle Running Club) 28:28; 97 M Jenkins (S Lon) 28:29; 98 K Simpson (Gate) 28:31; 99 A Wingler (High) 28:32; 100 E Caborn (Bed C) 28:33; 101 M Kirkham (Cov) 28:36; 102 F Cliff (Chelm) 28:38; 103 S Cox (Mil K) 28:41; 104 K Hallas (W&B) 28:42; 105 S Bird (WG&EL) 28:42; 106 A Salt (Trent) 28:43; 107 C Pauzers (Herne H) 28:46; 108 A Lewis (Wells) 28:47; 109 M Synnott-Wells (Rane) 28:49; 110 N Alford (Norw) 28:50; 111 S Wint (Cov) 28:52; 112 R Watson (Sale) 28:53; 113 A Curley (High) 28:53; 114 K Longley (Liv PS) 28:54; 115 J Johnson (Hallam) 28:55; 116 F Kennedy (ESM) 28:56; 117 C Stevinson (B&W) 28:58; 118 R Clifton (Serp) 29:00; 119 L Waterlow (StAlbans Striders) 29:02; 120 J Dickens (Stone MM) 29:02; 121 C De Maria (Leeds C) 29:04; 122 C Leaver (Holm) 29:07; 123 S Williams (Bir) 29:08; 124 A Hopkins (ESM) 29:09; 125 K Haniver (R&Z) 29:13; 126 D Thomas (Trent) 29:16; 127 R Buxton (Cov) 29:20; 128 C Moss (Bed C) 29:20; 129 A Smith (Cov) 29:23; 130 C Lyons (KuH) 29:24; 131 J Stones (Mablethorpe RC) 29:24; 132 S Rudge (Bir) 29:26; 133 D Steer (StAlbans Striders) 29:28; 134 R Luxton (Chelm) 29:30; 135 N Skilton (Staff H) 29:31; 136 G Connolly (SHS) 29:31; 137 J Johnson (Holm) 29:33; 138 L Peters (Stop) 29:34; 139 S Hollingshead (Cheadle Running Club) 29:36; 140 S Newman (Wreak) 29:36; 141 F Cressy (Hill) 29:40; 142 A Culp (GWR) 29:40; 143 J Bradshaw (B&B) 29:44; 144 M Cooper (SB) 29:51; 145 K Gundersen (WG&EL) 29:52; 146 J Finch (SSH) 29:53; 147 K Trickett (Pend) 29:55; 148 C Warrington (Knave) 29:57; 149 C Booker (Stoke) 30:00; 150 R Elder (Hallam) 30:02; 151 S Latham (Bir) 30:05; 152 A Fithern (Tip) 30:11; 153 M Hooton (Notts) 30:12; 154 G Griffiths (Manx) 30:13; 155 K Williams (Tip) 30:15; 156 M Turner (CleS) 30:16; 157 C Davies (Stock) 30:18; 158 A Dungar (Norw) 30:19; 159 K Wood (York) 30:21; 160 H Booth (L&M) 30:23; 161 L Custance (Kett) 30:24; 162 D Richards (Sheff RC) 30:25; 163 D Taylor (Read) 30:25; 164 M Smith (R&N) 30:25; 165 G Jubb (StAlbans Striders) 30:26; 166 S Gray (B'ville) 30:26; 167 S Jackson (Liv H) 30:28; 168 C Oliver (Dartf) 30:30; 169 A Smith (Tatten) 30:32; 170 A George-Plunkett (Knave) 30:33; 171 J Clements (SSH) 30:35; 172 L Cooper (L&M) 30:36; 173 J Rhodes (W Horse) 30:37; 174 C Kilkenny (C&S) 30:39; 175 S Mellors (Belp) 30:40; 176 D Davies (Strat) 30:41; 177 M Hensman (B'ville) 30:42; 178 A Pritchard (Read) 30:44; 179 E Bowen (Col H) 30:44; 180 A Drasdo (Traff) 30:46; 181 A Tanner (Hard) 30:47; 182 A Lancaster (Knave) 30:48; 183 G Alton (Hean) 30:50; 184 A Copson (R&N) 30:53; 185 J Perry (L&M) 30:55; 186 S Russ (Salf) 30:57; 187 J Jones (W&B) 30:57; 188 K Van Hee (Hallam) 30:57; 189 A Didier (B'ville) 30:58; 190 R Pierce (Bath) 30:59; 191 E Deakin (Prest) 31:01; 192 H Stockman (Macc) 31:01; 193 J Hardcastle (Win) 31:03; 194 J Horne (Sheff RC) 31:03; 195 J Goorney (Wesh) 31:04; 196 R Wilcox (Leeds C) 31:06; 197 V Clews (AFD) 31:06; 198 K Greenham (Stock) 31:07; 199 M Harrison (Stone MM) 31:09; 200 E Wharton (Buxton AC) 31:11; 201 Y Hill (Rane) 31:13; 202 L Licietis (Mil K) 31:16; 203 L Noon (Barns) 31:17; 204 R Shaw (R&N) 31:18; 205 A Finlay (Knave) 31:18; 206 E Bexson (Strat) 31:19; 207 P Thomas (ESM) 31:20; 208 R Hall (Kett) 31:22; 209 M Hesketh (Prest) 31:22; 210 P Thorn (Serp) 31:23; 211 M Ali (Liv H) 31:23; 212 K Heppenstall (North York Moors AC) 31:25; 213 V Ornsby (W&B) 31:29; 214 J Dick (Hallam) 31:29; 215 K Pratten (B&B) 31:33; 216 C Morley (Hull A) 31:34; 217 S Atkinson (Tatten) 31:34; 218 Z Blower (Leam) 31:37; 219 C Pickersgill (Long) 31:38; 220 A Austin (Knave) 31:39; 221 G Cavill (Morp) 31:40; 222 R Ward (Dartf) 31:43; 223 S Lovell (Leeds C) 31:45; 224 L Howell (B'ville) 31:48; 225 H Kutor (Manc Y) 31:53

TEAM: 1 Winchester & District 96; 2 Aldershot Farnham & District 112; 3 Havering Mayesbrook 118; 4 Charnwood 119; 5 Bristol & West 154; 6 Shaftesbury Barnet H 161; 7 Hallamshire H 167; 8 Bedford & County 233; 9 City of Norwich 274; 10 Woodford Green with Essex Ladies 294; 11 Birchfield H 365; 12 Kendal 418; 13 Tipton H 431; 14 Sale H Manchester 467; 15 Coventry Godiva H 468; 16 Solihull & Small Heath 482; 17 Bingley H 501; 18 Blackheath & Bromley H 511; 19 Lancaster & Morecambe 548; 20 Leeds City 594; 21 Highgate H 619; 22 Holmfirth H 656; 23 Morpeth H 659; 24 Ealing Southall & Middx. 675; 25 Notts 697; 26 York Knavesmire H 705; 27 Bournville H 756; 28 Rugby & Northampton 794; 29 Wolverhampton & Bilston 815; 30 Gateshead H 831

■ Junior women

1 S Twell (AFD) 13:53; 2 J Harvey (Exe) 14:19; 3 C Roach (Vale R) 14:33; 4 E Pallant (AFD) 14:38; 5 S Waldron (SB) 14:41; 6 R Edwards (Roth) 14:52; 7 K Milner (Traff) 14:53; 8 L Howarth (Leigh) 14:55; 9 S Barnes (B&W) 14:58; 10 M Ferrier (Gate) 15:03; 11 H Rowland (Norw) 15:05; 12 S Stockton (Vale R) 15:05; 13 R Galligan (AFD) 15:06; 14 J Callaway (RSC) 15:11; 15 E Jackson (Stoke) 15:13; 16 D Nimmock (Norw) 15:17; 17 R Gough (Win) 15:19; 18 O Larcombe (RSC) 15:22; 19 L Mayho (Bing) 15:23; 20 H Brooks (Craw) 15:24; 21 A Lavender (Osw) 15:24; 22 L Russell (Win) 15:26; 23 C Mensley (Charn) 15:27; 24 N Gray (M&M) 15:29; 25 E Langdell (RSC) 15:31; 26 V Graves (York) 15:36; 27 J Kinney (RSC) 15:38; 28 N Grant (Roth) 15:41; 29 S Bloor (KuH) 15:42; 30 I Lee (Win) 15:43; 31 R Matson (Hav M) 15:47; 32 Z Wray (Hallam) 15:48; 33 E Clayton (Scun) 15:49; 34 O Kenney (RSC) 15:50; 35 A Wilson (Darl) 15:51; 36 K Knowles (B&W) 15:53; 37 N Doel (AFD) 15:58; 38 I Ainsworth (B&W) 15:59; 39 K Cheshire (Roth) 16:00; 40 K Lomas (Charn) 16:01; 41 J Allen (Roth) 16:04; 42 S Hudak (E Ches) 16:08; 43 N Kipps (Orion) 16:16; 44 J Stimpson (Birm R) 16:16; 45 R Wood (B'burn) 16:18; 46 C Oconell (Wirr) 16:22; 47 A Snook (Shildon R & AC) 16:22; 48 T Taylor (Mil K) 16:23; 49 L Richards (Ton) 16:25; 50 R Gardiner (SB) 16:26; 51 S Boast (Bed C) 16:31; 52 J Stockton (Sale) 16:35; 53 L Roche (M&C) 16:39; 54 C Murphy (Liv H) 16:40; 55 J Fawcett (Roth) 16:43; 56 D Allen (Leigh) 16:45; 57 A McGee (Charn) 16:52; 58 C Miles (SB) 16:53; 59 A Susulowsky (Nene V) 16:54; 60 J Reed (Mat) 16:54; 61 C Conway (B&W) 16:55; 62 R Howarth (Leigh) 17:01; 63 C Bates (Win) 17:03; 64 J Williams (Nene V) 17:03; 65 C Baudouin (Gate) 17:05; 66 M Davis (Herne H) 17:13; 67 S Caskey (P'boro) 17:15; 68 H Jones (R&N) 17:16; 69 M Ronan (Liv H) 17:17; 70 A Firth (Hallam) 17:19; 71 R Rainford (Warr) 17:19; 72 C Hodgson (RSC) 17:20; 73 S Yeomans (Ross) 17:24; 74 B Krych (Charn) 17:27; 75 D Allen (Leigh) 17:28; 76 C Maxted (AFD) 17:29; 77 R Cave (Bed C) 17:39; 78 N Powell (RSC) 17:41; 79 E Limes (Bir) 17:51; 80 N Frolich (Nene V) 17:54; 81 E Curry (KuH) 17:56; 82 K Holland (S'end) 17:56; 83 S Dix (Read) 18:00; 84 J Musgrave (SSH) 18:01; 85 L Rogers (Wyc P) 18:03; 86 C Bazzonni (SB) 18:06; 87 N Sutton (W Norf) 18:08; 88 S Whiteside (Liv H) 18:10; 89 H McManus (Liv H) 18:13; 90 J Adams (R&Z) 18:14; 91 J Brooks (Herne H) 18:17; 92 E Willits (York) 18:18; 93 H Shelley (SB) 18:19; 94 C Lefever (S'end) 18:21; 95 S Teague (E Ches) 18:22; 96 R Russell (Bir) 18:22; 97 S Snyman (Bed C) 18:23; 98 H Pegg (Thrift) 18:26; 99 L Dixon (Morp) 18:27; 100 D Leahy (Liv H) 18:34

TEAM: 1 Aldershot Farnham & District 55; 2 Royal Sutton Coldfield 84; 3 Rotherham H 114; 4 Winchester & District 132; 5 Bristol & West 144; 6 Charnwood 194; 7 Shaftesbury Barnet H 199; 8 Leigh H 201; 9 Liverpool H 300; 10 Bedford & County 342; 11 Herne Hill H 397; 12 Birchfield H 430

■ U17 women

1 L Park (Ellen) 14:24; 2 C Purdue (AFD) 14:44; 3 L Small (AFD) 14:48; 4 B Carter (Inv EK) 14:58; 5 V Rollins (Kett) 14:59; 6 H Bateson (L&M) 15:01; 7 A Jarman (L&M) 15:02; 8 L Partridge (AFD) 15:04; 9 J Burns (Ply) 15:07; 10 K Harris (Hull A) 15:07; 11 L Webb (Team S) 15:08; 12 R Craigie (Vale R) 15:12; 13 S Burns (Roth) 15:21; 14 H Walker (D&T) 15:25; 15 K Avery (Shildon R & AC) 15:28; 16 C Pring (Norw) 15:40; 17 L Weightman (Morp) 15:43; 18 M Powell (RSC) 15:46; 19 C Arter (Eden) 15:49; 20 N Roberts (Kett) 15:50; 21 C Taylor (AFD) 15:51; 22 G Ball (Linc W) 15:52; 23 N Morgan (Wells) 15:53; 24 E Wimshurst (B&W) 15:53; 25 D Hurley (S'end) 16:02; 26 K Leybourne (BWF) 16:03; 27 R Robinson (Scun) 16:03; 28 Z Farnell (RSC) 16:06; 29 M Newbery (TVH) 16:08; 30 L Condron (C&T) 16:10; 31 R Stuart (Kesw) 16:13; 32 G Astin (Manx) 16:14; 33 B Pearce (Stock) 16:15; 34 Z Hawkins (Charn) 16:17; 35 L Alexander-High (AFD) 16:18; 36 A Abe (Team S) 16:20; 37 A Talbot (Warr) 16:21; 38 L McLoughlin (Stock) 16:22; 39 B Harris (Hull A) 16:25; 40 R Lanceley (Roth) 16:29; 41 J Spencer (KuH) 16:31; 42 A Sharp (Louth) 16:31; 43 T Armoush (Amber) 16:35; 44 M Brickell (Ton) 16:35; 45 C Stringer (Vale R) 16:37; 46 S Davis (RSC) 16:37; 47 O Hardman (Bolt) 16:38; 48 S Burgin (Win) 16:39; 49 L Day (KuH) 16:41; 50 O Bryant (TVH) 16:43; 51 J Gurney (Charn) 16:45; 52 A Stevenson (Horw) 16:46; 53 G Busetto (Wirr) 16:49; 54 K Russell (Hallam) 16:51; 55 K Harper (Tip) 16:56; 56 H Hunn (Kett) 16:56; 57 L Spence (Roth) 16:57; 58 S Waterhouse (Leeds C) 16:58; 59 L Kay (Stock) 17:03; 60 N Young (Morp) 17:04; 61 A Keane (SB) 17:06; 62 E Burgess (S'end) 17:07; 63 V Brann (Here) 17:10; 64 C Arnold (AFD) 17:12; 65 S Cutler (Bed C) 17:13; 66 H Warburton (Leigh) 17:16; 67 E Flanagan (Ross) 17:19; 68 S Smith (BMH) 17:19; 69 M Stone (KuH) 17:20; 70 E Neale (Col H) 17:20; 71 C Waring (Notts) 17:23; 72 L Smith (Mansfield Harriers & AC - No Vest) 17:23; 73 L Monk (Leic C) 17:24; 74 S Johnson (Trent) 17:28; 75 M Brolly (Clay) 17:28; 76 C Lancaster (Tel) 17:29; 77 S Prier (AFD) 17:29; 78 L Havercroft (KuH) 17:30; 79 O Desborough (Liv H) 17:30; 80 J Parker (York) 17:35; 81 F Gilbert (Mat) 17:36; 82 H Darby (Bolt) 17:38; 83 V Hayes (Chelm) 17:38; 84 M Davies (Liv H) 17:38; 85 K Tuttlebury (Chelm) 17:41; 86 C Hinch (Nene V) 17:42; 87 K Smith (BMH) 17:42; 88 B Pettit (Holm) 17:43; 89 R Atherton (C&S) 17:44; 90 R Searson (B'burn) 17:44; 91 R Hannah (Wirr) 17:45; 92 Z Armstrong (Morp) 17:46; 93 J Wedmore (Herne H) 17:47; 94 E Murphy (Wirr) 17:48; 95 M Rothman (Leam) 17:48; 96 V Rukin (Ton) 17:49; 97 K Howard (Vale R) 17:52; 98 E Wilkinson (Mans) 17:53; 99 B Young (Halesowen AC) 17:53; 100 S Ward (Tip) 17:54

TEAM: 1 Aldershot Farnham & District 34; 2 Royal Sutton Coldfield 210; 3 Kettering Town H 225; 4 Kingston Upon Hull 237; 5 Stockport H 252; 6 Morpeth H 272; 7 Vale Royal 273; 8 Tonbridge 348; 9 Wirral 366; 10 Thames Valley H 426; 11 Tipton H 430; 12 Hallamshire H 439; 13 Lincoln Wellington 472; 14 Chelmsford 499; 15 Mansfield H 557

■ U15 girls

1 E Gorecka (AFD) 12:27; 2 R Haynes (AFD) 12:37; 3 N Speake (B&W) 12:46; 4 A Gummon (B&W) 12:49; 5 E Wallbank (Bed C) 13:05; 6 M Hawtin (Oxf C) 13:10; 7 L Warwick (Win) 13:10; 8 K Holt (Stoke) 13:11; 9 L Proctor (Wake) 13:22; 10 M Huxley (Vale R) 13:25; 11 M Courtney (Poole) 13:31; 12 G Peel (Woking) 13:33; 13 L Farnell (RSC) 13:34; 14 S Astin (Manx) 13:38; 15 S Connor (SB) 13:40; 16 C Dullaghan (AFD) 13:47; 17 A Bell (P&B) 13:49; 18 C Christensen (Ips) 13:49; 19 A MacKinnon-Austin (Bed C) 13:50; 20 H Doherty (Sale) 13:50; 21 E Bounds (Hav M) 13:50; 22 R Eaton (Bodyworks Xtc Tri Store) 13:54; 23 K Snowden (Herne H) 13:54; 24 J Chen (Ports) 13:55; 25 R Denton (Morp) 13:55; 26 R Brandham (Mans) 13:56; 27 H Wragg (Mans) 13:56; 28 E Stevens (AFD) 13:57; 29 H Archer (W Suff) 13:57; 30 M Partridge (AFD) 13:59; 31 R Weston (Inv EK) 13:59; 32 C Thackery (Hallam) 14:00; 33 A Tracey (G&G) 14:03; 34 S Barker (Sale) 14:07; 35 G Bell (ESM) 14:08; 36 C Taylor (Nene V) 14:08; 37 V Newell (E Ches) 14:09; 38 E Monk (Halesowen AC) 14:09; 39 C Smee (S'end) 14:10; 40 E Roche (Mil K) 14:11; 41 C Talbot (Mans) 14:12; 42 J Henderson (Read) 14:13; 43 K Reynolds (E Ches) 14:13; 44 C Mills (Vale R) 14:13; 45 C Perry (Vale R) 14:14; 46 L Riches (Leigh) 14:15; 47 J Mobed (TVH) 14:17; 48 E Fisher (Roth) 14:22; 49 H Edwards (Herne H) 14:22; 50 L MacGregor (Orion) 14:24; 51 K McAslan (E Ches) 14:24; 52 E Gilmore (Ports) 14:25; 53 G Taylor-Brown (E Ches) 14:25; 54 A Watson (Gloucester AC) 14:27; 55 J Dimmock (Kett) 14:27; 56 F Vincent (Leic C) 14:28; 57 A Burgin (Bed C) 14:31; 58 H Grandfield (Tel) 14:31; 59 D Davey (Mans) 14:32; 60 E Lee (Leigh) 14:33; 61 R Flory (Bed C) 14:33; 62 F Higgin (Shildon R & AC) 14:34; 63 B Dean (E Ches) 14:34; 64 R Jefferson (Warr) 14:36; 65 C Firth (Worth) 14:37; 66 M Galbraith (Ips) 14:39; 67 E Holmes (Ton) 14:40; 68 N Haviland (Wirr) 14:41; 69 L Marshall (Amber) 14:42; 70 A Johnson (RSC) 14:42; 71 R Taylor (B'burn) 14:43; 72 G Freeman (P'boro) 14:44; 73 R Sadler (Hav M) 14:44; 74 D Critchley (B&B) 14:45; 75 J Burke (Halesowen AC) 14:45; 76 F Sharp (TVH) 14:45; 77 L Blackstone (Ton) 14:45; 78 L Smith (Alt) 14:46; 79 H Rank (Morp) 14:46; 80 L Ried (Ton) 14:46; 81 D Seabrook (AFD) 14:46; 82 H Jacobson (KUHAC) 14:50; 83 R Oldham (Gate) 14:52; 84 E Barker (W Suff) 14:52; 85 J Brewster (Norw) 14:52; 86 L Muth (Bir) 14:53; 87 B Bendle (Charn) 14:54; 88 E Waugh (R&N) 14:54; 89 L Haines (AFD) 14:55; 90 J Augsburger (O&R) 14:57; 91 J Schofield (Wirr) 14:57; 92 S Hogan (B&R) 14:57; 93 C Rickards (L&M) 14:57; 94 C Hulme (C&S) 14:58; 95 J Wilton (Leeds C) 14:58; 96 N Verwer (Strat) 14:59; 97 R Bray (C&S) 15:00; 98 C McKenzie (Bed C) 15:00; 99 S Harrison (Mans) 15:00; 100 J Andrews (Orion) 15:00

TEAM: 1 Aldershot Farnham & District 47; 2 Bedford & County 142; 3 Mansfield H 153; 4 East Cheshire H & Tameside 184; 5 Vale Royal 205; 6 Royal Sutton Coldfield 308; 7 Ipswich H 336; 8 Tonbridge 374; 9 Halesowen 400; 10 Shaftesbury Barnet H 413; 11 Sale H Manchester 420; 12 Cannock & Stafford 432; 13 City Of Norwich 508; 14 Havering Mayesbrook 518; 15 Hallamshire H 543

■ U13 girls

1 J Judd (Thurr) 11:22; 2 G Howie (Poole) 11:42; 3 H Bethwaite (Ellen) 11:43; 4 R Bourne (AFD) 11:49; 5 J Bird (C&S) 11:52; 6 S Shiel-Rankin (AFD) 11:54; 7 K Mimms (SB) 11:56; 8 S Johnson (Leigh) 11:58; 9 S Draper (Harrow) 11:59; 10 L Baker (Staffs M) 12:00; 11 B Jones (Leigh) 12:07; 12 I Briscoe (Stroud) 12:08; 13 H Callaghan (Hal) 12:08; 14 A Griffiths (Leic C) 12:09; 15 M McKenzie (Bed C) 12:10; 16 J Lonsdale (KuH) 12:10; 17 A Garnett (S'end) 12:10; 18 D Wallis (Macc) 12:11; 19 J Anderson-Busby (AFD) 12:13; 20 B Haywood (Linc W) 12:15; 21 B Tynan (Liv H) 12:17; 22 M Fairbrother (Leic C) 12:18; 23 E Sales (Nun) 12:18; 24 L Chapman (AFD) 12:18; 25 T Abraham (Leic C) 12:20; 26 A Sadler (RSC) 12:22; 27 G Gunn (Chelt) 12:23; 28 K Michaels (KuH) 12:24; 29 A Beeby (Leic C) 12:24; 30 B Taylor (Read) 12:25; 31 N Bailey (Halesowen AC) 12:26; 32 N Richardson (Cov) 12:26; 33 C Wilsher (Hallam) 12:26; 34 R Murray (Bed C) 12:26; 35 C Bangay (Corby) 12:27; 36 A Reed (Bodyworks Xtc Tri Store) 12:27; 37 T McCormick (W Ches) 12:28; 38 O Wild (Stock) 12:28; 39 P Banbury (Ton) 12:29; 40 Y Yewt-Smart (SB) 12:29; 41 R Nolan (Lut) 12:29; 42 A Antoine-Chager (Orion) 12:29; 43 E Orton (Leic C) 12:30; 44 B Ellis (Spen) 12:30; 45 S Tory (TVH) 12:31; 46 C Blythe (Tam) 12:31; 47 C Marsh (Roth) 12:31; 48 L Hawtin (Oxf C) 12:31; 49 M Shreeves (Bed C) 12:32; 50 C Denton (Kett) 12:33; 51 A Wood (Ton) 12:33; 52 M O'Connell (Chelt) 12:34; 53 S Hodgson (L&M) 12:34; 54 S Williams (P'boro) 12:35; 55 A Craig (Tip) 12:36; 56 R Straw (C&S) 12:38; 57 R Robinson (RSC) 12:38; 58 K Bowers-Folan (Liv H) 12:38; 59 O Perez (Liv H) 12:39; 60 J Ashford (Charn) 12:40; 61 F Lenton (SB) 12:43; 62 R Carver (Mend) 12:43; 63 A Harris (Bed C) 12:44; 64 N Gent (RSC) 12:44; 65 B Mason (Liv H) 12:45; 67 C Jarvis (SHS) 12:45; 68 J Freeman (Bir) 12:46; 69 G Woods (P'boro) 12:46; 70 E Peters (O&R) 12:46; 71 C Bellingham (Mans) 12:47; 72 P Lambert (Nene V) 12:47; 73 N Parsons (RSC) 12:47; 74 F Bell (Hallam) 12:47; 75 M Flannery (Spen) 12:48; 76 S Taylor (Birt) 12:48; 77 E Howat (Bir) 12:50; 78 G Kinney (RSC) 12:52; 79 S Forster (Birt) 12:52; 80 R Donohue (Liv H) 12:53; 81 A Blaxland (Hav M) 12:54; 82 K Thomas (Linc W) 12:54; 83 L Deacon (Nun) 12:54; 84 C Baxter (Mans) 12:54; 85 I Thompson (StAlbans AC) 12:55; 86 B Angell (Sheff) 12:56; 87 E Wilkinson (Spen) 12:56; 88 S Cherrie (Louth) 12:57; 89 A Leathem (Leam) 12:57; 90 M Smith (Lewes) 12:57; 91 D Jakymelen (Mans) 12:58; 92 H Byren (Oxf C) 12:59; 93 R Borrows (Leic C) 12:59; 94 O Radcliffe (Wake) 12:59; 95 B Oakes (Birt) 13:00; 96 K Wood (York) 13:00; 97 M Angell (Bed C) 13:00; 98 A Sweet (N&P) 13:00; 99 E Sproul (Kendal AC) 13:00; 100 E Kemming (Bed C) 13:01

TEAM: 1 Aldershot Farnham & District 53; 2 Leicester Coritanian 90; 3 Bedford & County 161; 4 Leigh H 192; 5 Liverpool H 203; 6 Royal Sutton Coldfield 220; 7 Shaftesbury Barnet H 237; 8 Kingston upon Hull 289; 9 Mansfield H 355; 10 Cannock & Stafford 362; 11 Spenborough 403; 12 Stockport H 425

■ SEE www.englishcrosscountry.co.uk or www.athleticsdata.com for full results

Records galore at the NIA

Michael Wheeler sets a UK U17 shot record despite injury

Words: Trevor Frecknall & Tom McCook
Pictures: Mark Shearman


Jodie Williams: gold in the under-15 girls' 60m

AN ASSORTMENT of UK age-group and championship bests were set over two days of thrilling action.

As befits a giant advised by the legendary Geoff Capes, Michael Wheeler defied an ankle ligament injury to put the under-17 men's shot 19.06m in the sixth and last round, obliterating the championship best of 18.40m by Carl Myerscough in 1996 and UK best of 18.42m by Chris Gearing in 2002.

Jade Ive finally reached her winter's target of 4.00m in the under-17 women's pole vault, which means she has improved the UK indoor best by nine centimetres.

Katie Byers from Sale sailed over 3.41m to add 31cm to the under-15 girls' pole vault UK and championship best and, in second place, Rhianydd Llewellyn added 10cm to the Welsh best she achieved last month.

The weekend's major action-girl, World Juniors 400m hurdles hopeful Meghan Beesley, went to second on the all-time under-20 women's 400m rankings by lowering the championship best to 53.84 seconds, a landmark PB – "my first time under 54 seconds." She then finished second in the 200m in a PB of 23.97 behind an Irish record of 23.92 seconds that offers Niamh Whelan from Waterford a route to this summer's World Juniors. Beesley was also second in the 60m hurdles with 8.60.


Michael Wheeler: threw a mammoth 19.06m

The winning time in the men's under-20 event was another quick one. Jordan McGrath, who was fourth in the IAAF World Youth Championships last year and is still only 17, ran 47.67 – just 0.58 seconds outside his outdoor PB.

Fifteen-year old Liverpool Harrier Katarina Thompson won the under-17 long jump by almost half a metre with a 6.02m leap in her heroic quest for a hat-trick of England titles.

Her clubmate Jack Meredith ran himself into the record books by stopping the clock for the under-17 60m hurdles in 7.89, which shaved three hundredths of a second from Brett St Louis' UK best, set almost a quarter of a century ago in 1985.

Shaunna Thompson completed a sprint double in the under-17 category. The Sale Harrier first went to second on the UK all-time list in the 60m, clocking 7.51m, which was four hundredths of a second quicker than her winning time a year ago, though still well outside the UK best of 7.35 set by Asha Philip 12 months ago.


Niamh Whelan of Ireland won the 200m from Meghan Beesley (130)

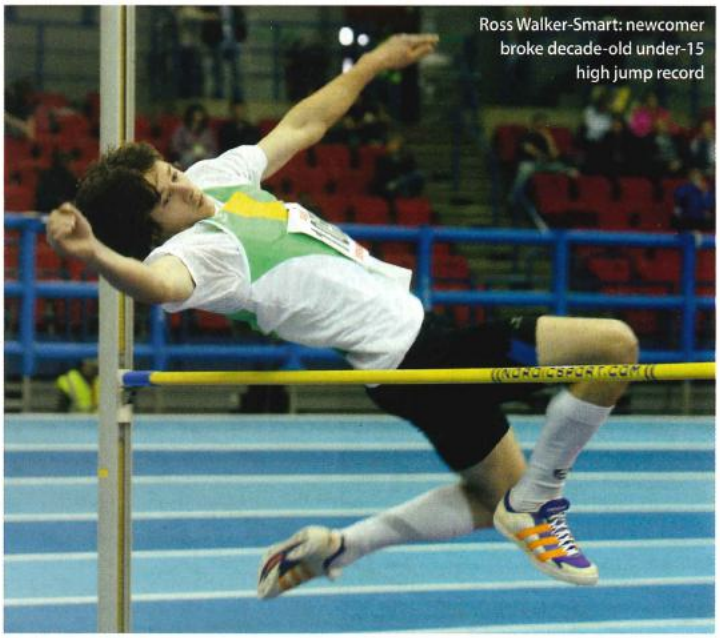
Thompson followed up by lowering the under-17 women's 200m CBP to 24.02, twelve hundredths faster than Amy Spencer in 2001, the year she won the World Youth Championships 200m silver medal.

City of Stoke AC's Jazmin Sawyers bagged a brace of under-15 titles and a hat-trick of PBs on a busy afternoon for the 13-year-old from Newcastle-under-Lyme. Sawyers consolidated her position at the top of the UK long jump rankings with 5.48m, and a 1.65m in the high jump completed her jumps double victory. Her team-mate Andy Marsh vaulted five metres at the first attempt to take the under-20 pole vault title.

Jordan Huggins, who qualified for the UK Championships senior final at Sheffield, came through powerfully in the second half of the under-20 60m final to be crowned sprint champion in 6.70 from Sale Harriers Manchester's Andrew Robertson. After taking two hundredths from his lifetime best,



James Senior: won the under-17 men's 800m


Ross Walker-Smart: newcomer broke decade-old under-15 high jump record

Huggins paid tribute to the silver medallist, saying: "Well done to Andy, who got out well and put me under pressure. I only overtook him once I got into the pick-up phase."

Blackheath & Bromley's Alexander Al-Ameen, who is coached by Tony Jarrett and Clarence Callendar at Lee Valley, broke eight seconds for the first time to win the under-20 60m hurdles title in 7.98. Birchfield Harrier Edirin Okoro, who clocked 7.95 in his semi-final, was inconsolable after hitting the last two hurdles in the final, though he just held on to the silver medal from Team Bath's Simon Merrill.

Herts Phoenix AC's Jodie Williams won the girls' under-15 60m title in 7.57 after winning her heat in 7.54 and her semi in 7.55 respectively. Williams, who ran 7.45 at Eton, said: "I was pleased with my starts and had most energy when I ran my heat. Another highlight was being introduced to Katharine Merry, who was one of the athletes that I admired most."

Two of the under-20 titles went overseas. Singapore's Stefan Tseng Ke Chen won the men's triple jump with a 15.71m and Norway's Tale Orving took the women's under-20 60m hurdles in a career best 8.47. Lasswade AAC's Cameron Wade lowered his own Scottish age record to 8.61 in convincingly winning the under-15 60m hurdles title.

Robert Gayler, one of Shaftesbury's many talented horizontal jumpers, won the under-15 boys' long jump with 6.37m, a CBP by 10 centimetres and only one centimetre short of the UK best held by Mark Awanah for the last 11 years.


Jade Ive: broke the four-metre barrier

Edinburgh AC's Tom Holligan lowered his 400m PB from 55.49 seconds in winning the under-15 title in 52.86, a Scottish indoor record. "It's all down to my coach Keith Ridley – and to my mum, who spent £300 on this trip," he said.

Daniel Chesworth from Newport Harriers was modesty itself after winning the under-15 boys' 800m in a Welsh record of 2:04.54. "It's only a PB by three-hundredths of a second," he said. "I broke the record at the Celtic Cup, but it's harder in here – much drier than at UWIC."

Sara Otung from Pontypridd improved by a quarter of a second to win the girls' under-15 60m hurdles in 9.01 by five hundredths from Derby AC's Yasmin Miller.

A couple of the under-15 titles went to youngsters who were not involved in athletics this time last year.

Notts AC's 14-year-old Ross Walker-Smart, who plays rugby to county standard, high jumped 1.92m to break the 10-year-old championship record and came close at his second attempt in creating a UK best height of 1.96m.

Mandale AC's Richard Hodgson only switched from cricket and football last May. The 6ft 2in 14-year-old from Middlesbrough consolidated his position at the head of the UK 60m rankings by comfortably winning the final in 7.08.

And the final flourish belonged to coaches Tim and Pauline Ash from City of Norwich AC, who watched proudly as James Senior and Joel Taylor took gold and bronze in the under-17s' 800m, Rick Ward front-ran to victory in the under-20s' 800m and Rachel Stringer provided the icing on the cake by retaining her under-20s' 800m title in 2:06.91, five hundredths quicker than Rachael Thompson's CBP in 2004 and two-hundredths better than her outdoor PB.

It was all watched by a small army of former international athletes now coaching the next generation. Hurdler Tony Jarrett best articulated their aims: "The next step is the biggest – to nurture them from juniors to seniors. If I can get somebody to do what I did as a senior, great. If I can get somebody to do better than I did, brilliant!"

RESULTS

■ **U20 men**

60: 1 J Huggins (E&H) 6.70; 2 A Robertson (Sale) 6.76; 3 J Alaka (B&B) 6.86; 4 P Bjor Berntsen (NOR) 6.90; 5 R Farrington (Bir) 6.91; 6 A Infantino (E&H) 6.94; 7 E Ayanful (WG&EL) 6.95; 8 C Russell (IRL) 6.98. **60: SF1:** 1 J Alaka (B&B) 6.86; 2 A Infantino (E&H) 6.9; 3 T Gilling (Sutt) 6.97; 4 J Ejehu (Harrow) 6.97; 5 C Kang (SIN) 6.99; 6 S Merrill (Bath) 7.14; 7 T Marshall (Sheff) 7.14; 8 C Howe (Card) 7.25. **SF2:** 1 P Bjor Berntsen (NOR) 6.81; 2 R Farrington (Bir) 6.87; 3 C Russell (IRL) 6.95; 4 E Ayanful (WG&EL) 6.97; 5 P Osazuwa (NOR) 7.01; 6 A Antoe Walters (Bir) 7.04; 7 A Ojo (ESM) 7.08; 8 S Rorvik (NOR) 7.08. **SF3:** 1 J Huggins (E&H) 6.74; 2 A Robertson (Sale) 6.80; 3 C Craig (P'broke) 7.01; 4 R Odumosu (SB) 7.04; 5 C Dryden (M'bro) 7.09; 6 J Blundell (Cov) 7.11; 7 D Clark (VPCG) 7.15; 8 J Kibirige (Darl) 7.16. **Ht1:** 1 J Huggins (E&H) 6.85; 2 J Ejehu (Harrow) 7.02; 3 R Odumosu (SB) 7.09; 4 C Kang (SIN) 7.11; 5 K Adedoyin (Sutt) 7.18; 6 T Anim-Somuah (SHS) 7.30; 7 G Madigan (Ilf) 7.41; 8 B Riekstins (Tel) 7.42. **Ht2:** 1 J Alaka (B&B) 6.97; 2 S Merrill (Bath) 7.13; 3 D Clark (VPCG) 7.17; 4 S Ratcliffe (Havant) 7.23; 5 P Mag Arjunsolli (NOR) 7.35; 6 B Newman (Bir) 7.35; 7 J Bahrami (E'bne) 7.41. **Ht3:** 1 P Bjor Bernsten (NOR) 6.91; 2 J Kibirige (Darl) 7.07; 3 A Walters (Bir) 7.09; 4 R Reeves (Sheff) 7.19; 5 J Alexander (B&B) 7.23; 6 A Storer (R&N) 7.32; 7 J Thomas (Horw) 7.34. **Ht4:** 1 A Infantino (E&H) 6.92; 2 T Gilling (Sutt) 7.01; 3 P Osazuwa (NOR) 7.11; 4 J Ramos (NEB) 7.30; 5 M Rollings (Stoke) 7.36; 6 S Stone (Amber) 7.43; 7 C Owen (Dees) 7.43. **Ht5:** 1 A Robertson (Sale) 6.99; 2 C Russell (IRL) 7.03; 3 D Daniel (WG&EL) 7.21; 4 M Bawo (TVH) 7.23; 5 M Brown (Bury) 7.28; 6 D James (WSEH) 7.33; 7 N Chiagorom (NEB) 7.42. **Ht6:** 1 E Ayanful (WG&EL) 7.00; 2 J Blundell (Cov) 7.05; 3 T Marshall (Sheff) 7.12; 4 P Sanne (NOR) 7.26; 5 L Crabb (C&C) 7.27; 6 T Sayers (M'field) 7.35; 7 S Dummett (Tel) 7.44. **Ht7:** 1 R Farrington (Bir) 6.98; 2 S Rorvik (NOR) 7.09; 3 C Dryden (M'bro) 7.10; 4 A Ojo (ESM) 7.14; 5 C Morter (C&C) 7.26; 6 G Hopkins (Card) 7.29; 7 M Walker (unatt) 7.40; 8 W De Torvy - Ballou (TVH) 7.40. **Ht8:** 1 C Craig (P'broke) 6.99; 2 C Howe (Card) 7.20; 3 S Mitchell (Camb H) 7.22; 4 C Lawson (SB) 7.23; 5 N Chivers (Poole) 7.34; 6 A Jones (B&V) 7.45; 7 J Baxter (C&C) 7.46

200: 1 J Alaka (B&B) 21.87; 2 C Craig (P'broke) 21.95; 3 L Lennon - Ford (Bir) 22.66. **SF1:** 1 C Craig (P'broke) 21.86; 2 P Mag Arjunsolli (NOR) 22.49; 3 T Marshall (Sheff) 22.67; 4 D Daniel (WG&EL) 23.05. **SF2:** 1 J Alaka (B&B) 21.95; 2 G Price (Team S) 22.30; 3 M Warner (Notts) 22.42; 4 R Farrington (Bir) 22.67; 5 M Bawo (TVH) 23.29. **SF3:** 1 N Levine (WSEH) 21.73; 2 P Bjor Berntsen (NOR) 22.04; 3 L Lennon - Ford (Bir) 22.11; 4 D Talbot (Bath) 22.13; 5 C Lawson (SB) 23.39. **Ht1:** 1 N Levine (WSEH) 22.31; 2 P Mag Arjunsolli (NOR) 22.40; 3 M Warner (Notts) 22.52; 4 M Bawo (TVH) 23.09; 5 J Bahrami (E'bne) 23.34. **Ht2:** 1 J Alaka (B&B) 22.24; 2 G Price (Team S) 22.40; 3 D Daniel (WG&EL) 22.82; 4 T Marshall (Sheff) 22.90; 5 C Lawson (SB) 23.18. **Ht3:** 1 R Farrington (Bir) 22.44; 2 P Bjor Berntsen (NOR) 22.57; 3 G Hopkins (Card) 23.18; 4 T Sayers (M'field) 23.19. **Ht4:** 1 C Russell (IRL) 21.95; 2 C Craig (P'broke) 21.96; 3 A Ojo (ESM) 23.33; 4 G Madigan (Ilf) 23.46. **Ht5:** 1 L Lennon - Ford (Bir) 22.28; 2 D Talbot (Bath) 22.50; 3 B Riekstins (Tel) 23.32; 4 R Kakoza (NEB) 23.33

400: 1 J McGrath (SSH) 47.67; 2 R McDonald (Bir) 48.14; 3 R Oppong-Konadu (C&C) 48.84; 4 N Flannery (Gate) 49.32; 5 T Miller (Card) 49.50; 6 P North (Swin) 49.67. **SF1:** 1 N Flannery (Gate) 49.30; 2 T Miller (Card) 49.32; 3 H Doran (Liv PS) 49.79; 4 J Moorcroft (Team K) 49.82; 5 C Burn (Strat) 50.65. **SF2:** 1 R Oppong-Konadu (C&C) 49.35; 2 P North (Swin) 49.40; 3 J McGinn (Liv PS) 50.60; 4 M Fraser (Norw) 50.74; 5 G Innes (VPCG) 50.75. **SF3:** 1 J McGrath (SSH) 47.92; 2 R McDonald (Bir) 48.81; 3 J Bowie (I'ness) 49.41; 4 M Hunt (Chelm) 49.69; 5 D Higham (Liv PS) 51.12. **Ht1:** 1 J McGrath (SSH) 49.52; 2 R Oppong-Konadu (C&C) 49.97; 3 M Hunt (Chelm) 50.12; 4 R Davey (M'field) 51.84. **Ht2:** 1 J McGinn (Liv PS) 50.23; 2 H Doran (Liv PS) 50.34; 3 C Burn (Strat) 50.42; 4 S Butterworth (Sale) 50.90; 5 S Peters (Erme) 51.86. **Ht3:** 1 R McDonald (Bir) 50.32; 2 G Innes (VPCG) 50.37; 3 L Wooldridge (Ton) 50.62. **Ht4:** 1 P North (Swin) 49.57; 2 J Bowie (I'ness) 49.91; 3 M Fraser (Norw) 50.23; 4 G Hopkins (Card) 51.39; 5 J Croasdale (Liv H) 51.63. **Ht5:** 1 N Flannery (Gate) 50.29; 2 D Higham (Liv PS) 50.61; 3 M Baker (M&M) 50.72; 4 G Steventon (Read) 51.08; 5 A Davis-Phillip (Kent) 51.76. **Ht6:** 1 T Miller (Card) 50.20; 2 J Moorcroft (Team K) 50.25; 3 O Owolade (B&B) 50.79; 4 A Nassir (Charn) 51.00

800: 1 R Ward (Norw) 1:54.69; 2 C Smith (Wirr) 1:54.99; 3 S Evans (C&S) 1:56.30; 4 J Butler (Swan) 1:57.12; 5 A Stanton (Gate) 1:57.52; 6 M Hobson (Bex) 1:58.07. **Ht1:** 1 S Evans (C&S) 1:55.68; 2 R Ward (Norw) 1:56.29; 3 D Platt (N Dev) 1:57.11; 4 H Webb (Yate) 1:57.13; 5 J Fenaroli (Swan) 1:59.80. **Ht2:** 1 A Stanton (Gate) 1:54.50; 2 C Smith (Wirr) 1:54.58; 3 J Butler (Swan) 1:55.11; 4 M Hobson (Bex) 1:56.82

1500: 1 N Collins (IRL) 4:04.63; 2 J Griffiths (Vale R) 4:04.71; 3 S Fontana (Glas Sc Sp) 4:05.51; 4 T Bowerman (AFD) 4:09.22; 5 J Morgan (Newp) 4:09.55; 6 A Blundell (Bir) 4:11.75

60H: 1 A Al -Ameen (B&B) 7.98; 2 E Okoro (Bir) 8.04; 3 S Merrill (Bath) 8.05; 4 C Holmes (Bir) 8.23; 5 C Innes (VPCG) 8.23; 6 S Stone (Amber) 8.25; 7 C Wakeford (M'field) 8.32; 8 J Hylton (Severn) 8.35. **Ht1:** 1 E Okoro (Bir) 7.95; 2 C Innes (VPCG) 8.35; 3 E Okpokiri (NEB) 8.46; 4 A Bryant (WSEH) 8.57; 5 T Casey (Leeds C) 8.63. **Ht2:** 1 A Al-Ameen (B&B) 8.00; 2 C Wakeford (M'field) 8.28; 3 C Holmes (Bir) 8.42; 4 S Stone (Amber) 8.45; 5 C Roberts (Hunts) 8.50; 6 C Craig (Bed C) 8.93. **Ht3:** 1 S Merrill (Bath) 8.03; 2 J Hylton (Severn) 8.3; 3 A Wilson (VP&TH) 8.47; 4 O Lawrence (Bir) 8.59; 5 L Wilson (Liv H) 8.64; 6 B Gregory (VoA) 8.66

HJ: 1 C Baker (E&H) 2.06; 2 K Egeland (NOR) 2.06; 3 D Hammond (Sale) 2.06; 4 C Lake (WSEH) 2.03; 5 S Johnson (Bed C) 2; 6 K Foroughi (IRL) 1.97; 7 G Coulter (B&A) 1.97; 8 M Brown (Cov) 1.97; 9 J Hamilton (D&T) 1.97; 10 B Armorgie (Herts P) 1.94; 11 M Ashley (Notts) 1.94; 12 D Dunscombe (Worth) 1.94; 13 E Mason (Bath) 1.9; 14 L Ely (W Norf) 1.86; 14 J Edwards (Dees) 1.86; 16 D Evans (Dees) 1.86; 17 M Cherrington (Tip) 1.86

PV: 1 A Marsh (Stoke) 5.00; 2 S Huggins (B&B) 4.90; 3 N Cruchley (Hale) 4.80; 4 D Curwen - Reed (WxB) 4.70; 5 A Sutcliffe (Sale) 4.70; 6 R Warensjo (Swin) 4.60; 7 R Searles (Dearn H) 4.60; 8 B Gregory (VoA) 4.50; 9 C Sharp (Shett) 4.30; 10 M Devereux (Bed C) 4.30; 11 M Read (Chelm) 4.20; 12 L Cordell (D&T) 4.20; 13 T Hillier (B&W) 4.00; 14 P Hallworth (Dearn H) 4.00; 15 A Bryant (WSEH) 3.80

LJ: 1 J Blundell (Cov) 7.25; 2 J Groocock (Team S) 7.08; 3 N Okolo (SB) 6.97; 4 C Cheng (SIN) 6.89; 5 D Gardiner (Leeds C) 6.87; 6 S Rodger (E'bne) 6.73; 7 C Dryden (M'bro) 6.69; 8 B Pickup (B'mth) 6.63; 9 M Goh (SIN) 6.62; 10 S Rorvik (NOR) 6.61; 11 J Olasan (HW) 6.54; 12 A Burgess (Sale) 6.48; 13 M Puplampu (Bed C) 6.44; 14 T Kivell (Newp) 6.44; 15 M Rollings (Stoke) 6.39; 16 D Bramble (ESM) 6.35; 17 J Gardner (Stoke) 6.35; 18 I Tobin (Herts P) 6.31; 19 N Fox (SB) 6.31; 20 S Stuart (Ilf) 6.27; 21 C Clark (Kilb) 6.27; 22 M Thompson (Cov) 6.27

TJ: 1 S Tseng Ke Chen (SIN) 15.71; 2 N Okolo (SB) 14.88; 3 M Goh (SIN) 14.88; 4 S Wynter (E&H) 14.83; 5 C Bartlett (Strat) 14.38; 6 D Lewis (SB) 14.17; 7 M Puplampu (Bed C) 13.97; 8 C Clark (Kilb) 13.54; 9 C Fiddes (Blay) 13.52; 10 R Constable (Team S) 13.27; 11 I Simson (D&T) 13.26; 12 J Gardner (Stoke) 13.10; 13 A Williams (Menai) 13.00; 14 J Ramie (Hav M) 12.89

SP: 1 J Stevenson (NEB) 18.01; 2 D Carlin (Giff N) 16.24; 3 B Morse (Card) 15.84; 4 M Baptiste (NEB) 15.32; 5 T Smith (Wig) 14.88; 6 D Douglas (WG&EL) 14.53; 7 J Bloomfield (Ips) 14.20; 8 E Ntim-Dwemoh (Croy) 14.06

■ **U17 men**

60: 1 K Showler-Davis (Win) 6.94; 2 L Owen (TVH) 7.04; 3 D Putnam (B&B) 7.04; 4 A Jovanovski (Wat) 7.14; 5 J Arthur (E&H) 7.16; 6 T Knight (unatt) 7.21; 7 T White (Card) 7.23. **SF1:** 1 L Owen (TVH) 7.05; 2 T Mosley (Leeds C) 7.10; 3 A Jovanovski (Wat) 7.16; 4 T White (Card) 7.19; 5 T Kennedy (Sutt) 7.21; 6 J Ramsbottom (Wat) 7.22.

SF2: 1 K Showler-Davis (Win) 6.85; 2 T Knight (unatt) 7.12; 3 D Putnam (B&B) 7.12; 4 J Arthur (E&H) 7.15; 5 H Harris (Darl) 7.24; 6 C Woods (Falk) 7.26; 7 A Parkinson (Scun) 7.30; 8 M Oluwole (Camb H) 7.70. **Ht1:** 1 K Showler-Davis (Win) 6.89; 2 H Harris (Darl) 7.24; 3 C Woods (Falk) 7.26; 4 T Kennedy (Sutt) 7.28; 5 T White (Card) 7.30; 6 D Khan (Sheff) 7.36; 7 R Robinson (Herne H) 7.68. **Ht2:** 1 J Arthur (E&H) 7.17; 2 T Mosley (Leeds C) 7.19; 3 J Armstrong (S'port W) 7.25; 4 M Jones (Card) 7.31; 5 A Cooke (Chelm) 7.32; 6 E Hodges (Bir) 7.50; 7 S Benfield (Wit) 7.57. **Ht3:** 1 L Owen (TVH) 7.15; 2 T Knight (unatt) 7.22; 3 A Parkinson (Scun) 7.28; 4 M Storey (Horw) 7.32; 5 S Derham (Team S) 7.41; 6 G McCaw (Bath) 7.45; 7 K Adomakoh (Wat) 7.68. **Ht4:** 1 D Putnam (B&B) 7.16; 2 S Lawrence (Nene V) 7.17; 3 M Oluwole (Camb H) 7.31; 4 L Storer (R&N) 7.41; 5 G Adelana (ESM) 7.53; 6 M London (Wat) 7.57; 7 M Sadoh (Harrow) 7.67; 8 J Ricaud (Bath) 7.68. **Ht5:** 1 A Jovanovski (Wat) 7.14; 2 J Ramsbottom (Wat) 7.25; 3 F Ricketts (High) 7.35; 4 M Saleemi (Newp) 7.38; 5 R Walcott (E&H) 7.46; 6 T Cusworth (Wrex) 7.52; 7 P Jefferson (Darl) 7.63

200: 1 D Putnam (B&B) 21.94; 2 T Knight (unatt) 22.05; 3 O Oyewobi (E&H) 22.31; 4 J Arthur (E&H) 22.64; 5 D Khan (Sheff) 23.68. **Ht1:** 1 D Putnam (B&B) 22.24; 2 J Arthur (E&H) 22.92; 3 J Armstrong (S'port W) 23.16; 4 C Woods (Falk) 23.39; 5 G McCaw (Bath) 23.75. **Ht2:** 1 T Knight (unatt) 22.42; 2 O Oyewobi (E&H) 22.8; 3 D Khan (Sheff) 23.15; 4 M Storey (Horw) 23.17

400: 1 T Hinton (Tip) 49.94; 2 J Green (Ash) 50.01; 3 T Bensted (B&B) 50.19; 4 A Hill (Chelt) 50.53; 5 T Challis (Tam) 51.21; 6 E Okoro (Bir) 51.34. **Ht1:** 1 T Bensted (B&B) 49.81; 2 J Green (Ash) 50.03; 3 T Worboys (Bigg) 52.88.

Ht2: 1 A Hill (Chelt) 50.39; 2 T Challis (Tam) 50.71; 3 E Okoro (Bir) 50.73; 4 R Childs (Mans) 51.96; 5 K Mullins (Newp) 52.98. **Ht3:** 1 T Hinton (Tip) 51.29; 2 A Medcraft (WSEH) 51.74; 3 Z Hooper (Amber) 52.38; 4 S Conway (Card) 52.45

800: 1 J Senior (Norw) 1:56.87; 2 C Gunning (SB) 1:57.11; 3 J Taylor (Norw) 1:57.25; 4 A Cotton (Bir) 1:58.82; 5 T Smith (KuH) 1:58.85; 6 T Atkinson (Wake) 2:03.01. **Ht1:** 1 J Taylor (Norw) 1:59.59; 2 J Moody (Mat) 1:59.90; 3 I Yates (Ribb) 2:00.03. **Ht2:** 1 C Gunning (SB) 1:57.85; 2 A Cotton (Bir) 1:57.91; 3 T Smith (KuH) 1:59.79. **Ht3:** 1 J Senior (Norw) 1:56.56; 2 T Atkinson (Wake) 1:57.85; 3 J Basquill (Ribb) 2:00.62; 4 R Childs (Mans) 2:04.39

1500: 1 S Bowden (B&R) 4:10.07; 2 C Darby (Norw) 4:12.41; 3 J Moody (Mat) 4:19.32

60H: 1 J Meredith (Liv H) 7.89; 2 A Pozzi (Strat) 7.94; 3 A Nwenwu (W&B) 8.05; 4 J Forman (IoW) 8.23; 5 B Cleary (Card) 8.35; 6 M Walcott (Herne H) 8.44; 7 T Luhana (R&N) 8.47. **Ht1:** 1 C Donnelly (Bir) 8.34; 2 A Nwenwu (W&B) 8.42; 3 T Luhana (R&N) 8.51; 4 N Stoppard (SNH) 8.61; 5 A Cummings (Croy) 8.71; 6 D Needham (Wig D) 8.72. **Ht2:** 1 J Meredith (Liv H) 8.05; 2 J Forman (IoW) 8.32; 3 B Cleary (Card) 8.45; 4 A Wharfe (M&M) 8.55; 5 T Parry (K&P) 8.61; 6 E Dalle Mulle (S'port W) 8.73. **Ht3:** 1 A Pozzi (Strat) 8.08; 2 M Walcott (Herne H) 8.51; 3 J Edgr - Hill (Hav M) 8.62; 4 B Kelk (C&C) 8.70; 5 O Palmer (York) 8.84; 6 A Ekundayo (E&H) 8.88; 7 R Armorgie (Herts P) 9.05

HJ: 1 S Bailey (Chelm) 2.01; 2 J Kent (Horsh BS) 2.01; 3 M Grabarz (Bed C) 1.92; 4 R Calado (Worc) 1.92; 5 J Roach (Tam) 1.92; 6 O Okoro (Bir) 1.89; 7 G Plain (Falk) 1.89; 8 P Kennedy (Sale) 1.89; 9 J McCafferty (Irv) 1.85; 10 J Guest (Leam) 1.85

PV: 1 T Parkin (Gate) 4.30; 2 T Gibson (B&W) 4.20; 3 G Lester (K&P) 4.10; 4 S Brown (Lewes) 3.80; 5 J Henwood (N&P) 3.70; 6 M Cooper (Stoke) 3.70; 7 R Humby (Team S) 3.70; 8 D Hodgson (Wrex) 3.30

LJ: 1 D Guest (B'end) 6.79; 2 K Showler-Davis (Win) 6.68; 3 D Chen (SIN) 6.37; 4 J Alcock (M&M) 6.30; 5 A Pozzi (Strat) 6.30; 6 J Hardy (Sale) 6.25; 7 R Walcott (E&H) 6.21; 8 J Allwood (Herne H) 6.02

TJ: 1 B Amosu (Croy) 14.70; 2 B Williams (Stoke) 14.64; 3 D Chen (SIN) 13.91; 4 J Allwood (Herne H) 13.74; 5 D Crisp (WG&EL) 13.24; 6 R MacDonald (Ips) 13.04; 7 J Griffith (Birm R) 12.98; 8 D Wilson (Nun) 12.52. **SP:** 1 M Wheeler (Herne H) 19.06; 2 R Thomas (Bir) 17.37; 3 J Preston (B&W) 14.88; 4 L Goodacre (Hav M) 13.21; 5 T Peacock (SB) 12.84

U15

60: 1 R Hodgson (M'bro) 7.08; 2 R Gayler (SB) 7.33; 3 A Akintokun (Bas) 7.37; 4 L Gibb (Moth) 7.39; 5 M Ojo (ESM) 7.42; 6 N Wade (Bir) 7.46; 7 E Amaning (TVH) 7.56; 8 J Porter (Bir) 7.67. **SF1:** 1 R Gayler (SB) 7.38; 2 L Gibb (Moth) 7.39; 3 M Ojo (ESM) 7.40; 4 E Amaning (TVH) 7.51; 5 J Tele (Hav M) 7.54; 6 J Hughes (S'port W) 7.57; 7 R Thompson (Carl) 7.66; 8 E Jenkins (Swan) 7.66.

SF2: 1 R Hodgson (M'bro) 7.11; 2 A Akintokun (Bas) 7.45; 3 N Wade (Bir) 7.45; 4 J Porter (Bir) 7.52; 5 J McLean (Card) 7.60; 6 J Raeburn (SB) 7.64; 7 A Wren (Scun) 7.65; 8 N Facey (Bir) 7.74.

Ht1: 1 R Hodgson (M'bro) 7.17; 2 J Tele (Hav M) 7.50; 3 J McLean (Card) 7.54; 4 J Raeburn (SB) 7.56; 5 N Facey (Bir) 7.68; 6 C Barrows (Sheff) 7.86; 7 M Tanner (Swin) 7.96. **Ht2:** 1 L Gibb (Moth) 7.38; 2 J Porter (Bir) 7.53; 3 J Hughes (S'port W) 7.56; 4 J Morgan (Newp) 7.69; 5 R Garricks (J&H) 7.79; 6 S Wake (Herts P) 7.81. **Ht3:** 1 A Akintokun (Bas) 7.42; 2 E Amaning (TVH) 7.50; 3 A Wren (Scun) 7.60; 4 R Thompson (Carl) 7.65; 5 N Hanson (VP&TH) 7.85; 6 R Miller (Derb) 7.99

200: 1 J Hughes (S'port W) 23.52; 2 R Thompson (Carl) 23.65; 3 N Wade (Bir) 24.00. **Ht1:** 1 J Hughes (S'port W) 23.77; 2 N Wade (Bir) 24.09; 3 E Jenkins (Swan) 24.28; 4 J Morgan (Newp) 24.44; 5 N Facey (Bir) 24.94. **Ht2:** 1 S Akpalara (Herne H) 23.66; 2 R Thompson (Carl) 23.72; 3 J Tele (Hav M) 23.86; 4 T Holligan (Edin) 24.10

400: 1 T Holligan (Edin) 52.86; 2 S Wake (Herts P) 53.65; 3 M Lewis (ESM) 53.91; 4 A Walshe (Herts P) 54.13

800: 1 D Chesworth (Newp) 2:04.54; 2 C Grayson (Sheff) 2:04.89; 3 S Akpalara (Herne H) 2:07.95; 4 D Goodchild (Bath) 2:10.86; 5 L Jones (Carm) 2:11.41

60H: 1 C Goodall (Lass) 8.61; 2 B Ashby (Herne H) 8.96; 3 C Morten (Ton) 9.05; 4 O Aspden (B'burn) 9.08; 5 M Wagner (Leeds C) 9.10; 6 A Wren (Scun) 9.16; 7 R Miller (Derb) 9.23; 8 J Wright (R&N) 9.33. **Ht1:** 1 C Goodall (Lass) 8.77; 2 O Aspden (B'burn) 9.21; 3 M Wagner (Leeds C) 9.26; 4 J Wright (R&N) 9.36. **Ht2:** 1 C Morten (Ton) 9.22; 2 A Wren (Scun) 9.30; 3 R Miller (Derb) 9.30; 4 B Ashby (Herne H) 9.32

HJ: 1 R Walker - Smart (Notts) 1.92; 2 A Cox (B'mth) 1.87; 3 N Hewitt (Barns) 1.72; 4 J Wright (R&N) 1.61

PV: 1 S Guest (B'end) 3.60; 2 E Martin (Dearn H) 3.10; 3 G Appleby (Sale) 3.00

LJ: 1 R Gayler (SB) 6.37; 2 A Wren (Scun) 6.14; 3 R Stride (Bir) 6.01; 4 J Tele (Hav M) 5.99; 5 N Facey (Bir) 5.82

SP: 1 J Newman (Bir) 15.36; 2 K Njoya (Herne H) 14.29; 3 J Gardiner (Leeds C) 11.79

■ **U20 women**

60: 1 A Shand-Whittingham (B&B) 7.47; 2 N Whelan (IRL) 7.56; 3 F Akinyemi (NOR) 7.60; 4 R Wilson (Sale) 7.68; 5 R Giwa (Ilf) 7.75; 6 Z George (Card) 7.84; 7 A Lewis (KuH) 7.85; 8 H Pendlebury (Dees) 7.86. **SF1:** 1 N Whelan (IRL) 7.59; 2 R Giwa (Ilf) 7.65; 3 Z George (Card) 7.76; 4 A Lewis (KuH) 7.84; 5 S Went (Leam) 7.88; 6 M Gilde Brubank (NOR) 7.96; 7 N Pearson (Gate) 7.96; 8 R Wilmshurst (Dur) 8.08.

SF2: 1 A Shand-Whittingham (B&B) 7.50; 2 F Akinyemi (NOR) 7.58; 3 R Wilson (Sale) 7.66; 4 H Pendlebury (Dees) 7.80; 5 S Henry (Harrow) 7.87; 6 L Ugen (Bex) 7.87; 7 J Phillips (Herne H) 7.89; 8 P Oladugba (Che) 7.95. **Ht1:** 1 F Akinyemi (NOR) 7.73; 2 H Pendlebury (Dees) 7.76; 3 L Ugen (Bex) 7.84; 4 P Oladugba (Chelm) 8.00; 5 N Sylva (Bex) 8.02; 6 D Carr (Leeds C) 8.23. **Ht2:** 1 A Shand-Whittingham (B&B) 7.62; 2 Z George (Card) 7.75; 3 S Went (Leam) 7.87; 4 N Pearson (Gate) 7.96; 5 K Moncrieffe (Bir) 8.13; 6 J Mayes (Lon Hth) 8.26. **Ht3:** 1 R Giwa (Ilf) 7.71; 2 R Wilson (Sale) 7.73; 3 M Gilde Brubank (NOR) 7.89; 4 J Phillips (Herne H) 7.93; 5 K Brick (Wirr) 8.06; 6 E Stokes (M'bro) 8.21. **Ht4:** 1 N Whelan (IRL) 7.62; 2 A Lewis (KuH) 7.74; 3 S Henry (Harrow) 7.98; 4 R Wilmshurst (Dur) 7.99; 5 H Williams (Card) 8.14; 6 C Walker-Jones (Swan) 8.30

200: 1 N Whelan (IRL) 23.92; 2 M Beesley (Tam) 23.97; 3 R Rashford

(Sale) 24.51; 4 A Shand - Whittingham (B&B) 24.82; 5 H Lewis (N Down) 25.08. **Ht1:** 1 N Whelan (IRL) 24.21; 2 A Shand - Whittingham (B&B) 24.64; 3 E Diamond (B&W) 25.21; 4 L Wake (Herts P) 25.63; 5 L Bouchard (Chelm) 26.12; 6 N Pearson (Gate) 26.27. **Ht2:** 1 H Lewis (N Down) 24.88; 2 T Orving (NOR) 25.25; 3 J White (SMR) 25.26; 4 B McLinden (Wirr) 25.49; 5 T Teige Dalen (NOR) 25.66; 6 C Butler (Wit) 26.47. **Ht3:** 1 M Beesley (Tam) 24.30; 2 R Rashford (Sale) 24.82; 3 S Begg (VPCG) 25.44; 4 E Markendale (Pend) 26.32

400: 1 M Beesley (Tam) 53.84; 2 C Gedling (Liv H) 55.39; 3 E Okoro (Bir) 56.08; 4 C Granville (Carm) 57.59; 5 L James (Bed C) 58.76. **SF1:** 1 E Okoro (Bir) 56.64; 2 C Gedling (Liv H) 57.05; 3 C Granville (Carm) 57.14; 4 L James (Bed C) 57.23; 5 B McLinden (Wirr) 57.46; 6 C Stott (Wig D) 58.46. **SF2:** 1 M Beesley (Tam) 54.91; 2 B Hauge (NOR) 55.61; 3 F Keeble (Chelt) 57.46; 4 K Denyer (Worth) 57.62; 5 K Sheehan (IRL) 57.80; 6 A Middleton (Bigg) 58.27. **Ht1:** 1 M Beesley (Tam) 57.04; 2 C Stott (Wig D) 58.13; 3 A Middleton (Bigg) 59.00; 4 K Davies (Newp) 59.23; 5 G Lippitt (Sale) 59.37. **Ht2:** 1 B Hauge (NOR) 58.10; 2 K Denyer (Worth) 58.90; 3 S Wilkins (Mil K) 60.11; 4 M Deevy (IRL) 60.69; 5 A Williams (Ribb) 61.70. **Ht3:** 1 C Gedling (Liv H) 57.15; 2 F Keeble (Chelt) 57.39; 3 K Sheehan (IRL) 57.88; 4 L James (Bed C) 57.94; 5 K Laidlow (Camb H) 60.03. **Ht4:** 1 E Okoro (Bir) 57.16; 2 C Granville (Carm) 57.66; 3 B McLinden (Wirr) 58.31; 4 L Massop (W&B) 61.14; 5 A Madden (Falk) 61.33

800: 1 R Stringer (Norw) 2:06.91; 2 L Lennon (NEB) 2:10.01; 3 E Okoro (Bir) 2:10.34; 4 S Dobler (Swan) 2:16.95; 5 S Simmons (Holm) 2:19.77. **Ht1:** 1 R Stringer (Norw) 2:13.63; 2 S Dobler (Swan) 2:15.19; 3 K Foy (WG&EL) 2:15.73; 4 J Dickson (Cwmb) 2:20.19. **Ht2:** 1 E Okoro (Bir) 2:18.22; 2 L Lennon (NEB) 2:18.47; 3 S Simmons (Holm) 2:18.76; 4 S Tyers (Rad) 2:21.12; 5 H Seddon (Sky) 2:22.48

1500: 1 K Clark (Hull A) 4:33.94

60H: 1 T Orving (NOR) 8.47; 2 M Beesley (Tam) 8.60; 3 S Gaynor (Herts P) 8.74; 4 T Teige Dalen (NOR) 8.79; 5 L Dewdney (Gate) 8.82; 6 M Murphy (IRL) 8.90; 7 A Lennox (Stoke) 9.07; 8 A Helsby (Liv H) 9.15. **Ht1:** 1 T Orving (NOR) 8.66; 2 T Teige Dalen (NOR) 8.78; 3 L Dewdney (Gate) 8.96; 4 J Heckford (WSEH) 9.09; 5 L Ferguson (Tel) 9.19; 6 C Whalley (Mil K) 9.36; 7 B Hampson (Abing) 9.82. **Ht2:** 1 M Beesley (Tam) 8.65; 2 S Gaynor (Herts P) 8.76; 3 A Helsby (Liv H) 8.79; 4 M Murphy (IRL) 8.87; 5 A Lennox (Stoke) 9.03; 6 K McHale (S'port W) 9.32; 7 K Motley (C&C) 9.36; 8 E Markendale (Pend) 9.46

HJ: 1 P Hughes (IRL) 1.75; 2 G Moggan (IRL) 1.72; 3 B Partridge (Tel) 1.65; 4 A Lennox (Stoke) 1.65; 5 H Scaramanga (M'field) 1.61; 6 K Lysons (unatt) 1.56; 7 E Lowry (Edin) 1.56

PV: 1 M Seager (Poole) 3.70; 2 S Scott (Gate) 3.70; 3 S Upton (Bath) 3.70; 4 A Haywood (Sale) 3.60; 5 R Arnheim (B&B) 3.40; 6 J Abraham (Card) 3.40; 7 H Abraham (Card) 3.40; 8 C Wilkinson (IRL) 3.40; 9 Y Dyer (B&W) 3.40; 10 J Honeyball (Herne H) 3.00; 11 E Rendell (Inv EK) 2.80

LJ: 1 A Irozuru (Sale) 5.97; 2 H Lewis (N Down) 5.64; 3 A Lennox (Stoke) 5.50; 4 D Bakre (E&H) 5.39; 5 L Ugen (Bex) 5.31; 6 A Ruane (IRL) 5.30; 7 M Sransson (NOR) 5.29; 8 E Markendale (Pend) 5.27

TJ: 1 M Nielsen Haave (NOR) 12.89; 2 M Carr (Shild) 12.1; 3 S Whight (Read) 11.92; 4 D Bakre (E&H) 11.43;



Jordan McGrath: 47.67 in 400 metres

David Griffiths

5 D Houston (E&H) 11.22; 6 J Ellans (Yate) 11.12; 7 B Partridge (Tel) 11.04; 8 H Wright (B'mth) 10.98; 9 H Walsh (Charn) 10.79; 10 R Jones (NEB) 10.7; 11 K Steel (VPCG) 10.67; 12 K McHale (S'port W) 10.46; 13 S Donnelly (IRL) 10.39; 14 N Delahunty (Oxf C) 10.05

SP: 1 R Wallader (R&N) 14.43; 2 A Hill (Sheff) 14.21; 3 H Evenden (Leeds C) 12.32; 4 A Moronkeji (TVH) 11.86; 5 S Hopkinson (Birt) 11.60

■ **U20 women**

60: 1 S Thompson (Sale) 7.51; 2 K Eleyae (WG&EL) 7.61; 3 T Hopeson (Croy) 7.70; 4 J Healy (IRL) 7.70; 5 M Nwawulor (Harrow) 7.71; 6 C Underwood (Chilt) 7.71; 7 C Hall (Sheff) 7.85; 8 H Thomas (Wrex) 7.85. **SF1:** 1 S Thompson (Sale) 7.54; 2 M Nwawulor (Harrow) 7.73; 3 C Underwood (Chilt) 7.80; 4 C Burrows (R&N) 7.92; 5 M Hoult (KuH) 7.95; 6 C Williams (Cwmb) 7.97; 7 F Bowles (Darl) 7.98; 8 L Campbell (Lass) 8.08. **SF2:** 1 K Eleyae (WG&EL) 7.66; 2 J Healy (IRL) 7.72; 3 T Hopeson (Croy) 7.73; 4 C Hall (Sheff) 7.80; 5 H Thomas (Wrex) 7.81; 6 R Dean (Bath) 7.95; 7 D Annon (B&B) 7.97; 8 M Moore (Car) 8.05. **Ht1:** 1 S Thompson (Sale) 7.62; 2 H Thomas (Wrex) 7.83; 3 M Moore (Card) 7.98; 4 L Rees-Cooke (Bir) 8.07; 5 K Robinson (Camb H) 8.18; 6 J Shaw (M&M) 8.34. **Ht2:** 1 T Hopeson (Croy) 7.79; 2 R Dean (Bath) 7.94; 3 C Mays (WSEH) 8.16; 4 S Evans (Swan) 8.18; 5 L Goldsmith (Darl) 8.20; 6 A Wood (Gran) 8.25; 7 C Lambert (Glouc) 8.29. **Ht3:** 1 C Underwood (Chilt) 7.88; 2 M Hoult (KuH) 7.91; 3 F Bowles (Darl) 7.92; 4 D Annon (B&B) 7.98; 5 D Smith (Harrow) 8.15; 6 M Kellyman (Tam) 8.21; 7 B Fraser (York) 8.47. **Ht4:** 1 M Nwawulor (Harrow) 7.83; 2 C Williams (Cwmb) 7.87; 3 C Burrows (R&N) 7.91; 4 L McKenna (Glas Sc Sp) 8.12; 5 S Croft (Scun) 8.14; 6 R Wiltshire (TVH) 8.22; 7 N Breeze (Wrex) 8.28. **Ht5:** 1 K Eleyae (WG&EL) 7.64; 2 J Healy (IRL) 7.82; 3 C Hall (Sheff) 7.86; 4 L Campbell (Lass) 8.07; 5 H Rennardson (M'field) 8.12; 6 S Timmis (Linc W) 8.31; 7 K Marshall (A'dare) 8.48

200: 1 S Thompson (Sale) 24.02; 2 J Batten (Stroud) 24.74; 3 T Hopeson (Croy) 24.79; 4 J Healy (IRL) 24.98; 5 S Creaner (IRL) 25.48. **Ht1:** 1 S Thompson (Sale) 24.42; 2 J Healy (IRL) 24.94; 3 D Annon (B&B) 26.10; 4 H Harvey (Ply) 26.49; 5 L McKenna (Glas Sc Sp) 26.80. **Ht2:** 1 T Hopeson (Croy) 24.98; 2 C Hall (Sheff) 25.69; 3 C Burrows (R&N) 25.70; 4 S Croft (Scun) 26.00; 5 M Moore (Card) 26.19. **Ht3:** 1 J Batten (Stroud) 25.11; 2 S Creaner (IRL) 25.32; 3 A Allcock (AFD) 25.91; 4 E Campbell (Ash) 26.34

300: 1 K Thompson (Liv H) 38.56; 2 J White (Worc) 39.79; 3 V Ohuruogu (NEB) 39.81; 4 L Barrow (WSEH) 41.02; 5 F Foster (S Lon) 41.70; 6 L Brennan (S'port W) 42.65. **SF1:** 1 V Ohuruogu (NEB) 40.60; 2 L Barrow (WSEH) 40.88; 3 L Brennan (S'port W) 41.71; 4 S Clark (Bir) 41.75; 5 B Percy (IoW) 42.45. **SF2:** 1 K Thompson (Liv H) 40.37; 2 J White (Worc) 40.58; 3 F Foster (S Lon) 40.88; 4 J Norton (M'bro) 42.02; 5 H Clarke (Cwmb) 42.44; 6 D Willis (Herts P) 44.14. **Ht1:** 1 K Thompson (Liv H) 39.68; 2 B Percy (IoW) 41.50; 3 D Willis (Herts P) 42.41; 4 K Hewitt (Corn) 42.84; 5 C Rogers (Amber) 42.87; 6 R Speight (Leeds C) 44.22. **Ht2:** 1 V Ohuruogu (NEB) 41.10; 2 J Norton (M'bro) 42.34; 3 M - Ann Phillips (Linc W) 42.43; 4 S Meakin (R&N) 43.86; 5 K Rust (Chelt) 44.47. **Ht3:** 1 L Barrow (WSEH) 41.02; 2 L Brennan (S'port W) 41.49; 3 S Clark (Bir) 41.86; 4 M Hodgson (Bir) 43.13. **Ht4:** 1 F Foster (S Lon) 41.20; 2 J White (Worc) 41.25; 3 H Clarke (Cwmb) 41.81; 4 L Woods (IRL) 42.20

800: 1 C Thackery (Hallam) 2:13.07; 2 T Watson (Sale) 2:13.50; 3 R Ferguson (Gate) 2:15.82; 4 C Childs (Mans) 2:17.90; 5 B Doman (Cwmb) 2:20.69

1500: 1 H Aldersen (W'bury) 4:40.33; 2 C Morgan (Swan) 4:58.35

60H: 1 G Christopher (Leeds C) 8.73; 2 C Hall - Jones (WSEH) 8.79; 3 A Wakeham (Exe) 8.79; 4 C McManus (IRL) 8.83; 5 E Froude (Lass) 8.84; 6 M Southwart (Ton) 8.92; 7 A Wood (M'bro) 9.02. **SF1:** 1 G Christopher (Leeds C) 8.73; 2 L O'Reilly (Newp) 8.78; 3 C Hall - Jones (WSEH) 8.8; 4 M Southwart (Ton) 8.84; 5 E Froude (Lass) 8.85; 6 C Stone (Swan) 9.10; 7 N Beale (Read) 9.12; 8 M Rogers (Wrex) 9.14. **SF2:** 1 A Wakeham (Exe) 8.77; 2 A Wood (M'bro) 8.85; 3 K Marchant (Leeds C) 8.89; 4 C Humphries (Herts P) 8.89; 5 F Williams (WSEH) 8.90; 6 K Warland (Oxf C) 9.17; 7 L Green (Norw) 9.27; 9 C McManus (IRL) 8.72. **Ht1:** 1 E Froude (Lass) 8.91; 2 L O'Reilly (Newp) 9.16; 3 M Rogers (Wrex) 9.19; 4 M Bagworth (Cov) 9.39; 5 S Meakin (R&N) 9.42; 6 E Taylor (Here) 9.59; 7 R Shipstone (W&B) 9.86. **Ht2:** 1 A Wakeham (Exe) 8.85; 2 M Southwart (Ton) 8.85; 3 G Christopher (Leeds C) 8.89; 4 C Humphries (Herts P) 9.03; 5 C Stone (Swan) 9.11; 6 S Bell-Morgan (Liv H) 9.17; 7 J Shaw (M&M) 9.66; 8 R Kingston (Bic) 9.89. **Ht3:** 1 A Wood (M'bro) 8.88; 2 K Warland (Oxf C) 8.98; 3 C McManus (IRL) 8.99; 4 C Galloway (WG&EL) 9.18; 5 H Lloyd (Herts P) 9.39; 6 A Edmundson (B'burn) 9.40. **Ht4:** 1 C Hall-Jones (WSEH) 8.88; 2 K Marchant (Leeds C) 8.89; 3 F Williams (WSEH) 9.02; 4 N Beale (Read) 9.14; 5 L Green (Norw) 9.15; 6 G Atkins (S'end) 9.35; 7 R Oakley (W&B) 9.99

HJ: 1 K Thompson (Liv H) 1.73; 2 Z Phillips (Bir) 1.73; 3 M Nwawulor (Harrow) 1.67; 4 A Marchant (Leeds C) 1.67; 5 H Dickson (BW&F) 1.67; 6 E Buckett (Win) 1.67; 7 S Bell-Morgan (Liv H) 1.67; 8 C Galloway (WG&EL) 1.64; 9 J Matthews (B&B) 1.64; 10 H Thomas (Wrex) 1.6; 11 E Parry (SSH) 1.6; 12 M - Kate Lanigan (IRL) 1.6; 13 L Harrison (W Suff) 1.6; 14 S Abrams (AFD) 1.6; 15 D Hankins (Bed C) 1.6; 16 M McPherson (TVH) 1.6; 17 H Cumming (Bath) 1.56; 17 K Caulfield (Herts P) 1.56; 19 H Frith (Bed C) 1.56; 20 C King (IRL) 1.56; 20 S Swanson (Maldwyn) 1.56

PV: 1 J Ive (Sutt) 4.00; 2 C Hughes (Dees) 3.60; 3 E Besford (Chelm) 3.40; 4 E Lewis (Card) 3.40; 5 N James (Swan) 3.30; 6 L Stickland (Horsh BS) 3.20; 7 R Williams (Herne H) 3.20; 8 R Davies (Dees) 3.10; 9 E Jones (Swan) 3.10; 10 K Wilson (Donc) 3.10; 11 L Butcher (Bath) 2.60

LJ: 1 K Thompson (Liv H) 6.02; 2 L McKenna (Glas Sc Sp) 5.53; 3 K Caulfield (Herts P) 5.5; 4 G Atkins (S'end) 5.27; 5 L O'Reilly (Newp) 5.19; 6 N Lewis (Bath) 5.05; 7 S Mariam (SIN) 5.01; 8 H Longworth (Bed C) 4.99; 9 Z Nurul Jamnah (SIN) 4.87

TJ: 1 S Mariam (SIN) 11.75; 2 G Smith (C&S) 11.42; 3 C King (IRL) 11.42; 4 R Hanagan (Ash) 11.15; 5 C Gill (M'bro) 11.06; 6 A Rose (Sale) 10.82; 7 N Zebroski (Swin) 10.77; 8 H Longworth (Bed C) 10.74; 9 Z Nurul Jamnah (SIN) 10.62; 10 E Rhodes (Hunts) 10.42; 11 A Stone (M'bro) 10.18; 12 L Bailey (NEB) 10.09

SP: 1 T Ward (Sheff) 12.66; 2 C Fitzgerald (IRL) 12.35; 3 Y Spencer (C'field) 12.02; 4 S Milner (W Suff) 11.13; 5 A Merrills (Roth) 10.36; 6 G Young (Bath) 10.09

U15

60: 1 J Williams (Herts P) 7.57; 2 S Lavin (IRL) 7.74; 3 Y Miller (Derb) 7.79; 4 C Stephenson (Norw) 7.96; 5 M Lewis (ESM) 7.98; 6 A Ika Oqua (W&B) 8.02; 7 B Crowley (Sale) 8.08; 8 C Wingfield (Barn) 8.12. **SF1:** 1 Y Miller (Derb) 7.84; 2 C Stephenson (Norw) 7.95; 3 B Crowley (Sale) 8.07; 4 C Wingfield (Barn) 8.09; 5 C Lynch (Linc W) 8.26; 6 J Read (Gate) 8.28; 7 K Clark (Sheff) 8.34; 8 S Forrester-Hayles (Tip) 8.35. **SF2:** 1 S Lavin (IRL) 7.86; 2 M Lewis (ESM) 8.07; 3 S Otung (Card) 8.12; 4 S Rodger (E'bne) 8.31; 5 S Amgbaduba (Herne H) 8.32; 6 A Daniels (W&B) 8.39; 7 F Horrocks (Wig D) 8.39. **SF3:** 1 J Williams (Herts P) 7.55; 2 A Ika Oqua (W&B) 8.03; 3 S Palmer (Derb) 8.19; 4 J MacDonald (A'dare) 8.23; 5 S Griffiths (Chelt) 8.29; 6 N Keegan (M&M) 8.38; 7 J Morgan (E'bne) 8.46; 8 R Watts (Wake) 8.56. **Ht1:** 1 J Williams (Herts P) 7.54; 2 C Wingfield (Barn) 8.17; 3 S Rodger (E'bne) 8.33; 4 K James (Yeov O) 8.38; 5 E Titiloye (Bir) 8.40; 6 A Davies (Bath) 8.46; 7 K Rust (Chelt) 8.63. **Ht2:** 1 Y Miller (Derb) 7.95; 2 M Lewis (ESM) 8.16; 3 S Griffiths (Chelt) 8.22; 4 J MacDonald (A'dare) 8.25; 5 B Pattison (Scun) 8.43; 6 N Herbert (E'bne) 8.61. **Ht3:** 1 S Lavin (IRL) 7.87; 2 B Crowley (Sale) 8.17; 3 S Amgbaduba (Herne H) 8.27; 4 M Tanner (Swin) 8.31; 5 S Benjamin (W&B) 8.47; 6 S Steele-Boyce (VP&TH) 8.50; 7 A Waghorn (M&M) 8.51. **Ht4:** 1 S Palmer (Derb) 8.17; 2 E Brown (Giff N) 8.19; 3 K Clark (Sheff) 8.32; 4 S Forrester-Hayles (Tip) 8.34; 5 J Morgan (E'bne) 8.37; 6 J Gregory (Abing) 8.38; 7 V Mitchell (Norw) 8.46. **Ht5:** 1 S Otung (Card) 8.09; 2 N Keegan (M&M) 8.32; 3 R Watts (Wake) 8.37; 4 S Kinsey (Newp) 8.42; 5 S O' Neill (Torb) 8.49; 6 K Devereux Hutchinson (Derb) 8.63; 7 N Sarturi-Sigrist (Orion) 8.86. **Ht6:** 1 C Stephenson (Norw) 8.05; 2 A Ika Oqua (W&B) 8.05; 3 C Lynch (Linc W) 8.29; 4 J Read (Gate) 8.36; 5 F Horrocks (Wig D) 8.36; 6 S Ellerker (Wake) 8.50; 7 S Worrell (Herne H) 8.66; 8 J Quartey-Pigot (Herne H) 8.73

200: 1 S Lavin (IRL) 25.19; 2 M Lewis (ESM) 25.80; 3 C Stephenson (Norw) 26.40; 4 B Crowley (Sale) 26.69; 5 K Gardner (Stoke) 26.87. **SF1:** 1 S Lavin (IRL) 25.87; 2 K Gardner (Stoke) 26.50; 3 C Jones (Wrex) 26.65; 4 N Hickmott (Dartf) 26.70; 5 A Bishell (Sheff) 26.71. **SF2:** 1 M Lewis (ESM) 25.96; 2 C Stephenson (Norw) 26.17; 3 B Crowley (Sale) 26.18; 4 R Brown (Exe) 26.20; 5 J Knight (E&E) 26.81. **Ht1:** 1 M Lewis (ESM) 26.21; 2 R Brown (Exe) 26.28; 3 C Jones (Wrex) 26.55; 4 N Keegan (M&M) 27.36. **Ht2:** 1 S Lavin (IRL) 25.35; 2 N Hickmott (Dartf) 26.27; 3 B Crowley (Sale) 26.55; 4 R O'Connor (B'end) 27.15; 5 B Pattison (Scun) 27.16. **Ht3:** 1 K Gardner (Stoke) 26.54; 2 J Knight (E&E) 26.92; 3 J Bowen (Card) 26.96. **Ht4:** 1 C Stephenson (Norw) 26.16; 2 A Bishell (Sheff) 27.17

800: 1 E Fitzhugh (Yate) 2:19.73; 2 H McLean (Thurr) 2:27.00; 3 R O' Neill (Hav M) 2:27.25

60H: 1 S Otung (Card) 9.01; 2 Y Miller (Derb) 9.06; 3 E Brown (Giff N) 9.15; 4 J Sawyers (Stoke) 9.20; 5 K Lewis (B'end) 9.20; 6 V Williamson (Norw) 9.27; 7 E Akobi (NEB) 9.49; 8 G Bangay (Corby) 9.88. **SF1:** 1 Y Miller (Derb) 9.06; 2 S Otung (Card) 9.30; 3 E Akobi (NEB) 9.36; 4 K Lewis (B'end) 9.37; 5 L McDonald (Norw) 9.44; 6 C Asztalos (C&C) 9.54; 7 K James (Yeov O) 9.74; 8 G Wilcox (Hill) 9.83. **SF2:** 1 E Brown (Giff N) 9.17; 2 J Sawyers (Stoke) 9.23; 3 G Bangay (Corby) 9.28; 4 V Williamson (Norw) 9.32; 5 S Brown (Dartf) 9.39; 6 J McCabe (G&G) 9.61; 7 J Gregory (Abing) 9.86; 8 E Douras (W&B) 9.93. **Ht1:** 1 Y Miller (Derb) 9.05; 2 L McDonald (Norw) 9.48; 3 C Asztalos (C&C) 9.60; 4 E Douras (W&B) 9.73; 5 K Corner (J&H) 9.92. **Ht2:** 1 E Brown (Giff N) 9.30; 2 S Brown (Dartf) 9.55; 3 M Dixon (W&B) 9.87; 4 H McLean (Thurr) 9.90; 5 E Cox (Sheff) 9.91; 6 C Davies (R&N) 9.92. **Ht3:** 1 J Sawyers (Stoke) 9.21; 2 G Bangay (Corby) 9.22; 3 J McCabe (G&G) 9.52; 4 A Waghorn (M&M) 9.83; 5 K Devereux Hutchinson (Derb) 9.87. **Ht4:** 1 K James (Yeov O) 9.49; 2 E Akobi (NEB) 9.53; 3 S Otung (Card) 9.64; 4 G Wilcox (Hill) 9.73; 5 R Davies (R&N) 9.81. **Ht5:** 1 K Lewis (B'end) 9.31; 2 V Williamson (Norw) 9.34; 3 J Gregory (Abing) 9.72; 4 B Porter (Wake) 9.96

HJ: 1 J Sawyers (Stoke) 1.65; 2 R Whittle (Ayr) 1.55; 3 S Palmer (Derb) 1.55; 4 K Anson (Liv H) 1.51; 5 G Nwawulor (Harrow) 1.51; 6 C Shelley (Ips) 1.51; 7 A Williams (Swan) 1.46

PV: 1 K Byres (Sale) 3.41; 2 R Llewellyn (B'end) 3.20; 3 L Roulston (Dees) 2.90; 4 H Grubb (Bath) 2.80; 5 G Pearce (St Greg's) 2.80; 6 L Hopkins (Card) 2.50

LJ: 1 J Sawyers (Stoke) 5.48; 2 T Burgess (W&B) 5.24; 3 K Gardner (Stoke) 4.95; 4 J Read (Gate) 4.90; 5 C Wingfield (Barn) 4.81; 6 T Coltart (B'mth) 4.65

SP: 1 A Carter (Hull A) 12.48; 2 M Okpokiri (NEB) 10.69; 3 N McMurtrie (W'moss) 10.55; 4 L Griffiths (P'broke) 10.31; 5 N Prells (Swan) 10.11; 6 K Devereux Hutchinson (Derb) 10.09; 7 K Davey (B&B) 9.95; 8 E Austin (Bir) 9.79; 9 J Perry (Bir) 9.51

Bolt from the blue

Usain Bolt tells PAUL HALFORD why he wants to say goodbye to the 400m

Pictures: Puma & Mark Shearman



Usain Bolt is on his marks for the 2008 season, which he hopes will culminate in Olympic 200m gold

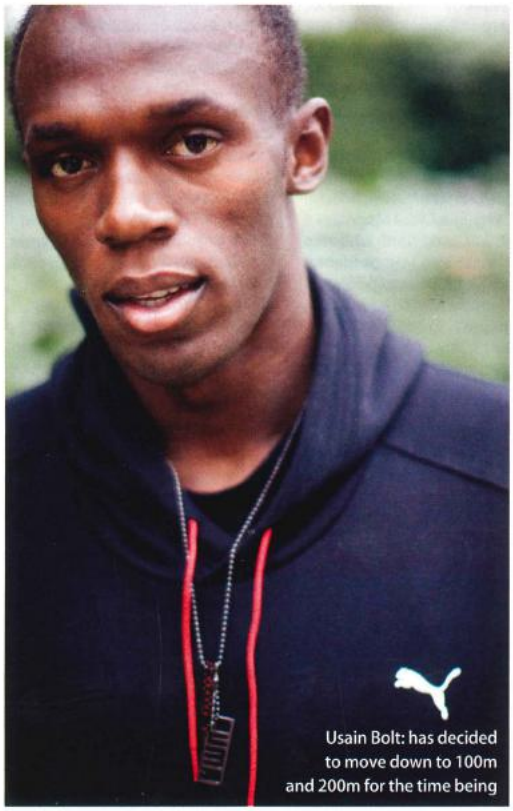
FROM the moment he ran times of 20.13 and 45.35 for 200m and 400m at the age of 16, Usain Bolt was billed as the next Michael Johnson. Already at that stage 6ft 5in and 13 stone, the Jamaican was seen as the man who would one day fill the shoes of the double world record-holder.

But the lanky world silver medallist in the half-lap event looks set to become more of a 100m-200m runner and the 400m could be on the backburner, perhaps permanently.

After just one attempt at the 100m in his career so far, Bolt is focusing on the two shorter sprints this year, saying that the one-lap discipline is too hard to train for. He may have only run it once, last year in Greece, but his time of 10.03 suggests he might not be ill-advised in his change of focus. He is 0.29 seconds outside the world record, but he says he had not trained for it.

Last year Bolt became the equal ninth quickest in history at 200m when he ran 19.75, but his improvement at 400m has not been impressive since his junior days. He moved his PB on to 45.28 last year, but in a career disrupted by injuries, he has run the distance rarely.

In 2003, the year after he won world junior 200m gold in his country's capital of Kingston, some believed the 16-year-old would one day run below 44 seconds and perhaps challenge the world record belonging to Johnson.



Usain Bolt: has decided to move down to 100m and 200m for the time being

However, Bolt, who opened his season with a 400m win in 46.94, is set to run just once more individually at the distance this year and he may not go back to the event.

"I think I'll be running one more and then I think I'll be running the 4x400m," he said at the launch of a Central St Martins-designed Puma range at London Fashion Week two weeks ago. "Personally, I don't want to do the 400m because the schedule is hard so my coach (Glen Mills) said try the 100m to see if I do well. If I don't, maybe I will think about going back up to the 400m, but right now the focus is on the 100m.

"I'll be dropping down to 100m and 200m. The 200m will be my main discipline, but I'll be running 100s now and then. The main focus is 200.

"I'll be starting my competitive season in the 100m and then I'll go up to the 200m.

"I think I'm fast enough. I ran 10.03 last season without any training toward it. And I think I'm getting faster each year. I think I can definitely go under 10 seconds this season."

For the laid-back 21-year-old, the 400m involves too much hard work, so he is going against Mills' advice. "My coach says my best bet of winning gold is in the 200m and 400m, but the training's a little bit hard."

Born in the Trelawny district of Jamaica, Bolt's early career was inspired by the achievements of his countrymen Don Quarrie, the 1976 Olympic 200m gold medallist, and Herb McKenley, the former world 400m world-record holder, as well as Johnson, the man who dominated the two events throughout much of the Nineties.

He first came to international notice when winning the 200m in front of 10,000 ecstatic Jamaicans in Kingston at the IAAF World Junior Championships. He ran 20.58 in the heats, the fastest ever time by a 15-year-old, and 33 days before he went on to become the youngest ever gold medallist in those championships. The following year, he added gold in the IAAF World Youth Championships and improved to 20.13 in the 200m and 45.35 in the 400m.

He was among the brightest prospects in track and field at the beginning of 2004. He ran a world junior record of 19.93 for the 200m and he was a contender to become the youngest ever male track gold medallist at the Olympics. But then came his first major setback. He was unable to defend his world junior title because of injury and then, still recovering from that and clearly below par, went out in his heat at the Olympics in a time outside 21 seconds.

He was below 20 seconds in the 200m in each of the next two years, but it was clear Bolt could not go on improving at the same rate. However, last year he won his first senior individual global medal in Osaka and he is now one of several athletes taking the 200m into the realms that previously only Johnson trod. The world record of 19.32 suddenly appears not totally out of reach. Tyson Gay, the world 100m and 200m champion, is second on the world all-time list with 19.62, while three other Americans, Xavier Carter, Wallace Spearmon and Walter Dix have also run below 19.70 over the last two years.

> I can strongly say there won't be an American 1-2-3 in the 200m ... I know I'm going to be in the top three

However, Bolt is sure the Americans will not take all three medals in Beijing this August.

"I can strongly say there won't be an American 1-2-3 in the 200m," he said. "I hear they were saying I'm not going be in the top three, but I know I'm going to be in the top three. That's the aim for me."

But he knows it will be tough to win in Beijing, such is the rising standard in the 200m. "It's going to take a lot of courage and strength (to win) because Gay is going to be tough competition," he said. "He's a real determined person and I've seen that in him over the past couple of seasons."

Times are edging closer to 19.5 territory, but Gay said he didn't think he would need to run that quick to win in Beijing.

"I think it will be the same as in Athens, maybe 19.7," he said. Shawn Crawford won the 200m at those 2004 Games in 19.74.

A new world record is not part of the equation, he thinks. "My coach thinks my potential is 19.5. I'm 19.7 so far so I have a little way to go."

Some would have expected him to have edged closer to that level already, given his teenage exploits. But Bolt said: "Actually it's getting there. I've been injured a lot since I got into the seniors."

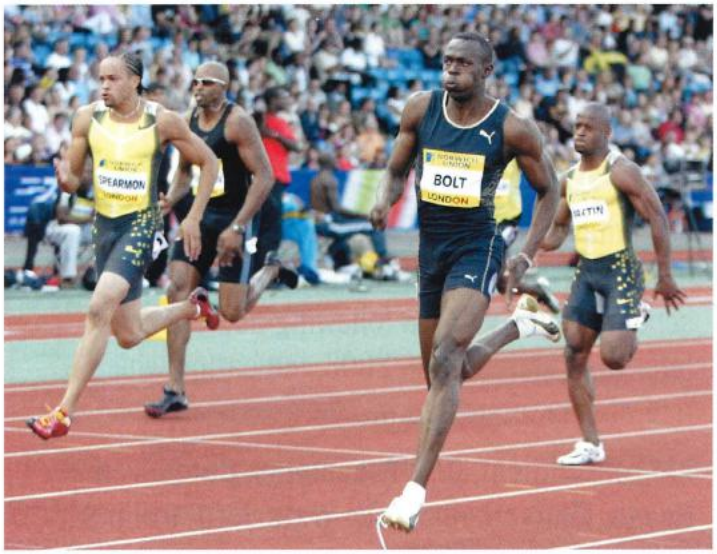
But does he think his potential at 400m is being wasted, while he pursues 100m and 200m glory? Many think that his where his greatest potential lies. "A lot of people say that," he admitted, "But I think my calling is the 200."

Since the retirement of Johnson in 2000, the 200m had seemed a poor relation of the shorter sprint for so long, but Bolt has been one of the agents for change in the past couple of years. He said: "The 200m was not as popular as the 100m and 400m because a lot of athletes weren't doing the 200m. But now Tyson Gay, Xavier Carter, Wallace Spearmon and myself are trying to step up the 200m and give it more recognition because we're really working hard to put it back on the map."

Meanwhile, Bolt has his itinerary to Beijing 200m glory mapped out – via a shorter route than expected.

FACT FILE

Name: Usain Bolt (Jamaica)
Born: August 21, 1986
Coach: Glen Mills
Height/weight: 6ft 5in/13 stone
Achievements: (200m unless stated) 2002 World Juniors gold (20.61); 2002 Central American Champs gold (and 400m gold); 2003 World Youths gold (20.40); 2003 World Youths 400m did not start sf; 2004 Olympics heats; 2004 Central American Champs 400m gold; 2005 World Champs 8th; 2007 World Champs silver (and 4x100m silver)
Progression:
2001 21.81/48.28; 2002 20.58/47.12; 2003 20.13/45.35; 2004 19.93; 2005 19.99; 2006 19.88/47.58; 2007 10.03/19.75/45.28



Usain Bolt won this 200m in London last year, but faces awesome competition in his main event

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ATHLETIC ASSOCIATION OF IRELAND

The Athletics Association of Ireland (AAI) is currently recruiting for two senior positions in its professional organisation.

CEO Athletics Ireland:

The CEO will report to the President and Board of the AAI and will work with the Board, staff and key volunteers on a day to day basis.

The CEO is responsible for the operational management of the Association. This includes

- Management and leadership of all staff
- Establishment and delivery of annual operating plans in line with implementation of the strategic plan and policies of the Board and sub-committees.
- Working with the Board in setting and efficiently managing budgets
- Ensuring best practise is followed in all areas
- Compliance with all legal and regulatory requirements

The CEO is also responsible for implementing the governance of the Association. This includes

- Optimisation of the short and long-term financial position of the Association
- Development of transparent processes and reporting mechanisms around all key operations of the Association

The ideal candidate should demonstrate competence and experience in the following areas:

- Managing vision and purpose
- Leadership and interpersonal skills
- Ability to develop and deliver commercial programmes
- Knowledge of athletics
- Familiarity with IT systems
- Creation and management of budgets and operating plans in medium size businesses
- Interaction with senior management in commercial and state organisations

Events Manager

The Events Manager will report to the CEO of Athletics Ireland.

The role involves the following activities:

- Delivery of the commercial and promotional activities of the Association
- Achievement of commercial revenue targets
- Promotion and management of flagship events staged by the Association
- Delivery of the public relations strategy through the appropriate media
- Effective management of all association budgets

The successful candidate should be able to demonstrate the following competencies and experience:

- Event management skills
- Media and personal communications skills
- Successful engagement with commercial organisations resulting in the generation of significant sponsorship revenue
- Track record of successfully promoting athletics through the media
- Effective budget management skills
- Passion and commitment to the sport of athletics

If you have the requisite experience and are interested, please reply in the first instance by sending your CV to the following address, no later than March 14th, 2008, indicating which role you are interested in.

AAI recruitment, DPR Associates, Cooltubrid House, Kilmacthomas, Co. Waterford, Ireland

Your Say

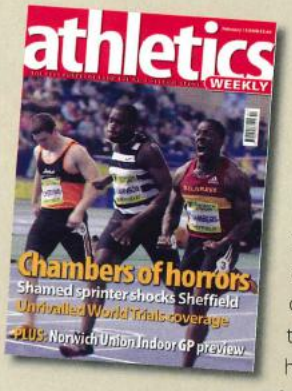
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Body image issues

THE picture on the front cover of the February 14 issue of *Athletics Weekly* really does say it all. Simeon Williamson and Craig Pickering, both of whom are strapping blokes, look positively untrained compared to their barrel-chested rival with his bodybuilder's muscle definition.

Now, I'm sure that Messrs Pickering and Williamson are in the weights room most days, but I'm afraid they come nowhere close. One must ask oneself why public opinion has been so negative. Perhaps it is this, coupled with the fact that Chambers has come straight out of an "enforced hiatus" just as good as he was before.



It would have been smarter to run more slowly at first.

Alex Wilson, Germany

A spiteful vendetta

AS a lifelong lover of athletics, my point of view regarding the wholly unpleasant business, which we are incessantly told is not personal, can be summarised as repentance, redemption and rehabilitation challenged by vigilantes, vendettas and vindictiveness.

Dwain Chambers has publicly repented, expressing feelings of deep sorrow and regret about his actions and he has resolved not to do it again. His redemption is secured by a legal requirement of financial repayment and his moral commitment to recover and reclaim respect and honour. He sought rehabilitation in 2006 and was granted the restoration of the privileges that were withdrawn while serving his punishment.

So, what has changed?

Certain individuals in key positions have now shown him the 'V' sign. An apparently orchestrated closing of ranks by people in public and private sectors has effectively become a vigilante group trying to take the law into their own hands and seeking to enforce further punishment and demonise Chambers. This vendetta is a form of vindictive damage and appears spiteful in its excessive zeal to punish a man retrospectively. Yet we are told it is not personal!

To err is human, to forgive is humane. As Dave Collins is reported to have said when the British sprinter last made a return to action: "Dwain Chambers is not the devil incarnate."

Chambers has rights. He has had to search inside his soul and I believe he has found a hero within to help him carry on. I admire and respect him for that. I urge those who oppose him to do the same and find the strength and humanity to forgive.

Whatever your views, you should respect his determination, hard work, focus and talent under pressure.

Ibrahim Brian Thompson, Ferryhill, County Durham

Real athletics

GREAT feature on Woodford Green's ex-athlete get-together. Dwain Chambers aside, this is what athletics is all about!

Ron Willcox, Manchester

Trackside encouragement

I WAS watching the Norwich Union Grand Prix at Birmingham on TV and I am sure I saw Jos Hermens on the inside of the track egging on Kenenisa Bekele in the two miles race; not for the first time either!

If one of us lesser mortals as much as cheers on an athlete from inside the track whether outdoors or indoors, we run a serious risk of getting that athlete disqualified. So what does Mr Hermens have that we haven't?

Steve Harris, Level 4 coach, Barnet & District AC

World cross classics

THE series of photographs in your centre spreads on the greatest world cross races in history has left me intrigued as to which races will feature in the top two or three.

It has also got me wondering who would win if you got all the best athletes together for a historical fantasy clash.

Imagine Paula Radcliffe v Derartu Tulu v Zola Budd v Gete Wami v Grete Waitz. Or John Ngugi v Kenenisa Bekele v Paul Tergat. Now that would be some race.

Steve Grounds, Birmingham

No competition

TONY BUSH (*Letters*, Feb 21) is right to seize upon the comments made by Niels de Vos regarding a transformation of league athletics and certainly the new chief executive is a fan of club athletics.

The possibility of his commercial skills being used on the best club structure in the world is an exciting one.

However, the league structure as a whole has long been disjointed, each league heading in a different direction. This has meant that, rather than driving the modernisation process for domestic competition, others (eg, the Buckner report) have taken the initiative, attempted to move forwards, but have made little or no progress because only the clubs can implement change to the league structure. Consequently, we end up with stalemate.

UKA is once again proposing to drive the process, but maybe this time the organisations that represent the leagues and clubs can grasp the nettle and produce their own proposals, which could include ideas such as Tony has put forward.

Far better for the future of league athletics to be in the clubs' hands than on the outside looking in.

Mike Harris, Trafford

LETTER OF THE WEEK



Brooks Sports, the specialist running company, is happy to sponsor *Athletics Weekly*'s 'Letter of the Week'. Brooks Sports has long been associated with producing technical, innovative running footwear and apparel and its products are stocked by specialist running retailers. For more information visit **www.brooksrunning.co.uk**. Each week's letter will win a Brooks 'Podium' technical T-shirt. Please specify size: S/M/L/XL and include your address, telephone and email.

BROOKS

Drugs' long-term effects

THE recent cover photo of Dwain Chambers, Simeon Williamson and Craig Pickering, and the remarkable differences in the upper-body physique of Chambers and his two rivals sparked off a question in my mind. How long do the effects of drug-taking to build muscle-mass and strength last?

While Chambers is older than the other two and has had more chance to spend time in the gym, any layman looking at the photo and being asked to pick out which of the three had at some point taken steroids would doubtless pick Chambers.

As the law on doping stands, Chambers should be allowed to compete and he has doubtless been demonised because the public's sentiment is such that they feel more let down by Chambers than those previously held in less high regard.

However, I would urge that in future there should be some correlation between the length of the ban and the time taken before the unfair advantage provided by taking drugs is observed to have worn off. Otherwise, this situation is akin to the 'mountaineer' who is hypothetically helicoptored to near the summit before making the last few steps under his own, legitimate, steam.

Unless the playing fields are made truly level, unless an athlete returns to his pre-drug state of fitness (the base camp of his own particular mountain) doubt will remain about the wisdom of re-admitting back into the sport those who have cheated. Change the law on doping and take away all the possible gain from indulging in a practice that undermines the spirit of the competitive ideal.

Scott Smith-Bannister, Ascot

athletics WEEKLY

Each week in the countdown to the World Cross Championships in Edinburgh, *AW* will feature the top 10 races of all time. Here is No.5

Picture: Mark Shearman





No.5: Waitz secures big win in Paris

GRETE WAITZ won the world cross-country title five times, but the Norwegian's most impressive victory came in Paris in 1980.

Held on the famous Longchamp racecourse, Waitz built up a huge lead of 44 seconds on the flat, 4820m course. It was a sublime, front-running performance and she left in her wake three leading Russians led by Irina Bondarchuk.

Waitz was unbeaten in a decade of cross-country racing in the Seventies and early Eighties and was not surprisingly judged the greatest woman cross-country runner of all-time in recent IAAF historical book *The Toughest Race in the World*.

Outside cross country, Waitz held the world record for 3000m and marathon. In the latter, she was the inaugural world champion in 1983 and London Marathon winner in 1983 and 1986.

She also won nine New York City Marathons from 1978-88.

The 12th CITY OF LINCOLN

JACKSON BUILDING CENTRES 10k ROAD RACE

10K ROAD RACE

UNDER UK ATHLETICS RULES. RACE PERMIT NUMBER 2208

SUNDAY 30th MARCH 2008

jackson Building Centres

CHAMPIONCHIP TIMING WILL BE USED IN THIS RACE

11.00AM START

CITY OF Lincoln COUNCIL

Entry Fee: **£14.00** (affiliated) **£16.00** (unaffiliated)
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For more details and entry forms contact:

Keith Taylor, Sport Development Manager – City of Lincoln Council, Leisure Services, City Hall, Beaumont Fee, Lincoln, LN1 1DJ

Tel: **(01522) 873771** or email: **10keventofficer@lincoln.gov.uk**

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Further info SAE Mike Harris c/o Trafford Athletic Stadium, Longford Park, Ryebank Rd, Chorlton-cum-Hardy, Manchester M21 9TA or email traffordac@tiscali.co.uk.

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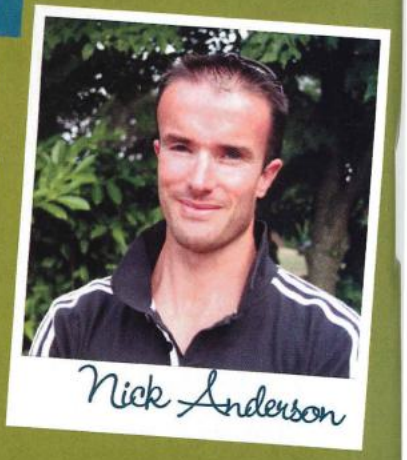
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Cheques made payable to: *BRITISH MILERS' CLUB*.
Applications MUST include a stamped addressed envelope stating

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- Ensure that all BMC activities are open to all communities (equal opportunities).

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Surname: _____

Address: _____

_____

_____ Post Code: _____

Date of Birth/Age: _____

Gender: _____

Telephone/Mobile Nos: _____

_____

E-Mail: _____

Academy Member: ☐ Yes ☐ No

Membership Number: _____

Date of Activity: _____

Emergency contact details

Name of Parent/Guardian/Carer: _____

_____

Emergency Contact No: _____

Who is authorised to take and collect your child at this activity?:

_____

Does you child suffer from any of the following?

☐ Asthma ☐ Skin Problems ☐ Diabetes ☐ Epilepsy
☐ Fainting ☐ Heart Problems ☐ Migraines ☐ Allergies

Other: _____

Is your child currently on medication or have any injuries?

☐ Yes ☐ No If yes, please specify:

_____

Do you consider your child to have a disability?

☐ Yes ☐ No If yes, please specify:

_____

What is your child's Ethnic origin?

☐ White ☐ Mixed Race ☐ Asian ☐ Black ☐ Chinese
☐ Other

Do you object to photographs of your child being taken for publicity purposes? (NSPCC guidelines)

☐ Yes ☐ No

Club: _____

Special Dietary requirements (please state):

_____

_____

Please state pb's (for squad allocation): 800m _____

1500m _____ 3000m _____

For Coaches Only:

What is your current UKA coaching level? _____
Please enclose photocopy of licence.

Do you have a UKA CRB certificate? ☐ Yes ☐ No
Please enclose photocopy of certificate
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For Parents: BMC courses involve vigorous, but beneficial athletic training, to a high standard. Please confirm that your child is physically fit and capable of participation in this training over the duration of the course. A qualified masseur/sports therapist will be in attendance to deal with minor niggles, muscle soreness or athletic related problems. Please note that we will only treat a person under the age of 18 if a chaperone is present (friend or fellow athlete/ personal coach). The BMC insists that every coach reads and abides by our Child Protection Policy. Do you give permission for your child to be treated: ☐ Yes ☐ No

I confirm that consent is given for my child to attend the BMC activity and I agree to the conditions laid out below*.

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*Information used in this form will be used to monitor and evaluate BMC activities. All information will remain confidential and no reference to individuals will be made in written or verbal reports unless permission is sought and granted. Your child's participation is voluntary and they may decline to participate. I have read and understood the above information and agree for my child or myself to participate further in this study, if so requested.

Breaking the silence

Mike Winch speaks forthrightly to *AW* after resigning last week as vice president of UK Athletics

Pictures: Mark Shearman

You have just stood down as UK Athletics vice-president. Why are you doing this?

Well, having been elected by my coach colleagues and the clubs, I set out to do a very specific task in 2002, and that was to change the philosophy of UKA away from the centralist policies it was then expounding and more towards what the clubs and coaches wanted – a system of support to help them develop the sport of track and field athletics in general. I soon realised that this was a very tall order, since the policies were largely dictated by the sports councils and not the sport itself. The job of vice president was one of being asked to agree and not make any noise about disagreeing; just sit there and smile. That has been increasingly hard to do.

What would you say you have achieved then?

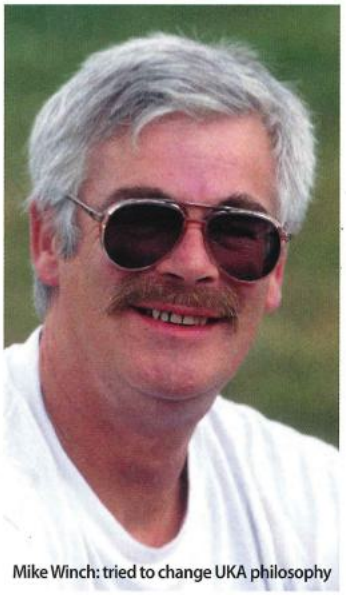
A change of management, not that this is going to make a lot of difference, because the sports councils have, in my view, become even more assertive in the way they want to see the money that they administer spent. I liked both David Moorcroft and Adam Walker, but they seemed very disinclined to challenge the funders by explaining forcefully enough that the sport knew best how to run its affairs and just needed the money to do it properly, not to be told how to move forward.

But surely, he who pays the piper calls the tune?

I have always acknowledged that if money comes into the sport from the National Lottery or Government, it should be fully accounted for and subject to the proper checks and balances. What I do not agree with is that supplying much-needed money ever gave the external agencies the right to dictate to the sport how it should be run in athletic terms. The result of all this has been that we now have generic rather than expert management of the sport. I can't imagine rugby or football employing non-experts as their senior officers. Not only that, athletics has little control over its assets so it is in no position to become independent of either the funders or the people who have made so much money from the sport through exploiting its assets. This is an issue I largely blame the AAA of England for creating. Despite being warned they were about to be asset stripped, they blithely went on their way to oblivion.

Athletics is now a business, so should not businessmen rather than athletics experts run it?

Our sport involves a huge number of people, and many of the leading volunteers are highly qualified and capable professional people. These volunteers do not play at the sport, they get heavily involved and give millions of pounds' worth of free time every year to help it develop. UKA's mistake is, I believe, that it has never understood where the true heart of the sport lies and who pays to keep it running. In not supporting the clubs and coaches, the very roots of the sport are dying. Using myself as an example, if I charged for coaching what I do for my business, bearing in mind I have been an international coach for 30-odd years, my estimated input into athletics would come out at £20-30,000 per year. Others may spend more time and some, less, but for me that is what my contribution is. Multiply that by the thousands of volunteers who have until now happily given their time at no cost and you start to see why so many people are very disillusioned with the way the sport is being run and also the fact that they have been disenfranchised. Being told that what they do in the sport must conform to a generic plan and be controlled centrally by a group of people who, in all honesty, know far less about how to produce athletes than they do, holds no water for most of our more experienced volunteers.



Mike Winch: tried to change UKA philosophy

Surely we couldn't afford to pay all the volunteers?

Of course not and that is not what I am suggesting. It is all about being valued and listened to. Considering the huge amounts of money that have been spent, I believe that pushing those funds to the very people who actually produce the results would have been a far more effective way of spending it. In fact, it could hardly have been less effective. UKA has spent so far, to some estimates, around £150 million at today's value since its inception, and in all honesty we have nothing to show for it. Historically, the AAA were criticised for making a profit, but at least it was a profit from wholly-owned assets, and they were accountable to the sport for its use. UKA has received massive funds and what have we all ended up with? A failed sport, run by an unaccountable company, still supporting a large number of "organisers" and administrators, but with little noticeable upturn at any level that wouldn't have happened without them anyway. The key excuse has been that monies have been "ring fenced" for specific projects. When projects have failed, there has been no accountability. The sport has lurched from crisis to crisis.

The 'organisers' and administrators though, are essential to move things forward, aren't they?

I am not a believer in such people. The sport would be much better-off having paid coaches and clubs for results. I believe in incentives and rewards for results, not payment for being there. Administrators are only useful if they are actually helping the clubs and coaches to do their job, not dictating what that job should be. Unfortunately, with England Athletics being a microcosm of UKA and the regions being microcosms of EA, the central philosophy seems unlikely to change. To my way of thinking, the whole UK Sport and Sport England concept of "one hat fits all" has come crashing down on its very root premise, that sport must be managed generically like a business, at all levels. The clubs are the heart of the sport and, while they need business-management locally, they are all different, have different philosophies and have different personnel, but equally they also know how to do the job and what resources they need to do it.

What about the UK Members' Council and the England councils? Surely they are supposed to be the democratic voice and conscience of the sport?

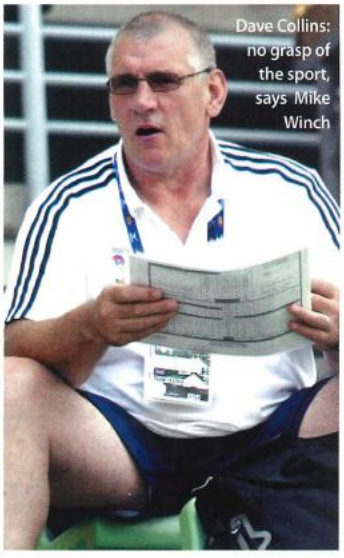
Basically they are paper tigers with only nominal power. My experience of UKMC, although it was set up largely based on a structure I put forward, ended up with virtually no power to control UKA and little to offer in terms of affecting policy. It is effectively out of the loop and only hears about UKA's activities every few months, and then in retrospect. It doesn't make policy, and simply rubber-stamps everything put in front of it. There are good people sitting on it, but also others who unfortunately just want "to be there". I don't know about the England and regional councils, except that they again do not make policy, which in essence must also make them "talking shops" rather than the local democratic power bases for the sport that they need to be.

But what about coaching?

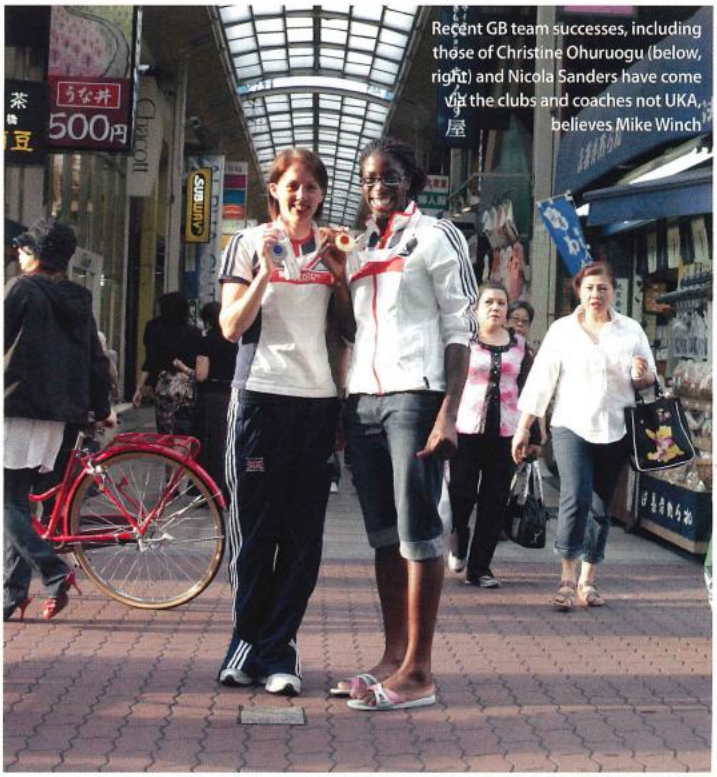
A few months ago, I spoke to Ed Warner and Niels de Vos about what I hoped UKA would do for me and my colleagues if they wanted us to

> The job of being vice president was one of being asked to agree and not to make any noise about disagreeing; just sit there and smile. That has been increasingly hard to do

support them. The result of that was a big zero. The proof of that comes with the removal of Callum Orr – to my mind one of the most effective of the personnel in Solihull and no longer there. In addition, David Collins seems to think that coaches can only be good if they are paid and he will not support anyone who doesn't want to go down that route unless he has to, by virtue of their un-ignorable success. Before the current regime, many coaches with international athletes were able to go on trips and work with the teams to learn the trade at the highest level. That has all gone, with only the favoured few now having access. How on earth are coaches going to gain vital experience if they are not supported by the national governing body and its performance director? One of my athletes sent me a copy of the letter that he had received from the Australian Athletics governing body about the Olympics. What a contrast to this country. The personal coaches are to be welcomed at get-togethers, training camps, pre-Games camp and will be provided with support and tickets for their athlete's event. If they produce the results, they are helped, unlike here.



Dave Collins: no grasp of the sport, says Mike Winch



Recent GB team successes, including those of Christine Ohuruogu (below, right) and Nicola Sanders have come via the clubs and coaches not UKA, believes Mike Winch

Your antipathy to Dave Collins is well known. Have you tried to come to a compromise with him over your views?

The answer is yes. But that too was a waste of time. I honestly don't believe that he has a grasp of the sport at any level, and despite having been responsible for spending millions of pounds on a few athletes, has not produced much to show for it. I have to say that with the resources that he has been given, it must be a great disappointment to the sport and its funders, that so little has been achieved with so much money. I am also in deep and total disagreement with him over the way he has handled some athlete-coach relationships. As a psychologist, one might have expected him to have some comprehension of the issues.

Selection is another major bone of contention. Looking at the published so- called "criteria", it is now absolutely clear that Collins and acolytes, with the support of the senior management, want to be the sole adjudicators of who are the best athletes and team. This subjective approach has never been acceptable in athletics since the days the amateur sport was rolled aside. Competitive performance should be the only criterion used to determine your place in any team, not someone's viewpoint on your performance.

I also have a problem with the high performance centre philosophy, in that if you only have half a dozen good facilities and then exclude all but the elite from using them, simple maths will tell you that the vast bulk of athletes who need to train in good facilities have no access. This has inevitably created an "us and them" scenario, again to the detriment of the clubs and many up-and-coming athletes.

In all, I think that the so-called "World Class Performance" set-up is very far from that, and with the current attitudes prevailing and the apparent lack of understanding of the basics of producing athletes, it will remain so, despite the huge funding.

That's a bit harsh. There are good juniors and under-23s emerging in many events. This must show that something is being done right.

And who produces them? UKA, or the coaches and clubs? If you look at a comparison across the events and back 20 years, you will see that, while there have been fluctuations, we have nearly always had good athletes, and now is no exception, but these are produced and have always been produced by the clubs and coaches, not the national governing body. It also shows that despite there being good athletes at the top, the base of the pyramid has been progressively declining. The question is, do we still have a sound enough base in the sport for progress to resume, and do we have the expertise to translate that into eventual medals? I think if you divide the income of the sport by the medals won over the last 20 years, you would reveal a sobering pattern of declining value for money that has accelerated since UKA took over, and a steep reduction in competitive participation in most areas of the sport bar jogging.

Let's move on to what you are going to do now, as I can't imagine you are going to move out of the sport.

Well, don't be too sure. I have several options, one of which is to switch to a sport or country which recognises what I can do. I don't want to do that, but in all honesty the last few years of banging my head against a brick wall have given me cause to doubt the personal value of my commitment to track and field in the UK. In other sports and countries, I am recognised as having something of worth to contribute.

Whether or not I stay with athletics in the UK, the first thing I will do after stepping down as vice president will be to resume saying what I think in public! I have spent the last year keeping quiet, waiting to see what happens at UKA, whether or not there will be a change of philosophy, and trying to work on the inside. Clearly that was a vain hope and it now looks as if UKA will be retracting to a rump of centralist policy-making. Most of the areas I am interested in have been decimated; coaching, if there ever was any intent to move that forward has gone; national squads have gone; the hope of a properly organised and supported seamless pathway to the top for athletes and coaches inclusive of the clubs has gone, so for me it would be a waste of time and effort to stay in this particular role. Of great value to me however, is my squad of athletes who despite having nil support, train with passion and determination to succeed despite the system rather than because of it. They really are a great inspiration and a very good reason for staying with the sport.

I am also a great believer in the clubs and it is probably in that direction I will move. ABAC has said some good things and has also produced results by arguing its case clearly and on the basis of fact. I am in sympathy with that, and see a good future for the organisation. I would be happy to be part of it.

Lewis is top all-rounder

MEL WATMAN ranks the leading British combined-eventers and walkers, as well as recapping on the best overall performers

Pictures: Mark Shearman


Mary Peters: set world record at 1972 Olympics

■ **Scoring system (points awarded only from 1934):**
Olympics (from 1936): 1st – 25 pts, 2nd – 15, 3rd – 10, 4th – 3
World Champs (from 1983): 1st – 15, 2nd – 10, 3rd – 5, 4th – 2
World record-holder (from 1946): 15 (+ extra 2 pts for each full year as record-holder); for records set 1934-1939: 10 pts + 1 pt per year; deduct 4 pts if record extended over World War II period
World record bonus: 5 pts when set winning Olympic or world title
European Champs: 1st – 10, 2nd – 5, 3rd – 2
Commonwealth Games: 1st – 5, 2nd – 3, 3rd – 1
UK record (from 1946): 3 pts (+ extra 1 pt for each full year as record-holder); for records set 1934-1939: 2 pts + half point per year up to and including 1945; deduct 2 pts if record extended over World War II period
World ranking (from 1946): 1st – 5, 2nd – 3, 3rd – 2; (from 1934 to 1945) 1st – 3
WAAA/AAA titles: (or first UK finisher if in top 3) 1 pt

■ **PENTATHLON* (from 1949) and HEPTATHLON (from 1981)**

1 Denise Lewis 107
1st 2000 Olympics (25), 3rd 1996 (10)
2nd 1997 & 1999 World (20)
1st 1998 Eur (10)
1st 1994 & 1998 Comm G (10)
World ranked: 1st 1998, 2000 (10), 2nd 1997, 1999 (6), 3rd 1996 (2)
UK record: 6645 on 26.5.1996, 6736 on 1.6.1997, 6831 on 30.7.2000 (held for 11 years) (14)

2 Mary Peters* 84
1st 1972 Olympics (25), 4th 1964 (3)
1st 1970 & 1974 Comm G (10)
World record: (1971 tables; with 100mH) 4801 on 3.9.1972 (15)
World record bonus: 4801 at 1972 Olympics (5)
World ranked: 1st 1972 (5), 3rd 1970 (2)
UK record: (1954 tables; with 80mH) 4801 on 30.5.1964, 4823 on 19.8.1964; (1971 tables; with 100mH) 4630 on 7.5.1972, 4801 on 3.9.1972 (held for 8 years) (11)
WAAA: 1962, 1963, 1964, 1965, 1966, 1968, 1970, 1973 (8)

3 Mary Rand* (née Bignal; later Toomey & Reese) 42
2nd 1964 Olympics (15)
World ranked: 2nd 1959, 1963, 1964, 1965 (12)
UK record: (1954 tables; with 80mH) 4466 on 21.8.1958, 4679 on 8.8.1959, 4712 on 13.7.1963, 4726 on 24.8.1963 (held for 5 years), 4815 on 21.6.1964, 5035 on 17.10.1964 (held for 5 years) (13)
WAAA: 1959, 1960 (2)


Denise Lewis: brought injury-hit spell to an end with Olympic heptathlon gold

4 Judy Simpson (Livermore) 29
3rd 1986 Eur (2)
1st 1986 Comm G (5), 2nd 1982 (3), 3rd 1990 (1)
UK record: (1971 tables; with 800m) 5852 on 10.5.1981 (= 5694 on 1985 tables), 6286 on 10.9.1982 (= 6259), 6353 on 11.9.1983 (= 6347), (1985 tables) 6623 on 30.8.1986 (held for 13 years) (16)
WAAA: 1982, 1983 (2)

5 Kelly Sotherton 27
3rd 2004 Olympics (10)
3rd 2007 World (5)
1st 2006 Comm G (5)
World ranked: 2nd 2004 (3), 3rd 2005 & 2007 (4)

6 Bertha Crowther* (Piggott) 12
2nd 1950 Eur (5)
UK record: (1954 tables; with 80mH) 3901 on 20.8.1949 (held for 2 years) (5)
WAAA: 1949, 1950 (2)

7 Ann Wilson* (later Simmonds & Sargent) 10
2nd 1970 Comm G (3), 3rd 1974 (1)
UK record: (1954 tables; with 100mH) 5037 on 22.7.1970 (= 4416 on 1971 tables) (held for 1 year) (4)
WAAA: 1972, 1974 (2)

8eq Dorothy Tyler* (Odam) 6
UK record: (1954 tables; with 80mH) 3953 on 8.9.1951 (held for 2 years) (5)
WAAA: 1951 (1)

8eq Jean Pickering* (Desforges) 6
UK record: (1954 tables; with 80mH) 3997 on 12.9.1953 (held for 1 year) (4)
WAAA: 1953, 1954 (2)

8eq Thelma Hopkins* 6
UK record: (1954 tables; with 80mH) 4289 on 20.7.1955 (held for 3 years) (6)

■ **DENISE LEWIS – PROFILE**

Born: West Bromwich, August 27 1972

ALTHOUGH she was never a world record-breaking all-rounder like Daley Thompson or Mary Peters, Denise Lewis thoroughly deserved her heptathlon gold medal in Sydney in 2000 as she struggled bravely against injuries which came so close to shattering her Olympic dream. Her career was one of long-term consistency, encompassing also a European title, two Commonwealth Games successes, a pair of World Championship silver medals and an Olympic bronze.

Born to a Jamaican mother who arrived in England in 1966, Denise first saw the light of day just a week before the Munich Olympic pentathlon triumph of Peters, the woman who would become her inspiration.

Her first big success came when she was only 13, winning the English Schools junior girls' long jump in 1986, and two years later she entered, and won, her first heptathlon. Her big breakthrough came at the 1994 Commonwealth Games when, thanks largely to improving her best javelin throw from 48.58m

to 53.68m, she took the gold medal with 6325. She followed Judy Simpson as UK record-holder in 1996 and for five seasons ranked among the top three in the world.
Personal bests: 200m - 24.10 (1997) & 24.01w (2000), 800m - 2:12.20 (2000), 100mH - 13.13 (2000), HJ - 1.87 (1999), LJ - 6.69 (2000) & 6.77w (1997), SP - 16.12 (1999), JT - 56.50 (old model; 1996), Hep - 6831 (2000)
Annual progression: 1989 - 5277, 1990 - 5193, 1991 - 5484, 1992 - 5812, 1993 - 5774, 1994 - 6325, 1995 - 6299, 1996 - 6645, 1997 - 6736, 1998 - 6559, 1999 - 6724, 2000 - 6831, 2003 - 6282

■ WALKS (1.5 miles-20km)

(Maximum of one point awarded per year for national titles, irrespective of how many won)

1 Marion Fawkes (Adamson) 43
Unofficial World 5000m Championship (1976): 2nd (3)
Eschborn Cup (5km): 1st 1979 (5)
World best: (10,000m) 48:37.6 on 31.3.1979, 48:11.4 on 8.7.1979 (held for 2 years) (19)
UK record: (5km road) 23:32 on 12.8.1978, 22:51 on 24.9.1979 (held for 8 years) (11)
Also: (3000m) 14:46.0 on 23.6.1974, 14:33.50 on 20.7.1974, 14:28.8 on 28.6.1975, 14:24.4 on 17.8.1975, 14:14.8 on 29.5.1976; (5000m) 25:02.0 on 4.8.1974, 24:59.2 on 24.8.1974, 24:47.8 on 7.9.1975, 24:24.0 on 14.8.1976, 24:10.0 on 21.8.1976, 23:59.62 on 26.7.1977, 23:31.5 on 16.6.1979; (10,000m) 50:03.0 on 26.3.1977 + world bests as above; (10km road) 49:18 on 2.6.1979
National titles: 1973, 1974, 1976, 1977, 1979 (5)

2 Carol Tyson 40
Eschborn Cup: (5km) 2nd 1977 & 1979 (6)
World best: (5000m) 23:11.2 on 30.6.1979 (held for 1 year) (17)
Also: (3000m) 13:25.2 on 6.7.1979
UK record: (3000m) 14:10.2 on 5.9.1976, 14:00.0 on 19.6.1977, 13:46.4 on 6.8.1977, 13:40.0 on 17.9.1977 & 23.7.1978, 13:25.2 on 6.7.1979 (held for 10 years) (13)
Also: (5000m) 23:58.4 on 21.8.1977, 23:42.4 on 1.10.1977, 23:11.2 on 30.6.1979; (10,000m) 49:59.0 on 25.3.1978; (10km road) 49:27 on 28.10.1978
National titles: 1977, 1978, 1980, 1981 (4)

3 Lisa Kehler (Langford) 37
2nd 2002 Comm G 20km (3), 3rd 1990 & 1998 10km (2)
UK record: (10km road) 47:54 on 28.2.1987, 46:37 on 14.3.1987, 46:09 on 5.4.1987, 45:42 on 3.5.1987, 45:18 on 15.5.1998, 45:03 on 19.9.1998 (held for 20 years) (23)
Also: (3000m) 13:17.56 on 25.5.1987; (5000m) 22:19.04 on 25.5.1987, 21:57.68 on 25.6.1990, 21:42.51 on 13.7.2002; (5km road) 22:37 on 3.5.1987, 22:09 on 8.4.1989; (10,000m) 45:09.57 on 13.8.2000; (20km) 1:35:35 on 23.4.2000, 1:33:57 on 17.6.2000
National titles: 1987, 1989, 1990, 1995, 1997, 1998, 2000, 2002, 2003 (9)

4 Vicky Lupton 27
UK record: (5km road) 21:36 on 18.7.1992 (held for 15 years) (18)
Also: (5000m) 21:52.4 on 9.8.1995; (10,000m) 45:18.8 on 2.9.1995; (20km) 1:37:44 on 27.6.1999
National titles: 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1998, 1999 (9)

5 Betty Sworowski (Ellis) 25
UK record: (3000m) 12:59.1 on 19.8.1989, 12:49.16 on 28.7.1990 (held for 18 years)(21)
Also: (5000m) 22:02.06 on 28.8.1989; (5km road) 21:50 on 6.5.1990; (10,000m) 46:36.1 on 17.9.1989
National titles: 1988, 1989, 1990, 1991 (4)


Lisa Kehler (133): UK 10km record-holder

TOP AGGREGATE EVENTS POINTS SCORERS

1	Paula Radcliffe	(5000m - 29, 10,000m - 47, Mar - 77, CC - 49)	202
2	Mary Rand	(80mH - 4, HJ - 2, LJ - 123, Pen - 42)	171
3	Kelly Holmes	(800m - 87, 1500m - 80)	167
4	Sally Gunnell	(100mH - 25, 400mH - 138)	163
5	Kathy Cook	(100m - 35, 200m - 55, 400m - 40)	130
6	Fatima Whitbread	(JT - 127)	127
7	Mary Peters	(100mH - 7, SP - 25, Pen - 84)	116
8	Dorothy Tyler	(HJ - 107, LJ - 1, Pen - 6)	114
9	Dorothy Hyman	(100m - 63, 200m - 48)	111
10	Denise Lewis	(LJ - 3, Hep - 107)	110

6 Irene Bateman (James) 23
UK record: (20km) 1:40:45 on 9.4.1983 (held for 16 years) (19)
Also: (10km road) 48:47 on 20.6.1981
National titles: 1980, 1981, 1982 (2nd), 1983 (4)

7 Judy Farr (Woodsford) 21
UK record: (3000m) 16:03.2 on 7.6.1964, 15:49.8 on 28.9.1968 (held for 5 years),15:01.2 on 5.6.1971 (held for 1 year) (9)
Also: (5000m) 26:47.0 on 30.5.1964, 26:40.6 on 28.9.1968
National titles: 1960, 1962, 1963, 1964, 1965, 1966, 1967, 1968, 1969, 1970, 1975, 1976 (12)

8 Betty Jenkins (Franklin) 10
UK record: (3000m) 15:28.0 on 30.11.1969, 15:24.4 on 3.6.1972 (held for 2 years) (5)
Also: (5000m) 25:09.2 on 16.9.1972
National titles: 1967, 1969, 1971, 1972, 1973 (5)

9 Ginny Birch (Lovell) 9
UK record: (10,000m) 47:56.3 on 15.6.1985 (held for 4 years) (7)
National titles: 1975, 1985 (2)

10 Julie Drake 8
UK record: (10,000m) 45:53.9 on 26.5.1990 (held for 5 years) (8)

■ MARION FAWKES – PROFILE

Born: North Shields, December 3 1948
THERE was a time, some 30 years ago, when British women walkers were the match of any in the world and pre-eminent among them were Marion Fawkes and her arch-rival Carol Tyson. Fawkes, who was less than 5ft tall (1.52m) and weighed in at under 7 stones (43kg), began her athletics life as a hurdler and half-miler, taking up race walking in 1967 aged 18. She won her first national title in 1973 and set her first British record the following year, but her greatest season proved to be her last, in 1979, when she was aged 30. In March she set a world best of 48:37.6 in the WAAA 10,000m championship at Hornchurch, in July she reduced that mark to 48:11.4 in Sweden, while in Holland in September she set a UK record of 22:51 when winning the Eschborn Trophy road 5km, a forerunner of the World Race Walking Cup.
Personal bests: 1mile - 7:14.4 (1979), 3000m - 13:46.3 (1979), 5000m - 23:19.2 (1979), 5km road - 22:51 (1979), 10,000m - 48:11.4 (1979)
Annual progression: (mile) 1967 - 8:42.0, (1.5 miles) 1968 - 14:01.6, (2500m) 1970 - 14:30.4, 1971 - 13:46.2, 1972 - 13:21.4, (5000m) 1973 - 25:28.0, 1974 - 24:59.2, 1975 - 24:47.8, 1976 - 24:10.0, 1977 - 23:59.6, 50:03.0 (10,000m); 1978 - 23:32 (road), 50:31.0; 1979 - 23:31.5 & 22:51 (road), 48:11.4

THE TOP SINGLE EVENT POINTS SCORERS

1	Sally Gunnell	(400mH)	138
2	Fatima Whitbread	(JT)	127
3	Mary Rand	(LJ)	123
4=	Dorothy Tyler	(HJ)	107
4=	Denise Lewis	(Hep)	107
6	Tessa Sanderson	(JT)	88
7	Kelly Holmes	(800m)	87
8	Mary Peters	(Pen)	84
9	Kelly Holmes	(1500m)	80
10	Paula Radcliffe	(Mar)	75

■ DETAILED profiles of all of the above top point scorers are included in Mel Watman's book *All-Time Greats of British Athletics*, available for £15 from the publishers, SportsBooks Ltd, PO Box 422, Cheltenham GL50 2YN; website: www.sportsbooks.ltd.uk

■ ACKNOWLEDGEMENTS: In compiling the data for this 20-part series, Mel Watman consulted numerous sources, and in particular *Athletics Weekly*, *Athletics Today*, *Athletics International*, *Track & Field News* and various publications of the NUTS and ATFS

Do you fancy running a SPORTRELIEF MILE?

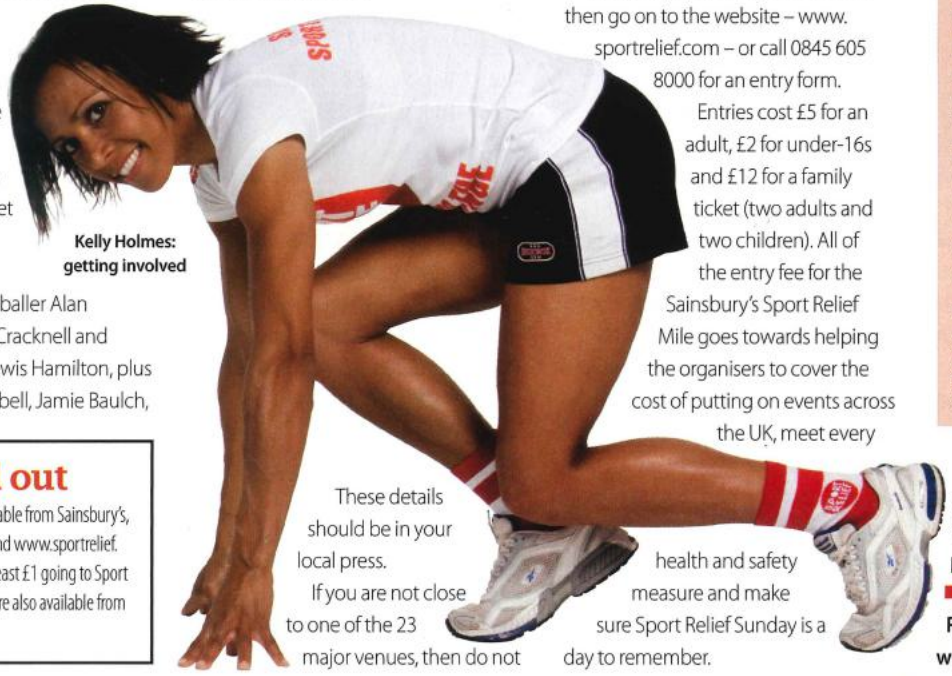
AW basics
advice, techniques and tips for beginners

Get fit and fast and raise money for charity while you're about it

READERS of *Athletics Weekly* must surely be tempted to take part in the Sainsbury's Sport Relief Mile races next month.

The events are in 23 different cities on Sunday March 16, with all the proceeds going to Comic Relief.

Kelly Holmes is one of several celebrity sportspeople who are urging the public to get involved in this BBC televised initiative.



Kelly Holmes: getting involved

Others include footballer Alan Shearer, rower James Cracknell and Formula One driver Lewis Hamilton, plus athletes Darren Campbell, Jamie Baulch, Sally Gunnell, Seb Coe, Steve Cram and Dame Tanni Grey-Thompson.

The Sport Relief weekend starts on Friday March 14, but the Sainsbury's Sport Relief Mile on March 16 sits at the heart of the fund-raising campaign and is the best way for anyone to become involved.

In addition to running one mile, there are also opportunities to run three or six miles too.

These details should be in your local press.

If you are not close to one of the 23 major venues, then do not worry either. There are 200 more locally organised mile events.

With almost half a million people completing a mile last time, this number of venues is definitely needed too.

Adults and children are all welcome. Indeed, the previous batch of Sport Relief milers even included Prince William, who ran his 1609 metres at Sandhurst.

So if you are now inspired to enter, then go on to the website – www.sportrelief.com – or call 0845 605 8000 for an entry form.

Entries cost £5 for an adult, £2 for under-16s and £12 for a family ticket (two adults and two children). All of the entry fee for the Sainsbury's Sport Relief Mile goes towards helping the organisers to cover the cost of putting on events across the UK, meet every health and safety measure and make sure Sport Relief Sunday is a day to remember.

So try to gain sponsorship and raise money – to help transform lives here in the UK and across the world's poorest countries.

FOR more information on Sport Relief 2008 and to get involved visit www.sportrelief.com

Mile high

Is there a venue near you?

Belfast – Custom House Square
Birmingham – Centenary Square
Brighton & Hove – Madeira Drive
Bristol – Harbourside
Cardiff – Cardiff Bay
Coventry – The Old Council House
Edinburgh – West Princes Street Gardens
Gateshead – Saltwell Park
Glasgow – Glasgow Green
Hull – Queen Victoria Square
Ipswich – Portman Road
Leeds – Roundhay Park
Liverpool – Liverpool Waterfront
London – Central
Manchester – Albert Square
Middlesbrough – MIMA & The Guildhall
Milton Keynes – Midsummer Boulevard
Norwich – St Peters Street
Nottingham – Victoria Embankment
Plymouth – Plymouth Hoe
Sheffield – Millennium Square
Southampton – Palmerston Road
Swansea – National Waterfront Museum

Get kitted out

SPORT Relief socks are available from Sainsbury's, Bannatyne's Health Clubs and www.sportrelief.com. They cost £2, with at least £1 going to Sport Relief. In addition, T-shirts are also available from Sainsbury's.

Are you ready for the Monster Challenge?

ENDURANCE athletes looking for a team-oriented multi-sport event in a beautiful location later this year may be interested in the First Monster Challenge.

It is a 120km team duathlon around the shores of Loch Ness in Scotland on September 13.

The 2007 edition attracted a strong field, including celebrities and former athletes such as Nell McAndrew, Liz McColgan and Sonia O'Sullivan. Competitors are in teams of four with each person running roughly 10km and cycling around 20km.

McAndrew is back again in 2008, as is adventurer Ben Fogle, and the duo (pictured) used the launch of the event to express their worries about the health and fitness of the British public.

McAndrew, a TV personality, model and keen runner with a marathon best of 3:10, said: "It really is a worry that so many people in the UK are unhealthy. One of the reasons why I take part in events such as the First Monster Challenge is to encourage others to do the same. After all, if I can do it, so too can the majority of the Great British public!

"It truly is a fantastic course and I thoroughly enjoyed the 2007 event. The atmosphere was great, the camaraderie among all the teams was excellent, the organisation first-class and the scenery spectacular. I can't wait for September 13."

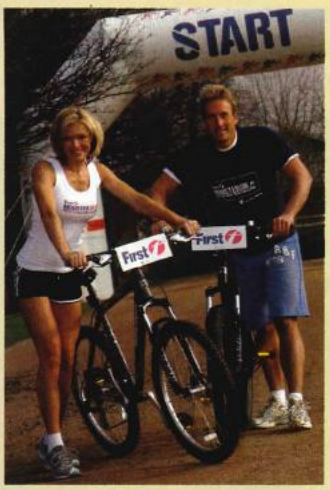
Fogle added: "Quite simply, the UK is far too unhealthy. We are in danger of becoming a nation of couch potatoes. A total of 22 per cent of Britons are obese and incredibly 75 per cent are considered overweight. I am very fortunate to be in a position to persuade people that exercise is important and can be fun.

"FirstGroup are putting on fantastic events throughout the country. Although the First Monster Challenge in Inverness is going to be a tough one to complete, the First Mini Monsters are suitable for everyone, regardless of fitness. Why not get out there and take on a Mini Monster and raise money for Save the Children?"

The sponsors, the transport company FirstGroup, are also to stage First Mini Monster events throughout Britain. These are more gentle events aimed at families. And FirstGroup is encouraging all its competitors to raise money for its charity partners, Save the Children.

In the First Mini Monsters, competitors have the choice of two events: the first will see participants either run 3km or cycle 10km and the second, aimed at families, will consist of either a 1.5km run or a 5km cycle. In both, competitors will be in teams of four. Winners of the First Mini Monster Challenges will also be given the opportunity of free entry to September's First Monster Challenge in Inverness.

First Mini Monsters are set to be launched in Glasgow, Leeds, Greater Manchester, St Albans and Bristol in May and June, with exact dates to be confirmed.



SEE www.firstmonster.com for more

The appliance of science

WILF PAISH explains why coaches must gain a complete knowledge of the science behind the art


Speed, strength and endurance all need to be developed

I AM receiving great pleasure from mentoring a group of young coaches. The pleasure is similar to that of a teacher who can observe in their prodigies that they have learned a skill mainly through the "art" and motivation provided by the teacher. I can also realise that the future well-being of our sport rests with the quality of our coach education.

The young coaches are obliged to attend a whole variety of courses on their way to the "tick box" qualification, with a one-size-fits-all philosophy. Time is at a premium, since courses are time-consuming and poorly cost-effective, thus there is not sufficient leeway for the students to gain a working knowledge of how to train the "S" factors.

It is not possible for them to understand speed training, strength training and endurance training as a result of a single Powerpoint presentation. The practicality of the situation does not work like that, even if the box has been ticked.

The problem arises that while we can call the whole principle "fitness" training, and even sub-divide it into endurance training, etc, there remains the problem of specificity. There is also an added problem of terminology, that does not always follow dictionary definitions.

Many athletes have informed me that due to increased mileage they feel stronger. Here we might be confusing the specificity of endurance with strength. The only way to fully appreciate the total concept of fitness is to come to terms with its physiological underpinning.

Speed is of the essence

THE most important "S" factor is speed. Even the fastest person over the marathon course wins. All other things being equal, the person who can release the javelin the fastest wins and the person who has the greater take-off speed will jump the furthest.

By and large speed is a genetic gift, in that one has an endowed muscle and nerve supply that favours speed. The speed involved with running and jumping is related to "impulse", which has a force determinant. This in turn involves a strength component, hence the muscular nature of the legs of sprinters and jumpers. However, linked into the equation is a "time" factor, thus power.

Therefore any person involved with speed movements will need to train for strength, power and the related plyometric exercises aimed at decreasing the damping effect of the muscles' connective tissue.

Is the speed of the sprinter the same as the speed of the 800m runner, since both are running events? Well, no. The latter is related to speed endurance, and while the fast 800m runner will have a good level of endowed "natural" speed, the levels of the anaerobic muscle and liver enzymes will determine success or failure in this event. Thus one needs to understand speed endurance training and that the "S" factors do not exist in watertight compartments.

The strength conundrum

STRENGTH is a confusing one. In physiological terms it is the capacity to exert a single peak contraction, as with the Olympic weightlifter tottering with the bar just above the head, praying for stability.

The strength required by the marathon runner is vastly different to that required by the shot putter. Most of the big shot putters I have worked with have arms (biceps) bigger than the thighs of marathon runners.

Thus returning us to specificity, I am often asked whether weight training is of any use to the marathoner. I reply that one is only as strong as the weakest link. It is an obvious advantage to be able to increase one's impulse, thus stride length, but how will this affect strength to weight ratio, an important consideration for the marathon runner?

However, to become stronger, one must physically break down the muscle protein, then through the action of somatomedins, a muscle is built up stronger. Thus, it is not like just going for a run. The process involves very hard work to break down the muscle protein that triggers off the adaptation.

Stamina explained

LIKE strength, stamina is also a little confusing again mainly because of its specificity. In the case of the Olympic lifter, in the above situation, once the number of repetitions increase greater than one, the more one becomes involved with strength endurance.

A coach I am mentoring was told that circuit training is of no use to any athlete. The problem here is that the term "circuit" is too vague. One can have a circuit designed for local muscular endurance, which is what the originators had in mind when they devised the torture. However, one can have a power circuit, a skills endurance circuit, a strength endurance circuit, a flexibility circuit, etc. Again, the coach needs to know what the desired outcome of the training regime is to be.

Here one can only resort back to science. How much stamina does the 100m runner need compared to the marathoner?

Finally ...

THE coach to whom I have already made reference, was told that an athlete could gain an increased stride length through flexibility training rather than by increasing one's force during (impulse) ground contact.

Theoretically, this is possible but I doubt whether the magnitude is identical. Most of the exercises, which I see as part of warm-up routines are of little value in terms of enhancing flexibility.

I believe that once one has lost the mobility associated with youth, then there is only one option – PNF (proprioceptive neuromuscular facilitation) training (an advanced method of flexibility training involving contraction and stretching of the muscle in question. Hence, there is a need to understand joint dynamics and the action of golgi organs.

In this article, my sole aim has been to encourage coaches to seek the reasons why we do certain activities in training. Are they purposeful? Will they contribute toward improved performances?

Only by appreciating the science of our sport, can we master the "art".

■ NEXT WEEK: London Marathon training advice



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AUSTRALIA

NATIONAL RACE WALKING CHAMPIONSHIPS, Melbourne, February 23

JOHANNA JACKSON produced a stunning performance in Melbourne in winning the Australian 20km Race Walking Championships with a national record of 91:40.

In a massive breakthrough performance, Jackson removed nearly five minutes from her previous personal best of 96:28 set in 2007 and took more than two minutes from Lisa Kehler's previous British record of 93:57 set in the 2000 European Cup of Race Walking in Eisenhuttenstadt.

Jackson, who has benefited from spending two months training at the AIS with Australia's best walkers, left Australia's best walkers in her wake including Commonwealth silver medallist Natalie Saville. Jackson's time also represents an Olympic A qualifier (93:30).

Jackson was part of a leading group including Natalie Saville, Claire Woods and Kellie Wapshott at halfway, but she pulled away in the second half as Wapshott took the battle of the Aussies to ensure her Olympic nomination for the Australian team for Beijing.

Men: 20W: 1 J Tallent 79:41; 2 L Adams 80:32; 3 A Rutter 81:49. **Women: 20W:** 1 JO JACKSON 91:40 (nat rec); 2 K Wapshott 92:57; 3 C Woods 93:02; 4 N Saville 95:10.

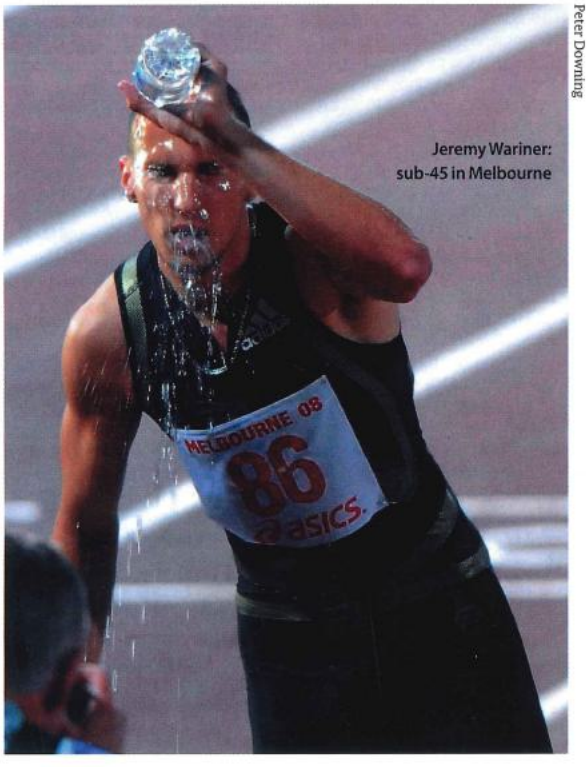
TELSTRA MELBOURNE TRACK CLASSIC, Melbourne, February 21

WORLD record-holder Asafa Powell started his year in sensational form with a 10.04 clocking into a slight negative wind, having suffered a knee injury less than two weeks before from a fall on the stairs.

Jeremy Wariner bounced back from his shock defeat over 200m one week earlier to record the year's first sub-45 clocking in the 400m. Andy Baddeley easily won the 1500m and Craig Mottram did likewise in the 5000m.

Commonwealth discus champion Scott Martin smashed his shot PB with a 21.27m national record. Elsewhere, Jamaica's Sherone Simpson set a big PB over 400m, Donna McFarlane trounced the field in the steeplechase and British youngster Nikki Hamblin set a 1500m PB.

Men: 100 (-0.2): 1 A Powell (JAM) 10.04; 2 M Frater (JAM) 10.25. **400:** 1 J Wariner (USA) 44.82; 2 C Hill 45.78. **800:** L Renshaw 1:45.79. **1500:** 1 ANDY BADDELEY 3:38.24; 2 B Kiptum (KEN) 3:39.41. **5000:** 1 C Mottram 13:11.99; 2 S Kosgei (KEN) 13:13.51; 3 A Feleke (ETH, U20) 13:18.47. **PV:** S Hooker 5.82. **SP:** S Martin 21.27 (nat rec). **JT:** 1 M Hazle (USA) 80.84; 2 J Bannister 80.78. **Women: 400:** 1 T Lewis 51.55; 2 S Simpson (JAM) 51.74. **1500:** 1 R Kalmer (RSA) 4:09.83; 2 G Clarke 4:12.86; 3 NIKKI HAMBLIN 4:17.01. **3000SC:** 1 D McFarlane 9:29.93; 2 L Zhenzhu (CHN) 9:56.73; 2 Z Yanmei (CHN) 9:57.24. **DT:** 1 S Aimin (CHN) 63.06; 2 D Samuels 61.92.



Jeremy Wariner: sub-45 in Melbourne

Peter Downing

event organisers

- Please send results immediately after the conclusion of the event to results@athletics-weekly.co.uk. Tel 01733-898440/fax 01733-898441
- Please include: date, venue, event name (and league division name, if applicable) and contact number.
- Wind speeds for sprints and jumps should be recorded. If best jumps are illegally wind-assisted (>2mps), provide best legal jump.
- Indicate juniors/veterans competing in senior events.
- Either send results in full or to AW standards, which can be found at www.athleticsweekly.com or posted/faxed on request.
- Before telephoning results, please extract performances meeting AW standards.

AUSTRIA

NATIONAL INDOOR CHAMPIONSHIPS, February 23-24

Men: 60: RYAN MOSELEY 6.75. **Ht2:** Moseley 6.87. **400:** C Zeller 47.17.

BELARUS

NATIONAL INDOOR CHAMPIONSHIPS, Mogilyov, February 22-23

Men: 60H: M Lynsha 7.64. **10000W:** I I Trotski 39:26.79; 2 S Charnov 39:42.19; 3 A Stsepanchuk 39:55.58. **Women: 60:** 1 Y Nesterenko 7.20; 2 O Dragun 7.20. **Ht1:** Dragun 7.20. **Ht2:** Nesterenko 7.22. **400:** 1 I Usovich 51.80; 2 S Usovich 52.52; 3 A Kozak 53.17. **3000:** O Kravtsova 9:11.47. **60H:** Y Valadzko 8.11. **LJ:** I Charnushenka-Stasiuk 6.51. **SP:** 1 N Ostapchuk 20.35; 2 V Yepimashka 17.43; 3 Y Leantsiuk 17.36. **10000W:** E Ginko 43:45.63 (world rec).

UNIVERSITY CHAMPIONSHIPS, Mogilyov, February 14-17

Men: 60: M Lynsha 6.60 (nat rec). **60H:** Lynsha 7.62. **Women: 60:** O Dragun 7.26. **Ht1:** Y Nesterenko 7.26. **200: Ht1:** 1 Nesterenko 24.21. **SP:** V Yepimashka 17.10.

WINTER THROWING CHAMPIONSHIPS, February 14-16

Men: HT: 1 D Shako 78.12; 2 A Varantsou 76.49. **Women: HT:** D Pchelnik 70.33.

BELGIUM

KBC INDOOR MEETING, Gent, February 24

Men: 60: 1 J Ndure (NOR) 6.55 (nat rec); 2 RIKKI FIFTON 6.61; 3 V de Lima (BRA) 6.61; 4 K Collins (SKN) 6.65; 5 H Vizcaíno (CUB) 6.65. **Ht1:** Ndure 6.63. **Ht2:** 1 Collins 6.64; 3 FIFTON 6.66. **800:** 1 RICHARD HILL 1:48.50; 2 A Abdelgader (SUD) 1:48.60; 3 M Rosseeuw (BEL) 1:48.78; 4 CHRIS GOWELL 1:48.81. **1000:** 1 A Kaki (SUD, U20) 2:16.15; 2 B Mansour Ali (BRN) 2:17.06 (area rec); 3 S Simotwo (KEN) 2:18.13; 4 G Rono (KEN) 2:18.54; 5 JAMES MCILROY 2:18.84. **3000:** 1 MK Belabbas (FRA) 7:43.86; 2 D Kipchirchir Komen (KEN) 7:44.93; 3 N Tariku (ETH) 7:46.39; 4 I Sang (KEN) 7:47.09; 5 K El Amri (MAR) 7:51.22; 6 J Carrigueo (ARG) 7:52.06 (nat rec); 7 K Boulahfane (ALG) 7:52.34. **PV:** 1 J Clavier (FRA) 5.70; 2 S Kucheryanu (RUS) 5.60; 3 STEVEN LEWIS 5.50. **TJ:** 1 O Tosca (CUB) 17.12; 2 M Savolaynen (UKR) 16.99; 3 A Copello (CUB) 16.91; 4 D Valukevic (SVK) 16.90; 5 Y Betanzos (CUB) 16.87; 6 T Bougtaïb (MAR) 16.82 (nat rec). **Women: 60:** 1 F Idoko (NGR) 7.19; 2 V Benvídes (CUB) 7.24; 3 Y Polyakova (RUS) 7.25; 4 V Anim (GHA) 7.29; 5 LAURA TURNER 7.30; 6 MONTELL DOUGLAS 7.32. **Ht1:** 1 TURNER 7.30; 2 DOUGLAS 7.34; 3 M Hurtis-Houairi (FRA) 7.35. **Ht2:** 1 Idoko 7.26; 2 Polyakova 7.29; 3 Benvídes 7.31. **200:** 1 H Mariën 23.39 (nat rec); 2 A Geflikh (RUS) 23.59. **800:** 1 MARILYN OKORO 2:02.03; 2 T Paliyenko (RUS) 2:03.65; 3 CELIA BROWN 2:04.78. **60H:** 1 P Lopes-Schliep (CAN) 7.91; 2 N Yanit (TUR) 8.06; 3 E Berings 8.11; 4 R Flor-Okori (FRA) 8.11. **HJ:** 1 T Hellebaut 1.98; 2 T Kivimyagi (RUS) 1.92.

CANADA

Montreal, February 16

Men: 60: N Macrozonaris 6.64.

Saskatoon, February 9

Men: 60H: A Moore (USA) 7.65. **Women: 60H:** D Cherry (USA) 8.08.

CZECH REPUBLIC

NATIONAL INDOOR CHAMPIONSHIPS, Prague, February 23-24

Men: 200: J Vojtík 21.05. **400:** R Götz 47.00. **60H:** 1 S Sajdock 7.65; 2 P Svoboda 7.69. **HJ:** 1 J Bába 2.30; 2 T Janku 2.24; 3 Sajdock 2.24. **Women: 400:** Z Hejnová 52.82. **Ht1:** Hejnová 53.17. **60H:** L Martincová 8.14. **HJ:** 1 I Straková 1.94; 2 R Dubnová 1.91.

FINLAND

BOTNIA GAMES, Mustasaari, February 18

Men: 200: 1 J Rautanen 21.14; 2 V Hongisto 21.17. **SP:** R Häggblom 20.06. **DT:** 1 G Kanter (EST) 64.64; 2 F Kruger 64.00 (nat rec).

FRANCE

SEAT, Paris, February 22

Men: 60: 1 V de Lima (BRA) 6.58 (area rec); 2 S Collio (ITA) 6.59; 2 A Yepishin (RUS) 6.61; 4 K Collins (SKN) 6.61; 5 A Fasuba (NGR) 6.64. **Ht1:** 1 Lima 6.58 (area rec); 2 Collio 6.64; 3 Yepishin 6.64. **Ht2:** 1 Fasuba 6.61; 2 Collins 6.61; 4 RYAN SCOTT 6.70. **1500:** 1 G Rono (KEN) 3:40.01; 2 M Wondimu (ETH) 3:41.12; 3 K Boulahfane (ALG) 3:41.48. **60H:** 1 Y Borisov (RUS) 7.53; 2 Y Hernández (CUB) 7.63; 3 P Villar (COL) 7.67; 4 S Coco-Viloin 7.69; D Robles (CUB) DNF. **Ht1:** 1 Robles 7.55. **Ht2:** 1 Borisov 7.65; 2 Villar 7.66. **PV:** 1 I S Kucheryanu)RUS) 5.76; 2 M Mazuryk (UKR) 5.70; 3 R Lavillenie (FRA) 5.70; 7 STEVEN LEWIS 5.34. **Women: 60:** 1eq C Arron 7.17; 1eq Y Polyakova (RUS) 7.17; 3 V Anim (GHA) 7.29; 3 M Hurtis-Houairi 7.30; 5 C Louami 7.33. **Ht1:** 1 Polyakova 7.20; 2 Hurtis-Houairi 7.27; 3 Louami 7.35. **Ht2:** 1 Arron 7.22; 2 Anim 7.31. **3000:** 1 M Melkamu (ETH) 8:44.62; 2 H Ouhaddou (MAR) 8:54.51; 3 M Assefa (ETH) 9:00.12; 4 V Nyaruai (KEN, U20) 9:08.78. **60H:** 1 A Tejeda (CUB) 7.94; 2 T Dektyareva (RUS) 7.99; 2 M Koroteyeva (RUS) 7.99; 4 A Trywianska (POL) 8.09; 5 A Lamalle 8.15. **Ht1:** 1 Tejeda 7.99; 2 Koroteyeva 8.06; 3 Lamalle 8.08; 4 SARAH CLAXTON 8.20. **Ht2:** 1 T Dektyareva 8.01; 2 R Flor-Okori 8.12; 3 Trywianska 8.13. **TJ:** 1 O Udmurtova (RUS) 14.38; 2 T Nzola 14.28; 3 Y Aldama (SUD) 14.20; 4 V Gurova (RUS) 14.15; 5 K Leibak (EST) 14.07.

Epinal, February 9

Men: PV: J Clavier 5.61. **Women: PV:** 1 V Boslak 4.41; 2 L Ryjikh (GER) 4.41; 3 A Battke (GER) 4.41.

GERMANY

NATIONAL INDOOR CHAMPIONSHIPS, Sindelfingen, February 23-24

Men: 60: 1 T Unger 6.62; 2 M Broening 6.64; 3 R Ostwald 6.65. **Sf1:** Unger 6.62. **Sf2:** 1 Broening 6.60; 2 C Blum 6.63. **Ht2:** Unger 6.62. **Ht3:** Broening 6.65. **200: r1:** A Kosenkow 21.15. **r2:** 1 S Kuhlee 21.00; 2 Unger 21.19. **800:** 1 R Schembera 1:49.20; 2 N Schumann 1:49.73. **1500:** 1 C Schlangen 3:38.47; 2 C Lohse 3:39.60. **3000:** J Fitschen 7:54.43. **60H:** 1 T Blaschek 7.58; 2 E Balnuweit 7.68; 3 A John 7.70. **Ht1:** Blaschek 7.61. **HJ:** 1 E Onnen 2.28; 2 R Spank 2.25. **PV:** 1 T Lobinger 5.80; 2 D Ecker 5.80; 3 F Schulze 5.65; 4 T Scherbarth 5.65; 5 R Holzdeppe (U20) 5.60 (nat jun rec); 6 M Mohr 5.60. **LJ:** C Stolz 7.91. **SP:** P Sack 20.23. **5000W:** A Höhne 19:35.87. **Women: 60:** V Sailer 7.23. **Sf1:** Sailer 7.27. **Ht2:** Sailer 7.28. **400:** C Marx 53.67. **60H:** J Ritz 8.15. **HJ:** A Friedrich 2.01. **PV:** 1 J Hütter 4.60; 2 A Battke 4.50; 3 S Spiegelburg 4.40. **LJ:** M Bauschke 6.49. **SP:** 1 D Hinrichs 18.81; 2 P Lammert 18.63; 3 C Schwanitz 18.28. **3000W:** M Seeger 12:12.57.

ITALY

Rome, February 24

Men: HM: 1 J Kipkorir (KEN) 60:19; 2 J Kipsang (KEN) 60:22; 3 D Kipkorir (KEN) 60:23. **Women: HM:** 1 S Aït Salem (ALG) 69:15 (nat rec); 2 V Sicari 70:21; 3 M Okayo (KEN) 73:06.

NATIONAL INDOOR CHAMPIONSHIPS, Genova, February 23-24

Men: 400: 1 C Licciardello 46.57; 2 M Galvan 47.10; 3 M Marsadri 47.16. **800:** L Sciandra 1:48.47. **3000:** D Meucci 7:56.53. **HJ:** F Campiolo 2.26. **LJ:** 1 F Iucolano 7.83; 2 A Howe 7.71. **TJ:** 1 F Donato 17.06; 2 F Schembri 16.83; 3 P Camossi 16.73. **5000W:** I Brugnetti 18:33.06. **Women: 60:** V Calì 7.34. **3000:** 1 S Weissteiner

8:57.61; 2 E Romagnolo 8:59.73; 3 F Dal Ri 9:03.76; 4 A Tschurtschenthaler 9:05.40. **TJ:** M Martinez 14.03. **SP:** 1 C Rosa 18.63; 2 A Legnante 18.43. **3000W:** E Rigaudo 12:10.23.

KAZAKHSTAN

NATIONAL INDOOR CHAMPIONSHIPS, January 26-27

Men:HJ: S Zasimovich 2.25. **TJ:** R Valiyev 16.64. **Women: HJ:** 1 Y Yevseyeva 1.95; 2 A Ustinova 1.90. **TJ:** O Rypakova 14.15.

MEXICO

Mexico City, February 23

Men: PV: G Lanaro 5.82 (nat rec).

NEW ZEALAND

Waitakere, February 18

Men: JT: J Bannister (AUS) 81.33. **Women: SP:** V Vili 20.13. **DT:** D Samuels (AUS) 60.11.

POLAND

NATIONAL INDOOR CHAMPIONSHIPS, Spala, February 23-24

Men: 60: Ł Chyła 6.62. **Ht2:** Chyła 6.59. **200:** M Urbas 21.05. **HJ:** 1 M Nieniek 2.25; 2 G Sposób 2.25. **LJ:** M Starzak 7.92. **SP:** T Majewski 20.51. **Women: 60:** D Korczyńska 7.34. **400:** A Karpiesiuk 53.19. **PV:** 1 M Pyrek 4.70 (4.40o, 4.50o, 4.60o, 4.70o, 4.81xxx); 2 A Rogowska 4.55; 3 J Piwowarska 4.40. **LJ:** K Tyminska 6.52. **SP:** 1 K Zabawska 17.46; 2 M Sobieszek 17.38.

PEDRO'S CUP, Bydgoszcz, February 20

JUST four days after setting a world indoor record of 4.95m, Yelena Isinbayeva suffered a shock defeat to long-time rival Svetlana Feofanova, thus ending her winning streak of 23 competitions, dating back to 2006. The last competition she did not win – in fact, she no-heighted, was also in Poland.

Feofanova cleared 4.71m to take the win from Isinbayeva, who tied for second place with Poland's Monika Pyrek.

Men: HJ: 1 Y Rybakov (RUS) 2.34; 2 A Dmitrik (RUS) 2.30. **Women: PV:** 1 S Feofanova (RUS) 4.71; 2eq Y Isinbayeva (RUS) 4.61; 2eq M Pyrek 4.61; 4 Y Golubchikova (RUS) 4.61; 5 A Rogowska 4.51; 6 N Kushch (UKR) 4.41.

Warsaw, February 10

Men: 60H: 1 A Noga 7.64; 2 D Bochenek 7.66.

PUERTO RICO

WORLD'S BEST 10KM, San Juan, February 24

Men: 10km: 1 D Merga (ETH) 28:08; 2 S Kipruto (KEN) 28:04; 3 W Kipsang (KEN) 28:09; 4 W Kiprotich (KEN); 5 L Maiyo (KEN) 28:10; 6 S Kosgei (KEN) 28:13; 7 D Tsega (ETH) 28:24; 8 B Cheboiyo (KEN) 28:25; 9 P Kamais (KEN) 28:30; 10 J Korir 28:41. **Women: 10km:** 1 L Kiplagat (NED) 31:02; 2 M Tufa (ETH) 31:12; 3 E Abeylegesse (TUR) 31:38; 4 D Tune (ETH) 31:46; 5 Z El Kamch (MAR) 31:53; 6 L Chepkurui (KEN) 32:07; 7 A Merga (ETH) 32:26; 8 L Talpoş (ROU) 32:27; 9 N Berkut (UKR) 32:28; 10 L Biktasheva (RUS) 32:42.

QATAR

ASIAN INDOOR CHAMPIONSHIPS, Doha, February 14-16

Men: 60: S Francis 6.62. **800:** 1 YS Kamel (BRN) 1:48.03; 2 EM Shojaei (IRI) 1:48.68. **1500:** 1 KA Thamer 3:40.86; 2 C Hamza (IND) 3:41.18 (nat rec). **3000:** 1 SK Zaman 7:49.31; 2 SS Kumar (IND) 7:49.47 (nat rec); 3 J Kwalia 7:50.76; 4 F Kibore 7:52.20. **LJ:** 1 KS Al-Khuwalidi (KSA) 8.24 (area rec); 2 SA Al-Haddad (KUW) 7.88 (nat rec). **Women: 60:** R Al-Gassra (BRN) 7.40 (nat rec). **400:** 1 Al-Gassra 53.28; 2 M Maslenko (KAZ) 53.38. **800:** 1 S Paulose (IND) 2:03.43 (nat rec); 2 S Devi (IND) 2:04.66. **1500:** Paulose 4:15.42 (nat rec). **3000:** P Sreedharan (IND) 9:12.26 (nat rec). **HJ:** 1 T Efimenko (KGZ) 1.91; 2 A Ustinova (KAZ) 1.91. **TJ:** O Rypakova (KAZ) 14.23. **SP:** G Lijiao (CHN, U20) 18.12.

ROMANIA

NATIONAL INDOOR CHAMPIONSHIPS, Bucharest, February 15-16

Women: 800: 1 L Barbulescu-Popescu 2:02.40; 2 M Neacsu 2:03.96. **1500:** 1 Barbulescu-Popescu 4:03.33; 2 E Antoci 4:11.79. **3000:** 1 Antoci 8:54.16; 2 D Donisa 8:55.52.

RUSSIA

NATIONAL RACE WALKING CHAMPIONSHIPS, Adler, February 23-24

WORLD champion Olga Kaniskina clocked the fastest ever time for the women's 20km walk, but her performance will not count for record purposes as there were not enough certificated judges.

Kaniskina covered the 20km distance in 85:11, 30 seconds faster than Olimpiada Ivanova's current world record. European junior champion Anisya Kirdyapkina was second with 1:25:30, also inside the previous world senior record, but her time will not stand as a world junior record for the same reason.

Men: 20W: V Borchin 77:55. **35W:** V Kanaykin 2:25:59. **Women: 20W:** 1 O Kaniskina 85:11 (unofficial world best); 2 A Kirdyapkina (U20) 85:30 (unofficial world junior best); 3 Y Shemyakina 85:46.

Moscow, February 22

Women: 200: 1 A Kapachinskaya 23.27; 2 O Zykina 23.28. **400:** 1 Kapachinskaya 52.10. **800:** T Popova 2:02.31.

SLOVENIA

Slovenska Bistrica, February 23

Men: SP: M Vodovnik 20.68 (nat rec).

SOUTH AFRICA

Germiston, February 22

Men: 800: 1 M Mulaudzi 1:45.25; 2 S Ngoepe 1:45.49. **400H:** 1 P de Villiers 48.71; 2 A Myburgh 48.99; 3 O Cilliers 49.18. **LJ:** G Mokoena 8.19/0.3. **Women: 100 (-1.3):** G Pillay 11.35. **200 (2.0):** I le Roux 23.05. **400:** 1 E Wittstock 52.56; 2 R Nachula (ZAM, U20) 53.05. **LJ:** J Josephs 6.63/0.1. **JT:** 1 J Robbeson 58.31; 2 S Viljoen 57.75.

SWEDEN

NATIONAL INDOOR CHAMPIONSHIPS, Malmö, February 23-24

Men: 800: M Claesson 1:48.95. **HJ:** 1 S Holm 2.37; 2 L Thörnblad 2.35. **PV:** A Jeng 5.70. **Women: 60:** 1 L Berntsson 7.32. **HJ:** E Green 1.98. **SP:** H Engman 18.05.

GE GALAN, Stockholm, February 21

SPRINT HURDLERS Dayron Robles and Susanna Kallur continued their tremendous form with respective wins of 7.44 and 7.74. But in the men's race Andy Turner was a distant sixth, clocking 7.75.

Most of the other Britons performed well, however. Jenny Meadows finished second to Maria Mutola in the 800m, beating the likes of European champion Olga Kotlyarova and world bronze medallist Mayte Martinez. Lisa Dobriskey and Susan Scott set big indoor 1500m PBs in a race won by Maryam Jamal.

Elsewhere, Yuriy Borzakovskiy suffered his first defeat of the season to Kenya's Wilfred Bungei, while Sudanese youngster Abubaker Kaki set a world junior indoor best in the 1000m with a time of 2:15.77.

Stefan Holm notched up his 119th competition at 2.30m or above, surpassing the tally set by countryman Patrik Sjöberg. And the women's long jump was a great competition with Irina Simagina being pushed by Naide Gomes to a world-leading performance of 6.96m. Gomes set a Portugese record of 6.93m in second place with South Africa's Karin Mey also setting a national record (6.85m) in third.

Men: 400: 1 J Wissman 46.30; 2 C Brown (BAH) 46.31; 3 T Christopher (CAN) 46.75. **800: r1:** D Milkevics (LAT) 1:46.09. **r2:** 1 W Bungei (KEN) 1:47.16; 2 Y Borzakovskiy (RUS) 1:47.22; 3 D Bogdanov (RUS) 1:47.71; 4 I Kombich (KEN) 1:47.74; 5 A Laalou (MAR) 1:48.27; 6 M Claesson 1:48.37. **1000:** 1 A Kaki (SUD, U20) 2:15.77 (world jun rec); 2 R Kiplagat (KEN) 2:16.96; 3 A Kennouche (ALG) 2:17.78. **3000:** 1 B Lagat (USA) 7:34.65; 2 P Koech (KEN) 7:36.24; 3 A Chebii (KEN) 7:38.63; 4 B Kipruto (KEN) 7:46.05; 5 D Bikila (ETH, U20) 7:46.09; 6 I Sang (KEN) 7:59.84. **60H:** 1 D Robles (CUB) 7.44; 2 Y Hernandez (CUB) 7.68; 3 R Kronberg 7.70; 6 ANDY TURNER 7.75. **HJ:** 1 S Holm 2.33; 2 A Silnov (RUS) 2.30; 3 A Tereshin (RUS) 2.30; 4 K Ioannou (CYP) 2.30; 5 L Thörnblad 2.26. **PV:** 1eq Y Lukyanenko (RUS) 5.81; 1eq T Lobinger (GER) 5.81; 3 L Kivalov (RUS) 5.71; 4eq A Jeng 5.61; 4eq D Yurchenko (UKR) 5.61; 6 FG da Silva (BRA) 5.61 (nat rec). **Women: 800:** 1 M Mutola (MOZ) 1:59.82; 2 JENNY MEADOWS 2:00.42; 3 M Martinez (ESP) 2:00.68; 4 E Sętowska-Dryk (POL) 2:00.75; 5 E Cusma-Piccione (ITA) 2:01.20; 6 O Kotlyarova (RUS) 2:02.74. **1500:** 1 M Jamal (BRN) 4:04.30; 2 G Burka (ETH) 4:04.37; 3 O Chumakova (RUS) 4:07.42; 4 LISA DOBRISKEY 4:08.88; 5 SUSAN SCOTT 4:09.07; 6 S Roman (SLO) 4:11.42; 7 HELEN CLITHEROE 4:12.22; 9 JEMMA SIMPSON 4:16.42. **60H: r1:** T Dektyareva (RUS) 8.07. **r2:** 1 S Kallur 7.74; 2 J Onyia (ESP) 7.91; 3 L Golding-Clarke (JAM) 7.93; 4 P Lopes-Schliep (CAN) 7.93; 5 A Tejeda (CUB) 7.97; 6 Y Valadzko (BLR) 8.13. **HJ:** 1 A Di Martino (ITA) 1.97; 2 E Green 1.94; 3eq T Kivimyagi (RUS) 1.94; 3eq S Shkolina (RUS) 1.94; 5 A Chicherova (RUS 1.91. **LJ:** 1 I Simagina (RUS) 6.96; 2 N Gomes (POR) 6.93 (nat rec); 3 K Mey (RSA) 6.85 (nat rec); 4 T Kotova (RUS) 6.78; 5 I Radevica (LAT) 6.60.

SWITZERLAND

Magglingen, February 17

Women: Pen: 1 C Schulz (GER) 4380 (8.43, 1.78, 13.36, 5.79, 2:17.45); 2 S Oberer 4334 (nat rec) (8.45, 1.75, 12.05, 6.05, 2:17.27).

UKRAINE

NATIONAL INDOOR CHAMPIONSHIPS, Sumy, February 22-24

Men: 60: I Bodrov 6.65. **400:** M Knysh 46.63 (nat rec). **HJ:** 1 D Demyanyuk 2.28; 2 O Nartov 2.25; 3 Y Krymarenko 2.25. **LJ:** 1 V Zyuskov 7.96; 2 D Bilotserkivskyy 7.90. **TJ:** 1 V Kuznetsov 16.83; 2 V Yastrebov 16.81; 3 S El0Sherif (U20) 16.60. **SP:** Y Bilonog 20.07. **10000W:** R Dmytrenko 41:13.31. **Women: 400:** 1 A Yefremova 52.33; 2 N Pygyda 52.35; 3 K Karandyuk 52.52; 4 A Rabchenyuk 53.28; 5 L Lobanova 53.43. **Ht1:** Pygyda 53.14. **Ht6:** Yefremova 52.45. **Ht8:** Karandyuk 53.33. **800:** 1 T Petlyuk 2:00.25; 2 Z Gladun 2:02.36; 3 Y Rusanova 2:03.04; 4 N Lupu 2:03.41. **1500:** 1 N Tobias 4:10.80; 2 Petlyuk 4:10.91. **60H:** Y Snikur 8.10. **LJ:** 1 O Stadnyuk 6.60; 2 L Blonska 6.50. **TJ:** 1 O Saladuka 14.52; 2 S Mamyeyeva 14.17. **5000W:** L Shelest 22:10.31.

Sumy, February 23

Women: Pen: 1 O Kurban (RUS) 4445 (8.39, 1.80, 14.08, 6.04, 2:24.38); 2 V Dobrynska (UKR) 4377; 3 M Goncharova (RUS) 4303.

USA

NATIONAL INDOOR CHAMPIONSHIPS, Boston MA, February 23-24

FORMER world champion Adam Nelson, who has been this year's outstanding thrower to date, missed out on automatic selection for the IAAF World Indoor Championships after finishing third at the US Championships. Nelson, who has thrown 22.40m this year, had to settle for third place behind former world indoor champion Christian Cantwell (21.52m) and world champion Reese Hoffa (21.40).

The men's 60m was of a high standard with all finalists under the world indoor qualifying standard of 6.65. Mike Rodgers was the winner with a PB of 6.54 from Leroy Dixon's 6.56. Angela Williams was a comfortable winner of the women's short sprint with a season's best of 7.11.

David Oliver improved on the time he ran in Birmingham with a 7.47 PB in the 60m hurdles.

Men: 60: 1 M Rodgers 6.54; 2 L Dixon 6.56; 3 R Edwards 6.57; 4 J Heard 6.61; 5 G Bolden 6.61; 6 I Williams 6.62; 7 D Blanton 6.64; 8 J Norman 6.64. **Ht1:** 1 Rodgers 6.58; 2 Williams 6.60; 3 Dixon 6.61; 4 Bolden 6.64. **Ht3:** 1 Edwards 6.59; 2 Blanton 6.60. **400: r1:** 1 D Neville 46.34; 2 J Stallworth 46.98; 3 J Davis 47.03. **r2:** 1 G Nixon 46.72; 2 J Torrance 46.76. **Ht1:** Neville 47.19. **800:** 1 K Robinson 1:46.95; 2 N Symmonds 1:46.96; 3 R Brown 1:47.99; 4 K Williams 1:48.40. **Ht1:** Robinson 1:48.88. **Ht2:** Symmonds 1:48.67. **1500:** 1 R Myers 3:40.89; 2 R Brown 3:41.20; 3 S Sherer 3:41.52; 4 W Leer 3:41.94. **3000:** M Tegenkamp 8:02.52. **60H:** 1 D Oliver 7.47; 2 A Johnson 7.53; 3 J Brown 7.54; 4 A Hicks 7.56; 5 D Faulk 7.58. **Ht1:** 1 Hicks 7.60; 2 Brown 7.61; 3 Faulk 7.64. **Ht2:** 1 A Moore 7.50; 2 Oliver 7.61; 4 B Clay 7.93. **HJ:** 1 A Manson 2.30; 2 J Williams 2.28; 3 J Nieto 2.25. **PV:** 1 B Walker 5.70; 2 R Quiller 5.60; 3eq T Stevenson 5.60; 3eq D Miles 5.60; 5 J Pauli 5.60. **TJ:** 1 A Wilson 16.91; 2 K Bell 16.73. **SP:** 1 C Cantwell 21.51; 2 R Hoffa 21.40; 3 A Nelson 21.25. **WT:** 1 K Johnson 25.12; 2 AG Kruger 24.07; 3 J Freeman 22.29; 4 W Henning (U20) 21.47 (area jun rec). **5000W:** M Boyles 20:30.00. **Women: 60:** 1 A Williams 7.11; 2 A Joyce 7.21; 3 C Jeter 7.21; 4 M Barber 7.22; 5 J Young 7.25; 6 A Daigle-Bowen 7.29; 7 B Glenn 7.33. **Ht1:** 1 Jeter 7.26; 2 Barber 7.27; 3 Joyce 7.28. **Ht2:** 1 Williams 7.15; 2 Young 7.25; 3 Glenn 7.28; 4 Daigle-Bowen 7.32; 5 F Fant 7.35. **400: r1:** 1 M Robinson 52.33; 2 M Wineberg 52.36; 3 M Barnes 53.12; 4 L Demus 54.01. **r2:** 1 S Woods 52.03; 2 A Perkins 53.37; 3 J Grossarth 53.38. **Ht1:** 1 Woods 52.84; 2 Robinson 53.40. **Ht3:** 1 Wineberg 52.68; 2 Grossarth 53.65. **800:** 1 N Teter 2:02.65; 2 N Cook 2:02.86; 3 M Uceny 2:04.12. **1500:** C Wurth-Thomas 4:14.21. **3000:** 1 S Rowbury 8:55.19; 2 J Rhines 8:59.98; 3 J Culley 9:00.14; 4 K McGregor 9:03.34; 5 E Donohue 9:07.88. **60H:** 1 L Jones 7.88; 2 C Davis 7.90; 3 K Wells 8.02. **Ht1:** 1 Jones 7.91; 2 D Cherry 8.03. **Ht2:** 1 Davis 7.97; 2 Wells 8.05. **HJ:** 1 A Acuff 1.92; 2 C Howard 1.89. **PV:** 1 J Stuczynski 4.70; 2 J Schwartz 4.50; 3 C Johnson 4.50; 4 L Janson 4.45; 5 A Steiner 4.45; 6 B Holliday 4.40. **LJ:** H Fountain 6.38. **TJ:** 1 S Welsch 13.94. **SP:** 1 J Camarena 18.11; 2 A Ruston 18.03; 3 L Wanless 18.01; 4 K Heaston 17.78. **WT:** 1 A Campbell 23.23; 2 K Yush 22.62; 3 E Gilreath 21.71. **3000W:** T Vaill 13:08.40.

CHARLES HARRIS RUN FOR LEUKEMIA, Atlanta GA, February 23

Men: 10km: 2 STUART MORAN 30:44.

POLAR BEAR RUN, Indianapolis IN, February 23

Men: 5M: 1 SCOTT OVERALL 23:36; 7 PAUL HOWARTH 24:40.

Iowa City IA, USA, February 22

Men: 800: 3 RICHARD NEWTON 1:57.63.

Warrensburg MO, February 22

FORMER world indoor champion Christian Cantwell warmed up for the US Indoor Championships with a stunning series in the shot. His worst throw of his six legal efforts was "only" 21.46m and the average of all throws was 21.86m.

Men: SP: C Cantwell 22.18 (21.46, 22.07, 21.79, 22.18, 21.98, 21.66).

Pocatello ID, February 16

Women: 200: A Purvis (USA, U17) 23.54.

Ames IA, February 15

Men: Hep: B Clay 6192 (6.77, 7.56, 15.91, 2.02, 7.74, 5.15, 3:06.39).

Lincoln NE, February 9

Men: 60H: R Brathwaite (BAR) 7.69. **TJ:** A Wilson 16.71. **Women: 60H:** P Lopes-Schliep (CAN) 8.03.

Lubbock TX, February 9

Men: 400: 1 G Nixon 45.81; 2 J Jones 46.69; 3 W McCaskill 46.95. **Mile:** 1 H Lagat (KEN) 3:58.48; 2 F Samoei (KEN) 3:58.84.

Northridge CA, February 9

Men: SP: CARL MYERSCOUGH 20.38.

Cross-country

February 24

WEST YORKSHIRE WINTER LEAGUE Skipton

Men (no times taken)

1 A Breaks (Stain); 2 B Mounsey (Stain); 3 K Gray (Stain); 4 C Loftus (Stain); 5 Q Lewis (Bail); 6 R Barrett (Skip, M40); 7 P Ward (Dewz); 8 G Mulholland (Stain); 9 W Kerr (St Bed); 10 J Mitcham (Skip, M50)

M55: J Wheldon (Puds P). **M60:** B Amble (Stain). **M65:** D Stead (Puds P)

TEAM: 1 Stainland Lions 1312; 2 Dewsbury RR 1291; 3 Pudsey Pacers 1255; 4 Skipton 1188; 5 Baildon 1138

Women

1 L Cavanagh (Stain, W35); 2 S Dugdale (Skip); 3 G Sugden (Stain); 4 T Johnson (Dews, W45); 5 D Edmondson-Booker (Leeds Bard TC); 6 L Naylor (Stain, W35)

W50: C Hargreaves (Bail). **w65:** I Boradbent (Stain)

TEAM: 1 Stain 293; 2 Dews RR 283; 3 Leeds Bradford TC 276; 4 Skip 276; 5 Idle 249

COMBINED TEAM (M&W): 1 Stain 1605; 2 Dews RR 1574; 3 Puds P 1502; 4 Skip 1464; 5 Bail 1358

VETS TEAM (M&W): 1 Skip 468; 2 Dews 466; 3 Puds P 443

Standings after five races – men:

1 Dews RR 6385; 2 Puds P 6324; 3 Stain 6248
Women: 1 Stain 1474; 2 Dews RR 1409; 3 Leeds Brad TC 1344
Overall: 1 Dews RR 7794; 2 Stain 7722; 3 Puds P
Vets: 1 Dews RR 2324; 2 Skip 2225; 3 Bail 2196

ANNAN RIVER RACES
Dumfries & Galloway
Men (6km)
1 S Wylie (Girv) 23:25; 2 M Breen (Dumf) 23:58; 3 M Scotney (Dumf) 24:51; 4 A Anderson (C'thy) 25:24; 5 J Dale (unatt, M40) 25:45; 6 J Boardman (Anna, M40) 26:28
M40: 3 N Taylor (Girv, M50) 28:15
TEAM (3 to score): Dumfries RC 17
U17 (6km)
1 D Conley (Bord H) 26:45; 2 J Woodgee (unatt) 29:17
U15 (3km)
1 C Wellcoat (Law) 12:22; 2 D Frame (Law) 13:04; 3 J Velu (Law) 13:10
TEAM: Law & District 6
U13 (2.3km)
1 R Hill (Law) 9:08; 2 S Little (Carl) 9:13; 3 T Dolan (C'dale) 10:00
TEAM: Law 15
Women (5km)
1 M Douglas (Dumf) 31:39; 2 E Smart (Dumf) 35:11; 3 V Little (Dumf) 35:13; 4 C Legg (Annan, W45) 35:42
TEAM: Dumfries RC 6
U17 (3km)
1 G Hunter (Annan) 18:55
U15 (3km)
1 N Lindsay (Law) 14:45; 2 L Stirling (Girv) 15:23; 3 J Dobbin (Law) 15:43
TEAM: Law 10
U13 (2.3km)
1 A Hetherington (Carl) 9:41; 2 S Stevenson (Law) 10:41; 3 L Penrice (Stew) 11:07
TEAM: Carlisle Aspatria 15

MIDLAND POLICE AND SERVICES LEAGUE
Milford Common, Staffordshire
Overall
1 B Gamble (Staffs Pol) 34:27; 2 D Riley (Wm Pol, M40) 37:34; 3 J Anderson (Pris/CS) 37:49; 4 C Meir (Staffs Pol, M40) 38:35; 5 C Cheek (Wm Pol) 38:47; 6 D McMillan (Der Pol, M50) 38:54; 7 C Dunne (Wm Pol) 40:54; 8 C Bampton (Notts Pol) 41:08; 9 T Price (Wm Pol, M45) 41:24; 10 C Hanson (Wm Pol) 41:47; 11 K Willis (N'hants Pol, M50) 42:29; 12 R Gratton (Raf Cos) 42:35
M55: 1 D O'Loughlin (Raf Cos) 46:58
Women
1 G Palmer (Staffs Pol, W45) 44:57; 2 S Clements (Staffs Pol) 47:38; 3 R Wilkinson (Raf Cos, W60) 50:03; 4 H Perry (Staffs Pol) 50:13
W40: 1 A Howell (Notts Pol) 52:00
TEAM: 1 West Midlands Police 1152; 2 Staffs Police 1134; 3 Notts Police 1085; 4 Prison/Civil Service 1026; 5 RAF Cosford 873

February 19

NORTHERN IRELAND & ULSTER SENIOR CHAMPIONSHIPS
Antrim

GLORIOUS sunshine and a flat, firm course provided an unusual environment for the cream of Ulster's cross-country fraternity as the senior championships were held over a new course at the Antrim Forum better known as a track venue.

While the course may not have pleased the purists who like a bit of mud and some undulation, it did provide an excellent arena for the crowd of spectators. A record field faced the starter for the women's race and from the gun the pace was frenetic.

Kerry Harty, buoyed up by her recent double win indoors at Cardiff, was the first to hit the front, closely followed by the new intermediate champion (by qualification, not by age) Aileen Morrison and the 2003 winner Suzanne McCormick of Lagan Valley.

McCormick soon began to force the pace and, as they approached the end of the first of three laps, North Belfast's Breege Connolly made a big effort to close the gap to the leaders. She succeeded, but was then unable to respond as the pace quickened again. The three leaders swapped leading duties during the second lap before Harty began to take control.

Going into the last lap, the lead appeared decisive, although she was unable to relax as McCormick and Morrison battled for the minor places. In the last 800 metres, McCormick proved the stronger and raced to her sixth top-four place, including four podium positions, in seven years.

For Harty the victory was recompense for her disappointing showing over 3000m in Sheffield where she suffered badly with breathing problems which threatened her appearance in this event. The start of the men's race was no less intense with a very large group still together at the end of the opening lap. The recently crowned Northern Ireland junior champion (again by qualification), Stephen Duncan from Omagh, was forcing the pace in the company of reigning champion Brian Campbell, Dublin-based Diarmuid Grant for the City of Derry, reigning British masters' champion Dave Morwood and a trio of young pretenders in the form of Owen Carleton, Jarleth Falls and Kevin Seward.

Duncan continued the pressure through the second lap and attention was drawn to Willowfield veteran Paul Rowan, who was making rapid improvement following a slow start. Heading towards the marina on the third of the six very winding two-kilometre laps, the young St Malachy's star Seward surprised many pundits by taking the lead and, along with Campbell, began to open what looked like a decisive gap.

Grant and Morwood were locked together in the battle for bronze as Rowan continued to close with every stride. The struggle for the title continued unabated into the last lap with Seward, a gap year student, holding the lead. Morwood was belying his 37 years as he moved clear of Grant and Rowan's charge finally dissipated. With half a mile to go, Campbell, a former Commonwealth Games triathlete, made a move and the gap slowly opened to give the 31-year-old his second title. Grant, meanwhile, was producing a blistering last 400 metres to snatch bronze. Amazingly neither of last year's winning teams, City of Lisburn and Annadale Striders, could muster a scoring team so new champions were assured. North Belfast Harriers became the first owners of the Bobby Rea Memorial Trophy, presented in memory of the late Northern Ireland Athletics Federation chairman, while Willowfield from the East side of Belfast took the coveted men's trophy.

Men
1 B Campbell (Willow) 38:06; 2 K Seaward (St Malsb) 38:12; 3 D Grant (Derry) 38:55; 4 D Morwood (NBH) 38:56; 5 C Doherty (Lett (irl)) 39:15; 6 P Carroll (Anna) 39:16; 7 J Falls (B&A) 39:19; 8 P Rowan (Willow) 39:25; 9 G Crossan (Lett (irl)) 39:33; 10 C Flanagan (NBH) 39:35; 11 M Wright (Anna) 39:43; 12 G Roberts (Derry) 40:09; 13 O Carleton (Abbey) 40:15; 14 D Simpson (Willow) 40:29; 15 K Carlin (Finnv (irl)) 40:32; 16 B Teer (E Down) 40:36; 17 D Reed (Derry) 40:49; 18 J Lenehan (Derry) 40:50; 19 J Flanagan (Finnv (irl)) 41:00; 20 D Bonner (Finnv (irl)) 41:03; 21 N Carty (NBH) 41:07; 22 M Wilson (Willow) 41:09; 23 M Black (Lett (irl)) 41:12; 24 A Agnew (Abbey) 41:26; 25 J Creane (Finnv (irl)) 41:30; 26 N Douglas (B'menar) 41:40; 27 B Blaney (NBH) 41:43; 28 K Holian (Finnv (irl)) 41:45; 29 M Wray (B&A) 41:46; 30 M Fitzpatrick (NBH) 41:47; 31 K Purdy (Anna) 41:57; 32 M O'Halloran (Finnv (irl)) 42:06; 33 N O'Rourke (NBH) 42:12; 34 A Doherty (Derry) 42:24; 35 G McCourt (Willow) 42:30; 36 P Murtagh (Willow) 42:40; 37 I Toner (Lett (irl)) 42:46; 38 N Faulkner (Lett (irl)) 42:53; 39 E Doherty (Finnv (irl)) 42:54; 40 A Graham (NBH) 42:59; 41 C Davidson (EAH) 43:03; 42 M Shields (NBH) 43:12; 43 M Rea (NBH) 43:16; 44 G Keenan (Albert) 43:24; 45 P Smith (NBH) 43:30; 46 S McFadden (Lett (irl)) 43:47; 47 T Donelly (Abbey) 44:04; 48 C Loughry (Spring) 44:15; 49 J Benson (NBH) 44:20; 50 M Levelly (Anna) 44:22; 51 G Duddy (Derry) 44:24; 52 D Allen (Albert) 44:33; 53 J Davis (Lag V) 44:39; 54 A O'Hara (NBH) 44:42; 55 K Dines (Willow) 44:47; 56 R Curran (B'menar) 44:52; 57 D Hughes (Willow) 45:08; 58 I Barrett (B&A) 45:16; 59 B Orr (Foyle V) 45:20; 60 G Stevenson (Derry) 45:30; 61 S Joyce (Spring) 45:41; 62 E Sweeney (Lett (irl)) 45:57; 63 D Doherty (Finnv (irl)) 46:11; 64 H Murphy (Lett (irl)) 46:23; 65 T Thompson (Finnv (irl)) 46:46; 66 R Wilson (Willow) 47:16; 67 J Botalla (Willow) 47:40; 68 B Edger (Spring) 47:52; 69 B McKay (Albert) 48:16; 70 L Ashe (Spring) 49:12; 71 D Sexton (Spring) 49:46; 72 N McCollum (Lett (irl)) 50:29; 73 A Bratten (Spring) 51:10; 74 S Murray (Abbey) 51:52; 75 E Hall (Drom) 52:51
TEAM: 1 Willowfield Temperance H 116; 2 North Belfast H 125; 3 City of Derry Spartans 135; 4 Finn Valley (IRL) 139; 5 Letterkenny (IRL) 158; 6 Springwell 391
Women
1 K Harty (New) 21:25; 2 S McCormick (Lag V) 21:32; 3 A Morrison (Derry) 21:34; 4 B Connolly (NBH) 21:37; 5 L McLean (NBH) 22:21; 6 G Ganiel (Abbey) 22:29; 7 J Graham (Abbey) 22:34; 8 T McGloin (Finnv (irl)) 22:38; 9 S Trimble (NBH) 22:41; 10 H Crossan (Innish (irl)) 23:02; 11 C Girvan (NBH) 23:15; 12 R Harkens (Lag V) 23:21; 13 B McGinty (Finnv (irl)) 23:23; 14 A Rainey (Lag V) 23:36; 15 G Turley (Abbey) 23:39; 16 M Kelly (Lett (irl)) 23:42; 17 C McCourt (NBH) 23:53; 18 O McCullagh (Derry) 23:56; 19 C Prenter (Abbey) 24:28; 20 G Burns (Drom) 24:35; 21 H McLarnon (Lisb) 24:38; 22 J McMonagle (Derry) 24:45; 23 S Hambling (N Down) 24:50; 24 J Murphy (Lag V) 24:57; 25 K Crossan (Innish (irl)) 24:59; 26 J Bill (NBH) 25:23; 27 D Gloyn (Lag V) 25:25; 28 S Guthrie (Finnv (irl)) 25:39; 29 K Whitla (NBH) 25:49; 30 L Dunne (Finnv (irl)) 25:59; 31 J O'Neill (Lett (irl)) 26:15; 32 K Lewis (Willow) 26:20; 33 L Kerr (N Down) 26:30; 34 A Perrot (N Down) 26:33; 35 A Patton (Finnv (irl)) 26:33; 36 M Bradley (Abbey) 26:39; 37 B Byrne (Derry) 26:42; 38 N McGettigan (Lett (irl)) 26:46; 39 H Hunter (Lag V) 27:14; 40 M MacKin (Drom) 27:38; 41 J Dowie (N Down) 28:32; 42 M Culhane (Finnv (irl)) 28:52; 43 B Quinn (B'menar) 28:56
TEAM: 1 North Belfast 29; 2 Abbey AC 47; 3 Lagan Valley 52; 4 Finn Valley (IRL) 79; 5 City of Derry Spartans 80; 6 North Down 131

Fell

February 24

ARTHUR JONES BRADDA RACE
Port Erin, Isle of Man
Overall (15M/4100ft)
1 L Taggart (Dark Pk) 2:07:08; 2 T Cringle (Manx) 2:19:21; 3 S Skillicorn (Manx) 2:21:41; 4 T Okell (Manx, M40) 2:34:59; 5 S Partington (Manx, M40) 2:35:20
M50: 1 R Webb (IOM Vet) 2:44:04.
M55: 1 D Young (Manx) 2:55:29
Women
1 J Lee (Eryri) 2:47:28; 2 V Jacobsen (unatt) 4:27:16

ILKLEY MOOR RACE
West Yorkshire
Overall (5M/1260ft)
1 G Pearce (P&B) 39:13; 2 A Whittem (Cald V) 39:28; 3 R Shaw (Keigh) 40:37; 4 T Mason (Wharf) 40:43; 5 C Smale (Tod, M40) 40:49
M45: 1 A Grant (Abbey R) 42:49. **M50:** 1 B Goodison (Abbey R) 44:43. **M60:** 1 D E Tait (Dark Pk) 48:26. **U18M:** 1 S Bayton (Hal) 43:58
TEAM (4 to score): Ilkley H 47
Women
1 E Clayton (Scun) 48:42; 2 E Barclay (Ilkley, W40) 50:34; 3 A Johnson (Cald V, W40) 51:02
W45: 1 S Haines (Ilkey) 52:13. **W50:** 1 E Tomes (Keigh) 54:44. **U18W:** 1 J Dybeck (Ilkley) 53:46
TEAM (3 to score): Ilkley 13
U16 (2M)
Overall
1 B Marriott (Bing, U16) 13:36; 2 L Wright (Bing, U16) 13:54; 3 S Carey (Tod, U16) 14:26
Girls
1 S Jordan (Ilkley, U16) 16:44; 2 L Alderman (Pend, U14) 18:11; 3 S Wilson (Pend, U16) 19:31
U14 (1M)
Overall
1 O Watson (Leeds C'gie, U14) 7:33; 2 R Hellawell (Keigh, U14G) 7:53; 3 N Steadman (unatt, U14) 7:53
Girls
2 P Barrett (Keigh) 8:14; 3 C Cox (Keigh) 8:45
U14W: 1 R Hellawell (Keigh) 7:53
U12 (1M)
Overall
1 J Hall (Bing, U12) 7:27; 2 M Wharton (Cald V, U12) 8:00; 3 J Martill (Ilkley, U12) 8:09
Girls
1 A Mason (Wake) 8:23; 2 A McKinney (Keigh) 8:26; 3 N Elliott (Ilkley) 8:40

Indoor

February 23

NORTHERN IRELAND AND ULSTER AGE GROUP INDOOR CHAMPIONSHIPS
University of Ulster Jordanstown
Men
60: 1 D Kavanagh (IRL) 6.9; 2 S McMahon (B&A) 7.2. **LJ:** 1 C Dolan (Stme) 6.53
U20
60: 1 D Adams (B&A) 6.9; 2 C Lynch (IRL) 7.1; 3 A Trodden (Lisb) 7.3. **60H:** 1 J Ruane (IRL) 9.5. **LJ:** 1 R Tsang (IRL) 6.30. **TJ:** 1 C McBrien (Stme) 12.38; 2 R Tsang (IRL) 12.26
U17
60: 1 S Hamilton (Reg H) 7.0; 2 J O'Connor (Stme) 7.2; 3 K Bradley (Derry) 7.4. **60H:** 1 D McIlroy (BRA) 8.7; 2 K Bradley (Derry) 8.9; 3 S Cunnigham (Reg H) 9.0. **HJ:** 1 P Donovan (IRL) 1.75. **LJ:** 1 I Sheridan (Derry) 5.58; 2 A McNeill (Reg H) 5.53. **TJ:** 1 A McNeill (Reg H) 12.06; 2 D McIlroy (BRA) 12.05; 3 I Sheridan (Derry) 11.56. **SP:** 1 C O'Leime (IRL) 12.30; 2 M Doyle (Mid U) 12.00
Women
LJ: 1 M Devlin (Abbey) 5.73. **SP:** 1 C McAleese (B&A) 11.23
U17
60: 1 H Todd (B&A) 7.9; 2 N Paxton (Lag V) 8.0; 3 C Colwell (Reg H) 8.2; 4 J Leigh Jordan (Lag V) 8.4. **LJ:** 1 L McKeown (Starth) 4.77; 2 J Leigh Jordan (Lag V) 4.77; 3 J McGurk (Mid U) 4.65. **TJ:** 1 H Todd (B&A) 10.67; 2 R McElhinney (STC) 9.09

SCOTTISH UNIVERSITIES' CHAMPIONSHIPS
Kelvin Hall, Glasgow
MATCH (M&W): 1 Glasgow 147; 2 Edinburgh 73; 3 Stirling 58; 4 Dundee 48; 5 St Andrews 27; 6 Strathclyde 23; 7 Glasgow Caledonian 22; 8 West of Scotland 12
APPLETON TROPHY: 1 Glasgow 131; 2 Edinburgh 64
Men
60: 1 J Oparka (Dund U) 6.93; 2 D MacRossan (Glas U) 7.11; 3 S Charters (Glas U) 7.12; 4 T Moore (Glas U) 7.19; 5 N Burnside (Glas U) 7.20. **Ht1:** 1 S Charters (Glas U) 7.19. **Ht2:** 1 D MacRossan (Glas U) 7.17; 2 N Burnside (Glas U) 7.24. **Ht3:** 1 J Oparka (Dund U) 6.94; 2 J Coull (Pit, Gst) 6.94; 3 T Moore (Glas U) 7.20. **200:** 1 K Robertson (Stir U) 22.41. **Ht1:** 1 J Coull (Pit, Gst) 22.09. **Ht2:** 1 K Robertson (Stir U) 22.71. **400:** 1 K McCloy (Glas U) 50.07. **1500:** 1 N Moore (Edin U) 4:07.66. **60H:** 1 N Kelly (Glas Cal U) 8.80. **HJ:** 1 A Allan (S'clyde) 1.90. **TJ:** 1 D Watson (Kilb, Gst) 14.13. **SP:** 1 A McInroy (Glas U) 13.41
Women
60: 1 L Ferguson (Strath U) 8.27; 2 S Sherrif (Glas U) 8.31; 3 E Cloggie (A'tay U) 8.43; 4 C Kennedy (Glas Cal U) 8.43. **Ht1:** 1 L Ferguson (Strath U) 8.27; 2 C Kennedy (Glas Cal U) 8.39; 3 S Sherrif (Glas U) 8.39. **Ht2:** 1 A Fullelove (VPCG, Gst) 8.05; 2 E Cloggie (A'tay U) 8.46. **200:** 1 D Osborne (West U) 25.67; 2 E McIlveen (Glas U) 26.09. **Ht1:** 1 D Osborne (West U) 26.24; 2 E McIlveen (Glas U) 26.49; 3 E Cloggie (A'tay U) 26.62; 4 N Campbell (A'tay U, U20) 26.81. **400:** 1 N Campbell (A'tay U, U20) 59.31; 2 L Brown (Dund U) 59.54. **800:** 1 L Brown (Dund U) 2:20.52. **1500:** 1 K Speight (Dund U) 4:59.95. **60H:** 1 A Fullelove (VPCG, Gst) 8.74. **HJ:** 1 E Leggate (VPCG, Gst, U20) 1.65; 2 H Blair (Kilb, Gst, U20) 1.60. **PV:** 1 K Skinner (Stir U) 3.90; 2 J Graham (Glas U) 3.70; 3 C MacGuire (VPCG, Gst, U20) 3.30; 4 C Kennedy (Glas Cal U) 3.20. **LJ:** 1 L Ferguson (Strath U) 5.46. **TJ:** 1 G Kerrr (Edin, Gst) 13.05

February 17

VARSITY MATCH
Lee Valley
Men (See outdoor section for throws)
60: 1 B Richardson (Camb U) 7.07.
60H: 1 B Richardson (Camb U) 8.32; 2 N Obradovich (Oxf U) 8.68; 3 O Stogdale (Oxf U) 9.00. **HJ:** 1 M Haslett (Camb U) 1.90. **LJ:** 1 A Bullimore (Oxf U) 6.61. **TJ:** 1 H Waddington (Camb U) 14.02; 2 I Simson (Camb U) 13.53
Women
60: 1 D Smith (Oxf U) 8.14; 2 B Welbourn (Camb U) 8.30; 3 S Hughes (Oxf U) 8.31. **60H:** 1 S Hughes (Oxf U) 9.92. **HJ:** 1 F Smithson (Oxf U) 1.65; 2 E Perkins (Camb U) 1.65; 3 L Murphy

Laing climbs to world record mark

BRITISH MASTERS INDOORS AND WINTER THROWS, Lee Valley, February 23-24

NEARLY 600 British athletes competed at a highly successful championships at Lee Valley, many of them in preparation for next month's World Masters' Indoor Championships at Clermont Ferrand, banishing the likes of regular centre users such as Dwain Chambers, Christine Ohuruogu and Chris Tomlinson to the outdoor track.

Last year's British Masters' received headlines for sprawling sprinters and chaos in the 3000m, but the 2008 version was happily more notable for record performances throughout the weekend.

The most notable indoor performance came from Wendy Laing. The talented multi-eventer surprised herself with a 1.61m W45 world record in the high jump. Jenny Brown, who still holds the W35 and W40 records and lost her W45 mark of 1.57m, was a distant second. Laing, who was 45 in December, goes for four events in France and will also line up in the hurdles, pentathlon and long jump.

Robert Brown also attempted a world record in the M75 pole vault, but had to be content with a British record of 2.71m, better than the M60 and M65 winners achieved.

Most of the weekend's record-breakers were new to their age group, though W40 1500m record-setter Clare Elms, who had never even raced on a track until May last year and only made her indoor debut last month, will be in an older age group later this year. However, while the time margin was clear-cut, the victory certainly was not.

A few weeks earlier Elms had comfortably out-kicked reigning European champion Bernadine Pritchett on the same track, but just missed the record. This time Elms went to the front and set a fast pace, but this time Pritchett was the hunter. On the last lap Elms still had the advantage, but had to dig deep as the defending champion closed to a metre. Both dipped under the previous British record by more than three seconds, with Elms clocking 4:36.46.

Sarah Heath, who held the record, did not have a happy half-hour as in the earlier W45 race, she was outkicked by former world W40 outdoor champion Alison Hurford.

Elms added two more golds on the Sunday, winning the W40 800m easily and then having just seven minutes' gap before tackling the 3000m, where she was up against a fresh Pritchett. Pritchett set a fast pace, but Elms sprinted past her down the last backstraight, to open a 20m margin and match her feat of three wins from the outdoors.

W50 Joan Howe also won three golds, though the timetable was more kind to her for her Sunday double of 800m and 3000m, as it was with Pat Gallagher, who confessed she wasn't fully fit but still won her third gold of the weekend with ease. Ros Tabor showed good speed for a former W55 marathon record-holder to win a 1500m/3000m double with strong finishes and newcomer Pete Hamilton dominated the M60 age group.



Multiple W40 winner Clare Elms leads Bernadine Pritchett

Pictures: Lesley Richardson

M50 triple outdoor winner Alex Rowe also took the same double, though was only seventh in a hot 800m

Anne Martin set a rarely contested UK record in the W70 800m with 3:35.20.

Another four UK records fell in the 400m – M45 Darrell Maynard looked on for a sub-50 for much of the race as he stylishly strode home in 51.11, much quicker than the younger age groups ran.

W50 Caroline Powell finished strongly to win in 62.51 and take five hundredths off the British record while Sally Read-Clayton improved her own record in the W40 400m, clocking 58.88. Evergreen Walwyn Franklin brought the M55 record down to 55.93.

In the 60m, Kirstin King equalled the UK W45 record with the quickest overall women's time of the day of 8.14. She was also the fastest women's 200m runner with 26.90, though Sharon Trusch scored an impressive 60/200/400 W35 success.

The 60m hurdles saw British records for three new to their age group. M45 Glen Reddington edged Des Wilkinson and admitted he did not know what the record was until it was announced, and that Wilkinson had been beating him for much of the last 20 years! Also setting UK records were M75 Gordon Daborn and W50 Joss Harwood, with Jane Horder also inside the old mark close behind.

Tony Bowman won in the M70 age group with ease and he also added the 200m and 60m titles (where 0.05 covered the medallists), but he just lost out in the 400m. Another potential hurdles medallist in France, Barry Ferguson won his speciality and the 200m in the M65 age group.

The controversial M35 age group again was not greatly supported, but there were some notable efforts. Egryn Jones sailed over 4.55m in the pole vault, though he had cleared 4.60m earlier in the year. Also surpassing all the other age groups was Royden John, who won the long jump by more than a metre with a 6.87m leap.

Ajit Singh Kalirai set M80 British records in the long (2.62m) and triple jump (5.94m) while Carole Filer, who did the paperwork for all the British competitors travelling to France for the Worlds, showed she could be in with a medal shout there herself as she won the high jump in a British W50 record of 1.47m.

Outdoors, the BMAF held their winter throws championships and Evaun Williams was the star. Aged 70 last December, she added more than a metre to the world javelin record with 31.43m, and nearly a metre to the world mark in the shot, which was held indoors, with 10.67m. She was a few metres short in the hammer, but nevertheless demolished the British record by around 15 metres and also won the discus.

Other UK throw records were set by W75 Marie Grant Stevens in the indoor shot, Pete Barber in the M75 weight, William Kingsbury in the M80 weight and hammer, though arguably Trevor Ratcliffe's 58.16m M40 javelin win was just as noteworthy, especially in February.

While records took the headlines, there were some great tactical races too. In the 800m, Bilal Namani retained his M50 title as just 0.14 separated the medallists. Ray Daniel was a close second and his wife Helen, a 2:01.86 800m runner, won the W40 discus.

M35

60 (a): 1 M Richards (SCV) 7.19; 2 D Morgan (SWV) 7.20; 3 R John (unatt) 7.21; 4 K Adjepong (unatt) 7.26; 5 T Barton (unatt) 7.29; 6 W MacGee (SCV) 7.34. **ht1:** 1 MacGee 7.28; 2 Richards 7.32; 3 Adjepong 7.38; 4 S Dorset (SCV) 7.58. **ht2:** 1 John 7.22; 2 Morgan 7.23; 3 Barton 7.31; 4 M White (MV) 7.39; 5 B Radcliffe (SCV) 7.57. **200A (b):** 1 MacGee 23.28. **400 (a):** 1 M Gardiner (MV) 52.59. **800 (b):** 1 M Turner (MV) 2:00.71; 2 C McQuillen-Wright (unatt) 2:02.17. **1500 (a):** 1 McQuillen-Wright 4:13.97. **3000 (b):** 1 R Palmer (unatt) 8:50.77. **60H (a):** 1 K Newton (SCV) 9.07. **PV (b):** 1 E Jones (unatt) 4.55. **LJ (a):** 1 John 6.87. **TJ (b):** 1 Newton 13.61; 2 N Lincoln (SCV) 11.81

M40

60 (a): 1 R Samuel (SCV) 7.17; 2 A Leigh (MV) 7.26; 3 D Powell (MV) 7.44; 4 L Campbell (SCV) 7.47; 5 B King (SCV) 7.64. **ht1:** Samuel 7.32; 2 Campbell 7.58; 3 King 7.65. **ht2:** 1 Leigh 7.36; 2 D Powell (M Vets) 7.58. **200 (b):** 1 Leigh 23.91; 2 D Powell 23.98; 3 Campbell 24.32. ht1 1 Powell 24.76; 2 Campbell 24.91. **400 (a):** 1 G Langham (MV) 54.38; 2 M Holgate (unatt) 54.63; 3 A Babbs (EV) 54.77. **ht1:** 1 Holgate 54.95; 2 G Palmer (VAC) 56.44. **ht2:** 1 Babbs 55.59. **ht3:** 1 Langham 55.62. **800A (b):** 1 T Brannon (VAA-NE) 2:06.32; 2 L Mangelshot (unatt) 2:07.02. **1500 (a):** 1 Brannon 4:13.61; 2 Mangelshot 4:23.04. **3000 (b):** 1 I Johnston (SCV) 9:06.88. **60H (a):** 1 G Dunson (MV) 8.41; 2 R Buckingham (Vets) 9.69; 3 J Franklin (EV) 10.58. **HJ (b):** 1 S Linsell (NV) 1.80; 2 I Allen (SWV) 1.75. **PV (b):** 1 G Price (WV) 4.00; 2 S Eastwood (EV) 3.80; 3 J Andrews (SCV) 3.50; 4 A Wilkinson (MV) 3.30; 5 R Waterhouse (SCV) 3.20. **LJ (a):** 1 D Brown (NV) 6.17; 2 I Allen 6.15; 3 Buckingham 5.54. **TJ (b):** 1 P Ffrench (EV) 11.02. **SP (b):** 1 J Nicholls (NV) 14.64; 2 A Turner (WV) 14.08. **WT (b):** 1 S Sammut (Vets) 16.32; 2 A Turner 13.25. **DT (a):** 1 A Turner 41.41; 2 D Burrell (EV) 33.84. **HT (b):** 1 Burrell 35.68. **JT (a):** 1 T Ratcliffe (SCV) 58.16; 2 L Peters (unatt) 49.47. **3kW (b):** 1 M Williams (MV) 12:56.61

M45

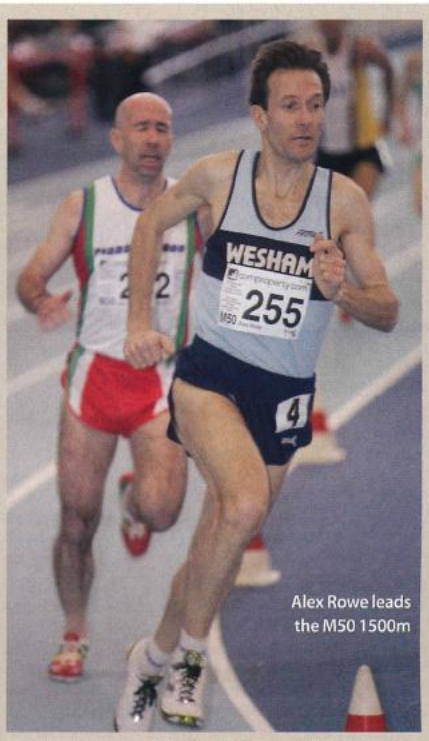
60A (a): 1 P Logan (SCV) 7.36; 2 D Maynard (WV) 7.50; 3 G Reddington (SCV) 7.54; 4 M Kondo (SCV) 7.64; 5 K Sankofa (SCV) 7.71; 6 M Weetman (MV) 7.73. **60B (a):** 1 J Statham (MV) 7.66; 2 A Smith (EV) 7.79; 3 R Allen (SCV) 7.82. **ht1:** 1 Logan 7.45; 2 Reddington 7.65; 3 Statham 7.78; 4 D Wilkinson (EV) 7.91. **ht2:** 1 Weetman 7.77; 2 Smith 7.81; 3 P Ilo (EV) 7.86; 4 R Hunter (SCV) 7.90; 5 D Donald (MV) 8.01. **ht3:** 1 Allen 7.87; 2 S Hendrickson (WV) 7.93; 3 B Scott (SCV) 7.96; 4 C Ashmore (MV) 8.04. **ht4:** 1 Kondo 7.58; 2 Maynard 7.59; 3 Sankofa 7.66; 4 M Bramhall (EV) 8.00; 5 A Woods (EV) 8.06; 6 M Vassiliou (VAC) 8.07. **200 (b):** 1 Maynard 23.63; 2 Logan 24.05; 3 Reddington 24.59; 4 C McDonald (MV) 24.59; 5 B Morris (Vets) 24.95. **ht1:** 1 Logan 24.21; 2 McDonald 24.76; 3 Reddington 24.82. **ht2:** 1 Vassiliou 25.20; 2 J Shepherd (VAC) 25.23; 3 S Walton (MV) 25.83. **ht3:** 1 Maynard 24.29; 2 Morris 24.79; 3 P Bass (MV) 25.15; 4 A Smith (EV) 25.23; 5 G Charlton (NEV) 25.74. **400 (a):** 1 Maynard 51.11; 2 J Tilt (SCV) 53.77; 3 T Noel (MV) 54.43; 4 A Waddington (SWV) 55.13; 5 N Groocock (SCV) 56.21. **ht1:** 1 J Tilt 54.86; 2 Bramhall 55.76; 3 A Gannaway (VAC) 57.94. **ht2:** 1 Maynard 52.75; 2 T Noel 54.41; 3 Groocock 55.12; 4 N Tunstall (SWV) 56.36. **ht3:** 1 S Toogood (EV) 54.44; 2 Waddington 54.45; 3 Vassilou 55.94; 4 S Walsh (unatt) 56.19. **800 (b):** 1 A Bryce (SVH) 2:06.12; 2 S Price (WV) 2:07.25; 3 A Gannaway (Vets) 2:10.84; 4 M Ashby (SCV) 2:13.24; 5 K Pye (MV) 2:14.21; 6 M McLoughlin (unatt) 2:14.96. **ht1:** 1 Price 2:13.11; 2 McLoughlin 2:13.35; 3 Gannaway 2:13.42. **1500 (a):** 1 Bryce 4:23.00; 2 J Lisiewicz (MV) 4:28.51; 3 Ashby 4:31.62; 4 R Holland (EV) 4:34.33. **3000 (b):** 1 D Moore (MV) 9:09.37; 2 C Ridley (unatt) 9:22.60; 3 Holland 9:33.27; 4 S Bond (SCV) 9:38.68. **60H (a):** 1 Reddington 8.80 (UK M45 rec); 2 D Wilkinson (EV) 8.93. **HJ (b):** 1 Waddington 1.70. **PV (b):** 1 W Martin (SCV) 3.00; 2 S West (SWV) 2.90. **LJ (a):** 1 Kondo 5.99; 2 J Shepherd (Vets) 5.86; 3 P Ilo (EV) 5.54; 4 Waddington 5.52; 5 C Batts (SWV) 5.32; 6 B Scott (SVH) 5.03. **TJ (b):** 1 J Evans (VAA-NE) 12.13; 2 R Cameron (SCV) 12.04; 3 J Gittens (NV) 11.86; 4 Waddington 11.14; 5 B Morris 11.10. **SP (b):** 1 G Perryman (SCV) 12.68; 2 R Earle (EV) 12.67; 3 A Johnson (SCV) 12.54; 4 D Sharp (MV) 12.18; 5 B Broadbridge (SWV) 11.77; 6 A Tipping (SCV) 11.62; 7 A Leiper (SCV) 11.57; 8 S O'Neill (EV) 11.52; 9 N Winchcombe (EV) 10.79. **WT (b):** 1 Earle 14.79; 2 C Privett (SCV) 13.86; 3 Perryman 12.93; 4 R Payne (MV) 12.88. **DT (a):** 1 Earle 42.39; 2 G Middleton (MV) 32.75; 3 O'Neill 30.95; 4 A Johnson 30.84. **HT (b):** 1 Payne 48.09; 2 Earle 46.74; 3 Privett 43.22; 4 M Roberts (MV) 43.12; 5 G Middleton 38.76; 6 Perryman 34.66; 7 O'Neill 32.84

M50

60 (a): 1 K Burgess (EV) 7.66; 2 E Smart (VAA-NE) 7.66; 3 C Moven (MV) 7.69; 4 P Hickey (NV) 7.75; 5 R Cawson (MV) 7.79; 6 J Browne (Vets) 7.86. **ht1:** 1 Browne 7.83; 2 Phillips 7.93; 3 J Barclay (MV) 8.00; 4 L Percival (EV) 8.27; 5 P Bell (VAC) 8.44. **ht2:** 1 Smart 7.68; 2 Burgess 7.83; 3 Cawson 7.88; 4 K Jackson (SWV) 8.22. **ht3:** 1 Moven 7.75; 2 Hickey 7.76; 3 S



Darrell Maynard: 51.11 in the M45 400m



Alex Rowe leads the M50 1500m

Davis (SCV) 8.03; 4 M Lapka (SWV) 8.26; 5 P Clayton (MV) 8.33. **200 (b):** 1 Smart 24.70; 2 P Hickey 24.78; 3 Cawson 25.53; 4 T Phillips (SCV) 25.82. **ht1:** 1 Hickey 24.78; 2 Cawson 25.57; 3 Phillips 25.73. **ht2:** 1 Smart 25.06; 2 A Harrison (SCV) 26.18; 3 Percival 26.81. **400 (a):** 1 I Licietis (EV) 55.75; 2 D Anderson (IoMV) 55.76; 3 C Douglas (SVH) 59.04. **800 (b):** 1 B Namani (WV) 2:12.72; 2 R Daniel (Vets) 2:12.85; 3 Anderson 2:12.86; 4 R Ashford (SWV) 2:14.41; 5 A Brown (SCV) 2:17.17; 6 K Archer (SCV) 2:18.23; 7 A Rowe (NV) 2:18.80. **1500 (a):** 1 Rowe 4:48.15; 2 M Martin (SCV) 4:48.34; 3 F Pidgeon (MV) 4:53.36. **3000 (b):** 1 Rowe 9:50.43; 2 M Martin 9:58.28; 3 A Brown 9:59.98; 4 K McLellan (EV) 10:00.71; 5 A Dent (VAA-NE) 10:12.99; 6 H Roberts (WV) 10:29.68; 7 A Newman (SCV) 10:47.72. **60H (a):** 1 R Buchanan (SVH) 9.83; 2 J Djurovic (SCV) 9.98; 3 I Willoughby (MV) 10.90. **HJ (b):** 1 D Blunt (SCV) 1.55. **PV (b):** 1 A Williams (SCV) 3.70; 2 Blunt 3.40. **LJ (a):** 1 T Wade (SCV) 5.48; 2 K Jackson (SWV) 5.07. **SP (b):** 1 M Small (SWV) 14.02. **WT (b):** 1 M Fenton (EV) 19.69; 2 Small 17.00; 3 C Howell (MV) 13.73; 4 D Maggs (VAA-NE) 13.39; 5 M Bale (SCV) 12.27. **HT (b):** 1 Fenton 49.29; 2 Maggs 40.24; 3 Howell 34.77; 4 Bale 34.36; 5 T Saunders-Mullins (SCV) 31.02. **3kW (b):** 1 N Silvester (SCV) 13:26.54; 2 T Jones (Vets) 14:18.93; 3 M Wall (EV) 15:21.33

M55

60A (a): 1 V Oliver (MV) 7.66; 2 W Franklyn (SCV) 7.75; 3 A Ross (SCV) 7.79; 4 R Watkins (SCV) 8.01; 5 B Williamson (WV) 8.43. **60B (a):** 1 C Padmore (SCV) 8.02; 2 D Whitehead (EV) 8.13; 3 P Wright (MV) 8.75. **200A (b):** 1 Oliver 24.73; 2 Padmore 26.28; 3 Watkins 26.46; 4 D Lucas (Vets) 26.74. **200B (b):** 1 Whitehead 26.68; 2 T Wells (EV) 27.20. **400 (a):** 1 Franklyn 55.93 (UK M55 rec); 2 Ross 57.55; 3 Whitehead 59.08; 4 Padmore 59.38; 5 Wells 60.70. **800 (b):** 1 J Gough (IRL) 2:10.58; 2 D Leitch (unatt) 2:13.56; 3 K Short (MV) 2:15.78; 4 P Kennedy (Vets) 2:16.81; 5 A Maddocks (MV) 2:23.57; 6 E Connolly (SCV) 2:25.71. **1500 (a):** 1 D Oxland (MV) 4:30.41; 2 Leitch 4:35.55; 3 Kennedy 4:35.82; 4 Short 4:38.84. **3000 (b):** 1 Oxland 9:52.47; 2 A Jenkins (SVH) 10:28.68. **60H (a):** 1 Wells 9.75. **HJ (a):** 1 W Lonsdale (SVH) 1.44. **PV (b):** 1 N Phipps (SCV) 3.30; 2 T Weston (SCV) 3.00. **LJ (a):** 1 D Folgate (EV) 4.94; 2 Lonsdale 4.86. **TJ (b):** 1 Folgate 10.99; 2 Lonsdale 9.93; 3 Williamson 9.64. **SP (b):** 1 A Richards (SCV) 11.45; 2 N Hooker (unatt) 11.42; 3 K Bricis (LAT) 9.88. **WT (b):** 1 Bricis 11.19; 2 P Bramford (EV) 9.34. **DT (a):** 1 W Renshaw (NV) 34.98; 2 P Bramford 31.60. **HT (b):** 1 Hooker 36.79; 2 Bricis 32.39. **JT (a):** 1 J Eastwood (SCV) 35.66; 2 P Bramford 33.49. **3kW (b):** 1 J Hall (Vets) 14:46.54; 2 D Kates (Vets) 16:22.77

M60

60 (a): 1 K Smeeth (SCV) 8.11; 2 I Foster (EV) 8.50; 3 V Novell (SCV) 8.52; 4 L Wood (Vets) 8.54. **200 (b):** 1 D Wardle (Vets) 27.55; 2 Smeeth 27.59; 3 Novell 27.92; 4 Foster 28.38. **400 (a):** 1 G Hunter (SVH) 63.63. **800 (b):** 1 G Hunter 2:30.51. **1500 (a):** 1 P Hamilton (SWV) 5:02.99; 2 J Munro (MV) 5:05.79. **3000 (b):** 1 Hamilton 10:47.57; 2 R Williams 11:30.35. **60H (a):** 1 E Taylor (NIV) 12.01. **LJ (a):** 1 Wood 4.42. **TJ (b):** 1 A Cheers (SCV) 9.61. **SP (b):** 1 P Virgo (Vets) 11.49; 2 B Hawksworth (MV) 10.97; 3 R Jegou (MV) 10.65; 4 D Kuester (Vets) 9.88. **WT (b):** 1 Hawksworth 17.24; 2 C Melluish (SCV) 16.19; 3 Kuester 12.41; 4 Jegou 10.96. **DT (a):** 1 M Ferne (SCV) 43.40; 2 Hawksworth 38.26; 3 Kuester 33.56; 4 D Palmer (unatt) 33.18; 5 Jegou 32.87. **HT (b):** 1 Melluish 45.46; 2 Hawksworth 45.10; 3 Kuester 30.85; 4 Jegou 29.56. **JT (a):** 1 Hawksworth 39.19; 2 K Lundby (MV) 36.49; 3 Kuester 31.05; 4 T Thorne (USA) 30.11. **3kW (b):** 1 S McMullin (IRL) 17:12.08

M65

60 (a): 1 C Phillips (MV) 8.44; 2 C Isetts (Vets) 8.52; 3 J Steede (SVH) 8.58; 4 A Long (Vets) 8.65; 5 M Morris (CAN) 8.77. **Ht2:** 1 J Steede 8.63; 2 Long 8.68; 3 P Johnson (EV) 8.72; 4 C Sheldon (SCV) 9.05. **Ht2:** 1 Phillips 8.34; 2 Isetts 8.60; 3 Morris 8.74; 4 B Ferguson (Vets) 9.19. **200A (b):** 1 Isetts 28.57; 2 Steede 28.96; 3 M Morris 29.77; 4 D Butler (VAA-NE) 30.13; 5 C Sheldon (SCV) 30.24. **200B (b):** 1 Ferguson 28.91; 2 P Johnson (EV) 29.48. **400 (a):** 1 J Garber (EV) 68.97. **800 (b):** 1 Garber 2:36.78; 2 J Newcombe (NV) 2:38.84. **1500 (a):** Garber 5:30.80. **3000 (b):** 1 F Gibbs (NV) 11:52.1. **60H (a):** 1 Ferguson 10.38; 2 Butler 11.52; 3 B Ariss (MV) 12.74. **HJ (a):** 1 C Green (MV) 1.29. **PV (a):** 1 B Harlick (SCV) 2.40. **LJ (a):** 1 P Maye (IRL) 4.30; 2 Butler 4.29; 3 C Green 4.14. **TJ (b):** 1 Maye 8.95; 2 C Green 8.86. **SP (a):** 1 E Barker (SCV) 11.85; 2 G Negus (SCV) 11.60; 3 J Sloan (SVH) 10.74; 4 R Turner (unatt) 9.72; 5 J Howe (WV) 9.64. **WT (a):** 1 E Barker 12.93; 2 Negus 12.45; 3 R Turner 10.72; 4 Sloan 10.59; 5 J Howe 9.51. **DT (b):** 1 Sloan 40.48; 2 Harlick 34.14. **HT (a):** 1 Negus 36.66; 2 E Barker 34.99; 3 R Turner 29.10. **JT (b):** 1 Sloan 33.02. 3kW (b): 1 R Penfold (Vets) 16:55.92; 2 A Seddon (SCV) 17:19.02

M70

60 (a): 1 T Bowman (NV) 8.82; 2 C Field (SCV) 8.83; 3 A Carter (EV) 8.87. **200 (b):** 1 Bowman 29.21; 2 Carter 29.41. **400 (a):** 1 Carter 69.97; 2 B Lyons (SWV) 70.15; 3 Bowman 70.54. **800 (b):** 1 Lyons 2:48.00; 2 A Kimber (SCV) 2:51.37. **1500 (b):** Kimber 5:50.35. **3000:** E Simpson (Vets) 12;44.8. **60H (a):** 1 Bowman 10.43; 2 Carter 11.31. **HJ (a):** 1 T Crocker (MV) 1.47; 2 A Bateman (SWV) 1.32. **TJ (b):** 1 M Collins (SCV) 8.01. **SP (a):** 1 I Miller (EV) 11.50; 2 G Hickey (Vets) 10.36; 3 B Sumner (EV) 9.77; 4 H Thomas (Vets) 9.21. **WT (a):** 1 Thomas 14.70; 2 Miller 13.53; 3 Sumner 11.08. **DT (b):** 1 Thomas 31.52. **HT (a):** 1 Miller 36.73; 2 Sumner 35.82; 3 Thomas 34.97. 3kW (b): 1 A Thomson (Vets) 15:55.95; 2 R Powell (SCV) 18:44.92

M75

60 (a): 1 G Cheetham (MV) 9.44; 2 H Daniels (WV) 10.18; 3 G Daborn (EV) 10.19. **200 (b):** 1 Cheetham 32.77. **400 (a):** 1 W Davies (WV) 83.01; 2 G Feast (Vets) 86.53. **60H (a):** 1 Daborn 12.70 (UK M75 rec). **PV (a):** 1 R Brown (MV) 2.71 (UK M75 rec). **SP (a):** 1 M McGarry (IRL) 10.06; 2 C Taylor (Vets) 9.23; 3 J Hanus (SCV) 8.46; 4 K Dutton (MV) 8.45. **WT (a):** 1 P Barber (SCV) 14.18 (UK M75 rec); 2 P McEvoy (NIV) 11.53; 3 McGarry 10.18; 4 Hanus 9.50. **DT (b):** 1 McGarry 32.39; 2 Hanus 27.80; 3 Barber 27.52; 4 McEvoy 24.18. **HT (a):** 1 McEvoy 34.66; 2 Barber 33.09; 3 Hanus 27.76

M80

60 (a): 1 A Kalirai (SCV) 12.43. **LJ (a)/ TJ (b):** Kalirai 2.62 (UK M80 rec)/5.94 (UK M80 rec). **WT (a):** 1 W Kingsbury (WV) 9.71 (UK M80 rec). **HT (a):** 1 Kingsbury 24.41 (UK M80 rec)

M85

3kW (b): 1 L Creo (MV) 21:16.29

W35

60 (a): 1 S Trusch (NV) 8.39; 2 T Gribble (SWV) 8.45; 3 A Wale (NV) 8.79. **200 (b):** 1 Trusch 27.08. **400 (a):** 1 Trusch 59.38; 2 D Morley (EV) 62.56. **800 (b):** 1 Morley 2:20.45. **1500 (a):** 1 A Pickup (Vets) 5:04.32; 2 M James (EV) 5:09.34. **3000 (b):** 1 Pickup 10:51.35. **60H (a):** 1 Wale 10.01; 2 Gribble 10.67; 3 J Binks (NV) 10.72. **SP (a):** 1 S Lawrence (SCV) 10.58; 2 C Thrush (Vets) 10.39. **DT (b):** 1 Lawrence 36.25. **HT (a):** 1 Thrush 34.25; 2 Lawrence 33.28

W40

60A (a): 1 J Money (NV) 8.23; 2 A Alstrachen (EV) 8.56; 3 G Finegan (NIV) 8.68; 4 E Scott (SCV) 8.70. **60B (a):** 1 L Byfield-Moore (SWV) 8.44; 2 Y Salmon (SCV) 8.55; 3 M Hudson (SWV) 9.28. **200A (b):** 1 Money 27.97; 2 Salmon 28.12; 3 E Scott 28.64. **200B (b):** 1 Byfield-Moore 27.93; 2 J Rasmussen (unatt) 28.41; 3 Alstrachen 28.72. **400 (a):** 1 S Read-Cayton (Vets) 58.88 (UK W40 rec); 2 Salmon 63.96; 3 E Scott 64.37; 4 Alstrachen 64.74; 5 Finegan 64.75. **800 (b):** 1 C Elms (Vets) 2:28.06; 2 A Collins (SCV) 2:30.63. **1500 (a):** 1 Elms 4:36.46 (UK W40 rec); 2 B Pritchett (Vets) 4:36.65; 3 C Steven (SWV) 4:57.77. **3000 (b):** 1 Elms 10:02.93; 2 Pritchett 10:05.56; 3 J Pidgeon (MV) 11:30.02; 4 O Balme (Vets) 11:37.32. **60H (a):** 1 Finegan 9.91. **HJ (a):** 1 Finegan 1.47; 2 L McCarthyCoomey (IRL) 1.35. **PV (a):** 1 J Isbill (EV) 2.50; 2 A Duke (SCV) 2.40. **LJ (a):** 1 Finegan 4.63; 2 J Willoughby (MV) 4.47. **TJ (b):** 1 Finegan 10.04. **SP (a):** 1 Finegan 10.27; 2 McCarthyCoomey 9.46. **WT (a):** 1 J Smith (SCV) 11.21; 2 McCarthyCoomey 10.46. **DT (b):** 1 H Daniel (Vets) 28.97; 2 J Smith 27.89. **HT (a):** 1 J Smith 31.17; 2 McCarthyCoomey 30.69; 3 K Llewellin (WV) 25.02. **JT (b):** 1 Finegan 28.53. **3kW (b):** 1 S Davies (SCV) 18:45.11

W45

60A (a): 1 K King (SCV) (eq UK W45 rec) 8.14; 2 G Clarke (EV) 9.78; 3 D Timmis (MV) 9.11. **60B (a):** 1 W Dunn (EVAC) 8.53; 2 M Laing (NV) 8.66; 3 A Fudge (Vets) 8.74; 4 L Willis (MV) 9.04. **200 (b):** 1 King 26.90; 2 C Carey (IRL) 30.25; 3 A Kelly (SVH) 30.40. **400 (a):** 1 W Dunn (EV) 63.69. **800 (b):** 1 S Heath (SCV) 2:30.03. **1500 (a):** 1 A Hurford (Vets) 5:05.92; 2 Heath 5:10.85; 3 L Marr (SVH) 5:39.29. **3000 (b):** 1 D Farmer (EV) 11:55.44. **60H (a):** 1 M Laing (NV) 9.31; 2 G Clarke (EV) 9.68; 3 H Barker (NV) 10.06; 4 J Brown (SCV) 10.62. **HJ (a):** 1 W Laing (NV) 1.61 (world W45 rec); 2 J Brown 1.52; 3 H Barker 1.40; 4 J Hardcastle (EV) 1.30. **PV (a):** 1 T Eades (SCV) 2.00. **LJ (a):** 1 M Laing 4.63; 2 D Timmis (EV) 4.43; 3 G Clarke 4.39; 4 J Brown 4.36; 5 L Willis (MV) 4.33; 6 H Barker 4.18; 7 Hardcastle 3.98. **SP (a):** 1 C Cameron (SVH) 10.08; 2 W Laing 9.80; 3 M Laing 9.48; 4 W Dunsford (SCV) 9.43; 5 J Wilson (SCV) 9.43; 6 H Barker 9.42; 7 A George (MV) 9.37; 8 A Goad (SCV) 8.46. **WT (a):** 1 Wilson 10.44. **DT (b):** 1 C Cameron 34.35; 2 Wilson 28.40; 3 Dunsford 26.86. **HT (a):** 1 Wilson 30.12; 2 Dunsford 28.55; 3 C Cameron 27.28; 4 George 23.21. **JT (b):** 1 Wilson 26.24. **3kW (b):** 1 T Boa (MV) 17:15.74; 2 H Middleton (EV) 18:05.67; 3 F Bishop (Vets) 19:00.41

W50

60A (a): 1 H Godsell (SCV) 8.58; 2 J Trimble (SCV) 9.15; 3 F Argent (SCV) 9.60; 4 C Young (SCV) 9.64; 5 C Salvary (SCV) 9.73. **60B (a):** 1 J Harwood (VAA-NE) 8.73; 2 P Gerner (MV) 8.94; 3 C Filer (EV) 9.02; 4 G Cunningham (SCV) 9.66. **200A (b):** 1 J Horder (MV) 28.40; 2 Godsell 28.56; 3 E Roe (SCV) 30.30. **200B (b):** 1 Trimble 31.39; 2 Salvary 31.70; 3 Argent 31.88. **400 (a):** 1 C Powell (SWV) 62.51; 2 Horder 63.35. **800 (b):** 1 J Howe (NV) 2:40.36; 2 J Barrus (MV) 2:53.40; 3 Argent 2:54.22. **1500 (a):** 1 J Howe 5:12.39; 2 Barrus 5:48.01. **3000 (b):** 1 J Howe 11:20.7. **60H (a):** 1 Harwood 9.71 (UK W50 rec); 2 Horder 9.81. **HJ (a):** 1 Filer 1.47 (UK W50 rec). **PV (a):** 1 J Ibbitson (NV) 2.71. **LJ (a):** 1 Filer 4.58; 2 C Young 3.97; 3 Salvary 3.63. **SP (a):** 1 Ibbitson 10.55; 2 L Moore-Fox (Vets) 9.65; 3 J Piercy (Vets) 7.84. **WT (a):** 1 Ibbitson 13.31; 2 P Higgins (MV) 9.83; 3 Piercy 9.66. **HT (a):** 1 Ibbitson 35.04; 2 Higgins 29.30; 3 Piercy 27.85. **3kW (b):** 1 A Wheeler (MV) 16:46.27

W55

60 (a): 1 E McMahon (SCV) 9.21; 2 L Ahmet (SCV) 10.08. **400 (a):** S James (SCV) 79.10. **800 (b):** 1 James 3:02.13. **1500 (a):** 1 R Tabor (Vets) 5:43.75; 2 James 6:04.79. **3000 (b):** 1 Tabor 11:49.9; 2 L Bowers (SVH) 11:59.8; 3 L Griffin (MV) 12:12.4. **60H (a):** 1 McMahon 10.74. **LJ (a):** 1 Ahmet 3.59. **TJ (b):** 1 Ahmet 7.55; 2 C Lyon-Green (MV) 6.89. **SP (a):** 1 V Thompson (SCV) 10.90; 2 M Pearson (SWV) 9.79; 3 C Marler (NV) 8.97. **WT (a):** 1 Thompson 11.13; 2 A Bramford (EV) 8.42. **HT (a):** 1 A Bramford 26.57

W60

800 (b): P Gallagher (WV) 2:52.06. **1500 (a):** Gallagher 5:48.13. **3000 (b):** 1 Gallagher 12:10.8; 2 P Rich (Vets) 13:17.0. **HJ (a):** 1 P Oakes (SCV) 1.05. **TJ (b):** 1 Oakes 7.23. **SP (a):** 1 E Sissons (Vets) 10.30; 2 B Terry (SCV) 9.37. **WT (a):** 1 Sissons 11.35; 2 Terry 9.80. **DT (b):** 1 Sissons 20.85. **HT (a):** 1 Terry 26.64; 2 Sissons 22.27. **JT (b):** 1 Sissons 24.91

W65

60 (a): 1 M Axtell (SCV) 10.13; 2 M Mills (MV) 10.42; 3 A Bolitho (SCV) 10.54. **200 (b):** 1 Axtell 35.20. **400 (a):** 1 I Hornsey (EV) 85.98. **800 (b):** Hornsey 3:21.60. **60H (a):** 1 J Charles (MV) 13.01. **LJ (a):** 1 J Charles 3.12. **TJ (b):** 1 J Charles 7.31. **HT (a):** 1 Y Miles (SCV) 19.21

W70

60 (a): D Fraser (EV) 10.64. **200 (b):** 1 Fraser 36.68. **800:** A Martin (EV) 3;35.20 (UK W70 rec). **1500 (a):** 1 Martin 7:11.25; 2 P Jones (SCV) 7:08.56. **3000 (b):** 1 P Jones 14:28.8. **PV (a):** 1 D McLennan (IRL) 1.60. **LJ (a):** 1 A Martin 2.93. **TJ (b):** 1 A Martin 6.43. **SP (a):** 1 E Williams (SCV) 10.67 (world W70 rec). **DT (b):** 1 E Williams 28.17. **HT (a):** 1 E Williams 35.00 (UK W70 rec). **JT (b):** 1 E Williams 31.43 (world W70 rec). **3kW (b):** 1 M Spelman (Vets) 20:15.27

W75

SP (a): 1 M Grant-Stevens (SCV) 5.90 (UK W75 rec)

(Oxf U) 1.60; 4 G Hood (Oxf U) 1.55. **PV:** 1 S Williams (Camb U) 2.90. **LJ:** 1 F Smithson (Oxf U) 5.17; 2 L Spray (Camb U) 5.10. **TJ:** 1 L Murphy (Oxf U) 10.59; 2 L McGarty (Camb U) 10.56; 3 L Spray (Camb U) 10.12. **SP:** 1 B Staniland (Oxf U) 10.83; 2 L Murphy (Oxf U) 10.48; 3 C Palmer (Camb U) 10.16

February 16

BRUNEL SPEED SERIES
Uxbridge

Men

60: r1: 1 M Hanson (E&H) 6.74; 2 R Graham (Herne H) 6.78; 3 R Moseley (SB) 6.80; 4 A Syers (NEB) 6.84; 5 C Wilson (WG&EL) 6.91; 6 J Barbour (B&B) 6.93. **r2:** 1 A Matthews (WSEH) 6.81; 2 A McWilliams (R&N) 7.06; 3 J Ejehu (Harrow , U20) 7.07; 4 B Owen (Rad) 7.08; 5 T Gilling (Sutt, U20) 7.09; 6 A Ojo (ESM, U20) 7.11. **r3:** 1 J Browne (Kent) 6.86; 2 L Slue (Harrow) 6.91; 3 J Wood (Harrow) 7.01; 4 J Greenidge (WG&EL) 7.06; 5 P Egboh (Kent) 7.09; 6 D Green (Lut) 7.30. **r4:** 1 L Mensah (Herne H) 7.15; 2 B Porter (S Lon, U20) 7.20. **r5:** 1 C Lawson (SB, U20) 7.14; 2 P Ogun (Croy, U20) 7.24; 3 D Wollen (Croy) 7.25. **r6:** 1 A Mohammed (Belg, U20) 7.12; 2 A Jovanovski (Wat, U17) 7.15; 3 O Seon (E&H) 7.19. **r7:** 1 J Jeffrey (Harrow) 7.17; 2 R Mihrshahi (Oxf U) 7.19. **r8:** 1 W Lambourne (Mil K, U20) 7.25; 2 C Hall (K&P) 7.29; 3 S Hook (Wit, U20) 7.30. **r9:** 1 M Wekpe (Kent, U20) 7.28; 2 J Ramos (NEB, U20) 7.29. **r1:** 1 R Carr (Harrow) 7.26. **Ht1:** 1 J Grant (Herne H, U17) 7.46; 2 A Bryant (WSEH, U20) 7.50; 4 L Sylvester (unatt, U17) 7.53. **Ht2:** 1 L McNally (Lon Hth, U17) 7.33; 4 B Rise (TVH, U17) 7.52; 5 K Adamokah (Wat, U17) 7.63. **Ht3:** 1 T Evans (WSEH, U17) 7.41; 2 B Dredge (WSEH, U17) 7.41; 6 A Wizard (ESM, U15) 7.88. **Ht4:** 1 D Harvey (WSEH, U17) 7.47; 2 K MacDowall (Harrow , U17) 7.50; 4 A Lee (Poole, U17) 7.63; 6 S Burke (WSEH, U15) 7.69. **Ht5:** 1 O Bamisaye (Swan) 7.04; 2 O Wanogho (Croy, U20) 7.27; 3 W De Torvy (TVH, U20) 7.28. **Ht6:** 1 R Graham (Herne H) 6.82; 2 J Browne (Kent) 6.86; 3 A Matthews (WSEH) 6.86; 4 A Syers (NEB) 6.86; 5 M Hanson (E&H) 6.87. **Ht7:** 1 J Barbour (B&B) 6.82; 2 L Slue (Harrow) 6.87; 3 C Wilson (WG&EL) 6.91; 4 J Wood (Harrow) 6.97; 5 A McWilliams (R&N) 7.00; 6 J Greenidge (WG&EL) 7.02. **Ht8:** 1 T Gilling (Sutt, U20) 7.04; 2 J Ejehu (Harrow , U20) 7.05; 3 B Owen (Rad) 7.06; 4 P Egboh (Kent) 7.12; 5 A Mohammed (Belg, U20) 7.17; 6 A Ojo (ESM, U20) 7.17. **Ht9:** 1 L Mensah (Herne H) 7.10; 2 C Lawson (SB, U20) 7.14; 3 A Jovanovski (Wat, U17) 7.17; 4 J Jeffrey (Harrow) 7.17; 5 O Seon (E&H) 7.18; 6 B Porter (S Lon, U20) 7.27. **r10:** 1 M Wekpe (Kent, U20) 7.19; 2 R Carr (Harrow) 7.23. **r11:** 1 D Daniel (WG&EL, U20) 7.26; 2 W MacGee (Team S) 7.28. **r12:** 1 A Haughton (Camb H) 7.28; 2 A Kainth (Hill, U20) 7.29; 3 L Sargeant (Craw) 7.29. **r13:** 1 T Scott (TVH, U17) 7.31; 3 B Dredge (Herne H, U17) 7.39; 4 T Evans (WSEH, U17) 7.42. **r14:** 1 J Grant (Herne H, U17) 7.43; 6 D Harvey (WSEH, U17) 7.68. **r15:** 1 A Akintokun (Bas, U15) 7.47; 2 M Ojo (ESM, U15) 7.49; 5 K MacDowall (Harrow , U17) 7.58. **r16:** 3 B Rise (TVH, U17) 7.48. **r17:** 1 M Walker (TVH, U20) 7.38; 4 L Sylvester (unatt, U17) 7.56. **r18:** 1 N Stoppard (SNH, U17) 7.60; 3 K Adomakoh (Wat, U17) 7.62; 4 S Burke (WSEH, U17) 7.70; 5 A Lee (Poole, U17) 7.70. **r19:** 2 R Robinson (Herne H, U17) 7.64; 5 R Allen (Harrow , M45) 7.95; 6 A Wizard (ESM, U15) 7.96. **r20:** 1 W De Torvy (TVH, U20) 7.26; 2 O Wanogho (Croy, U20) 7.28. **60H: r1:** 1 F Potgieter (Camb H) 8.34; 2 A Wilson (VP&TH) 8.43; 3 J Appiah (Kent) 8.45; 4 A Bryant (WSEH, U20) 8.78. **r2:** 1 F Potgieter (Camb H) 8.31; 2 J Appiah (Kent) 8.43; 3 A Wilson (VP&TH) 8.47; 4 A Williams (Hav M, U20) 8.78. **r3:** 1 A Bryant (WSEH, U20) 8.50; 2 W Lambourne (Mil K, U20) 8.75. **r4:** 3 D Wilkinson (Lut, M45) 9.22

U20

60H: r1: 1 J Sleigh (Leeds C) 8.67; 2 A Williams (Hav M) 8.77; 3 B Gregory (VoA) 8.78; 4 W Lambourne (Mil K) 8.89

U17

60H: r1: 1 M Walcott (Herne H) 8.46; 2 J Edgar-Hill (Hav M) 8.56; 3 N Stoppard (SNH) 8.79; 4 A Lee (Poole) 9.20. **r2:** 1 M Walcott (Herne H) 8.43; 2 J Edgar-Hill (Hav M) 8.62; 3 N Stoppard (SNH) 8.86; 4 A Lee (Poole) 9.19

Women

60: r1: 1 J Johnson (Herne H) 7.53; 2 M Gamba (SB) 7.67; 3 T Nubi (E&H) 7.67; 4 M Webster (Bed C) 7.72; 5 N Bartley (SMR) 7.74; 6 K Eleyae (WG&EL, U17) 7.78. **60H: r1:** 2 D Wilkinson (Lut, M45) 9.16. **r2:** 1 D Blaize (K&P) 8.86; 3 K Motley (C&C, U20) 9.39; 4 N Hill (Hav M, U20) 9.51. **r3:** 1 D Blaize (K&P) 8.72; 2 K Motley (C&C, U20) 9.37; 3 N Hill (Hav M, U20) 9.74

U17

60H: r1: 2 A James (Hav M) 9.54. **60H: r2:** 1 A James (Hav M) 9.49. **60H: r1:** 1 C Asztalos (C&C, U15) 9.52. **r2:** 2 C Asztalos (C&C, U15) 9.53

Mixed Events

60: r1: 1 M Gayle (Read) 7.28; 2 T Scott (TVH, U17) 7.43; 3 M London (Wat, U17) 7.52; 6 J Johnson (Herne H, W) 7.65. **r2:** 1 M Gamba (SB, W) 7.68; 2 N Bartley (SMR) 7.75; 3 M Webster (Bed C, W) 7.78; 4 K Eleyae (WG&EL, U17, W) 7.79. **r3:** 1 N Stoppard (SNH, U17) 7.60; 2 R Allen (Harrow , M45) 7.88; 3 S Henry (Harrow , U20, W) 7.96. **r4:** 2 P Oladugba (Chelm, U20) 7.99; 3 A Duncan (Rad, M50) 8.00; 4 T Phillips (B&B, M50) 8.05; 5 Z Wells (unatt) 8.17; 6 D Smith (Harrow , U17, W) 8.40. **r5:** 4 S Angbaduba (Herne H) 8.28. **r6:** 2 P Woodland (Rad, W) 8.17. **r7:** 1 T Thompson (Harrow , U15, W) 8.57; 2 E Sargeant (B&B, U15, W) 8.68; 3 C Scutt (Herts P, U13) 8.72. **r8:** 1 C Smart (Harrow , U15) 8.79. **r9:** 1 S Henry (Harrow , U20, W) 7.87; 2 A Duncan (Rad, M50) 7.96; 3 M Ofei-Kwatia (Poole, U15) 7.97; 5 P Oladugba (Chelm, U20) 8.01. **r1:** 1 S Angbaduba (Herne H) 8.22; 2 D Smith (Harrow , U17, W) 8.23; 4 T Thompson (Harrow , U15, W) 8.56. **Ht1:** 1 E Sargeant (B&B, U15, W) 8.63; 5 C Smart (Harrow , U15) 8.83

February 20

INTER-VARSITY MATCH
NIA, Birmingham

SEE page 10 for more details.

MATCH: 1 Brunel 316; 2 Loughborough 264; 3 UWIC 257; 4 Bath 143; 5 Birm U 128

Men

60: r1: 1 S Smith (Lough S) 6.74; 2 B Simons (UWIC) 6.94; 3 D Davis (Brun U) 6.94; 4 L Rice (Bath U) 6.98. **r2:** 1 D Cossins (Bath U) 6.89; 2 A McWilliams (Brun U) 7.04; 3 J Adeniran (Birm U) 7.05; 4 L Giblin (Lough S) 7.14; 5 G Breeze (UWIC) 7.23. **200: r1:** 1 D Cossins (Bath U) 21.64; 2 P Swan (Lough S) 21.84; 3 A Balogun (Brun U) 21.89. **r2:** 1 N Leavey (Brun U) 21.44. **400: r1:** 1 A Blow (Lough S) 48.59; 2 C Smith (Birm U) 49.60; 3 W Lambourne (Brun U) 50.71. **r2:** 1 D Martin (Lough S) 49.44; 2 J Lodowski (UWIC) 50.79; 3 A Young (Birm U) 50.93. **800: r1:** 1 P Bradshaw (UWIC) 1:50.78; 2 J Durrant (Birm U) 1:51.08; 3 M Addison (Brun U) 1:53.99; 4 S Walsh (Bath U) 1:55.45; 5 P Burkhart (Lough S) 1:55.72. **r2:** 1 G Wiltshire (UWIC) 1:55.92; 2 D Ryan (Lough S) 1:58.99; 3 N Howard (Birm U) 1:59.42. **1500:** 1 J Mills (Bath U) 3:49.59; 2 B Green (Lough S) 3:51.30; 3 T Marley (UWIC) 3:56.39; 4 R Hodges (Lough S) 3:57.46; 5 A Stanton (Birm U) 3:57.66; 6 J Tyler (Brun U) 3:58.34; 7 A Stainsby (Brun U) 4:07.33. **3000:** 1 M Coltherd (Lough S) 8:28.34; 2 F Baddick (Lough S) 8:38.63; 3 P Grist (UWIC) 8:43.56; 4 B Tyler (Brun U) 8:48.04; 5 M Addison (Brun U) 8:48.59; 6 S Fletcher (Bath U) 8:57.03; 7 M Dumigan (UWIC) 8:57.11. **60H: r1:** 1 D Davis (Brun U) 7.92; 2 D Feeney (Lough S) 8.23; 3 F Baker (UWIC) 8.35; 4 M Hudson (Bath U) 8.36; 5 S Henderson (Birm U) 8.58. **r2:** 1 E Dunford (Bir) 7.96; 2 J Fleary (Lough S) 8.32; 3 G Stroud (Brun U) 8.33; 4 S Boyles (UWIC) 8.77. **4x200:** 1 Lough S 88.05; 2 Brun U 88.38; 3 Bath U 88.44; 4 UWIC 90.09. **HJ:** 1 K Mmono (UWIC) 1.95; 2 A Gallie (UWIC) 1.95; 3 J Lancaster (Brun U) 1.90; 4 A Hemery (Lough S) 1.90; 5 A Phillips (Brun U) 1.90; 6 M Ashley (Lough S) 1.90. **PV:** 1 P Walker (Lough S) 5.10; 2 C North (Bath U) 5.10; 3 M Eaves (Lough S) 5.00; 4 S Huggins (Brun U) 4.90; 5 F Baker (UWIC) 4.40; 6 M Walker (Birm U) 4.40; 7 J Murray (UWIC) 4.00; 8 R Szarkowski (Bath U) 4.00. **LJ:** 1 JJ Jegede (Lough S) 7.29; 2 S Small (Lough S) 6.90; 3 G White (UWIC) 6.62. **TJ:** 1 K Mmono (UWIC) 14.66; 2 J Odametey (Birm U) 14.50; 3 M Burton (Lough S) 14.29; 4 H Mostyn (Lough S) 13.60; 5 J Guille (UWIC) 13.66. **SP:** 1 K Kelly (Lough S) 18.08; 2 B Morse (UWIC) 14.14; 3 R Spencer-Jones (UWIC) 13.51; 4 C Hughff (Brun U) 12.99; 5 A Hemery (Lough S) 12.89

Women

60: r1: 1 M Douglas (Brun U) 7.33; 2 K Russell (Lough S) 7.81; 3 N Robinson (Bath U) 7.88; 4 H Williams (Birm U) 8.13; 5 L Chambers (UWIC) 8.16. **r2:** 1 G Werrett (Lough S) 7.75; 2 L Sargent (Brun U) 7.76; 3 J Patterson (Bath U) 7.91; 4 B Williams (Birm U) 8.23; 5 F Pittman (UWIC) 8.27. **200: r1:** 1 J Duck (Brun U) 24.63; 2 S Gumbs (Birm U) 25.02; 3 H Jones (UWIC) 25.20; 4 K Russell (Lough S) 25.34. **r2:** 1 D Blaize (Brun U) 25.27; 2 L Hitchin (Lough S) 25.72; 3 L Corfield (Bath U) 26.19; 4 D Price (UWIC) 26.38; 5 B Williams (Birm U) 26.49. **400: r1:** 1 N Okyere (UWIC) 56.89; 2 K Lannon (Brun U) 57.16; 3 A Rees (Lough S) 57.95; 4 T Gray (Birm U) 60.63. **r2:** 1 B Turnbull (UWIC) 60.50. **800: r1:** 1 T Bird (Brun U) 2:10.17; 2 R Mitchell (UWIC) 2:21.23; 3 L Dunn (Bath U) 2:22.44. **r2:** 1 E Murty (Brun U) 2:19.03; 2 J Safe (UWIC) 2:23.30. **1500:** 1 S Treacy (Birm U) 4:36.47; 2 N Gooderham (Brun U) 4:41.27; 3 B Strange (UWIC) 4:43.15. **3000:** 1 E Pallant (Brun U) 9:36.0. **60H: r1:** 1 G Werrett (Lough S) 8.52; 2 D Blaize (Brun U) 8.52; 3 N Robinson (Bath U) 8.60; 4 H Jones (UWIC) 8.72; 5 M Beesley (Tam) 8.72. **r2:** 1 S McGreavy (Sale) 8.33; 2 B Broadbelt (Brun U) 8.64; 3 K Robbilliard (Lough S) 8.77; 4 G Weetman (Brun U) 8.95; 5 K Lannon (Brun U) 9.04; 6 E Lyons (UWIC) 9.22. **4x200:** 1 Brun U 1:40.64; 2 UWIC 1:41.94; 3 Bath U 1:42.58; 4 Lough S 1:43.12; 5 Birm U 1:46.53. **HJ:** 1 P Hughes (Brun U) 1.75; 2 D Blaize (Brun U) 1.75; 3 M Clifford (Lough S) 1.65; 4 S Shone (Bath U) 1.60; 5 E Lyons (UWIC) 1.60; 6 E Gulliver (UWIC) 1.55. **PV:** 1 J Truelove (Brun U) 3.80; 2 E Taylor (Bath U) 3.35; 3 C Howarth (Bath U) 3.35; 4 J Abrahams (UWIC) 3.35; 5 S Smith (Brun U) 3.20; 6 B Webber (Brun U) 2.80. **LJ:** 1 G Weetman (Brun U) 5.80; 2 M Carr (Lough S) 5.60; 3 R Hatch (Birm U) 5.49; 4 S Shone (Bath U) 5.45; 5 C Linskill (Brun U) 5.29; 6 N Okyere (UWIC) 5.14. **TJ:** 1 S Alaneme (Brun U) 12.14; 2 M Carr (Lough S) 11.93; 3 C Linskill (Brun U) 11.90; 4 T Longwe (Lough S) 11.78; 5 R Hatch (Birm U) 10.77; 6 R Thomas (UWIC) 10.27. **SP:** 1 D Blaize (Brun U) 12.63; 2 S Shone (Bath U) 11.03; 3 G Weetman (Brun U) 10.54; 4 D Ashley (UWIC) 10.53; 5 R Basford (UWIC) 10.23

Multi-terrain

February 24

BANNATYNES
WELLINGBOROUGH 10km
Wellingborough

Overall (5km)

1 N Barnett (W'boro) 17:29; 2 R Smith (W'boro) 17:48; 3 B Lovell (W'boro) 17:57; 4 M Newbery (TVH, U20W) 18:34; 5 C Brennan (Kett) 18:43; 6 C Hide (unatt, M45) 18:43; 7 N Flynn (unatt) 18:43; 8 A Clawson (Kett) 19:06; 9 J Minter (Oln) 19:12; 10 A Green (unatt) 19:15; 11 J Cowell (Oln, M40) 19:16; 12 R Connor (unatt) 19:37

Women

1 Newbery 18:34; 2 D Parker (DTT) 20:27; 3 L Creamer (Birm U) 21:44; 4 B Damms (BTF) 21:46; 5 E Dines (R&N) 22:23

Overall (10km)

1 R Sumpter (BTF) 34:41; 2 N White (unatt) 35:43; 3 P Massingham (Stam S) 35:56; 4 P Taylor (Stam S, W40) 37:41; 5 S Fell (Stam S) 38:29; 6 I Carlton (unatt) 38:46; 7 D Price (Leic Tri) 39:03; 8 M Candish (Stam S) 39:05; 9 R James (Mk Athletic) 39:56; 10 D Drummond (Banb) 40:23

Women

1 Taylor 37:41; 2 G Bettencourt-Homes (unatt) 41:15; 3 S Lee (Bed H) 43:29; 4 R White (unatt) 44:27; 5 L Pettit (Serp) 45:39

Overall (15km)

1 P Holland (Oln) 52:41; 2 I Day (Ely) 53:19; 3 S Giles (Kett) 54:30; 4 J Manlow (Ely) 54:36; 5 J Nilsson (unatt) 55:21; 6 G Stephens (unatt, M45) 55:45; 7 N Roberts (R&N) 56:05; 8 M White (unatt) 56:11; 9 C Holmes (unatt) 56:45; 10 R McGuirk (W'boro) 56:53; 11 A Houghton (unatt, M45) 56:59; 12 G Penn (Oln, M40) 57:06; 13 G McDaniels (North RR) 58:01; 14 G Houghton (unatt) 58:15; 15 A Hatton-Perkins (unatt) 59:26

Women

1 L Howell (B'ville) 61:28; 2 T Patmore (Riv, W40) 62:33; 3 S Ellwood (W'boro) 66:31; 4 M Obeman (unatt) 67:51; 5 S Bowers (Team Cher) 73:38

RIPON 10km

Overall

1 S O'Neill (Darl) 36:47; 2 T Lambert (Swale) 37:03; 3 R Watson (Ripon) 37:48; 4 C Stewart (Forf) 37:53; 5 M Hallam (Harr) 38:57; 6 A Dobby (RAF Menw) 39:34; 7 S Johnstone (Harr) 40:12; 8 J Cook (unatt) 40:45; 9 S Morland (unatt) 40:59; 10 W Busuttil (T&S) 41:12

Women

1 I Rowe (Harr) 45:22; 2 M Evans (unatt) 46:42; 3 H Cox (T&S) 46:47; 4 S Webber (unatt) 48:16; 5 T Hunter (Swale) 48:40; 6 C Ryall (Bail) 48:48

February 23

BANSTEAD WOODS TIME TRIAL
Banstead, Surrey

Overall (5km)

1 P Bal (S Lon) 16:53; 2 S Ford (Strag) 17:11; 3 C Phelan (S Lon, M45) 17:15. **M55:** 1 I Kitching (S Lon) 18:08. **M60:** 1 G Newton (Tadw) 19:57

Women

1 V Foad (Sutt, W35) 20:19; 2 C Costiff (S Lon, W45) 20:33

BUSHY PARK TIME TRIAL (5km)
Bushy Park, Hampton

Overall

1 R Ward (Belg) 15:49; 2 M Boyle (Herne H, M45) 16:03; 3 D Symons (THH) 16:39. **M50:** 1 M Anderson (Farn) 17:55; 2 T Kelly (Vets) 18:22. **M60:** 1 M Bruce (Elm) 19:00; 2 S Badgery (HW) 19:11; 3 J Bourne (unatt) 19:45. **M65:** 1 W Goodall (unatt) 21:38

Women

1 R Hutton (S Lon, W40) 19:22; 2 D Smale (Strag, W45) 19:52. **W45:** 2 L Thompson (S Lon) 20:45; 3 R Thevenet-Smith (Woking) 21:32. **W50:** 1 J Beckett (unatt) 22:21

LEEDS HYDE PARK TIME TRIAL (5km)
Hyde Park

Overall

1 S Worthington (L&M) 16:04; 2 R McMahon (L&M) 17:29; 3 D Morris (unatt) 18:38. **M60:** 1 S Calderbank (N Vets) 20:44

Women

1 S Grant (Abbey R, W35) 20:34; 2 D Farrington (R'well, W45) 20:48. **W55:** 1 R Calderbank (BWF) 23:46

RICHMOND PARK TIME TRIAL (5km)
Tasmin Trail, richmond

Overall

1 G Brook (Strag) 17:10; 2 M Holden (Strag) 18:19; 3 A Diangelo (unatt) 18:31

Women

1 L Bottomley (W4H, W35) 20:41; 2 L Wilson (ESM, W50) 21:39

WIMBLEDON COMMON TIME TRIAL (5km)
Wimbledon Common, London

Overall

1 M Gaunt (Serp) 16:45; 2 S Fraser (unatt, M40) 17:29; 3 A Robinson (HW, U17) 17:43. **M50:** 1 J Wallace (Wimb W) 19:00. **M70:** 1 K Spacie (THH) 21:17

Women

1 L Wynn (Serp) 18:41; 2 A Garnier (THH, W50) 21:08

Road

February 24

COMBE SCHOOL PFA 10km
Chard, Somerset

Overall

1 T Hughes (W Horse, M50) 37:07; 2 N Fry (unatt) 37:47; 3 N Sale (unatt) 38:00

Women

1 S Tovey (unatt) 51:03; 2 S Van Nierop (unatt) 52:15

GORING 10km
Goring, Berkshire

Overall

1 C Dettmar (Head) 33:58; 2 C Lassonde (unatt) 35:24; 3 T Hunter (Handy C) 36:19. **M50:** 1 E Dodwell (Read RR) 38:10. **M65:** 1 R McNeil (Read RR) 44:55

Women

1 B Tull (Read RR) 40:21; 2 S Usher (unatt) 42:11

HAMPSHIRE CHRONICLE WINCHESTER 10km
Winchester

Overall

1 C Bolt (AFD) 31:14; 2 T Lambert (Win) 31:18; 3 J Simpson (S Lon, M40) 32:03; 4 A Welch (Ashf) 32:11; 5 A

Martin ends Dugdale's reign

WELSH CROSS COUNTRY CHAMPIONSHIPS, Singleton Park, Swansea, February 24

CLARE MARTIN ended the eight-year winning sequence of Catherine Dugdale in the senior women's race as she took victory by more than a minute from the reigning champion.

The Wells City Harrier went to the front from the start, while Dugdale, who had held the title since 2000, engaged in battle with Morpeth's Delyth James.

Martin came out on top by three seconds to lead Swansea Harriers to the team title. Under-20 Non Stanford was fourth, another 19 seconds back.

In the senior men's race, Cardiff swept the medals, led by Richard Gardiner, who came home nine seconds in front of Mark Jennings, with Nathaniel Lane, third.

Gardiner stretched out a narrow lead over the group on the second of four laps before on the last circuit widening the margin to go on to his first Welsh cross-country title. Jennings, meanwhile, overtook Lane in the final few metres, with both given the same time.

Despite their dominance at the very head of the field, Swansea took a comfortable win in the six-to-score team competition.

Craig Peters (Bristol & West) and Dewi Griffiths (Carmarthen) dominated their under-20 and under-17 men's races.

However, the under-15 boys' race saw Deeside's Jamie Wright just pip Newport's Chris Carpaninni.

Another close race came in the combined under-17/under-20 event where Carmarthen's Alau Beynon-Thomas crossing the line strides ahead of Neath's Leah Dixon, who was first under-17.

Bridgend's Zoe Thomas moved up from second last year to win the under-15 race in gun-to-tape fashion.

Swansea Harriers' Hywelis Thomas-Howells and Cwmbran's Matthew Antoniazzi overcame heavy rain to win the under-13 races.



The senior men's race, eventually won by Richard Gardiner, gets under way

Senior men (10.48km)
1 R Gardiner (Card) 37:51; 2 M Jennings (Card) 38:15; 3 N Lane (Card) 38:15; 4 M Hobbs (Swan) 38:26; 5 A Hains (Card) 38:44; 6 S Smith (Swan) 38:52; 7 D Gurmin (Swan) 40:00; 8 A Davies (Brec) 40:25; 9 P Matthews (Chep) 40:44; 10 S Whelan (Swan) 40:50; 11 D Notman (Swan) 40:56; 12 J Baker (Les C) 41:00; 13 L Hobbs (Swan) 41:06; 14 O Howton (Swan) 41:10; 15 R Atkin (B'end) 41:30; 16 H Matthews (Brec) 41:48; 17 C Discombe (Les C) 42:00; 18 M Shaw (Brec) 42:12; 19 S Crees (Les C) 42:52; 20 I Lloyd (Swan) 43:00; 21 A Wood (B'end) 43:09; 22 C Davies (Swan) 43:10; 23 R Bullen (Les C) 43:22; 24 G Davies (B'end) 43:33; 25 S Davies (Swan) 43:38; 26 T Lewis (B'end) 44:02; 27 A Lewis (Swan) 44:13; 28 N Dukes (Les C) 44:18; 29 P Kendrick (Brec) 44:27; 30 M Palser (Les C) 44:37
TEAM: 1 Swansea A 51; 2 Cardiff 76; 3 Les Croupiers 129; 4 Swansea B 140; 5 Brecon B 148; 6 Bridgend 161
U20 (6.585km)
1 C Peters (B&W) 24:20; 2 R Challinor (Dees) 24:58; 3 H Jones (Col B) 25:33; 4 T Phillips (WG&EL) 25:39; 5 T Marshall (Brec) 26:19; 6 J Dixon (A'gele) 26:49; 7 J Peters (Cwmb) 26:50; 8 G Hanrahan (Cwmb) 26:59; 9 J Davey (Carm) 27:25; 10 C Hayward (Brec) 28:31
U17 (5.720km)
1 D Griffiths (Carm) 20:23; 2 A Bitchell (Carm) 21:07; 3 J Hopkins (B'end) 21:20; 4 M Kershaw (Cwmb) 22:09; 5 P Edge (Dees) 22:27; 6 T Whitmarsh-Knight (Card) 22:44; 7 N Morrell (Carm) 22:54; 8 S Pierce (Menai) 23:07; 9 T Millar (Swan) 23:29; 10 H Jones (Menai) 23:38; 11 P Sowerby (Brec) 23:44; 12 D Hiscox (A'dare) 23:48; 13 D Bodman (A'dare) 23:54; 14 A Woodcock (Menai) 23:56; 15 G Mansfield (Carm) 24:00
TEAM: 1 Carmarthen 25; 2 Aberdare 69; 3 Swansea 75
U15 (4.25km)
1 C Carpanini (Newp) 16:49; 2 K Garrison (Card) 16:49; 3 O Haswell (B&V) 17:14; 4 T Davis (B'end) 17:16; 5 B Phillips (WG&EL) 17:22; 6 A Edwards (Cwmb) 17:27; 7 M Richards (P'broke) 17:31; 8 E Hardee (Newp) 17:34; 9 A Matchett (P'broke) 17:37; 10 E Mears (B'end) 17:58; 11 J Evans (Glouc) 18:00; 12 L Lloyd (L'nelly) 18:02; 13 G Philpott (Cwmb) 18:02; 14 J Redman (Card) 18:14; 15 M O'Leary (Neath) 18:19; 16 D Jones (Card) 18:33; 17 J Hanrahan (Cwmb) 18:35; 18 F Naseriyan (Cwmb) 18:39; 19 J Hughes (Newp) 18:44; 20 D Lewis (Carm) 18:48; 21 A Simon (B'end) 18:48; 22 L Parker (Carm) 18:58; 23 R Parker (Cwmb) 19:05; 24 G Westcott (L'nelly) 19:07; 25 C Muskett (Menai) 19:09
TEAM: 1 Cardiff A 59; 2 Cwmbran 112; 3 Cardiff B 133; 4 Carmarthen 149
U13 (2.605km)
1 M Antoniazzi (Cwmb) 10:30; 2 T Earley (Col B) 10:44; 3 D Lewis (Neath) 10:47; 4 D Blower (Wrex) 10:48; 5 S Longville (B'end) 10:50; 6 R Llyr (Carm) 10:56; 7 M Thomas (B'end) 11:02; 8 K Roberts (Carm) 11:03; 9 C Evans (Swan) 11:09; 10 T Jones (Carm) 11:11; 11 C Lovatt (Carm) 11:19; 12 L Preece (Swan) 11:20; 13 J Gooch (Card) 11:25; 14 F Davies (Swan) 11:26; 15 J Hunt (B'end) 11:31; 16 S Peterken (Card) 11:32; 17 C Goodger (Newp) 11:33; 18 J Watson (Carm) 11:39; 19 L Bradley (Newp) 11:39; 20 L Ford (Swan) 11:40; 21 I Hicks (L'nelly) 11:45; 22 J Tobin (Swan) 11:47; 23 D Hall (Swan) 11:52; 24 J Scarfi (Cwmb) 11:55; 25 D Morgan (Cwmb) 11:57; 26 J Roberts (A'dare) 11:59; 27 R Boggust (Brec) 12:09; 28 O Holt-Lersen (B'end) 12:18; 29 J Sage (B'end) 12:20; 30 T Adler (A'dare) 12:29
TEAM: 1 Carmarthen A 35; 2 Bridgend A 55; 3 Swansea A 55; 4 Cwmbran 90; 5 Swansea B 115; 6 Aberdare 124; 7 Carmarthen B 137; 8 Bridgend 148; 9 Swansea C 149
Senior women (6.585km)
1 C Martin (Card) 27:37; 2 C Dugdale (Swan) 28:44; 3 D James (Morp) 28:47; 4 N Stanford (Swan) 29:06; 5 S Morgan (Army) 29:26; 6 A Jones (Swan) 30:56; 7 E Ridley (Swan) 31:02; 8 S Haikala (Brec) 32:09; 9 J Phillips (L'nelly) 32:26; 10 B Strange (Card) 32:46; 11 R Richards (Brec) 32:56; 12 L James (WSEH) 33:02; 13 M Zubizaretta (Les C) 33:05; 14 A Jones (Brec) 33:15; 15 M Gittoes (Brec) 33:42; 16 D Cooke (B'end) 33:45; 17 W Boon (Les C) 33:50; 18 K Bates (Swan) 34:16; 19 S Phillips (Swan) 35:07; 20 E Llewellyn (Swan) 35:18
TEAM: 1 Swansea A 19; 2 Brecon 48; 3 Les Croupiers 80; 4 Swansea B 81
U20 & U17 (4.94km)
1 L Barker (Brec, U20) 20:00; 2 A Beynon-Thomas (Carm, U20) 21:40; 3 L Dixon (Neath, U17) 21:43; 4 E Downey (L'nelly, U17) 21:51; 5 J Roberts (Cwmb, U20) 22:08; 6 E Kirk (Swan, U20) 22:28; 7 G Brown (Card, U17) 22:29; 8 A Davies (Carm, U17) 22:30; 9 A Phillips (Carm, U17) 22:39; 10 M Allen (Card, U17) 22:55; 11 V Jackson (Cwmb, U17) 23:15; 12 G Paletta (Wrex, U20) 23:25; 13 L Regan (Card, U17) 23:26; 14 N Allen (Card, U17) 23:30; 15 L Brobin (Card, U17) 24:53; 16 M Thomas (Carm, U20) 24:54; 17 K Brown (Carm, U20) 25:02; 18 B Till (Menai, U17) 25:08; 19 R King (Swan, U17) 25:12; 20 B Davies (Card, U17) 25:17
TEAM: 1 Carmarthen 32; 2 Cardiff A 40; 3 Cardiff B 85
U15 (4.25km)
1 Z Thomas (B'end) 18:49; 2 F Price (Brec) 19:05; 3 L Neumann (P'broke) 19:20; 4 C Davies (Aberys) 19:21; 5 N Cockram (Cwmb) 19:37; 6 H Powell (Swan) 19:44; 7 L Harries (Cered) 19:59; 8 F Lewis (B'end) 20:02; 9 R Price (Brec) 20:16; 10 S Livett (Menai) 20:39; 11 L Peters (Menai) 20:49; 12 E Pearson (Swan) 20:51; 13 H Lewis (P'broke) 21:08; 14 C Santos (Card) 21:16; 15 F Jones (A'dare) 21:30
TEAM: 1 Swansea 54
U13 (2.605km)
1 H Thomas-Howells (Swan) 10:40; 2 M Withers (P'broke) 10:44; 3 J Smart (Swan) 10:54; 4 L Bell (P'broke) 11:08; 5 J Lewis (P'broke) 11:23; 6 C Bryant (B'end) 11:30; 7 E Leek (Cwmb) 11:42; 8 A Roberts (Carm) 11:49; 9 S Roberts (FoD) 11:55; 10 J Hegarty (B'end) 12:02; 11 R Evans (Ponty) 12:06; 12 L Tarrent (B'end) 12:08; 13 Z Davis (B'end) 12:21; 14 J Briganti (B'end) 12:32; 15 A Wyatt (Brec) 12:34; 16 F Bray (B'end) 12:36; 17 K O'Neill (Carm) 12:37; 18 H Mittleberger (B'end) 12:38; 19 F Morris (Card) 12:46; 20 L Smith (Brec) 12:49; 21 C McAllum (Swan) 12:51; 22 A Young (Card) 12:52; 23 L Hammett (Swan) 12:56; 24 M Rezougui (Cwmb) 12:56; 25 N Ward (B'end) 13:02; 26 K Matchett (P'broke) 13:05; 27 C Mansfield (Carm) 13:14; 28 A Phillips (Carm) 13:17; 29 C Thompson (P'broke) 13:21; 30 C Griffiths (Card) 13:22
TEAM: 1 Pembrokeshire 37; 2 Bridgend A 41; 3 Swansea A 38; 4 Bridgend B 73; 5 Carmarthen 80; 6 Cardiff 102; 7 Brecon 111; 8 Swansea B



Craig Peters wins the under-20 race

Greenleaf (Win) 32:52; 6 G Watkins (Army) 33:04; 7 M King (Win) 33:46; 8 C Payne (Tortoise & Hare) 34:00; 9 S Stevens (Win) 34:10; 10 S Way (unatt) 34:27; 11 M Trees (T Concept, M45) 34:55
M40: 2 R Bentley (Wx R) 36:27. **M45:** 2 K Ewing (B&B) 36:43. **M50:** 1 P Guest (Ports J) 36:56; 2 D Brisco (And) 37:07; 3 J Robinson (Rane) 38:00. **M55:** 1 M Robinson (Ports J) 40:13. **M60:** 1 G Jones (Oxf C) 38:10; 2 I Barnes (Poole R) 38:25; 3 C Hill (BMH) 40:43; 4 G Phelps (Vict) 41:08. **M70:** 1 G Wiltshire (Salis) 45:15. **U20:** 1 R Trew (VOT) 35:01
TEAM: 1 Winchester & District 14; 2 Southampton RC 97; 3 Winchester B 97; 4 Portsmouth Joggers 99; 5 Basingstoke & Mid Hants 101; 6 Wessex RR 197
Women
1 J Rodriguez (Woking) 38:14; 2 J Emery (R&N) 39:15; 3 C Tomlinson (Win) 39:56; 4 A Hyldon (unatt) 40:03; 5 N Blandford (Soton RC) 40:19; 6 H Whitby (Vale R) 40:21; 7 M Stokes (Soton RC) 40:40
W45: 1 L Whitaker (Roms) 42:42. **W50:** 1 J Curtis (Alton) 45:30
TEAM: 1 Winchester 51; 2 Southampton RC 54; 3 Winchester B 102; 4 Romsey RR 124; 5 BMH 137; 6 BMH B 240

HUDDERSFIELD 10km
West Yorkshire
Overall
1 I Fisher (Otl) 32:59; 2 N Williams (N Yks M) 33:30; 3 D Watson (Holm) 33:48 **M45:** 1 K Lilley (Sheff RC) 35:28. **M55:** 1 E Taylor (unatt) 40:48. **M60:** 1 D Waywell (Wesh) 40:55
TEAM (3 to score): 1 Holmfirth H 26; 2 Stdaium Runners 46; 3 North York Moors 83
Women
1 K Walsh (Holm) 40:20; 2 B Coomber (Denb DT, W45) 40:33; 3 J Buckley (P'stone Fpr, W50) 40:36
W40: 1 C Howlett (Bing) 41:56. **W50:** 2 C Willgoose (Hal) 45:27
TEAM: 1 Holm 216; 2 Todmorden H 560; 3 Penistone Footpath Runners 609

KIRKINTILLOCH 12.5km
Kirkintilloch, Strathclyde
Overall (12.5km)
1 R Gilroy (Cambus) 42:39; 2 T Hearle (Kilb, M40) 43:18; 3 S Kerr (Kirk O) 44:31
Women
1 P McCorssan (C'dale, W45) 53:37; 2 A McCaffrey (Kirk O, W35) 54:39; 3 M McChord (Kirk O, W45) 56:13

LOSTOCK 6
Horwich
Overall
1 P Freary (Bel) 31:45; 2 J Kevan (Horw) 31:59; 3 T Battersby (Leigh) 32:32; 4 N Pendlebury (Leigh) 32:43; 5 P Roby (unatt) 32:50; 6 A Valentine (Bolt) 32:59; 7 B Crowther (Alt, M40) 33:07; 8 J Parkinson (Liv H, M40) 33:27; 9 D Mason (Salf) 33:29; 10 G Booth (Horw) 33:34; 11 M Shakeshaft (Bury, U20) 33:55; 12 D Raby (Chor H) 33:57; 13 D Massey (Horw, M45) 34:21; 14 S Nolan (Horw, M45) 34:35; 15 R Wilkins (Tri Prest) 34:38; 16 K Ingham (Horw, W) 34:41; 17 I Ridgway (Eryri) 34:52; 18 P Birkett (Salf, M40) 35:27
M40: 4 P Chan (Ast&T) 35:31. **M45:** 1 P Turner (Bolt) 36:44; 2 M Riches (Ast&T) 37:00; 3 S Doxey (Swint) 35:45. **M50:** 1 S Morran (N Vets) 36:30; 2 P Christie (Burn RR) 38:11. **M55:** 1 E Cook (N Vets) 36:04; 1 A Hudson (Wesh) 36:43; 2 K Fowler (Bolt) 38:50. **M60:** 1 E Ranicar (Bolt) 38:10; 2 T Hulme (Wilm) 39:04; 3 P Bland (Horw) 41:43. **M65:** 1 D Kay (Horw) 43:21; 2 T Orrell (Clay) 43:31. **M70:** 1 B Atkinson (N Vets) 44:48
Women
1 Ingham 34:41; 2 A Green (Keigh) 36:25; 3 C Harney (Wrex) 36:27; 4 Y Wyke (Wig P, W40) 36:41; 5 L Heyes (Horw, W35) 37:22; 6 B Wright (BWF, W45) 38:59; 7 J Saunders (Wilm, W35) 39:32; 8 S Budgett (Horw, W45) 39:56; 9 C Scholes (Not Known, W35) 40:12; 10 D Cartwright (Radc) 40:15; 11 C Brogan (Bolt) 40:47; 12 L Fisher (Burn RR, W45) 40:50
W40: 2 A Smith (BWF) 41:01; 3 G Higson (Horw) 41:07. **W50:** 1 J Jackson (N Vets) 40:52. **W55:** 1 J Adams (Acc) 46:29. **W65:** 1 A Oliver (Burn RR) 54:53. **W70:** 1 E Elkington (L&M) 54:32

MALCOLM MACDOUGALL MEMORIAL NETHERHALL 10
Overall
1 R Maddams (Horw) 55:54; 2 B Taylor (Ellen, M40) 56:05; 3 G Wood (C'land) 60:08
Women
1 J Carter (C'land F, W35) 66:54; 2 P Jackson (Kesw) 67:02

MUSCULAR DYSTROPHY BURY 20 & 10 (9M 703Y)
Overall (20M)
1 P Molyneux (S'field) 1:53:43; 2 D Reed (St Ed, M40) 1:56:24; 3 P Galpin (Brj Hunts) 1:57:01; 4 D Laing (Ips J, M40) 1:59:12
M40: 3 M Armitage (Hals) 2:05:56. **M60:** 1 S Mann (Herts P) 2:29:08
Women
1 H Decker (Ips J) 2:05:45; 2 D McEwen (Bed H) 2:10:14; 3 L Stavreski (THH) 2:14:27; 4 S Williams (unatt) 2:19:54
W40: 1 K Masson (C&C) 2:22:53; 2

Close call for Pollard

SCOTTISHPOWER NATIONAL SCOTTISH CROSS COUNTRY CHAMPIONSHIPS, Callendar Park, Falkirk, February 23

MARK POLLARD led for most of the way in his focus on retaining the senior men's title – and he needed every ounce of his determination as he eventually thrust himself across the finish with only a metre to spare, *Denis Shepherd reports.*

At the end of the first of three 4km laps of a true cross-country course, it was Simon Plummer and John Newsom who were chasing, but a circuit later Newsom was the main challenger with Tom Russell, the 2007 junior champion, moving into third. Newsom briefly moved into the lead halfway round the final lap but Pollard, two days short of his 26th birthday, was never far away and it looked as if a battle royal between this pair was imminent as the champion regained the lead on the last major ascent 800 metres from the finish where Russell was five seconds adrift.

On the turn into the slightly downhill 200-metre finish along a gravel road, however, Pollard caught his first sight of Russell during the race and was forced to pull out all the stops as the latter sprinted alongside, but it was Pollard who proved he wanted the title the more as the pair pulled seven seconds clear of Newsom.

"I was almost caught by surprise there, but I'm delighted to retain the title and I'll be doing the World Trials," said the winner. "I was pretty confident beforehand as my training and racing had been going well – I was seventh in the Southerns and mixing it with the best gives you self-belief."

"I was chuffed to catch Pollard, but a bit disappointed not to win," said Russell, who is due to represent Scotland at under-23 level on the roads this weekend.

Despite having no finishers in the first eight, Ronhill Cambuslang were the comfortable team winners ahead of Central AC. The winning six included 48-year-old Colin Donnelly, who was placed 20th.

Susan Partridge was a somewhat surprising starter in the women's two-lap race, given her recent marathon aspirations, but in her first appearance in this race since winning in 2003 she always looked in command and her stamina told over the muddy course as she pulled 23 seconds clear of the opposition. "My long-term aim is to beat 2:30 in the marathon by 2012, revealed the Halifax-based 28-year-old. "I intend to run the world cross-country trials and the outcome will determine whether I do the London Marathon – it would be nice to do the big one!"

Catriona Morrison, better-known as a world-class triathlete, was the only one to stick with Partridge for the first lap, and at three-quarters of the way was still just four seconds behind as defending champion Freya Murray trailed in third place. "I was a bit disappointed that the gap grew so much in the latter stages – I didn't think I was slowing that much," said the 30-year-old, who will not contest the world trials owing to triathlon commitments. She did have the consolation of sharing the team title with Edinburgh clubmates Murray and Gillian Palmer.

The under-20 men's race, in contrast, saw four athletes packed together in the lead until the final 400 metres where Conor McNulty, a former under-17 cross-country and track champion, pulled ahead to finish six seconds ahead of his clubmate Scott Hawkins. "I'm pleased to have got back to form after my recent problems," he said, referring to his disqualification for punching an opponent at the European Cross trials in November.

The versatile Chris O'Hare, fresh from setting an indoor Scottish championship best over 1500m, led from the start of the under-17 race, but had to contend with a stitch over the entire last lap. "I briefly considered pulling out but I wanted this too much," he revealed after his 15-second victory over Matthew Graham. "I pulled away, was caught and pulled away again which was hard the second time!"

David Vernon was pleased to repeat his under-13 win of 2006, taking the under-15 title by six seconds from Stewart Orr after pulling away 600 metres from the finish. "I'm just on my way back after illness and injury," he said. Finlay Rae collared long-time leader Jamie Crowe on a short uphill climb just over 300 metres from the end to win the opening event of the day, the under-13 race, by eight seconds.

Even the most impressive winner of the day, Beth Potter, found the under-foot conditions "very hard". The 16-year-old led from the start of the joint under-20 and under-17 event to come home 10 seconds ahead, but was 37 seconds clear of the under-17 silver medallist Laura Sharp, one of several North of Scotland athletes to perform well during the afternoon. "I was injured from October to January," Potter revealed.

Nicola Hood, the under-20 winner, did not mind the water on the course as she is a steeplechase specialist and junior record-holder. "This is the first time I've raced against Beth so I wasn't sure what to expect," she said after finishing comfortably ahead of Danielle Brown.

Sarah Kelly led the under-15 field a merry dance until the final 800-metre loop, which was out of view from the finish and it was not until the winner had crossed the line that the course announcer realised it was not Kelly, but in fact Emily Dudgeon, who had raced nine seconds clear. "A mile from the finish I was hoping to take silver, but I soon realised the leader was coming back fast and I was confident of passing her," Dudgeon explained.

West champion Sarah Cassells was a somewhat surprise – and surprised – winner of the under-13 title. She had only been hoping for a top-three finish, but like her clubmate Rae in the boys' event, she took the lead on the final short hill and soon raced clear of another north runner, Emma Dunnett.

The start of the senior men's race at Callendar Park



Pictures: Gordon Gillespie

Senior men (12km)

1 M Pollard (Inver) 37:48; 2 T Russell (Stroud) 37:49; 3 J Newsom (Pit) 37:56; 4 J Lennox (Shett) 38:40; 5 R Russell (Centr) 38:52; 6 S Plummer (C'gie) 39:06; 7 M Carroll (Perth RR) 39:13; 8 A Hay (Centr) 39:18; 9 J Reid (Cambus) 39:22; 10 R Quinn (Kilb) 39:26; 11 M Strain (HBT) 39:38; 12 C MacKay (Inver) 39:57; 13 R Houston (Centr) 39:59; 14 S Wylie (Cambus) 40:02; 15 I Fisher (Inver) 40:05; 16 I MacCorquodale (Cambus) 40:05; 17 D Naylor (HBT) 40:05; 18 C Wilson (Cambus) 40:05; 19 B Phillips (Lass) 40:11; 20 C Donelly (Cambus) 40:11; 21 G Bee (Fife) 40:14; 22 G Baillie (E Kilb) 40:30; 23 G Stewart (Edin) 40:31; 24 K Richmond (Bella RR) 40:33; 25 D Cavers (Tev) 40:33; 26 B Cole (Edin U) 40:36; 27 A Anthony (Centr) 40:41; 28 R Gilroy (Cambus) 40:43; 29 A Little (Shett) 40:47; 30 A Wright (C'gie) 40:58; 31 K Hood (Cors) 41:00; 32 G Hyett (Inver) 41:05; 33 J Brown (Cambus) 41:07; 34 N Thin (Edin) 41:09; 35 G Noble (Centr) 41:10; 36 A MacPherson (Cambus) 41:12; 37 C Thomson (Cambus) 41:14; 38 A Darhokoupil (Edin U) 41:27; 39 M Graham (Shett) 41:37; 40 R Montgomery (Kil'k) 41:38; 41 N Gunstone (Dund H) 41:39; 42 S Miller (Inver) 41:42; 43 K McCoy (Shett)

T Curl (Norw RR) 2:29:28. **W50:** 1 A Valapinee (Mil K) 2:38:50. **W55:** 1 C Steward (Dulw) 2:44:55; 2 V Manly (Wym) 2:51:13

Overall (9M 703y)

1 W Clarke (unatt) 48:36; 2 D Miller (W'bridge) 52:22; 3 N Grimer (Nene V) 53:29; 4 I Keeble (S'mkt) 54:33; 5 S James (Mountain Goats) 55:32; 6 S Robinson (St Ed) 55:44; 7 C Wartnaby (unatt) 57:04; 8 J Weller (unatt) 57:17

M60: 1 A Bauiley (Hals) 65:35

Women

1 R Elliott (Team K) 58:54; 2 A Henry (Sudbury) 63:55; 3 J Humphries (Alton) 65:11; 4 L Grimer (Nene V) 66:10; 5 J Jepson (St Ed, W40) 66:35

W50: 1 B Bramley (Ely) 69:33

NETCARE GREAT NORTH WEST HALF-MARATHON
Blackpool

Overall

1 G Dixon (Barr) 71:52; 2 N Douglas (Ballym R) 72:51; 3 S Robinson (BWF) 73:13; 4 P Muller (Horw, M50) 73:47; 5 A Buttery (Ross) 74:21; 6 D McParland (Manc Tc) 75:01; 7 S Sherratt (unatt) 75:24; 8 R Affleck (Prest) 76:41; 9 I Pudge (Ross) 76:53

M40: 1 N Thompson (Lyth) 77:43; 2 B Brock (Clay) 78:50. **M45:** 1 K Davies (Clay) 80:54; 2 B Cassidy (Royt) 81:01; 3 J Holden (IOM Vet) 82:34; 4 P Meade (unatt) 82:48. **M50:** 2 A Fitzpatrick (Manc H) 77:25; 3 R Witt (unatt) 83:15; 4 M Bostock (M'ton) 83:58; 5 F Lynch (R Rose) 84:17; 6 A Clarkson (Clay) 84:22; 7 P Broome (BWF) 84:35; 8 G Kennedy (Wesh) 85:10. **M55:** 1 M McKenna (Dallam) 85:01; 2 J O'Reilly (M'ton) 87:14; 3 G Bailey (Prest) 88:58; 4 T Lonergan (Ilkley) 90:52. **M60:** 1 K Brown (Warr RR) 86:45; 2 J Murray (unatt) 90:02; 3 D Phillips (Royt) 93:36. **M70:** 1 F Shilleto (N Vets) 95:14

Women

1 S McIntosh (Glas U HH) 79:04; 2 A Crain (Glas U HH) 83:07; 3 C Anthony (Belle V) 85:30; 4 S Mahir (Ilkley, W40) 85:55; 5 E Johnson (Swaled, W35) 86:55; 6 J Mann (Wig P, W45) 87:27; 7 T Mitchell (Clay, W35) 88:38; 8 A Duckworth (Clay, W45) 89:20

W45: 3 A Davidson (DMV) 90:49; 4 A Eggington (S'port W) 91:17; 5 C Barker (Vall) 94:56; 6 B Wane (Ast&T) 97:00. **W50:** 1 L Turton (Stock H) 1:41:04; 2 G Stevens (H'gate) 1:41:32; 3 J Atherton (unatt) 1:41:51. **W55:** 1 J Kilgour (Clare) 98:23; 2 J King (Eden) 1:44:44. **W60:** 1 N Smith (B'burn RR) 1:50:15

SLEAFORD HALF-MARATHON
Sleaford

Overall

1 L Stubbs (Red) 72:28; 2 M Formstone (Clee) 75:28; 3 R Brown (Louth) 75:52

M40: 1 S Bell (FVS) 77:41; 2 J Siddens (Slea) 79:32. **M45:** 1 D Hodgkinson (Mans) 80:14. **M50:** 1 J Lawlor (unatt) 82:38; 2 D Scott (Work) 84:48

Women

1 C Hay (Red, W35) 85:48; 2 S Williams (Met P, W35) 90:46

W40: 1 L Yorke (unatt) 93:00. **W60:** 1 A Copson (R&N) 94:57

SNAKE LANE 10
Pocklington, East Yorkshire

Overall

1 S Hepples (Loft) 50:37; 2 S Bateson (E Hull) 52:05; 3 M Pierson (Holm) 52:11; 4 C Ryde (Donc) 53:06; 5 P Marchant (R'well) 53:35; 6 P Bangani (Salf) 53:53; 7 M Bendall (Horsf) 53:54; 8 D Turnbull (Holm) 53:58; 9 R Pattinson (P&B, M40) 54:16; 10 T Danby (Pock) 55:15; 11 R Bellamy (N Yks M, M40) 56:11; 12 M Armstrong (Hart, M40) 56:16; 13 S Newton (Ack) 56:42; 14 T Hazell (Horsf, M40) 57:03; 15 I Whitehouse (Hal) 57:22; 16 P Whalley (Blyth) 57:50; 17 A Chadfield (Bill MH) 57:54

M40: 5 S Large (Horsf) 58:53; 6 D Kennedy (Long) 58:58; 7 M Whiteman (Easin) 59:41; 8 J McGivern (Bev) 59:57. **M45:** 1 M Crabtree (Hal) 59:40; 2 K Joules (E Hull) 61:22; 3 M Brearley (St Bed) 61:26. **M50:** 1 T Clough (Leeds C) 59:26; 2 I Scott (Quak) 59:52; 3 A Wormald (Abbey R) 60:57; 4 T Eastwood (Roth) 62:06; 5 W Alves (T'ley) 62:41; 6 G Wilkinson (E Hull) 63:13; 7 P Kelly (Darl) 64:06; 8 I Ward (Tad) 64:32; 9 G Bellamy (Darl) 64:41. **M55:** 1 S Richardson (Pock) 60:11; 2 P Johnson (Scar) 61:08; 3 R Hall (Blyth) 61:20; 4 N Warner (Goole) 67:38. **M60:** 1 K Watson (Horsf) 65:24; 2 M Wills (Scar) 65:53; 3 J Wrigglesworth (R'well) 66:13; 4 J Fraser (Blyth) 68:53; 5 C Utterson (York A) 70:17; 6 D Cox (Blyth) 70:40. **M65:** 1 R Sherwood (New M) 71:56; 2 J Robertshaw (Otl) 72:45. **M70:** 1 B Newell (Scun) 66:20; 2 H Dobson (Knaves) 66:29; 3 J Conaghan (New M) 76:29

TEAM (3 to score): 1 Horsforth H 42; 2 Pocklington Runners 56; 3 Eazt Hull H 68; 4 Holmfirth H 71; 5 Halifax H 91

Women

1 J Nutt (Els) 62:20; 2 S Jarvis (Ilkley) 62:30; 3 K Farquhar (Holm, W35) 62:58; 4 H Cross (Pock) 64:10; 5 M Woodhouse (Robert) 64:31; 6 A Oddie (Ilkley, W40) 65:15; 7 J France (Holm, W45) 65:45; 8 J Barley (Leeds C, W40) 66:56; 9 S Dolan (Harr, W45) 67:21; 10 L Davies (unatt) 67:27; 11 L Toulson (unatt, W35) 67:45

W40: 3 H Barber (Horsf) 68:49; 4 D Ord (Evenwd) 69:50; 5 A Bloor (unatt) 70:55. **W45:** 3 C McCarthy (Ack) 68:55; 4 A Dean (W Hull L) 68:59; 5 A Clark (Quak) 70:21; 6 E Dudley (unatt) 70:27; 7 L Crabtree (Hal) 72:03; 8 S Simpson (Harr) 73:07. **W50:** 1 C Young (Blyth) 71:57; 2 C Davies (R'well) 74:32; 3 S Colquhoun (Tad) 77:08. **W55:** 1 G Tombs (Ack) 79:31; 2 M Metcalfe (Knaves) 81:18. **W60:** 1 S Gibson (Darl) 74:48; 2 J Horan (R'well) 81:40. **W65:** 1 K Robertshaw (Otl) 76:53; 2 M Lenaghan (Kipp) 85:01

TEAM: 1 Harrogate H 73; 2 Rothwell H 74; 3 Beverley 97

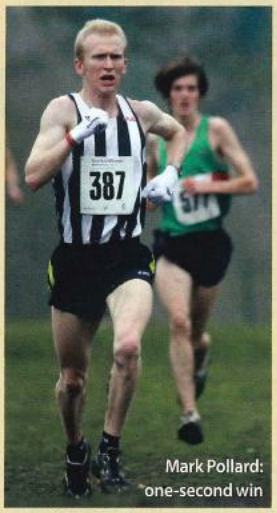
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41:49; 44 J MacNamara (Cambus) 41:51; 45 L Millar (Centr) 41:51; 46 A Morrison (Gars) 41:51; 47 A Hart (HBT) 41:55; 48 J Roxburgh (Edin) 41:57; 49 Y Iida (Edin U) 41:58; 50 T Lawrence (C'gie) 42:03; 51 E Tonner (Kil'k) 42:05; 52 G Hastie (Cambus) 42:08; 53 P Sorrie (Shett) 42:12; 54 C Russell (Fife) 42:14; 55 M Williamson (Bella RR) 42:22; 56 N Young (Fife) 42:23; 57 G Beal (Edin) 42:24; 58 R Milne (Loth) 42:25; 59 E Stewart (Cambus) 42:31; 60 S Moore (Falk) 42:37; 61 B Clark (Cors) 42:40; 62 L Ottemoller (Edin) 42:43; 63 C O'Brien (Cors) 42:44; 64 O Chepelin (Edin U) 42:48; 65 D Knight (Perth RR) 42:52; 66 J Findlay (Cambus) 42:53; 67 D Wright (HBT) 42:56; 68 J Henderson (Edin) 43:03; 69 M McQuaid (Falk) 43:12; 70 D Weir (Fife) 43:18; 71 A McGhee (Kil'k) 43:27; 72 K O'Neill (Inver) 43:29; 73 M Gore (Lass) 43:32; 74 T Barr (HBT) 43:34; 75 G Croll (Giff N) 43:36; 76 M MacLarty (Centr) 43:38; 77 J Thin (HBT) 43:45; 78 S McLoone (G'nock) 43:47; 79 A Allardyce (Irv) 43:49; 80 M Johnston (Bella RR) 43:51; 81 I Stewart (C'gie) 43:52; 82 G Murdoch (Gala) 43:54; 83 A Priestley (Ferr) 43:54; 84 M Ferguson (Edin) 43:54; 85 A Stewart (Falk) 43:57; 86 L Cunningham (Gars) 44:01; 87 S Gibson (Cald) 44:01; 88 A Brierley (Fife) 44:05; 89 R Alsop (Edin) 44:07; 90 P Rogan (Forres) 44:15; 91 J McMillan (Kilb) 44:18; 92 D Williams (Shett) 44:20; 93 R Turner (Harm) 44:22; 94 B Cruickshank (Fife) 44:25; 95 A McCall (G'nock) 44:25; 96 A Lee (Shett) 44:25; 97 C Grieve (Tev) 44:25; 98 M Wright (Centr) 44:35; 99 M Duthie (Cald) 44:36; 100 D Riach (W'lands Cc) 44:38

TEAM (6 to score): 1 Ronhill Cambuslang H 105; 2 Central 133; 3 Inverclyde 174; 4 Shettleston H 260; 5 Edinburgh 292; 6 Hunter's Bog Trotters 293; 7 Fife 383; 8 Bellahouston RR 504; 9 Edinburgh University 505; 10 Kilmarnock H 903

U20 (8km)

1 C McNulty (Kilb) 25:43; 2 S Hawkins (Kilb) 25:49; 3 M Gillespie (Centr) 25:53; 4 S McDonald (Centr) 26:00; 5 C Ruddy (Inver) 26:23; 6 S Greenway (Shett) 26:34; 7 B Hagos (A'deen) 26:49; 8 P Leck (Kilb) 26:54; 9 M Haskett (A'deen) 27:34; 10 G Higgins (Kilb) 28:18; 11 K Cowie (Centr) 28:23; 12 A Ramsay (Kirk O) 28:29; 13 T



Mark Pollard: one-second win

Fleming (Pit) 28:46; 14 R O'Hare (Edin) 29:01; 15 D Steel (Edin) 29:02

TEAM (4 to score): 1 Kilbarchan 21; 2 Centr 44; 3 Inver 64

U17 (6.4km)

1 C O'Hare (Edin) 20:47; 2 M Graham (Kirk O) 21:02; 3 F Scott (Cors) 21:18; 4 C Hawkins (Kilb) 21:32; 5 A Hendry (Centr) 21:37; 6 S Reilly (Centr) 21:43; 7 C Strachan (A'deen) 21:44; 8 R Fulton (A'deen) 22:02; 9 J Morrison (Shet) 22:05; 10 G Taylor (Caith) 22:08; 11 L Oates (Shett) 22:18; 12 S Fleming (Kilb) 22:23; 13 M White (Dund H) 22:32; 14 R Inglis (Loth) 22:34; 15 A McAlpine (Kilb) 22:42; 16 M Ritchie (Giff N) 22:47; 17 A Butchart (Centr) 22:54; 18 R Cammack (Moray) 22:58; 19 R Toy (Dund H) 23:06; 20 C Fife (I'ness) 23:16

TEAM: 1 Kilb 55; 2 Centr 56; 3 Aberdeen 80; 4 Giffnock Borth 111; 5 Dundee Hawkhill H 118; 6 Shett 140

U15 (4km)

1 D Vernon (Niths) 13:18; 2 S Orr (Cambus) 13:24; 3 C Wellcoat (Law) 13:27; 4 A Dearie (Shett) 13:31; 5 R Matheson (Lass) 13:34; 6 S Green (Centr) 13:35; 7 J Hamilton (Cambus) 13:40; 8 G Muir (Giff N) 13:41; 9 A Rae (Ayr S) 13:47; 10 T Watson (Centr) 13:59; 11 B Bristow (Shet) 14:03; 12 G MacGregor (Falk) 14:07; 13 D Weir (Falk) 14:08; 14 A Gatens (E Kilb) 14:10; 15 S Watt (A'deen) 14:11; 16 M Rankin (Cambus) 14:15; 17 A Guthrie (Dund H) 14:20; 18 J Velu (Law) 14:20; 19 L Deeny (Cambus) 14:26; 20 J Wightman (Edin) 14:26

TEAM: 1 Victoria Park City of Glasgow 59; 2 Fife 81; 3 Ediin 107; 4 Giff N 121; 5 Dund 162; 6 Centr 164

U13 (3.2km)

1 F Rae (Ayr S) 11:23; 2 J Crowe (Dund H) 11:31; 3 M Aitshison (VPCG) 11:34; 4 S Dempsey (Dund H) 11:44; 5 R Hill (Law) 11:50; 6 N Gourley (Giff N) 11:52; 7 C Campbell (I'ness) 11:57; 8 C Kerr (Centr) 11:59; 9 C Galloway (Cors) 12:02; 10 G Williams (Inver) 12:07; 11 P Urquhart (I'ness) 12:11; 12 R Muir (Dunf) 12:17; 13 A Coubrough (Centr) 12:23; 14 M Ferguson (Banc) 12:26; 15 C Young (Gars) 12:26; 16 G Weir (Falk) 12:26; 17 S Hall (Law) 12:28; 18 B Potrykus (Pit) 12:28; 19 R Thomson (Cambus) 12:28; 20 J Glen (Inver) 12:31

TEAM: 1 VPCG 115; 2 Inverness H 115; 3 Inver 116; 4 Whitemoss 150; 5 Law 151; 6 Dund 164

Senior women (8km)

1 S Partridge (VPCG) 28:01; 2 C Morrison (Edin) 28:24; 3 F Murray (Edin) 28:33; 4 L Wilson (C'thy) 28:54; 5 G Palmer (Edin) 29:19; 6 P Nicholson (VPCG) 29:38; 7 M Czarnecka (CleS) 29:50; 8 S Ridley (Edin) 29:59; 9 A Docherty (Centr) 30:11; 10 A Simpson (Kil'k) 30:17; 11 L MacNeill (VPCG) 30:20; 12 J MacLean (Edin) 30:24; 13 R Smith (Edin U) 30:33; 14 M Wright (HBT) 30:37; 15 C Gordon (HBT) 30:43; 16 K Young (VPCG) 31:09; 17 K Murray (Lass) 31:14; 18 C Gemmell (Spring) 31:18; 19 R Bushfield (Inver) 31:20; 20 F Thompson (Centr) 31:28; 21 H Dean (Centr) 31:34; 22 K Anderson (Gala) 31:38; 23 D Scott (L'aber) 31:38; 24 L Hamilton (Kilb) 31:45; 25 J Stevnson (Falk) 31:46; 26 H Stuart (Bella RR) 31:48; 27 F Gentles (unatt) 31:52; 28 A Howe (Lon Hth) 31:56; 29 J MacMaster (Fife) 31:59; 30 E Birnie (Bella RR) 32:12; 31 S Legge (Fife) 32:19; 32 H Sharp (Fife) 32:20; 33 J Henderson (Helen) 32:23; 34 M Todd (High Hr) 32:28; 35 H Waugh (Kilb) 32:35; 36 G Carr (Cors) 32:43; 37 K Tayl (Gala) 32:46; 38 M Hetherington (Helen) 32:48; 39 R Buchan (A'deen) 32:54; 40 J Higginbottom (C'thy) 33:04; 41 C Thompson (Bella RR) 33:08; 42 M Stanley (Gars) 33:12; 43 M Grant (HBT) 33:19; 44 N Murray (Lass) 33:22; 45 F Rudkin (Edin U) 33:22; 46 L Gamble (Fife) 33:24; 47 V Clegg (Edin U) 33:26; 48 K Glendinning (Kilb) 33:28; 49 E Homewood (W'lands Cc) 33:30; 50 L Mahady (A'deen) 33:35; 51 K Threadgall (Edin) 33:37; 52 E Christie (Bella) 33:40; 53 G Murdoch (C'gie) 33:47; 54 L Harrison (Edin) 33:51; 55 V Lomax (Edin) 34:06; 56 M Hunter (Spring) 34:06; 57 K Scott (C'dale) 34:06; 58 S Dwoling (Bella RR) 34:11; 59 A McGowan (Gars) 34:13; 60 J Waterhouse (Centr) 34:13; 61 M MacQuarrie (Helen) 34:15; 62 R Fagan (Gala) 34:15; 63 M McCutcheon (Giff N) 34:15; 64 M Taggart (Dund RR) 34:18; 65 K Yule (Kilb) 34:22; 66 J McEvoy (E Kilb) 34:22; 67 E MacKie (Kil'k) 34:22; 68 B Curtis (Edin U) 34:29; 69 A Hughes (Spring) 34:32; 70 A Pogson (Gala) 34:39; 71 R Nicholson (Edin U) 34:42; 72 Y Crilly (Living) 34:42; 73 E Wardlaw (HBT) 34:50; 74 C Heasman (Helen) 34:51; 75 J Clark (Moth) 34:52

TEAM (3 to score): 1 Edin 10; 2 VPCG 18; 3 Centr 50; 4 HBT 72; 5 Fife 92; 6 Bella R 97; 7 Edin U 105; 8 Kilb 107; 9 Gala H 121; 10 Helensburgh 132

U20 and U17 (4.8km)

1 E Potter (VPCG, U17) 16:31; 2 N Hood (VPCG, U20) 16:41; 3 D Brown (Spring, U20) 16:50; 4 H Dix (Fife, U20) 16:51; 5 E MacKenzie (H Watt, U20) 17:06; 6 L Sharp (Moray, U17) 17:08; 7 S Inglis (Loth, U17) 17:17; 8 E Curran (Kilb, U20) 17:19; 9 M Inglis (Loth, U17) 17:25; 10 C Buchanan (Centr, U17) 17:28; 11 E Duncan (Forres, U17) 17:35; 12 R Dawes (VPCG, U17) 17:37; 13 J Whyteside (W'moss, U20) 17:49; 14 J Moutrie (VPCG, U17) 17:51; 15 R Finch (VPCG, U20) 17:53; 16 A McGhee (VPCG, U20) 17:54; 17 N Sharp (Kilb, U17) 17:55; 18 J Martin (Kilb, U17) 17:57; 19 S Magrath (Edin U, U20) 18:14; 20 F Bracegirdle (Fife, U17) 18:19; 21 C Lockie (Giff N, U17) 18:42; 22 B Dunphy (Arb, U17) 18:50; 23 H Coleman (Dund H, U17) 18:53; 24 L Stoddart (Edin, U17) 18:55

U20 TEAM: 1 VPCG 16; 2 Edin U 40; 3 Fife 40; 4 Kilb 41; 5 Giff N 50

U17 TEAM: 1 VPCG 16; 2 Kilb 38; 3 Giff N 68; 4 A'deen 72; 5 Inver 81; 6 Pitreavie 109

U15 (4km)

1 E Dudgeon (Edin) 14:48; 2 S Kelly



Susan Partridge: surprise entrant

(Fife) 14:57; 3 H Young (VPCG) 15:02; 4 A Haining (Gala) 15:11; 5 L Muir (Dunf) 15:11; 6 N Lindsay (Law) 15:13; 7 K Pennel (Pit) 15:13; 8 H Rees (Fife) 15:18; 9 J Muir (Stew) 15:23; 10 S Potter (VPCG) 15:25; 11 H Howie (Giff N) 15:38; 12 S Adkin (Moorft) 15:42; 13 E Buchan (A'deen) 15:43; 14 A Lamond (Kirk O) 15:50; 15 I Brodie (Dund H) 15:57; 16 L Stewart (Dund H) 15:59; 17 K Bristow (Shet) 15:59; 18 D Hannah (VPCG) 16:02; 19 S Blair (Edin) 16:09; 20 M Brown (Cambus) 16:11

TEAM: 1 VPCG 59; 2 Fife 81; 3 Edin 107; 4 Giff N 121; 6 Dund 162

U13 (3.2km)

1 S Cassells (Ayr S) 12:22; 2 E Dunnett (Caith) 12:36; 3 K Murdoch (A'deen) 12:45; 4 M MacLennan (I'ness) 12:58; 5 E Prise (A'deen) 13:02; 6 A Monaghan (Shett) 13:05; 7 K Gillies (Kilb) 13:08; 8 O O'Hare (Edin) 13:10; 9 O Dunnett (Caith) 13:13; 10 J Currie (Caith) 13:20; 11 C Gray (Edin) 13:24; 12 B Wilson (Moray) 13:25; 13 F Lowrie (Giff N) 13:29; 14 R Dunnett (Edin) 13:31; 15 C McKay (Giff N) 13:34; 16 P Marshall (Giff N) 13:36; 17 S Curran (W'moss) 13:37; 18 L Morris (Gala) 13:38; 19 V Hogan (Kilb) 13:38; 20 B Wallace (Kil'k) 13:40

TEAM: 1 Giff N 73; 2 Edin 77; 3 Gala 97; 4 Shett 114; 5 Kilb 136; 6 Kilmarnock H 170

THE CHILDREN'S MUTUAL TUNBRIDGE WELLS HALF-MARATHON
Tunbridge Wells
Overall

1 B Noad (High) 69:48; 2 H Evans (Ton) 71:53; 3 J Baker (Cich) 72:21; 4 D Norman (Strag) 73:16; 5 P Sanger (E&E) 74:59; 6 D Elsby (VP&TH) 76:34

M40: 1 M Dooley (Army) 78:04. **M45:** 1 A Howey (Tun W) 82:02; 2 B Fursey (Kent Pol) 83:00. **M50:** 1 D Truepenny (Runn) 83:14; 2 D White (Padd W) 84:29. **M55:** 1 P Russell (Inv EK) 80:30; 2 K Fancett (Beck RC) 89:27; 3 J Smith (E&E) 90:29

TEAM: 1 Tonbridge; 2 Paddock Wood

Kent Champs: 1 Evans; 2 Elsby; 3 Jackson. **M40:** Dooley. **M50:** Russell. **M60:** Conway.

TEAM: Ton

Women

1 T Oldershaw (Padd W, W40) 83:11; 2 F Swanley (unatt) 87:03; 3 J Brown (Ashf D) 88:26

W40: 2 T Taylor (Tun W) 90:44; 3 K Howes (Lark) 92:18; 4 C Hayes (Oxt) 93:32. **W50:** 1 A Carpenter (THH) 91:12; 2 S Musson (Ton) 92:43

TEAM: 1 Padd W; 2 Tun W; 3 Sevenoaks

Kent Champs: 1 Oldershaw; 2 Brown; 3 Taylor. **W35:** Oldershaw. **W45:** C Emery (Padd W) 1:40:55. **W55:** P Hall (Than) 1:52:59

TEAM: Padd W

WOLVEY 5
Overall

1 G Lee (OWLS, M40) 25:51; 2 P Chritchlow (Beau L, M40) 26:02; 3 G Deacon (Corte, M40) 27:09; 4 A Watson (Herm) 27:20; 5 R Whitelegg (Hinck) 27:32; 6 M Bridges (OWLS) 27:50; 7 M Rose (Shep, M40) 27:58

M40: 5 D Pearce (Corte) 28:02; 6 K Cook (Hunc) 28:11; 7 J Burch (OWLS) 28:16; 8 A Hough (Ivan) 28:23; 9 I Paramore (Barr R) 28:36; 10 R Bettsworth (Wreak) 28:40; 11 M Chamberlain (Road) 29:27; 12 A Ball (Hunc) 29:28; 13 S Coulton (Herm) 29:30. **M45:** 1 P Mann (Ivan) 28:21; 2 A Chambers (Ivan) 28:24; 3 A Long (Herm) 28:30; 4 P Sloneczny (Road) 28:58. **M50:** 1 M Booth (Stilt) 29:05; 2 P Mensley (Charn) 30:05; 3 D Cox (Desf) 30:26; 4 A Jones (Beau L) 30:31; 5 C Mee (S Derb) 31:06. **M55:** 1 C Mason (S Derb) 30:33; 2 R King (Hunc) 31:01; 3 P McKay (S Derb) 31:30; 4 J Howe (Birt) 32:40; 5 L Chesterton (OWLS) 33:21; 6 D Thompson (W End) 33:23. **M60:** 1 A Norman (Nun) 29:32; 2 C Turner (Nun) 32:07

Women

1 N Clay (Stilt) 29:01; 2 G Steel (Herm) 29:08; 3 D Marsden (Beau L) 29:21; 4 K Looms (Charn) 30:07; 5 C Draper (Barr R) 31:14; 6 C Hardy (Birt) 31:55; 7 W Joy (Beau L, W45) 32:08; 8 M Raaijmakers (Barr R, W40) 32:53; 9 Y Beckwith (W End) 32:56

W45: 2 H Jennings (Beau L) 34:38; 3 S Black (Birt) 35:18; 4 K Kemp (Birt) 35:27; 5 A Hillier (Barr R) 35:30. **W50:** 1 J Davisworth (Beau L) 33:24; 2 B Owen (F&K) 37:58. **W55:** 1 J Davies (Desf) 34:05

February 23

BRIGHTON & HOVE TIME TRIAL
Hove Park
Overall (5km)

1 S Billling (B&H, M40) 17:39; 2 P Eccles (Hail, M45) 17:57; 3 A Fessey (Hail, M40) 18:01

M50: 1 T Ulliott (B&H) 18:42. **M55:** 1 B Novis (P'nix Tc) 18:26; 2 J Quaintance (S Lon) 18:45. **M60:** 1 A Haig (Phoe) 19:03

Women

1 E Rollings (Arena) 19:26; 2 S Copus (B&H) 21:18

W45: 1 S Brumwell (Arena) 21:43

CARDIFF BLACKWEIR TIME TRIAL (5km)
Blackweir Park, Cardiff
Overall

1 D Stevens (unatt) 15:47; 2 V Vinyals (unatt) 16:18; 3 R Wilder (Card Tc) 16:44

Women

1 K Beecher (Les C) 19:39; 2 J Warner (Card Tc) 20:41

February 20

ARMAGH INTERNATIONAL
Armagh

A RECORD entry of nearly 1500 athletes graced the cathedral city of Armagh for the 18th edition of an event that comrpises the country's top 5km. With dampness in the air and very strong winds, record-breaking seemed out of the question, but such was the depth of quality in the men's race that no fewer than five athletes broke last year's record.

Defending title-holder Christian Hesch from the USA changed his tactics from last year, staying with the leading group throughout. Finland's Jussi Utriainen did a lot of the forcing at the front in the company of a strong Polish contingent, another American Pat Tarpy and evergreen Irish double Olympian Mark Carroll. Local favourite Gareth Turnbull was with the pace until halfway, but sadly paid for a misadventurous culinary decision earlier in the day and did well to finish.

Down the floodlit finishing straight, Hesch sprinted away to deprive the race of its first Irish winner for over a decade. The local crowd, however, did have some recompense in the women's event with Maria McCambridge dealing best with what were the strongest gusts of wind of the night. Andrea Whitcombe once again showed that she is still a force to be reckoned with on her occasional forays back into athletics and European championships 800m representative Amanda Pritchard continued her return from injury.

Senior men

1 C Hesch (USA) 13:57; 2 M Carroll

(IRL) 13:59; 3 J Utriainen (FIN) 14:01; 4 M Gizynski (POL) 14:04; 5 P Tarpy (USA) 14:08; 6 A Kozlowski (POL) 14:09; 7 T Morgan (USA) 14:12; 8 J Pierce (USA) 14:15; 9 J Mellor (Puma) 14:21; 10 T Szymkowiak (POL) 14:27; 11 M Shone (Belg) 14:28; 12 C Parr (Puma) 14:28; 13 G Turnbull (St Mal) 14:30; 14 T Minshull (Puma) 14:31; 15 S Sharpe (Belg) 14:32; 16 R Warrenburg (USA) 14:33; 17 S Wannas (FIN) 14:34; 18 C Peters (B&W) 14:35; 19 M Hobbs (Card) 14:36; 20 S Davies (Newp) 14:37; 21 C Moss (Card) 14:38; 22 I Mitchell (WAL) 14:39; 23 M Degasperi (B&W) 14:40; 24 M Cox (B&W) 14:41; 25 J Carron (USA) 14:42; 26 D Witkowski (POL) 14:45; 27 K Quinn (AF&D) 14:53; 28 L Hobbs (Swan) 14:54; 29 R McDonnell (IRL) 15:01; 30 J Kero (FIN) 15:02; 31 C Hopkins (Swan, U20) 15:03; 32 M Bartoszak (POL) 15:03; 33 E Dunleavy (IRL) 15:04; 34 D Gurmin (Swan) 15:05; 35 P Hamilton (Anna) 15:06; 36 P Mtswene (RSA) 15:10; 37 C Flannigan (NBH) 15:14; 38 O Howton (Swan) 15:15; 39 M Conroy (Swan) 15:18; 40 K Kutilainen (FIN) 15:19; 41 S Smith (Swan) 15:22; 42 J Xaba (RSA) 15:25; 43 B Hussain (Team Puma, M40) 15:26; 44 A Doherty (NBH, JM) 15:26; 45 D Notman (Swan) 15:30; 46 O Carleton (Abbey) 15:36; 47 S Davies (Swan) 15:38; 48 S Kerr (Armagh) 15:40; 49 B Teer (E Down) 15:41; 50 L Brady (Armagh) 15:44; 51 E Manzi (B&W) 15:46; 52 A Woods (B&W, M40) 15:47; 53 M O'Doherty (B&W, M45) 15:49; 54 A Agnew (Abbey) 15:50; 55 T O'Loughlin (USA, JM) 15:52; 56 M Hula (B&W, M40) 15:54; 57 R Turkington (Armagh) 15:56; 58 A Bodin (Belg) 15:58; 59 J Budde (N Down) 15:59; 60 F Barton (Cambus, M50) 16:02; 61 F Marsh (N Down, M40) 16:03; 62 J Villain (FRA) 16:04; 63 R Xerri (HW) 16:07; 64 A McKee (Anna) 16:07; 65 E Cooke (Abbey) 16:10; 66 A Zouad (FRA) 16:10; 67 A Michel (FRA) 16:16; 68 I Munro (Cambus) 16:21; 69 M Roe (IRL) 16:27; 70 I Williamson (Cambus, M45) 16:29; 71 A Lewis (Swan) 16:29; 72 S Wilson (unatt, M40) 16:31; 73 S Griffin (USA, JM) 16:34; 74 J Transler (FRA) 16:37; 75 M Dooley (IRL) 16:40; 76 D Kerr (Armagh, M45) 16:43; 77 T Donnelly (Abbey) 16:45

M40: 6 M Treanor (IRL) 17:39. **M45:** 4 B Orr (unatt) 17:50

Boys 14-15yrs

1 S Maguire (IRL); 2 L O'Neill (Arm); 3 P Gillespie (Arm); 4 C Lee (Stpgs); 5 M Walmsley-Pledl (Royalsa); 6 G Rafferty (3 Ways)

Boys 12-13yrs

1 N Kearns (IRL); 2 C McNicholl (Cbs Arm); 3 R Tierney (IRL); 4 D Scott (OCAC); 5 R McQuade (Arm); 6 J Mulligan (IRL)

Girls 14-15yrs

1 O Diamond (Beech); 2 A McTeggart (IRL); 3 V Kincaid (Can B); 4 A Breen (IRL); 5 K McDonnell (IRL)

Girls 12-13yrs

1 L O'Donnell-Anderson (NBH); 2 E Laverty (Lag V); 3 I MacEy-Lillie (Willow); 4 J Drohan (IRL); 5 R Henderson (Willow); 6 C Short (Stpk)

Senior women

1 M McCambridge (IRL) 9:36; 2 A Whitcombe (Swan, W35) 9:46; 3 M Wojtkunska (POL) 9:53; 4 A Pritchard (WAL) 9:56; 5 Y Bouchaounte (FRA) 9:57; 6 K Harty (Newc) 9:59; 7 E Lewandowska (POL) 10:00; 8 K Coon (USA) 10:05; 9 I Trzaskalska (POL) 10:11; 10 M Wilkinson (Puma) 10:16; 11 O O'Mahoney (IRL) 10:19; 12 S Hood (Cambus) 10:31; 13 R Loubser (Rsa) 10:33; 14 F Mahon (IRL) 10:37; 15 J Graham (Abbey) 10:44; 16 P Utriainen (FIN) 10:48; 17 C Annan (unatt) 10:52; 18 C Rodham (Wal) 10:53; 19 S Magowan (Abbey) 10:54; 20 F Ross (ICD, JW) 10:55; 21 R Campbell (Willow, JW) 10:59; 22 C Conway (Wal) 11:00; 23 A Claassens (Rsa , JW) 11:06; 24 S Smith (Beech, JW) 11:09; 25 G Turley (Abbey) 11:10; 26 B Muckian (IRL, W40) 11:13; 27 F Leleu (Fra) 11:15; 28 E Rice (ICD, U17) 11:16; 29 O McCullagh (Cods) 11:18; 30 L Casey (Stpl, U17) 11:23; 31 R Little (unatt) 11:23; 32 J Van Den Heever (Rsa , U17) 11:28; 33 L Fitzpatrick (Drom, U17) 11:32; 34 H Lavery (Beech, U17) 11:33

February 17

DRAYCOTE WATER 35
Draycote Water

Overall

1 D Gardiner (Kirk) 3:44:58; 2 A Smalls (Col H) 3:48:09; 3 P Fernandez (Abing) 3:54:00; 4 P Hart (Dumf) 3:54:15; 5 S Pye (Amaz F) 3:55:53

M40: 1 T Mitchell (Fife) 4:13:56. **M50:** 1 L Hill (Dumf) 4:07:57

Women

1 J Dalzell (Mil K, W35) 4:40:53; 2 E Calder (Strath S, W45) 4:50:58; 3 K Samuelson-Dean (C&C) 4:54:57

ENNSTONE 7
Telford

Overall

1 C Davies (Tel) 36:21; 2 M Williams (Tip) 36:33; 3 M Dalkins (Wrek) 36:46; 4 I Mansell (Dud K) 39:17; 5 D Mansbridge (Tel, M40) 39:32; 6 D Perry (unatt) 40:02; 7 P Thomas (Wrek, M40) 40:07; 8 K Fawke (Tel, W) 40:10; 9 N Andrews (Tel) 40:26; 10 J Brewer (Chelt, W) 41:22

M45: 1 D Beales (Shrews) 41:26. **M50:** 1 M Booth (Nene V) 41:44; 2 D Needham (Swaled) 46:32; 3 G Manson (Osw) 46:33. **M55:** 1 G Orme (Bir) 45:17

Women

3 A Dalkins (Wrek, W35) 43:47; 4 S David (Wrek) 46:43; 5 M Rushton (Stone MM) 48:04; 6 R Francis (Blk CTC) 48:55; 9 E Jarvelainen (unatt, W40) 51:17; 10 C Sedman-Smith (K&S, W50) 51:38

ESSEX 20
Great Bromley, Essex

Overall

1 C Bloomfield (B'cay) 1:48:30; 2 S Powell (WG&EL) 1:49:24; 3 H Zigtsman (S'end) 1:50:30; 4 R Prout (Thrift) 1:55:30; 5 M Muir (Ilf) 1:56:13; 6 D Alcock (VP&TH) 1:58:19

M40: 1 P Major (WG&EL) 2:00:05; 2 P West (Col H) 2:01:54; 3 P Helliwell (C&T) 2:05:20; 4 S Desborough (Ben) 2:05:31. **M50:** 1 M Bridgeland (Chelm) 2:01:00; 2 M Bond (Col H) 2:05:16; 3 K Wilkinson (Chelm) 2:07:00. **M55:** 1 C Moody (Harl) 2:17:35. **M60:** 1 R Everard (Pits) 2:26:15; 2 K Walker (B'cay) 2:29:22. **M65:** 1 P Dobbs (Thurr) 2:20:34

Essex champs: 1 Bloomfield; 2 Zigtsman; 3 Prout. **M40:** Major. **M50:** Bridgeland. **M60:** Dobbs

TEAM: 1 Colchester H 33; 2 Billericay Striders 65; 3 Havering Mayesbrook 66

Women

1 T Ranson (S'field) 2:17:15; 2 A Henry (Sud) 2:17:42; 3 M Oxlade (S'field) 2:18:47

W45: 1 J Palmer (Ben) 2:33:42. **W50:** 1 S Spong (Hav 90) 2:24:44

Essex champs: 1 Ranson; 2 Oxlade; 3 M Norquay (Thurr) 2:23:47. **W35:** C Howard (Bill) 2:33:46. **W45:** Spong. **W55:** B Law (Gt Bent) 2:58:17

TEAM: 1 Springfield Striders 14; 2 Thurrock 26; 3 Benfleet 48

RAF KINLOSS TO RAF LOSSIEMOUTH HALF-MARATHON
Kinloss

Overall

1 T Boardman (Leigh) 67:15; 2 T Christie (P'head) 73:38; 3 G Lennox (unatt) 75:39; 4 S Reeve (Moray, M40) 75:59; 5 R Rogerson (Kirk O, M40) 76:09; 6 N Jackson (Metro) 76:51

M40: 3 T Walker (C'gie) 77:48; 4 F Barron (Keith) 78:44. **M45:** 1 F Smith (Metro) 79:48. **M50:** 1 C Noble (Fraser) 81:50; 2 G McPherson (Metro) 82:23; 3 S Morrison (Forres) 85:23

Women

1 M Wood (Arb F, W45) 81:23; 2 J MacMaster (Fife) 83:23; 3 E Whyte (Fraser, W35) 84:19; 4 R MacKenzie (Dees, W35) 85:54; 5 J Robertson (Metro) 86:43; 6 L Davis (Moray, W35) 88:04; 7 K Spratt (RAF TC, W35) 89:31

W45: 2 M Sutherland (Metro) 91:21; 3 B Childs (Forres) 94:19; 4 S Houston (Moray) 95:51; 5 J Nicol (Forres) 96:04

WOMBWELL 5
South Yorkshire

Overall

1 A Smith (Hallam) 26:00; 2 C Price (Wake) 26:13; 3 S Dimelow (P'stone Fpr) 26:19; 4 L Thomas (Warr) 26:25; 5 S Evison (Sheff RC) 26:39; 6 A Bush (Hallam) 26:43; 7 D Newbould (Hallam) 26:50; 8 S O'Neill (Darl) 27:07; 9 R Hollingsworth (Sheff U, M40) 27:29; 10 D Thompson (Kingstone) 27:38

M40: 2 N Brookes (Roth) 28:39. **M50:** 1 P Neal (Roth) 29:41; 2 M Quinn (Sheff RC) 29:50; 3 S Storey (P'stone Fpr) 29:59; 4 S Jordan (Bing) 30:40; 5 G Werrett (Ask) 30:47; 6 W Alves (T'ley) 31:02. **M60:** 1 T Hawley (Roth) 31:22; 2 M Casey (Barns) 32:31; 3 M Theobold (Hallam) 34:22

TEAM (3 to score): 1 Hallamshire H 14; 2 Penistone Footpath Runners 33; 3 Askern District RC 57

Women

1 N Bamford (Notts) 28:44; 2 J Buckley (P'stone Fpr, W45) 30:37; 3 J Seymour (Hallam) 30:48; 4 K Greaves (Kingstone) 31:53; 5 J Dews (Holm, W35) 32:33; 6 C Wolstenholme (Hallam, W60) 32:35; 7 L Noon (Barns, W35) 32:52

W45: 3 P Fisher (Roth) 34:52; 4 D Hogarty (K'worth) 36:27

TEAM: 1 P'stone FPR 36; 2 Wombwell SPorting 41; 3 Rotherham H 55

February 16

CHINGFORD LEAGUE 5
Victoria Park, London

Overall

1 E Messer (Guest) 25:17; 2 S Collins (E&H) 25:19; 3 R McCormick (Barn, M40) 25:26; 4 J Stroud (Orion) 26:07; 5 T Lashmar (VP&TH) 26:11; 6 R Marriott (Guest, M50) 26:15; 7 G Lewis (Guest, U20) 26:21; 8 B Fairhall (VP&TH) 26:29; 9 V Maughn (Guest, M40) 26:31; 10 R Fowler (E&H) 26:32; 11 C Shepherd (WG&EL) 26:34; 12 N McGoun (Orion) 26:37; 13 A Kelleher (Barn, M40) 26:43; 14 D Cox (WG&EL, M50) 26:49; 15 E Paul (Orion, M40) 26:50; 16 J Taylor (Barn) 27:08; 17 K Turner (Barn, M40) 27:15; 18 D Moses (Orion) 27:23; 19 C Read (Walth) 27:33; 20 M Malloy (WG&EL) 27:39; 21 A Brown (E&H, M50) 27:43; 22 C Micheal (Barn, M40) 27:48; 23 D Rose (Walth, M40) 27:50; 24 N Broadbent (E&H) 27:55; 25 A Baci (E&H) 28:00

M40: 8 K Julian (Orion) 28:18; 9 T Mitchell-Smith (VP&TH) 28:32; 10 D Meller (Trent P) 28:34; 11 G Shaw (Orion) 28:48; 12 P Ellis (Barn) 28:50; 13 I Lambert (Eton M) 28:58; 14 Q Broadbent (Orion) 29:07. **M50:** 4 T McCarthy (WG&EL) 28:54; 5 D Michael (Barn) 28:57; 6 D Wilcock (Barn) 29:20; 7 B Bennett (Orion) 30:22; 8 S Allen (Barn) 30:44; 9 A Holford (WG&EL) 30:58

TEAM: 1 Barnet 78; 2 Orion 84; 3 Enfield & Haringey 145; 4 VP&TH 147; 5 Woodford Green & E L 157; 6 Walthamstow 284; 7 Eton Manor 335; 8 Trent Park 375; 9 Loughton 388; 10 London Heathside 720

VETS TEAM: 1 Barnet 100; 2 Orion 184; 3 Woodford Green & E L 285; 4 VP&TH 347; 5 Eton Manor 385; 6 Trent Park 432; 7 Loughton 473; 8 Walthamstow 525; 9 Enfield & Haringey 577

Women

1 D Kennedy (WG&EL) 29:23; 2 N Kipps (Orion) 29:28; 3 N Anderson (Guest, W35) 30:12; 4 C Thurgood (Orion) 31:22; 5 N Proud (Barn, W35) 31:43; 6 G Brooks (Loughton, W35) 32:29; 7 S Boliste (Eton M) 32:35; 8 L Gaffney (Loughton, W35) 32:49

W45: 1 M Lambert (Trent P) 34:00; 2 A Bugg (Orion) 34:13; 3 K Allworthy (Orion) 35:03; 4 S Baxter (Eton M) 35:51; 5 P Cockman (VP&TH) 35:52; 6 P Barclay (Loughton) 35:55; 7 J Barrow-Green (VP&TH) 36:18

TEAM: 1 Orion 78; 2 VP&TH 99; 3 Loughton 151; 4 Barnet 152; 5 Eton Manor 191; 6 Trent Park 244; 7 Woodford Green & E L 260; 8 Enfield & Haringey 327; 9 London Heathside 378; 10 Walthamstow 378

VETS TEAM: 1 Orion 157; 2 VP&TH 167; 2 Loughton 183; 4 Barnet 187; 5 Eton Manor 252; 6 Trent Park 318; 7 Woodford Green & E L 357; 8 Enfield & Haringey 378; 9 London Heathside 378; 10 Walthamstow 378

February 13

STREET 5km
Street, Somerset

Overall

1 S Rose (Bath) 16:36; 2 A Deamer (Wells, M40) 17:16; 3 C Richards (Cleve, M40) 17:30

M50: 1 M Lascelles (Yeov T) 18:17.

M60: 1 D Rose (Bath) 20:02

Women

1 N Morgan (Wells, U20) 19:31; 2 L Cummins (Yeov T, W35) 20:46

W55: 1 B Lee (Wells) 23:11

February 9

HYDE PARK ROAD RELAYS
London

Men (6x5164m)

1 Oxford University 97:58 (R Franzese 15:57, J Mercer 16:25, S Ledger 16:58, D Bruce 16:04, A Chetwynd 16:34, I Kipton 16:00); 2 St Mary's 98:11 (T Boardman 15:22, T Bilham 16:32, J Adams 17:13, S Connor 16:12, S Cannell 17:06, T Boardman 15:46); 3 University of Bristol 98:31 (T Russell 15:12, S Mitchell 16:23, D Lincoln 17:06, M Vella 17:06, O Mott 16:17, D Green 16:27); 4 Politechnico Milan 1:42:29; 5 University of Central Lancashire 1:43:33; 6 Agricultural University of Poznan (Poland) 1:43:50; 7 Sheffield Hallam University 1:43:54; 8 Oxf U B 1:44:02; 9 Cambridge University Hare & Hounds 1:44:30; 10 Nottingham University 1:44:45

94 teams finished

Fastest: Russell 15:12; J Thewlis (Notts) 15:15; Boardman 15:22; Boardman 15:46; G Watts (UEA) 15:49; Russell (Bris B) 15:50

Women (4x3464m)

1 Sheffield Hallam 49:39 (R Edwards 11:56, K Stuart 13:18, N Squire 12:27, R Edwards 11:58); 2 St Mary's 49:49 (S Bird 12:34, L Snow 11:59, J Finch 11:54, C Maxted 13:22); 3 Camb U 52:23 (V Mason 12:40, H Owles 13:20, A Fraser 13:32, C Day 12:51); 4 Oxf U 52:43 (C Ansell 12:13, C Witcombe 14:30, F Ray 12:39, M Johns 13:21); 5 University of Manchester 54:04 (L Blackman 12:36, K Fitzpatrick 12:59, N Chandler 15:09, K Fitzpatrick 13:20); 6 University of London 54:32; 7 Nottingham 56:20; 8 Zeus 57:42; 9 University of Essex 58:31; 10 London School of Economics 58:33

39 teams finished

Fastest: S Papegaay (Vitalis) 11:26; Finch 11:54; Edwards 11:56; Edwards 11:58; Snow 11:59; Ansell 12:13

Track

February 20

SILKSWORTH THROWS
Sunderland

M75 men

DT: 1 D Field (Sun) 28.98. **JT:** 1 D Field (Sun) 26.20

M80

SP: 1 R Laidler (Sun) 8.01. **DT:** 1 R Laidler (Sun) 16.90. **HT:** 1 R Laidler (Sun) 22.30. **JT:** 1 R Laidler (Sun) 20.45

February 19

YEOVIL OLYMPIADS WINTER OPEN
Yeovil

Men

60 (0.6): 1 C Bland (Yeov O) 7.23; 2 N Clements (Yeov O, U20) 7.24. **SP:** 1 S Biddlecombe (Yeov O) 12.63

U20 men

200 (1.5): 1 N Clements (Yeov O) 22.76

U17

300H: 1 C Hewitson (Yeov O) 43.66. **SP:** 1 L Biddlecombe (Yeov O) 14.16. **JT:** 1 L Biddlecombe (Yeov O) 41.63

U20 women

JT: 1 J Tewkesbury (B'mth) 38.38

U15

60: r1: 1 K James (Yeov O) 8.79. **r2:** 1 K James (Yeov O) 8.67

February 17

SARNIA TRACK WALK
Osmond Priaulx

Men

5000W: 1 S Le Noury (Sarnia) 26:10.0; 2 J Le Noury (Sarnia) 27:40.0; 3 P Lockwood (Sarnia) 28:38.0; 4 K Le Noury (Sarnia, M50) 32:30.0; 5 M Le Sauvage (Sarnia, M65) 33:14.0; 6 J Le Noury (Sarnia, W45, W) 34:50.0; 7 D Dorey (Sarnia, M60) 34:51.0; 8 R Druckes (Sarnia, W60) 36:00.0

VARSITY MATCH
Lee Valley

Men (see Indoor section for remainder)

HT: 1 A Lee (Camb U) 41.10

Women

DT: 1 B Staniland (Oxf U) 32.52. **HT:** 1 H Hogben (Oxf U) 39.24; 2 J Melluish (Camb U) 31.12. **JT:** 1 C Palmer (Camb U) 34.20; 2 B Staniland (Oxf U) 32.15; 3 L Murphy (Oxf U) 30.23

Amendments

UKA ICC Final, February 16
Women: 600: M Okoro 89.43 not 99.43

WESSEX LEAGUE, February 8
Women: 3 C Smith (Wey SP, W50) not Rogers (Brid)

SOUTH OF ENGLAND MASTERS CHAMPIONSHIPS, Mad Bess Woods, February 3
W45

TEAM: 1 Reading RR 18; 2 Dorking & Mole Valley 34; 3 Brighton & Hove 58; 4 Garden City R 61; 5 South London 67; 6 Serpentine 92; 7 Victory 107

MANCHESTER OPEN, January 19
PV: A Williams 4.88 not 4.85

what's on

Preview guide to forthcoming events worldwide

TV GUIDE



BBC2

Friday March 7

7.30-8pm – Live coverage of the first day of the IAAF World Indoor Championships, including the men's 60m and women's pentathlon.

BBCi

Friday March 7 - Sunday March 9

Coverage on the BBC's interactive service of the World Indoor Championships.

British Eurosport

Friday March 7

7.30-8am – Highlights of the Pole Vault Stars Meeting in Donetsk, Ukraine.

11.45-1pm – Coverage of the IAAF World Indoor Championships in Valencia.

6.15pm -8pm – Further action from Valencia.

Saturday March 8

5.15-7.45pm – More coverage from the World Indoors.

Sunday March 9

3-4.30pm – World Indoors action.

Cross-country

Saturday March 1

GWENT LEAGUE
Blaise Castle, Bristol.

MID LANCASHIRE LEAGUE
Witton Park, Blackburn.

NORTH WEST LONDON YOUNG ATHLETES' LEAGUE
Wormwood Scrubs, London.

START FITNESS NORTH EASTERN HARRIER LEAGUE
Prudhoe.

Sunday March 2

BARTON AND DISTRICT AC OPEN RACE
Baysgarth Park, Barton-upon-Humber, Lincolnshire.
Contact: Edwin Bellamy. 01652-633422

DERBY RUNNER LEAGUE
Sinai Park, Burton-on-Trent.

NEWBURY BORDER YOUNG ATHLETES' LEAGUE
Lightwater Country Park, Camberley. 11am.
Contact: martin.goodway@btinternet.com

OXFORD MAIL LEAGUE
Horspath.

SUNDAY WINTER SERIES
Lord Wandsworth College.
Contact: Marian Eldridge. 01256-862201/07715-503459. eldridgem@lordwandsworth.org

WESSEX LEAGUE
Avon Heath Country Park.
Contact: Ian Humphreys, 6 Nettle Combe View, Wells, Somerset BA5 3QF. 01749-675100

WEST MIDLANDS YOUNG ATHLETES' LEAGUE
Perry Park, Birmingham.

Wednesday March 5

MIDLAND POLICE AND SERVICES LEAGUE
Chesterfield. 2pm.
Contact: p.mann@west-midlands.pnn.police.uk

POLICE SPORT UK REGIONAL MATCH
Chesterfield. 2pm.
Contact: p.mann@west-midlands.pnn.police.uk

Saturday March 8

G3 MARCH
Newlands Corner, Dove Road, Guildford, Surrey. 8.30am.
Contact: Toby Jenkins, The Barn Studios, Woking GU22 8JG. sales@allabouttriathlons.co.uk www.allabouttriathlons.co.uk Entry: £12.50.

SAINSBURY'S ENGLISH SCHOOLS' CHAMPIONSHIPS
Sefton Park, Liverpool.

SCOTTISH POWER SCOTTISH SECONDARY SCHOOLS' CHAMPIONSHIPS
Irvine. 1pm.
www.ssaa.co.uk

WEST CHESHIRE AC JUNIOR SERIES
Stanney Track, Ellesmere Port. 10am.
Contact: Dennis Wall. 0151-201 1254. dennis.wall1@ntlworld.com

Sunday March 9

TONBRIDGE AC JUNIOR RACES
Yardley Court School, Somerhill, Tonbridge, Kent.

WEST GLAMORGAN LEAGUE
Singleton Park, Swansea. 11am.
Contact: Kevin Corocoran, 15 Heol Yr Eryr, Cwmrhydyceirw, Swansea SA6 6SR. 01792-792301. wgl@tesco.net

Monday March 10

THE RUNNING SHOP ROUND THE CASTLES SERIES
House of Dun, Montrose. 12.30pm.
Contact: 01330-825198. sandy@sandyreid.wanadoo.co.uk www.therunningshop.uk.com

Saturday March 15

EAST SURREY LEAGUE
Box Hill, Dorking. 2.30pm.
Contact: Ken Crooke, 8 Rylandes Road, South Croydon CR2 8EA. 0208-657 4269. kc003r3806@blueyonder.co.uk

MANCHESTER SCHOOLS' LEAGUE
Woodbank Park, Stockport.
Contact: John Wharf. 0161-284 8378

UK CROSS CHALLENGE INC INTER-COUNTIES
Wollaton Park, Nottingham.

VETS AC CROSS
Wimbledon. 2.30pm.
Contact: Bob Belmore. 01428-654749

Sunday March 16

BROOKS WESTWARD LEAGUE
Bicton.
www.westwardleague.co.uk

KIRKINTILLOCH OLYMPIANS EAST DUNBARTONSHIRE PRIMARY SCHOOLS' LEAGUE
Tbc.
Contact: 0141-776 6013. gordon_olympians@hotmail.com

NORTH YORKSHIRE AND SOUTH DURHAM HARRIER LEAGUE
Richmond School, Richmond.
Contact: Mike Cotton. 01642-817619

Wednesday March 19

MIDLAND POLICE AND SERVICES LEAGUE
Hewell Grange, Bromsgrove. 2pm.
Contact: p.mann@west-midlands.pnn.police.uk

Saturday March 22

GUERNSEY EASTER RUNS 4.75 – RACE 2
Guernsey.
Contact: Martin Scholes. 07911-711055. club@guernseyathletics.org.gg www.guernseyathletics.org.gg/easter Entry: £9 (£30 for series). Extra on day: £1.

MARATHON TOUR OF THE FYLDE RACE 3 – CROSS COUNTRY 6
Collegiate High School Sports Centre, Garstang Road West, Blackpool, Lancashire. 6pm.
Contact: Ron McAndrew, 55 Poulton Road, Blackpool FY3 7DS. ron@blackpoolmarathon.com www.runblackpool.com Entry: £8.

Sunday March 23

GUERNSEY EASTER RUNS CROSS RELAY – RACE 3
Guernsey.
Contact: Martin Scholes. 07911-711055. club@guernseyathletics.org.gg www.guernseyathletics.org.gg/easter Entry: £5 (£30 for series).

Friday March 28

SIAB CROSS
Strathallan College, Perth.

Saturday March 29

BMAF CHAMPIONSHIPS
Banbury, Oxfordshire.
www.bmaf.org

CHINGFORD LEAGUE
Trent Park.

GLOUCESTER 4km CHAMPIONSHIPS AND OPEN PLUS YOUNG ATHLETES' MILE
Indoor Tennis Centre, Plock Court, Tewkesbury, Gloucester.
Contact: Rob Cytlau. 01452-614783

SCHOOLS' HOME INTERNATIONAL
Edinburgh.

Sunday March 30

ARC CHAMPIONSHIPS
Queen Elizabeth Country Park, nr Petersfield, Hampshire.
Contact: D Blofield, 34 Alameda Way, Purbrook, Waterlooville PO7 5HB. www.runningclubs.org.uk pjcraces@excite.com Entry: £7. Postal entries close: March 19.

DERBY RUNNER LEAGUE 'B' FINAL RELAYS
Castle Park, Beaumont Leys, Leicester.

IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS
Edinburgh.

Wednesday April 2

MIDLAND POLICE AND SERVICES LEAGUE
Tally Ho, Birmingham. 2pm.
Contact: p.mann@west-midlands.pnn.police.uk

Sunday April 6

DERBY RUNNER LEAGUE NATIONAL AND PLATE FINAL
Ampthill, Bedford.

Tuesday April 8

EAST SURREY LEAGUE
Ewell Court Track, West Ewell. 7pm.
Contact: Ken Crooke, 8 Rylandes Road, Croydon CR2 8EA. 0208-657 4269. kc003r3806@blueyonder.co.uk

Fell

Sunday March 9

LEITH HILL HALF-MARATHON
The Priory School, West Bank, Dorking, Surrey. 11am.
Contact: Robert McCaffrey, 1 East Street, Epsom, Surrey KT17 1BB. lhh@propubs.com www.trionium.com Entry: £25.

Sunday March 16

SEVENOAKS ROTARY KNOLE PARK 10km
Knole Park, Sevenoaks, Kent. 10.30am.
Contact: Brian Brauns, 4 The Old Walk, Otford, Sevenoaks TN14 5PP brianbrauns@tiscali.co.uk Entry: £10.

Saturday March 22

EMILY HILL JUNIOR HILL RACE
Luthrie Village Hall, Luthrie, Fife.
Contact: Graham Bennison, 3 Beechbank, Foodieash, nr Cupar KY15 4PW. 01334-656844. bennyelmwood@yahoo.co.uk www.fifeac.co.uk Entry: Free.

ISLE OF MAN EASTER ATHLETICS FESTIVAL HILL RACE
Peel, Isle of Man.
Contact: 07624-487873. pauljackson@manx.net. www.easterfestival.info Entry: £4 (£20 for series). Extra on day: £2.

NORMAN'S LAW HILL RACE
Luthrie Village Hall, Luthrie, Fife.
Contact: Graham Bennison, 3 Beechbank, Foodieash, nr Cupar KY15 4PW. 01334-656844. bennyelmwood@yahoo.co.uk www.fifeac.co.uk Entry: £3.

Sunday March 23

EASTER SUNDAY SHINING CLIFFS 5 & 2.5
Hurt Arms, Derby Road, Ambergate, Derbyshire. Noon.
Contact: David Denton. 01773-880338. 07747-776233. run2007_2008@yahoo.co.uk www.runningwithdavid.com Entry: £4.

Sunday March 30

EXE TO AXE (20.3M)
South West Coastal Park, Exmouth, Devon. 10am.
Contact: John Perratt, Gable Cottage, Stanhope Drive, Sidmouth EX10 9JE. johnperratt@talktalk.net www.sidmouthrunningclub.org.uk Entry: £8.

Saturday April 5

PENDLE 4.5 (1500FT)
Barley Village, nr Burnley, Lancashire. 2pm.
Contact: David Bailey. 01282-618554. david.bailey80@ntlworld.com Entry: £3.

PENDLE JUNIOR RACES
Barley Village, nr Burnley, Lancashire. 12.30pm.
Contact: David Bailey. 01282-618554. david.bailey80@ntlworld.com Entry: £1.

Indoor

Thursday February 28

DEESIDE AC OPEN
Deeside.
Contact: Donna Welsh. 01244-834546. welshd@deeside.ac.uk

Sunday March 2

REEBOK MANCHESTER OPEN
Sport City. 11am.
www.saleharriersmanchester.com Entry: £3 per event. Extra on day: £1.

WINDSOR, SLOUGH, ETON & HOUNSLOW WINTER SERIES OPEN GRADED
Eton. 1pm.
Contact: Dennis Daly. 01753-686169 Entry: £5 per event.

Saturday March 8

ENGLAND ATHLETICS U17/U15 COMBINED EVENTS CHAMPIONSHIPS
Sheffield. Until March 9.
www.englandathletics.org

If possible, please submit your fixture online at **www.athleticsweekly.com**

NORTHERN U17/U15 COMBINED EVENTS CHAMPIONSHIPS
EIS, Sheffield. Until March 9.

Sunday March 9

MIDDLESEX & HERTFORDSHIRE CHAMPIONSHIPS
Lee Valley. 10am.
Contact: Roy Stratton, 263 Larkshall Road, Chingford, London E4 9HY. 0208-524 2655. www.middlesexaa.org.uk roystratton@beeb.net

Saturday March 15

BUSA INDOOR CHAMPIONSHIPS
EIS, Sheffield. Until March 16.
www.busa.org.uk

Sunday March 16

REEBOK MANCHESTER OPEN
Sport City. 11am.
www.saleharriersmanchester.com
Entry: £3 per event. Extra on day: £1.

Wednesday March 19

REEBOK MANCHESTER OPEN
Sport City. 6.30pm.
www.saleharriersmanchester.com
Entry: £3 per event. Extra on day: £1.

Thursday March 20

GATESHEAD INDOOR ATHLETICS
Gateshead.
Contact: Gateshead Council. 0191-433 5700

Saturday March 29

REEBOK MANCHESTER OPEN (U15S ONLY)
Sport City. 10am.
www.cityofmanchesterathletics.com
Entry: £3.50. Extra on day: £1.

Multi-terrain

Saturday March 1

BANSTEAD WOODS
TIME TRIAL (5km)
Lowest path parallel to the passing road, Banstead Woods, Banstead, Surrey. 9am.
www.parkrun.com/bwtt_home.aspx
BUSHY PARK TIME TRIAL (5km)
Diana Fountain car park, Bushy Park, Hampton, London TW12. 9am.
www.bptt.net
GUILDFORD MONTHLY 5km TIME TRIAL
Stoke Park, opposite Guildford Spectrum, Guildford, Surrey GU1 1UP. 9am.
www.ggac.co.uk
LEEDS HYDE PARK TIME TRIAL (5km)
Hyde Park, Leeds. 9am.
www.parkrun.com
Entry: Free.
RICHMOND PARK TIME TRIAL (5km)
Tasmin Trail, Richmond, Surrey. 9am.
www.parkrun.com
Entry: Free.
WIMBLEDON COMMON TIME TRIAL (5km)
Path north of the windmill, Wimbledon Common, London. 9am.
www.bptt.net

Sunday March 2

BUSHY PARK TRAIL RUN & JUNIOR 2M
Bushy Park, Hampton Wick, Middlesex KT1 4AZ. 10.45am.
www.sportsystems.net/bushy
STEYNING STINGER MARATHON & HALF-MARATHON
Steyning Grammar School, West Sussex. 8.30am.
Contact: Race secretay, 15 Mill Road, Steyning BN44 3LN. 01903-879585. www.steyningac.co.uk
Entry: £14.

Saturday March 8

BANSTEAD WOODS
TIME TRIAL (5km)
See March 1.
BUSHY PARK TIME TRIAL (5km)
See March 1.
LEEDS HYDE PARK TIME TRIAL (5km)
See March 1.
RICHMOND PARK TIME TRIAL (5km)
See March 1.
WIMBLEDON COMMON TIME TRIAL (5km)
See March 1.

Sunday March 9

BIFFA RODDLESWORTH ROLLER 6 (APPROX)
Abbey Village, Chorley, Lancashire.
Contact: Terry Dickenson, 58 Millbrook Close, Wheelton PR6 8JY. 01254-830591. tdickenson@tesco.net www.chorleyac.org
Entry: £5.50. Extra on day: £2. Postal entries close: March 5.
EXBURY GARDENS 10km
Exbury Gardens, Exbury, Southampton, Hampshire SO45 1AZ. 10am.
Contact: Race secretary, 12 Sunningdale, Hythe, Southampton SO45 5BD. 0238-0844510. exburygardens10k@btinternet.com
Entry: £10. Postal entries close: February 29.

Saturday March 15

BANSTEAD WOODS
TIME TRIAL (5km)
See March 1.
BUSHY PARK TIME TRIAL (5km)
See March 1.
LEEDS HYDE PARK TIME TRIAL (5km)
See March 1.
RICHMOND PARK TIME TRIAL (5km)
See March 1.
WIMBLEDON COMMON TIME TRIAL (5km)
See March 1.

Sunday March 16

NAILSEA IRONWOOD CHALLENGE (6M APPROX)
Long Ashton Sports Hall, Long Ashton, Bristol. 11am.
Contact: Ironwood Challenge, 6 Chapel Close, Nailsea BS48 1DP. 07986-572557
Entry: £5. Extra on day: £1.

Friday March 21

MAIDENHEAD EASTER 10
Nortel, Westacott Way, Maidenhead, Berkshire. 9.30am.
Contact: John Shepherd, Maidenhead Easter Ten, 34 Boulters Court, Maidenhead SL6 8TH. 01628-829440 www.maidenheadac.co.uk
MARATHON TOUR OF THE FYLDE RACE 2 – BEACH 4
Car Park Pier North Promenade, Lytham St Annes, Blackpool, Lancashire. 11am.
Contact: Ron McAndrew, 55 Poulton Road, Blackpool FY3 7DS ron@blackpoolmarathon.com www.runblackpool.com
Entry: £8.
SOUTHPORT GOOD FRIDAY RACES (3km & 4M)
Victoria Park, Southport, Merseyside. 10am.
Contact: Race secretary, 53 Oak Street, Southport PR8 6AL. 01704-545809. www.sw-ac.co.uk

Saturday March 22

BANSTEAD WOODS
TIME TRIAL (5km)
See March 1.
BUSHY PARK TIME TRIAL (5km)
See March 1.
LEEDS HYDE PARK TIME TRIAL (5km)
See March 1.
RICHMOND PARK TIME TRIAL (5km)
See March 1.
WIMBLEDON COMMON TIME TRIAL (5km)
See March 1.

Sunday March 23

CARDIAC ARREST (8M) III & DOUBLE BYPASS (16M)
Woodlands Farm, Weston-Underwood, near Olney, Buckinghamshire. 11am.
Contact: 5 Paddock Close, Great Linford, Milton Keynes MK14 5LD. 0773-350271. info@heartbeatevents.co.uk www.heartbeatevents.co.uk
GUISELEY GALLOP 10km
West Side Retail Park, Guiseley, Leeds, West Yorkshire. 10.30am.
Contact: Guiseley Gallop, 7 Silverdale Close, Guiseley, Leeds LS20 8BQ. 07779-748301. www.skyrac.org.uk peterrawnsley@btinternet.com
Entry: £6.50. Extra on day: £2. Postal entries close: March 17.
HANHAM HORROR (6M APPROX)
Vicarage Road playing fields, Hanham, Bristol. 11am.
Contact: Bob Sperring, 3 Chargrove, North Common, Bristol BS30 5NT. 0117-960 8939
Entry: £7. Extra on day: £1.

Monday March 24

NOTTS EASTER 10km
Wollaton Park, Nottingham, Nottinghamshire NG8 2AE. 11am.
Contact: Mick Robinson, Canterbury Mill, Canterbury Road, Nottingham NG8 1PQ. 01159-854222. www.nottsac.co.uk
Entry: £7. Extra on day: £2. Postal entries close: March 15.
WEST WIGHT THREE HILLS RACES (8M)
West Wight swimming pool, Queens Road, Freshwater, Isle of Wight. Noon.
Contact: Race secretary, Ryde Harriers, PO Box 152, Ryde, Isle of Wight PO33 1BH. 01983-616497. races@rydeharriers.co.uk www.rydeharriers.co.uk
Entry: £6. Postal entries close: March 15.

Saturday March 29

BANSTEAD WOODS
TIME TRIAL (5km)
See March 1.
BUSHY PARK TIME TRIAL (5km)
See March 1.
LEEDS HYDE PARK TIME TRIAL (5km)
See March 1.
RICHMOND PARK TIME TRIAL (5km)
See March 1.
TRENT PARK 5km HANDICAP
Southgate Hockey Centre, Snakes Lane, Enfield, London. 9.30am.
Contact: Peter Lambert, 6 Crofton Way, Enfield EN2 8HX. 07745-961582. handicaptrentparkrc.org www.trentparkrc.org
Entry: £2.50.
WIMBLEDON COMMON TIME TRIAL (5km)
See March 1.

Sunday March 30

COMBE GIBBET TO OVERTON 16
Overton Recreation Centre, Bridge Street, Overton, Hampshire RG25 3ES. 2pm.
Contact: combegibbet@overtonharriers.org.uk
Entry: £10.

Saturday April 5

BANSTEAD WOODS
TIME TRIAL (5km)
See March 1.
BUSHY PARK TIME TRIAL (5km)
See March 1.
GUILDFORD MONTHLY 5km TIME TRIAL
Stoke Park, opposite Guildford Spectrum, Guildford, Surrey GU1 1UP. 9am.
www.ggac.co.uk
LEEDS HYDE PARK TIME TRIAL (5km)
See March 1.
RICHMOND PARK TIME TRIAL (5km)
See March 1.
WIMBLEDON COMMON TIME TRIAL (5km)
See March 1.

Sunday April 6

CHEDWORTH ROMAN TRAIL 10
Chedworth Village Hall, Fields Road, Chedworth, Cirencester, Gloucestershire. 10.30am.
Contact: David Edelsten, Hill Farm House, Queen Street, Chedworth GL54 4AG 01285-720190 david.edelsten@virgin.net www.cirencester-ac.org.uk
Entry: £5. Extra on day: £2. Postal entries close: March 25.
FULLER'S THAMES TOWPATH 10
Chiswick, West London W4 3UJ. 9.30am.
Contact: Tony Hopkins, 31 Clayton Crescent, Brentford TW8 9PT. 0208-547 7915. fttt@west4harriers.org www.west4harriers.org
Entry: £10.

Saturday April 12

BANSTEAD WOODS
TIME TRIAL (5km)
See March 1.
BUSHY PARK TIME TRIAL (5km)
See March 1.
LEEDS HYDE PARK TIME TRIAL (5km)
See March 1.
RICHMOND PARK TIME TRIAL (5km)
See March 1.
WIMBLEDON COMMON TIME TRIAL (5km)
See March 1.

Sunday April 13

WELLSTREAM WALLSEND RISING SUN 5
Rising Sun Country Park, Benton, North Tyneside.
Contact: John Jamieson, 185 Allendale Road, Byker, Newcastle upon Tyne NE6 2SY. 0191-224 0105. crobs@hotmail.co.uk www.wallsendharriers.com
Entry: £7.

Saturday April 19

BANSTEAD WOODS
TIME TRIAL (5km)
See March 1.
BRIDGEDALE SPORT TRAIL
Hawkshead Village, Hawkshead, Cumbria.
Contact: Claire Boothroyd, 21 Serpentine Road, Kendal. 01539-723435. claire@lakelandtrails.org www.lakelandtrails.org
Entry: U16 £6/O16 £8. Postal entries close: March 21.
BUSHY PARK TIME TRIAL (5km)
See March 1.
LEEDS HYDE PARK TIME TRIAL (5km)
See March 1.
PUMA HAWKSHEAD TRAIL RACE & CHALLENGE
Hawkshead Village, Hawkshead, Cumbria.
Contact: Graham patten. 01539-723435. graham@lakelandtrails.org www.lakelandtrails.org
Entry: £16.
RICHMOND PARK TIME TRIAL (5km)
See March 1.
WIMBLEDON COMMON TIME TRIAL (5km)
See March 1.

Saturday April 26

BANSTEAD WOODS
TIME TRIAL (5km)
See March 1.
BUSHY PARK TIME TRIAL (5km)
See March 1.
LEEDS HYDE PARK TIME TRIAL (5km)
See March 1.
RICHMOND PARK TIME TRIAL (5km)
See March 1.
TRENT PARK 5km HANDICAP
Southgate Hockey Centre, Snakes Lane, Enfield, London. 9.30am.
Contact: Peter Lambert, 6 Crofton Way, Enfield EN2 8HX. 07745-961582. handicaptrentparkrc.org www.trentparkrc.org
Entry: £2.50.
WIMBLEDON COMMON TIME TRIAL (5km)
See March 1.

Sunday April 27

BLENHEIM 7km AND U15 1M
Blenheim Palace, Woodstock,

If possible, please submit your fixture online at **www.athleticsweekly.com**

Oxfordshire. 11am.
Contact: entries@blenheim7k.co.uk
www.blenheim7k.co.uk
OFFAS ORROR 20km
The Anchor Inn, Tintern, Chepstow, Monmouthshire. 10.30am.
Contact: Bill Bewg, 1 Windsor Close, Magor NP26 3PX. 01633-880165/07773-425774 bill1940@tiscali.co.uk
Entry: £9.

Monday April 28

DAVINA'S BIRTHDAY CHARITY DASH (3M)
The Albion pub, Whitworth Road, Rochdale, Lancashire. 7pm.
Contact: Andy O'Sullivan, 40 Crowshaw Drive, Rochdale OL12 0SR. 01706-750620. andems.runnes@btinternet.com
Entry: £3.

Road

Friday February 29

SERPENTINE LAST FRIDAY 5km
The Bandstand, Hyde Park, London. 12.30pm.
Contact: malcolmfrench@aol.com
Entry: £2.

Saturday March 1

BRIGHTON & HOVE TIME TRIAL (5km)
Hove Park, Brighton & Hove. 9am.
Contact: brightonoffice@parkrun.com
www.parkrun.com
Entry: Free.
ESSEX SENIOR ROAD RELAYS
Melbourne Park, Chelmsford, Essex. 2pm.
OPEN ROAD RELAYS (4X3M MEN, 3X3M WOMEN) INC GLOUCESTER CHAMPIONSHIPS
Whitehorse, Sandhurst Lane, Gloucester. 2.30pm.
Contact: R Cytlau. 01452-614783

Sunday March 2

ALEXANDRA PARK 5km
Alexandra Park, Moss Side, Manchester. 11.30am.
www.openathletics.org
ASICS/SWEATSHOP READING HALF-MARATHON
Madejski Stadium, Reading, Berkshire. 10.05am.
Contact: Asics Reading Half-marathon, Sweatshop Events, Station Road, Hampton TW12 2BX. 0208-939 3215.
www.asicsreadinghalfmarathon.co.uk
BERKHAMSTED HALF-MARATHON
Cricket Club, Castle Hill, Berkhamsted, Hertfordshire HP4. 11.30am.
Contact: Mr N Potts, 7 Castle Hill, Berkhamsted HP4 1HE.
bookstack@btinternet.com
www.berkhamstedhalfmarathon.co.uk
Entry: £17.
BIDEFORD HALF-MARATHON
Bideford, Exeter, Devon. 10.30am.
Contact: Alan Heard. 01237-470254.
www.bidefordaac.co.uk
Entry: £12. Extra on day: £2.
BROOKLANDS 10km & WHEELCHAIR 10km
Mercedes World, Brooklands Circuit, Weybridge, Surrey. 8.30am.
Contact: Mike Gratton, Events House, 63 Osborne Road, Farnborough GU14 6AP. 01252-373797.
mike@209events.com
www.209events.com
Entry: £13.
CHEADLE SPRING 5
Station Road, Cheadle, Stoke-on-Trent, Staffordshire. 10.30am.
Contact: Barrie Clutton, 69 Thorley Drive, Cheadle, Stoke-on-Trent ST10 1SF. 01538-754339.
www.cheadlerc.co.uk
FARNDON 10km
Farndon, Cheshire.
Contact: Peter Norman, Bryn Cottage, Trefechan, Penycae, Wrexham LL14 1UE. 01978-846292.
peter.norman11@btinternet.com
www.wrexhamroadrunners.org.uk
Entry: £5. Extra on day: £1.
FRANK HARMER MEMORIAL 10km
Brockwell Park, London SE24 0PA.
Contact: Steve Bosley, 101 Lowry Crescent, Mitcham CR4 3NX. 07721-555688. stevebosley1@aol.com
www.hernehillharriers.org.uk
Entry: £10. Extra on day: £4.
Postal entries close: March 2.
FROSTBITE FRIENDLY LEAGUE
Huntingdon.
GLOUCESTER 20
Frampton-on-Severn Community Centre, Lake Lane, Frampton-on-Severn, Gloucestershire. 10am.
Contact: Sandra Ennis, 114 Cecil Road, Gloucester GL1 5HQ. 01452-504630.
www.gloucesterac.co.uk
Entry: £12. Extra on day: £1.
HAWESWATER HALF-MARATHON
Bampton Village, Penrith, Cumbria. 11.30am.
Contact: Haweswater Half-marathon, c/o UKResults, 1 Sutton Street, Blackburn BB2 5ES.
hammond_susan@hotmail.com
www.edenrunners.co.uk
Entry: £12. Extra on day: £3.
LIVERPOOL HALF-MARATHON
Sefton Park, Liverpool, Merseyside. 10am.
Contact: Alan Rothwell, 6 The Aerodrome, Speke Road, Liverpool L24 8QD. www.runliverpool.org.uk
l1310k@yahoo.com
Entry: £17.
LLANELLI WATERSIDE HALF-MARATHON
Millennium Coastal Park, Festival Fields, Llanelli, Dyfed. 11.30am.
Contact: Tim Gasser, 64 Pennant Road, Swiss Valley, Llanelli SA14 8EW. 01554-758036.
enquiries@halfmarathon.org.uk
Entry: £16.
LONDON HEATHSIDE 5
Finsbury Park, London.
Contact: s.woolf@londonheathside.org.uk
MAD MARCH HARE 20
Martins Hill Lane, Burton, Christchurch, Dorset. 10am.
Contact: Christopher Potter. 01202-482624.
christopher.potter@selex-comms.com
www.christchurch-runners.org.uk
Entry: £8.
NIKE MILTON KEYNES HALF-MARATHON
Open University, Milton Keynes, Buckinghamshire. 10.30am.
Contact: MK Half c/o FR Systems, Unit 30, Blythe Park Business Base, Cresswell Lane, Blythe Bridge, Stoke-on-Trent ST11 9RD.
www.mkhalf.co.uk
Entry: £14.
NORTON 9
Middle School, Norton, nr Doncaster, South Yorkshire. 11am.
Contact: Dave Collingwood, Colby West End Road, Norton, Doncaster DN6 9EF. 01302-701486.
Entry: £7. Extra on day: £1.
RODING VALLEY HALF-MARATHON
Ashton Playing Fields, Woodford Green, Essex. 9am.
Contact: RVHM, Beech Farm Barn, High Road, Loughton IG10 4JJ.
dhollingworth@btconnect.com
www.dmhdevelopments.hostingbt.com
Entry: £10. Extra on day: £1.
THANET 20
Pfizer Social Club, Richborough, nr Sandwich, Kent. 9.30am.
Contact: Thanet 20, 11 Arklow Square, Ramsgate CT11 8PS.
www.thanetroadrunners.org.uk
Entry: £12.
WYMONDHAM 20 & 10
Wymondham Central Hall, Buck Lane, Wymondham, Norfolk NR1 0QB.
Contact: p.wightman@btinternet.com

Tuesday March 4

CRYSTAL PALACE CANTER 5km
Top car park NSC, Crystal Palace, London. 12.30pm.
Contact: Bill. 0208-699 5949.
canter5k@hotmail.com
Entry: 50p.

Wednesday March 5

TEDDY HALL RELAYS
Iffley Road Sports Centre, Oxford, Oxfordshire. 1pm.
Contact: Bryn Reynolds.
bryn.reynolds@bnc.ox.ac.uk
Entry: £16 male team/£12 female team.
WOKING MONTHLY HANDICAP (2.85M)
Woking Leisure Centre, Woking Park, Kingfield Road, Woking, Surrey GU22 9BA. 12.30pm.
www.woking3.org.uk

Thursday March 6

ASICS KINGSTON BREAKFAST RUN (8.2 & 16M)
Marketplace, Kingston, Surrey. 8am.
Contact: ASICS Kingston Breakfast Run, 12 Southcote Avenue, Surbiton, Surrey KT5 9JW.
info@humanrace.co.uk
www.humanrace.co.uk

Friday March 7

BOSCOMBE WINTER 5km SERIES
Boscombe Pier, Bournmouth, Dorset.
Contact: Geoff Scott. 01202-625051.

Saturday March 8

BRIGHTON & HOVE TIME TRIAL (5km)
See March 1.
DENTDALE RUN
Dent Primary School, Dent, Cumbria. 1pm.
www.dentdale.com/dentrun.htm
Entry: £8. Extra on day: £2.
Postal entries close: March 1.
GLOUCESTER GROCERY 4
Whitehorse, Sandhurst Lane, Gloucester. 2.45pm.
Contact: A Brown. 01452-533310

Sunday March 9

1000 MILE OULTON PARK HALF-MARATHON
Oulton Park, Little Budworth, Cheshire. Noon.
Contact: Race Organiser, TRI Active, 3 Rufus Court, Chester CH1 2JW
graham@tri-active.co.uk
www.tri-active.co.uk
Entry: £16.
ADIDAS LONDON MARATHON HALF-MARATHON
Silverstone, Towcester, Northamptonshire.
BROOKS 5km
Oulton Park, Little Budworth, Cheshire. 10am.
Contact: Race Organiser, TRI Active, 3 Rufus Court, Chester CH1 2JW
graham@tri-active.co.uk
www.tri-active.co.uk
Entry: £8.50.
BUSCH UK IRONBRIDGE HALF-MARATHON INC SHROPSHIRE CHAMPIONSHIPS
Town Park Arena, Telford, Shropshire. 10.30am.
Entry: £12. No entries on the day.
Postal entries close: March 7.
CITY OF SALISBURY 10
Salisbury Leisure Centre, Butts Road, Salisbury, Wiltshire. 11am.
Contact: Rod Smith, 21 Chichester Close, Salisbury SP2 8AQ
Entry: £8. Extra on day: £1.
DEVIZES 10km
Devizes Football Club, Devizes, Wiltshire. 11am.
Contact: DRC Secretary, 31 Rotherstone, Devizes SN10 2DD.
www.devizesrunningclub.org.uk
Entry: £7.50. Extra on day: £1.
EAS CASTLE COMBE 10km
Castle Combe Circuit, Castle Combe, Chippenham, Wiltshire. 9.30am.
Contact: Will Whitmore, 1 Clarendon Road, Trowbridge BA14 7BR. 07874-201420. will@dbmax.co.uk
www.dbmax.co.uk
Entry: £11.
EQUITY BRENTWOOD HALF-MARATHON
Sawyers Hall College, Sawyers Hall Lane, Brentwood, Essex. 10am.
Contact: Keith Hawkes, Brentwood Borough Council, Town Hall, Ingrave Road, Brentwood CM15 8AY. 01277-312638.
queries@brentwoodhalf.org
www.brentwoodhalf.org
Entry: £13.
ESSENTIAL SPORTS BANBURY 15
Spiceball Sports Centre, Spiceball Park Road, Banbury, Oxfordshire OX16 2PG.
Contact: G Smith, 6 Crouch Street, Banbury OX16 9PP. 01295-253053.
Entry: £9. Extra on day: £1.
Postal entries close: March 3.
FINCHLEY 20
Hillingdon AC Club House, 206 Bury Street, Ruislip, Middlesex. 9.30am.
Contact: Caroline Bolam, 73a Victoria Road, Ruislip HA4 9BH.
wildh@talktalk.net
www.hillingdonac.co.uk
Entry: £15.
INVERNESS HALF-MARATHON
Sports Centre, Bught Park, Inverness, Inverness-shire. 1pm.
Contact: 07867-516624.
www.invernesshalfmarathon.co.uk
Entry: £17.
LYDD HALF-MARATHON
The Rype, Lydd, Kent. 10am.
Contact: Martin Burke, Unit 4, Malthouse Business Park, The Maltings, Peasmarsh TN31 6ST. 01797-230730.
info@nice-work.org.uk
www.nice-work.org.uk
Entry: £14.
MONDI 15
HM Prison Whitemoor, Cambridgeshire. 10am.
Contact: Gena Jackman, 12 Kingsley Street, March PE15 8LX.
www.marchathleticclub.co.uk
Entry: £8. Extra on day: £1.
NEWTON'S FRACTION HALF-MARATHON
South Kesteven Sports Stadium, Trent Road, Grantham, Lincolnshire NG31 7XQ. 10.30am.
Contact: Dave Eldridge, 18 Redcliffe Road, Grantham NG31 8EB. 01476-567592.
davejeldridge@yahoo.co.uk
Entry: £8. Extra on day: £2.
SAN DOMENICO 20
Rhydycar, Leisure Centre, Merthyr Tydfil, Mid Glamorgan CF48 1UT. 10am.
Contact: Ian McDonald, 10 Pinewood Hill, Talbot Green, Pontyclun CF72 8JE. 07885-575059.
www.sandomenico.org.uk
ian@sandomenico.org.uk
Entry: £12. Extra on day: £3. Postal entries close: February 29.
STANLEY PARK 10km
Stanley Park Arena, Blackpool, Lancashire. 11am.
Contact: Ron McAndrew, 55 Poulton Road, Blackpool, Lancashire. 01253-395976.
ron@blackpoolmarathon.com
www.blackpoolmarathon.com
Entry: £7.
SUB 4 STAFFORD 20 INC STAFFORDSHIRE COUNTY CHAMPIONSHIPS
Staffordshire University, Beaconside, Stafford. 10.30am.
Contact: 6 Gardenholm Close, Lightwood, Stoke-on-Trent ST3 7YQ. 01782-330853
Entry: £7.50. Extra on day: £1.
THE DUCHY 20
Penventon Park Hotel, Redruth, Cornwall. 10.30am.
Contact: Vance Webster, Tremeneth, Gulval Churchtown, Penzance TR18 3BD. 01736-366319.
kvt3@tremeneth.freeserve.co.uk
www.cornwallac.org.uk
Entry: £6. Extra on day: £2.
Postal entries close: March 1.

Friday March 14

CITY OF LINCOLN 10km
Lincoln, Lincolnshire. 11am.
Contact: Keith Taylor. 01522-873771.
10keventofficer@lincoln.gov.uk
www.lincoln.gov.uk
Entry: £14.

Saturday March 15

BRIGHTON & HOVE TIME TRIAL (5km)
See March 1.
RHAYADER ROUND THE LAKES 20
Leisure Centre, North Street, Rhayader, Powys. 1pm.
Contact: Angela Arthur, 3 Cae Pwll, Cwmdauddwr, Rhayader LD6 5EU

If possible, please submit your fixture online at **www.athleticsweekly.com**

01597-810705/07733-222289. asacae@aol.com
Entry: £10.

Sunday March 16

ASICS FLEET PRE-LONDON HALF-MARATHON
Calthorpe Park, Fleet, Hampshire. 11.30am.
Contact: Martin Payne, Half-marathon Entries, PO Box 1, Fleet GU52 8GU. racedirector@fleethalfmarathon.com www.fleethalfmarathon.com
Entry: £14.

BEDFORD HARRIERS OAKLEY 20
Lincroft Middle School, Station Road, Oakley, Bedford, Bedfordshire. 10am.
Contact: Jacinta Horne, 67 Pendennis Road, Bedford MK14 8NJ. 01234-307013. hello@bedordharriers.co.uk www.bedfordharriers.co.uk
Entry: £15.

HASTINGS HALF-MARATHON
Sea Road, Grosvenor Gardens, St Leonards-on-Sea, East Sussex. 10.30am.
Contact: Race Director, 219 Harley Shute Road, St Leonards-on-Sea TN38 9JJ. 01424-437001. www.hastingshalf.co.uk
Entry: £17.

MAD MARCH HARE 10km
Valley Road, Plympton, Devon. 10am.
Contact: James Linton, 13 Rowden Court, Stoke Road, Noss Mayo, Plymouth PL8 1JG. 01803-864545. race@plymouth10km.co.uk
Entry: £6. Extra on day: £1.

NATIONWIDE BATH HALF-MARATHON
Great Pulteney Street, Bath, Somerset. 11am.
Contact: Race Secretary, Running High Events Limited, PO Box 3315, Bath BA1 6WX. 01225-422255. racesecretary@runninghigh.co.uk www.runninghigh.co.uk
Entry: £30.50.

SPEN 20
Princess Mary Stadium, Bradford Road, Liversedge, West Yorkshire. 10am.
Contact: Chris Drake, 4 Chapel Road, Lower Wyke, Bradford BD12 9AE. 01274-678363
Entry: £5. Extra on day: £1.
Postal entries close: March 12.

ULTRAFIT ST ANNES 10
St Anne's Fire Station, St Andrew's Road, Lytham St Annes, Lancashire FY8 2JQ. 11am.
Contact: David Waywell. 01253-357637. www.weshamroadrunners.com
Entry: £6. No entries on day.
Postal entries close: March 15.

WILKINSON ACKWORTH HALF-MARATHON
Village Hall, Low Ackworth, Pontefract, West Yorkshire. 10.30am.
Contact: Christine McCarthy, 111 Holyell Lane, Glasshoughton, Castleford WF10 4QZ. 01977-732494. cyriljones@tiscali.co.uk www.race-results.co.uk
Entry: £13.

Wednesday March 19

DERBY WINTER MIDWEEK TRAINING RACES (1M & 5km)
Alvaston & Boulton Cricket Club House, Raynesway, Derby, Derbyshire.
Contact: David Denton. 01773-880338/07747-776233. run2007_2008@yahoo.co.uk www.runningwithdavid.com
Entry: £3. On day only.

Thursday March 20

MARATHON TOUR OF THE FYLDE RACE 1 – 6M
North Pier, Blackpool, Lancashire. 6pm.
Contact: Ron McAndrew, 55 Poulton Road, Blackpool FY3 7DS. ron@blackpoolmarathon.com www.runblackpool.com
Entry: £8.

WESTON PROM RUN 5
Cabot Bars, Knightstone Road, Weston-super-Mare, North Somerset BS23 2AH. 7.30pm.
Contact: Dave Jones, Weston Athletic Club, 93 Spring Hill, Worle, Weston-super-Mare BS22 9BB. 01934-414361. www.westonac.co.uk
Entry: £3.

Friday March 21

ELSWICK HARRIERS GOOD FRIDAY RACES
Newburn, Newcastle-upon-Tyne, Tyne & Wear.

GUERNSEY EASTER RUNS 10km – RACE 1
Guernsey.
Contact: Martin Scholes. 07911-711055. club@guernseyathletics.org.gg www.guernseyathletics.org.gg/easter
Entry: £9 (£30 for series). Extra on day: £1.

ISLE OF MAN EASTER ATHLETICS FESTIVAL 10km
Port Erin, Isle of Man.
Contact: 07624-487873. www.easterfestival.info
Entry: £6 (£20 for series). Extra on day: £2.

Saturday March 22

ASTHMA UK EASTER 10km
Dorney lake, Eton College Rowing Centre, Windsor, Berkshire SL4 6QP.
Contact: 0845-6038143. events@asthma.org.uk
Entry: £12.

BRIGHTON & HOVE TIME TRIAL (5km)
See March 1.

GLOUCESTER EASTER 10km
Whitehorse, Sandhurst Lane, Gloucester, Gloucestershire. 3pm.
Contact: D Buckle. 01452-721792

ROTARY EASTER QUARTER-MARATHON
Bournemouth, Dorset.

VICTORIA PARK OPEN 5
St Augustine's Hall, Cadogan Terrace, Victoria Park London E9 5EG.
Contact: 01204-596109. www.vphthac.org.uk

Sunday March 23

GRIMSBY SEA WALL 5
Novartis Club, Great Coates, Grimsby, Lincolnshire.
Contact: Steven Green, 142 St Nicholas Drive, Grimsby DN37 9RF. 01472-310861. stgreen@ntlworld.com
Entry: £6. Extra on day: £1.
Postal entries close: March 17.

ISLE OF MAN EASTER ATHLETICS FESTIVAL 5km (WOMEN ONLY) AND RELAY (MEN ONLY)
Douglas Promenade, Isle of Man.
Contact: 07624-487873. www.easterfestival.info
Entry: £4 (£20 for series). Extra on day: £2.

MARATHON TOUR OF THE FYLDE RACE 4 – FLEETWOOD 10
Fleetwood Sports Centre, The Esplanade, Fleetwood, Lancashire. 6pm.
Contact: Ron McAndrew, 55 Poulton Road, Blackpool FY3 7DS ron@blackpoolmarathon.com www.runblackpool.com
Entry: £8.

NORTH TYNESIDE 10km
Whitley Bay, North Shields, Tyne & Wear.

STOWMARKET STRIDERS JOE COX HALF-MARATHON
Finborough School, Great Finborough, Stowmarket, Suffolk IP14 3EF. 11am.
Contact: Chris Chaplin, 1 Lowry Way, Stowmarket IP14 1UE. 01449-675512
Entry: £9. Extra on day: £1.
Postal entries close: March 17.

Monday March 24

GUERNSEY EASTER RUNS HALF-MARATHON – RACE 4
Guernsey.
Contact: Martin Scholes. 07911-711055. club@guernseyathletics.org.gg www.guernseyathletics.org.gg/easter
Entry: £12 (£30 for series). Extra on day: £3.

STEYNING 5km
Steyning, West Sussex. 10am.
www.rawenergypursuits.co.uk
Entry: £12. Extra on day: £4.

Friday March 28

SERPENTINE LAST FRIDAY 5km
The Bandstand, Hyde Park, London. 12.30pm.
Contact: malcolmfrench@aol.com
Entry: £2. Postal entries close: March 26.

Saturday March 29

BRIGHTON & HOVE TIME TRIAL (5km)
See March 1.

Sunday March 30

ASICS KINGSTON BREAKFAST RUN 16
Ancient Market Place, Kingston Town Centre, Kingston, Surrey. 8.30am.
Contact: Human Race, 12 Southcote Avenue, Surbiton. info@rwhumanrace.co.uk www.humanrace.co.uk
Entry: £18.

BARNARDO'S SOUTH LEEDS 5 INC 5km FUN RUN
South Leeds Stadium, John Charles Centre for Sport, Middleton Grove, Leeds, West Yorkshire. 9.30am.
Contact: Barnardo's South Leeds 5 mile and fun run, North Fundraising office, Four Gables, Clarence Road, Horsforth, Leeds LS18 4LB. 0113-393 3200
Postal entries close: March 25.

BOURNEMOUTH BAY 10km
Bournemouth, Dorset. 9.30am.
Entry: £9.

BOURNEMOUTH BAY HALF-MARATHON
Bournemouth, Dorset. 10am.
Entry: £12.

DRAYCOTE WATER 5
Draycote Water, Kytes Hardwick, nr Rugby, Warwickshire. 11am.
Contact: Race organiser, 2 Manor Farm Close, Barby, Rugby CV23 8FA. 01788-891577. www.randnac.org
Entry: £7. Extra on day: £1.

HOGWEED HILLY HALF IV
Horton Village Hall, Horton, Chipping Sodbury, Gloucestershire BS37 6NU. 10.30am.
Contact: Gill Rogers, 56 Vayre Close, Chipping Sodbury BS37 6NU. 01454-325886/07910-214977. www.hogweedtrotters.co.uk
Entry: £12.

NEWCASTLE 7
Newcastle (Staffs) AC, Ashfields New Road, Newcastle-under-Lyne, Staffordshire ST5 2SJ.
Contact: Rob Ibbs. 01782-331674. www.newcastlestaffsac.co.uk
Entry: £7. Extra on day: £2.
Postal entries close: March 21.

WAKEFIELD HOSPICE CITY 10km
Thornes Park Athletic Stadium, Wakefield, West Yorkshire WF2 8TY. 10am.
Contact: Helen Rowlands, Wakefield Hospice, Aberford Road, Wakefield WF1 4TS. 01924-213900. www.wakefieldhospice.org
Entry: £8.50. Extra on day: £2.
Postal entries close: March 19.

WIMBLEDON 10km
Wimbledon Rugby Club, Beverely Meads, Barham Road, Copse Hill, London SW20 0ET. 9.30am.
Contact: Marlo Kinnear, 167 Earlsfield Road SW18 3DD. 07986-067711 www.wimbledon10k.com
Entry: £12.

Wednesday April 2

CHESTER SPRING 5
Cheshire County Sports Club, Upton, Chester, Cheshire CH4 7JS. 7pm.
www.westcheshireac.co.uk
Entry: £4. Extra on day: £1.
Postal entries close: March 22.

WOKING MONTHLY HANDICAP (2.85M)
Woking Leisure Centre, Woking Park, Kingfield Road, Woking, Surrey GU22 9BA. 12.30pm.
www.woking3.org.uk

Saturday April 5

BRIGHTON & HOVE TIME TRIAL (5km)
See March 1.

MIDLAND 12 (MEN) AND SIX (WOMEN) STAGE RELAYS
Sutton Park, Birmingham, West Midlands.

REGENTS PARK RACES SUMMER 10km SERIES
The Hub, Regents Park, London NW1. 9am.
Contact: Maruice Raynor, 37 Belsize Park NW3 4EB. 07713-327690. www.regentsparkraces.org
Entry: £7.

Sunday April 6

ALEXANDRA PARK 5km
Alexandra Park, Moss Side, Manchester. 11.30am.
www.openathletics.org

DUNSFOLD 10km
Dunsfold Park, Cranleigh, Guilford, Surrey. 10am.
Contact: Mike Gratton, Events House, 63 Osborne Road, Farnborough GU14 6AP. 01252-373797. mike@209events.com www.209events.com
Entry: £13.

HEAVEN & HELL HALF-MARATHON
Stormont Hall, Perth Aerodrome, Scone, Perthshire PH2 6PL. 11am.
Contact: K Walters, 4 Florence Place, Perth PH1 5BH. 01738-643801. www.perthroadrunners.co.uk info@perthroadrunners.co.uk

NORTHERN 12 (MEN) AND SIX (WOMEN) STAGE RELAYS
Catterick Garrison, North Yorkshire.

SOUTHERN 12 (MEN) AND SIX (WOMEN) STAGE RELAYS
Aldershot, Hampshire.

VETERAN AND YOUNG ATHLETE RELAYS
Colchester, Essex. Noon.

WHITE HORSE HALF-MARATHON
Millbrook School, School Lane, Grove, Oxfordshire OX12 7LB. 10am.
Contact: Kevin Harris, 10 Foliat Close, Wantage OX12 7AP. 01865-483306/01235-764302. www.whitehorseharriers.org
Entry: £8.

Friday April 11

MANSFIELD OPEN 5km
Berry Hill Park, Mansfield, Nottinghamshire.
Contact: D Lisgo. 01623-635991. www.mansfield-harriers.org
Entry: £5. Extra on day: £2.

Saturday April 12

BRIGHTON & HOVE TIME TRIAL (5km)
See March 1.

Sunday April 13

BOLTON 10km
Leverhulme Park Athletics Stadium, Long Lane, Bolton, Lancashire BL2 6EB. 9am.
Contact: Nick Howarth, 34 Turton Heights, Bolton BL2 3DU. 07770-283171. www.boltonunitedharriers.co.uk
Entry: £6. Extra on day: £4.
Postal entries close: March 10.

FLORA LONDON MARATHON INC UKA & BUSA CHAMPIONSHIPS
London.

Tuesday April 15

VETS AC 5 (PLUS 5M WALK)
Battersea Park, London.
Contact: Bob Belmore. 01428-654749

Wednesday April 16

DERBY WINTER MIDWEEK TRAINING RACES (1M & 5km)
Alvaston & Boulton Cricket Club House, Raynesway, Derby, Derbyshire.
Contact: David Denton. 01773-880338/07747-776233. www.runningwithdavid.com
Entry: £3. On day only.

Thursday April 17

WESTON PROM RUN 5
Cabot Bars, Knightstone Road,

If possible, please submit your fixture online at **www.athleticsweekly.com**

Weston-super-Mare, North Somerset BS23 2AH. 7.30pm.
Contact: Dave Jones, Weston Athletic Club, 93 Spring Hill, Worle, Weston-super-Mare BS22 9BB. 01934-414361. www.westonac.co.uk
Entry: £3.

Saturday April 19

BRIGHTON & HOVE TIME TRIAL (5km)
See March 1.

Sunday April 20

EPILEPSY ACTION BRADFORD 10km
Centenary Square, Bradford City Centre, Bradford, West Yorkshire.
Contact: Melanie Taylor, Epilepsy Action, New Anstey House, Gate Way Drive, Yeadon, Leeds LS19 7XY. 0113-210 8800 www.epilepsy.org.uk/involved/bradford10k.html mtaylor@epilepsy.org.uk
Entry: £13. Postal entries close: April 14.

FLITWICK 10km (INC COUNTY CHAMPIONSHIPS)
Flitwck, Bedfordshire. 11am.
Contact: 01582-618935. www.flitwick10k.org.uk
Entry: £10. Postal entries close: April 11.

NICOLA'S 5
Canvey Island Infant School, Long Road, Canvey Island, Essex SS8 0JG.
Contact: Steve kemp, 62 Tilburg Road, Canvey Island SS8 9ER. 01268-680461. nicola5run@tesco.net
Entry: £4. No entries on the day.

TEES VALLEY LEISURE REDCAR HALF-MARATHON
Kirkleatham Museum and Showground, Kirkleatham, Redcar, Cleveland. 10.30am.
Contact: Tees Valley Leisure Centre, Eston Sports Academy, Normanby Road, South Bank TS6 9AE. 01642-452488. www.teesvalleyleisure.co.uk andrew_turner@redcar-cleveland.gov.uk
Entry: £15. Extra on day: £4. Postal entries close: April 20.

Track

Sunday March 16

CAMBS OPEN THROWS
Cambridge.
www.cambsaa.org.uk

KINGSTON AND POLY OPEN GRADED MEETING
Kingston.
Contact: David Barrington. 01932-789758.

Tuesday March 18

YEOVIL OLYMPIADS WINTER OPEN
Yeovil. 6pm.
Contact: David Cooke. 01278-662271. somersetathletics@hotmail.co.uk
Entry: £10 for series.

Wednesday March 19

THURROCK HARRIERS 5000m MILE RACES
Thurrock. 7.30pm.
Contact: vicky.Noon.an@thurrockharriers.co.uk

Friday March 21

HERTS PHOENIX OPEN GRADED MEET
Welwyn Garden City.
Contact: rj.bloom@btinternet.com

Saturday March 22

RADLEY AC OPEN
Abingdon. 10am.
Contact: Ray & Jessica Lacey, Westview, Reading Road, Harwell OX11 0JJ. 01235-834540. jessica.lacey@btinternet.com

Monday March 24

TRAFFORD U15 MEDAL MEETING
Stretford.
Contact: 0161-881 4488. www.traffordac.co.uk traffordac@tiscali.co.uk

Tuesday March 25

EXETER HARRIERS OPEN
Exeter. 6.35pm.
Contact: Irene Brown. 01803-325551. www.exeterharriers.co.uk
Entry: £3.50 for three events.

Saturday March 29

BRACKNELL AC YOUNG ATHLETES' OPEN
Bracknell. 10.30am.

CRAWLEY A.I.M. 6 & 12 HOUR RACE
Crawley.
Contact: Pam Storey. 01342-717222. pamstorey@tiscali.co.uk

CYRIL ELLIOT MEMORIAL MEETING
Middlesbrough.

Sunday March 30

CARLISLE ASPATRIA OPEN MEDAL MEETING
Carlisle.
Contact: Doug Hymers, 40A Springkell, Aspatria CA7 3DU. 01697-320162. jeffcoates25@hotmail.com

HAVERING MAYESBROOK SPRING OPEN
Hornchurch.
Contact: Mark Bishop. 01268-565161. www.havering-mayesbrook.org

ILFORD AC THROWS OPEN
Ilford.
Contact: Paul Cheal, 53 Edinburgh House, Elvet Avenue, Romford RM2 6JP. 01708-453428. paul@pcheal.wanadoo.co.uk www.ilfordathleticclub.org.uk
Postal entries close: March 22.

SPENBOROUGH & DISTRICT AC SPRING OPEN
Liversedge.
Contact: Sheila Bolland, 5 Mount Gardens, Cleckheaton BD19 3HQ. 01274-872042. grace.hall5@ntlworld.com

WIGAN HARRIERS WINTER WARM UP OPEN
Wigan.
Contact: Entries secretary, Robin Park Arena, Loire Drive, Newtown, Wigan WN5 0UH. www.wiganharriers.org.uk
Entry: £2 per event. Extra on day: 50p.

Saturday April 5

HAVERING MAYESBROOK SPRING OPEN
Dagenham.
Contact: Mark Bishop. 01268-565161. www.havering-mayesbrook.org

Sunday April 6

HERCULES WIMBLEDON YA MEETING
Crystal Palace.

PETERBOROUGH OPEN
Peterborough.
www.peterborough-athletic-club.co.uk

TRAFFORD U15 MEDAL MEETING
Stretford. *Contact: 0161-881 4488 www.traffordac.co.uk*

WARRINGTON OPEN
Warrington. Noon.
Contact: Neville Jones, 46 Dudley Street, Warrington WA2 7BQ.

Wednesday April 9

VETS AC MEET
Battersea. 7pm.
Contact: Bob Belmore. 01428-654749

Saturday April 12

LEE VALLEY OPEN
Lee Valley. 11am.
Contact: 0208-344 7230. lvac@leevalleypark.org.uk

OPEN GRADED MEETING
Mansfield.
Contact: D Lisgo. 01623-635991. www.mansfield-harriers.org

Sunday April 13

ANNE MARIE READSHAW MEMORIAL OPEN
Shildon.
www.shildonrunning.co.uk

KINGSTON UPON HULL AC OPEN SPECTACULAR
Kingston. 10am.
Contact: John Brant, 40 The Quadrant, Cottingham Road, Hull HU6 8NX. 01482-857266. www.kuhac.co.uk

SPRING OPEN MEDALS MEETING
Wakefield. 10am.
Contact: F Lancaster, 19 The Balk, Walton, Wakefield WF2 6JZ. 01924-251427
Entry: £2 per event. Extra on day: £1
Postal entries close: April 2.

TIPTON HARRIERS GAMES
Tipton.
Contact: Marg Cherrington, 12 Johnson Close, Darlaston, Wednesbury WS10 7NS. 0121-526 2357. alan.cherrington@btopenworld.com
Postal entries close: March 6.

Wednesday April 16

BIRMINGHAM ROWHEATH AC OPEN INC BMC RACES
Birmingham. 6.45pm.
Contact: Gordon Ainsley. 0121-427 4502. www.birminghamrowheath.co.uk

Saturday April 19

CITY OF STOKE AC OPEN
Stoke. 11am.
Contact: Linda Berrisford, Bourne Sports, Church street, Stoke-on-Trent ST4 1DJ. 01782-410411. sales@bournesports.com www.stokeac.org.uk
Entry: £1.50 per event.

HAVANT AC OPEN
Portsmouth. 9.30am.
Contact: Mike Williams, 95 Magpie Walk, Cowplain, Waterlooville PO8 9XA. 07786-565412. www.havantac.org mikekwilliams@tiscali.co.uk

KINNAIRD & SWARD TROPHIES MEETING
Kingston. 10am.
Contact: David Barrington. 01932-789758.

WORTHING & DISTRICT HARRIERS YOUNG ATHLETES' OPEN INC DISABILITY EVENTS
Worthing.
Contact: Steve Duke. 01903-265495. steven.duke1@ntlworld.com

Sunday April 20

TRAFFORD U15 MEDAL MEETING
Stretford. *Contact: 0161-881 4488. www.traffordac.co.uk*

Tuesday April 22

WORCESTER AC SPING WARM-UP OPEN
Worcester. 7pm.
Contact: Andrew Peach. 01905-763054

Walks

Saturday March 1

FRED PEARCE RELAY
Simister, Manchester. 1.30pm.
Contact: Fred Pearce, 4 Anglesey Drive, Poynton SK12 1BT. 01625-877854. pearce63@hotmail.com

Sunday March 9

NARWA CHAMPIONSHIPS (10M)
Thornton-le-Clay, North Yorkshire. 2pm.
Contact: Roy Thorpe. 01347-878359

Saturday March 15

NARWA CHAMPIONSHIPS (20km)
Sheriff Hutton, York, North Yorkshire. 11am.
Contact: Fred Pearce. 01625-877854

Saturday April 5

RWA CHAMPIONSHIPS (20km)
Battersea Park, London.
Contact: Peter Marlow 01284-754177. www.racewalkingassociation.btinternet.co.uk

Saturday April 12

GOODWIN CUP (10M)
Chorley, Lancashire. 1.30pm.
Contact: Fred Pearce, 4 Anglesey Drive, Poynton SK12 1BT. 01625-877854. pearce63@hotmail.com

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Overseas

Friday February 29

ERDGAS INDOOR MEETING
Chemnitz, Germany.
www.lacerdgas-chemnitz.de

Saturday March 1

FUKUOKA CROSS COUNTRY
Fukuoka, Japan.

Sunday March 2

IAAF CROSS COUNTRY PERMIT
Fukuoka, Japan.

LAKE BIWA MARATHON
Lake Biwa, Japan.

SOUTH AMERICAN CROSS COUNTRY CHAMPIONSHIPS
Asuncion, Paraguay.

Monday March 3

MARUGAME HALF-MARATHON
Marugame, Japan.

Friday March 7

IAAF WORLD INDOOR CHAMPIONSHIPS
Valencia, Spain. Until March 9.
www.iaaf.org/wic08

Sunday March 9

RABAT INTERNATIONAL 10km
Rabat, Morocco.

Sunday March 15

EURO WINTER THROWING CUP
Split.

Sunday March 30

CASABLANCA INTERNATIONAL HALF-MARATHON
Casablanca, Morocco.

Sunday April 6

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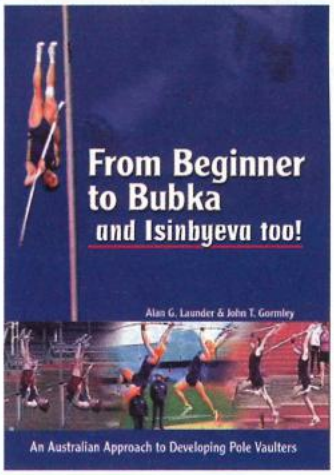
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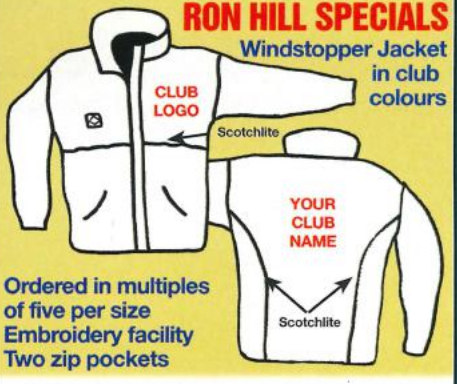
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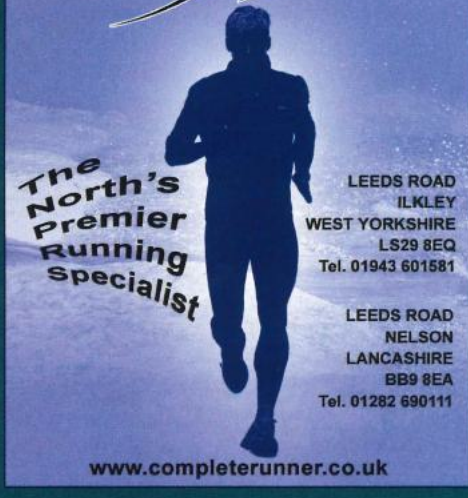
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Little changes in athletics



A couple of contrasting tales show the brighter and gloomier sides to our sport, says UK Athletics' chairman



Success at the World Indoor Championships would provide some needed positive headlines

I HAVE read two sports books back-to-back in recent days – a new account of Jesse Owens' feats at the Berlin Olympics acting as a welcome antidote to *Game of Shadows*, the account of the BALCO affair that puts lead in your emotional boots.

Nothing in Mark Fainaru-Wada and Lance Williams' expose of BALCO is any longer novel – the book itself is now in an updated paperback edition and the pertinent facts well known. However, the two investigative journalists' book still punches a shock with the sheer scale of deception by athletes, coaches and their "nutritionists". Required reading indeed – as an aid to understanding the recent past as a warning for the future.

Fainaru-Wada and Williams manage to convey something of the motives of the cheats and their co-conspirators, but they still do not quite manage to answer the question: why do it? Perhaps the logic of the cheat – including the belief that it's the only way to succeed – will baffle those not headed down the same path. But if we don't attempt to understand, we can never hope to root out such deep-seated propensity to subvert the rules of our sport.

Game of Shadows makes especially dismal reading for America's baseball authorities, whose anti-doping efforts were desultory at best. This is a small comfort for athletics by comparison, but the over-riding lesson is clear – that the fans ultimately vote with their feet if they feel they're being cheated.

Jeremy Schaap's *Triumph* is an altogether more uplifting tale. The story of Jesse Owens' quadruple gold success at the 1936 Games has been told often. What is prominent in this retelling is not the blow he dealt to Nazi pride, but rather the extent of the prejudice and sporting politics in American athletics that Owen had to overcome en route to Berlin.

As if to prove there is nothing new under the athletics sun, Owens was briefly suspended over doubts about his amateur status and his coach had to fend off an attempt by rivals to poach him within weeks of the games.

Athletics: all human life is here. Part of its pleasure, if often too its Achilles heel – in 2008 as in 1936.

The World Indoor Championships are now only a week away. After the events of the past few weeks, it will be a pleasure to watch some top-quality athletics, including the men's 60m.

While many of our athletes and their competitors will have their sights focused on Beijing, I'm sure that the Norwich Union GB and Northern Ireland team will give us much to cheer in Valencia next weekend.

athletics WEEKLY

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IN NEXT WEEK'S ATHLETICS WEEKLY . . .

SPAIN ON THE HORIZON

Stats and predictions in our in-depth preview of the IAAF World Indoor Championships in Valencia



Roman Sebrle feature

Exclusive interview with the Czech Republic's world decathlon champion

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22 Mar	Manx Mountain Marathon	31	Isle of Man
27 Jul	Downland Ultra Challenge	30	Sussex
27 Sep	Pumlumon Challenge	26	Wales
MEDIUM			
12 Apr	Calderdale	37	Yorkshire
17 May	Malborough	33	Wiltshire
5 Jul	Osmotherley Phoenix	33	North Yorkshire
20 Sep	High Peak 40	40	Derbyshire
LONG			
10 May	Fellsman	61	Yorkshire
9 Aug	Devil O'The Highlands	43	Scotland
6 Sep	Bullock Smithy	56	Peak District
4 Oct	Long Mynd	50	Shropshire

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